

June 2022

# Vitality

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



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**On the cover:** Making friends after 50 can be challenging. However, various strategies can help men and women over 50 connect with new people.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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## MONEY &amp; SECURITY

# Real estate: What to know before preparing a home for sale

**Q**: We need to sell my deceased parent's house to settle the estate. Can you tell us what process we should follow for preparing the home for sale?



**Steve Meyers**  
Columnist

**A**: I certainly can. First let me say what I've said in the past, that I'm not an appraiser or a home inspector. But with that said, experience shows that before I list a property for sale, I must look at a property through the eyes of a Buyer, a Buyer's Agent, a Home Inspector and an Appraiser. This is important. I don't have time to cover the whole process I go through so here's just some highlights.

As an example; a \$500 to \$1,000 repair or update that's not done could be a \$2,500 to \$5,000 reduction in price in the Buyer's and or the Buyer's Agent's mind. For instance, you may have a window that is cracked or doesn't operate properly. A Seller may say I'm just selling as-is. The repair for this window may be under \$300, but in the Buyer's mind they think they have to replace the complete window for \$800 — \$1,200 or worse yet, get a perception that the house needs all new windows at a cost of \$25,000 — \$35,000. Also, sometimes simple things like replacing the light fixtures, cabinet hardware, switch and outlet covers can modernize the look. Some Sellers ask me what's wrong with the light fixtures they have? I always tell them that if they don't sell it in the home improvement stores anymore then it's probably out of date. Sometimes a fresh coat of paint which is one of the biggest bangs for your buck and cleaning or replacing carpet may be recommended. Do all the light bulbs work, faucets, toilets, drains...? Does the landscaping need freshening up with some new mulch or dead shrubs removed? I have a check list that I provide. Sellers can also choose to have a home inspector come in and do an inspection prior to listing the property to catch any issues their house or condo may have.

Next is preparing the property for showings. If it's an estate sale Sellers often ask, what do I do with all this stuff? Some items the family members will want, but most of it they won't. I have estate sale companies I can recommend; but keep in mind that they're in business to make money and might not want to do your sale

based on what you have. I can recommend a thrift store that will clean the house out depending on what you have or there are also junk removal companies.

Finally pricing the property correctly for sale with a detailed market analysis is something I want to cover quickly before I run out of column space. Some heirs make a major mistake; thinking that the sale of the property is their golden parachute in life. If the comparable sales of like kind properties in the area are selling for \$250,000 then don't expect \$300,000 just because you think the home is special. Buyers are working with Buyer's Agent's and they have access to all the same sales history to determine the value. (Even in today's heated market.)

It's important to mention that the Seller always has the option of selling the property in As-Is condition. Just keep in mind that selling As-Is will get you an As-Is sales price.

**Q**: We are selling my deceased Aunt's house and have an issue of not being able to find an original copy of Quit Claim Deed written up a few years back by an attorney that was not recorded at the County. I'm being told by the title company that it has to go to probate. Is there any way around this?

**A**: I run across this once in a while. If the attorney is still around that drafted the Quit Claim Deed and has a "copy" of the signed Deed on file and the title company is decent, then you should be able to have the attorney draft an Affidavit for a Lost or Mislaid Deed. The Affidavit along with just a "copy" of the signed Deed should suffice. I have had this done before for clients. My experience is based on the fact that the attorney who originally drafted up the original Deed was also the attorney who drafted the Affidavit. If the current title company won't accept it then I would inquire with another title company.

*Steve Meyers is a Real Estate Agent/ Realtor at RE/MAX Metropolitan located in Shelby Twp., Michigan and is a member of the RE/MAX Hall of Fame. He can be contacted with questions at 586-997-5480 (voicemail) or email him at Steve@AnswersToRealEstateQuestions.com You can also visit his website: AnswersToRealEstateQuestions.com.*



## Brian J. Kurtz

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## HEALTH &amp; FITNESS

# Anatomy of a skin cancer scar

By **Cindy La Ferle**

For *MediaNews Group*

Unprotected sunbathing was a youthful indiscretion for many teenage baby boomers. Going for the burn, we'd spend endless summer days on the beach, often slathered in baby oil. It rarely occurred to us that we'd pay a high price later on. We didn't know that sun damage was cumulative.

At midlife, my skin sent a series of wake-up calls in the form of age spots, wrinkles, and several bouts of basal cell skin cancer.

For instance, there was the time I'd assumed that a lesion on my right cheek was nothing to worry about — just a slow-healing blemish that could be camouflaged with a swipe of powder blush.

But my dermatologist suspected otherwise when she noticed it during an annual full-body checkup. Days later, the biopsy report confirmed that a large basal cell epithelioma was spreading its roots beneath the surface of my cheek, just an inch below my right eye.

After delivering the scary news, my dermatologist referred me to a surgeon who specializes in the Mohs method, a microscopically controlled cancer surgery developed by Dr. Frederic Mohs in the 1930s.

Typically lasting from five to seven hours, Mohs surgery involves removing and examining a patient's cancerous skin tis-

sue, one layer at a time, until only cancer-free tissue remains. Afterward, the surgeon might opt to close the wound using plastic surgery techniques or allow it to heal by itself, depending on its location.

The cure rate for Mohs surgery is high — up to 99% for some cancers. And while the stellar reputation of my surgeon was reassuring, I was nervous about the procedure — and worried about the new scar I'd soon acquire.

## Facing up to shame

Even if you're not terribly vain, a prominent scar on your face isn't easy to reconcile, especially if you're female. Thanks to "anti-aging" product advertisers and beauty editors, women are made to feel ashamed of wrinkles, blemishes, and other so-called imperfections.

Sociologist and best-selling author Brene Brown often writes about this issue.

"After all of the consciousness-raising and critical awareness, we still feel the most shame about not being young and beautiful enough," she explains in *Daring Greatly* (Avery; paperback). Brown's "shame research," as she calls it, hit home the first day after my Mohs surgery.

Following my seven-hour procedure, I returned home with a two-inch, vertical row of "Frankenstein stitches" on my cheek and some painful bruising around



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Making sun protection an everyday habit will help lower your skin cancer risk.

my eye. I spent the next day clutching an ice pack, regretting every minute I'd sunbathed without sunscreen.

## An ounce of prevention

As noted in my surgeon's post-op instructions, scars go through a year-long maturation process and sometimes look worse as they heal. My own new scar morphed from bright red to deep purple to pale pink, months after the stitches were removed.

Ironically, a week before my

skin cancer diagnosis, I'd been scouting local cosmetic departments for the best anti-wrinkle creams available. But my sobering skin cancer surgery quickly changed my outlook on the battle against aging. Wrinkles were the least of my worries.

Today, the health of my skin is a top priority, and I never postpone checkups with my dermatologist. If anything looks suspicious, I take comfort in the fact that my best defense against skin cancer is early detection.

Time has kindly softened the appearance of the Frankenstein scar on my right cheek. But it's still a faint reminder of a hard-won lesson. I never spend a day working in the garden or walking outdoors without wearing a good sunscreen and one of the broad-brimmed hats in my collection.

*Royal Oak lifestyle columnist Cindy La Ferle is author of an essay collection, Writing Home. Visit Cindy La Ferle's Life Lines: laferle.com.*



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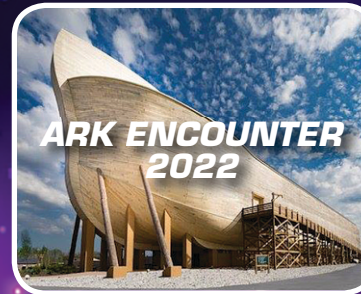
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## MONEY &amp; SECURITY

## Ask the Financial Doctor: What are I-bonds?

**Q** : My brother mentioned that I-bonds are paying 9.62%. What are I-bonds? Why are these bonds paying over 9% when my bank is paying me almost zero percent?



**Richard Rysiewski**  
Columnist

**A** : I-bonds are savings bonds backed by the U.S. government and are reset every six months on May 1 and November 1. The interest rate is high because the inflation rate is high. The new rate effective May 1 is 9.62%. An investor cannot find a safer investment. One negative is you can only invest

\$10,000 per year per person. For more information go to the site treasury-direct.gov.

**Q** : Are tax returns required by law? My husband and I are in our mid-70s and receive Social Security and a \$21,000 pension and have always filed a yearly tax return, yet several of our friends say they haven't filed in years.

