



Vitality

May 2021

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

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going strong after 96 years

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Local artists turn everyday
stones into precious gems

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Utica man examines
history of radio in
upcoming film

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remain the land
of the free
only so long
as it is the
home of
the brave."*

— Elmer Davis

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MACOMB COUNTY

Centerline Towers: 803310 Mile, Centerline, 48015

Chesterfield Library: 50560 Patricia, Chesterfield, 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: 1543018 Mile/ Hayes, Clinton Twp, 48038

Eastpointe City Rec: 164358 Mile, Eastpointe, 48021

Fraser Senior Center: 34935 Hidden Pine, Fraser, 48026

Tucker Senior Center 26980 Ballard, Harrison Twp, 48045

Macomb Senior Center: 1992523 Mile, Macomb Twp, 48042

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

New Baltimore Library: 36480 Main, New Baltimore, 48047

Romeo Park and Rec: 361 Morton, Romeo, 48065

Roseville Senior Center: 18185 Sycamore, Roseville, 48066

Roseville Library: 29777 Gratiot/ Common, Roseville, 48066

Shelby Senior Center: 51670 Van Dyke, Shelby, 48316

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On the cover: Royal Oak Farmers Market Manager Shelly Mazur, seen here with her dog Maggie, started her career at the market as a mushroom vendor and worked her way up to manager — a position she has held for more than a decade.

PHOTO BY DEAN POTTER —
FOR MEDIANEWS GROUP

MONEY & SECURITY

Real estate: A look at the different types of condos in Michigan

Q: Do you live in a condo or is it really classified as a house?

A: This is another teachable moment that may save you from losing \$10's of thousands of dollars when selling your home. I have firsthand seen recently an alarming increase of property owners and unfortunately real estate agents who are not educated on the different types of condos in Michigan. If you have a condo that is attached to another condo unit then it's just a condo and this does not apply to you. However, if you have a free-standing unit that is not attached to another unit then please read on.

I am not going to get into all the legalese of condominium developments, but rather simplify it for explanation purposes. In Michigan we have three types of condos by name, but only two of them are considered a true / traditional condo by appraisal guidelines and multiple listing service classification. They are; attached condos, detached condos and site condos. Attached and detached are considered traditional condos and site condos are in a separate category. With an attached condo you do not own the whole structure. It can be from the wall in, half of wall in, drywall in or paint in depending how the association documents spell it out. A detached condo looks like a regular house, but usually has zero lot lines and you own the condo unit only. As soon as you step foot outside, you're on common area jointly owned by the association. Sometimes you are responsible for exterior maintenance of the structure and sometimes the association is.

Why do we have site condominiums and where did they come from? Research shows that Michigan is believed to be the birth place of site condos. Site condo subdivisions became possible with the Michigan Condominium Act of 1978. House subdivisions are created because of the Michigan Land Division Act. Here's a key fact; regular subdivision developments need approval both at the county and state level while condominium subdivisions only need approval at the county level. Regular house subdivisions can take anywhere from 18 - 24 months for approval while site condominium subdivisions usually take 12 - 18 months for approval. You've probably heard the saying time is money and money is time; now you can understand why more and more developers are choosing to develop their subdivisions as site condos, it's faster to get off the ground.

A site condo looks like a house and for all practical purposes acts like a house. You own the structure and the land/lot that it sits on just like a regular single-family house. A site condo will always have a lot description; example: 60 x 120. This is where folks get into trouble. They think that if it's a condo and it's free standing then it's a detached condo. Not so. If it has a lot description then it means it comes with a plot of land which of course is worth more money! If the condo is attached or a detached unit then by MLS (Multiple Listing Service) rules and appraisal guidelines it gets listed as a condo. If it's a site condo then it is listed as a residential property; just like a regular single-family house. This difference will make a big difference in the valuation / worth of a property. Don't lose money because you don't know what you don't know. Does your real estate agent know?

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.



Steve Meyers
Columnist

Market Update: March's market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by 13% and Oakland County prices were up by more than 10% for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was down by almost 63% and Oakland County's on market inventory was down by almost 52%. Macomb County average days on market was 28 days and Oakland County average days on market was 32 days. Closed sales in Macomb County were up by 9% and closed sales in Oakland County were down by more than 1%. (All comparisons are month to month, year to year.)



Brian J. Kurtz

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2041 East Square Lake Road, Suite 200
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Radio Show Host Since 2001
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LTC COVERAGE: Should you buy long-term care insurance? Maybe... or maybe not. I can inform you of ALL the options available to set aside funds for your own care, and help you make an informed decision on which method is best for you.

ESTATE PLANNING: Our attorney will prepare your Trust, Powers of Attorney, Medical Powers of Attorney, Last Will and Testament and all other necessary documents for an extremely reasonable fee. And I'll personally make sure all your assets are properly titled!



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MONEY & SECURITY

Ask the Financial Doctor: What is the best tax saving investment?

Q : What is the best tax saving investment?

A : Establishing an HSA (Health Savings Account) is your best tax saving investment. You get three tax-breaks: a tax deduction for your contribution, tax-free deferral for all gains and a tax-free distribution if used for medical expenses.

Q : Can I use my HSA to pay for medical expenses in previous years?

A : Yes, as long as the HSA was established before you incurred the medical expense. The HSA beneficiary must keep re-



Richard Rysiewski
Columnist

as an itemized deduction in any prior taxable year. HSAs can be used for medical expenses that occurred several years earlier.

Q : I filed my tax return in February that included unemployment benefits. On March 12th the law changed and the first \$10,200 of unem-

cords to show that the distributions covered qualified and unreimbursed medical expenses that have not been taken

employment benefits are not taxable. Should I file an amended return?

A : No, the IRS is requesting taxpayers not to file amended returns. The IRS will make changes and taxpayers will receive refunds in the spring and summer of 2021. However, some taxpayers may need to file an amended return if the tax break qualifies them for additional federal credits and deductions that weren't on the original tax return.

Q : What is the \$15,000 gift rule? I am considering giving \$9,000 to my brother. Do I get a deduction for my gift?

A : You can gift-give up to \$15,000 annually to any person without triggering a gift tax. If you are married and your spouse is in agreement, you can double the annual gift to \$30,000. You do not get a tax deduction and the recipient does not declare the gift as taxable income.

Q : What is the standard deduction and personal exemption amounts for the 2021 tax year?

A : The personal exemption no longer exists. The standard deduction for single filers is \$12,450, for

joint filers is \$24,800 and for head of households is \$18,800. For taxpayers 65 or older add \$1,350 for joint filing and \$1,700 for single and head of household.

Q : My son bought some bitcoins and sold them for a \$22,000 gain. Does he have to report this gain on his tax return?

