

May 2022

Vitality

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

'AGE OF ELEGANCE'

Rochester Hills woman
crowned 2022 Ms.
Senior Michigan

PAGE 12

SOCIAL & WELL-BEING
Man's love song goes
viral 64 years later

PAGE 8

WORK & PURPOSE
Jumpstart your
search for a part-time
job in retirement

PAGE 16



Index

HEALTH & FITNESS

Alert: Black Americans face greater risk of heart disease
PAGE 10

Sneezing season: How to corral spring allergies PAGE 18

MONEY & SECURITY

Ask the Financial Doctor: Do I have to report gains from Bitcoin to the IRS? PAGE 4

Ready to move?: Housing options for seniors who can't (or don't want to) live alone PAGE 20

Real Estate: What is the average time needed for a home inspection? PAGE 3

SOCIAL & WELL-BEING

Memories: Dad's favorite book and the "Secrets of Success" PAGE 14

Back on stage: Heart of the Hills players return after long hiatus with "Pajama Game" PAGE 22

WORK & PURPOSE

Working it: Jumpstart your search for a part-time job in retirement PAGE 16

CALENDAR

Upcoming travel and events listings for the region PAGE 26

VITALITY

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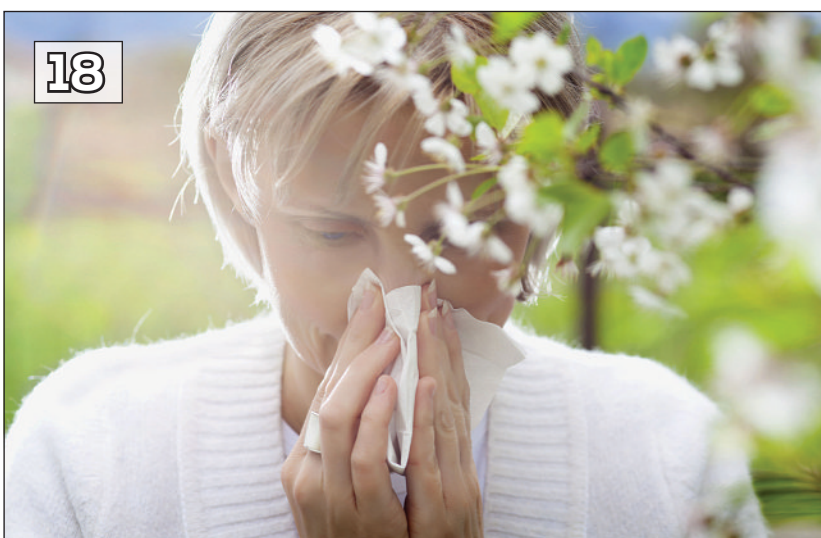
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On the cover: Rochester Hills resident Madhuri Agarwal, 61, was clearly shocked when she heard her name announced as the winner of the 2022 Ms. Senior Michigan Pageant.

PHOTO BY DEAN POTTER — FOR
MEDIANEWS GROUP



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

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 Liver-
nois, Troy, 48084

MONEY & SECURITY

Real Estate: What is the average time needed for a home inspection?

Q: We put an offer in on a house and it was accepted. We are not sure if we still want it. Do we have three days to rescind an offer/contract and cancel it?



Steve Meyers
Columnist

A: I'm not sure where this rumor started because I hear it more and more. There is no three days to rescind an offer/contract for real estate in the State of Michigan. If you rescind/back out of the offer there more than likely will be penalties for doing so which can include, but not limited to, forfeiting your earnest money deposit. I highly recommend talking to your licensed real estate agent and consulting an attorney regarding this matter.

Q: Is it common to have multiple offers on properties? We have put offers in on several properties and have been told that there were multiple offers, but none of our offers have been accepted.

A: Yes, it is common to have multiple offers on properties these days because of the low inventory. Some of the

time, Buyer agents are notified that there are multiple offers; but not all the time. Listing agents are not required to notify the Buyer's agent about multiple offers (what the Seller wants to do also comes into play). When there are multiple offers you should submit your highest and best offer; there is no second chance. In this market, I highly recommend submitting your best offer period if you want a chance to get the property.

Q: We are selling our home. On the purchase agreement the Buyers are asking for 14 days to do their home inspection. That seems like a long time. We have a 1,900-square-foot ranch in Macomb Twp.

A: In my opinion that is way too long for a home inspection. Typically, the normal inspection period is 5 to 7 days.

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.

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 more than 12% and Oakland County prices were up by almost 9% for the month. Residential home/condo on market inventory was mixed.

Macomb County's on market inventory was up by more than 12% and Oakland County's on market inventory was down by more than 14%. Macomb County average days on market was 22 days and Oakland County average days on market was 26 days.

Closed sales in Macomb County were down by more than 5% and closed sales in Oakland County were down by more than 10%. The closed sales are down as a direct result of the continued low inventory. Demand still remains high. We are currently averaging around a one-month supply of homes for sale; a six-month supply is considered a balanced supply. (All comparisons are month to month, year to year.)



Brian J. Kurtz

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2041 East Square Lake Road, Suite 200
Troy, MI 48085



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

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INDEXED ANNUITIES: These popular policies earn a percentage of stock market gains in years when the market is up, while totally protecting you from market losses when it's down. Many indexed annuities pay up-front bonuses, too! Let's see if an indexed annuity is appropriate for a portion of your safe retirement dollars.

401k ROLLOVERS: This is one of my specialties. Rolling over a 401k into an IRA can provide you with more choices, including many that aren't available in your current plan. IRAs also tend to have more distribution options when they pass on to your kids. Call me to discuss your pension or 401k rollover at no charge!

LIFE INSURANCE: It's a good idea to have your old policies evaluated from time to time (even if they're "paid up") to see if they are still fitting your needs. I'll do an analysis for you at no cost and see if you're getting the best possible coverage available to you.

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: Do I have to report gains from Bitcoin to the IRS?

Q : My brother bought some bitcoins and sold them for an \$8,000 gain. Does he have to report this gain on his tax return?



Richard Rysiewski
Columnist

A : Yes, he has to report the gain on his tax return, using schedule D.

Trading in bitcoins 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 corporations (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 tax break 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. My work record has several years with no wages. Will working past age 70 increase my Social Security benefits? Should I apply for Social Security benefits after age 70?

A : Any wages earned through your planned retirement age of 75 will increase your benefits. The Social Security Administration uses the 35 years with the highest wages. Each year of earnings



PHOTO BY DAVID MCBEE VIA PEXELS

is multiplied by an inflation factor to arrive at an 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. If you replace those years, your Social Security benefits will be higher. Always apply for your Social Security benefits at age 70 otherwise you will lose some benefits.

Q : What type of tax break do I receive for my 401(k) contributions?

A : Your 401(k) contributions are excluded from federal taxes but do not avoid the payroll taxes of Social Security and Medicare. If your employer matches your contribution then this is free money. The 401(k) plan is an excellent retirement plan and will not be taxed until you take a distribution.

Q : I have been in a 401(k) plan for 10 years. Can I borrow money from my 401(k)?

A : Most plans allow you to borrow from your 401(k) but you need to check with the trustee of your plan. The interest rates are much lower compared to a credit card or personal loan. If you

leave your employer any outstanding loans would be considered a distribution.

Q : Why is it important to review the beneficiaries on an IRA?

A : A proper beneficiary avoids family disputes, simplifies the settlement of the estate and postpones paying income taxes. I highly recommend that you review all IRAs for proper beneficiaries. If there is a life-event, birth, death, marriage or divorce then the beneficiary form should be reviewed. In addition to the primary beneficiary, always name a contingent beneficiary.

Q : What are some reasons for an IRS audit?

A : The most common reason is a mismatch of your tax information compared to the tax information on the IRS computers. An example is that a taxpayer forgets to include dividends or interest income. Any tax document that you receive is reported to the IRS and should be included on your tax return. Other reasons are mathematical errors, high schedule A deductions, losses on schedule C and claiming high home-office deductions.

Q : I have three traditional IRAs and one inherited IRA. My required minimum distribution (RMD) is \$10,500. Do I have to take the RMD from each IRA or can I take the RMD from one IRA?

A : Assume that the inherited IRA has a RMD of \$1,000 and the other IRAs have a combined RMD of \$9,500. For the traditional IRAs I can take the \$9,500 from one IRA or multiple IRAs in varying amounts as long as the total is \$9,500. The inherited IRA is unique and I must take the RMD of \$1,000 only from the inherited IRA. If you owned two inherited IRAs you need to take two separate RMDs and you cannot mix the amounts. Always keep the traditional IRAs separate from the inherited IRAs.

