



February 2021

# Vitality

YOUR MONTHLY GUIDE TO AGING WITH  
GRACE, PURPOSE AND WELL-BEING

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CREATIVE CONNECTION

**SENIOR LIVING****MACOMB COUNTY**

**Centerline Towers:** 8033 10 Mile, Centerline,  
48015

**Chesterfield Library:** 50560 Patricia, Chester-  
field, 48047

**Chesterfield Senior Center:** 47275 Sugarbush,  
Chesterfield, 48047

**Macomb Daily Building:** 19176 Hall Road, Suite  
200, Clinton Township, 48038

**Macomb County Seniors:** 21885 Dunham, Clinton  
Twp, 48036

**Pine Ridge Assisted Living:** 36333 Garfield,  
Clinton Twp, 48036

**Clinton-Macomb Library:** 35891 S. Gratiot,  
Clinton Twp, 48035

**Clinton Twp Senior Center:** 40730 Romeo Plank,  
Clinton Twp, 48038

**Heritage Senior Place:** 15430 18 Mile/ Hayes,  
Clinton Twp, 48038

**Eastpointe City Rec:** 16435 8 Mile, Eastpointe,  
48021

**Fraser Senior Center:** 34935 Hidden Pine, Fraser,  
48026

**Tucker Senior Center 26980 Ballard, Harrison  
Twp, 48045**

**Macomb Senior Center:** 19925 23 Mile, Macomb  
Twp, 48042

**Mt Clemens Library:** 150 Cass, Mt. Clemens,  
48043

**New Baltimore Library:** 36480 Main, New Balti-  
more, 48047

**Romeo Park and Rec:** 361 Morton, Romeo, 48065

**Roseville Senior Center:** 18185 Sycamore, Ros-  
eville, 48066

**Roseville Library:** 29777 Gratiot/ Common,  
Roseville, 48066

**Shelby Senior Center:** 51670 Van Dyke, Shelby,  
48316

**Sunrise Assisted Living:** 46471 Hayes, Shelby,  
48315

**Utica Senior Residence:** 7650 Greeley, Shelby/  
Utica, 48317

**St Clair Shores Library:** 22500 11 Mile, St. Clair  
Shores, 48081

**SCS Parks and Rec:** 20000 Stephens, St. Clair  
Shores, 48080

**Sterling Heights Senior Center:** 40200 Utica,  
Sterling Heights, 48313

**Henry Ford Medical:** 3500 15 Mile Rd/ Ryan Rd,  
Sterling Heights 48310

**Andreas Rest:** 12/Bunert, Warren 48088

**Warren City Hall:** 29500 Van Dyke between 12 &  
13, Warren, 48093

**Warren Community Center:** 5460 Arden, Warren,  
48092

**OAKLAND COUNTY**

**Auburn Hills Senior Center:** 1827 N. Squirrel,  
Auburn Hills, 48326

**Orion Center:** 1335 Joslyn Road, Lake Orion,  
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**OPC Rochester:** Letica Rd, Rochester, 48307

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## MONEY &amp; SECURITY

# A safety reminder for homeowners and real estate questions answered

## What to know about smoke detector sensitivity

Once in awhile I like to change up the format to provide information that I feel is important for you to know. Over the years I have been at hundreds and hundreds etc... of my Buyer's home inspections and have seen a lot. Did you know that according to the National Fire Protection Association (NFPA), the U.S. Fire Administration (USFA-FEMA) and the manufacturer's recommended that

**Steve Meyers**  
Columnist

all smoke alarms in your home should be replaced 10 years from the date of manufacture? After 10 years the smoke sensors can begin to lose their sensitivity. The test button only confirms that the battery / AC power, electronics and alert (sound) systems are working; it does not mean that the actual smoke sensor is working. Wow! I've been in literally thousands of homes and a large percentage have old yellowed smoke detectors that are 25 to 40 years old. Yikes!

Next up, carbon monoxide alarms. Most people do not realize that carbon monoxide detectors / alarms only last between 5 to 10 years; most 5 to 7 years. Did you know that carbon monoxide alarms have an expiration date on the back of the unit? In 2009 Underwriters Laboratories (UL) began requiring an end-of-life warning to alert home owners when their carbon monoxide alarm has reached the end of its useful life. Once again, the sensor that detects the gas becomes less sensitive over time. If you have a carbon monoxide alarm / detector check the back for the manufacturer's expiration date. If there is no expiration date then it's out of date and needs to be replaced according to the professionals. This info is for informational purposes only and is to make the readers aware. Please, always check with the manufacturer's or professionals regarding smoke alarms and carbon monoxide alarms.

**Q:** We are moving my mom into assisted living and she wants to keep her house for the time being. The assisted living sales person says she needs to rescind her Principal Residence Exemption (Homestead) for property taxes

because she's not living there. Does she have to? We don't want the property taxes to go up.

**A:** Yes, she can keep it. I see this wrong advice given often from assisted living and nursing homes. According to the Michigan Association of Realtors Legal Counsel the general property tax act provides the following: A person who previously occupied property as his or her principal residence but now resides in a nursing home or assisted living facility may retain an exemption on that property if the owner satisfies all of the following conditions: (1) The owner continues to own that property while residing in the nursing home or assisted living facility. (2) The owner has not established a new principal residence. (3) The owner maintains or provides for the maintenance of that property while residing in the nursing home or assisted living facility. (4) That property is not occupied, is not leased, and is not used for any business or commercial purpose. MCL 211.7cc(5). As always consult an attorney regarding legal matters.

**Market Update:** December's market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by almost 14% and Oakland County prices were up by more than 14% for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was down by more than 52% and Oakland County's on market inventory was down by almost 46%. Macomb County average days on market was 29 days and Oakland County average days on market was 31 days. Closed sales in Macomb County were up by more than 25% and closed sales in Oakland County were up by almost 25%. Low inventory continues to be an issue. Good properties are selling fast. (All comparisons are month to month, year to year.)

*Steve Meyers is a Realtor at RE/MAX Metropolitan in Shelby Twp. and is a member of the RE/MAX Hall of Fame. Contact him with questions at 586-997-5480 or at Steve@AnswersToRealEstateQuestions.com You can also visit his website: AnswersToRealEstateQuestions.com.*



# Brian J. Kurtz

AIP FINANCIAL SERVICES, INC.  
2041 East Square Lake Road, Suite 200  
Troy, MI 48085



Radio Show Host Since 2001  
Published Author of "Getting The Most Out of Your Savings Bonds"  
(June 2004)

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## MONEY &amp; SECURITY

# Ask the Financial Doctor: When can a widow start collecting survivor benefits?

**Q** : When will I receive the second stimulus check of \$600?

**A** : The IRS has deposited or mailed the \$600 by Jan. 15, 2021. You can check the status of the first and second payments by accessing IRS.gov and selecting the icon, Get My Economic Impact Payment. If no payment was sent, then you can claim it on your 2020 tax re-



**Richard Rysiewski**  
Columnist

turn, resulting in a bigger refund or lower taxes.

**Q** : What is the standard deduction for 2020?

**A** : For married couples it is \$24,800 plus \$1,300 for each spouse age 65 or over, for single filers it is \$12,400 plus \$1,650

if age 65 or over and for head of households it is \$18,650 plus \$1,650 if age 65 or older.

**Q** : What are the mileage deductions for the 2019 tax year?

**A** : For 2020, the mileage deduction for business, medical and charity is respectively 57.5, 17 and 14 cents per mile.

**Q** : What is the 2020 threshold for medical expenses?

**A** : Any medical expense above 7.5% of your AGI (adjusted gross income) is deductible on schedule A. If schedule A is less than your standard deduction then use the standard deduction.

**Q** : Is there any age limitation for IRA contributions in 2020?

**A** : No, there is no age limitation. You can make an IRA contribution after 70½ as long as you or your spouse has W-2 wages.

**Q** : I received a phone call from the IRS demanding payment for a tax liability. The IRS agent said if I do not pay then legal action will commence. My wife is quite upset and wants me to make the payment but I am suspicious. Can you help me?

**A** : The phone call is bogus. The IRS would never call and threaten legal action. If there is an IRS issue, you would receive a letter with an IRS logo and a detailed explanation what to do. The scam artist preys on people's fear when they hear IRS and lawsuit. If you call back, the scam artist will convince you to reveal your banking information to settle the fictitious tax problem. These fraudsters are convincing, authoritative and impersonate IRS agents. The phone caller id could even show the Washington D.C. area code 202, or the toll-free IRS number but should not be relied on due to "spoofing". One important rule is never give banking or credit card information to strangers on the phone.

**Q** : When can a widow start collecting survivor benefits from Social Security?

**A** : If the widow is caring for children under the age of 16, the benefits begin immediately. If no children, then the survivor benefits can begin at age 60 or if disabled at age 50.