A : Yes, he has to report the gain on his tax return, using schedule D. Trading in bitcoin is considered a capital asset and is taxed as a capital gain or loss. Bitcoin miners must report the virtual currency as taxable income. The IRS is serious in pursuing taxpayers that do not declare the gains on bitcoins.

Q : I operate a small business as a sole-proprietorship. Does my sole-proprietorship qualify for the 20% exclusion for income earned by "pass-through" businesses in 2021?

A : Yes, you can exclude 20% of your income earned from your sole-proprietorship. The new law gives a 20% exclusion to "pass-through" businesses, sole proprietorships, partnerships, S corporations, limited liability partnerships (LLPs) and limited liability cor-

porations (LLCs). The tax break is based on the ownership interest and is calculated per entity. Individuals with taxable income of less than \$164,900 and married couples filing jointly with taxable income less than \$329,800 get the full 20% exclusion. Limits on the exclusion come into play if the taxable income is above those thresholds. No exclusion is allowed if the taxable income is greater than \$214,900 (single) or \$429,800 (joint).

Q : I am 68 years old and plan to work till age 75. I have quite a few years with zero wages because of raising kids. Will working past age 70 increase my Social Security benefits? Should I apply for Social Security benefits after age 70?

A : If you apply after age 70, you are losing money because Social Security does not give you any retirement credits (8% per year) after age 70. Any wages earned through your planned retirement age of 75 will increase your benefits. In calculating the retirement benefit based on your work record, the Social Security Administration uses the 35 years with the highest wage record. Each year of earn-

ings is multiplied by an inflation factor to arrive at a indexed earning for that year. After age 60, the inflation factor is always one. A year with no earnings will always be zero for the indexed earnings. By replacing the years having zero earnings, you will increase your Social Security benefits.

Q : How are my Social Security benefits treated on the Michigan tax return?

A : If you were born before 1946, your Social Security benefits will not be taxed by Michigan. If you were born after 1945 and upon turning 67, all Michigan household income (including Social Security) will be taxable after a \$20,000 (single) or \$40,000 (joint) exemption. The taxpayer can forego the \$20,000/\$40,000 exemption and subtract the Social Security benefits and the personal exemption (\$4,750) if it is more beneficial.

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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WORK & PURPOSE

5 freelance jobs that are in demand now

Why they're hot, what they pay and how to find them

By Nancy Collamer
Next Avenue

The freelance market is heating up. During the first quarter of 2021, the Freelancer.com platform posted over a half million jobs. And during the same period, FlexJobs.com reported a 10%+ jump in postings for freelancers in a variety of career categories.

It's a trend that's unlikely to cool anytime soon and suggests a number of work opportunities for people over 50.

"Companies worry that the economy won't remain

strong enough to add permanent positions," says Kathy Kristof, founder of SideHusl.com. "But the freelance market gives companies the ability to enlist niche experts to solve relatively infrequent problems on demand."

So, if you're thinking about freelancing to generate income until the job market stabilizes or to pick up some extra money in retirement, now's a good time to test the market.

You'll be in good company. According to a Center for Retirement Research at Boston College study cited by National Council on Aging President and CEO Ramsey Alwin at an April 29 Senate Special Committee on Aging hearing on older workers, 75% of self-

employed workers 50 and older work independently in jobs like freelancer and gig worker.

Here are five freelance options to consider, culled from recent surveys by Freelancer.com and FlexJobs.com, along with input from SideHusl.com. All three sites are a good place to start looking for freelance gigs, but you can also find opportunities by reaching out to your professional and personal networks.

1. Content Producer

There are now about 400 million active websites worldwide, almost double the number in 2019, according to the Hosting Tribunal. In turn, that's driving demand for people who can write compelling con-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

There are plenty of freelance work opportunities for people 50 and older in 2021, trends suggest.

tent.

Freelancer.com reports that during the first quarter of 2021, postings for blog writers, medical writers and assistance with book writing were all up. Unfortunately, as anyone who has tried to make a go of it as a freelance writer knows (myself included), finding good paying content-producing gigs can be a tall order.

"The key with writing jobs is to have a specialty that you become uniquely qualified for," advises Kristof. "When you have true expertise in an area, you can write more quickly and authoritatively, reach key sources and can target

publications that will value your work."

The pay range for these writing jobs varies widely. Kristof says most gig-writing sites are content mills that want people to write for literally pennies (or fractions of pennies) per word. But there are also plenty of sites that pay between 25 cents and \$2 per word, depending on the topic and complexity.

SideHusl.com has an informative post on the myriad of rated writing options.

2. Bilingual Services

In a business world that's increasingly global, the need for people with bilin-

gual skills who can translate, transcribe and produce content is stronger than ever.

Freelancer.com reports that postings for German, French and Spanish translators rose during the first quarter of the year (by 44%, 24% and 18% respectively). And the number of remote bilingual jobs on FlexJobs has grown 30% since the beginning of February.

"The most important skill for the translation jobs we see on FlexJobs is the ability to truly speak, read and write the sought-after language fluently," says Brie Reynolds, career development manager at FlexJobs.com.

As I wrote in June 2020, if you're fluent in more than one language, you can expect to earn \$20 to \$40 an hour or more working as a translator.

3. Office and Customer Support Services

With so many businesses operating virtually these days, there's an on-going need for freelance office support providers (such as bookkeepers, social media managers and administrative assistants) as well as customer service pros who

JOBS » PAGE 9

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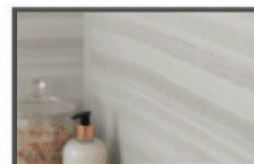
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Jobs

FROM PAGE 6

can respond to purchasers' needs and complaints.

Flexjobs tends to see salary ranges for administrative and remote support roles of \$15 to \$30 per hour, depending on the type of work being supported. Experienced executive assistants often command higher hourly rates, up to \$35 to \$40 per hour in some cases.

4. Mental Health Support Services

Many people have struggled with their mental health and wellness during the pandemic. So, it's no surprise that FlexJobs reports a 28% increase in flexible jobs in the mental health sector since 2019.

While most of these types of jobs — including social worker, therapist and psychologist — require an advanced degree, not all do.

For example, Flexjobs currently has a listing for a resource-line advocate, which is a virtual position providing support to victims of sexual

assault. It requires six years related experience, though. A posting there for a virtual wellness coach asks for a tech-savvy candidate with strong coaching and customer service skills and a passion for healthy living.

According to Salary.com, the average hourly rate for a freelance wellness coach is \$29, but rates vary widely depending upon specialization, experience and location.

5. Home Design and Renovation Services

The red-hot housing market is driving demand for freelancers who can help sellers get their homes market ready and help buyers adapt the homes they purchase to better suit their needs. On Freelancer.com, postings for interior design, architecture and home design were up by at least 15% during Q1 of 2021.