Q : My son is a full-time student, will be 24 this year and claims himself as an exemption. Will I be entangled with the Kiddie Tax this year?

A : There will be no Kiddie Tax because your son will be 24. If your son has any long-term capital gains they will be tax-free if he stays in 15% marginal rate. It is possible to have about \$41,675 of tax-free long-term capital gains because the tax rate is zero.

Q : I am 63, unmarried and collecting on my ex-spousal's Social Security. If I remarry will the ex-spousal Social Security benefit continue?

A : No, once you remarry regardless of your age, the ex-spousal Social Security benefit will stop. However, if your ex-spouse dies you can collect a survivor benefit as long as you remarry past the age of 60 and your first marriage lasted at least 10 years.

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.

HEALTH & FITNESS

Healthy lifestyle may increase life expectancy, research suggests

By Linda Searing

Special To The Washington Post

A healthy lifestyle may allow older people to live longer, with women adding three years and men six to their life expectancy, suggests research published in the journal BMJ. In addition, more of those years may be dementia-free. More than 6 million Americans 65 and older have the most common type of dementia, Alzheimer's, for which there is no cure.

The study found that, at age 65, women with the healthiest lifestyle had an average life expectancy of about 24 years, compared with 21 years for women whose lifestyle was deemed less healthy. Life expectancy for men with the

healthiest lifestyle was 23 years, vs. 17 years for men who were less healthy.

The findings came from research that involved 2,449 people who were 65 and older and part of the Chicago Health and Aging Project, which first enrolled participants in 1993.

The current researchers developed a healthy lifestyle scoring system for their participants that encompassed five factors: diet, cognitive activity, physical activity, smoking and alcohol consumption. People were given one point for each area if they met healthy standards, yielding a final summed score of 0 to 5, with higher scores indicating a healthier lifestyle.

As for living with demen-

tia, those with a score of 4 or 5 healthy factors at age 65 lived with Alzheimer's for a smaller proportion of their remaining years than did those with a score of 0 or 1. For women, the difference for those with a healthier lifestyle was having Alzheimer's for 11% of their final years vs. 19% for those with a less healthy lifestyle; for men, it was 6% of their remaining time vs. 12%.

The researchers concluded that "prolonged life expectancy owing to a healthy lifestyle is not accompanied by an increased number of years living with Alzheimer's dementia" but rather by "a larger proportion of remaining years lived without Alzheimer's dementia."



PHOTO COURTESY OF METRO CREATIVE CONNECTION

The findings came from research that involved 2,449 people age 65 and older, who were part of the Chicago Health and Aging Project.



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– Elmer Davis

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WORK & PURPOSE

How to stay mentally sharp after retirement

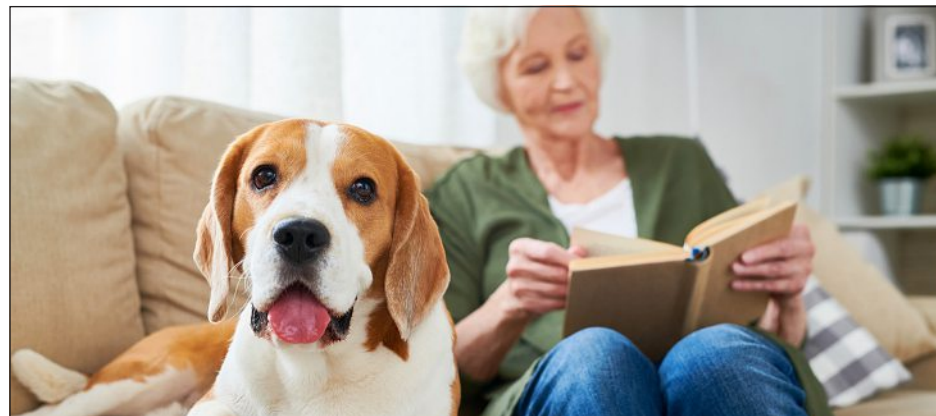


PHOTO COURTESY OF METRO CREATIVE CONNECTION

Cognitive decline poses a significant threat to aging men and women, especially during retirement.

If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits. Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement.

Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among elderly individuals who are healthy. However, despite that decline, the Centers for Disease Control and Prevention notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the CDC estimates that as many as 40% of dementia cases may be prevented or delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement.

- Consider delaying retirement. Even if early retirement is a dream, it might be better to work a little longer than you had planned. A 2021 study published in the journal *SSM — Population Health* found that postponed retirement is beneficial to cognitive function for all genders, races/ethnicities, educational levels, and professional status. The study reported that individuals who waited until age 67 to re-

tire experienced less cognitive decline than those who retired prior to turning 67.

- Make exercise part of your retirement routine. A lack of structure may seem enticing to individuals who have spent decades working. However, many retirees find that little structure loses its appeal quickly after calling it quits. When creating a new routine in retirement, include regular exercise. According to the Mayo Clinic, studies indicate that people who are physically active are less likely to experience a decline in their mental function. So daily exercise not only gives retirees something to do, but also benefits their brains.

- Enroll in an adult education course. A 2014 study published in the journal *JAMA Neurology* examined the association between lifetime intellectual enrichment and cognitive decline in the older population. The study's authors found that higher levels of late-life cognitive activity were associated with higher levels of cognition. The study's authors concluded that lifetime intellectual enrichment might delay the onset of cognitive impairment. Retirees can look into adult learning programs at local colleges and universities to see if anything piques their interest.

Retirement can be everything professionals hope it will be, especially for those who make a concerted effort to maintain optimal cognitive function after they call it a career.

Story courtesy of Metro Creative Connection

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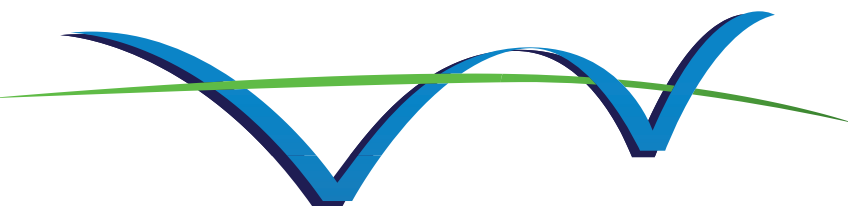
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SOCIAL & WELL-BEING

Song goes viral 64 years after it was written by a lovelorn sailor



PHOTO COURTESY OF LA RESERVE RECORDS

Morton and Susan Block were married on June 12, 1960, in Philadelphia.

Next Issue of Vitality

will be on

THURSDAY JUNE 9, 2022

By Cathy Free

Special To The Washington Post

Morton “Mort” Block was smitten with someone he met on the beach in Atlantic City in 1958, but he was worried she might not feel the same way.

“I knew she was it — she was the one for me,” said Block, who was then 19 and an amateur trumpet player. “So I decided to put my feelings down in a letter, then I thought, ‘Why not make it into a song?’ “

He never dreamed that 64 years later “My Love” would become a hit after his grandson urged him to have it recorded and released on TikTok with 1960 honeymoon footage of his wife, Susan Weber Block.

“Hard to put into words how incredible it is to drop my first single at 82 years old!” he captioned the footage.

But before that happened, his grandson had to introduce him to TikTok.

“TikTok! I had no clue what that was,” Block said. “I thought it was something a clock did.”

The love song that was recorded by his grandson Matt Block, 31, with a group of jazz musicians has now been viewed online more than 1.5 million times since March 18, said Mort Block, who has amassed about 15,000 TikTok followers.

“It’s been a nice surprise to see my little song come full circle,” he said.

Block was a 19-year-old Navy petty officer third class serving aboard the USS Hazelwood destroyer in the North Atlantic when he sat on the deck to put his thoughts about Susan Weber, then 17, into words:

“I miss you more each day, since you’ve gone away — I long for your touch, I need you so much, my love. . .”

He ultimately decided not to mail Weber the song, and it turns out, extra wooing wasn’t necessary. She said yes to Block’s proposal when he came home to Philadelphia on leave in 1959. They were married the following year after his active duty ended with the Navy.

Block performed “My Love” several times for his new bride on his trumpet, then tucked the music and lyrics away in a drawer, where they sat for the next 60 years.

“I’ve played in several jazz bands, and every now and then we’d play the song,” Block said. “I’ve also played it on the piano throughout our marriage, but for the most part, it became a nice family memory.”