**A** : Each family is different with regards to income (wages, pensions, interest, dividends, gains, etc.). You do not have to file a 1040 tax return if you are 65 or older and your gross income in the 2021 tax year was less than \$27,800. Social Security

benefits are not taxable unless your AGI (adjusted gross income) plus 50% of your Social Security benefits plus any non-taxable interest income is greater than \$32,000.

**Q** : We won the MI lottery several times and received 1099s. Since we do not itemize, we could not offset the winnings against our losses. Is there any way to offset our gains?

**A** : The answer is no. You cannot offset your lottery winnings unless you itemize and use schedule A. Sometimes the tax code is unfair.

**Q** : What are the mileage deductions for

business, medical and charity miles in 2022?

**A** : A taxpayer can deduct 58.5, 18 and 14 cents per mile for business, medical and charity respectively for the 2022 tax year.

**Q** : I am near 72 and need to take my RMD from my IRA. What is the amount expressed as a percentage of my IRA value that I must take out?

**A** : The IRS uniform lifetime table determines the amount of your annual RMD and was revised for the tax year 2022. Each year the percentage increases. At age 72 the percentage is about 4% (the exact amount is 3.65%), at 80 about 5%, at 90 about 8% and at 100 about 16%.

**Q** : The stock market has been quite volatile in the last five months. I am getting nervous that we are headed for a major recession. Do you have any suggestions?

**A** : Nobody can predict the future and guessing the direction of the stock market is futile. If you are worried and having trouble sleeping, take

some profits but do not cash out everything. An investor should always have an emergency savings account equal to six months living expenses. If you depend on some income from the stock market then you need to have dividend paying stocks in your portfolio. The stock market inevitably will have a correction and when it occurs you can use your emergency fund and dividends. Historically, every recession in the U.S. has been followed by an expansion and a higher stock market. The minimum commitment in the stock market should be at least 5 years, preferably 10 years and optimally 20 years or more.

**Q** : What is the maximum Social Security benefits that I can receive from my living ex-spouse? What happens to that benefit if I remarry? What happens if my ex-spouse dies?

**A** : The maximum benefit is 50% of your living ex-spouse's benefit at full retirement age (FRA). The living ex-spousal benefit is reduced if you apply before your FRA. If you remarry, your living ex-spousal benefit disappears. If your ex-spouse dies, then

you can collect on the deceased ex-spouse's record at age 60 (age 50 if disabled) at a reduced rate. If you remarry after age 60 and your ex-spouse dies, you still can collect decedent benefits.

**Q** : How are long-term capital gains (LTCG) taxed if my child is subject to the Kiddie Tax? Does my child get a reduced tax rate? Do the parents get a reduced rate for the excess above \$2,300?

**A** : The child and the parents get a favorable rate for LTCG. I will assume that your child's income for the tax year is only from LTCG. If your child is under age 24 and is a full-time student the first \$2,300 of LTCG will be tax-free. Any LTCG above \$2,300 will be taxed at the parent's LTCG rate (0%, 15% or 20% depending on their marginal tax rate).

*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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## SOCIAL &amp; WELL-BEING

# Centenarian continues tradition of cross-country travel to visit family

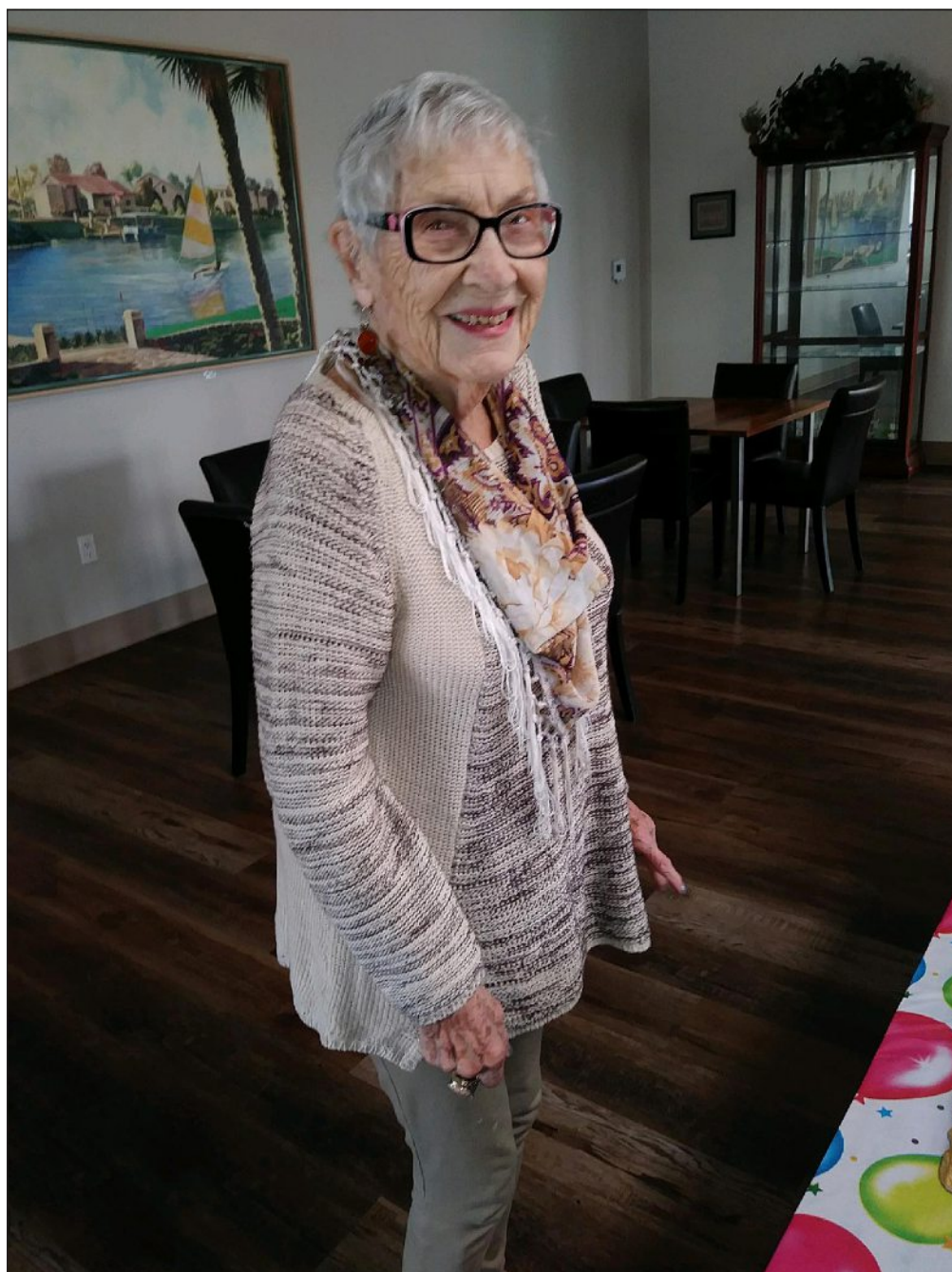


PHOTO COURTESY OF RENEE GRAYBIEL

Former Clarkston resident Mary Graybiel poses for a picture at her 107th birthday celebration this year.

## The 107-year-old former Clarkston resident attributes longevity to staying active

**By Debra Kaszubski**

*For MediaNews Group*

When Mary Graybiel traveled from Arizona to metro Detroit to Marco Island, Fla., last month, the airline check-in system wouldn't properly input her age, so the 107-year-old flew as an unaccompanied 7-year-old minor.

This minor hiccup wouldn't stop the energetic senior from solo cross-country air travel, said Waterford resident Renee Graybiel, Mary's daughter-in-law. "Mary has flown dozens of times, too many to count," Renee said. "She has traveled her whole life. In her younger years, she traveled the world, but in recent years it's been flying to see family."

Mary, who lived in Michigan her whole life, moved to Peoria, Ariz. 14 years ago to be near one of her daughters. She has other children, including another daughter and two sons. Her son, Tom, is married to Renee. In May, Mary flew Delta from Arizona to Detroit to stay with Tom and Renee before flying to Florida to visit with her other son, Jim, and her other daughter Patti. Her family drops her off at the airport and other family members greet her when she arrives. Mary also has three grandchildren and five great-grandchildren.

