

March 2023

Vitality

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

AROUND THE WORLD

Local woman completes 7
marathons on 7 continents in 7 days

PAGE 16

WORLD MARATHON CHALLENGE 2023
AFRICA - Cape Town

SOCIAL & WELL-BEING
Senior living communities
face off in Top Chef
competition

PAGE 18

WORK & PURPOSE
Team of 'Angels'
ready to help Macomb
seniors, veterans in
need

PAGE 12

INDEX

MONEY & SECURITY

Ask the Financial Doctor: What are the rules for a surviving spouse to receive Social Security benefits? **PAGE 4**

Real Estate: How long is a typical home closing? **PAGE 3**

SOCIAL & WELL-BEING

On the run: Local woman completes 7 marathons on 7 continents in 7 days **PAGE 16**

Bon appetit: Senior living communities face off in annual Top Chef fundraiser at OPC **PAGE 18**

HEALTH & FITNESS

Stay hungry: Eating well into late adulthood **PAGE 14**

Game on: Registration now open for Michigan Senior Olympics **PAGE 6**

Be strong: How exercise can help you build resilience at any age **PAGE 21**

WORK & PURPOSE

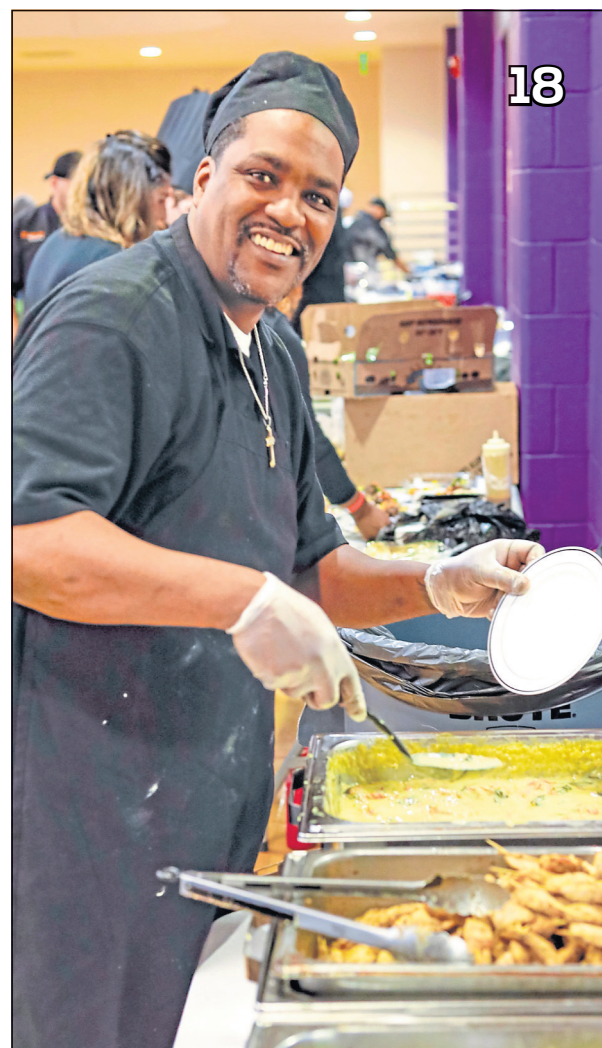
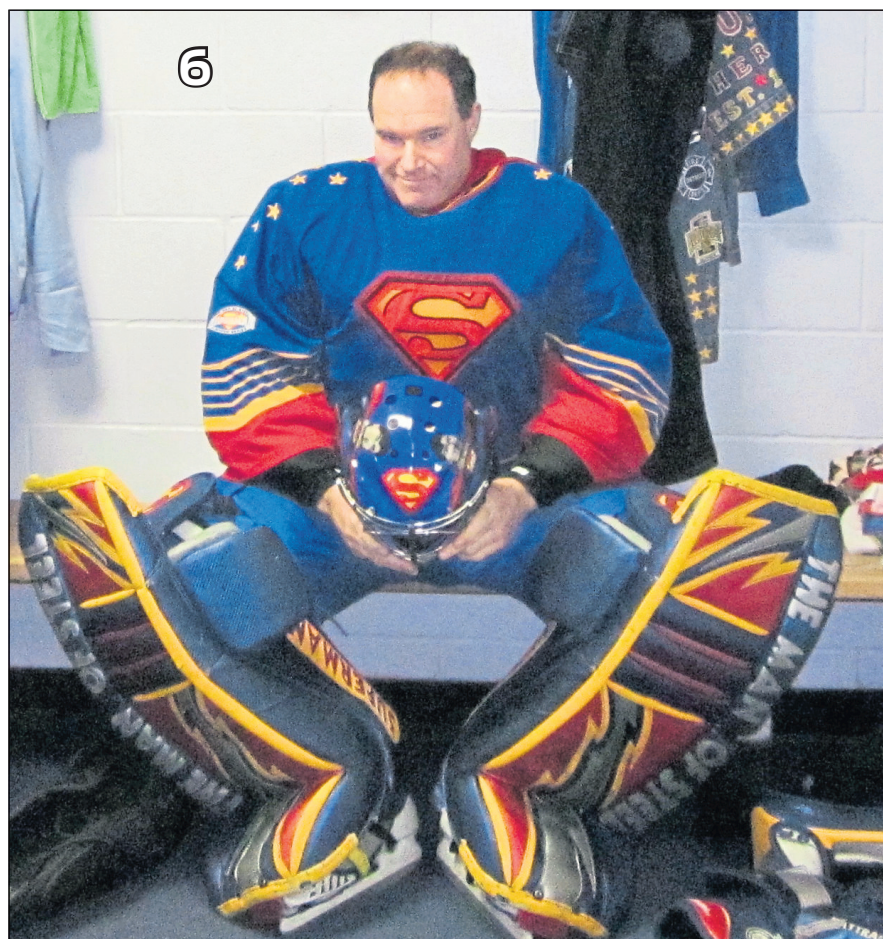
Sounds good: Blackthorn brings traditional Irish music to Oakland and Macomb counties **PAGE 8**

Heaven sent: Team of 'Angels' ready to help Macomb seniors, veterans in need

PAGE 12

CALENDAR

Coming up: Upcoming travel and events listings for Macomb County and Oakland County **PAGE 23**



VITALITY

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On the cover: Jin Zhu, 59, of Farmington Hills, came in third among the 12 women's marathon competitors in this year's World Marathon Challenge.

PHOTO COURTESY OF JIN ZHU

MACOMB COUNTY

Center Line Towers: 803310 Mile, Center Line, 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: 2250011 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: 350015 Mile Rd/ Ryan Rd, Sterling Heights 48310

Andreas Rest: 12/Bunert, Warren 48088

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

Warren Community Center: 5460 Arden, Warren, 48092

OAKLAND COUNTY

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

Orion Center: 1335 Joslyn Road, Lake Orion, 48360

OPC Rochester: Letica Rd, Rochester, 48307

Troy Senior Center: 3179 Livernois, Troy, 48084

MONEY & SECURITY

Real estate: How long is a typical home closing?

Q: We recently purchased a condo. The listing showed that the condo was 1,500 square feet. The city assessor's office showed that it was 1,382 square feet. When we asked the sellers about it, they gave us a copy of the brochure that they got from the builder when they bought the condo new and it shows 1,500 square feet. How do we find out what the square footage is.