It probably would have remained that way.

Then in December 2013, Matt Block — who also plays the trumpet — came to visit his grandparents at their home in Kennett Square, Pa., about 40 miles from Philadelphia.

Matt runs La Reserve Records, a Brooklyn-based jazz label, with his brother Jacob Block. Matt was taught to play the trumpet by his grandfather at age 10, and they often have jam sessions together, he said.

When his grandfather decided to pull the sheet music for “My Love” from his drawer, Matt said he was floored and immediately felt a pull to share the song.

“I said, ‘Poppy, we need to release this, we should get it recorded,’” he recalled.

Over the next several years, he and his grandfather continued to discuss the possibilities. Then last summer, Matt and several jazz musician friends finished recording “My Love” and several other songs for an album. “Strange Har-

bors” will be released on Sept. 30.

Matt also produced the album and recruited jazz vocalist Benny Benack III to sing the lyrics.

Then he persuaded his grandfather to start making TikTok videos about his life.

“Matt wanted me to create a persona and build up a following,” Mort Block said. “Making the videos became a fun thing for a guy in his 80s to do.”

He said he’s enjoyed sharing stories about his time in the Navy and how to care for a trumpet and even his excitement over finally seeing success as a songwriter.

When “My Love” was released on March 18, Mort said he was delighted to learn that a legion of young TikTok fans were enjoying his debut single.

“This is beautiful. Thank you for sharing your gift,” one teen commented.

“Kinda gave me hope that I’m never too old to start something,” wrote another.

“Susan and I couldn’t believe it when we listened to it for the first time,” Mort Block said. “It was really emotional — it took us right back to the day we met.”

“We found there’s more meaning to the song now that we’re older,” added Susan Block, 81. “The song has been made special again.”

She remembers vividly the day Mort approached her on the beach in Atlantic City, where they were both on a Labor Day getaway with friends. He asked if she could line him up with a date, a common practice in their age group at the time, especially at beach hangouts, she said.

Susan thought about finding a friend for him to have dinner with, then changed her mind.

“I’d already said I’d go to dinner with somebody else,

but I thought was a better prospect than the one I was going out with," she said. "So I canceled that date, and Mort drove me back to Philadelphia that night in his convertible."

One year later, they were going steady, but Susan — then a high school senior — wasn't ready to settle down, she said.

"He would come home on leave and get lost in his music, and we'd go out dancing and hit all the clubs in Philly," she said. "I didn't want to get tied down, but I eventually changed my mind. We really fell in love."

The couple raised two sons, and she worked giving presentations in high schools about drug and alcohol abuse while he launched a kitchen and bath consulting business.

Now retired, they still regularly dance to Barry White and their own special song, said Susan Block.

"More than anything, we love how the song has helped our grandkids to know more about us and our lives," she said.

"We're excited that our grandsons are now enjoying their own success because of something I wrote in 1958," Mort Block added. "If it wasn't for Matt, I'm pretty sure that 'My Love' would still be sitting in the drawer."

As for Matt, he said his grandfather's musical ability has inspired him for as long as he can remember, and he's happy that others can now experience his Poppy's talent.

"There's a curiosity and energy that keeps both him and my grandmother young," he said. "Their song, 'My Love,' feels like it was plucked out of the '50s, but it's also timeless. It captures their love."

Right: Susan and Morton Block on vacation in Atlantic City, in the summer of 1963, five years after he wrote the song "My Love."

PHOTO COURTESY OF LA RESERVE RECORDS



Morton Block, left, at a jam session with his grandson, Matt Block, at his home in Philadelphia in December 2015.

PHOTO COURTESY OF JULIE BLOCK



ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run Friday, May 27, 2022.

Deadline is June 9, 2022

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HEALTH & FITNESS

Black Americans face greater risk of heart disease

How to recognize risk factors and adopt ways to take control of heart health

By Mosi Bennett
Next Avenue

Heart disease is the leading cause of death in the United States. Compared to other ethnic groups, Black Americans have the highest overall risk of developing heart disease.

Additionally, Black Americans develop heart disease at a younger age and are more likely to die from heart disease than are white Americans. It is important to understand the many risk factors for heart disease and do what we can to keep our hearts healthy.

Black Americans and other communities of color

face significant barriers to equal health care in the United States. Certain social factors greatly influence heart health risk and access to good health care. Factors such as education and wealth inequality, the lack of safe and affordable housing and systemic racism all contribute to health disparities.

Risk Factors for Heart Disease

Black Americans are more likely to have these risk factors for heart disease compared to white Americans:

- High Blood Pressure. Known as hypertension, high blood pressure is

more common and starts at a younger age in Black Americans. Having uncontrolled hypertension can greatly increase the risk of heart attack or stroke.

- Food Insecurity. Food insecurity is another risk factor for heart disease. In 2020, one in five Black households did not have access to enough healthy food. Families without healthy food options are much more likely to eat processed foods, which can greatly increase the risk of high blood pressure.

- Diabetes. A condition where one's blood sugar is not well controlled, diabetes is an important risk factor for heart disease. Black Americans are 60% more

likely to develop diabetes than white Americans.

- Obesity. Obesity is another risk factor for heart disease. Black Americans are about 1.5 times more likely to be obese compared to white Americans. If you are obese or overweight, you are more likely to have high

blood pressure and are more likely to develop diabetes.

7 Steps to Take Control of Your Heart Health

Follow these seven steps in order to prevent heart disease:

1. Manage your blood pressure. Know and understand your blood pressure

readings. Track your blood pressure and talk to your doctor about what you can do if your blood pressure is elevated.

2. Control cholesterol. Your doctor can measure your cholesterol and help you understand what the levels mean. You can lower cholesterol levels through exercise, a healthy diet or medication.



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5. Eat better. Make smart food choices by enjoying fruits and vegetables, limiting sweets, salty foods and processed meats. Try to prepare meals at home and learn to understand food labels.

6. Get active. Aim to get at least 150 minutes of moderate activity, or 75 minutes of vigorous activity, spread throughout the week. Make a habit of moving, walking and sitting less each day.

7. Do not smoke or use tobacco. Smoking is a risk factor for heart disease and is linked to about one-third of all deaths from heart disease. Your doctor can help you quit tobacco.

We are all able to make these changes. Small heart-healthy changes can make a big difference. It is never too late to make your heart health a priority.

Mosi Bennett, MD, PhD, is a board-certified heart failure and transplant cardiologist with the Minneapolis Heart Institute at Abbott Northwestern Hospital.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

It is important to understand the many risk factors for heart disease and do what we can to keep our hearts healthy.



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SOCIAL & WELL-BEING

Rochester Hills woman crowned as 2022 Ms. Senior Michigan



PHOTO BY DEAN POTTER — FOR MEDIANEWS GROUP

Agarwal decided to take part in the 2022 Ms. Senior Michigan competition after competing in 2021 and loving the experience.

By Dean Potter
For MediaNews Group

Shock and Awe might be a good way to describe the reaction of this year's Ms. Senior Michigan pageant winner when she discovered her newly crowned title.

Rochester Hills resident Madhuri Agarwal, 61, was clearly shocked when she heard her name announced as the winner. In fact, she mouthed the word "no" as the bouquet of roses were handed to her and tears began streaming down her face.

The annual pageant, which honors local women over 60 who "exemplify dignity, maturity and inner beauty," took place Wednesday, April 13, at the Rochester Older Persons' Commission. Agarwal was one of seven finalists competing for the crown, including Cindy Carson, of Clarkston; Lisa Gulajski, of Birmingham; Diane Macauley, of Rochester Hills; Marcia Preston, of Rochester Hills; Joanie Rizzio, of Troy; and Cynthia Zalewski-Dzukola, of Rochester Hills.

Rizzio was the first runner up this year, and the second runner-up was Macauley.

"I was so shocked I won — I was on cloud nine," said Agarwal. "Five years ago, I was in a deadly car accident which left me severely injured. I had to stay in a nursing home for six months and needed home assistance and therapy. I told myself after I recover, I want to get involved in the community and help others."

Agarwal emigrated to the U.S. from India 41 years ago, and has always had a passion for helping others. In fact, she was recognized in 2020 by

the Detroit Duchess Club for her community service, and speaks four languages.

She decided to take part in the 2022 Ms. Senior Michigan competition after competing in 2021 and loving the experience. She said the pageant has opened so many doors for her and she wants to do the same for people in her community.