While in Michigan last month, Mary spent a week visiting with Tom and Renee as well as lifelong friends, some of whom she had met at the First Presbyterian Church in Pontiac, where she was a member for 70 years. She also visited with friends she met while involved with the nonprofits the Tuesday Musicales of Greater Pontiac and Oakland Town Hall.

Mary grew up in Michigan, having lived for several years in Bad Axe, where she met her husband James (who went by the name of Ed). The

couple, who met at a bowling alley, would be married for 60 years. Ed, who was a school teacher and athletic director in Bad Axe, Grand Haven, Traverse City, and finally at Pontiac Central High School, passed away in 1998. Mary kept their home in Clarkston until she moved to Arizona, making sure she flew every year to see her family. She missed the past couple of years due to the COVID-19 pandemic.

When Mary is not traveling, she keeps busy by participating in numerous card clubs and knitting prayer shawls, and more. She is in great health and is mentally sharp as a tack, Renee said. She attributes her longevity to staying active and spending time with friends and family. "Other than finally getting hearing aids, she basically hasn't had to take any medications," Renee said.

She knits prayer shawls and hopes to serve as a positive inspiration to others. "Respect people," she said. "Give your family and friends lots of love, and give thanks for all of your blessings. Each day is a gift."





PHOTO COURTESY OF RENEE GRAYBIEL

Mary, who lived in Michigan her whole life, moved to Peoria, Ariz. 14 years ago to be near one of her daughters. This photo was taken at her 105th birthday celebration.



PHOTO COURTESY OF RENEE GRAYBIEL

Mary Graybiel is pictured in a 1960s-era photo in a coat that she knitted.

## TECHNOLOGY

# How to protect your home when you're away

Vacation often serves as a well-deserved break from the hustle and bustle of daily life. When relaxing and recharging away from home, the last thing vacationers want to think about is the safety of their homes and everything inside them. However, the National Council for Home Safety and Security and Statistics Canada estimate that more than two million burglaries occur in the United States and Canada every year.

That underscores the importance of protecting your home at all times, including when you're

not there.

- Create the impression that someone is home. Just because you're heading off for parts unknown doesn't mean you can't create the impression that life is carrying on as usual within the walls of your home. Smart home technology now enables homeowners to set timers on lights and even home electronics like televisions and radios. Homeowners also can ask neighbors to pick up their mail or halt delivery until they return from their trips. Nothing says "no one's home" as definitively as an

overflowing mailbox.

- Keep quiet on social media. A Credit Sesame survey of former burglars in the United Kingdom found that 78% acknowledged monitoring social media platforms such as Facebook and Twitter as they try to find homes to burglarize. Individuals about to go on vacation should avoid sharing that on social media.

- Stay silent while you're away as well. Social media silence should be continued while you're on vacation as well. No matter how tempting it may be to share photos

from an exotic location, such posts could catch the attention of all the wrong people. A recent report from MetLife indicated that 35% of Americans between the ages of 18 and 34 check in from their locations via social media. That can alert criminals that no one is manning the fort back home.

- Switch from a traditional lock and key to a lockbox. Individuals who travel frequently can take a page from the realtor notebook and switch from a traditional lock and key lock system to a lockbox. Lockboxes require that a code is

entered before a box containing a key can be unlocked. Homeowners who want this added measure of protection don't even need to put a key inside the lockbox, which typically covers a lock, making it extremely difficult for potential thieves to pick the lock.

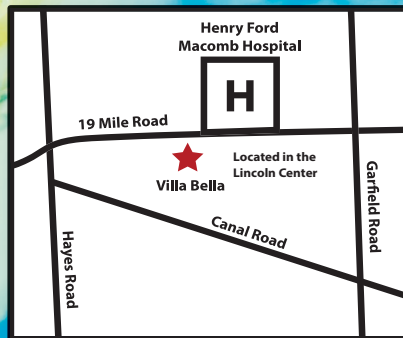
Before leaving for vacation, individuals can implement various strategies and safety measures to protect their homes and their belongings while they're away.

*Story courtesy of Metro Creative Connection*



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Smart home technology now enables homeowners to set timers on lights and even home electronics like televisions and radios.



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## MONEY &amp; SECURITY

# What to do with your portfolio after 50

A 50th birthday is often characterized as a milestone moment. Despite that reputation, upon crossing the half-century threshold, individuals typically don't feel that much different than they did when they were still a fun-loving 49-year-old.

Though there might not be much to distinguish a 49-year-old from a 50-year-old, a 50th birthday is a good time reassess certain parts of life, including finances.

Conventional financial wisdom has long suggested reducing risk as retirement age draws closer. But a 2021 survey from American Advisors Group found that 18% of respondents indicated their intention to work past the age of 70, while another 12% indicated they have no plans to ever stop working full-time. Conventional financial wisdom rooted in retiring around the age of 65 may not apply to individuals who intend to work well past that age. That means recently minted fifty-somethings could benefit from adopting a new perspective on managing their money after they reach 50.

- **Work with a fiduciary.** Fiduciaries differ from other financial advisors in a significant way. According to Investopedia, fiduciaries are legally bound to put their client's best interests ahead of their own. Working with a fiduciary can provide peace of mind for individuals who want to know the person they're trusting to guide their financial decisions is working on their behalf. That peace of mind can be especially valuable for individuals over 50 who don't have as much time to make up for financial losses as



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Managing a portfolio after 50 requires careful consideration of various factors.

younger people. Investopedia notes that some brokerage firms do not want or allow their brokers to be fiduciaries, so investors should make sure they're aware of the legal responsibilities of anyone they trust to manage their money.

- **Monitor the progress of your retirement accounts.** Tracking the performance of retirement accounts like a 401(k) and IRA takes on

more significance after 50, even for individuals who don't see themselves retiring anytime soon. Monitor how particular investments are performing and reallocate funds if certain ones have not performed well in some time. Most investments will go up and down, but people over 50 can monitor performance more closely than they used to so they get an idea

of which ones are working for them and which could be compromising their ability to enjoy financial flexibility in the decades to come.

- **Resist the temptation to avoid stocks entirely.** A recent study published in the medical journal *The Lancet* found that life expectancy, which has increased dramatically across the globe since

1900, is expected to continue increasing in developed countries in the decades to come. That means people won't only be working longer, but living longer as well. Investors 50 and over can prepare for that longer life expectancy by utilizing the growth potential of stocks even after they hit the half-century mark. Limiting exposure to risk after 50 is still

important, but avoiding investment risks entirely could lead to a financial shortfall down the road.

Managing a portfolio after 50 requires careful consideration of various factors. Deft management of an investment portfolio after 50 can ensure investors don't outlive their money.

*Story courtesy of Metro Creative Connection*

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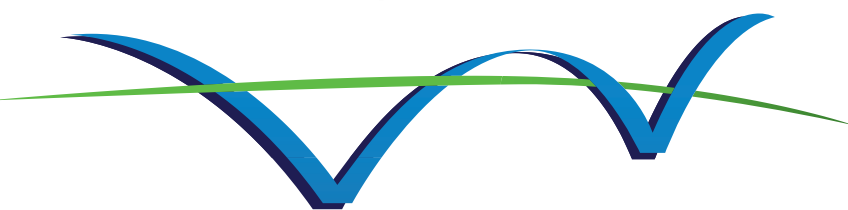
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## SOCIAL &amp; WELL-BEING

# Caregiver Coaching relieves stress, provides answers

Becoming a caregiver for a family member is sort of like becoming a parent: The role doesn't come with an instruction manual.

Unlike that happy milestone, the journey of caregiving is often made alone and often when accompanied by the aches and pains of old age.

A new program offered by the Area Agency on Aging I-B aims to help caregivers not be so alone by connecting them with "coaches" who can help them navigate resources, work through challenges, and sometimes just listen.

The Caregiver Coaching program is simple: It partners caregivers with volunteers, most of them former caregivers themselves, who are trained to find resources and help caregivers navigate the particular challenges of their caregiving situation. Communications are typically by phone. Partners set their own schedule.

The program is funded by the Ralph C. Wilson, Jr. Legacy Fund for Caregivers at Community Foundation for Southeast Michigan, and Vital Seniors Initiative at Ann Arbor Area Community Foundation. It is available to people who live in Livingston, Macomb, Monroe, Oakland, St. Clair or Washtenaw counties or to anyone who takes care of a family member in one of those counties.

