

October 2021

## BREAST CANCER AWARENESS MONTH

How to help minimize your risk

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open enrollment

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**WORK & PURPOSE**  
'Grandinfluencers'  
debunking aging  
myths on social  
media

PAGE 16

# Vitality

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





## WORK & PURPOSE

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## SENIOR LIVING

### 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:** 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 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

**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, 48360

**OPC Rochester:** Letica Rd, Rochester, 48307

**Troy Senior Center:** 3179 Livernois, Troy, 48084



**On the cover:** A physically active lifestyle can help women reduce their risk for breast cancer.

PHOTO COURTESY OF METRO CREATIVE CONNECTION

## VITALITY

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## MONEY &amp; SECURITY

## Ask the Financial Doctor: What is a backdoor ROTH IRA?

**Q** : My father bought some bitcoins and sold them for a \$12,000 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.

**Q** : What is a backdoor ROTH IRA?

**A** : Due to income limits some taxpayers are not allowed to contribute to a ROTH IRA. The backdoor ROTH IRA is a work around solution. First,



**Richard Rysiewski**  
Columnist

contribute \$6,000 (\$7,000 if age 50 or older) to a traditional IRA. Second, move your contribution to a ROTH IRA. You will have to pay taxes on your contribution when you file your tax return. If your traditional IRA has after-tax dollars then you will pay pro-rata taxes only on the ratio of the before-tax dollars.

**Q** : What is a mega backdoor ROTH IRA?

**A** : The mega backdoor ROTH IRA is available only to owners of a ROTH 401(k). The mega ROTH 401(k) contribution for 2021 cannot exceed \$38,500 and must be an after-tax contribution above the \$19,500 pre-tax contribution. To qualify, the ROTH 401(k) has to allow for in-service distributions on a non-hardship basis. The last step is to move the after-tax ROTH 401(k) contribution to your

ROTH IRA.

**Q** : Does a ROTH 401(k) have a required minimum distribution (RMD)?

**A** : Yes, RMDs are mandatory when you reach age 72.

**Q** : Does a ROTH IRA have a required minimum distribution (RMD)?

**A** : No, ROTH IRAs have no RMDs. One exception is an inherited non-spousal ROTH IRA that must be distributed within 10 years beginning with the following year after death.

**Q** : What are the rules to avoid paying federal estimated taxes?

**A** : A taxpayer can avoid estimated taxes and penalties if you pay within \$1,000 of

your current tax liability or 90% of your tax liability or at least 100% (110% for a higher earner) of your prior tax year liability.

**Q** : Did the deduction for medical expenses change in 2021?

**A** : No, the medical expense deduction remains the same and has a threshold of 7.5% of adjusted gross income (AGI).

**Q** : Do 529 educational plans cover elementary school expenses?

**A** : Yes, the 529 plans cover educational expenses for elementary and secondary school including private schools.

**Q** : My brother is considering a timeshare in Florida. What are some negatives own-

ing a timeshare?

**A** : Buyer beware, timeshares are usually sold at inflated prices with limited resale value. Many people are not able to sell their timeshares and even have difficulty giving them away. The annual fee for your timeshare increases each year and some timeshares have additional nuisance fees. There will be some years that you will not be able to use your timeshare due to circumstances beyond your control.

*Richard Rysiewski, a Certified Financial Planner®, welcomes all questions on tax and financial matters. Please send to Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316 or call (248) 651-7710.*

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## HEALTH &amp; FITNESS



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The risk of serious illness or death from COVID-19 is higher if one has the flu at the same time, officials advise.

## Flu season amid COVID poses numerous questions for seniors

**By Susan Thwing**  
For MediaNews Group

Fall brings glorious colorful leaves, cool breezes, and reasons to snuggle under a blanket — but it also brings with it outbreaks of influenza. If flu season isn't tough enough, add questions regarding COVID-19 vaccinations and the available flu vaccines, and you've got a lot of seniors wondering what's the best bet to stay healthy.

For people 65 years and older, the risk of developing serious flu complications increases due to changes in immune defenses with increasing age. According to the Centers for Disease Control (CDC) "while flu seasons vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu

disease. In recent years, for example, it's estimated that between 70% and 85% of seasonal flu-related deaths have occurred in people 65 years and older, and between 50% and 70% of seasonal flu-related hospitalizations have occurred among people in this age group."

But with COVID-19 factoring in, is it safe to get both the COVID-19 vaccine and your flu shot?

The Oakland County Health Division says a resounding "yes" and advises residents to protect themselves by getting both the COVID-19 and flu vaccines. The OCHD website also says that precautions taken to limit the transmission of COVID-19 — such as wearing masks and social distancing — also substantially lower the likelihood of spreading influenza.