Fortunately, you don't need to be a skilled designer or architect to profit from the housing boom. Do you have strong organizational skills? There's a market for freelancers who can assist people in decluttering and downsizing. Handy with a hammer? You can register as a provider of handyman or handywoman ser-

vices on sites like JiffyOnDemand.com, with expected pay of \$40 to \$85 per hour.

Keeping Your Skills Current

One last tip: with technology evolving at such a rapid pace, the professional skills necessary for freelancing success change all the time. Right now, people with expertise in Bitcoin and artificial intelligence can name their price. But even if you're not a tech guru, it's important to demonstrate a working knowledge of the latest tech used in your field of expertise.

To refresh your skills, Freelancer.com CEO Matt Barrie suggests taking advantage of online course platforms like Udemy, Coursera and Lynda.com. And since demand for Microsoft Office skills is waning in favor of cloud-based applications like Google documents, he recommends updating your resumé to reflect your cloud-based computing skills.

Nancy Collamer, M.S., is a semi-retirement coach, speaker and author of Second-Act Careers: 50+ Ways to Profit From Your Passions During Semi-Retirement.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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YOUR MONTHLY GUIDE TO AGING WITH GRACE,
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WORK & PURPOSE

Utica man producing film about the history of radio



PHOTOS COURTESY OF RON ROBINSON

Utica resident Ron Robinson, 51, is hoping to complete his documentary film "Radio Dayz...The Movie" by the end of this year.

By Debra Kaszubski
For MediaNews Group

Decades before Spotify, Pandora, and even satellite radio, terrestrial (land-based) AM and FM radio reigned supreme. Many listeners, including Utica resident Ron Robinson, idolized the disc jockeys just as much as the artists they played.

Robinson, 51, is working on a documentary film entitled "Radio Dayz...The Movie," which focuses on the history of radio, including the early days of Detroit radio. "(The film) tells the story of radio through the people who worked in radio," he said.

Robinson interviewed several well-known radio personalities such as Paul W. Smith, Dick Purtain, Fred Jacobs, Dick Kern, and more for the film. Robinson, who worked for WJR for 20 years before starting his own production company, has several connections in the industry. He started interviewing for the documentary in 2013.



Robinson's documentary is a chronological look at the history of radio, starting with the first radio stations.

"Most people think of radio, they think of New York, California, and Chicago, and rightfully so. But, Detroit has been an important and ground-breaking city for the medium of radio," Robinson said.

The documentary is a chronological look at the history of radio, starting with the first radio stations. It also takes aim at the first radio "celebrity," Fr. Charles Coughlin. The Detroit-area priest took to the airways

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“Most people think of radio, they think of New York, California, and Chicago, and rightfully so. But, Detroit has been an important and ground-breaking city for the medium of radio.”

— Ron Robinson, Utica resident



PHOTO COURTESY OF RON ROBINSON

Robinson's film tells the story of radio through the people who worked in the industry at the time.

in the 1920s and eventually garnered an audience of 30 million to his weekly radio show. Coughlin would later become a polarizing figure as World War II approached. “He’s on the wrong side of history, if you will,” Robinson said.

Other notable glimpses into radio’s history are also featured in the film, including President Franklin D. Roosevelt’s “Fire-side Chats” and the healing effect these popular radio segments would have on a nation crippled by The Great Depression and the war.

“Then I go and talk about the 1940s and 1950s and what Elvis and the Beatles mean to radio. There’s a part about how radio changed when TV became the mainstay in everybody’s house,” Robinson said.

Robinson’s podcast “Radio Dayz!” delves into the history of radio as well and has served as a promotional piece for the documentary. “What we do is let listeners in on what happened behind the scenes in radio,” he said. “Most people know their (radio personalities) voices, but not their story.”

The documentary has served as a labor of love for Robinson. And although it is not

yet complete, he plans to wrap up the project soon. He had hoped to finish in time for WWJ’s 100th anniversary but was unable to interview key radio personalities due to COVID-19 restrictions.

He said it is important to preserve radio’s history for future generations, especially today when few people even own a radio. “There are so many stories people don’t know and I want to share that with people because I think they will be better off and more enriched and appreciate where this country has been,” he said.

When the film is complete, possibly later this year, Robinson hopes to have it available to stream.

This is Robinson’s fourth documentary film. He also produced “It Takes a Village,” “Networking, Your Business The Movie,” and “If You Build It, They Will Come.” The later film focuses on the development of Jimmy Johns Field in Utica.

In addition to making documentary films, Robinson is a photographer and aerial/drone media pilot. His production company, Ron Robinson Studios, also offers video marketing services for businesses.

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SOCIAL & WELL-BEING

Advocates for nursing home residents are glad for more face time

The COVID-19 pandemic hasn't been easy on anybody, but long-term, licensed facilities like nursing homes – and their residents – have been hit particularly hard. A third of all COVID-19 deaths in Michigan occurred in nursing homes, which are still reeling from the trauma.

A trio of ombudsmen that works out of the Area Agency on Aging 1-B are among 21 statewide whose job it is to protect and advocate for residents in long-term care communities like nursing homes and licensed assisted living facilities. Because of COVID-19 restrictions, it was challenging to do their core work: visiting nursing homes to talk to residents and staff and make sure rules and regulations are being followed.

As of April, they have been allowed in, but only on an as-

As part of the state-funded Long-Term Care Ombudsmen program, Louise Verbeke, Elaine Hearn and Mary Katsarelis visit long-term care facilities, mediate disputes, hold weekly Family Councils to hear concerns of families, and do community presentations.

needed basis.

“Right now, they only want us to go into one nursing home a day to keep ourselves safe,” says Louise Verbeke. “Up until now, we’ve had to get permission to go into a nursing home by the state. We used to be able to go into a home and be face to face with staff and residents and let them know the resident has rights. We have to take that same incident and make 4-5 calls to different people – the administrator, social worker, resident, fam-

ily member.”

As part of the state-funded Long-Term Care Ombudsmen program, Verbeke, Elaine Hearn and Mary Katsarelis visit long-term care facilities, mediate disputes, hold weekly Family Councils to hear concerns of families, and do community presentations. Each is assigned a territory in the agency’s service region, which includes Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. In total, they cover

104 of the state’s 450 nursing homes.

Their reports are filed with the state LTC Ombudsmen office. State surveyors regularly interface with ombudsmen about complaints or issues they’ve identified.

Over the pandemic year, the ombudsmen fielded many concerns from families unable to visit their loved ones because of COVID-19 safety protocols. They heard complaints about a lack of staff. They heard from residents of assisted living facilities who could not get out of their leases.