"Caregivers are an underserved population who can feel overwhelmed and are often juggling career and family demands in addition to caring for their aging family member," says Julie Lowenthal, program coordinator. "I think the program empowers caregivers — improving and enhancing the quality of life for both them and those they care for."

Caregiver Kathryn S. of Hartland describes her caregiver coach, Margy Fox, as a godsend.

"I'm a firm believer that at certain points in your life — a higher power, God, whatever you believe in — sends down an angel to help you get through, even if you've only known them a short time. I think Margy was one of those," says Hartland.

Hartland, who works as a remote, indirect procurement administrator, emailed Fox a few times when she needed help finding resources and to release some tension. She learned about the Caregiver Coaching program when she called the Area Agency on Aging I-B for help with her mother, who passed away recently.

Hartland's mother, who was 84, suf-

fered from a host of medical problems and had sort of given up. Hartland and her sister-in-law worked together to help her, but they were exhausted and out of ideas.

"I think what I was looking for was one point of contact who could help me navigate this thing I had no clue about — what to expect, how to find resources. I was in a bit of panic by then because we were tired. We needed people to come in and give us relief," she says.

In the beginning, Hartland says, she was vague with Fox because she didn't really know what she needed. Fox provided resources and suggestions, and "she was willing to share stories of what she went through, and though it wasn't the same as my story, it helped me feel less isolated." Fox, she says, talked her off the ledge a few times.

"In my lifetime, I've been through therapy a few times and found it helpful," says Hartland. "Caregiver coaching is one-on-one contact, a way to bounce off ideas rather than calling 50 places. This person can help me, guide me, or do nothing more than listen to me."

Fox, a Superior Township resident who became a caregiver coach in June 2020, says if sharing her personal experience of caregiving helps others, she'll use that tool in her toolbox.

"Our training included a lot of reminders to use resources," she says. "And remember to take care of yourself as a priority. It's not just OK; it's really important. Just reminding someone that they deserve self-care is helpful."

Fox, a retired nurse, says she would have benefited from a program like Caregiver Coaching when she was a long-distance caregiver for her mother. A doctor can help you with medical issues and even some caregiving ones, but they probably won't tell you about advance directives or power of attorney. A coach can.

"Having someone say: 'I've done this, and it worked out,' is really helpful," she says. "I don't pretend that I have answers, because I don't. But it's the connection. I don't always feel like I make a big difference to the people I've connected with, but I feel I've made some difference."

To learn more about the program, call (800) 852-7795, email [coaching@aaa1b.org](mailto:coaching@aaa1b.org), or visit [micaregivercoach.org](http://micaregivercoach.org).

*Story courtesy of Area Agency on Aging I-B*



PHOTO COURTESY OF AREA AGENCY ON AGING I-B

Margy Fox, a retired nurse from Superior Township, became a caregiver coach in June 2020.

## WORK &amp; PURPOSE

# Rochester Hills woman is Alzheimer's Association 2022 Advocate of the Year

Rochester Hills resident Melissa Vecchi was named the Alzheimer's Association Michigan Chapter 2022 Advocate of the Year during the Association's recent statewide Advocacy Day.

Vecchi was awarded the honor for her work as an ambassador for the Alzheimer's Association and the Alzheimer's Impact Movement, serving as the main point of contact with local government representatives, including U.S. Rep. Elissa Slotkin, State Sen. Mallory McMorrow, and State Rep. Mark Tisdell.

Alzheimer's impacted Vecchi's life when her 66-year-old father was diagnosed with mild cognitive impairment, in the early stages of Alzheimer's.

"With Alzheimer's disease, I watched dad decline over 10 years," Vecchi said. "As a naive daughter, I thought this disease would rob dad of some memories and that I could be his Post-It Note reminders."

Instead, Vecchi found that her father grew worse and was increasingly unaware of his surroundings and his forgetfulness, while she and her family grew all the more aware and they were forced to live with the distress that caused.

Vecchi has attended the Alzheimer's Association Impact Movement Advocacy Forum in Washington DC numerous times and has advocated for the expansion of Alzheimer's research, the inclusion of care planning coverage in Medicare, and many other critical issues. She also was recognized in 2020 by the Alzheimer's Association as a member of the 2020 Alzheimer's



PHOTO COURTESY OF ALZHEIMER'S ASSOCIATION MICHIGAN CHAPTER

Rochester Hills resident Melissa Vecchi (left) is presented with the 2022 Advocate of the Year award by fellow Alzheimer's Association advocate Bertha Bullen.

Congressional Team (ACT) of the Year.

"In the end, I became an advocate because I still have a lot to share and an incredibly strong desire to influence change for those living with this disease and their families," Vecchi said. "Until this disease is manageable, I will be on the forefront within my com-

munity, fighting to #endalz."

For more information or to get involved, visit [alz.org/gmc](http://alz.org/gmc) or [alzimpact.org](http://alzimpact.org). To join a Walk to End Alzheimer's in your community, visit [alz.org/walk](http://alz.org/walk) today.

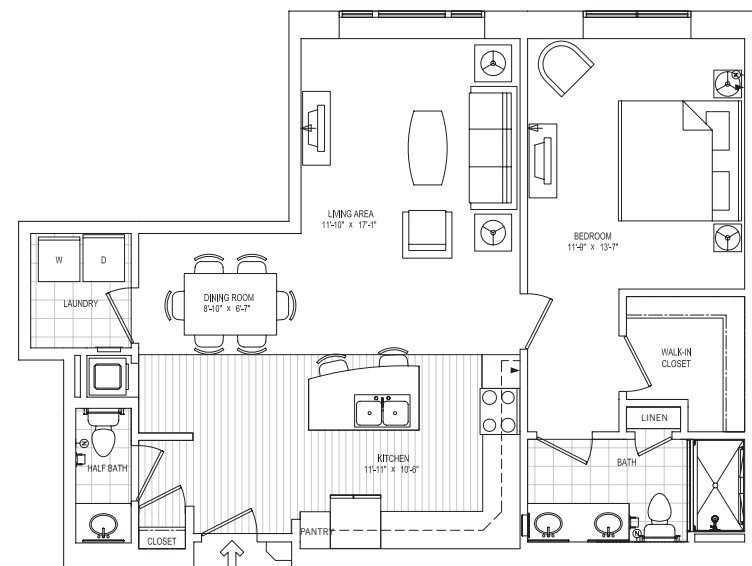
*Story courtesy of Alzheimer's Association Michigan Chapter*

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## SOCIAL &amp; WELL-BEING

# How to make new friends after 50

The early years of midlife are a hectic time for many people. Around the time many people reach their late 30s and early 40s, they're balancing the responsibilities of a career and a family. But as people enter their 50s, some of those responsibilities tend to be less significant, leaving more time for recreational pursuits.

Hobbies and other pursuits outside of work are often more fun when enjoyed with friends. People over 50 undoubtedly recognize that it's not always so easy to make new friends, even though it's undeniably beneficial to have supportive relationships into your golden years. A 2017 study from researchers at Michigan State

University found that valuing friendships was a stronger predictor of health and happiness among older adults than valuing family. Those results align with an earlier Australian study that found Australians age 70 or older tended to live significantly longer if they had more strong friendships.

Making friends after 50 might not be as simple as it was during your school days, but these strategies can help men and women in midlife build new friendships.

- Identify your interests. Fifty-somethings who have spent the last couple of decades building a career and raising a family can give some serious thought to their

interests outside of work or passions they hope to pursue now that they have more time to commit to such pursuits. The more interested you are in a given activity, the more likely you are to stick with it. And the longer you stick with something, the more likely you are to meet like-minded individuals (i.e., future friends) will-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Hobbies and other pursuits outside of work are often more fun when enjoyed with friends.





PHOTO COURTESY OF METRO CREATIVE CONNECTION

Even the most obscure passions likely have a social media group of locals devoted to them, and these groups can be great ways to meet new people.

ing to make similar commitments.

- Utilize social media. In years past, men and women over 50 may not have had any readily available tools to reach out and connect with new people. Social media has made it much easier to build such connections. Even the most obscure passions likely have a social media group of locals devoted to them, and these groups can be great ways to meet new people. A local

runner's club may have its own social media accounts, and local governments and community groups often share information about sports leagues and other groups via social media.