Steve Meyers
Columnist

A: I have run across this before on condos. The confusion is caused because the way that the square footage is measured on houses is different than condos. When builders and assessors measure the square footage on a house, they measure the exterior dimension or footprint of the house. This means that the exterior walls are included in the square footage of a house. However, when the assessors measure the square footage of a condo they measure the interior square footage, inside the exterior walls. Unfortunately, sometimes this change in measurement for the square footage is not caught thus resulting in a discrepancy of what the builder advertises and what the city assessor's office

measures. The assessor's office should have a drawing of your condo with the measurements. Grab a tape measure and see if it matches.

Q: We accepted an offer on our house. How long will it take to close?

A: If you just have a basic home inspection contingency for the buyers that is completed within seven days with no issues and your realtor ordered preliminary title work in advance you can expect to close in seven to 14 days for a cash sale, 25 to 35 days for a conventional mortgage and 30 to 45 days for an FHA mortgage. VA mortgages in my experience can take anywhere from 30 to 60 days. These number of days to close are the averages. There are many things that can affect the closing date. Recently, I had a conventional mortgage sale close in 18 days.

Steve Meyers is a Real Estate Agent/ Realtor at RE/MAX Metropolitan located in Shelby Twp., Mich., 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.

Market Update

January's market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by more than 4% and Oakland County prices were up by more than 3% as well for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was up by more than 24% and Oakland County's on market inventory was up by more than 2%. Macomb County average days on market was 41 days and Oakland County average days on market was 38 days. Closed sales in Macomb County were down by more than 28% and closed sales in Oakland County were down by 36%. The closed sales are down as a direct result of the continued low inventory. Demand still remains high. (All comparisons are month to month, year to year.)

By the long-standing historical definition from the National Association of Realtors (NAR) which has been in existence since 1908; a buyer's market is when there is a seven-month supply or more of inventory on the market. A balanced market between buyers and sellers is when there is a six-month supply of inventory. A seller's market is when there is a five-month or less supply of inventory. Inventory has continued to drop. In January the state inventory dropped to 1.6 months of supply. Macomb County's inventory dropped to 1.3 months of supply and Oakland County's inventory dropped to 1.4 months of supply. As you can see, by definition it is not a buyer's market.



Brian J. Kurtz

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2041 East Square Lake Road, Suite 200
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(June 2004)

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LTC COVERAGE: Should you buy long-term care insurance? Maybe... or maybe not. I can inform you of ALL the options available to set aside funds for your own care, and help you make an informed decision on which method is best for you.

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



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MONEY & SECURITY

Ask the Financial Doctor: What are the rules for a surviving spouse to receive Social Security benefits?

Q: I have a traditional 401(k) retirement plan and must take RMDs (required minimum distributions). Can I take the 2023 RMD and invest it into a Roth account?



Richard Rysiewski
Columnist

A: If you are collecting W-2 wages or are self-employed and satisfy the Roth income levels, then you can invest the RMD into a Roth account. The 2023 RMD will be included in your taxable income for the 2023 tax year. If you are not working then you cannot invest the RMD into your Roth account.

Q: My parents are over 70 years old and both collect Social Security benefits. Are there any strategies that could maximize the Social Security benefits for the survivor, if one of them passes away?

A: Since both are over age 70, the surviving spouse will receive the maximum benefit automatically.

Q: What are the rules for a surviving spouse to receive Social Security benefits?

A: The surviving spouse has to be age 60 or older (age 50 or older if they have a disability). If the surviving spouse has children under the age of 16 or has a child with a disability and is receiving children's benefits, then the surviving spouse is entitled to Social Security benefits.

Q: My dad passed away 2 months ago. What happens to his 401(k)? Are there any tax liabilities?

A: If there are no beneficiaries then the estate of your dad becomes

the beneficiary. You need to contact the trustee of the 401(k) plan to explore your options. For most 401(k) retirement plans, the only option is a 100% distribution to the estate of the decedent and the beneficiaries will split up the money. All distributions from a 401(k) retirement plan are subject to ordinary income tax except for any after-tax contributions.

Q: I have been married three times. The first time was for 12 years, the second was 11 years, and the third was three years. I started collecting my Social Security at age 63. All three husbands are now deceased. Could I apply for Social Security benefits as a surviving spouse?

A: Yes, you can apply for survivor benefits and take the highest of the three. To qualify for survivor benefits from your recent marriage, you only

needed to be married 9 months. In each of your divorces you needed to be married at least 10 years. The survivor benefit should be greater than your current benefit. Contact the Social Security Administration and ask for guidance. If you are over your full retirement age (FRA), you would simply pick the highest of the three survivor benefits and make that your permanent benefit. If you are under FRA, you could start with one survivor benefit (reduced) and switch to the highest survivor benefit when you reach FRA. Your current age is critical to determine the best strategy.

Q: I did not file my 2021 tax return and did not ask for an extension. I will file in early February 2023. What are the consequences of my actions?

FINANCIAL » PAGE 5

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Financial

FROM PAGE 4

A: If you owe money, you will incur penalties and interest. The failure-to-file penalty is normally 5% of the unpaid taxes for each month or part of a month that a tax return is late. It will not exceed 25% of your unpaid taxes. The failure-to-pay penalty is generally ½ percent per month of your unpaid taxes. It applies for each month or part of a month your taxes remain unpaid and starts accruing the day after taxes are due. It can build up to as much as 25% of your unpaid taxes. If the failure-to-file penalty and the failure-to-pay penalty both apply in any month, the maximum amount charged for those two penalties that month is 5%. If you do not owe any money, you could pay a failure-to-file penalty but in most cases it is waived.

Q: In 2023, I will have W-2 wages and I will be 77 years old. Are there any age restrictions for IRA or 401(k) contributions?

A: There are no age restrictions to make IRA or 401(k) contributions.

Q: What is a backdoor Roth IRA?

A: If the taxpayer does not qualify for a Roth IRA due to income limits, then the taxpayer could open a non-deductible IRA and convert it to a Roth IRA. This process is known as a backdoor Roth IRA. However, if you

have any preexisting, pre-tax IRAs, including rollover IRAs, SEPs or SIMPLE IRAs, you will need to thoroughly consider your options before attempting a backdoor Roth contribution due to the pro-rata rule. If you have other pre-tax IRAs, the IRS will consider the conversion as having come from your entire IRA balance as of Dec. 31 of the tax year. For example, say you have \$100,000 of pre-tax money in a traditional IRA. You contribute \$6,000 to a traditional IRA and convert the \$6,000 to a Roth IRA. Upon conversion, the IRS will consider this as a taxable event. Your entire IRA balance is \$106,000, and \$100,000 (or 94.34%) of your balance has not yet been taxed. When you convert \$6,000 to Roth, in this example, 94.34%, or \$5,660, will be considered taxable income to you. In the 24% bracket, this will increase your federal tax due by \$1,358.

Q: What is the adjusted gross income (AGI) threshold for medical deductions for 2022 and 2023?

A: For the tax year 2022 and 2023, the AGI threshold is 7.5%.

Q: Can I borrow money from my IRA?

A: No, there is no such thing as an IRA loan.

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.