This marks the pageant's 35th year. Contestants are judged based on an interview with judges and a talent presentation which included music, singing, dance, art, hobbies or homemaking, which highlights their expertise and interests that do not diminish with age. Each contestant also presents a 35-second statement to convey their personal "Philosophy of Life."

For this year's talent portion, Agarwal performed a Bollywood-style dance to Indian music while wearing a traditional Indian gown. Additionally, Macauley performed a comedy and dance routine to "We're A Couple of Swells" — originally performed by Fred Astaire and Judy Garland in the film "Easter Parade"—; Rizzio sang "Anything Goes" from the Tony Award-winning musical of the same name; Carson demonstrated her prowess making cupcakes; Zalewski-Dzukola showcased her sewing talents; and Gulajski performed a comedy routine from the movie "Miss Congeniality."

Agarwal will go on to compete in the national Ms. Senior competition later this year. For more information about Ms. Senior Michigan, or to learn how to participate in next year's pageant, visit ms-seniormichigan.org.



PHOTOS BY DEAN POTTER — FOR MEDIANEWS GROUP

Contestants are judged based on an interview with judges and a talent presentation.



Madhuri Agarwal hopes to use her new title for good in her community.



First runner-up Joanie Rizzio, of Troy, sang "Anything Goes" from the Tony Award-winning musical of the same name for this year's talent portion of the competition.



Diane Macauley, of Rochester Hills, was named second runner-up in this year's pageant.

SOCIAL & WELL-BEING

Dad's favorite book and the 'Secrets of Success'

Dale Carnegie's classic stirs old memories

By **Cindy La Ferle**
For *MediaNews Group*

Years before Oprah made “life coach” a household term, my father followed the work of Dale Carnegie, one of America’s most prolific authors of self-improvement guides. Dad kept a well-thumbed copy of “How to Win Friends and Influence People” next to the wingback chair where he read nightly.

Whenever I misbehaved, he’d wave his copy of the book under my nose and urge me to read it.

“If you want to gather honey, don’t kick over the beehive,” Dad often reminded me, quoting one of his favorite maxims from the book. But like most snarky teens in the 1970s, I was suspicious of Carnegie’s wholesome brand of wisdom and advice. I dismissed him as a hopeless cornball — and left his book unread for years.

All of this came tumbling back recently in a bookstore, where I noticed a display featuring a new edition of “How to Win Friends and Influence People.” Pausing to read a few paragraphs, I was struck by the sheer resonance of Carnegie’s public relations advice.

First published in 1936, the guide explores the basic tenets of civility that seem to have gone the way of our parents’ rotary phones. In the aisle at the bookstore, I found myself nodding in agreement with a few of Carnegie’s fundamental rules: Treat everyone you meet with courtesy; curb your self-absorbed behavior; express sincere inter-



PHOTO COURTESY OF CINDY LA FERLE

Cindy La Ferle and her father, Bill Gullion, in 1992.

est in others; and be quick to praise rather than criticize. Just for starters.

In his introduction, Carnegie explained that he wrote the guide to fill a need. After conducting a series of classes in public speaking, he realized “as sorely as these adults needed training in effective speaking, they needed still more training in the fine art of getting along with people in everyday business and social contacts.”

As Carnegie speculated, success in any venture doesn’t hinge solely on a person’s educational background or professional credentials. And while the term “emotional intelligence” wasn’t coined in his

time, he was an early proponent of the concept.

“Dealing with people is probably the biggest problem you will face,” he explained. When he couldn’t find a practical textbook on the subject, Carnegie drafted *How to Win Friends*, not realizing that he was also launching a movement. With more than 30 million copies sold worldwide, today it remains one of the best-selling self-improvement books of all time.

If I could go back in time, I’d thank my late father for introducing me to the book — and for insisting that courtesy, kindness, and respect are the keys to success.

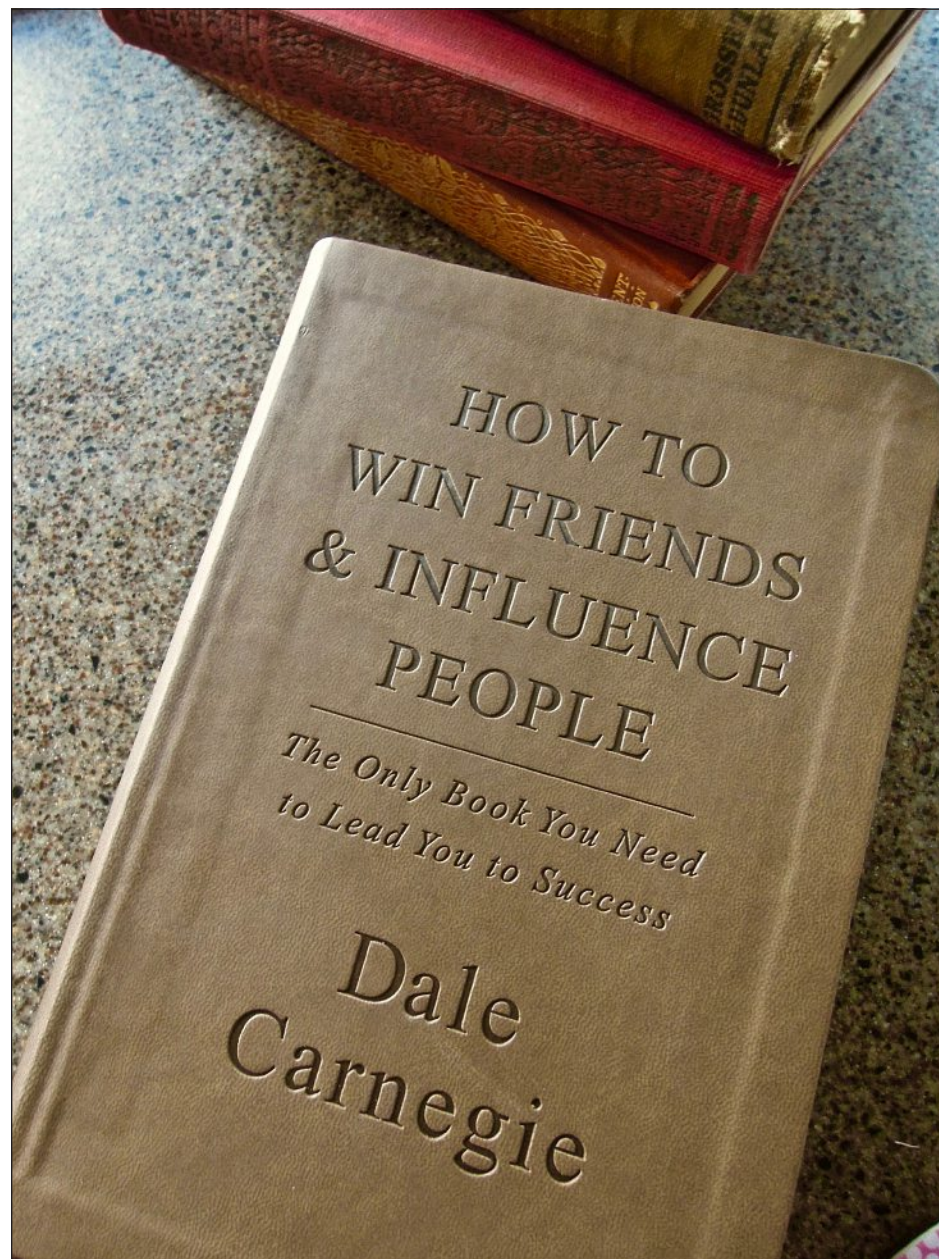


PHOTO BY CINDY LA FERLE — FOR MEDIANEWS GROUP

First published in 1936, Dale Carnegie’s “How to Win Friends and Influence People” explores the basic tenets of civility.

These days I often catch myself falling short of diplomacy — especially when I’m stressed out — and I could use a swift review of Carnegie’s guiding principles. Whether I’m facing an angry social media post or a road rage episode, I still struggle to refrain from

“kicking over the beehive.” Carnegie offered a deceptively simple solution: “Instead of condemning people, let’s try to understand them,” he advised. “Let’s try to figure out why they do what they do. That’s a lot more profitable and intriguing than criti-

cism; and it breeds sympathy, tolerance and kindness.”

Just imagine that.

Royal Oak lifestyles columnist Cindy La Ferle is author of Writing Home. Visit her “Life Lines” blog at laferle.com

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HEALTH & FITNESS

How to corral spring allergies

Spring is synonymous with rebirth. Each spring, flowers begin to bloom again, grass starts to grow and people from all walks of life rekindle their love affair with the great outdoors.