**Q** : I have been divorced twice and am married now. My first marriage lasted 11 years, the second 12 years and current marriage is 3 years. I am age 64 and my husband is in poor health. What are my options for Social Security benefits?

**A** : There are several options dependent on your work record, if your husband is collecting Social Security, if your ex's are collecting Social Security or if your ex's have passed away. I recommend that you make an appointment at a Social Security office to discuss your options. Search the internet and create a list of questions to ask the agent at your appointment. It is

possible to collect Social Security benefits from your 2 ex's and your husband but only one benefit can be paid at a time.

**Q** : I discovered that I was not eligible for a ROTH contribution that I made in 2020. What should I do?

**A** : You must remove the funds together with any gains from the ROTH IRA. You can recharacterize these funds to a traditional IRA if done by Oct. 15, 2021. The transfer must be done by a trustee to trustee arrangement. Another option is to claim an excess contribution and pay a 6% penalty. The last option is to do a carry-forward to the next tax year provided that you qualify for a ROTH contribution and pay the 6% penalty.

*Submit your tax and finance questions to Richard Rysiewski, Certified Financial Planner, at Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316 or call (248)651-7710.*

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**Deadline is March 3, 2021**

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— Elisabeth Kubler-Ross



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## MONEY & SECURITY

# Warning: COVID-19 vaccine scams are clever and tenacious

By Kathleen Doheny

Next Avenue

The caller ID said "Advanced Medical Group." Even though the Tennessee woman who got the call wasn't a patient of that group, she answered. The caller said she was eligible for the COVID-19 vaccine, but needed a COVID-19 test first. That's when the trouble began.

"I told him I don't drive, and that I had no way to get a test," the woman recalled. "He told me the test was free if I was on Medicare." So, she inadvertently gave him her Medicare number, name and address. "He said he was going to come out to the house to administer the test and vaccine," she said.

Of course, once armed with her personal information, the scammer never showed.

COVID-19 vaccine scams like this are skyrocketing, according to the Better Business Bureau (BBB) and the Federal Trade Commission (FTC).

As the demand for COVID-19 vaccines continues to far outstrip supply, fraudsters are out in full force, using phone calls, email and texts to dupe people out of their money, personal information or both.

## When the COVID-19 Vaccine Scams Started and Why

"We noticed an uptick [in reports] around mid-December, right when the government and health officials started saying 'We have a vaccine,'" says Sandra Guile, a BBB spokesperson. "And we said, 'Uh oh.'"

The U.S. Immigration and Customs Enforcement (ICE) has launched Operation Stolen Promise 2.0,



PHOTO COURTESY OF METRO CREATIVE CONNECTION

COVID-19 vaccine scams are currently skyrocketing, according to the Better Business Bureau and the Federal Trade Commission.

aimed at identifying and preventing the sale, production and distribution of unauthorized or unapproved COVID-19 products and drugs. As of late 2020, ICE had seized more than \$26 million in illegal proceeds and made 170 arrests, along with checking out more than 69,000 COVID-19 domain names.

COVID-19 is a scammer's dream, in many ways, because the coronavirus "is something new, this is scary," says Guile.

Facebook Messenger has popped up as a popular COVID-19 vaccine scam avenue. Crooks can make a message look like it's from a friend, sometimes by setting up a duplicate page for the actual friend or a page with a name almost identical to the real friend, and then sending the messages before the new account is discovered as a fake.

Some ploys even sound at least a little believable, such as the random text message the Better Business Bureau heard about. It said: "We want you to be part of our vaccine opinion panel."

Scammers thrive when there is uncertainty, says Jeff Hancock, a communi-

cation professor and founding director of the Stanford University Social Media Lab, who researches how people use technology to deceive. And uncertainty has been a major feature of COVID-19, with facts quickly changing about vaccine supplies, effectiveness and virus variants.

People are also understandably worried about their health, making them even easier targets for vaccine scams.

"When people are stressed about those kind of core needs, they will do things [they normally would not do]," Hancock says.

Suppose a scammer called a person offering a discount on a luxury car, he says. If they weren't into cars, they could easily hang up. But if the person getting the call is extremely anxious about getting the COVID-19 vaccine, that need might block out the skepticism.

"People who are desperate and want to get the vaccine are going to be a little more susceptible to these bogus offers," notes Randall Hutchinson, president and

**VACCINE » PAGE 12**

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## HEALTH &amp; FITNESS



PHOTO COURTESY OF THE CLINTON TOWNSHIP SENIOR CENTER

A Nordic walking group meets most Tuesday mornings outside the Clinton Township Senior Center.

# Nordic walking provides full-body outdoor workout

By Debra Kaszubski

For MediaNews Group

When Clinton Township resident June Michelin heads out for a vigorous 30-minute stroll most Tuesday mornings, she is loping along gripping a specially-designed pole in each hand. Michelin, 62, who is part of the Clinton Township Senior Centers' Nordic Walking Club, says walking with the assistance of the angle-tipped walking poles provides a full-body workout. "It makes you activate your upper body muscles instead of just the lower ones," she said.

Unlike regular walking, add-

ing the rhythmic motion of swinging and pushing off with Nordic poles works the body more strenuously. Research has found that Nordic pole walking uses 90% of a walker's muscles, conditioning the upper and lower body and burning almost as many calories as jogging. But, unlike jogging, Nordic walking is low impact on the joints, which makes it especially appealing to people over 50.

Nordic walking began in Finland when cross-country skiers began using poles to train after the snow melted. The activity spread across Europe, where today some 15 million people reg-



# Vitality

YOUR MONTHLY GUIDE TO AGING WITH GRACE,  
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Vitality publishes every month, and is specially written and produced for older adults 55 and over. Monthly features include • Health Care • Travel • Fitness • Community Resources • Entertainment • Investing & Financial Planning • Senior Discounts and much more.

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PHOTO COURTESY OF WIKIMEDIA COMMONS

Unlike regular walking, adding the rhythmic motion of swinging and pushing off with Nordic poles works the body more strenuously.

ularly pick up their walking poles and go. The poles can fold up and have flat rubber bottoms, making it easy to travel with them.

Nordic walking poles have a special strap; the hand slides in like a glove, making the pole an extension of your arm. That way you can't lose it and it gives you more leverage when you walk. The poles are adjustable, lightweight and have shock-absorbing tips. They retail from about \$50 to \$200 a pair.

According to multiple studies compiled by the International Nordic Walking Association, Nordic walking achieves demonstrably positive health effects for people with conditions ranging from diabetes to heart disease to arthritis.

Debbie Travis, Clinton Township Senior Center Assistant Director, leads the Nordic walking club every week through the paved, wooded grounds surrounding the center. She started the club a few years ago and it has continued to grow in popularity, she said. This is the first year the club is walking through the winter. "These Tuesday morning walks are def-

initely a great way to start our day. We keep a decent pace and, using the Nordic poles, you can really feel the workout in your upper body," she said.

The exercise is especially beneficial for people who have recovered from injuries; and Travis even works closely with a physical therapist during her walks. Michelin fell down the stairs years ago, breaking both legs and her ankle in 30 spots. The injury, coupled with arthritis, have left Michelin unable to accomplish some intense workouts, however, the Nordic walking doesn't aggravate her injuries. "I can't do heavy workouts, but I feel this workout keeps me fit and moving so I can keep active as I grow older," she said.

Walker Michelle Tocco says she enjoys being outside and the friendships she's developed through Nordic walking and other types of exercise programs at the senior center. "I recommend Nordic walking because it's a good workout and a great way to be with others in a safe way," she said.

*Next Avenue contributed to this report.*



PHOTO COURTESY OF THE CLINTON TOWNSHIP SENIOR CENTER

The walking group at the Clinton Township Senior Center uses Nordic poles to engage the upper body muscles.

## CAREER &amp; EDUCATION

# Turning your invention into a business

By Kelsey Ogletree

For Next Avenue

You have a great invention idea. So, how do you turn it into a profitable business, especially if you want to do it later in life?

The secret is managing risk wisely, says David Deeds, professor of entrepreneurship at Opus College of Business at University of St. Thomas in St. Paul, Minn.

"Older adults have less time to recover from a failed business," says Deeds. "On the other hand, [this generation has] more financial capital, better credit and better networks" than younger ones. So, Deeds notes, they are in a good position to manage this risk.

Managing that risk is exactly what the following three inventive inventors over 50 have done over the past few years when launching their companies. There stories sound straight out of public radio's "How I Built This" show.

Here's how they did it and what you can learn from them if you want to take your product or service idea to market:

## From the Courthouse to the Kitchen

Vivian Jasper, based in Southern California, is a true example that it's never too late to follow your passion. Having spent most of her career in the legal industry — first as a recruiting administrator, then in HR and legal management — Jasper, now 66, felt right at home inside offices surrounded by bigwig lawyers. But her heart was in the kitchen.