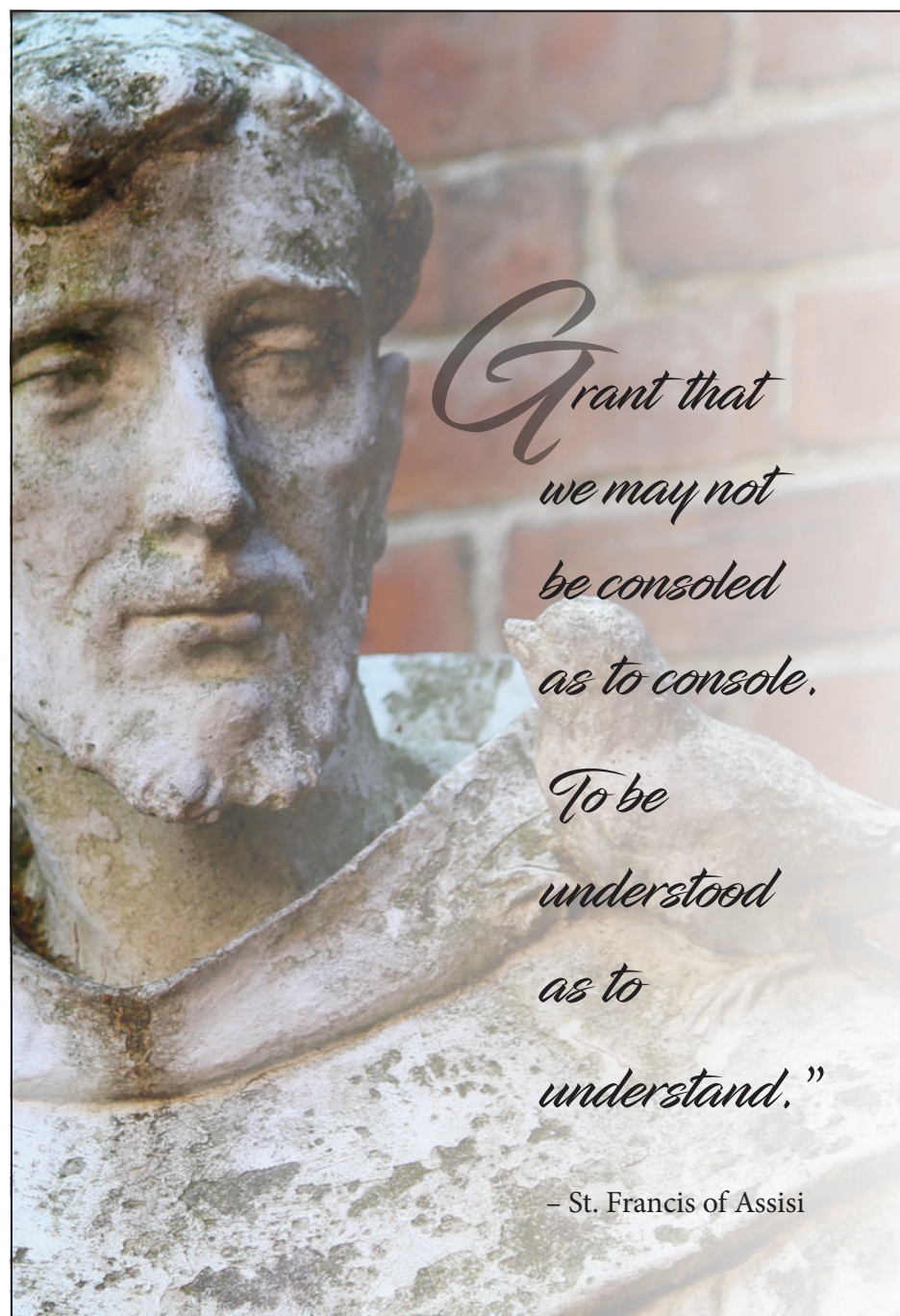
The risk of serious illness or death from COVID-19 is higher if one has the flu at the same time, officials advise.

"The risk of death from COVID-19 is more than triple that of seasonal flu. In fact, your risk of death from COVID-19 more than doubles in people who have the flu," Oakland County Health Division Medical Director Dr. Russell Faust said, in a press release. "So, get vaccinated for both this flu season and take the common-sense measures that limited the number of flu cases last season."

In general, vaccines help keep the whole community healthy, officials say.

"Getting an annual seasonal flu vaccine is the best way to help protect you and your family against flu, and

FLU » PAGE 11



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## SOCIAL &amp; WELL-BEING

# Senior center-sponsored travel continues to increase offerings despite pandemic

By Debra Kaszubski  
For MediaNews Group

Despite COVID-19 and the Delta variant, travel is back for many seniors. Although not yet at pre-pandemic levels, travel programs at local senior centers are offering a handful of trips, most to Michigan destinations.

The travel programs at the Madison Heights Active Adult Center and at the Rochester Older Persons Commission (OPC) are both widely popular, with both offering a variety of trips throughout the world prior to COVID-19. Both pro-

grams stopped abruptly due to the pandemic, but have slowly been increasing their offerings to include a reduced number of trips.

"Pre-pandemic OPC travel planned four day trips per month, (including) two multi-night bus trips and two international or large domestic trips. For now, I am planning three to four day trips per month and an international trip in fall of 2022," said Linda Froeber of the OPC.

Likewise, the Madison Heights Senior Center averaged four to five trips per month prior to the pandemic. They are steadily

starting to increase offerings, with three trips being offered in October. "We have a slower start bringing back travel due to safety precautions, which I think is a smart move," said Jennifer Cowan, Active Adult Coordinator.

For seniors interested in slowly dipping their toes into travel again, day trips offer the chance to get out without being too far from home.

Popular upcoming day trips include a Dec. 1 trip to see holiday lights at the Michigan International Speedway or a Dec. 8 trip to Meadowbrook Hall in Roch-

ester. Both trips are offered by the Madison Heights Senior Center.

At the OPC, holiday day trips are popular as well. On Nov. 3, seniors will visit the Thanksgiving Day Pa-

rade Company, and on Dec. 1, a trip to Frankenmuth for lunch and a holiday themed show is planned.

There are other holiday themed trips scheduled as well. Visit the OPC's or the

Madison Heights Senior Center's websites to learn more.

Theater trips are missed by many seniors, and since local theaters are still closed and others have so many re-



PHOTO COURTESY OF THE MADISON HEIGHTS ACTIVE ADULT CENTER

Frankenmuth is a popular tourist attraction in fall and winter for Michigan seniors, any many local senior centers offer day trips to visit.

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**Detroit Churches** (4 churches), Dec 3, \$60.

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strictions it is difficult to sponsor a trip, there are few if none being offered right now. "When we are further past this pandemic and restrictions ease, we will be planning those trips again," Cowan said.

Although theater trips are not being offered, a few international trips are on the schedule.

So, what advice do travel experts have for seniors interested in extended and even international trips?

"My advice would be to read the description of the trip, weigh how you feel about that level of participation at this time and then do what feels right to you," Cowan said. "Some people are ready to get out and interact more, while others are just not ready and are holding off. Both decisions are right."

Seniors planning trips should also find out a company's COVID-19 cleaning procedures, whether there's a vaccination and face mask

policy and what happens if you decide to cancel. Also, consider buying travel insurance.