Spring also marks the return of a familiar foe: allergies.

Seasonal allergies can put a damper on even the most welcoming spring day. After all, a day soaking up the sun isn't so relaxing when it's also spent sneezing and confronting allergy symptoms like congestion, runny nose and watery eyes. Thankfully, it's possible for seasonal allergy sufferers to have their spring and enjoy it, too.

▪ Pay attention to seasonal allergy trackers. Seasonal allergies are now easier to track than ever. For example, Pollen.com is an easily accessible and free site that allows visitors to type in their ZIP codes and access daily allergy reports for their towns and cities. Visitors also can see five-day forecasts that can help them plan trips and other outdoor excursions. Weather.com also offers free allergy reports and forecasts. Individuals with seasonal allergies can make use of these sites and plan their activities based on the information they provide.

▪ Stay indoors when allergen levels are especially

high. The Mayo Clinic notes that there are several things individuals can do to reduce their exposure to seasonal allergy triggers. That includes staying indoors on dry, windy days. This doesn't mean individuals need to lock themselves indoors all spring. But it's important that seasonal allergy sufferers recognize that some days might be too much to handle. Rain helps clear pollen from the air, so individuals who are avoiding the outdoors on days when pollen counts are high should be able to get outside after a good rain without triggering an attack.

▪ Maintain clean air indoors. The great outdoors

is not the only place where allergens percolate. The Asthma and Allergy Foundation of America notes that improving air quality in a home can reduce allergy triggers. Air conditioners can prevent outdoor allergens from entering a home, so utilize units on warm spring days when you might otherwise open the windows. Open windows and screen doors

provide easy entry points for allergens like pollen, so turning on the AC when outdoor allergen counts are high can make seasonal allergies more manageable.

▪ Consider treatments. Over-the-counter treatments like antihistamines, nasal sprays and decongestants provide most individuals with sufficient relief from their seasonal allergies. If OTC remedies are

ineffective, treatments such as allergen immunotherapy and a consultation with an allergen may be necessary.

Seasonal allergies can spoil an otherwise welcoming spring day. But there are many ways for individuals to corral their seasonal allergies and still enjoy spring sun.

Story courtesy of Metro Creative Connection

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June 8, **Honky Tonk Angels** (musical)

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Seasonal allergies can spoil an otherwise welcoming spring day.

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Ready to move? Housing options for seniors who can't (or don't want to) live all alone



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Independent living communities are designed for seniors who are generally healthy and able to care for themselves.

Living alone can be less expensive than moving into an assisted living or other form of senior community, especially if you're independent and healthy. And more seniors are choosing to stay in their homes for as long as possible, according to a Harvard University study.

But it's also become costlier to make the changes you may need to stay put — wheelchair ramps, a stairlift, or wider doorways, among them. You might need a home health aide or housekeeper, which in Michigan cost an average of \$150 per day in 2020. You might have to pay for lawn and snow removal service.

The price of living alone isn't always cheaper.

But there are other factors beyond health that might drive a decision to move into a senior community such as an assisted living facility. Boosting your social life is one, and with a continuing shortage of home health aides statewide and nationally, you may feel more secure in a group setting.

The following are the more typical housing options open to seniors.

Subsidized housing

Government subsidies for housing are available for those with a low income. Section 8 housing vouchers are available through the federal government for those who meet financial eligibility requirements. Medicaid will cover long-term care for people who need nursing home-level care, either in a nursing home or in a community setting like one's own home.

Those receiving housing assistance are more likely to have ramps, no-step entries, grab bars, and medical emergency call systems than those

of similar incomes living in unsubsidized units.

Check with your local Area Agency on Aging or your local housing bureau for subsidized housing in your area.

Independent Living Communities

Independent living communities are designed for seniors who are generally healthy and able to care for themselves. In most cases, residents can communicate with doctors and caregivers by themselves, prefer to live among their peers and no longer want to maintain a house.

Independent living options range from villas to one- and two-bedroom apartment homes to smaller, studio apartments. Some independent living communities offer the following amenities (some may be at an additional cost):

- Housekeeping and maintenance services
- Community activities
- Full kitchens
- 24-hour emergency response
- Transportation services

Some independent living communities have an onsite home health care company that will charge for their services.

Assisted Living Communities

Assisted living communities are designed for people who do not require daily skilled medical care but may need help with activities such as bathing, medication management, dressing, personal care, cooking, eating and housekeeping. Many communities offer a variety of assisted living apartment floor plans — private or shared rooms or studio apartments.

Under the state's Assisted Living license, sites are required to provide the following services (some may be at additional cost):

- Housekeeping and laundry services
- Community dining
- Transportation
- Social and recreational activities
- Coordinated trips and tours
- Health assessments
- 24-hour emergency care
- Supervision
- Medication Management

Some assisted living facilities are licensed by the state of Michigan as either adult foster care group home or a home for the aged home.

Memory Care Units/ Centers

While some assisted living buildings have dedicated memory care units, most are part of a nursing home.

People with progressive dementia such as Alzheimer's and Parkinson's disease will eventually require round-the-clock supervision. They will need help

with personal care and medication management and monitoring to ensure they don't wander away.

Other services typically offered in these specialized units include:

- A private or semi-private room
- Three daily meals
- Cognitive and physical therapies
- Exercise activities
- Social activities
- Housekeeping and laundry

Continuing Care Retirement Communities

Continuing care retirement communities (CCRCs) provide a spectrum of care in one location — from independent living and assisted living options to skilled nursing and memory care.

CCRCs are what they sound like: a senior moves to the continuing care community when they are still able to live independently. If additional services are required, the person can easily move within the same community to receive a different level of care. Because of the range of living options under one "roof,"



PHOTO COURTESY OF METRO CREATIVE CONNECTION

There are many factors beyond health that might drive one's decision to move into a senior community or assisted living facility.

continuing care residents remain part of a single community, often among longtime friends, as they age and require additional levels of care.

Some communities may also

offer additional levels of care, such as rehabilitation services and memory care or dementia care services.

However, the cost of a CCRC is high — an entrance fee of \$10,000

up to \$500,000 — and monthly maintenance fees that can range from \$200 to more than \$2,000.

Content courtesy of the Area Agency on Aging 1-B

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SOCIAL & WELL-BEING

Heart of the Hills Players return after nearly three-year hiatus with 'Pajama Game'



By Debra Kaszubski

For MediaNews Group

A show just about three years in the making, the Heart of the Hills Players' production of "The Pajama Game" will finally take the stage in late May and early June.

The story deals with labor troubles in a pajama factory, where workers' demands for a seven-and-a-half cent raise are going unheeded. In the midst of this ordeal, love blossoms between Babe, the grievance committee head, and Sid, the new factory superintendent.

The Heart of the Hills is a performance troupe of about 100 players age 50 and older from metro Detroit. Members, who rehearse at the Shelby Township Disabled American Veterans hall three times a week, are from communities across southeast Michigan. They've put together numerous shows including "South Pacific," "Guys and Dolls," "Hello Dolly," "Carousel," "Brigadoon," "Damn Yankees," "Anything Goes," "42 Street," "Showtune," "Irene," and "This n' That."

COVID-19 caused the Players to put their productions on hold for what turned out to be a nearly three-year hiatus. The last time they took the stage was for the 2019 production of "G.I. Holiday Jukebox."

"Every six months or so, we tried to come back but COVID kept shutting us down," said Steve Krupa, who is directing "The Pajama Game." "We're finally able to get back together and it feels great."

The troupe chose "The Pajama Game" because they felt it is a relatable story that seniors could perform. "It has some good dance numbers, which we feel add pizzazz to the show," said Lorrie Garrison, a member of the Heart of the Hills players. "It also has some familiar songs like 'Hernando's Hideaway' and 'Steam

Left: Allison Boggs of Oakland Township dances with West Bloomfield resident Tony Merlo during a recent rehearsal of the Heart of the Hills Players' "The Pajama Game."

PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Heat' which we thought the audience would enjoy."

The Heart of the Hills was started by a group of about 10 performers in 1985 at a Rochester Hills elementary school as part of the city's Older Persons Commission (OPC). When the new OPC opened in the early 2000s only Rochester, Rochester Hills, and Oakland Township residents could participate in the shows without cost. For that reason, the group decided to operate as a nonprofit theater organization, open to anyone interested.