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HEALTH & FITNESS

Registration open for Michigan Senior Olympics winter games

By **Debra Kaszubski**
 For MediaNews Group

Rochester Hills resident Gloria Wolken, 73, enjoys playing volleyball so much that when she walks off the court after a tournament, she doesn't care if she won or lost. "I just love being there," she said.

Sixty-eight-year-old Bret Beaudry, who lives in Harrison Township and goes by the nickname "Superman" on the ice, is a goaltender for the 60 and older Super Pack hockey team. He loves participating in sports as well, saying that his time on the ice is "fun exercise," and compares his hockey team to his family.

Both Wolken and Beaudry will be among 800 athletes competing in the 2023 Michigan Senior Olympics Winter Games, taking place at various dates, times, and locations throughout the winter months and next fall.

The MSO is a nonprofit organization founded in 1979 that focuses on enhancing the quality of life for people age 50 and older. MSO is a member of the National Senior Games Association and is the only qualifying organization in the state for athletes to proceed to the National games to represent the state.

Anyone turning 50 this year is welcome to sign up for the games. Athletes compete in five-year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100 and older. Medals are awarded for first-third place in each group.

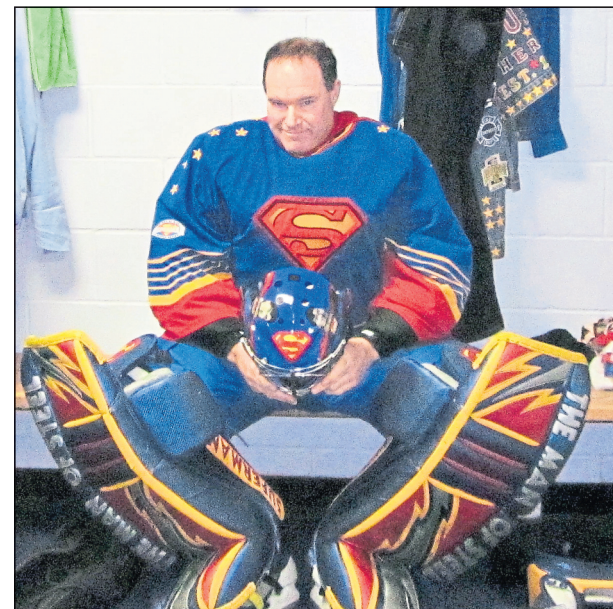


PHOTO COURTESY OF BRET BEAUDRY

Bret Beaudry, of Harrison Township, is a goalie with the Super Pack senior hockey team. Beaudry and his team are regular participants in the Michigan Senior Olympics, which is taking place throughout March and April in various locations throughout southeast Michigan.

The games include Dancesport, men's ice hockey; table tennis; Pickleball; powerlifting; basketball free throw and three-point contest; billiards; and co-ed volleyball. MSO will host indoor archery for the first time this winter. In addition, two games typically scheduled for the winter — indoor track and field and women's ice hockey — will take place in the fall.

"Being involved in the winter games is a great opportunity to stay active and have a goal during the colder months," said Becky Ridky, executive director of the MSO. "We offer the winter games as another fun opportunity for our ages 50 and older athletes to con-

tinue being competitive year-round."

MSO has options for players of all skill levels. While some train year-round to participate in their sport, others participate for fun or social interaction. "It doesn't matter what your fitness level is. When you show up at the games, you will find a welcoming environment," Ridky said.

The MSO charges a \$25 yearly membership fee. Costs for individual sports also apply. Registration is open via the MSO website at michiganseniorolympics.org. Volunteer opportunities are also available by calling the MSO at 248-608-0250 or by visiting their website.

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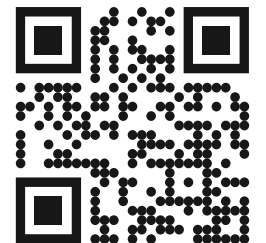
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Hearing loss often progresses very gradually and early signs may be subtle and situation dependent. Addressing hearing loss in the initial stages may prevent or slow the progress of more severe distortion and communication difficulties.

| | |
|---|--|
| Muffled speech | If you've ever thought to yourself, "I can hear them, but I can't tell what they said" or "If they didn't mumble, I would have no problem", you may be experiencing hearing loss. In many cases, difficulties will initially be noted only in environments with background noise, when the speaker is at a distance or when speaking with someone with an unfamiliar accent. |
| Needing increased volume for television, radio, or phone | Difficulty understanding speech on TV, radio, or the phone often presents before difficulty with in-person conversations. You may find that increasing the volume does little to improve the clarity. On the phone, you may begin to rely on speaker phone over the handset, for the benefit of binaural listening. |
| Ringling in the ear | Also called tinnitus, ringing in the ear is often associated with hearing loss and may be present before an individual notes difficulty with speech clarity. |
| Plugged feeling in ear | Plugging or fullness in the ear may be an indication of various ear conditions including middle ear infection, sensorineural hearing loss, and auditory nerve pathologies. |
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WORK & PURPOSE

Blackthorn brings traditional Irish music to Oakland, Macomb counties

By Debra Kaszubski
For MediaNews Group

It is 1984 in Detroit and Richard McMullan, an Irish-born high school teacher who happens to be musically inclined, is approached by the owner of a popular bar to gather a few bandmates and perform some Celtic tunes on a whim. McMullan agrees and he and his band give a solid performance of traditional Irish songs.

That first gig made an impression. The band performed so well that they would continue to be invited back to the bar, eventually becoming a staple at the well-known Old Shillelagh in Detroit.

"We became so popular that the owner wanted to call us the Old Shillelagh Band, but we didn't want that," McMullan said. "We decided to call ourselves Blackthorn (blackthorn is a strong wood from which shillelachs are made) and I guess it stuck because here we are."

Although bandmates have changed throughout the years, Blackthorn is still going strong, almost 40 years and nine CDs later.

Today, Blackthorn is made up of McMullan, 73, of Huntington Woods and originally from Belfast in Northern Ireland, who sings lead vocals and plays guitar, mandolin, cittern, bodhran and bones. Fred Klein, 58, of Ann Arbor, plays keyboards, tin whistle, wooden flute, and accordion for Blackthorn. And, Dennis Green, 75, of Ferndale, plays bass guitar for the band. The newest member Mike Gavin, 40, of Dearborn, plays fiddle.

The band's playlist includes lively jigs, sea shanties, ancient songs, and some of Ireland's contemporary songs. In between tunes,



PHOTO COURTESY OF BLACKTHORN

Metro Detroit-based band Blackthorn is made up of members Michael Gavin (from left), Fred Klein, Richard McMullan and Dennis Green.

McMullan tells stories of the song's histories. They have a greatest hits list, which includes several "The Black Velvet Band," "The Wild Rover," "Whiskey in the Jar" and other well-known tunes.

A Blackthorn show is an experience, said McMullan, who immigrated to the United States after getting married to a native Detroit. "When you come to a Blackthorn show, you will be surrounded by lots of people who have been following us forever," he said. "The show is very interactive, which I think is the reason for our longevity."

Blackthorn has a large fan base, some of which could be attributed to its past. They've performed on J.P. McCarthy and Paul W. Smith's WJR radio shows and O'Mara's Pub and Restaurant in Berkley annually on St. Patrick's Day for several years.