Since the COVID-19 pandemic is so fluid and standard travel insurance probably won't cover coronavirus-related trip changes, opt to purchase a Cancel for Any Reason policy. Most policies offering this feature will reimburse you 75% of your travel cost, according to the InsureMyTrip website.

The Madison Heights Senior Center is hosting a "Gulf Coast Getaway" March 1-10, and "Cruisin' Kentucky Gangster Style" May 18-19.

The OPC is planning a trip to Switzerland in fall 2022 and a trip to southern Italy and Sicily in spring of 2023. A travel show to answer questions about the OPC-sponsored trips is planned for Oct. 21.

— *Next Avenue*  
contributed to this report.

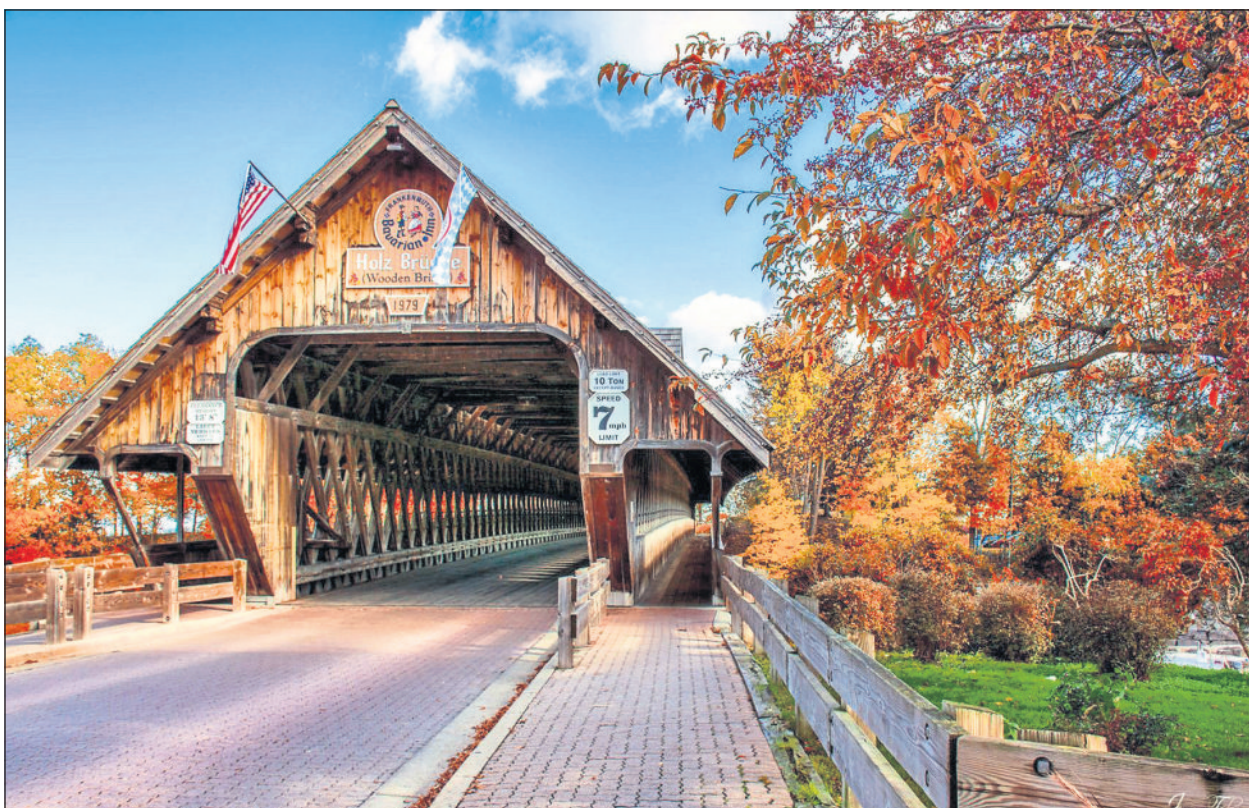


PHOTO COURTESY OF FRANKENMUTH CHAMBER OF COMMERCE AND CONVENTION & VISITORS BUREAU

Frankenmuth's covered bridge is one of its most photographed landmarks.

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## MONEY &amp; SECURITY

## Real Estate: Explaining the Principal Residence Exemption for property taxes



**Steve Meyers**  
Columnist

**Q** : We are moving my mom into an assisted living facility and she wants to keep her condo for now. The assisted living person says that she should rescind her Principal Residence Exemption (Homestead) for property taxes because she's no longer living there. Can she keep the

Principal Residence Exemption so the property taxes don't go up?

**A** : Yes, she can. I have seen this incorrect advice given before from assisted living facilities 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.

**Q** : We put our home on the market and received an offer for the asking price. There seems to be a lot of interest in our home. Do we have to accept it? Can we counter the offer and ask the Buyer to pay more?

**Market Update:** August'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 10% as well for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was down by more than 15% and Oakland County's on market inventory was down by more than 18%. Macomb County average days on market was 17 days and Oakland County average days on market was 20 days. Closed sales in Macomb County were down by more than 7% and closed sales in Oakland County were down by almost 14%. The closed sales were down as a direct result of the low inventory. Demand still remains high. We continue to be averaging a one month or less supply of homes inventory; a six-month supply is considered a balanced supply. (All comparisons are month to month, year to year.)

**A** : No, you do not have to accept it. Yes, you can counter the price higher than the asking price.

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](mailto:Steve@AnswersToRealEstateQuestions.com). You can also visit his website: [AnswersToRealEstateQuestions.com](http://AnswersToRealEstateQuestions.com).

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## MONEY &amp; SECURITY

# MEDICARE OPEN ENROLLMENT: DOES YOUR PLAN NEED A CHECKUP?

Don't miss chance to change or enroll in a plan that may be better and less costly

Like other certified Medicare counselors, Juliana Lord started out as a "client" of the Medicare Medicaid Assistance Program (MMAP), seeking help when she became eligible for Medicare at 65. A colleague had told her about MMAP, which offers free and unbiased help in understanding, reviewing and enrolling in plans.