From March 2020 to now, “it felt more like being a counselor,” says Hearn. “The majority of my calls were from family members who were very stressed out because they weren’t in touch with their loved ones. I heard a lot from people in mourning because they lost a loved one.” Residents could not understand why the ombudsmen couldn’t come in.

“Our physical presence gives them some kind of leverage. When we’re there, they feel somebody’s on their side,” Hearn says.

In normal times, their job often puts them at odds with nursing homes, which have their own struggles, often with maintaining staffing levels. Residents may not be getting the care they need, and if they lodge a complaint, the ombudsmen follow up with the home. They would go to the state if the problem escalated.

During the past year or more, the ombudsmen took direction from the state Department of Health and Human Services and Centers for Medicare & Medicaid Services on visiting guidelines for families, which they have to communicate to concerned and often distressed loved ones who don’t understand why they still can’t visit.

In an early CDC survey



Mary Katsarelis



Elaine Hearn



Louise Verbeke

of vaccination programs at nursing homes, almost 80% of residents took the vaccine while under 40% of the staff did. And while nursing homes are allowing family members to come in, some turn them away because of the risk of infection or because they don’t have staff to facilitate the visit.

The ombudsmen are still doing what they can to connect families with their loved ones and to otherwise continue advocating for residents, “whose rights have become so much bigger and more important,” says Katsarelis.

“We’re trickling in one at a time and making sure

people know about the Long-Term Care Ombudsmen Program,” she says.

“I’m just communicating with as many residents and family members who call me,” says Verbeke. “We have to let them know, ‘Hey we are still out here, we’re doing our best to advocate for you.’”

For more information on the Long-Term Care Ombudsmen Program or to reach one of the ombudsmen who covers Livingston, Macomb, Monroe, Oakland, St. Clair or Washtenaw counties, call 866-485-9393.

Story courtesy of the Area Agency on Aging 1-B.

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SOCIAL & WELL-BEING

ROYAL OAK FARMERS MARKET IS STILL GOING STRONG AFTER 96 YEARS

By Dean Potter

For MediaNews Group

Facing adversity is nothing new for 56-year-old Shelly Mazur.

She manages the Royal Oak Farmers Market. In the market's 96-year history it has never closed. Never. Since its inception in 1925, the community market has been a cornerstone of the city's downtown, and with a strict "farmers must grow" rule in place, market goers are sure to find only locally grown produce and locally made goods, sold by the producers themselves.

The market still enforces its "farmer must grow" rule but has branched out some to offer a wider variety of meats, cheese, poultry, seafood, dairy, vegan and gluten free options.

When the city started construction of the new city hall and police department, Mazur had to dispel rumors the market was closing. Then, like so many other local businesses, when the COVID-19 pandemic hit, the farmers market took a huge hit. The market's revenue from facility rentals went from \$220,000 in 2018 to \$35,000 in 2020.

Despite the decline, Mazur remains optimistic.

"We have been deemed essential because we offer fresh food and produce. We are following all the pandemic protocols to keep everyone safe, while at the same time we are making improvements to the market," says Mazur, a former Royal Oak resident now living in Ferndale.

New this year will be a Friday Market day, from 7 a.m. to 1 p.m. May through Thanksgiving. She noted the Friday openings will be



PHOTOS BY DEAN POTTER — FOR MEDIANEWS GROUP

New this year will be a Friday Market day, from 7 a.m. to 1 p.m. May through Thanksgiving.

on a slightly smaller scale where not all the food, produce and specialty vendors will be on hand. In addition, market goers will notice interior improvements coming like a new banner and the addition of some barn wood and corrugated steel on the inside. The market's electrical system is also being updated. Sundays will continue to feature their flea-market and antiques.

"We actually have a waiting list for vendors and feature 15 farmers from throughout the area as well as 60 specialty vendors," Mazur said.

Some of the market's popular offerings include Great Lakes Pot Pies—which recently opened a store front in Clawson. Dobrie Pierogi is another favorite which features freshly handmade pierogi. Dobrie has also started a store-front in Shelby Township. Other favorites include Motown Freedom Bakery, John Henry Meats, and Great Vibes Creations, which makes products from

goat's milk.

Mazur's passion for the market is evident when speaking with her. One of her favorite "vendor" stories she likes to tell is one of McClure Pickles. McClure started selling their pickles at the Royal Oak Farmer's Market and as Mazur puts it, they quickly "graduated" from the market and are now internationally sold. Her adoration for the market was nurtured much by the produce found there. Nearly 20 years ago she began helping her husband's friend who was a Morel mushroom hunter and started out selling those mushrooms at the market.

The mushroom selling experience grew and Mazur herself advanced from a part-time mushroom selling vendor to a part-time market event planner to full-time market manager. She has been at the helm for more than a decade. Mazur and staff have taken the pandemic protocols seriously. They are limiting events to 100 people, have widened all the aisles to

12-feet-wide to curtail close contact and placed hand sanitizer throughout the facility. They also have free masks for those shoppers who forget to bring one, as masks are required to be worn on market grounds.

Although she admits there have been fewer shoppers due to the pandemic, it has forced those shoppers to buy more for more people. For example, a shopper may be buying for her family, a neighbor and a parent or grandparent while protecting those who have health issues. Mazur notes the Royal Oak Farmer's Market is still one of the best places to buy fresh produce locally. The prices are very reasonable and there is no "middleman," which can increase cost. You can ask the growers how and where their produce is grown and where it is coming from.

"My favorite thing about the Royal Oak Farmer's Market is I feel like I am doing something that matters," she said. "We work with so many great orga-



There is always something happening at the Royal Oak Farmers Market.



There are plenty of special events planned this year at the Royal Oak Farmers Market.

nizations including the U.S. Food Bank and Forgotten Harvest. If we have extra produce these companies make sure nothing goes to waste. The U.S. Food Bank will even take the produce and prepare the food by cooking it or canning it so it's ready to go."

Shoppers should know the new 572-space parking structure is open and only a block away. The first two hours during market hours are free of charge to the people parking in the structure.

"I am excited about this year. We are slowly increas-

ing the number of events and hope to expand some of our events in the coming months to Centennial Park, which is right across the street."

The Royal Oak Farmers Market is open 7 a.m. - 1 p.m. Fridays (May through Thanksgiving), 7 a.m. - 1 p.m. Saturdays (year-round), and 8 a.m. to 3 p.m. Sundays for the Antiques and Collectibles market. For more information about the market and upcoming events visit their Facebook page or the city website at romi.gov/1533/farmers-market.

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HEALTH & FITNESS

The new rules of aging well

By Barbara Sadick

Next Avenue

Aging is a natural process that involves direct damage to cells and an accumulation of cellular waste, says Dr. Frank Lipman. Our ability to repair this damage decreases over time, but the extent and speed of that decline varies — a lot.