Today, most of their performances are at concert halls, festivals, and community centers. February and March are their busiest months of the year. The band has several performance dates set throughout Michigan and nearby states,

including a March 15 gig at the Troy Recreation Center.

The band will likely play their time-tested Celtic tunes, some of which are hundreds of years old and in unintelligible old English and other languages. However, Blackthorn also performs folk songs that are only a few years old.

With the band's 40th anniversary only months away, McMullan said Blackthorn has no intention of slowing down, even though they no longer play gigs on March 17.

"We've had tons of offers for St. Patrick's Day, but they're not for us," McMullan said. "It's not that we think we're too good to play St. Patrick's Day, it's just that we're too tired."

Although the band may have given up on performing on St. Patty's Day, they have no plans to officially retire, especially since most of their setlist is considered timeless Irish classics.

"I used to think, there's no way I'm going to be doing this when I'm 70. Well, here I am and there's zero embarrassment doing songs that are 200 years old," McMullan said. "I absolutely love performing."

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MONEY & SECURITY

Money management tips for retirees

What constitutes a perfect retirement is different for everyone. Some people may imagine spending their golden years fishing their days away, while others may aspire to finally embrace their inner globe-trotter. Though individuals' retirement dreams differ, every retiree will need money, which only underscores the importance of a wise and disciplined approach to money management.

Average life expectancies have risen considerably over the last several decades. According to estimates from the United Nations Population Division, the average life expectancy in Canada for both sexes is just under 83 years, while it's slightly more than 79 in the United States. Those figures are a welcome sign, but they may inspire a little fear among seniors who are concerned that they might outlive their money. No one knows how long they will live, but everyone can embrace a handful of money management strategies to increase the chances that they won't feel a financial pinch in retirement.

- Study up on the tax implications of withdrawing from your retirement accounts. Every retirement investment vehicle, whether it's an IRA or a 401(k), has tax implications. Money withdrawn too early may incur tax penalties, and even money withdrawn long past retirement age could elevate retirees into a new tax bracket that could prove costly. A financial advisor can help retirees determine the tax implications of withdrawing money from their retirement accounts and may even develop a detailed guideline of when withdrawals should be made and how much should be withdrawn in a given year in order to minimize tax liabilities.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Various strategies can help retirees effectively manage their money so they can enjoy their golden years without having to worry about their finances.

- Prioritize your own needs. Though retirees, particularly those with children and grandchildren, may feel an obligation to help their families in difficult financial times, generosity can be very costly for adults who have stopped working. Retirees may or may not have opportunities to generate new income, and even those who do likely won't make enough to meet their daily financial needs. Given that reality, retirees must prioritize their own financial needs, including their immediate needs and those they will have for the rest of their lives. Though it might be difficult to turn down loved ones' requests for financial help, retirees must make sure they can pay their bills and maintain a quality of life that won't jeopardize their long-term health.

- Examine your housing situation. Equity in a home is a feather in the cap of many retirees. Retirees who own their homes and live in locations with high property taxes might be able to cash in on their equity by selling their homes and downsizing to a smaller home with lower property taxes. If moving is not a consideration, discuss a reverse mortgage with a financial advisor. A trusted financial

advisor can highlight the advantages and disadvantages of reverse mortgages, which are a great option for some people to improve their financial well-being in retirement.

- Stick to a budget during retirement. The U.S. Department of Health and Human Services reports that roughly 70 percent of individuals who turn 65 will need long-term care in their lifetimes. That's just one expense retirees must budget for, and it's more sizable than some people may recognize. In fact, the Fidelity Retiree Health Care Cost Estimate found that the average retired couple age 65 in 2022 will need roughly \$315,000 to cover health care expenses in retirement. And health care costs are just one of many expenses retirees can expect to have. Budgeting and avoiding overspending can ensure retirees have the money they need when they need it.

No one wants to outlive their money in retirement. Various strategies can help retirees effectively manage their money so they can enjoy their golden years without having to worry about their finances.

Story courtesy of Metro Creative Connection



“I was impressed with the staff’s sincere interest in my mother’s well-being. It’s never easy to trust that others will provide the same care that you would, but there wasn’t one day that I felt my mother was not being taken care of.”

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WORK & PURPOSE

Team of 'Angels' ready to help Macomb seniors, veterans in need



PHOTO COURTESY OF WOMEN'S LIFE CHAPTER 911

Fundraisers held throughout the year for Women's Life Chapter 911 - Macomb Angels helps to raise funds for its various services and activities, including creating valentines for seniors and other gifts, like Easter baskets, during holidays.

By Patricia C Kubic

For MediaNews Group

Some Macomb County residents are getting a boost thanks to some local angels and, in part, to Bina West, a little-known trailblazer for women's rights. In the 1890's Bina, a school teacher, noticed a disturbing trend. Women could not collect on their husband's life insurance because they were not allowed to sign legal documents, nor was a woman considered valuable enough to be insured. One student's situation set Bina on a path that would impact women and their families for over a century. A husband's wife died, and since she wasn't insured, he could not afford childcare and sent his two children away to two separate foster homes.

Bina knew things had to change, so with \$500 in borrowed capital, she opened the Women's Benefit Association and sold life

insurance to women — the first in the nation to do so. Success came quickly to Bina and soon she allocated some profits to start a new nonprofit organization: Woman's Life Chapter. Its mission was to provide additional assistance for women facing a crisis, bolstering their independence. Bina's nonprofit has grown to 71 chapters in 11 states, and the most active chapter is right here in Macomb County.

Coincidentally, when Lynn Karnes, the first and current Macomb Chapter president, inquired about setting up this chapter, the next number to be assigned to a new chapter happened to be 911. Thus the Macomb Chapter, known as Macomb 911 Angels, was formed in 2015. During the early years, Lynn got some unexpected help when planning the next fundraiser. "I had a dream about 12 dimes and thought about