- Sign up for group outings. Communities often sponsor group outings to museums, the theater, sporting events, and other day trips. Signing up for a bus trip to a local museum presents a great opportu-

nity to meet people who share your interests, providing the potential to build lasting friendships built on a foundation of shared interests.

- Broaden your horizons. Just because you're in your 50s doesn't mean your friends have to be. Don't hesitate to invite younger or older acquaintances and colleagues over for dinner or on weekend excursions. Friends come in all shapes, sizes

and ages, so you could be missing out if you're not willing to extend a hand in friendship to people of different ages and backgrounds.

Making friends after 50 can be challenging. However, various strategies can help men and women over 50 connect with new people.

*Courtesy Metro Creative Connection*

## HEALTH &amp; FITNESS

# The brain-boosting benefits of word games

Word games continue to be popular pastimes and provide a great opportunity to engage in lighthearted competition among family and friends.

Wordle is perhaps the most popular word game to become popular in recent years. Created by software engineer and former Reddit employee Josh Wardle and

launched in October 2021, Wordle was devised as a way to pass the time during the pandemic lockdown. Today it is played by millions of people and was even purchased by The New York Times Company in 2022.

For those who are looking for something even newer, Knotwords, a word game created by

Zach Gage and Jack Schlesinger, is available on iOS, Android and Steam. It's a mix between a word scramble, crossword puzzle and sudoku.

There are scores of other word games for people to try. In addition to their entertainment value, these games may provide some benefits that surprise even the

most devoted wordsmiths.

- Build your vocabulary. Word games enrich vocabulary and may introduce people to new words. They also may help reinforce spelling skills.

- Improve focus. Nowadays people are pulled in many directions and are expected to multitask more than ever. Word games

in large part require focusing exclusively on the task at hand and employing strategy.

- Stimulate the brain. Word games require critical thinking skills that could stimulate the brain. Word games train the brain in a way that's similar to how physical activity trains the body.

- Improve memory: According



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Playing word games may release endorphins, which can improve mood, boost self-esteem and reduce pain and discomfort.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Playing word games can affect the body in a myriad of positive ways.

to WebMD, word games may help seniors avoid memory loss and possibly delay the onset of dementia. But seniors are not the only ones to benefit. Word games may improve short-term memory and the cognitive abilities of people of all ages.

▪ Boosts feel-good substances. When a person is happy, the body releases endorphins, which are feel-good hormones and neurotransmitters. Healthline indicates an “endorphin rush” often occurs

after engaging in a fun activity. Endorphins are released by the hypothalamus and pituitary gland.

Playing word games may release endorphins, which can improve mood, boost self-esteem and reduce pain and discomfort. These are just a handful of the many positive ways word games can affect the mind and body.

*Story courtesy of Metro Creative Connection*

*God be in my head,  
and in my understanding.  
God be in my eyes  
and in my looking,  
God be in my mouth  
and in my speaking.  
God be in my heart  
and in my thinking,  
God be at my end  
and at my departing.*



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## SOCIAL &amp; WELL-BEING

# 13 feel-good books to brighten your summer

By **Angela Haupt**  
*The Washington Post*

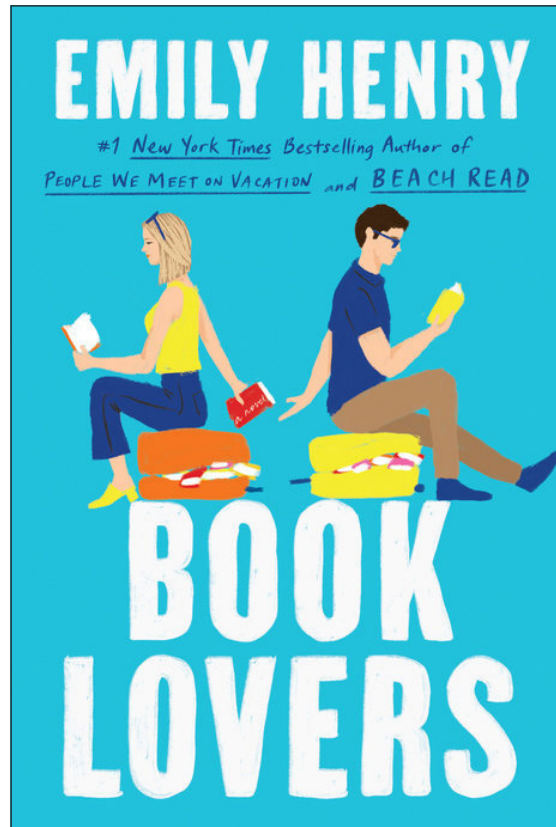
No disrespect meant to the downers of the literary world, but sometimes you just want a book that makes you smile. Here's a collection of the best feel-good reads of the year so far. They'll make you laugh, and they might make you cry - but only tears of happiness.

**"THE HAWK'S WAY," BY SY MONTGOMERY**

If you're a bird-lover - or otherwise revel in nature - you'll appreciate Montgomery's latest, which clocks in at just under 100 pages. In "The Hawk's Way," she recalls getting to know a 4-year-old raptor named Jazz, which led her on a journey to understand the animals. It's an informative read that will make you want to go outside and look up into the sky.

**"REMARKABLY BRIGHT CREATURES," BY SHELBY VAN PELT**

If a misanthropic octopus sounds like fun, you'll appreciate Van Pelt's debut novel. It's about Tova, a widow who works the night shift at a Washington state aquarium, which keeps her busy after her son's disappearance three decades ago. The giant octopus, named Marcellus, just might hold the keys to unearthing what happened to Tova's son. "Remarkably Bright Creatures" is a charming novel with a stunning setting and the perfect amount of



wit and wisdom.

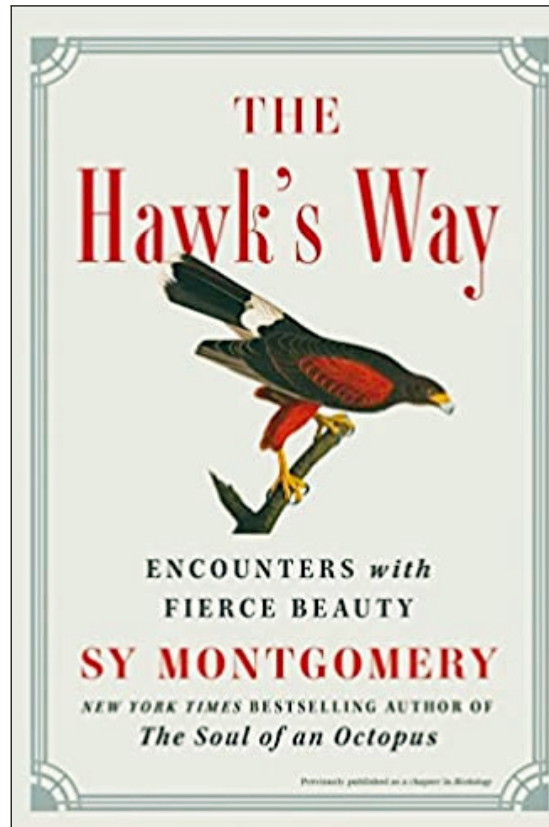
**"FROM HOLLYWOOD WITH LOVE," BY SCOTT MESLOW**

We can't all live in a rom-com, but we can at least appreciate the masters of the genre. Meslow offers a worthy homage to them in this deep-dive that spans 30 years of hits, from "When Harry Met Sally" to "Crazy Rich Asians." The book is sprinkled with fun trivia,

photos and interviews with directors and stars. You'll be "Waiting to Exhale" until you finish it.

**"BOOK LOVERS," BY EMILY HENRY**

Nora is a workaholic literary agent with a reputation as a shark. Charlie is the brooding book editor who works just as much as she does. After a combative first meeting, the two New Yorkers bump into each



other in a small North Carolina town years later, when they'd both rather be anywhere else. Despite their sizzling chemistry, Nora and Charlie do their best to resist the happily ever after that readers will root for from Page 1. Henry's signature witty banter sets "Book Lovers" apart in the current crop of rom-coms.

**"CHEF'S KISS," BY TJ ALEXANDER**

Pick up Alexander's debut novel for the autumnal galette or cookie-crumb-crust cheesecake. Stay for the romance that develops between pastry chef Simone and her nonbinary colleague Ray. "Chef's Kiss," which takes place in a Bon Appétit-style test kitchen, is like a dish of comfort food you'll want to devour.