Performances will be held at 2 p.m. May 20 and 27, and at 7 p.m. May 21 and 28 at the Central United Methodist Church in Waterford. Additional shows are set for 2 p.m. June 3 and 5 and 7 p.m. June 4 at the Warren Community Center Auditorium. Tickets cost \$15 in advance and \$18 at the door, and \$12 each for groups of 10 or more. To buy tickets, call 586-268-8400 or visit hohplayers.org/tickets.

Right: The full cast of "The Pajama Game," which is set to take the stage in May and June in Waterford and Warren.



PHOTOS BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Mary Jo Gunter, who plays the role of Poopsie in the production, also doubles as the show's key makeup artist.

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HEALTH & FITNESS

Tips to prevent and treat injuries as you age

By Sheryl Stillman

Next Avenue

“Head, Shoulders, Knees and Toes,” goes the traditional children’s song. Teachers and family taught us how important our bodies are and how bones work together from early on. As parents, we may have later danced the dance with our children, patting each extremity with joy and wonder. However, we sadly find now, years later, there are one or more of these parts that no longer function as they once did when we were younger.

Or we are simply more susceptible to disease or injury due to age.

Millions of people 55 and over go to the hospital each year for a musculoskeletal injury, with the majority admitted and falls listed as the primary cause.

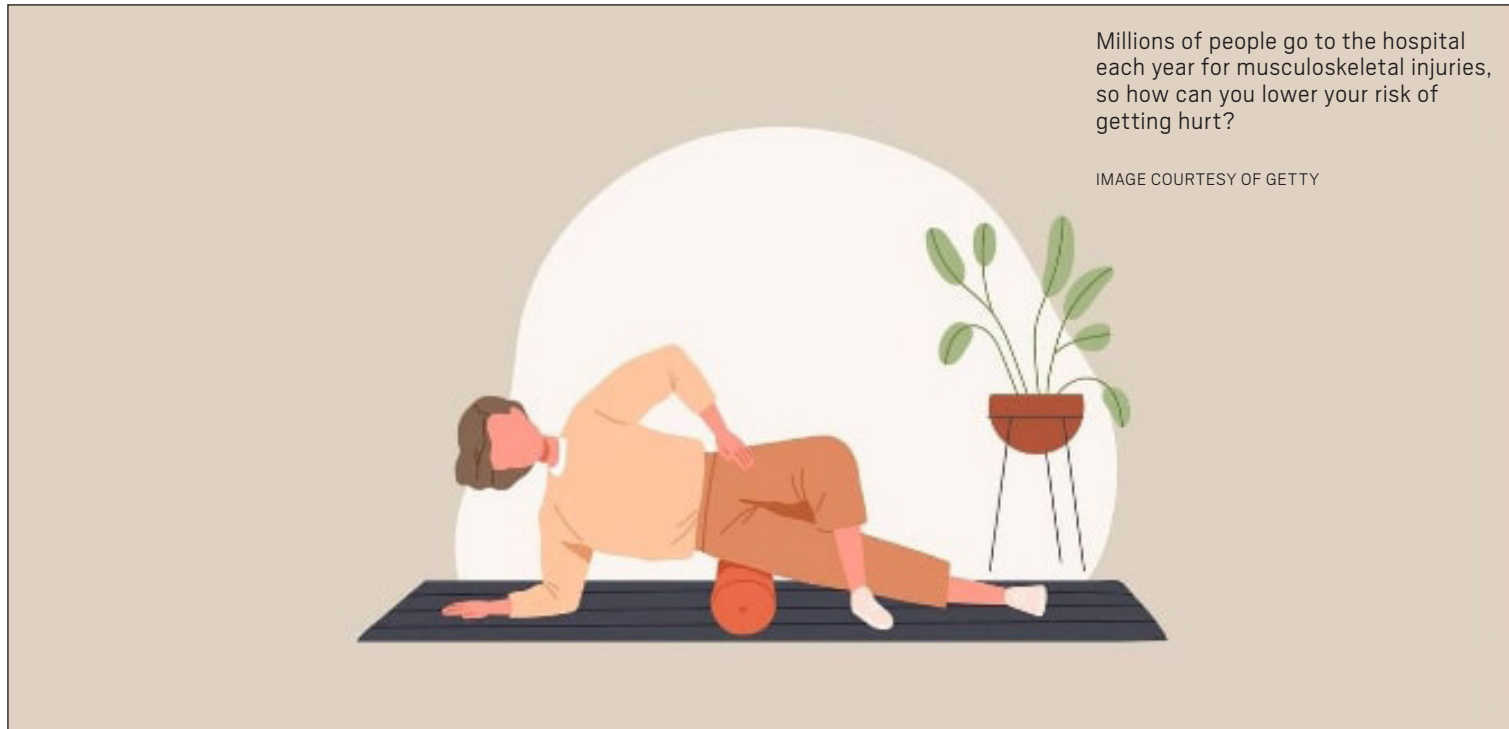
In April 2021, the World Health Organization estimated nearly 700,000 people die from falls globally, with adults over 60 suffering the most. And according to the Centers for Disease Control and Prevention (CDC), approximately 20 million adults in the United States over 65 have osteoarthritis, a degenerative joint disease mainly affecting hands, hips and knees. Data show that individuals who suffer from arthritis are 2.5 times likelier to fall.

With such high statistics, Next Avenue talked to medical experts to learn how to reduce your risk of injury or avoid worsening an underlying condition.

1. Look Underneath

Before starting any new exercise regime, Dr. Michael Stuart, an orthopedic surgeon and professor of orthopedics at Mayo Clinic in Rochester, Minn., says, “you should first be seen by your primary care physician, physical therapist or an orthopedist.”

This is especially important to make an accurate diagnosis and develop a program right for you if you have unexplained or ongoing pain. Often, you might experience discomfort in one part of your body, only to learn it’s coming from an area you hadn’t considered.



Millions of people go to the hospital each year for musculoskeletal injuries, so how can you lower your risk of getting hurt?

IMAGE COURTESY OF GETTY

Amy Davis, 59, from Fort Wayne, Ind., recently completed Total Knee Arthroplasty (TKA) and can relate to this advice. “I thought the pain in my knees was from pinched nerves in my back, but X-rays showed bone-on-bone on my right knee and almost the same on my left,” says Davis.

When meeting with your doctor, also ask whether you are a candidate for a Bone Density Test. The National Osteoporosis Foundation recommends that you have one if you are a post-menopausal woman and recently broke a bone, or a man over 50. A physician will need to order this non-invasive test for you.

2. Keep Fit

“The best thing a person can do is maintain physical fitness to prevent a fall or injury,” says Dr. Molly Jarman, assistant professor at Harvard Medical School and lead investigator with the Center for Surgery and Public Health in the department of surgery at Brigham and Women’s Hospital in Boston.

By being both strong and coor-

ordinated, you are less likely to fall, and if you do, you may heal faster.

“You have to remember that the body design we are working with is intended to fall apart and be impermanent,” says Dr. Andrew Grose, orthopedic trauma surgeon at the Hospital for Special Surgery in Stamford, Conn. He recommends focusing on three critical areas for fitness: strength training, flexibility and balance.

“There is good evidence that strength training is essential for people over the age of forty. You don’t need to be Arnold Schwarzenegger, but you need to maintain muscle mass,” Grose said.

Tai Chi (which has been proven to have medical benefits), yoga, walking and the elliptical are all ways to improve your balance. And be sure to do gentle stretching to stay flexible.

3. Get Aerobic

Regular aerobic exercises include swimming, walking briskly, jogging or bicycling, which all provide cardiovascular conditioning known to improve heart health, blood flow and lung ca-

capacity by fueling muscles to move and burn more fuel.

Another benefit, according to the Mayo Clinic: your body releases endorphins that promote “an increased sense of well-being.”

Check for recommended exercise guidelines at [health.gov](https://www.health.gov).

4. Maintain Weight

“Managing your weight contributes to good health now and as you age,” according to the CDC. While many orthopedic issues are genetic or due to an acute injury, joint problems can result from the extra stress and inflammation in your knees, hips or even your hands.

5. Be Safe

With falls happening most often in or near your home, here are a few ways to accident-proof your surroundings:

- Remove tripping hazards. Tape down area rugs and make sure carpet is not fraying. Put things away. Reduce obstacles by placing items back where they belong. Install nightlights. Add light

to hallways and bathrooms so you can see where you are heading in the middle of the night.