ANGELS » PAGE 22

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Deadline is March 29, 2023

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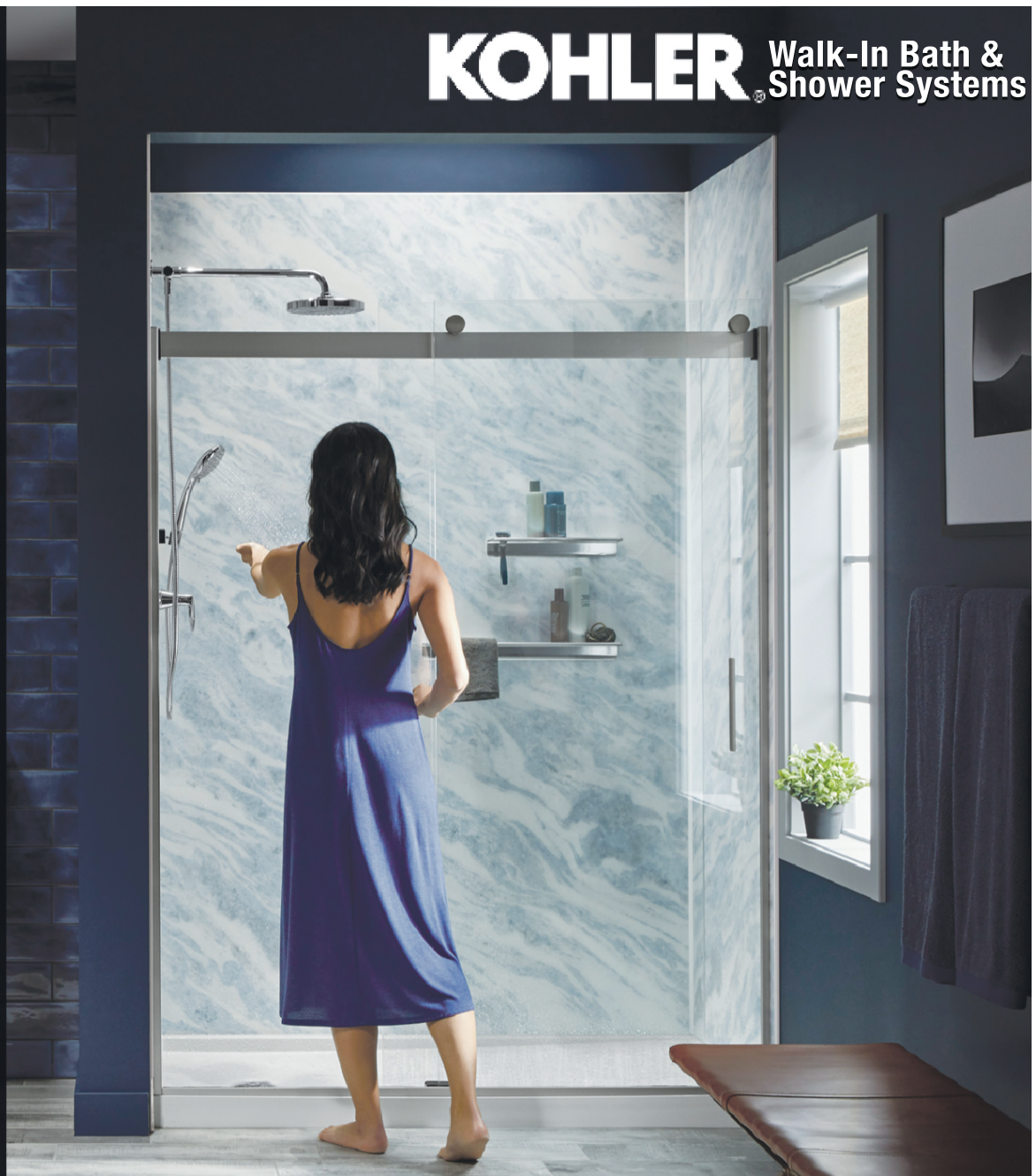


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HEALTH & FITNESS

Eating well into late adulthood

If you've always eaten a lot of fruits, vegetables, fish, nuts and grains, and you've always been physically active, you may have avoided a chronic disease and maintained a healthy weight.

But your body's needs change as you get older. For example, thanks to changing tastebuds, you may find yourself craving sugary foods, even if you've never been a "sweets" person.

You may also hydrate less, as our sensation of thirst also declines with age. That can, unfortunately, lead to urinary tract infections, confusion, constipation, exhaustion, falls and delayed wound healing. Dehydration often leads to hospitalization for seniors.

There are the more subtle changes, too: Your body doesn't absorb vitamins and minerals as readily. And preventing shrinking muscle mass means you need to boost your protein intake, especially after age 71. Many of us don't.

"Proteins are expensive," says Angela Patten, a registered dietitian who serves as the Area Agency on Aging I-B's manager of Meals on Wheels and Congregate Senior Dining Programs.

Patten points out that older people, in addition to being on a fixed income, may also eat what's convenient rather than what's healthy, especially if they live alone.

"It's easier to choose convenience foods. They may 'graze.' Older adults tend not to make nutritious meals for themselves when they live alone," she says.

But it's not difficult nor very expensive to incorporate in our diets what we need.

With National Nutrition

Month upon us, here are a few tips for making sure you are getting enough hydration, protein, plant-based foods and vitamins:

- Choose animal proteins like chicken, fish and eggs. But beans, nuts, and soy-based foods that are fortified with protein will also help maintain muscle mass.

- Drink plenty of water, unsweetened teas, or low-fat or fat-free milk. Hydration can also come from popsicles, fresh fruits, and low-sodium soups.

- Add fruits and vegetables to your meals and snacks. If it's too difficult to slice or chop, use frozen, jarred, or low-sodium canned options.

- If you have difficulty chewing or swallowing, find appealing foods that are soft and easier to eat. Join a dining group or have people over for a potluck every week. You can also try congregate dining. Check with your local senior center or place of worship to see if they offer group meals.

- Ask your doctor about taking vitamin B12, which isn't absorbed as well as you age. Certain medications might also lower absorption. Protein is a good source, as are fortified breakfast cereals. Calcium and vitamin D levels decline with age, too. Talk to your doctor about supplementation.

- Cut down on foods with added sugar, foods with saturated fat, and sodium. Use fresh and dried herbs rather than salt to add flavor.

- Keep alcohol consumption to a minimum: one drink per day for women; two for men. Alcohol makes it easier to lose your balance and it may interact with the medications you're



PHOTO COURTESY OF METRO CREATIVE CONNECTION

With National Nutrition Month upon us, here are a few tips for making sure you are getting enough hydration, protein, plant-based foods and vitamins as you age.

taking. If you can't get to the grocery store and are homebound, consider signing up for Meals on Wheels. They typically deliver hot and nutritious meals up to five days per week.

"Healthy eating is important at any age. When deciding what to eat or drink, make the most out of your food choices," Patten advises. "Choose foods that are full of nutrients and limited in added sugars."

Story courtesy of Area Agency on Aging I-B.

Right: MyPlate is based on USDA nutrition guidelines for older adults.

COURTESY OF AREA AGENCY ON AGING I-B

MyPlate for Older Adults

Fruits & Vegetables

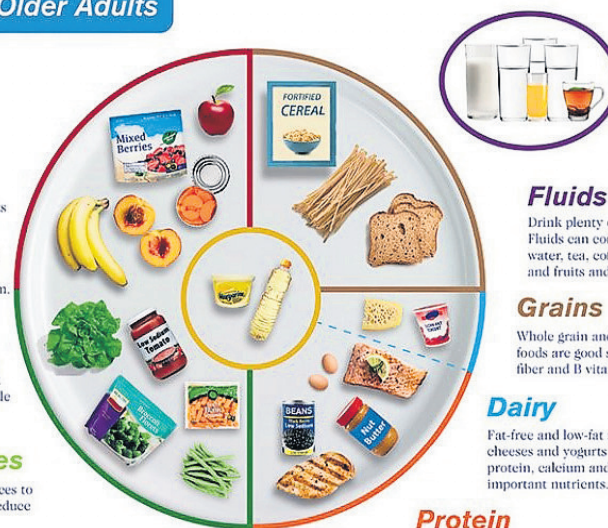
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



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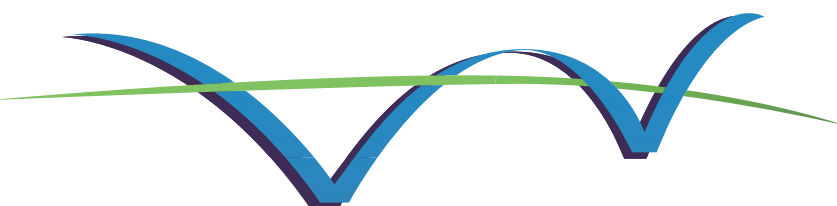
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SOCIAL & WELL-BEING

AROUND THE WORLD

Farmington Hills woman completes 7 marathons on 7 continents

By Jane Peterson
For MediaNews Group

If seven wasn't Jin Zhu's lucky number before, it must certainly be now.