That same colleague, a coworker at Kmart headquarters, had also taken training to become a volunteer certified MMAP counselor. Lord had retired and decided she might be good at it. That was in 2012. Today, she counsels between 100 and 150 Medicare beneficiaries each year — more during Open Enrollment.

Medicare Open Enrollment is a yearly window between Oct. 15 and Dec. 7 in which Medicare beneficiaries may change their prescription drug plans



PHOTO COURTESY OF METRO CREATIVE CONNECTION

New Medicare beneficiaries should also make an appointment to talk to a certified counselor to learn about their options.

## ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run Thursday, November 11, 2021.

**Deadline is October 28, 2021**

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## Medicare

FROM PAGE 9

without penalty or switch from Original Medicare to a Medicare Advantage (Part C) plan. MMAP counselors are available to talk by phone or Zoom to anyone who would like to review their plan to make sure it still fits their health care needs and budget. For example, a plan may have raised prices of a certain drug that another plan hasn't.

Many beneficiaries don't routinely review their plans, but they could be saving hundreds if not thousands of dollars each year.

Last year, says Shari Smith, manager of MMAP at the Area Agency on Aging 1-B, counselors saved beneficiaries over a million dollars by helping them to enroll in lower-cost plans that better suited their needs.

"We always say we don't sell insurance and we're not licensed to sell insurance. We don't get a commission. What we get is satisfaction knowing people are in the plan that makes the best sense for them. That's our job," Smith says.

Lord, a 74-year-old Troy resident, gets a lot of satisfaction in helping MMAP clients understand their Medicare plans and, in some cases, to save them money. She counsels beneficiaries during Open Enrollment and over the course of the year, often in face-to-face counseling sessions at the Troy Community Center.

"Some people who come to me year after year, when they change plans I might save them a couple hundred dollars. I saved one person \$7,000 by changing to another plan. I keep telling beneficiaries to go to a counselor to review their plan because formularies, premiums and copays change. It's to their benefit to spend an hour to go through it," she says.

Because of COVID, MMAP counselors will conduct sessions remotely during Open Enrollment. Appointments are available between 9:30 a.m. and 4:30 p.m. and last up to 1 ½ hours. A link/phone number will be sent when an appointment is made by calling 800-803-7174.

*Content courtesy of the Area Agency on Aging 1-B*

### For Your Information

If you have Medicare Part D (prescription drug) or a Medicare Advantage (Part C) plan, you get an annual notice in the mail in September, called an Annual Notice of Change (ANOC), that summarizes upcoming changes in your plan. You can find out if the medicine you're taking is no longer covered by your plan or it increased in price. It could be that the drug fell in price and the plan is adding a benefit.

The ANOC is typically mailed with the plan's Evidence of Coverage, which provides the details of the changes that will take effect in your plan the following January.

Important information, yes, but these generic-seeming pieces of mail often end up in the trash, along with credit card offers.

"People tend to disregard it because of the flimsy paper," says Shari Smith, manager of the Medicare Medicaid Assistance Program (MMAP) at the Area Agency on Aging 1-B. "It's one more piece of information coming out during the Medicare season when everybody is sending you stuff. Most people don't think it affects them."

And while plans tend not to change much from year to year, Smith says, you could be stuck for another year with a plan that isn't working for you.

MMAP offers free, unbiased counseling to help Medicare Part D and Medicare Advantage plan holders review their plan during the period of Open Enrollment (Oct. 15 — Dec. 7), the only time during the year that they may switch or enroll in a new plan. Beneficiaries may save thousands of dollars with these routine benefits checkups.

"If you don't read the ANOC and Evidence of Coverage and something changes, you can really have issues," Smith says.

MMAP offers year-round counseling throughout the year to all Medicare and Medicaid beneficiaries to help them evaluate and understand their plans. New Medicare beneficiaries should also make an appointment to talk to a certified counselor to learn about their options.

**Last year, says Shari Smith, manager of MMAP at the Area Agency on Aging 1-B, counselors saved beneficiaries over a million dollars by helping them to enroll in lower-cost plans that better suited their needs.**



# Flu

FROM PAGE 5

reduce the risk of flu illness,” said Andrew Cox, director and health officer of Macomb County Health Department, “The ongoing presence of the COVID-19 pandemic and the beginning of the flu season makes flu vaccinations absolutely critical to local efforts to help avoid potentially dangerous pressure on our health care system, hospitals, and community.”

In addition, the AARP recently encouraged members to get both shots for added health safety, stating that it’s important for older adults to get both shots this year because COVID-19 cases are surging, fueled by the spread of the more contagious delta variant.

What makes the delta variant different from other coronavirus strains is how fast it’s spreading. The delta variant now makes up the vast majority (about 83%) of new COVID-19 cases, according to data from the Centers for Disease Control and Prevention (CDC). The CDC also reports that the delta strain could cause different symptoms than other variants. Cold-like symptoms, including headache, runny nose and a sore throat are now more prevalent while more the original COVID-19 symptoms — loss of smell, shortness of breath, fever and persistent cough — have since moved down.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

For people 65 years and older, the risk of developing serious flu complications increases due to changes in immune defenses with increasing age.

## What type of flu shot should you get?

The CDC states that individuals over 65 should get a flu shot, not a nasal spray vaccine. There are two main types of flu vaccines: high dose and adjuvanted. The high dose and adjuvanted flu vaccines may result in temporary, mild side effects such as pain, redness or swelling at the injection site, headache, muscle ache and malaise. The side effects resolve within 1 to 3 days.

Seniors with a weakened immune system may also consider, with the advice of their physician, the recombinant vaccine if they previously did not respond well to the flu vaccination.

Both diseases are especially dangerous for those over 65.

## Where to go for flu and COVID-19 immunizations

### OAKLAND COUNTY

In Oakland County, the OCHD Oakland County Health Division expects to begin offering the flu vaccine sometime in October and will make an announcement when they have supply to administer. Meanwhile, the flu vaccine may be available at pharmacies and healthcare providers before then.