**"FLYING SOLO," BY LINDA HOLMES**

Holmes's debut novel, "Evie Drake Starts Over," was required summer reading when it published in 2019. Now she's back with "Flying Solo," about a single woman on the cusp of her 40th birthday who returns to Maine to clean out her great aunt's home. While there, she finds a mysterious wooden duck that leads her on - well, a wild-goose chase, which detours to an old love. The novel is a refreshing reminder that there's no one-size-fits-all mold for a relationship, and that fulfillment can be achieved many ways.

**"ONE ITALIAN SUMMER," BY REBECCA SERLE**

Katy is unmoored when her mom, Carol, dies - so she heads to Italy on the vacation they had been planning to take together. Once there, she encounters a 30-year-old incarnation of her mother, and the two embark on a magical romp that helps Katy understand who Carol was as a young woman, before her identity became

**No disrespect meant to the downers of the literary world, but sometimes you just want a book that makes you smile. Here's a collection of the best feel-good reads of the year so far. They'll make you laugh, and they might make you cry - but only tears of happiness.**

“mom.” Serle’s novel is a touching mother-daughter story that speaks to the transcendence of parental love. Try the audio version, which is narrated by actor Lauren Graham.

**“LET’S NOT DO THAT AGAIN,” BY GRANT GINDER**

If you long for the days of “Veep,” look for the same dysfunctional family dynamics and political misadventures in Ginder’s latest novel. It’s about Senate hopeful Nancy Harrison, whose adult children are problematically adrift - especially Greta, who’s making headlines for her involvement in a Parisian riot. That’s not good for the ol’ campaign, so Nancy and her son head to France to bring Greta home. Ginder - whose previous novels include “The People We Hate at the Wedding” - delivers a delicious satire that’s excellent escapism.

**“THIS TIME TOMORROW,” BY EMMA STRAUB**

Straub puts her own spin on “13 Going on 30” in this stirring time-travel novel. It centers on Alice, who’s stuck in many aspects of life as she watches her beloved father slowly die. She wakes up on the eve of her 40th birthday and discovers she’s 16 again - and that her dad is young and vibrant. This time around, she asks him questions, soaks in his stories and gets a second chance to fix old mistakes. Like all of Straub’s books, “This Time Tomorrow” shines with humor and warmth.

**“UNLIKELY ANIMALS,” BY ANNIE HARTNETT**

In Hartnett’s new novel, protagonist Emma returns home to New Hampshire to care for her dad, who has a degenerative brain disease. He’s hallucinating animals and also reports seeing the ghost of Ernest, a naturalist who has been dead for many years. There’s a lot happening in “Unlikely Animals,” including Emma and her

dad’s efforts to find an old friend struggling with addiction. It’s a quirky, poignant novel about family, community and love for our animal friends.

**“THE WISE WOMEN,” BY GINA SORELL**

Wendy was a longtime successful advice columnist - though you wouldn’t know it based off her two daughters’ disorganized lives. They’re riddled with problems, some of which might be her fault, so she flees her Florida retirement village and shows up in New York to save the day. As the women aim to solve their dilemmas, it becomes apparent that Wendy has plenty of her own. “The Wise Women” is cheerful and full of heart.

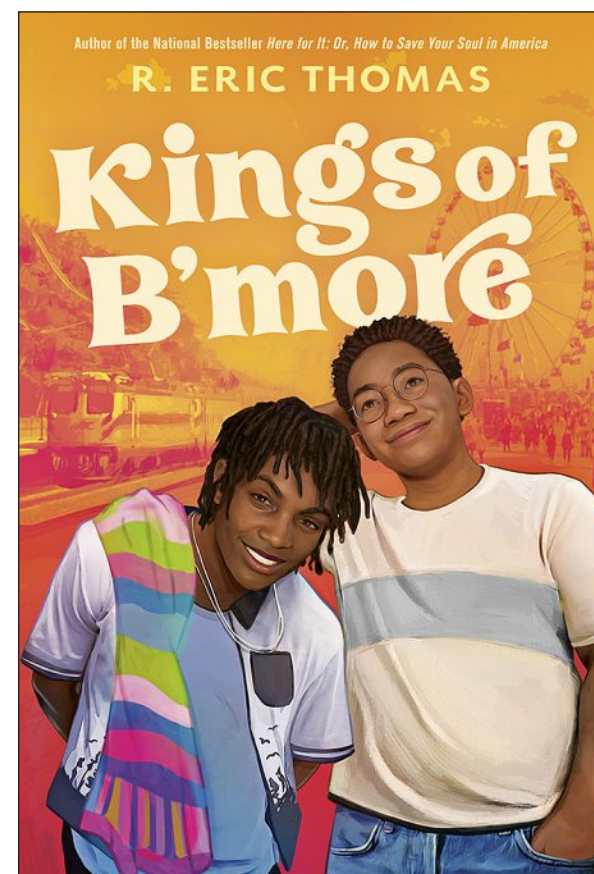
**“KINGS OF B’MORE,” BY R. ERIC THOMAS**

The YA debut of humor writer Thomas introduces readers to Harrison and Linus - Black, queer best friends about to be sepa-

rated by a move. They plan a “Ferris Bueller’s Day Off”-worthy goodbye that involves a mini road trip, their first Pride celebration and a rooftop dance party, all of which they enjoy while trying to dodge their parents. “Kings of B’more” is a fun, sweet ode to Black joy.

**“THE MAID,” BY NITA PROSE**

Here’s a cozy mystery to take along on vacation: It’s about Molly, a socially challenged housekeeper at a fancy hotel who finds a wealthy guest dead in the penthouse. Once the police decide she’s suspect No. 1 - an easy case to make, based on her slightly odd mannerisms - her organized life is thrown into chaos. Fortunately, an unexpected and quirky cast of friends turns up to help prove her innocence. “The Maid” is a lighthearted mystery that shines as Molly evolves and learns to connect. It’s being adapted into a movie starring Florence Pugh.



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## WORK &amp; PURPOSE

# How empty nesters can overcome boredom



Raising children is a significant responsibility. Parents know there's no such thing as a day off, which is why the first day they come home to an empty nest can be so confounding.

After roughly two busy and likely hectic decades or more of looking after their children, parents whose sons or daughters have left home for the first time may experience feelings of sadness and loss. That's not unusual, as the Mayo Clinic notes it's a phenomenon known as "empty nest syndrome." Though it's not a clinical diagnosis, empty nest syndrome can be a difficult hurdle to overcome, especially for parents who find themselves suddenly bored after years of being so busy. Empty nesters looking to banish boredom can consider these strategies.

- Give your home a new look. Parents go to great lengths to make their homes welcoming safe havens for their children. Moms and dads often joke that, between play rooms and study areas, kids get the bulk of the real estate under their roofs. Now that the children have moved out, parents can take back that space and refresh their homes. A home that's adapted for empty nesters will look quite different from one designed for families with young children. So a renovation or redesign can provide plenty of work that can fill idle time and instill a sense of excitement about the future.

- Become a weekend road warrior. Newly minted empty nesters are likely still working full-time. But now that there's no soccer practices or band re-

**Left:** After years of toting kids from one extracurricular activity to another, empty nesters can now do the same for themselves.

citals taking up valuable real estate on your weekend schedule, Saturdays and Sundays can provide perfect opportunities to travel. Plan routine weekend getaways, choosing different locales for each trip. Visit a city one weekend and devote a subsequent trip to the great outdoors.

▪ Reconnect with old friends. Some individuals experiencing empty nest syndrome may be hesitant to admit they're experiencing feelings of sadness and loneliness. But a recent Sky Mobile study of parents of teenagers in England found that 47% were fretting about having an empty nest. So it's likely that old friends and fellow parents are experiencing feelings associated with empty nest syndrome. Reaching out to old friends is a great way to reconnect and can provide an outlet to discuss feelings parents might be hesitant to share with others. But empty nesters who experience signifi-

cant feelings of sadness and loneliness are urged to speak with a health care professional as well.

▪ Replace kids' activities with your own. After years of toting kids from one extracurricular activity to another, empty nesters can now do the same for themselves. Visit local community centers and libraries and ask about classes for adults. Many offer classes on everything from crafts to sports. Adults also can research continuing education programs at local colleges and universities if they're interested in a career change or pursuing an advanced degree for personal enrichment.