Earlier this year, the 59-year-old Farmington Hills resident completed a feat that would be unfathomable to many: Running seven marathons in seven days on seven continents as part of the World Marathon Challenge.

It was the experience of a lifetime for Zhu, who works as a nurse anesthetist. Her journey began when she boarded an airplane in Cape Town, South Africa along with other runners from around the world who were all eager to get their first leg of the trip under way. Some, like her, would be running full marathons. Others were participating in half marathons, hand-cycle marathons and wheelchair marathons.

First there was Antarctica on Jan. 31, where the countdown clock started ticking. This marathon was followed by others in Cape Town, South Africa; Perth, Australia; Dubai, Asia; Madrid, Europe; Fortaleza, South America; and finally Miami, North America.

Over this seven-day span, the group would go through an amazing — and incredibly physically demanding — shared experience. There would be tears, travel challenges, bouts of illness and indescribable joy as one finish line was crossed after another.

"It was not easy. It was more than I expected, but I finished," she said.

To prepare for the task, Zhu spent countless hours running in the morning and participating in cross-training exercises. Zhu said she signed up a little late, so she only had two to

three months to train without a coach or personal trainer.

She also steered herself for the logistics of the trip itself. She knew there would be no time for sleep, as no hotels were booked for competitors. Instead, they caught whatever shuteye they could aboard the flights. She also had to deal with fluctuating temperatures, time differences, body aches and pains and transportation snarls.

"You are sharing the joy, the pain and the waiting with others," she said.

Some things Zhu could anticipate; others were beyond her control, like needing an IV treatment after her body became dehydrated.

It may be hard to believe, but Zhu didn't start running until just before her 50th birthday. In the nine short years since then, she has run just about every major marathon possible as well as ultramarathons. While her plan was originally to run just one marathon when she turned 50, Zhu said people kept encouraging her to do more and before she knew it, she had run marathons in Boston, New York, Chicago, Detroit and other cities and countries. During the prestigious 100-mile Ultra Trail du Mont-Blanc in the French Alps, for example, Zhu placed third in her age group.

"She has the fortitude of no one else I know," said fellow running club member Carol Poenisch of Northville in an email.

While fit and active at age 59, Zhu is not the oldest World Marathon Challenge competitor. That honor goes to an 80-year-old Oklahoma man who broke his own record this year and a 67-year-old woman who participated in 2019. The first World Marathon Challenge was held in 2015.

Zhu wasn't looking to set records, but rather achieve a personal goal. Her average time of 4:05:03 ranked third among the 12 women running marathons. Her best marathon time was 3:48:29 in Asia while she recorded her longest time of 4:36:44 in Antarctica.

David Kilgore, of the United States, ranked No. 1 among the 24 men competing, while Deirdre Keane, also of the U.S., ranked No. 1 among the women. There were also two men's hand-cycle competitors, two men's wheelchair competitors, three men's half marathon competitors and six women's half marathon competitors.

According to the World Marathon Challenge website, successful competitors like Zhu ended up:

- Running 183 miles
- Spending 60 hours in the air on international chartered flights
- Enduring temperatures ranging from 14 to 86 degrees Fahrenheit.

While the 7-7-7 challenge definitely pushed Zhu to her limits, she wasn't alone in her journey. She had the full support of her family, which includes her husband and two sons. Zhu said running the World Marathon Challenge was on her bucket list and they helped support her dream.

In addition, she found much encouragement from her running group friends. Her Chinese running group, for example, held a surprise party for her and several members also met her in Miami for the last leg of her 7-7-7 marathon journey.

Her advice for others? "Find something you like to do and just do it. Don't overthink it," she said.



PHOTOS COURTESY OF JIN ZHU

Jin Zhu, 59, of Farmington Hills, recently completed the World Marathon Challenge, running seven marathons on seven continents in seven days.



Several members of Zhu's running group met her in Miami for the last leg of her 7-7-7 marathon journey.



PHOTOS COURTESY OF JIN ZHU

Zhu wasn't looking to set records, but rather achieve a personal goal during the World Marathon Challenge.



Runners faced difficult weather conditions in Antarctica due to low temperatures and high winds.



To prepare for the race, Zhu spent countless hours running in the morning and participating in cross-training exercises.

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SOCIAL & WELL-BEING

Senior living communities face off in Top Chef benefit

The annual competition raises funds for Meals on Wheels

By Terry Jacoby
For MediaNews Group

The only time attendees weren't smiling at the 2023 Top Chef competition for southeast Michigan senior living communities — held last month at the Rochester Older Persons' Commission — was when they were eating. And since there was plenty of amazing food to be had, it was equal parts smiling and eating as more than 220 hungry guests packed OPC's gym to vote for their favorite dishes.

The annual event, presented this year by Ascension Providence Rochester Hospital, HAP and Pixley Funeral Home/Dignity Memorial along with the OPC, features inspired dishes prepared by chefs from 10 local senior living communities, facing off in a friendly competition to determine the Top Chef for 2023. Contestants competed in three categories: appetizer, entrée and dessert.

Proceeds from the evening, totaling \$11,175, will benefit the OPC's Meals on Wheels service which provides critical nutrition and wellness checks for vulnerable seniors. The OPC currently provides hot meals to more than 350 homebound seniors in northeastern Oakland County each day. Top Chef is a critical fund-



PHOTOS BY TERRY JACOBY — FOR MEDIANEWS GROUP

The annual Top Chef competition for metro Detroit senior living communities was held on Thursday, Feb. 16, at the Rochester Older Persons' Commission.

raiser in support of this essential service.

"This is such a great event especially since it helps support Meals on Wheels," said Rochester City Council Member Mark Albrecht at the Top Chef event, held on Feb. 16. "Meals on Wheels helps people who can't get out and do what we are fortunate to be doing here tonight. So this and the Summer Soiree are two events that help support such a needed and important program like Meals on Wheels. And it's not just for Rochester but the surrounding communities as well."

Albrecht, who is a member of OPC and walks on the track almost every night, said a few of his favor-

ites during Top Chef were the Salmon Mousse Cup, Braised Short Ribs and the Dolce Chocolate Ganache. "Everything was amazing, though," he quickly added — with a smile.

Al Fisk, a governing board member at OPC, said he is very proud to be a part of the "amazing" OPC.

"This place is such a gem, and, yes, I am biased because I am here all the time," he said. "This facility is so world-class and very unique. It's an amazing place, it really is. And this is an amazing event."

Fisk's favorite dish during Top Chef was summed up in one word: "Everything."

"The strawberry short-



Proceeds from the annual Top Chef competition, held last month at the Rochester Older Persons' Commission, benefits Meals on Wheels, which provides critical nutrition and wellness checks for vulnerable seniors.



Top Chef contestants competed in three categories: appetizer, entrée and dessert.

cake was to die for," he added.