Oakland County holds daily COVID-19 vaccine clinics from 9 a.m. to 4:30 p.m. at both its North Oakland Health Center in Pontiac and South Oakland Health Center in Southfield in addition to pop-up clinics in the community.

Visit [oaklandcountyvaccine.com](http://oaklandcountyvaccine.com) to locate the nearest Health Division vaccine clinic. Those who do not have access to the Internet may call the Nurse on Call at 800-848-5533 Monday through Friday, 8:30 a.m. to 5 p.m. for more information.

### MACOMB COUNTY

The Macomb County Health Department announced that begin-

ning Monday, September 27, it will be opening three flu immunization clinics in Macomb County, with indoor locations in Clinton Township and Warren, and a drive-thru location in Sterling Heights.

Indoor flu immunizations will be available at the Verkuilen Building located at 21885 Dunham Road in Clinton Township, and the Health Department’s Southwest Health Center, 27690 Van Dyke in Warren.

Both clinics offer flu vaccinations Monday — Friday.

Drive-thru flu immunizations will be available at the Health Department’s Lakeside Mall vaccination clinic located at 14100 Lakeside Circle in Sterling Heights. Vaccinations will be available on Tuesdays and Thursdays.

For all locations, appointments are preferred, but walk-up appointments are welcome. To make an appointment, go to [macombgov.org/flu-vaccine](http://macombgov.org/flu-vaccine) or call the Macomb County Health Department Immunization Program at 586-469-5372 or 586-465-8537.

For information on COVID-19 vaccine locations, visit Macomb County’s Vaccine Central website at [health.macombgov.org/vaccinecentral](http://health.macombgov.org/vaccinecentral).



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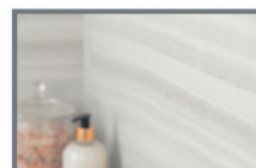
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## HEALTH &amp; FITNESS

# Minimizing your risk for breast cancer

Though age and family history may be beyond a woman's control, not all risk factors are set in stone

No one, regardless of their age, occupation, skin color, or socioeconomic status, is immune to cancer. In fact, individuals might be hard pressed to say no one in their family and/or circle of friends has been diagnosed with cancer at some point.

According to the National Cancer Institute, there were 18.1 million new cancer cases across the globe in 2018. Among women, when excluding non-melanoma skin cancer, no cancer was more prevalent globally than breast cancer. The World Cancer Research Fund reports that, in 2018, breast cancer accounted for 25.4% of all new cancer diagnoses in women. That figure is nearly three times as high as the percentage of cases of colorectal cancer, which accounted for the second most new cancer cases diagnosed in women in 2018. It's understandable to be fearful of such figures, which can make a breast cancer diagnosis seem almost inevitable. However, the Centers for Disease Control and Prevention notes that not all risk factors for breast cancer are set in stone.

Though age and family history, two known risk factors for breast cancer, may be beyond a woman's control, she still can exercise some control over other risk factors.

- **Physical activity.** The CDC notes that women who are not physically active have a higher risk of getting breast cancer than those who are. The Office on Women's Health, a division of the U.S. Department of Health & Human Services, notes that women should get two hours and 30 minutes of moderate-intensity aerobic physical activity every week or 75 minutes of

vigorous-intensity aerobic activity each week. This should be accompanied by muscle-strengthening activities on two or more days each week. Carrying around extra weight can make moving around more difficult, so the Office on Women's Health urges larger women to start slowly if it's been awhile since they exercised. In addition, aging women can speak with their physicians for advice about exercise regimens they should or need not avoid.

- **Taking hormones.** The CDC notes that hormone replacement therapies that include both estrogen and progesterone taken during menopause can increase a woman's risk for breast cancer when taken for more than five years. In addition, the CDC reports that oral contraceptives, such as birth control pills, have been linked to a higher risk for breast cancer. Women can speak with their physicians about how to control hormone-related risk factors for breast cancer.

- **Alcohol consumption.** Studies have found that the more alcohol a woman consumes the greater her risk for breast cancer becomes. Smoking, exposure to chemicals that have been found to cause cancer and changes in hormones related to working night shifts are some additional risk factors for breast cancer that women may be able to control.

Breast cancer affects millions of women across the globe each year. Though that may instill a feeling of helplessness, women should know that many risk factors for breast cancer are within their control.

*Story courtesy of Metro Creative Connection*



PHOTO COURTESY OF METRO CREATIVE CONNECTION

A 2017 study published in the journal *Cancer Epidemiology, Biomarkers and Prevention* found that about one-third of women diagnosed with metastatic breast cancer in the United States live at least five years after diagnosis.

## Did you know?

A 2017 study published in the journal *Cancer Epidemiology, Biomarkers and Prevention* found that about one-third of women diagnosed with metastatic breast cancer in the United States live at least five years after diagnosis.

Also known as stage IV breast cancer, metastatic breast cancer is the most advanced stage of the disease. Metastatic breast cancer refers to breast cancer that has spread beyond the breast and nearby lymph nodes to other parts of the body. Patients diagnosed with breast cancer also should know that improved treatments may further their chances of surviving a diagnosis, even a diagnosis of metastatic breast cancer. In fact, the American Cancer Society notes that survival rates are based on women who were diagnosed and treated at least five years earlier.

In the time since those survival rates were documented, treatments could have advanced even further, potentially improving the five-year survival rates for metastatic breast cancer.



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## WORK &amp; PURPOSE

# Social media's 70-up 'grandfluencers' debunking aging myths

By Leanne Italie

The Associated Press

**NEW YORK »** Joan MacDonald's health was in shambles at age 71. She was overweight and on numerous medications with high cholesterol, rising blood pressure and kidney trouble.

Her daughter, a fitness coach, warned that she'd wind up an invalid if she didn't turn things around. She did, hitting the gym for the first time and learning to balance her diet with the help of a brand new tool, an iPhone.

Now 75, MacDonald is a hype beast for health with a bodybuilder's physique and 1.4 million loyal followers on Instagram.

She's among a growing number of "grandfluencers," folks 70 and up who have amassed substantial followings on social media with the help of decades-younger fans.