For decades, Jasper had loved making nourishing meals for her family, including her two sons. Her famous



PHOTOS COURTESY OF NEXT AVENUE

Vivian Jasper's Brizo is now in more than 200 stores across the U.S., including Walmart and Amazon.

pasta salad with a lemony dressing became her signature dish that she brought to every family event. One day, when one son started dipping his pizza into the dressing, Jasper realized her concoction had potential beyond pasta.

Jasper's sister, who worked in the food industry, encouraged her to begin producing the dressing at a larger scale. And so, several years ago, the idea for Brizo Everything Dressing was born.

In 2017, the whole family put in long hours to produce and bottle Jasper's dressing in a prep kitchen. "We would go in Saturday and Sunday every weekend, though everyone had full-time jobs too," she says. "It truly was a family operation."

Through her sister's industry contracts, Jasper got her first bottles into Bristol Farms, an upscale grocery chain in California. Many other locations soon followed.

The reason, Jasper says, was that her product differed from mass-produced dressings on the shelves.

It was made with clean ingredients (olive oil, lemon juice, herbs and spices); certified vegan; non-GMO; keto-friendly and didn't require refrigeration.

"Being able to make something that people appreciated that was healthy was the impetus behind it all," Jasper recalls.

Brizo is now in more than 200 stores across the U.S., including Walmart and Amazon (where a two-bottle set sells for \$18). But it hasn't been all smooth sailing.

When COVID-19 hit, Jasper was forced to lay off her niece, Hayley, who'd been her right-hand person in the business. In addition, Jasper admits, "when you do this at [this age], you're tapping into things like your retirement."

Although the financial investment starting Brizo was greater than Jasper expected, the support of her family and a keen focus on long-term goals keeps her going enthusiastically. Jasper says she thrives on four hours of sleep and isn't even a coffee drinker.

"I've never thought of retiring," she says. "It's not



COURTESY OF MINDY FORD AND LAURA MUSALL

The CoolRevolution pajama line spun out of a personal experience for long-time friends Laura Musall and Mindy Ford.

something that's in me."

## Sleep Woes Become Financial Winners

For long-time friends Laura Musall and Mindy Ford, who live near Indianapolis, it's all about pajamas.

Their CoolRevolution line spun out of a personal experience for both of them. In 2018, real estate agent Musall (then 53) woke up one day drenched in sweat after a restless night. "I texted Mindy and a few other friends and said, 'OMG, I just had the worst night sweats,'" she recalls. Ford was then, and still is, director of operations for an advertising agency.

The group bantered back and forth on the topic, commiserating with each other over this symptom of menopause until one friend said: "Someone needs to make pajamas for people like us."

Musall recalls: "It was a joke. But then I spent

that entire day researching PJs for women with night sweats." A few weeks later, she called Ford and asked if she'd be up for actually exploring the idea together for a business.

Launching a company wasn't in the plans for either woman. "We definitely weren't lacking for things to do, between being empty nesters and still having our day jobs," says Ford, who was then 51.

But as they started talking to women they knew, the duo noticed a real need for sleepwear for women experiencing hot flashes.

Knowing nothing about the fashion industry, the next step was researching fabrics.

"We started touching and feeling everything, going to department stores and looking at tags — things we'd never paid attention to in the past," says Ford.

It was a huge learning curve. Eventually, through testing out many differ-

ent fabrics themselves, they came upon bamboo. It was the perfect textile for the pajamas they wanted to create: soft, moisture-wicking and temperature-regulating.

One year of hard work after Musall's fateful hot night, she and Ford launched CoolRevolution. Its PJs range from \$42 to \$65 per piece (shorts/pants and tops sold separately, and the company sells sleep shirts/gowns as well).

Though CoolRevolution sells pajamas designed to keep women of any age cool and dry while sleeping, it's much more than that to the founders.

"To do something and know that we are helping people to sleep better is exhilarating. I can't believe we're doing this," says Musall.

Working on the business has taught the women a lot about themselves, too — especially since they're both still holding down their

INVENTION » PAGE 12

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## Invention

FROM PAGE 10

full-time jobs and managing CoolRevolution as a side hustle.

Musall says she's learned patience. "You can't just get online and find the answer to your question [about business] in thirty seconds," she notes.

Previously cautious Ford has discovered she's capable of taking risks — and even embraces them. "Now that [I know] I can do it, it's almost addicting," she says.

### Advice for Aspiring Entrepreneurs

Deeds says that decades of work are a plus and a minus when it comes to starting a business later in life.

"We know a lot, but we are also pretty sure that however we've been doing [something] is the best way to do it," he says. "If you're going to

be successful in a new business, you have to be flexible and willing to learn."

That's where finding a balance of relying on experience and seeking help from others who know more than you do comes in.

His advice for aspiring entrepreneurs over 50: Start talking to people to really learn why they buy the products or services they do, and figure out a budget before you launch.

"Be sure you know what you can afford to risk and what you can afford to spend. Then stick to it," says Deeds.

Musall did exactly that, telling herself, "here's how much money I was willing to lose."

Also, says Deeds, put together a list of sharp advisers who'll play devil's advocate if need be.

The bottom line: Remember that like anything good in life, you're going to have to work for it. Says Deeds: "You have to really want it."

## Vaccine

FROM PAGE 6

CEO of the Better Business Bureau of the Mid-South in Memphis, who has received several reports of vaccine scams.

Complicating things: every state is rolling out the vaccines differently, with no universal approach. A common reaction, Guile says, is: "Who do I believe and who do I not believe?"

### Common COVID-19 Vaccine Scams

Among the COVID-19 vaccine scams officials are hearing about:

- A text message that looks like it's from a legitimate public health source. It might say: "This is an opportunity for you to get your COVID-19 vaccination," then telling you to click a link to apply. The link sends you to a site requiring you to fill out personal information, including your date of birth, and to upload your driver's license.

- A caller identifying himself as "Agent Johnson with the Vaccination

Distribution Committee." Then the scammer says he's offering the vaccine early.

- Scammers go on social media sites and use what Hancock calls "social proof." For instance, one told a woman on Facebook that her friend had paid to get a vaccine early and she should, too. The intended victim might understandably say, "I trust this, my friend also used it," Hancock says.

- An invitation to pay to either get your name on a vaccine appointment list or get early access for the shots. In reality, you can't legally do that.

- Offers to buy the vaccine and have it shipped to you. That's not allowed.

Even with the patchwork approach to the COVID-19 vaccines, there are a few simple ways to get accurate information.

### Vetting the Legitimate Sources and Reporting Scams

The FTC advises starting with your state or local health department — online or by telephone — to find out how, when and where to get the COVID-19 vaccine where you live.

You could also ask your health insurance plan or doctor's office for information.

There are a few places to report COVID-19 vaccine scams.

You can let the FTC know by filling out a fraud report form on its website at [reportfraud.ftc.gov](https://reportfraud.ftc.gov).

You can also email suspected scam information to the U.S. Department of Health Services at [COVID-19Fraud@dhs.gov](mailto:COVID-19Fraud@dhs.gov).

You can send a fill out a scam report on the BBB's Scam Tracker site at [bbb.org/scamtracker](https://bbb.org/scamtracker).

And you can file a complaint with your state attorney general online.

### Forgive Yourself

Don't beat yourself up if you have fallen for a COVID-19 vaccine scam, or almost fallen. "We hear, 'I feel like such a fool,'" Guile says.

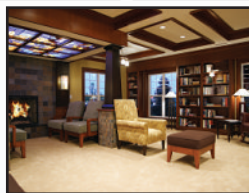
But Guile tells people not to blame themselves, reminding them that, "scammers have perfected their craft to make themselves sound very convincing."

Stressing over the scam isn't good for your immune system, either. And the stronger your immune system when you do get the vaccine, the better.

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## SOCIAL &amp; WELL-BEING

# Enjoy Valentine's Day safely with these local date night ideas

By Jane Peterson  
For MediaNews Group

With Valentine's Day coming up, you may be thinking about places to take your sweetheart this weekend. Whether you're newly dating or married for 50+ years, you'll love these date night ideas for February and beyond:

## Indoor picnic

If you don't want to venture out, consider an indoor picnic. Plan ahead to make the occasion extra special. Cortney Casey, owner of Michigan By The Bottle Tasting Room, which has locations in Royal Oak, Shelby Township and Auburn Hills, suggests a cheese and charcuterie board paired with some wonderful wine.

"A little salami, a little prosciutto, some Zingerman's Manchester (my favorite local cheese), some Manchego, some blue cheese, grapes, crackers, a spicy mustard, a bit of preserves ... that's my favorite kind of indoor picnic," she said in an email.