While it was a friendly and fun competition, each participating senior living community was in it to win it. Each talented chef's meticulously created culinary offering was sampled by the guests who voted for their overall favorite dish.

The MC for the evening was David Walker, a Rochester Hills city councilman and realtor. Angela DelPup, director of community and senior programs at Ascension Providence Rochester, was a presenter. There was also live music provided by

Donna and Allan Nahajewski, the D&A Duo.

"Top Chef is the foodie event that everyone looks forward to each year," says Colleen Burtka, OPC marketing and development specialist. "All of the wonderful chefs and senior living communities enjoy the friendly competition, and the guests just love sampling all of the results! We appreciate everyone who played a part in this important Meals on Wheels fundraiser."

Participating senior centers this year include: Bellbrook, Blossom Springs,

Brookdale Senior Living, Cedarbrook, Pomeroy Living — Rochester, Pomeroy Living — Sterling, Randall Residence of Auburn Hills, Waltonwood Lakeside, Waltonwood Main and Waltonwood University.

The 2023 Top Chef winners include:

- First Place Appetizer: Sesame crusted ahi crudo (Waltonwood Senior Living Lakeside)

- First Place Entrée: Braised-short ribs with rutabaga puree, rosemary oil and crispy sweet potato (Cedarbrook Senior Living Rochester)

- First Place Dessert: Dolce chocolate ganache with strawberry coulis (Blossom Springs Senior Living)

- People's Choice: Cedarbrook Senior Living Rochester

If you are interested in learning more about the many social, enrichment, fitness and aquatics programs and services at OPC, visit opcseniorcenter.org or call 248-659-1029.



Above: Top Chef 2023 People's Choice winner, Chef Sean Smolski from Cedarbrook of Rochester, poses with OPC's Executive Director, Renee Cortright.

Left: Executive Chef Nick St. Onge of Waltonwood Lakeside was awarded first place in the appetizer category for his sesame crusted ahi crudo.

Right: Top Chef is an annual foodie event that many OPC members look forward to each year.

PHOTOS BY TERRY JACOBY — FOR MEDIANEWS GROUP

The OPC currently provides hot meals to more than 350 homebound seniors in northeastern Oakland County each day. Top Chef is a critical fundraiser in support of this essential service.



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HEALTH & FITNESS

How exercise can help you build resilience at any age

By Kelyn Soong

The Washington Post

Stress surrounds us every day in subtle and substantial ways. Although we can't eliminate stress from daily life, research shows that by intentionally stressing our bodies through exercise, we can change how we respond to stress and boost our resilience.

Resilience is the ability to bounce back from adversity — a career setback, a relationship breakup or any of the big and small disappointments of daily life — and grow from the experience so that we handle difficult situations even better the next time. Much of the research on resilience focuses on building the skill in childhood, but resilience can be strengthened at any age.

Resilience is essentially an emotional muscle, but a growing body of research shows that stressing our physical muscles by exercise is one way to increase our capacity to cope with daily stress.

"We want to experience manageable stressors so that we can develop stress resilience and not react with a big stress response every time something unexpected happens," said Elissa Epel, a professor of psychiatry at the University of California at San Francisco and the author of "The Stress Prescription: Seven Days to More Joy and Ease." "Our body not only can handle acute stress but loves it, and expects it when it's short-term and manageable."

The amount and intensity of exercise needed to improve stress resilience depends on the person, according to Tinna Traustadóttir, an associate professor of biological sciences at Northern Arizona



PHOTO COURTESY OF METRO CREATIVE CONNECTION

A growing body of research shows that stressing our physical muscles by exercise is one way to increase our capacity to cope with daily stress.

University and the senior author of a 2021 study on the effects of exercise training on physiological stress resilience in adults.

In the study, the researchers randomly assigned 40 sedentary women and men, about half of them young adults and the rest aged 60 and older, to either eight-weeks of aerobic exercise training or a non-exercise control group.

Three times a week for eight weeks, the exercising volunteers pedaled, jogged or stair-climbed at a gym, their workouts focusing on prolonged, moderate intensity sessions on some days and shorter, high-intensity intervals on others. Intensity was based on heart rate relative to each person. The sessions progressively lengthened, from 30 minutes at the start of the study to 50 minutes by the end.

The goal of the study was to test whether regular exercise improved the individual's response to stress, so the researchers had to come up with a way to re-create stress. They settled on a physiological stressor, in-

flating a blood pressure cuff to restrict blood flow in the forearm, which is considered a mild stressor mimicking what happens during a heart attack. Blood tests measuring the oxidative stress response followed.

At the end of the study, not surprisingly, the exercisers had improved their fitness, including a 15 percent gain, on average, in their aerobic capacity.

"This is just an eight-week, not a very long exercise intervention," Traustadóttir said. "And we were able to show differences that after the exercise training, there was less of an oxidative stress."

Traustadóttir also found that those in the exercise group had less oxidative stress than those in the control group who were not exercising. And the more a person had improved their fitness, the lower the stress response, whatever someone's age.

One of Traustadóttir's takeaways is that to build resilience, it's not so much about what particular exercises are done, but doing them consistently.

"It's whatever people will enjoy and will therefore do on a regular basis," she said.

Why exercise can boost resilience

Studies of stressed-out mice offer clues to why exercise can help us cope better with stress and become more resilient.

In one series of experiments, researchers at Emory University studied the stress response in mice, some of which were allowed to run to their heart's content on exercise wheels while others were kept inactive.

After three weeks, the scientists checked for markers of a brain chemical called galanin, which is known to increase with exercise and is associated with mental health. (People with variants in galanin-related genes are at higher risk for depression and anxiety disorders.)

As expected, the running mice showed higher levels of galanin. In fact, the more a mouse had run, the more of the brain chemical it had.

To induce stress, the re-

searchers subjected the mice to mild shocks on their paws. All the mice were stressed by the experience, but the running mice bounced back sooner, returning to normal mouse behavior. Meanwhile, the non-running rodents continued to cower, still overwhelmed by stress.

The study suggested that for the running mice, exercise had increased galanin levels and helped them become more resilient.

Exercise "has profound effects on the way that your brain functions and how the neurons function," said David Weinschenker, a professor of human genetics at Emory University and the senior author of the study. "It can actually change the neurochemistry in your brain and promote general brain health."

Even walking can change the brain

Philip Holmes, a professor of neuroscience at the University of Georgia, defines stress resilience as the "ability to adapt to stress in a way that's not deleterious."

Part of his research deals with the neurobiological mechanisms responsible for stress resilience and the neurobiological effects of exercise. The most significant impact that exercise has on brain function is to promote neuroplasticity, Holmes said.

"That really just means changeability, literally a building of connections in the brain," he said. "And one thing that we found that exercise does is it promotes these connections in the prefrontal cortex, which is a critical area for emotion regulation."

Holmes's research on rats and mice shows that even moderate exercise can ac-

tivate the locus coeruleus, a small brainstem nucleus that is important for attention, arousal, motivation and cognitive function.

The exercise Holmes studied in rodents is analogous to brisk walking by humans. The locus coeruleus neurons make substances called trophic factors, which promote the building of neural circuits. The stress-resilient parts of the brain get better, healthier circuits while activated, Holmes said.