"It's so rare to find someone her age being able to do all these things," said one of her admirers, 18-year-old Marianne Zapata of Larchmont, New York. "It's just such a positive thing to even think about."

Both aspirational and inspirational, older influencers are turning their digital platforms into gold.

MacDonald has paid partnerships with the sportswear and supplement brand Women's Best, and the stress-busting device Sensate. And she just launched her own health and fitness app not so many years after learning how to use digital technology herself.

On TikTok, four friends who go by @oldgays — the youngest is 65 — have 2.2 million followers, including Rihanna. They have an endorsement deal with Grindr as they delight fans with their clueless answers

to pop culture questions.

Others focus on beauty and style, setting up Amazon closets with their go-to looks and putting on makeup tutorials live. Lagetta Wayne, at 78, has teens asking her to be their grandmother as she tends to her vegetables and cooks them up in Suisun City, California, as @msgrandmagarden on TikTok.

Wayne, with 130,500 followers amassed since joining in June 2020, owes her social media success to a teenage granddaughter. Her very first video, a garden tour, clocked 37,600 likes.

"One day my garden was very pretty and I got all excited about that and I asked her if she would take some pictures of me," Wayne recalled. "She said she was going to put me on TikTok and I said, well, what is TikTok? I had never heard of it."

Most people ages 50 and up use technology to stay connected to friends and family, according to a 2019 survey by AARP. But less than half use social media daily for that purpose, relying on Facebook above other platforms.

Just 37% of those 70 and older used social media daily in 2019, the research showed. Since coronavirus struck, older creators have expanded their horizons beyond mainstay Facebook and gotten more voracious, often driven by the growing number of feeds by people their own age, said Alison Bryant, senior vice president for AARP.

In the California desert town of Cathedral City, Jessay Martin is the second youngest of the Old Gays at 68.

"I thought I was going to spend the rest of my life relaxing pretty much, and I do, but this is pick-



KIKI ROSE VIA AP

This photo shows Lagetta Wayne, 78, in her garden in Suisun City, Calif., on Aug. 10, 2021. Wayne is among a growing number of "grandfluencers," folks 70 and up who are making names for themselves on social media.

ing up more for us. I had a very structured week where Monday I worked the food bank at the senior center, Tuesday and Friday I did yoga for an hour and a half, Wednesday I was on the front desk at the senior center. I was just sort of floating by, not being social, not putting myself out there in the gay community. And boy, has the Old Gays changed that," Martin said.

Like MacDonald, they do a lot of myth busting about what's possible in life's sixth, seventh and eighth decades.

"They're showing that anybody can do these things, that you don't have

to be afraid of aging. The 20 and 30 somethings don't often think about that," Bryant said. "The authenticity that we're seeing in some of these older influencers is really refreshing. That's part of the complexity of their narratives. They're bringing other parts of their lives to it. They're grandparents and great-grandparents and spouses. They're more comfortable in their own skins."

Sandra Sallin, a blogger and artist, has slowly built her following to 25,300 on Instagram. Her reach recently extended to the British Olympic gold-medal diver Tom Daley, who raved

about her mother's cheesecake recipe after his coach spotted it online and made it for her athletes and staff. Sallin, a lover of lipstick who focuses on cooking and beauty, also shares photos from her past and other adventures, like her turn last year in a vintage Spitfire high above the Cliffs of Dover.

"I wanted to expand my world. I felt that I was older, that my world was shrinking. People were moving, people were ill," Sallin said. "So I started my blog because I wanted to reach out. After that, I heard about this thing called Instagram. It was really hard learning it. I really stumbled my way in. I'm shocked because most people who follow me are 30 and 40 years younger. But there are people who are older, who have kind of given up and say, 'You know, I'm going to start wearing lipstick.'"

Toby Bloomberg, 69, in Atlanta is a Sallin supporter. She discovered Sallin after Sallin competed on the short-lived Food Network show "Clash of the Grandmas."

"She talks a lot about aging. That's quite an unusual phenomenon on social media, which is obviously dominated by people far younger than we are," Bloomberg said.

MacDonald said she was surprised at the beginning that people actually cared what she had to say.

"Why would people want to follow an old broad," she giggled from her home in Ontario, Canada. "My daughter, Michelle, cleared that up. She said it's what you're representing, that people can do what they think they've not been able to do or were told that they couldn't do."

Grace Maier, 32, is home full time with her two kids,

ages 6 months and 2. She follows Barbara Costello, a 72-year-old Connecticut grandmother who uses the handle @brunchwithbabs.

"She does these posts, 'Did your mom ever tell you?' and I followed her immediately on Instagram," Maier said. "Her content brings me joy! She's got all of these life hacks and tips that remind me of things my grandma shared with me before she passed. She also doesn't take herself too seriously and just seems like the kind of person who would welcome you into her home."

Mae Karwowski, founder and CEO of the influencer marketing agency Obviously, has more than 100 influencers in her network between the ages of 60 and 80. With more than a billion users on Instagram alone, she points to the successes on that platform of 93-year-old Helen Ruth Elam (baddiewinkle), 67-year-old Lyn Slater (iconaccidental) and 100-year-old style legend Iris Apfel.

There's another aspect to the reach of seniors: Grandparents and grandchildren who have teamed up to share their adventures together, from traveling the world to Nerf gun battles.

"Mainstream media, I would say, presents a really narrow viewpoint on this age group. What's great about social media is you can follow a really cool 75-year-old woman who is just doing her thing in Florida and that's fun. That's different. And she's funny," Karwowski said. "The 21-year-old fashion model influencer is managed. She has a team. She has designers falling all over themselves to give her everything. She has professional photographers. A lot of these 70-plus influencers are doing it all."



Candace Cima, 74, taught herself to shoot and edit video for Instagram by watching YouTube tutorials.

She hopped on the platform in February 2019 as a fresh voice on fashion and style while encouraging her audience not to be afraid of aging.

Her husband sometimes helps out with photos for @styleinyour70s.withleslieb (Leslie is her middle name).