As for wine pairings, Casey recommends a dry rosé — perhaps the Left Foot Charley Blaufrankisch Rosé, which is available at the Auburn Hills location. A dry Riesling, like Verterra Winery's Dry Riesling, available at the Shelby Township and Royal Oak locations, is also nice.

"Both are crisp, clean, refreshing and food friendly. Michigan has tons of fantastic examples of both dry rosés and dry Rieslings that would be lovely pairings for an indoor picnic," she said.

## Ice skating

Michigan is one of the top states when it comes to the number of ice rinks available, so it should be no trouble finding a place to take your significant other skating. You have your choice of indoor or outdoor rinks, but no matter



PHOTO COURTESY OF MICHIGAN BY THE BOTTLE

Michigan By The Bottle (MBTB) has winter wine bubbles to make date night a memorable evening.

which type you decide on, make sure your date knows to dress for the cold. Even an indoor rink has to stay chilly in order to maintain the ice, so dress in layers to make sure you're always comfortable.

Ice skating is perfect for date night, said Mindy Priskey, director of skating at Mount Clemens Ice Arena. The atmosphere is quiet enough where you can talk comfortably with one other, but if the conversation gets awkwardly silent for a few minutes, you're not just staring at each other since you're engaged in an activity. Plus, many couples like to hold hands while skating so it gives married couples an oppor-

tunity to connect romantically while for those newly dating, it is the perfect excuse to touch one other without being ill at ease.

Priskey said to make sure you choose your socks carefully. You want good quality socks that are not too thick. Also be sure to wear gloves and loose fitting clothes.

Mount Clemens Ice Arena is currently limiting public skating sessions to 70 people on a first-come, first-served basis. Masks are required.

## Cocktails and conversation

Valentine Cocktail Lounge & Tasting Room in Ferndale is famous for first dates, said founder

Rifno Valentine. In fact, many customers come back each year to celebrate the anniversary of their first date. Relaxing over cocktails is ideal for couples because the atmosphere invites conversation. There's no loud music to shout over, no blaring televisions to be distracted by and the low lighting makes the mood intimate and cozy. In short, it's all about cocktails and people.

With COVID-19, Valentine transformed its private event space to allow for socially distanced seating. The space has a speakeasy aesthetic, he said, with high ceilings and black and white movies playing quietly in the

## OTHER DATE NIGHT IDEAS

- Visit a planetarium and gaze at the stars
- Go on a winter hike. Sneak in some exercise and get a glimpse of nature up close and personal on county, city, township and metropark trails
- Take a cooking class together whether in person or virtual
- Try couples yoga to connect with each other

Please note: Due to COVID-19 restrictions, some businesses may not yet be open or may be operating at limited capacity. Always call to verify hours before making plans.

background. The room has good ventilation and satellite serving areas, which are small areas between tables where the server places your cocktails and you retrieve them, limiting contact between you and the servers.

Valentine's Friluftslliv lounge is another romantic option. Located outside, it is a heated tent featuring warm cocktails, fresh blankets and Valentine's own spirits crafted at its nearby distillery.

Valentine is also offering curbside cocktails and cocktail kits, so if you want to pick up some spirits for an evening at home, you are welcome to place an order and swing by to pick it up. Cocktail kits include "The Detroit Dirty," featuring Valentine vodka and McClure's Spicy Pickle brine; "Motor City Mary," also prepared with Valentine and McClure's products; Moscow Mule; and other choices. For pre-made cocktails, Valentine recommends Cinnamon Apple Whiskey, Peanut Butter Cup Old Fashioned, Café Negroni (a blend of Valen-



PHOTO COURTESY OF MOUNT CLEMENS ICE ARENA

Michigan is one of the top states when it comes to the number of ice rinks available, so it should be no trouble finding a place to take your significant other skating.

tine's Old Tom Liberator gin and cold brew coffee) and The Last Straw (strawberry-infused gin, dry vermouth and allspice syrup).

### Couples massage

Mike Condon, owner of several LaVida Massage locations throughout metro Detroit including Rochester Hills and Shelby Township, often sees couples coming in together.

"They'll get a massage and then go out to dinner," he said. "It's a good time to catch up and spend time together. It's their time to reconnect and recharge."

Couples will be in the same room on separate tables with two therapists providing the massages at the same time. Some couples like to chat throughout the experience while others prefer the silence.

Massage is part of your health and wellness, Condon said, adding that it can boost overall mood, increase circulation and relieve stress. If you've never had a massage before, the therapist will have a brief consultation with you to go over your

expectations and areas you would like him or her to focus on. Communication with your therapist is key, he said. Afterwards, be sure to rehydrate by drinking water.

### Wine tasting

Wine tasting is a fun way to try something new together and perhaps discover a new favorite.

"I consider wine tasting a perfect date night idea because, in my mind, I associate wine with good times with great people; with socializing, and laughter, and relaxation," said Casey.

Michigan By The Bottle (MBTB) has winter wine bubbles to make date night a memorable evening. There are three four-person bubbles at MBTB Auburn Hills and one four-person and one two-person bubble at MBTB Shelby Township. Each bubble is heated and most guests have said they didn't even need to wear their winter coats inside, although Casey said they do recommend bundling up.

She added that guests in the bubbles can order wine by the glass or bottle. There

are also a variety of snacks available, the majority of which are Michigan-made, including an expanded lineup of Zingerman's Creamery cheeses. Outside food is also welcomed and a few of neighboring restaurants in Auburn Hills even provide free delivery.

"We've been receiving wonderful feedback from our guests. Many of them are just so grateful to feel a little slice of normalcy, to be able to sit with their significant other or close friends and enjoy socializing over a glass of wine," said Casey. "It's a way to safely hit the town with people from your quarantine pod. It's also fun sitting outside in the middle of winter while still being warm and cozy."

For those who have never attended a wine tasting before, Casey encourages them to keep an open mind.

"I think all of us are guilty of becoming attached to certain grapes or wine styles and gravitating toward those at restaurants and bars," she said. "Wine tasting is a great way to explore different varieties



PHOTO COURTESY OF MICHIGAN BY THE BOTTLE

Michigan By The Bottle (MBTB) has winter wine bubbles to make date night a memorable evening.

and styles. Be open-minded and step outside your comfort zone — that's what tasting is all about! There are always going to be some wines in a tasting that you enjoy more than others, but using it as an opportunity to be adventurous is a great way to expand your palate and find more wines that you enjoy."

MBTB guests are welcome to ask questions, Casey said, because wine tasting can be a bit intimidating to newcomers and they never want people to feel uncomfortable.



PHOTO COURTESY OF MICHIGAN BY THE BOTTLE

Wine tasting is a fun way to try something new together and perhaps discover a new favorite.

## HEALTH &amp; FITNESS

# Rejuvenate and regenerate — melatonin can play a part in the benefits of sleep

**By Lana Mini**  
Guest columnist

The stressful news of the world can certainly make falling asleep and staying asleep more difficult these days. It's become so challenging that sleep, or lack of quality sleep, has become part of the national daily conversation.

Many of us are walking around in a fog due to sleep deprivation and it negatively impacts more than just lower energy levels for the day. Lack of sleep can cause vehicle accidents, impact the heart, immune and nervous systems, brain function, sugar levels, cancer risk and other serious health issues.

The good news is a productive night's sleep is possible with a bit of proactivity. Melatonin supplements are an easy remedy to help fall asleep, but the efforts one takes for sleep health do not stop there.

"Short sleep leads to more plaque in the arteries leading to serious heart issues, said Michigan cardiologist Dr. Joel Kahn who focuses on empowering his patients with healthy lifestyles to prevent or reverse heart disease. "Normal sleep, seven to eight hours, results in less plaque to the heart. The benefits of a healthy sleep should not be underestimated."

Lack of sleep can also cause hair loss and weight gain, said Mary Vandewiele, vice president and partner at The Better Health Stores in Michigan. "Sleep problems are one of the top issues for customers who come to the stores seeking help — they don't



**Dr. Joel Kahn**



**Mary Vandewiele**

want to take prescription medicines. Fortunately, there are natural remedies to improve sleep. We all need deep sleep, at least 45 minutes in the REM cycle to feel rejuvenated in the morning. If you can get two rounds of 45 minute REM a night, you are golden."

Additional steps for sleep health include: No cell phones or TV at bedtime. Turn them off — and put mobile devices in a drawer across the room so you



PHOTO COURTESY OF METRO CREATIVE CONNECTION

A productive night's sleep is possible with a bit of proactivity.

won't be tempted to scroll social media, Kahn said. Darken the room, make it cool because warmer temperatures interrupt sleep patterns. Avoid caffeine after 2 p.m., and restrict vigorous exercise within two to three hours of bedtime. An Epsom salt bath can also relax.

"Consider blue light blocking glasses that block fluorescent lights from activating your brain's receptors which in turn wake you up and shut off your melatonin production," Kahn said.

What, exactly, is melatonin?