Diet, activity, rest and stress all play a role in aging, Lipman says. And that's good news because it means we have some control over the course of how we age.

Lipman is a medical doctor and practitioner of Western and Chinese medicine. He's also the founder of Eleven Eleven Wellness in New York City, a treatment center that works

with patients to get healthy and stay healthy. His book with co-author Danielle Claro, "The New Rules of Aging Well: A Simple Program for Immune Resilience, Strength and Vitality," is a practical guide to strengthening your immune system and reversing the symptoms of aging.

I interviewed Lipman about the lifestyle strategies he recommends to guide people toward aging well and living well longer. Highlights:

Barbara Sadick: In your book, you say people come to you with aches and pains, exhausted and gaining weight. They assume these are symptoms of aging. Are they?

Dr. Frank Lipman: Most of us have been pro-

grammed to believe that growing older is synonymous with getting tired, fat, slow, forgetful and having no interest in sex or the loss of the ability to perform. The real obstacle for most of us isn't age. It's loss of function.

Our bodies are perfectly capable of remaining healthy and vigorous and our brains can absolutely stay clear and sharp if we treat our bodies properly and [do] not abuse them.

Q: You say it's more important than ever to prioritize immunity and overall wellness. Would you elaborate on what you mean?

A: The immune system fights infection.

How well your immune cells function is a direct response to how well you take care of yourself.

When you take good care of yourself, the immune system's self-cleaning mechanism or autophagy kicks in. Autophagy is digestion of cellular waste by enzymes of the same cells. Those cells clean their own waste. When autophagy is working well, your body recovers faster and better.

As we've seen, people with co-morbidities (more than one disease or condition) have worse reactions to COVID-19.

Q: You write that our daily life choices affect our overall health. What are some of those



PHOTO COURTESY OF NEXT AVENUE/GETTY

Diet, activity, rest and stress all play a role in aging.

lifestyle choices we should be aware of?

A: People need to be aware of things like what and when they eat, how they move their bodies, how they deal with stress, how they sleep, how kind they are to others and whether they hold on to resentments.

Q: Food, you say, plays a major role in optimizing health. What kinds of foods should people eat as they age?

A: Research shows that to age well, we have to eat less and consume fewer calories.

Sugar is a major inflammatory. **RULES » PAGE 22**

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SOCIAL & WELL-BEING

Local artists turn everyday stones into precious gems

By Debra Kaszubski

For MediaNews Group

While other hunters aim for deer, quail and similar critters, Oakland Township resident Linda Eaton prefers to hunt for rocks. Eaton has amassed an impressive collection of pebbles, stones and other types of miscellaneous pellets that she has picked up in parking lots, parks and other places.

Eaton crafts these ordinary rocks into jewelry through the practice of lapidary, which is the art of shaping stone or minerals into decorative items. Eaton is a regular lapidarist at the Rochester Older Persons Commission (OPC), where she will utilize various machines to shift and shine her stones into beautiful cabochons, faceted designs and engraved gems.

"You can make all kinds of neat stuff," she said. "I make necklaces, earrings, rings, bracelets... really anything."

At the OPC, members utilize an assortment of motorized lapping tools to grind, sand, cut, and further design a stone. After they achieve their desired piece, some will attach bezels or wire in order to fashion the stone into wearable jewelry. Petoskey stones are popular to utilize, although members will use almost any stone that catches their attention.

"This is a rock I picked up in the parking lot," said Rochester Hills resident Valerie Lauer. "I thought it was pretty so I kept it and now I'm going to turn it into a necklace."

While some lapidarists opt to sell their pieces, Tony DeFinis of Rochester Hills, chooses to give his away. He has fashioned everything from jewelry for his wife to crosses for fam-



PHOTOS BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Valerie Lauer of Rochester Hills uses a lapping machine to smooth a stone she found in the parking lot of the Rochester Older Persons Commission into a charm for a necklace.

ily and friends. DeFinis has come up with some clever designs by utilizing unique materials, such as rainbow-colored auto factory

car paint that had conglomerated into a stone shape, and even cut pieces of bowling ball.

"You never know what

you will find with a stone. You can take a stone, start something and turn it into something entirely different," DeFinis said.



Linda Eaton of Oakland Township uses silversmith techniques along with lapidary. The two crafts often work hand-in-hand when developing pieces.



What started as ordinary pebbles are now shiny, smooth stones.



PHOTOS BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Above: Tony DeFinis of Rochester Hills turns various stones into crosses, which he gives away to family. **Below:** Tony DeFinis uses unusual materials in lapidary, including a piece of a bowling ball and some conglomerated car paint.



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SOCIAL & WELL-BEING

Vaccinated seniors find joy in planning travel again

By Hannah Sampson

The Washington Post

Liz and J.B. Wright have been busy over the past year in Virginia: puzzles, curbside pickup, painting rooms at home, video chatting with family, watching after one of their grandchildren. But all the action was close to home, and three of their four grandkids were growing up in other states.

Then the couple got their first dose of the vaccine in January, and they could begin thinking about traveling again.

"We started planning the day we got our first shot," said Liz Wright, 68. "We were like, 'Oh my God, we can go.'"

All over the country, people 65 and older - those at highest risk of illness and death of COVID-19, and early in line for the vaccine - are starting to browse trips, actively plan and even hit the road. As of April 5, nearly 76% of Americans 65 and up had received at least one dose of the vaccine, and more than 56% were fully vaccinated, according to the Centers for Disease Control and Prevention.

"The vaccine for them is a freedom pass - not to go crazy, but to do things," said Rabia Shahenshah, a travel adviser with Tzell Travel Group. "It was definitely a game-changer."

The Wrights have two journeys planned: a road trip to Massachusetts this month and a flight to California in May, both to see their children and their grandchildren. While Liz Wright hopes to get back to Europe and Turks and Caicos in the future, she has already told her friends that those trips will have to wait.

"I was like, 'Listen, we are completely off until at least 2022,'" she said. "Every trip I take is going to be to see

my kids."

Loretta Carson, a travel adviser at Protravel International, said most of her clients are going to see their children or grandchildren now. When she talks to them, the conversations inevitably turn to vaccines.

"It's constant," she said. "It's the first thing we talk about."

Carson is fully vaccinated, too, but she has not done any travel of her own because she has had so much work.

"I'm just happy to see the rebound and see the people dreaming and planning," she said. "It's like starting a new era almost."

Travel companies say they see that hope reflected in their bookings.

In a February call with investors, Royal Caribbean Group said it had seen a strong relationship to booking volumes and vaccines, including a proportional increase in the number of customers who were 65 and older.