"I'm still in that learning curve, I have to be honest. Two and a half years ago, I didn't even know what an influencer was," said Cima, in Ithaca, New York. "I've always had a lot of ideas about aging. I don't understand why aging has such a negative connotation."

With 37,900 followers, some of her youngest fans have shared with her why they care: "They don't want to age the way they saw their relatives aging," Cima said. "They feel like they can learn something."



RYAN YEZAK VIA AP

This photo shows Jessay Martin, 68, from left, Robert Reeves, 78, Michael Peterson, 65, and William Lyons, 77, in Cathedral City, Calif., in November 2020. The four friends, known as the Old Gays, are among a growing number of seniors making names for themselves on social media.



MICHELLE MACDONALD VIA AP

This photo shows Joan MacDonald, 75, in Tulum, Mexico, on Sept. 1, 2020. MacDonald is among a growing number of "grandfluencers," folks 70 and up who are making names for themselves on social media.



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## Calendar of activities, events and trips

*Editor's Note: Before attending an event, contact the organizers to find out if it has been cancelled due to COVID-19.*

Vitality publishes the second Thursday of each month. To have an event published, it must be sent at least three weeks prior to the monthly publication date. To submit information for the calendar, email [jgray@medianewsgroup.com](mailto:jgray@medianewsgroup.com).

**New groups forming in the New Baltimore/Chesterfield area:** Widowers, 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 586-646 5636.

### OCTOBER

**Oct. 14-16:** Friends of the Roseville Public Library Used Book Sale Dates: Preview sale for current friends members, from 5-7 p.m. on Thursday, Oct. 14. (If you are not a current member, you may purchase an individual membership at the door for \$10.) Book sale, from 10 a.m. to 4 p.m. on Friday, Oct. 15. Bag sale and last day until next spring, from 10 a.m. to 3 p.m. on Saturday, Oct. 16. The Roseville Public Library is located at 29777 Gratiot Ave. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 19:** Concert: Sweet Mountain Strings Folk Music Group at the Roseville Public Library, 29777 Gratiot Ave. at 6 p.m. on Oct. 19. This program is presented by the Roseville Historical and Genealogical Society and sponsored by the Roseville Public Library. Check with the library about current masking rules before the program date. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 21:** Trivia Night at the

Roseville Public Library, 29777 Gratiot Ave. at 6 p.m. on Thursday, Oct. 21. If you know things, and you like to demonstrate this possession of your knowledge in a public forum while eating pizza, then get your team together and join us for one of these upcoming trivia nights. Check with the library about current masking rules before the program date. Register in advance. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 23:** The Single Way Activities games night at 7 p.m. on Saturday, Oct. 23. Price: \$4 (includes hot and cold appetizers, snacks, and beverages). Reservation needed by Oct. 22. The meeting place rotates between members' homes so call for the address and more information from 8 a.m. to 9 p.m., 586-774-2119.

**Oct. 24-30:** Savannah, St. Simons & Jekyll Islands, GA and Beaufort, SC. Join Travel with Nance for \$789. 4 nites Savannah area, and one night enroute each way. Guided Trolley tour of Savannah plus Hop-On/Hop-Off Privileges. See Parris Island, SC, Beaufort. Tour St. Simons Island, tram tour of Jekyll Island. Evening show at Famous Savannah Theatre. Visit S.C. State Museum. 6 breakfasts, 4 dinners. Call 313-535-2921.

**Oct. 25:** Mystic Mitten Paranormal visit at the Roseville Public Library, 29777 Gratiot Ave. at 6 p.m. on Monday, Oct. 25. Join the founders of Mystic Mitten Paranormal, Hillary Stone & Jessica Krutell as they mystify us with tales of the paranormal. We will hear about the most haunted places in Michigan, their experiences and more. Check with the library about current masking rules before the program date. Register in advance. For more information, call 586-445-5407

or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 26:** True Crime Tuesday Book Club at the Roseville Public Library, 29777 Gratiot Ave. at 6 p.m. on Tuesday, Oct. 26. "The Kill Jar: Obsession, Descent, & a Hunt for Detroit's Most Notorious Serial Killer" by J. Reuben Appelman. Register in advance. Do you have an interest in true crime? Join us on True Crime Tuesday as we read about and discuss different viewpoints regarding cold and current true crime cases pulled from the headlines. Registration is required and opens three weeks before the posted date. Check with the library about current masking rules before the program date. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 27:** The Magic of Speaking from 8-9:30 a.m. on Wednesday, Oct. 27. Confident Communicators Club hosts Lady Sarah and Keith Fields, magical comedians, to share techniques they use to keep their audiences engaged. Register to get more information & Zoom Link: <https://www.eventbrite.com/e/the-magic-of-speaking-tickets-176765138287> Questions, email [vprr@confidentcommunicatorsclub.com](mailto:vprr@confidentcommunicatorsclub.com)

**Oct. 27:** Search for Extraterrestrial Intelligence presented by Dr. Dale Partin at the Roseville Public Library, 29777 Gratiot Ave. at 6 p.m. on Oct. 27. Studies of Mars and Jupiter's moon Europa indicate that these may be habitable worlds. With many planets being discovered that orbit distant stars and with UFO sightings, it is natural to wonder if there are intelligent aliens to be found. This presentation will explore the search to find them, looking for planets they could live on and eavesdropping on their radio communications. This



presentation will be led by Dr. Dale Partin, Vice President of the Warren Astro-nomical Society. Check with the library about current masking rules before the program date. Register in advance. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

## NOVEMBER

**Nov 8-13:** Branson, MO. Join Travel with Nance for \$687. 3 nites hotel in Branson and 2 enroute. 7 Christmas shows including 'Jesus' The Musical at the Sight & Sound Theatre and the Showboat Branson Belle show while cruising on Table Rock Lake. 3 Dinners and 5 breakfasts. Call 313-535-2921

**Nov. 17:** Cornwell's Turkeyville & Marshall. Join Travel with Nance for \$85. Live musical matinee 'Dashing through the Snow' with Turkey Buffet Lunch, Gift Shop, Bakery. Narrated tour of Marshall (drive-by): Honolulu House, National Inn, Governor's Mansion, Capitol Hill School House. Call 313-535-2921.