- Wear proper footwear. Ensure your feet are supported by matching shoes to the activity. And if you have questions, check with your doctor or physical therapist on which ones are right for you. Also, invest in non-slip socks if you have hardwood or slippery floors, or go barefoot.

- Watch your step. Limit distractions when walking on sidewalks, paths or even around your home. And look down to see if there are bumps, divots, rocks, twigs, branches or other obstructions that may trip you up.

6. Check Medications

As they age, people take an increasing number of medications, including over-the-counter drugs. Research shows that some drugs on their own, or combined with others, may impact balance and increase fall risk.

Ask your doctor or pharmacist about this risk for any current or future prescription and non-prescription pills you take.

HOME & GARDEN

From seed to bouquet: Grow your own flowers for cutting

By Melinda Myers
For MediaNews Group

You don't need a lot of space or a big budget to grow and enjoy garden-fresh bouquets. Just fill a few vacant spaces, add an extra row in garden beds or fill a container with easy care flowers started from seeds.

You'll jump-start the season and enjoy earlier blooms by starting some of the seeds indoors to transfer into the garden after the danger of frost has passed. If you're not in a hurry, want to stretch your budget and extend your garden's bloom time, sow some seeds directly in the garden. Just follow the directions on the seed packet.

Annual flowers like these are known for season long bloom and a long vase life. You'll need to plant annuals each year, but you may decide the continuous bloom

is well worth the effort. Supplementing them with perennial flowers and bulbs means you need to plant fewer annuals each year for a season filled with colorful garden-fresh bouquets.

Here are a few easy-care annual flowers that you can start from seed indoors or directly in the garden. These beauties will brighten those sunny spots in the landscape and bouquets in your home.

Start zinnia seeds indoors four weeks before the last spring frost or sow them directly in the garden. Either way, you'll have flowers about eight weeks after planting the seeds. Grow taller varieties like Benary's Giant for long stems, Queeny Lime Orange or Zowie! Yellow Flame for eye-catching color or Profusion and Zahara for small daisy-like flowers on compact mildew resistant plants in your low maintenance

cut flower garden.

Like zinnias, cosmos make a great cut flower and both are heat and drought tolerant in the garden. Start cosmos seeds indoors four to six weeks before the last spring frost or directly in the garden. The fine foliage adds texture to the garden and the white, pink, lavender blooms light up the mid-summer through fall garden. Plant tall varieties en masse to eliminate the need for staking. Or grow shorter varieties like Sonata and Cosmic. Once you plant cosmos in the garden, you may be rewarded with volunteer seedlings in subsequent years.

Marigolds have long been favorites in the garden, but they also make great cut flowers. Like zinnias, you can start them indoors or directly in the garden and have flowers in about eight weeks. Include a variety of single, double, large and small flowers to create a marigold only arrangement or mix with other flowers. The Gem series of marigolds have lacy leaves with a citrusy scent and small single flowers all summer long. Not only are these 12" tall plants great in arrangements, but the flowers are also edible and attract beneficial insects to your garden.

Include calendula, another edible flower, in your garden and arrangements. Plant seeds directly in the garden in fall through spring when growing in the Deep South, Gulf and Pacific Coast areas. Those in other regions can plant seeds directly in the garden after the danger of heavy frost has passed. Also known as pot marigolds, these plants thrive in cooler temperatures. If plants fade as temperatures rise, cut them back, continue to water as needed and watch

for new flowers when the weather cools. These will reseed readily so watch for welcome seedlings the following year.

Sunflowers make dramatic statements in the garden and in the flower vase. The 2022 All-America Selections winner, Concert Bell grows 10 to 12 flowers on each stem. You'll have a ready-made bouquet with each stem removed. Suncredible® Yellow sunflower produces four-inch flowers on two to three feet tall plants. The plants continue to bloom throughout the season even if you don't remove the faded flowers.

Keep the flowers coming to enjoy in the garden and arrangements with regular picking. The more you pick, the more flowers you'll have. Share extras with



PHOTO COURTESY OF METRO CREATIVE CONNECTION

These beauties will brighten those sunny spots in the landscape and bouquets in your home.

friends, neighbors, or senior centers. Studies at Rutgers University found cut flowers immediately increased happiness and had a long-term positive impact on the recipient's mood.

Melinda Myers has written more than

20 gardening books, including *The Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her web site is melindamyers.com.



PHOTO COURTESY OF ALL-AMERICA SELECTIONS

Yellow Flame is a semi-tall zinnia with a unique bicolor pattern of blooms with scarlet-rose center and yellow petal edges.

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SENIOR CALENDAR OF EVENTS AND ACTIVITIES

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@medianews-group.com.

MAY

May 12: Blood Drive at the Roseville Public Library, 29777 Gratiot Ave., Roseville. The Red Cross will be holding a blood drive in the library's Erin Auditorium on Thursday, May 12, from 12:30 p.m. to 6:30 p.m. If you would like to donate some much-needed blood to the Red Cross, you can make an appointment in advance, click the link above. All blood types are needed. Enter the building through the entrance off of Kelly Rd. To make an appointment, visit www.redcrossblood.org/

give.html. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

May 15: Octagon House Open House, 57500 Van Dyke, Washington Twp. OH Chat at 2 p.m. will feature Advanced Master Gardener, Dave Putt. He will have a presentation on beekeeping. The Friends of the Octagon House will also have a Book Sale in the Milkhouse. Admission to the Octagon House and the OH Chat is \$5. Join us 1-4 p.m. Additional information on our website octagonhouse.org in the calendar or call 586-781-0084.

May 17: Roseville Historical and Genealogical Society Program: History of Fairview at the Roseville Public Library, 29777 Gratiot Ave., Roseville at 6 p.m. Nick Sinacori is a local history buff and will discuss growing up in the Jefferson Chalmers

neighborhood and its roots as the Village of Fairview. The Roseville Historical and Genealogical Society presents a program about a historical topic in Erin Auditorium each month. These programs are presented by RHGS and sponsored by the Library. They are free and everyone is welcome to attend. Registration is not required. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

May 21: Free Community Plant Exchange, from 8-10 a.m., on May 21 at Shadbush Nature Center, 4101 Riverbends. For more information, contact Nadine Thacker at 586-764-3895.

JUNE

June 5: Super Sunday — Octagon House, 57500 Van Dyke, Washington Twp. Join

us for this special event in Washington. The Friends of the Octagon House will have a Book Sale in the Milkhouse. The Octagardener's will have a large variety of plant in their Plant Sale and the Historic Octagon House will be open for self-guided tours. Join us from 10 a.m. — 4 p.m. Admission to the house is \$5. Additional information on our website octagonhouse.org on the calendar or call 586-781-0084.

MONTHLY EVENTS

▪ **Confident Communicators Club:** Meets monthly for people who seek improving public speaking skills and leadership confidence. This supportive, Toastmasters group meets online the 1st and 3rd Wednesday of each month from 8-9:30 a.m. Many of our members have gain skills needed to

become better salesperson, grow their business, get promoted, and engage students. Register for any of our meetings to get the Zoom Link -<https://confident-communicators-club-meeting.eventbrite.com>. Contact our VP Membership to get more information vpm-1196053@toastmastersclubs.org

▪ **Breakfast Sponsored by Widowed Friends Ministries:**

Breakfast (3rd Tuesday of each) at 10:30 a.m., Pancake Factory, 13693 23 Mile Rd, NE corner of 23 Mile & Schoenherr, Shelby Twp. Sponsored by Widowed Friends Ministries. Contact Ellen 586-781-5781.

▪ **Bowling held at Collier Bowl:** 879 S Lapeer Rd. (M24), Oxford every Tuesday. Arrive at noon for lane assignments. Sponsored by Widowed Friends Ministries. Cost is \$7.50 for

three games, (shoes extra at \$2.50). Lunch afterwards optional. Call Joe at 248-693-2454 or Nadine at 248-475-9036.

▪ **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.**

▪ **Breakfast every Wednesday:** Sponsored by Widowed Friends Ministries. Join us at 10 a.m. at Cavis Pioneer Restaurant, 5606 Lapeer Rd., Kimball. Call Rita, 810-334-6287 for more information.

▪ **Senior Card Playing:** Come and join a fun group

B

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MORNING BINGO Mondays

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 Doors Open at 11:00am
 Sales Start at 11:30am
 Games Start at 12:30pm
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of card players who play a wide range of card games. Everyone brings a snack to share while playing. Free. Mondays from 1-4 p.m. at 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

▪ **Dancing every Tuesday:** at Polish Century Club, 33204 Maple Lane, Sterling Heights. Doors open at 6 p.m. Music from 7-10:30 p.m. Cost is \$8 per person with a cash bar. A table is reserved for Widowed Friends. Sponsored by Widowed Friends Ministries Contact Kate at 586-344-3886.