Melatonin is a hormone that the brain produces in response to darkness, Vandewiele continued. It helps with the timing of the body's circadian rhythms (internal clock) and impacts sleep. Being exposed to light at night can block the body's natural melatonin production. Supplements can help us get to sleep.

Melatonin is one of the most in-demand items at Better Health Stores & Markets, Vandewiele said

because it helps in getting people into a deep sleep. American consumers spent more than \$825,000,000 on melatonin supplements in 2020, a 42.6 percent year-over-year increase, according to Nielsen.

"The right dosage will ensure you don't feel groggy," Vandewiele said. "A low milligram melatonin gummy (3 mg) or a 1 mg liquid from a dropper is enough for most people. Starting with the lowest dose, even 0.5 is best. You do not need to start high, nor should you."

Kahn, who often hosts no cost wellness seminars at Better Health stores, said melatonin also activates antioxidant pathways in the body and can protect kidneys.

"Studies show it may also help decrease pain as it can increase the brain's natural opioid pathways in the body," he said.

Quality over quantity is key. Research the right brand or visit a store that specializes in supplements. Sleep should be a priority and shouldn't be a struggle, Kahn said.

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## SOCIAL &amp; WELL-BEING

# Local birders revel in irruption year

Now's the time to spot some unique species

By Debra Kaszubski  
For MediaNews Group

Local birders Victor Dorer and Rick Forrest recently spent five hours trekking through the wintry cold at Stony Creek Metropark in search of a specific bird, called a Red Crossbill. Although the duo frequently spend their time searching for birds, the reason this day was especially important is because this bird typically spend winters much further north.

This winter is what's called an irruption year, meaning some species of birds are forced to travel further south to find food. This year, seed production on Canada's conifer trees is very low. Drought, fire, disease, pests and other causes reduce the trees' production, causing the birds to look elsewhere for food.

"We are very lucky this year. This irruption year is probably the biggest one we've had in over 20 years. Some of the species who are normally near Hudson Bay are being spotted as far south as northern New Mexico. This is quite a year to see many different species," Dorer said.

Along with the Red Crossbill, other bird types to be on the lookout for include the Evening Grosbeak, White Winged Crossbill, Redpoll, Hoary Redpoll, Pine Siskin, and Purple Finch.

Dorer, who has enjoyed birding as a hobby for more than 45 years and has identified countless species, has yet to see a Pine Grosbeak in person. He's hoping that

will change this year, as this species has been identified as one that has traveled south.

Dorer and Forrest recently gave a presentation at the Rochester Older Persons Commission (OPC) on birding in an irruption year. Dorer works at the OPC and Forrest is a teacher. The pair having been birding together since their days in college.

Along with the unique species of birds found in Michigan this winter, Forrest said there are several types of birds who reside in Michigan in the winter, despite the common misconception that all birds fly south when temperatures drop.

Birds that are common in Michigan in the winter include the Red- and White-breasted nuthatches, Black Capped Chick-a-dee, Tufted Titmouse, Downy and Red-bellied woodpeckers, Northern Cardinal, Goldfinches, Dark-eyed Junco, Blue Jay, and others. Snowy owls, Coopers Hawks, and the Sandhill Cranes make their home in Michigan in the colder months as well.

The Bald Eagle is growing in numbers, Dorer said. He suggested those interested in viewing the eagle visit the Sterling State Park in Monroe near Lake Erie. He's often observed the bird there in great numbers. "It's a great feeding ground for them. You'll often see them hanging in trees like vultures," he said.

Kensington Metropark in Milford is another great location for birding, especially because the birds there are tame due to the volume of visitors at the park. Dorer even managed to feed a wild Chick-a-dee by hand. "Many families walk the trails along with



PHOTO COURTESY OF WIKIMEDIA COMMONS

This winter is what's called an irruption year, meaning some species of birds are forced to travel further south to find food like the Red Crossbill.



PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Local birders Rick Forrest and Victor Dorer presented a seminar on birding and the 2021 irruption year recently at the Rochester Older Persons Commission.

their children carrying bags of seed just for feeding the birds. It requires

a lot of patience and a fat, open hand to let the birds know it's safe to land there,"

said Dorer, who suggested a mix of cracked sunflower and peanuts.

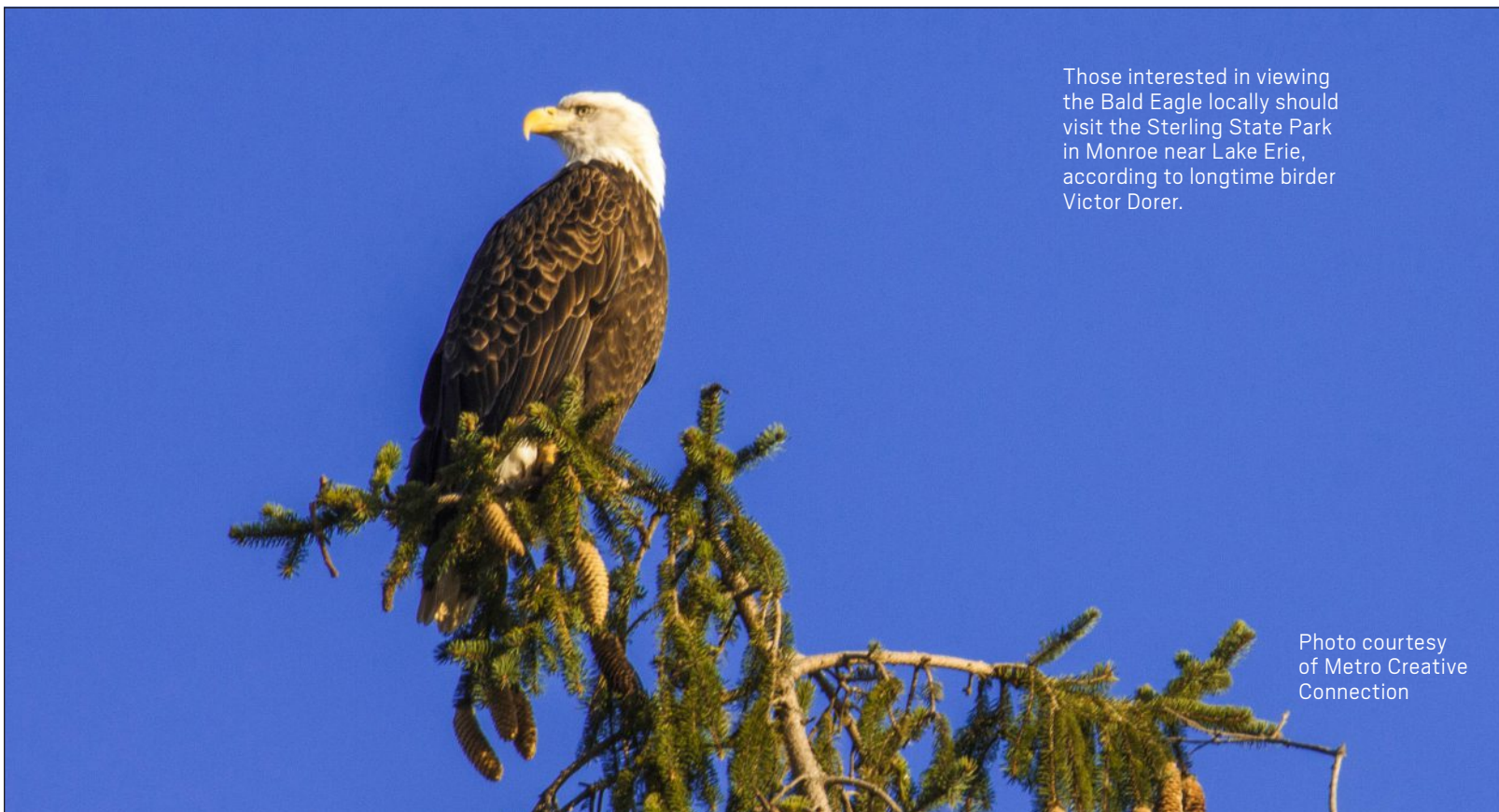
Since the irruption will wane as spring approaches, Dorer said the best time to try birding is now. "The best tip I can offer for beginners is to get outdoors and look around. Birds are ubiquitous, it's simply that most people don't take the time to slow down and observe what is going on around them or in their own backyard," he said. "Find a friend or a group to go on a bird walk is a great way to get outside and enjoy the fresh air. I spend many hours on my deck with my binoculars and a cup of coffee observing birds and their behaviors."

For those wanting to put up a bird feeder, Dorer recommends a tube feeder with short perches. This type of feeder will deter the common starlings. Certain seed and suet attracts

particular species, so Dorer recommends researching backyard feeding before shopping.

“That being said one of our favorite feeds is the shelled sunflower seeds. This seed will prevent the large amount of leftover hulls normally found in sunflower from accumulating under the feeders,” he said.