**Nov. 27:** The Single Way Activities potluck dinner and movie night at 6 p.m. on Saturday, Nov. 27. Price: \$4 (includes dinner main course and beverages). Each adult should bring a salad, starch or dessert to share with others. Reservation needed by Nov. 26. The meeting place rotates between members' homes so call for the address and more information from 8 a.m. to 9 p.m., 586-774-2119.

## December

**Dec. 3:** Historic Churches of Detroit. Join travel with Nance for \$60. Tor Historic Trinity Lutheran Church decorated for the Holidays, including Lunch (Chicken Salad Croissant, with chips, pickles, beets and Minestrone Soup, Cake and beverages). Tour three churches: Saint Paul Episcopal (tentative), Sainte Anne Roman Catholic (tentative)

and Holy Cross Hungarian Roman Catholic (tentative). Complimentary holiday gift and goodie bag. For all. Call 313-535-2921.

**Dec. 5-11:** Christmas in the Smokies: Seven days six nights, Dec. 5-11, which includes a visit to the Titanic Museum, Admission to Dollywood Theme Park, Tour of the Biltmore House, souvenir gift, etc. and the price is only \$1,179 with double occupancy. For information and to make reservations, contact Mary Ann Spisak at 586-530-6936.

**Dec. 18:** The Single Way Activities Christmas Chocolate Fondue at 7 p.m. on Saturday, Dec. 18. Price: \$4 (includes chocolate fondue, snacks, and beverages). Reservation needed by Dec. 17. The meeting place rotates between members' homes so call for the address and more information from 8 a.m. to 9 p.m., 586-774-2119.

## MONTHLY EVENTS

■ **New Baltimore Civic Club:** Euchre every Thursday at 36551 Main St. (corner of Blackwell) in New Baltimore. Sign in at 6:30 p.m., play at 7 p.m. \$10 plus a quarter for each euchre.

■ **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.

■ **Confident Communicators Club:** Meets monthly for people who seek improving public speaking skills and confidence with leading people confidently. This supportive Toastmasters group meets online the 1st, 2nd and 3rd Wednesday of each month from 8-9:30 a.m. Please contact our VP of Membership at vpm@confidentcommunicatorsclub.com for more information and the Zoom link.

■ **Senior Card Playing:** Come and join a fun group of card players who play a wide range of card games. Every-

one 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.

■ **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.

■ **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.

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# GRANDPARENTS BRAG PAGE



Grandkids Front Row: Gideon Lagrou (on Grandma's lap), Gwenevere Gibson (on Grandpa's lap), and Isaiah Lagrou (standing). Second Row: Winston Gibson, Gabriel Lagrou. Back Row: Oscar Gibson, Genevieve, Emerson and Rosalie Lagrou. Peeking in back: Natalie Lagrou

Proud Grandparents are:  
Ray and Gloria Lagrou of  
Shelby Twp, MI

## *In Loving Memory* — of — **Chi Chi**

Chi-Chi was rescued from the Katrina disaster in New Orleans in 2006. Now gone but always in my heart.

Love, The Petrella Family of  
Clinton Twp, MI





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# Poetry Page

## October Time

October leaves of red, gold, and brown  
dispel memories new and old all over town.

The flowers and trees  
wave their "good-byes",  
while birds of all kinds  
practice journeys  
in the sky.

Some will stay and  
some with go.

In search of warm breezes  
where colors still glow.

Rains are torrential  
bringing down seeds.

That hope to return in spring;  
as flowers in bloom  
a joy to see indeed.

The warmth of the sun  
"so like October", they say,  
off-sets sky blue  
in a very special way.

A final farewell,  
a cool breeze sneaks by  
only to remind us  
that snow is on the rise.....



By Margherita Wiszowaty  
of St. Clair Shores, MI

## Morning Quatrain

SUNday SUNshine  
It's bright and warm  
Breeze blows gently  
No sign of storm

Not even noon  
Friends out walking  
Birds in the tree  
Hear them talking

Cotton ball puffs  
Clouds floating by  
Happy morning  
Bright blue sky

MONday MORNING  
What do you see?  
Sunshine is near  
Share dawn with me.



By Elizabeth Prechtel McClellan

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 November 11, 2021.

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  
Chesterfield, MI 48047

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](mailto:demke@medianewsgroup.com)

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



## GRANDPARENTS BRAG PAGE



**Bella and Tyler Kengel**

Proud Great Grandma is: Gerry Frank of Roseville, MI  
Proud Grandparents are: Peggy and Chuck Daly



**Harrison Frank**

Proud Great Grandma is: Gerry Frank of Roseville, MI  
Proud Grandparents are: Becky and Ken Frank of St. Clair Shores, MI



**Aubrey Melke and Emma Morehouse**



**Jacob Binkowski**



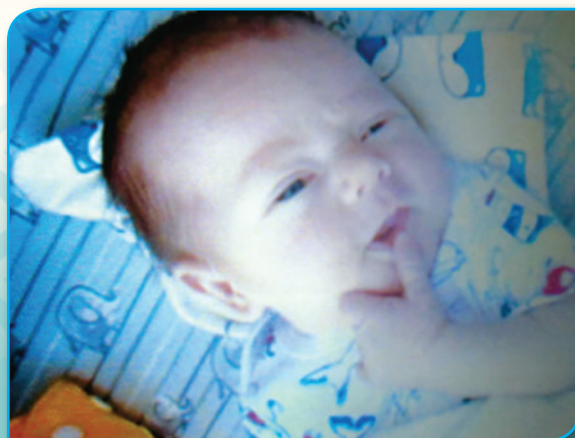
**Ryan Binkowski**



**Knox Frank**



**Lilly Frank**



**Harrison Frank**



**Calvin Kopp**

**Proud Great Grandma of ALL these Grandchildren is:  
Gerry Frank of Roseville, MI**



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