"Our belief is that as 65-plus are getting vaccinated, then they're obviously becoming more comfortable with booking, and we're seeing that very much in our bookings from about January forward," Royal Caribbean CEO Richard Fain said on the call.

Educational travel organization Road Scholar, which caters to "lifelong learners," was seeing a huge jump in enrollments by mid-March. At that point, according to surveys of the company's participants, 67% had been vaccinated, and 99% planned to get the vaccine.

"It's no understatement to say the phone is ringing off the hook," Road Scholar spokesman Chris Heppner said in an email. "We are seeing a huge shift in people's eagerness to get something planned."

Some customers, he said,

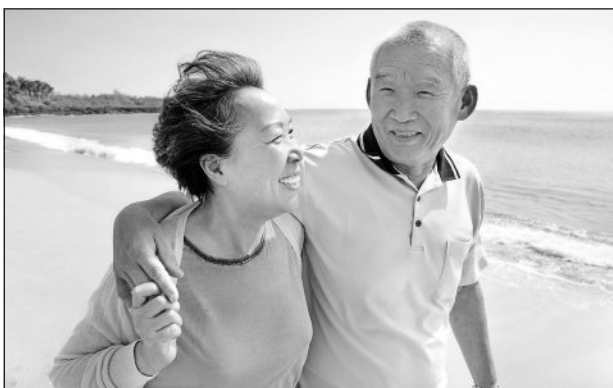


PHOTO COURTESY OF METRO CREATIVE CONNECTION

All over the country, people 65 and older - those at highest risk of illness and death of COVID-19, and early in line for the vaccine - are starting to browse trips, actively plan and even hit the road.

were celebrating their vaccinations by enrolling in a trip. The company planned to resume some programs in July.

Squaremouth, a travel insurance comparison site, said it was seeing a "slow rebound" in older travelers booking trips, based on travel insurance sales through the site. Marketing manager Steven Benna said in an email that as the vaccines have rolled out, the percentage of travelers in every age group over 60 has risen.

Rick Steves, 65, is in that group. His professional life - as a guidebook author, public television and radio personality, and tour company founder - is built around European travel. He said he felt a "joyfulness, not selfishly, but as part of a society," when he got his first shot in March.

"As it went in, I was just thankful for modern medicine and science," he said. "I just really said a prayer that people will recognize that this is a societal ticket to freedom and we'll all have to get on board."

Steves took a selfie of the occasion wearing his "Keep on Travelin' " T-shirt and clutching his passport. The post on his Facebook page

has more than 11,000 comments - many from people who were also vaccinated and dreaming of travel again. They shared their plans for the near term (grandkid visits, flights to Hawaii) and the long (European bus tours), and, in many cases, they shared photos with their own "Keep on Travelin' " shirts and passports.

"It's remarkable that this is something that we are all in together," Steves said.

He's not ready to announce his return to Europe yet - most of the continent is still off-limits to Americans anyway - but he said he has about 20,000 people on a wait list for tours. He said he has more confidence now that it's possible to plan for the future and that "we are on a glide path to normalcy."

"These vaccines are a wonder, and I'm glad I got one in my arm," Steves said. "I can hardly wait to travel."

Joe Corcoran, 84, and his wife, Loretta, 72, were recently in the process of planning their next big trip - a river cruise through Amsterdam and Budapest in June 2022.

Joe, a retired chemical engineer who lives in Penn-

sylvania, said the couple thought about what they would do when they could travel again, but they could not start making solid plans until the vaccines were a certainty. They bounced ideas off Carson, their travel adviser, and settled on the cruise.

"Part of the joy of travel is the anticipation of the travel itself," Joe Corcoran said. "This is the start of our enjoyment of our trip in 2022, because now we have a place to go and plans to make, and this is part of the fun as well."

In early January, Ruth Berkowitz, 92, and other residents of her retirement community in Bridgeport, Conn., received their first vaccine dose, then the next one three weeks later. "You felt you could do anything," Berkowitz said. "Not anything, but you could move a little."

She flew with her daughter to Florida, where she has a home in Boca Raton, in late February for two weeks of sunshine, boat-watching and visiting. It was a big change from the past year, when she kept "very, very close to home."

"I got down there and enjoyed it very much," Berkowitz said. She said she does not have more plans, but she would make the same trip again.

"I feel safe," she said. "I would go anywhere. I would be happy to go."

Angie Licea, president of Global Travel Collection, said her group is seeing faster growth with travelers 65 and older than other segments. In that age group, advisers are finding their clients interested in high-end resorts, private islands, future cruises and local, quick getaways.

"Once people got vaccinated, they were like, 'Wait a minute, it's safe,'" she said.

"I can go see my grandchildren. I can go to Florida and hang out. I can go to resorts."

But, unlike younger travelers, older clients are serious about how their destination is dealing with the threat of COVID-19, Licea said.

"They're traveling, but they want to ensure that the protocol is very solid and it's safe and it's regimented," she said.

Mickey Belosi, 73, and her husband, Jim Brady, 74, of Auburn, N.Y., epitomize that mind-set. Although they are preparing to get back out in the world again, they remain slightly wary.

"We've been so used to being careful and staying away from people," said Belosi, a retired nutrition educator. "Even if we're safe, we may not emotionally be ready to get around a lot of people."

They missed out on three trips they had planned for spring 2020 and are planning to take one of them, a rescheduled European river cruise, in September.

"Hopefully by September of this year it'll be safe," she said. Both were getting their second shot at the end of March.

In the meantime, they have booked a boat to take along the Erie Canal, starting on Memorial Day, with their son, who will also be fully vaccinated by then.

Brady, a retired social worker, said the couple would like to take their trip to Europe in the fall, travel for Thanksgiving and see family in San Francisco for Christmas.

"I think we're still hesitant about flying because so many people are not vaccinated and so many people are just careless, and there are some people who are nonbelievers and just won't," he said. "I think we're still pretty cautious."

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You're never too old to love a new exercise

By Judi Ketteler
Next Avenue

Before 2020, I would have said that running and I were in a long-term relationship. Twenty-five years and counting, we were happy as could be, with no signs of trouble on the horizon. Even when the COVID-19 pandemic hit, aside from running way around other runners or walkers to keep a safe distance, I didn't change my running routine. In fact, I was one of those people who followed the trend of running even more, because I needed the time away from everyone in my house.

I had some truly fantastic runs in 2020. But in the middle of one last May, I rolled my left ankle hard. I took a few days off, only to roll it again a month later. Finally, in October, toward the end of a run, I rolled my ankle with such force that I broke two bones on the outside my foot — the calcaneus (heel bone) and the cuboid.

No running for at least eight weeks, my doctor said. And really no walking either, except for in a boot.