Beginning birders should look for a handheld field guide, or consider using smartphone applications. Forrest recommends the iBird Pro app because it incorporates photos, sounds, and maps. And, all birders need a reliable pair of binoculars; both Dorer and Forrest carry a pair in the trunks of their cars. “You never know what you might find, so you’ll want to be ready,” Forrest said.



Those interested in viewing the Bald Eagle locally should visit the Sterling State Park in Monroe near Lake Erie, according to longtime birder Victor Dorer.

Photo courtesy of Metro Creative Connection

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## HEALTH &amp; FITNESS

# Grocery delivery services can help keep seniors healthy, safe this winter

By Jane Peterson

For MediaNews Group

With winter roads treacherous and the COVID-19 vaccination process in its early stages, many experts continue to advise that older adults consider staying home as much as possible. However, with errands to run and doctor's appointments to keep, staying home isn't always easy. After all, you need to eat, right? Thanks to numerous grocery and meal delivery options, going food shopping is one item you may be able to cross off your to-do list.

## Meals on Wheels

For eligible seniors, Meals on Wheels is a program that delivers hot, nutritious meals to their door. Generally, participants must be age 60 or older and be homebound or demonstrate difficulty with driving. For those who qualify, the meals are a good way to get the nutrients they need without having to navigate the grocery store aisles, worry about meal preparation or be concerned about wasting food since it can often be challenging to cook for just one or two people.

Steve Haveranek is vice president of Oakland Meals on Wheels, which serves 575 clients in 16 different cities more than 1,000 meals a day. Meals are prepared from scratch in the organization's Troy kitchen and then delivered thanks to seven paid drivers and a small army of volunteers. With COVID-19 precautions in place, delivery is currently contactless. Drivers hang the food on the door, knock and step away, watching to make sure the



PHOTO COURTESY OF MACOMB COUNTY OFFICE OF SENIOR SERVICES

For eligible seniors, Meals on Wheels is a program that delivers hot, nutritious meals to their door.

meals are brought indoors and that the recipients are safe and doing well.

Typically, said Haveranek, there is a lot of interaction between drivers and clients. They may chat for a few minutes and the driver will check to see if everything is alright.

"Sometimes, this is the only person they see all day," said Haveranek.

Sheila Coté, division director, Office of Senior Services for Macomb County, agreed that Meals on Wheels offers more than just a meal. She said volunteers and drivers develop a rapport which provides reassurance and support to recipients. Seniors look forward to that interaction every day in addition to the meal.

"These programs are essential in keeping older individuals safe and well nourished," she said. "Meal preparation can be a challenge if there are mobility issues. We see seniors suffer with malnutrition or related ill-

ness due to poor diet."

According to Coté, Macomb County Meals on Wheels program is one of the largest in the state of Michigan, serving approximately 1,700 meals per day. It did not miss one day of meal delivery throughout the pandemic as nearly every Macomb County department including the executive's office pitched in and helped deliver meals. She said the need for home delivered meals was greater than ever during the pandemic, with Meals on Wheels serving 432,881 meals from Feb. 1, 2020-Jan. 31, 2021.

Meals are designed to be nutritionally balanced and appealing.

"We want them to both eat and enjoy them," said Haveranek.

There are multiple Meals on Wheels organizations throughout Oakland and Macomb counties. Most serve a specific geographical delivery area, so it's a good idea to contact Area Agency on Aging 1-B to find



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Beginning last year, Macomb and Oakland counties began offering seniors age 60 and older free Shipt grocery delivery memberships.

out which Meals on Wheels program is available to you. Area Agency on Aging 1-B serves seniors in a six-county region that includes Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. They can be reached at (800) 852-7795.

## Shipt

Last year, Macomb and Oakland counties began offering seniors age 60 and older free Shipt memberships. Shipt is a shopping service where shoppers fulfill your grocery list at select local retailers and deliver it to your home.

Usually there is an approximately \$100 annual membership fee, but Macomb County's program, funded with federal CARES Act dollars, was the first-of-its-kind between a senior

services agency and Shipt.

"We were able to offer free Shipt memberships to over 5,200 Macomb County Seniors. It was made available to Macomb County seniors in October. A redemption code was mailed to every individual that registered. This program ended in December. However, there are a few memberships still available," said Coté. "The Shipt program gives seniors the ability to order groceries online and have them delivered, which may reduce potential risk of going to the grocery store such as contracting COVID and slip and fall."

Oakland County offered a similar Shipt program for its seniors, providing a free membership for unlimited, same-day grocery delivery of groceries and household essentials direct to your door. This includes refrigerated foods, pet supplies or simple household essentials that you would normally find at a local grocery store.

"The number of COVID-19 cases continues to increase locally and we all must do our part to help stop the spread of the virus," Oakland County Executive David Coulter said in a press release last November. "Many seniors may be reluctant to leave their homes and may not be getting the fresh and healthy foods they need, especially on colder days. This program allows our senior residents to receive essential food and grocery items safely in their homes without risking the possible exposure to the coronavirus and the flu."

This annual membership

was offered free of charge to Oakland County senior residents age 60 or older last fall. All available memberships have since been spoken for and applications are closed.

## Other programs

Those that don't qualify for Meals on Wheels or didn't secure a Shipt membership before the application deadline still have some choices. Many stores, such as Kroger, offer their own delivery service while other seniors use service apps like Instacart to have their groceries delivered. Kroger, Meijer, Target, Walmart and others also have curbside service where you place your order and park in a special spot at the store, notify employees of your arrival and they load your order into your car. Most of these services do require a fee and use an app to submit orders.

For support services in addition to groceries, such as Macomb County's Handy Helper, Community Liaison, Enrollment Assistance and Adult Day program, contact the Office of Senior Services at (586) 469-5228. If you are interested in volunteering for Meals on Wheels or another senior program, visit [mca.macombgov.org](http://mca.macombgov.org).

In Oakland County, visit [oakgov.com/health/partnerships/seniors/Pages/default.aspx](http://oakgov.com/health/partnerships/seniors/Pages/default.aspx) for details about aging well and access to available resources for housing, health, medical, legal issues and local services as well as other valuable information.

Oakland and Macomb seniors can also reach out to the Area Agency on Aging 1-B at (800) 852-7795 or [aaal.org](http://aaal.org).

# Grandparents

## BRAG PAGE



### **BELLA WELLS**

Proud Great Grandparents are:  
**Jerry & Chrystal Munro of Clinton Twp, MI**



### **JACOB & ISABELLA**

Proud Grandparents are:  
**Alvin & Suzanne Wurfel of St. Clair Shores, MI**

## SOCIAL &amp; WELL-BEING

# Adult day centers offer security and stimulation for older adults

Cynthia Colbert of Rochester Hills was exhausted. She took her mom everywhere with her, afraid to leave her alone in case she wandered away. Charity had been a leader in her church – the go-to person volunteers relied on for advice – and now relied on her daughter for everything.

Desperate for help, Cynthia started an online search for a place nearby that would help support her mom, who was diagnosed with dementia a few years ago. She landed on Catholic Charities of Southeast Michigan's adult day program in Auburn Hills, and it has proven to be life changing for her family.

Now, 90-year-old Charity has a place to go every day that is manageable, safe and friendly. She eats lunch with friends, stays busy

with projects, and at the end of the day, the bus that picked her up in the morning drops her off at home. She's mellow and sleeps better at night.

"I do a lot of volunteer work and I had to be with her all day," Cynthia says. "I had to give attention to her 24/7. That put a big strain on me mentally, to keep her busy. I was living her life, and mine, too. That was overwhelming for me." Charity lives with her daughter, son-in-law and granddaughter.

Today, Cynthia has time to take care of her own business without the constant anxiety. She says the staff at the center, on the campus of Sacred Heart Church, have "some kind of magic touch."

"Perhaps having someone with her all day that

can give her special attention, that helped her. They are able to give her that one-on-one. It is very helpful. It has improved her memory, it has helped her socially," says Cynthia, 69.

Adult day programs offer a place for older adults, typically 60 and above, to go during weekdays to socialize, have lunch, and participate in activities ranging from brain games to singing to pet therapy. Some even offer personal care services like bathing and giving medication. Like many adult day programs, Catholic Charities (CCSEM) programs, in Auburn Hills and St. Clair Shores, are geared toward older adults with dementia.

The benefit to caregivers is they can hit that 'reset' button on their mental health.

## The benefit to caregivers is they can hit that 'reset' button on their mental health.

"That respite can help rejuvenate them so they can better care for their loved one when they're back home," says Kristin Wilson, the Area Agency on Aging 1-B's manager of social services. "It's important to know that adult day programs help both the participant and the caregiver – the participants through socialization and interaction, and the caregivers by getting time to themselves."