▪ **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 are purchased. 4 punches \$23 resident, \$29 NR; 11 punches \$60 resident, \$66 NR. For more information, call 586-752-6543.

▪ **Fish Fry Every Friday:** Join us for dinner/music at the American Legion Hall, 10266th St., Port Huron. Food served from 4:30-7 p.m. Music goes from 5-8 p.m. Sponsored by Widowed Friends Ministries. Contact Rita, 810-334-6287.

▪ **Cards/Games/Friendship:** Ss. John and Paul, (1st Thursday or every month), 1:30-4 p.m. at 7777 28 Mile Rd. Bring a snack to share and your own beverage. Ss. John and Paul supports the Agape Center, a resource center for the most vulner-

able members of society and would appreciate it if you could bring a canned good (vegetable, meat, fruit) when you come to play. (Dinner afterward at Romeo Family Restaurant, 66020 Van Dyke Rd., between 30 & 31 Mile is optional.) Sponsored by Widowed Friends Ministries. Call Ellen, 586-781-5781.

▪ **Men Only Breakfast:** Lukich Family Restaurant (1st & 3rd Thursday), 3900 Rochester Rd., Troy, at 9 a.m. The Widowed Men's Group invites you to meet with other widowed men for breakfast at either of the Men's Fellowship locations whichever is more convenient for you. Many topics & ideas help you become involved in the activities of Widowed Friends. Sponsored by Widowed Friends Ministries Contact Ray at 248-585-5402.

▪ **Eastside Movies:** (1st Tuesday of each month)

at Chesterfield Crossing Digital Cinema 16 (known for free soda & popcorn refills also offers discount matinee pricing) 50675 Gratiot Ave., Chesterfield Twp. Early dinner afterwards TBD. Sponsored by Widowed Friends Ministries. For more information, contact Marion at 586-703-1427

▪ **Metamora — Dinner Club:** (3rd Wednesday of the month) at 5 p.m. Join us at The White Horse Inn, 1E High St., Metamora. Reserved seating. Sponsored by Widowed Friends Ministries. Please RSVP to Sharry 248-840-0063. No walk-ins. Please call if you must cancel your reserved seating.

▪ **Breakfast at Avenue Family Restaurant:** 31253 Woodward Ave., Royal Oak, at 9:30 a.m. (2nd and 4th Wednesday of each month). Sponsored by Widowed Friends Ministries.

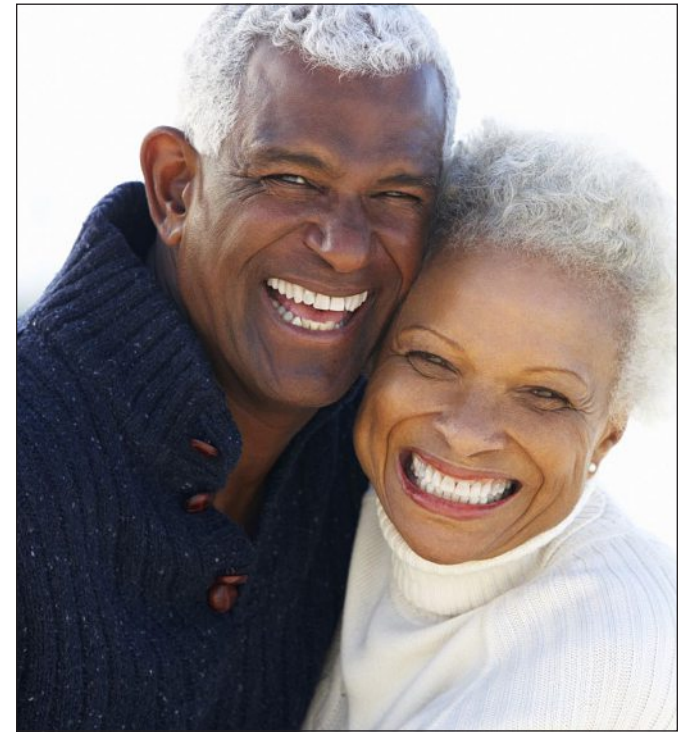


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Vitality publishes the second Thursday of each month. To have an event published, it must be sent at least three weeks prior to the monthly publication date. To submit information for the calendar, email jgray@medianewsgroup.com.



WE'RE GIVING YOU A CHANCE TO SHOW OFF THOSE SPECIAL FAMILY MEMBERS. BE A PART OF OUR PHOTO PAGE IN VITALITY.

It's easy! Just fill out the form below and mail it to us along with your photo. Photos will not be returned. We must receive photos by May 27, 2022 to be included in our June issue.

PROUD PET OWNERS

LET ME TELL YOU ABOUT MY

Special Friend!

Name(s) of Pets: _____

Member of the _____ Family.

Address: _____

Phone: _____

EMAIL FORM & PHOTO TO:
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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We must receive your photo before May 27, 2022 for our June 9, 2022 issue.

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
EMAIL FORM & PHOTO TO: demke@medianewsgroup.com

Grandparent Brag Page



**Michael Skomial,
Harry Radtke & Fred Zbikowski**

Proud Grandparents are:
Joseph & Anna Skomial



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Poetry Page

IT ALL COMES OUT IN THE WASH

From house to outhouse
From tree to tree
Clothes blowing
In the summer breeze
If clothes could talk
They would tell
Of people I know
So very well.
That old plaid shirt
An worn blue jeans
Can't you hear them as
They swing.
I know this man
He was a king
An that dress just down the line
She was his queen for a
Long, long time.

By Eileen Sherman
of Pontiac, MI

MAY

...is a time of cheer and blue skies.
Letting go of doubts, and fears.
Being open to new ideas.

A time of climbing to great heights,
Only looking back to see how far we have come.
Knowing we can achieve our goals,
by trusting in the process of life.

By Alethea M Howard
of Detroit, MI

Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems and letters of appreciation to 300 words or less and print clearly. Next Issue will be June 9, 2022.

FIRST & LAST NAME: _____ PHONE NUMBER: _____

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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.



THE GOOD OLD DAYS

Whatever happened to
All the fun we had
When I was just a boy?
Now T.V. and video games,
Where's the joy?

Roller skate, kick the can
You were poison.
Red rover, red rover
Send Margie over!

Count to ten
Hide and seek
When you're it,
Better not peek!

Girls jump rope,
Couldn't be cuter.
Boys played marbles,
Knuckles down
With your favorite shooter.

Warm sunny day
Grandchildren will be over.
We'll have some ice cream,
Let's play croquet.

By John Cameron
of Shelby Twp, MI

A MEMORY OF MOM

Mother's Day is everyday
Morning, noon, and night.
There's no escape from their progress report,
For it shines in many lights.
From tears repair to feeding time,
From rides to and from
The yellow bus
Without even a fuss.
With menus and laundry
And dishes a must,
From chair repair to gardening,
From sewer, seed and pie crust'
To doctor, dentist, sports practice and groceries.
Never underestimate their achievements.
NO – SIR – EEEEEEE!!!
They're off to work, to church, to gym
To car repair, wash and such,
They read to, and heed to the needs
Of a lucky family so much.
Praise and raise them high
On a pedestal they so dearly deserve.
Mother's Day is every day,
Just watch them, take notes, and observe!!
"Love you, Mom, always will"

By Margherita Wiszowaty
of St. Clair Shores, MI

LIFE'S UPS AND DOWNS

Life has its ups and downs.
We can get through them without a sound.
Especially, when there are people who love us,
Even when we frown.
When things seems so hard to bare,
Know that God is always there.
When life seems it's not worth living,
Know that God is holding you dearly.
Take time to think on God,
He will guide and comfort you.
Feel his warm tender hand
Touching and healing you, rejoice in Him.
Life can be beautiful when we can look
Beyond our pain and sorrows.
Move beyond the past, do what it takes
To make you happy today.
This very day!

By Alethea Monk Howard
of Detroit, MI

- Village of East Harbor -

Bloom

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Mid-Rise Apartments
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HARBOR INN Upcoming Events

OPEN HOUSE & MODEL TOURS

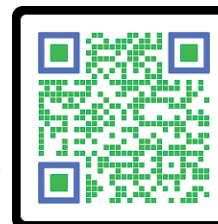
May 15th & May 22nd
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