Newly minted empty nesters can look at their empty nest as an opportunity to engage in activities that pique their interests after years of catering to the needs and wants of their children.

*Story courtesy of Metro Creative Connection*



Empty nesters looking to banish boredom can consider these strategies.

PHOTO COURTESY OF METRO CREATIVE CONNECTION

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## WORK &amp; PURPOSE

# An active retirement on the Appalachian Trail



PHOTO COURTESY OF JIM FETIG

Jessica Say learns trail maintenance at Hoodlum's Annual Workshop.

**By Susan Schaefer**

*For Next Avenue*

Jim Fetig approached retirement the same way he approached the rest of his life: always on the go and eager to test his mettle. As a soldier's son and later an Army officer himself, he has lived in 19 states and 3 foreign countries, traveled to 50 states and 44 countries, and had 64 permanent mailing addresses.

After leaving the Army as a colonel, Fetig held executive communications positions at the Georgia Institute of Technology, Raytheon and Lockheed Martin. He was a visiting fellow at the RAND Corporation and served as a foreign policy spokesman for the Clinton administration and chief of external relations for the Corporation for National and Community Service under President Obama.

## Call of the Wild

Despite years of desk jobs, Fetig is an avid outdoor enthusiast. He graduated from the Army's Winter Warfare School in Alaska, was certified as a winter operations instructor by the Minnesota National Guard, has lived on a glacier in Alaska, skied northern Minnesota's Boundary Waters Canoe Area in mid-winter (where overnight temps averaged  $-35^{\circ}$  F), and has climbed and hiked in the Colorado Rockies during all four seasons.

His happy place is outdoors, so his choice to kickstart retirement with a "through hike" of all 2,190 miles of the Appalachian Trail (AT) perfectly tested his will, skill and temperament. It offered him an "epic quest," that included "physical and mental challenges, use of wits, sustainable over enough time to test my commitment and bring out both my best and worst," he said as he readied himself in spring of 2013.

## Man with a Mission

Like most mere mortals who are considering retirement, Fetig says he also wanted to fill his post-career time with "joyous

and meaningful activity that benefited others as well as myself."

He found that and more. Typical of his goal- and leadership-oriented character, he has become an essential contributor of AT's volunteer base. Fetig began volunteering with the Potomac Appalachian Trail Club (PATC) in 2012, in part to prepare for that through hike, which he accomplished in 2014. His colleague, former Appalachian Trail Conservancy (ATC) Information Services Manager Laurie Potteiger, dubbed Fetig "a man with a mission to do everything he can to protect and preserve the Appalachian Trail."

Fetig wears many hats when working on the trail; most of them are hardhats. "Few volunteers are involved with the AT from such a variety of perspectives," Potteiger says. "You might find him using a chainsaw to clear blowdowns (trees blown down by the wind) on his trail section, swinging a pick on a trail crew, greeting visitors at ATC headquarters in Harpers Ferry, West Virginia, supervising ridgerunners (seasonal employees who hike assigned sections of the AT to help educate hikers, check permits, and assist in the maintenance of the Trail, shelters and privies) anywhere along PATC's 240 miles of the AT or writing blog posts that promote initiatives that benefit the Trail."

Overseeing a trail section in Shenandoah National Park, Fetig works with a PATC trail crew, helps with fundraising, and occasionally volunteers at the ATC visitor center, giving presentations and leading workshops on hiking. For a time, he served as public affairs chair. He also helped to pioneer the Trail Ambassador program, working as a volunteer ridgerunner with the Georgia Appalachian Trail Club "to get hikers off on the right foot and to minimize their environmental impact," he explains.

Working on the trail helps Fetig appreciate the complexities



of managing it, describing it as “a system with many parts that all need to work together.” Volunteers are one of those parts, and he says there is a role for everyone.

“If this experience has taught me anything, it’s the importance of finding a direction and focus in retirement about which you are passionate,” he says. “If you can do that, you’ll never be bored.”

Fetig’s “retirement” qualifies more as “repurposing.” He says he is busier and more fulfilled now than he has ever been. And, oh yeah, if you come across him on the trail, ask him about his cookies — they’re notorious! Did we forget to mention that one of the hats he wears is a baker’s toque?

### Background on the Appalachian Trail

Internationally renowned by hikers, the Appalachian Trail is an American treasure. 2021 marked the centennial of the trail’s founding, which was when a planner, forester and preservationist named Benton MacKaye published an article, “An Appalachian Trail: A Project in Regional Planning,” in the Journal of the American Institute of Architects. In 1968, President Lyndon B. Johnson signed the National Trails System Act, making the AT a national scenic trail under federal protection. Author Bill Bryson triggered a boom of interest with his 1998 book, “A Walk in the Woods: Rediscovering America on the Appalachian Trail.”

The Appalachian Trail Conservancy website has information on ways to get involved.



PHOTO COURTESY OF JIM FETIG

While everyone else was “working,” volunteer Caroline Egli and Fetig are “eating blowdowns” for lunch with his Stihl MS 261 with a 20-inch bar — a military equivalent of an 8-inch howitzer on the AT.

# B

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## Senior calendar of activities and events

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](mailto:jgray@medianews-group.com).

### June

**June 14:** Computer Class: Class 1 — Bring Your Own Device sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, at 2 p.m. on Tuesday, June 14. (Rescheduled from April.) Bring your phone, tablet, laptop, or e-reader you need help with and we will guide you through your tech issues. You will need to tell us which device (including model name (such as iPhone 11) and a summary of what you need help with before the program so we can best help everyone. Registration required. For more information, call 586-445-5407

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

**June 17:** Genealogical Society of Flemish Americans Library & Museum Tour, sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, at 1 p.m. on Monday, June 27. Calling all family history buffs. The Genealogical Society of Flemish Americans (GSFA) is partnering with the Roseville Public Library for a group tour of the Buysel Library Research Center and the Belgian American Museum. The GSFA Librarian will provide a fascinating look at the library & museum collections with information about how it all came together and the work that they do. Registration required. For more information, call 586-445-5407 or visit [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov).

**June 18:** Patriotic theme card party pinochle, euchre, dominoes or other games.

Sponsored by: Daughters of Isabella, Queen of the Skies, Circle 683, from 1-3-30 p.m. on Saturday, June 18 at St. Thecla Catholic Church Activity Center, 20762 So. Nunneley Road, Clinton Township. Lunch, dessert, raffles, door, & table prizes. Tickets available at the door. Donation \$9. Collecting donations of white socks, deodorant, toothpaste, razors, shaving cream, laundry soap, regular coffee and gift cards for veterans returning home. For more information, call 586-791-6177 or 586-791-9012.

**June 28:** Our Island Jewel: Detroit's Belle Isle Park, Presented by the Detroit Historical Society at the Roseville Public Library, 29777 Gratiot Ave, Roseville, at 6 p.m. on Tuesday, June 28. Registration is not required. Often called the crowning jewel of Detroit's riverfront, Belle Isle has a long and storied history. The park has hosted

world class sporting events, musical performances and family parties. It has also witnessed massacre, riot and military incursion. But for a few twists of fate, this beloved island might have been a much different place. Registration is not required. For more information, call 586-445-5407 or visit [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov).

### Monthly events

▪ **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. Spon-

sored 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 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.

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▪ **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.

▪ **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 [vp-1196053@toastmastersclubs.org](mailto:vp-1196053@toastmastersclubs.org)

▪ **Fish Fry Every Friday:** Join us for dinner/music at the American Legion Hall, 1026 6th 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 vulnerable 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,



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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

1 E 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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# PET

## TRIBUTE PAGE



## Tequila

This day we spent living in a fog  
 We parted with our beloved dog  
 She could be very good  
 And she could be very bad  
 But losing her makes us very sad  
 She was very happy for many years  
 Age and pain turned into tears  
 In her youth she chased many birds  
 But none were ever caught  
 Now she sits with one last thought  
 It's too late I'm on my way to heaven's gate  
 We are now apart but she'll always be in our heart

**Submitted in Loving Memory By  
 Steve Pankewicz of Sterling Hghts, MI**



## Cody

Cody loves having his picture taken.  
 He is 8 years old and belongs to Austin Dillion.

**Photo was submitted by proud Grandma,  
 Dorothy Hicks of Washington, MI**



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## TRUE BEAUTY

I've done my best to always be planted well.  
Tomorrow is my big show and I hope to excel.