The Area Agency on Aging 1-B (AAA 1-B) provides funding to adult day programs throughout its service area.

The hourly rate at adult day centers varies (CCSEM's average is \$14/hour), and most programs ask for a donation to support their meal program. Most also use a sliding fee scale depending on a number of factors.

COVID shut down many adult day programs for a good part of 2020, but most of those in the AAA 1-B family have slowly begun to reopen with limited hours, restrictions on participant numbers and strict COVID safety protocols. CCSEM reopened its centers in July.

During the four or so months of closure, some participants' conditions declined to the point where they did not return; in fact, the CCSEM programs have fewer than half the participants as before the pandemic took hold. Today, each center has between 6 and 10 but they've maintained high staffing ratios. Families that have been exposed to COVID keep their loved ones home, and so far, there have been no infections at the centers.

Within weeks of reopening, says Nikki Harvey, manager of the St. Clair Shores site, "Families were telling us that even just being at the center caused their loved ones to sleep better. We heard about sleep disruptions, which means much more burned-out caregivers. Participants were more disruptive during the day and families really suffered."

For participants, many just sat and watched TV when the centers were closed. That can worsen memory, says Harvey. "When re-shutdown hap-

pened in Michigan, we saw that childcare centers remained open. We knew we couldn't close because of the potential decline. We wanted to do everything we could to not let that happen."

Charity did not start at the Auburn Hills center until October, so there was no disruption in her schedule. Today, she goes for 4-5 hours every day.

"We have a very seasoned staff," says Kaitlyn Cooke, program manager of the Auburn Hills center. "They don't have to be certified, but they have experience with seniors. They want to get goofy and fun and connect with the seniors. They are people who care and want to help other people. They understand dementia and the effect it has on these folks and their families."

"They are very skilled there," says Cynthia. "It's important that you research who is caring for your loved one, especially if they can't tell you what they do when they're away from you."

For information about adult day programs in your area, contact the Area Agency on Aging 1-B at 800-852-7795 or go to [aaa1b.org/?s=adult+day+programs](http://aaa1b.org/?s=adult+day+programs).

*Content provided by the Area Agency on Aging 1-B*



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Member of the \_\_\_\_\_ Family.

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

EMAIL FORM & PHOTO TO:  
[demke@medianewsgroup.com](mailto:demke@medianewsgroup.com)

Mail to: Vitality Pet Page  
Attn: Dawn Emke  
53239 Settimo Crt  
Chesterfield, MI 48047

\*Any photos received after photo page is full will be held and used in future issues.



# Next Issue of Vitality

will be on

## THURSDAY

## MARCH 11, 2021

## Calendar of activities, events and trips

Editor's Note: With the cancellations of community events due to COVID-19, The Vitality calendar listings will begin with events beginning in September. The ongoing monthly events will also be listed. Before attending an event, contact the organizers to find out if it has been cancelled.

To submit information for the calendar, email [jgray@medianewsgroup.com](mailto:jgray@medianewsgroup.com).

### New groups forming in the Chesterfield area:

Widowers and Widows On With Life. Duplicate, Party and Rubber Bridge. Euchre, Pinochle and Hand & Foot. To be placed on the Contact List call Jackie 586-646 5636 after Aug. 1.

### February

#### The Shelby Township Senior Softball League (for those 55+):

Seeking players. Play starts in May with 9inning games at 10

a.m. Monday and Wednesday mornings in a 24 game regular season schedule. The League plays at Ford Field (23 Mile Rd west of Van Dyke) and Mae Stecker Park (24 Mile Rd east of Van Dyke. Most players, of all skill levels, hail from the Metro Detroit area with the majority from Macomb, Oakland and Wayne Counties. With almost 20 teams in the league, most have current openings as clubs may roster up to 20 players. While the minimum age to qualify is 55, players in their 70's are still very active in the league. So, if you are an active senior (pickle ball, running, tennis, volleyball, basketball, hockey, etc.) or looking to get back in the 'swing' of things, don't miss out on reliving those old ball playing heroics while creating new memories with the camaraderie of other senior athletes. Batting cages are available now to "shake"

off those blahs. The next league managers' meeting is in early March. For more information, call Mike at 586-944-7450.

**Feb. 4:** Booked for the Evening (At Home!): Jane Austen Night. Hosted by the Roseville Public Library, 29777 Gratiot Ave Roseville, to discuss your favorite works written by her, about her, or that in some other way involve Jane Austen and her world. The event is on Zoom (Meeting ID: 962 03836966) at 6 p.m. on Thursday, Feb. 4. For more information, call 586-445-5407.

**Feb. 18:** Friends & Family Game Night (At Home!). The Logo Game hosted by the Roseville Public Library, 29777 Gratiot Ave Roseville. The event is on Zoom (Meeting ID: 956 0756 9886). Show off what you know about your favorite brands and products. A

new game party with a new game will be held each month on Zoom. Get your family or friends together to form a team, or go it alone. Your team can play together in the same space or remotely. No registration necessary. For more information, call 586-445-5407.

**Feb. 19:** Rochester OPC is hosting a Caring & Sharing Loss seminar on Feb. 19. Participating in a grief support group can be a healthy first step in the healing process. Meet others who are dealing with similar losses and gain a better understanding of the grieving process. 10-11a.m.: Newcomers with recent loss; 11a.m.-noon: Continued encouragement and support. Register in advance by calling (248)656-1403 Ext. 0. The OPC is located at 650 Letica Dr., Rochester. Visit [opcseniorcenter.org](http://opcseniorcenter.org) for more information.

**Feb. 25:** 650 Players & Friends present... Inspirational Songs & More at 2:30 p.m. on Thursday, Feb. 25. The talented members of the OPC Theatre Group, along with community musicians, share their most inspirational songs & more! You can join in this free Zoom presentation by registering at [opcseniorcenter.org](http://opcseniorcenter.org). Virtual program links are available on the homepage of the website under 'Featured Programs.' Program is open to the public.

**Feb. 26:** Rochester OPC is hosting a Visually Impaired Support Group from 10-11:30 a.m. on Friday, Feb. 26. Provides information, socialization, support and speakers to those with low vision. Group is open to the public. The OPC is located at 650 Letica Dr., Rochester. Call 248-608-0246 to register or visit [opcseniorcenter.org](http://opcseniorcenter.org) for more information.

### April

**April 12-17, 2021:** This is a wonderful trip SHOW to Nashville, Tennessee. We will see two great shows, The Grand Ole Opry and the Nightlife Dinner Theater. We will enjoy 5 nights lodging three consecutive in Nashville, a guided tour of Nashville and the Belle Meade plantation, admission to country music Hall of Fame, a ride on the Delta Flatboats, etc. The trip is \$709 per person with double occupancy and it includes 8 meals: 5 breakfasts and 3 dinners. The trip is expected to sell out. For questions or to make a reservation, call Mary Ann at 586-530-6936.

### Monthly events

▪ **Confident Communicators Club:** Meets monthly for people that need self improvement skills in public speaking and confidence

CALENDAR » PAGE 24

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# Calendar

## FROM PAGE 23

with leading people confidently, in any clubs, schools, travel, families, churches and it is a free non profit club the first three visits. The group meets at Washington townships senior center 57900 Van Dyke up-stairs level on the 1st, 2nd and 3rd Wednesday of each month from 8-9:30 a.m.

### ■ Senior Card Playing:

Come and join a fun group of card players who play a wide range of card games. Everyone brings a snack to share while playing. Free. Mondays from 1-4 p.m. at 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

### ■ New Baltimore Senior Club:

Tuesdays from 10 a.m. to 2 p.m. This welcoming group of seniors has all sorts of fun. We play bingo, hold luncheons, go on trips, and play cards. Monthly dues, \$2.

Location 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

■ **Zumba Gold:** from 10:30-11:30 a.m. every Monday and Wednesday at the Washington Center, 57880 Van Dyke, Washington Twp. Cost depends on how many punches purchased. 4 punches \$23 resident, \$29 NR; 11 punches \$60 resident, \$66 NR. For more information, call 586-752-6543.

■ **Line Dancing:** Join us for line dancing every Thursday at our Washington Activity Center (57900 Van Dyke, Washington) Intermediate/Advanced starts at 10:30 and Beginners starts at 11:30. Call for more details 586-752-6543

■ **Pickleball:** is played from 12:30 to 2:30 p.m. every Tuesday and Thursday at the Romeo Activity Center, 361 Morton St. Drop in to play or call 586-752-9601 for more information.

■ **The Warren/Center Line**

**Senior Connection:** invites adults ages 55 and older to join Macomb County's vibrant senior group. The group meets on the second Monday of the month at DeCarlo's Banquet & Convention Center, 6015 E. 10 Mile Road in Warren, just east of Mound. Doors open at 5 p.m., and programs start at 6 p.m. Dues are \$10 per year, and members receive the following: free refreshments, coffee, soft drinks, juices, and snacks; music by a disc jockey and dancing; and information from guest speakers. Featured speakers throughout the year include officials from federal, state, county, and city governments; doctors of all specialties, from internal medicine and gerontologists to cancer specialists; elder law attorneys; and fraud prevention speakers. For more information, call 586-268-9452, 586-264-5657, or 586-755-6112.