Fall was here — the most beautiful season for running, the one we anticipate all summer in the humid Midwest — and running was snatched away from me.

So I did the same thing I had done when I had a bout of tendinitis a few years ago: I started swimming laps at the YMCA. (A lap-lane reservation program kept it safe.)

The last time, swimming had been new to me. I had even taken a lesson to learn how to breathe and, you know, swim. This time, I knew what I was doing and three times a week, I swam for 45 minutes.

It felt purely transactional. Yes, I felt better at the end of every swim. But I wasn't a "water person," I continually told myself. Swimming was a good stress relief, but it wasn't really what I was meant to do. All I wanted to do was get back to my first and only love: running.

In the meantime, following the trend of home fitness, my husband and I bought an exercise bike. We wanted a Peloton, but the wait was too long and it was too pricey any-

way. We settled on a Schwinn IC4, signed up for a Peloton membership and created a resistance-conversion chart to match our bike's resistance to the Peloton.

Like swimming, the bike was only a temporary fix — a way to sweat from the comfort of my basement. But I was absolutely not an "exercise machine person."

In December, I finally got the OK from my doctor to start with some easy jogs.

I had exactly one month of running before I rolled the same ankle yet again, in the middle of a six-mile run on a sunny Friday afternoon.

I didn't know if I had re-broken it. But in that moment, hobbling home, tears in my eyes, I felt like my relationship with running would never be the same again.

I could rest and heal. I could do physical therapy this time to get to the root of why I kept rolling the ankle. But it felt like I couldn't trust running anymore.

I spent nearly the entire next day on the couch with ice on my foot, trying not to cry, because I didn't want my family to see me like that. I was heartbroken.

In the weeks that followed, I did my best to stay off the foot. When the swelling went down and it mostly stopped hurting, I was pretty sure I hadn't broken it again. But as I waited and contemplated what to do, I found myself looking forward not just to the pool, but also, surprisingly, to getting on the exercise bike.

I had discovered that I loved classes led by one particular instructor, Hannah Frankson. She was fun and exuberant (no doubt Peloton prerequisites), but she also told parts of her story on some rides. A triple jumper in London, she had wanted to go to the Olympics. But it didn't happen. She would talk about her disappointment and about rebuilding her life after that.

Whether it was her stories or the simple act of repetition, to my great surprise, the bike started to feel like the place I wanted to be. I anticipated more and more the feeling of the pedals under my feet. I looked forward to the rhythm of climbing a hill, to the breathless

collapsing over handlebars after a sprint, to the feeling of being ensconced inside an activity, time carved away from regular life.

If I felt bored by the motion, I would try another kind of bike class. Or another kind of music. Learning the names of workouts, like Tabata (20-second sprint, 10-second rest, eight times) or EMOM (stands for "every minute on the minute," where you start a new sprint at the top of every minute) kept me engaged.

Tracking my rides in my fitness app — the same way I tracked my runs — gave me the feeling of amassing data, which is an oddly motivating thing for a record-keeper like me.

When I was busy being heartbroken over running, these other deep connections to movement were forming. It's all made me think about what makes us fall in love with our form of exercise and stick with it for the long haul.

One recent study posits that a high-intensity workout with lots of heart rate variation keeps us more motivated. An opinion article last year in *Frontiers in Psychology* suggests that novelty is the key ingredient.

Science aside, is finding a way to exercise really so different from how we fall in love with people?

There is some basic level of physical attraction. The newness is exciting, too. We begin to have some peak experiences and memorable moments that we can build stories around. Eventually, we settle in and develop a sense of trust that this activity will always be there for us. But most importantly, we like how we see ourselves and feel about ourselves when we're engaged in this exercise.

The rest is that X factor, which I honestly didn't think existed outside of running, for me. What a midlife joy that it does.

If the pandemic has been the absolute worst kind of surprise, knowing that I still retain the ability to fall in love with new kinds of movement and new habits has been the best kind of surprise. I'm certain that after some physical therapy, I'll run again. But I doubt that I'll return to that exercise monogamously.

Rules

FROM PAGE 17

matory [substance] and should be gradually cut out of your diet.

Eat dinner earlier and breakfast later and eat only within a two- to ten-hour period of the day.

As much as you can, eat fresh, natural, real food that doesn't come prepackaged and won't go bad if not refrigerated. Move away from processed foods.

Eat non-starchy vegetables and other greens and stop eating when you feel eighty percent full.

Q : We are commonly told that we should eat three meals a day, with breakfast being the most important. Is this true?

A : Contrary to popular wisdom, breakfast is not the most important meal of the day and can be skipped entirely. Try eating only two meals a day between late morning and early evening and then fast until the next day. That gives the body a rest from digesting.

Cut down animal protein to once a day. If you like red meat, make sure it's organic and grass-fed, but generally eat more plants than animals.

Drink lots of water, cut out sodas and juices and drink your coffee black if you can.

Q : You write about how good hydration is important to the body's well-being. How can we increase the amount of water we add to our bodies and why is it so important?

A : As we age, the amount of water in the body decreases. Water is vital to regulating body temperature, keeping joints lubricated, delivering nutrients to the cells and keeping the body healthy. Drink at least three to four glasses of water a day and drink throughout the day.

It's not uncommon that as we age, we don't realize when

we are thirsty or when our bodies need water.

Q : Sleep, you say, is critical to improving quality of life. What kind of changes can people make to optimize healthy sleep?

A : Sleep is a rhythm of the body affected by light and darkness. Instead of using too much artificial light at night, begin to dim the lights for a good hour or two before going to bed. Turn off all laptops, TVs and other sources of artificial light and make the room as dark as possible.

Keeping a regular sleep schedule by going to sleep and waking at the same times every day creates a good and healthy sleep pattern.

Q : We know that being physically active improves our quality of life. How can more physical activity be incorporated into daily life?

A : Throughout the day, move your body as much as you can. Get up and move around. Daily movements like bending and cleaning are much more important than going to the gym.

Find an exercise you can enjoy and stick with it. As we age, it takes longer to recover from injury, so choose exercises that won't injure you easily.

Q : What changes should people who take your advice be seeing as they age?

A : Aging well is about being vital, happy and continuing to be able to do the things you enjoy for decades. How you age has everything to do with the choices you make and what you put into your body and mind. If you make the suggested lifestyle changes, you will look good, be energized and feel well, happy, sexy, agile and strong.

Barbara Sadick is a freelance health writer whose stories have appeared in The Wall Street Journal, The Washington Post, The Chicago Tribune, Kaiser Health News, AARP, Cure and others.

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.