I twist and stretch extending my limbs high.  
Waving right to left I reach for the sky.

Pulling up my midsection I practice my stand.  
I know full well the hours that tomorrow demands.

After a light shower I roll my curls up real tight.  
I hope everything will turn out right.

Guarded by the moon I tuck myself in the darkness around me.  
In the stillness I focus and fill my being with the best I can be.

The morning sun comes up and shines over me with a warming glow.  
I perk right up eager to get started as I was born for this I know.

Shaking my head my velvety curls fall gently down.  
Excited in my leafy green outfit I bounce around.

Feeling footsteps hit the ground I spring to attention with my head high in the air.  
She stops in front of me and takes a long, critical, lingering stare.

Smiling she holds the side of my head in her hand.  
Leaning in she inhales my essence which she finds delightfully grand.

She whispers the words and releases them into the waves of the air.  
She says you are one of God's most exquisite beauties, a real winner I swear.

I am reddening with color and bursting with pride.  
This day I finally feel satisfied and complete inside.

As she walks away I bow my head and thank my Maker above.  
He is pleased and fills me with His beauty and love.

Come see me! Stop by and take a look! I will be here all day in my perfect pose.  
For I am true beauty and my name is.....**ROSE**.

By Lucia Allen  
of Roseville, MI

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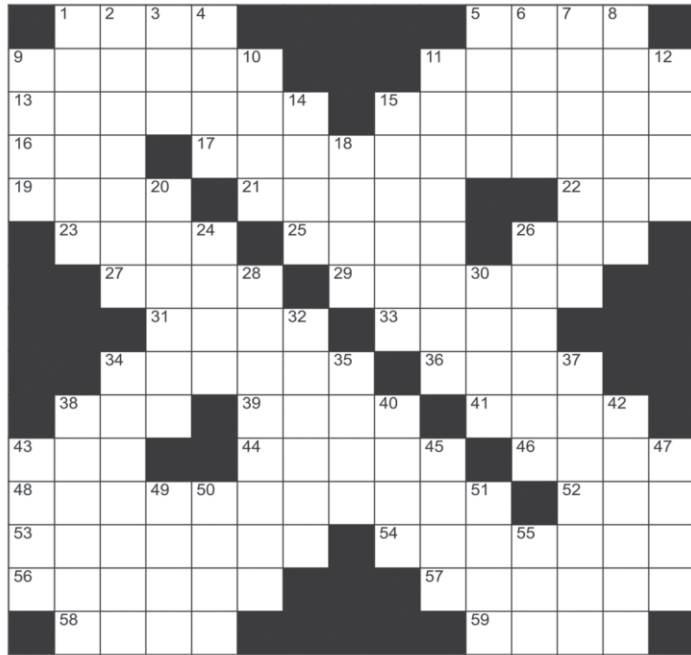
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Thank you for your interest in sharing your creativity. We look forward to reading your poems and letters of appreciation.

# PUZZLE PAGE



6. One billionth of a second (abbr.)
7. Helps
8. Final section of the large intestine
9. Invests in little enterprises
10. Look for
11. Unbeliefs
12. Susan and Tom are two
14. Female sheep
15. A poet writes it
18. Affirmatives
20. "Full House" actress Barber
24. Traveled rapidly
26. Long upholstered seat
28. Set wages
30. Peter Gabriel song
32. Sides of a jacket
34. More beautiful
35. Actress Kate
37. Furniture with open shelves
38. Indicate
40. The cost of a room
42. Gets rid of something
43. Impudence
45. No No No
47. Drunkards
49. Middle eastern country
50. High energy lasers (abbr.)
51. Primary component of ribosomes
55. An informal debt instrument.

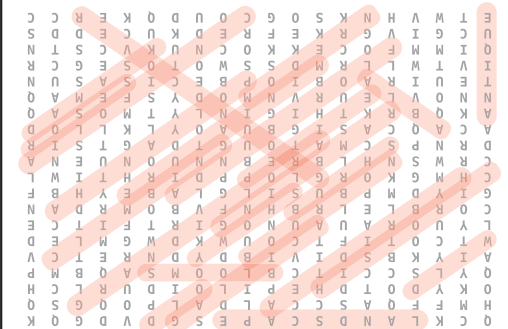
## ROSES WORD SEARCH

Q C K L A N D S C A P E S G D V D G Q K  
 H M F F Q O T S C C A L D A L P O R G S C H  
 O K Y D D O A S D H E P I L D O U R L S Q  
 Q Y L S C C I T C B L O O M S A Q B M P  
 A I Y K B S D I V I B D Y D N R R E T C V  
 W T C O T I F T C O U W K D W G M L E D E  
 L Y U O R A U A U N O G I R T F I T C E  
 C O R B L E L R B H N F V B O M R D A N  
 G I Y D M P B U S I L P G L A B E Y H B F  
 C H M G K O R L B U S I O P P D I R H T I W L  
 C R W S N H L B R E B N N U O N U E N A  
 D R N P S C M A T O U G T D A G T S I R  
 A C A Q C A S I G B U A O Y L K L L O D Q  
 A K Q B R K T H I G I N L Y T M O S A Q  
 N N O V L E U R V N M O D Y S F E M A Q  
 T E U I R A O B I O P B E C I S A S U N  
 I V T W L L R M D S S W O T O S E G C R  
 Q I M M F O C E K K O C N U K V C S T N  
 U C G I V G R K E F R E D K U C E D D S  
 E T W V H N K S O G C O U D Q K E R C C

Find the words hidden vertically, horizontally, diagonally, and backwards.

## WORDS

- ALBA
- ANTIQUE
- BLOOMS
- BOURBON
- CENTIFOLIA
- CLIMBING
- DAMASK
- FLORIBUNDA
- GALLICA
- GRANDIFLORA
- GROUNDCOVER
- HISTORIC
- HYBRID TEA
- LANDSCAPE
- MINIATURE
- MODERN
- OLD
- PETITE
- POLYANTHA
- RAMBLING
- ROSES
- SHOWY
- SHRUB
- WILD



ANSWER:

## CLUES ACROSS

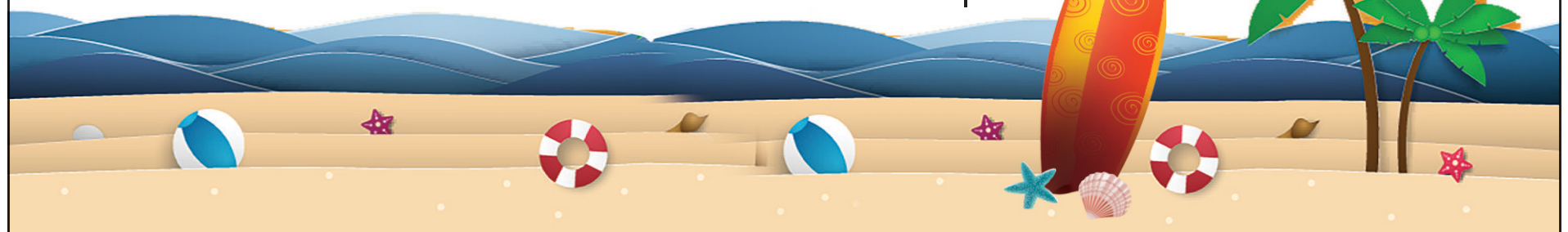
1. Slovenian mountain
5. Growl
9. Where things stand
11. Made a sharp sound
13. Female spirit in Irish folklore
15. Deteriorate with age
16. A way to save for retirement
17. The Big Apple
19. Intestinal pouches
21. City in New Hampshire
22. Giving a bad impression
23. Samsung laptops
25. Without (French)
26. Scientist's tool (abbr.)
27. System of one more computers
29. Captures
31. Authentic
33. Female mammal's nipple
34. Pandemonium

36. Satisfy
38. Arrived extinct
39. Shipborne radar (abbr.)
41. Network of nerves
43. Monetary unit
44. Showed old TV show
46. They help you hear
48. One who eliminates
52. Congress' investigative arm
53. Parties
54. Most supernatural
56. Takes illegally
57. Breathes while asleep
58. Sea eagles
59. German surname

## CLUES DOWN

1. Looks at for a long time
2. Solution for diseases
3. Belonging to a thing
4. Former Packers fullback
5. Contemptible person

## ANSWER:





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