■ **Pickleball:** is going strong at the Romeo Activity Center

(361 Morton Street, Romeo) every Tuesday and Thursday from 10-11. Please call for more details 586-752-6543.

■ **Volunteers needed:** Volunteers are needed to help immigrants with conversational English during English workshops at the Troy Community Center. Neither educational qualifications nor experience is required, but volunteers should be natural-born Americans who speak the standard American dialect. Volunteers may sign up for one or both schedules, 1 to 3 p.m. Tuesdays and 10 a.m. to noon Saturdays. For more information, contact Ed Lee at 248-926-2288 or edlee@toee.org.

■ **Euchre parties:** Disabled American Veterans 129 and Operation Yellow Ribbon hold euchre parties from 4 to 6 p.m. on the second Sundays and 7 to 9 p.m. on the fourth Thursdays of every month at 47326 Dequindre Road in Shelby Township. The cost is \$7 (plus quarters for euchre). Refreshments will be available. Reservations are needed one day in advance. Call 248-425-2722 or 248-953-4901 to register or for more information.

■ **The Mi Stitchin' Time Crochet Group:** meets from 5:30 to 7 p.m. every Tuesday at the Romeo District Library's Kezar Library, 107 Church St. For more information, call 586-752-2583.

■ **Detroit region retirees:** If you live in the metropolitan Detroit area, are retired, and would like to meet new people from other walks of life, the Detroit region retirees group meets five times a year at various restaurants in the area. For more information, contact Stanley Hreneczko at 586-268-3656.

■ **Cards and games:** Widowed men and women of all ages are welcome to meet for cards and games from 6 to 9 p.m. on the first Thursday of each month at Sts. John and Paul Catholic Church, 7777 28 Mile Road, in Washington Township and on the third Thursday of each

month at St. Isidore Church, 18201 23 Mile Road, in Macomb. Cards and games will be provided. Bring a small snack to share and your own beverage. For more information, call 586-781-5781 or 586-991-7374.

■ **Fine art classes:** The Older Persons Commission, 650 Letica in Rochester, offers fine arts classes such as Chinese brush painting, watercolor painting, drawing, clay jewelry, or pottery wheel hand building. Days and times vary. For more information, visit opcsenior-center.org and click "about us" and then the "newsletter" tab.

■ **Club 55:** meets from 9 a.m. to noon every Tuesday at Classic Lanes, 2145 Avon Industrial Drive in Rochester Hills. The cost is \$5 per person for three games and shoes. Guests receive complimentary coffee and cookies. For more information, call 248-852-9100.

■ **Widowed men and women:** are invited for a movie and dinner on the third Sunday of each month at the AMC Forum 30 Theatre in Sterling Heights, followed by dinner at UNO Restaurant in the same complex. To RSVP and find out movie selection and time, call 248-917-3733 or email angelway11@com-cast.net.

■ **All widowed:** are invited to meet on the third Wednesday of each month for dinner at area restaurants at 5 p.m. Order from the menu, separate checks. RSVP and find out location by calling 248-840-0063.

■ **Widowed men and women:** are invited every third Thursday from 6 to 9 p.m. at St. Isidore Church, 18201 23 Mile Road, for cards, games, and friendship. Bring a small snack to share and your own beverage. For more information, call 586-991-7374.

■ **Widowed men and women:** are invited to meet at 10 a.m. each third Tuesday at The Pancake Factory, 13693 23 Mile Road, in Shelby Township. For more information, call 586-781-5781.

■ **Widowed men and women:** are invited to meet at 10 a.m. each second Monday at Wildflower Restaurant, 42900 Garfield in Clinton Township. For more information, call 586-264-1939.

■ **Widowed men and women:** are invited to meet for breakfast on the second and fourth Monday of every month at Sero's, 925 Gratiot Ave., in Marysville. For more information, call 810-334-6267.

■ **Widowed men and women:** are invited to meet for breakfast at 9 a.m. on the fourth Thursday of the month at Country Inn, 35229 23 Mile Road in New Baltimore. For more information, call 586-991-7374.

■ **Widowed men:** are invited to attend breakfast every first and third Thursday monthly at 9 a.m. at Lukich Family Restaurant, 3900 Rochester Road in Troy. For more information, call 248-585-5402.

■ **Widowed men and women:** are invited for an evening of cards, games and friendship 6-9 p.m. each first Thursday at St. John and Paul, 7777 28 Mile Road, in Washington Township. For more information, call 586-781-5781.

■ **Widowed men and women:** are invited to bowl at 10 a.m. every Wednesday at 5 Star Lanes, 2666 Metropolitan Parkway in Sterling Heights. Drop-in league, pay when play, and cards are drawn to form teams. Lunch afterward is optional, and checks will be separate. For more information, call 586-755-0597 or 586-254-8199.

■ **Dance:** every Sunday afternoon away at the American Polish Cultural Center, 2975 E. Maple (15 Mile) at Dequindre in Troy. A DJ will provide music. Guests can perform the waltz, fox trot, swing and Latin dances and more. Dance lessons are available from 3 to 4 p.m., and open dance will be held from 4 to 7 p.m. For more information, call 248-778-6261.

# Proud Grandparents

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Name(s) Of Grandchildren: \_\_\_\_\_

Proud Grandparents are: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\*Any photos received after photo page is full will be held and used in future issues.

**Mail to: Vitality, Grandparents Brag Page, Attn: Dawn • 53239 Settimo Crt, Chesterfield, MI 48047**

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# Poetry PAGE

## "So Can You"

To all our readers  
Put down that book  
Turn off that T.V.  
You can be creative  
My gut tells me so

Don't disappoint me  
Just make me happy  
Believe me  
I am too big to cry

Roses are red  
Violets are blue  
If I can do it  
So can you.

**By John Cameron  
of Shelby Twp, MI**

## Love

Love  
is a trust,  
a feeling,  
a thing  
bonding  
two people.

Love  
is God-given,  
a power,  
a strength,  
joining  
two hearts.

Love  
is a joy,  
a deepness,  
a truth.  
Love  
is eternal.

**By Elizabeth Prechtel McClellan  
of Warren, MI**

Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems and letters of appreciation to 300 words or less and print clearly. Next Issue will be February 11, 2021.

## THE SPIRIT OF GOD

You guide... I abide  
You drive... I arrive  
You lead... I follow  
You dance... I flow  
You talk... I listen  
You allow... I do  
You speak... I talk  
You heal... I feel  
I pray... you answer!

**By Alethea Monk Howard  
of Sterling Hgts, MI**

FIRST & LAST NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ NAME OF POEM: \_\_\_\_\_

MAIL TO: Vitality Poetry  
And Letters of Appreciation  
Dawn Emke  
53239 Settimo Crt  
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**NEW  
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Email: order: demke@medianewsgroup.com

Thank you for your interest in sharing your creativity. We look forward to reading your poems and letters of appreciation.

# Poetry CORNER

## Valentine's Day Is Near

Amid the days of grey, lies a rush of color:  
Pinks and reds and hearts of love  
will reign like no other.

Candy, music, flowers, toasts of good cheer;  
All celebrate that Valentine's Day is near.

Because of a postcard sent long ago,  
A tradition continues, a symbol appropo.  
An expression of kindness, an expression of care,  
An expression of joy abounds everywhere.

To a true love, to a child, to someone far away,  
It always brings a smile and may take your breath away.  
If we make everyday a Valentines of sorts, it will surely spread,  
And change the tide; sending love and lace all over the place,  
And chase away the grey.

**By Margherita J. Wiszowaty**  
**of St. Clair Shores, MI**

## Unseen Miracles

People held in earthly rings  
often fall to see  
the things that make life special  
beyond their wildest dreams.

No time for reflections  
caught in daily routines  
they soon lose sight  
of the ethereal schemes  
that each of our lives bring.

Like songs from the birds  
and scents of the trees  
sunsets and seashores,  
life's own melodies.

Look beneath the surface,  
a miracle there will be  
underlying everything  
you hear, touch, taste or see.

Sense your very own miracle  
The one that brings you here  
that seeds your love  
and opens your heart  
to things that you hold dear.

Keep this in mind,  
and soon you'll see  
life's treasures need no special key  
for we already have one –  
hidden –  
inside of you and me.

Do you see the miracles?  
Have you ever really tried?  
Take the time –  
I'll tell you why,  
you're the everlasting twinkle  
in God's eye!

**By Gary Van Hoet**  
**of Shelby Twp, MI**

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