New groups forming in the New Baltimore/Chesterfield area:

Widow-ers, Widows and Divorced Seniors On With Life. This group offers socializing, activities and rap sessions. For more information or to be placed on the contact list, call 586-6465636.

MAY

May 16: Octagon House Open House and Used Book

Sale from 10 a.m. – 4 p.m., 57500 Van Dyke, Washington. Items purchased in the Milk House with a minimum donation of \$5 will have free entry into the Octagon House. All other visitors will have a \$5 per person entrance fee. Docents will be on hand to assist all visitors. There will be a minimum of 6 visitors at a time in the Milk House. Mask wearing is mandatory; visitors will be asked to hand sanitizers and social distancing as much as possible. For additional information, call 586-781-0084 or info@octagon-house.org

May 18: Adult Take & Make: Paint Your Own Bird Feeder, at the Roseville Library, 29777 Gratiot Avenue. Pickup Tuesday, May 18. Registration is open now. Pickup at the circulation desk or curbside.

JUNE

June: Summer Reading Challenge 2021: Tails & Tales, sponsored by the Roseville Library, 29777 Gratiot Ave. on Monday, June 21 through Friday, July 30. All Ages from Listeners to Adults. Read books. Win prizes. Adults. Read any kind of books you want. Tell us about them in one of two ways: Pick up the paper "bookmark" ballots at the library, fill them out, and return them or use Wandoo Reader. Every book you tell us about earns you another entry in prize drawings that will be held after the Summer Reading Challenge concludes. The Grant Prize drawing for adults is a \$100 gift card to Mr. Paul's Chop House. For more information, call 586-445-5407.

June 3: Booked for the Evening: "How to Stop Time," sponsored by the Roseville Library, 29777 Gratiot Ave., at 6 p.m. on Thursday, June 3 on Zoom. Meeting ID: 921

9190 9378. Join us for a lively discussion of Matt Haig's novel "How to Stop Time." All are welcome to join us even if you have not read the book. For more information, call 586-445-5407.

June 15: Adult Take & Make Craft: Paper Butterfly sponsored by the Roseville Library, 29777 Gratiot Ave. Pick Up: Tuesday, June 15. Register beginning: Tuesday, May 25 Use pages from an old children's book, magazine or other colorful paper to create a beautiful paper butterfly. Participants must have a valid Roseville library card in good standing in their name to register for this program. For more information, call 586-445-5407.

AUGUST

Aug. 30-Sep. 3: MHL PRESENTS the Ark Encounter and Creation Museum

in Cincinnati, Ohio, the life-sized Noah's Ark Experience will certainly amaze you. Ark Encounter features a full-size Noah's ark built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high this modern engineering marvel amazes visitors young and old. We will also visit the Creation Museum's 75,000 square feet of state of the art exhibits, stunning botanical gardens, petting zoo, etc. This evening enjoy a dinner party with entertainment. The next day after our morning continental breakfast, we stop at a casino for some gaming. Afterwards, you'll enjoy a BBBB Riverboat's sightseeing cruise on the Ohio River. All this and the price is only \$579 double occupancy and it includes 4 breakfast, 4 dinners, admission to all attractions, sightseeing cruise and visit to a Casino. Contact Mary Ann

at 586-530-6936 for more information and details.

MONTHLY EVENTS

■ **Octagon House Sit and Stitch:** is the 2nd and 4th Tuesday of each month from 1-4 p.m., 57500 Van Dyke, Washington. For more information, call 586-781-0084.

■ **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.



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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.



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Name(s) Of Grandchildren: _____

Proud Grandparents are: _____

Address: _____

Phone: _____

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

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 June 10, 2021.



Words

Children learn to read and write
When they are in school
Not every word was meant to teach
A most important rule.

Even though, some call them words
And some were said from long ago.
Why or who, would want to say
We may not even, want to know.

Some were words, meant to hurt
And touch ones very soul.
Only said in anger
By those of weak control.

There is a word, that should be heard
More often than we know.
A word called love, that travels on
And cures ones very soul.

**By Rosalie Shaffer
of Richmond, MI**

Ma

You may see an apron
or tea brewing
in a cup;

You needn't look around
you
or even
look up.

For her eyes of love
are watching
every moment of
every day;

She's never too far
from you,
She's only just
away!

**By Joyce M. Watt
of Clinton Twp, MI**

FIRST & LAST NAME: _____ PHONE NUMBER: _____

ADDRESS: _____

CITY/STATE/ZIP: _____ NAME OF POEM: _____

MAIL TO: Vitality Poetry
And Letters of Appreciation
Dawn Emke
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**NEW
ADDRESS**

If you chose to submit your poem or letter of appreciation through email, please include your first and last name along with your phone number and the city, state you reside in. You will not be solicited and all information will be kept confidential.

Email Poems to: demke@medianewsgroup.com

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

Watercolor Painting

I stare at the snow white watercolor paper,
afraid to make a move
After all, a sheet costs \$8.00 and
I don't want to make a mistake and ruin it.

After days of mulling over various subjects in mind
I finally decide on a seascape with sailboats
With a soft pencil, I lightly sketch in my composition
That's the easy part!

The first light washes of color are painted
There's no turning back now.

I don't like the colors
The blue of the sea is not right
It looks too much like the sky
And the sky looks too much like the sea
You can't see where one ends
And the other begins.

This painting is not turning out right
The color of the beach is muddy looking
Looks like the ugliest painting I ever started
So I stop painting.

The next day I go back
This time refreshed
And, after all, this sheet of paper costs \$8.00
and I can't waste it
I'm not a millionaire you know!

Dabs of color go here
Dabs of color go there
I wish I could do oil painting
You can correct your mistakes
And paint white over black,
red over green
yellow over purple
You can't do that with watercolors
Unless you want mud
But I can't stand the smell of turpentine.

So I go back to my watercolor
Determined to finish it
No matter how bad it turns out.

After days of laboring over it
It's finally beginning to show promise
Many days and hours later, it's finished.

But don't let me fool you
I go through this every time I paint a picture
And you know what?
Each one turns out to be a masterpiece
If I do say so myself.

By Joseph Samulowicz of Warren, MI

Poetry PAGE

Walking in the Moonlight

Walking in the moonlight,
Looking at every tree,
Gazing at the brightest star,
Wondering this night,
Just where you are.

Walking in the moonlight,
Hoping to see your face,
And when we meet again,
Will it all be the same?

Walking in the moonlight,
Shadows at my side,
Come along with me,
Do not try to hide.

Walking in the moonlight,
Waiting for your call.
I know we've had our troubles,
Wishing they were right.

Walking in the moonlight,
Going all the way,
Hoping to love you,
For just another day,
It's just for you to say.

Walking in the moonlight,
Always loving you.
There's just no other way.

By Robert F. Miller of Rochester, MI



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