"So, every time we walk around the neighborhood, you're making more of these trophic factors, building more of these circuits," he said. "It may just be a little bit, but that will be beneficial."

Weinschenker agrees that moderate exercise can change the neurochemistry in our brains and says any aerobic exercise that gets your heart rate up can be beneficial for stress resilience.

"It doesn't even have to be vigorous exercise. It could be something just as simple as walking for 20 or 30 minutes a day," he said. "It could be walking, running, biking, swimming. People play a lot of pickleball now."

Epel calls the short, concentrated bursts of acute stress to our bodies, such as the stress we experience during exercise, "hormetic stress."

The term hormetic, she explains in her book, refers to "something that in a larger dose would be harmful, but in a smaller dose is quite beneficial."

"Hormetic stress works almost like a vaccine," Epel writes. "You receive a micro-dose of the 'virus' (stress), and then, later, when you face a large, intense similar stressor, you're essentially inoculated against it."

Angels

FROM PAGE 12

it for days. Finally, I decided those dimes should be the theme of my next fundraiser," said Lynn. She used her impressive social media skills to ask for donations of no more than \$1.20 and raised over \$5,000. And she has never stopped. Since then, Lynn and her teams have raised more than \$200,000, helping countless seniors, veterans and women.

These days Lynn and her angels have annual fundraisers that include Super-bowl Squares and selling fancy pretzels. Last year she offered a progressive Queen of Hearts Raffle and raised over \$35,000.

Each year the chapter holds a Meat Raffle, and those proceeds go to various veterans organizations. At Easter time, families can "egg-out" their yards for a

small fee showing their kids that the Easter Bunny did, indeed, stop by the house. At the end of each fundraiser, every dollar goes toward the recipients; the administrative cost is zero.

All of those fundraisers support brightening a senior's day with a Valentine's, Easter basket, Fall gift boxes and to top off the year, Christmas presents. Since the Macomb Chapter is so active, they provide some financial assistance and supplies to help families who have endured a crisis, such as a house fire or flood.

But one of the most important programs is the Hygiene Pantry. Several years ago, Lynn was reviewing a Christmas wish list from a senior. This senior included toilet paper on her wish list so she could stop using newspaper to clean herself. "This just can't be" Lynn thought, and the idea of a hygiene pantry filled with free toilet



PHOTOS COURTESY OF WOMEN'S LIFE CHAPTER 911

The Women's Life Chapter 911 hygiene pantry is located at 48542 Van Dyke in Shelby Township and is open from 10 a.m. to 1 p.m. on the second and fourth Mondays and the third Saturday of each month, with exceptions for holidays.

paper, soap, shampoo, and alike was the solution. The pantry is located at 48542 Van Dyke in Shelby Township and is open from 10 a.m. to 1 p.m. on the second and fourth Mondays and the third Saturday of each month, with exceptions for

holidays. Any Macomb residents on Medicare, Medicaid or with a bridge card are welcome to these critical supplies.

Lynn is always on the lookout for new angels. Anyone interested in sponsoring a recipient for just one program, becoming a member who helps all year, or donating to the hygiene pantry can contact Lynn



Providing Christmas gifts to seniors is one of the many activities the organization raises funds to help support.

at WL911macombangels@gmail.com. All these efforts continue to realize Bi-na's now 130+ year mission of impacting and strengthening lives. Angels, indeed.



Family Vacation

SHARE
A WONDERFUL
MOMENT OF YOUR
FAMILY VACATION!

CAPTION YOUR PHOTO
IF YOU WOULD LIKE.

It's easy!
Just fill out the form below and
email or mail it to us along with
your favorite photo.

Photos will not be returned.

We must receive your photo
before March 29, 2023 for
our April 13, 2023 issue.

Names and place of photo: _____

Person Submitting Form: _____

Address: _____

Phone: _____

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

Email: Form & Photo to Demke@medianewsgroup.com

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



The Woman's Life Chapter 911 - Macomb Angels, formed in 2015, has raised more than \$200,000 over the years, helping countless seniors, veterans and women.

Calendar of activities, trips 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.

Medical Equipment Loans:

At the Older Persons' Commission. Available for short term use: walkers, wheelchairs, canes, shower stools, transfer benches. To schedule a loan pickup, call 248-608-0248. Leave a voicemail with your name, contact number and item you need or wish to donate or return.

March

March 9: Psychic Fun Night: March 9, from 6:30 to 8:30 p.m. Held at Wheeler Community Center, 24076 Frederick Pankow Blvd, Clinton Twp. Cost is \$30. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

March 10: Coffee and donuts at the DSO featuring Sondheim & Beyond — celebration of the life and work of beloved composer — lyricist Stephen Sondheim, from 9:15 a.m. to 1:45 p.m. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$60. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

March 10: Adult Day Service Open House at the Older Persons' Commission, from 10-11:30 a.m. Tour the OPC Adult Day Service center and learn more about our safe and secure program for adults with memory loss, cognitive impairment or physical disabilities. 'Care for the day, home at night!' RSVP by calling 248-659-1036.

March 10: Financial Friday at the Older Persons' Commission at 10 a.m. Planning

your estate? Learn how to make sure your assets are properly titled. Presented by Rochester Wealth Strategies, Xenia Woltmann, AWWA. Register by calling (248)659-1029. \$2 drop-in fee. The OPC is located at 650 Letica Drive, Rochester.

March 13: Spring into Action Celebration Concert with Mark Tisdell at the Older Persons' Commission, from 6-7:30 p.m. Enjoy the music of renowned local singer Mark Tisdell with accompanist Phyllis Bengry. Event is open to the public. \$10 ticket includes live performance, appetizers & refreshments. Call 248-659-1029 to register.

March 14: Detroit's Nain Rouge and other Lutin Creatures of North America, sponsored by the Roseville Public Library, 29777 Gratiot Ave., Roseville, on Tuesday, March 14, 6-7 p.m. The Nain Rouge is a Detroit Legend. Is he warning of danger to come or does he cause the catastrophes? This discussion will focus on lutins of North America like the Nain Rouge, the Pukwudgies and other tiny humanoids. No registration required. For more information, call 586-445-5407 or visit www.rosevillelibrary.org

March 14: Alzheimer's/Dementia Caregivers Group at the Older Persons' Commission, from 2-3 p.m. Support group for those caring for loved ones with Alzheimer's or Dementia. Respite care is available. OPC is located at 650 Letica Drive, Rochester. Call 248-659-1029 or visit opcseniorcenter.org for additional information.

March 15: Rewired Not Retired at the Older Persons' Commission at 6 p.m. Birding: Spring Migration. Spring is a great time for birding in Michigan. Learn about the early migrants settling in, and late migrants soon to be flooding the skies as they return to claim their nesting spots. The program is complementary and open

to the public. Register by calling 248-659-1029. The OPC is located at 650 Letica Drive, Rochester.

March 15: SECURE Act 2.0: Updates & Opportunities at the Older Persons' Commission at 10:30 a.m. Recently enacted, SECURE Act 2.0 brings later RMDs, 529 to Roth IRA rollovers, enhanced savings limits and more. Learn about how these and other changes and how you may be affected. Presented by Thomas J. DelPup, Jd, CFP. This program is complimentary. Register by calling 248-659-1029. The OPC is located at 650 Letica Drive, Rochester.

March 17: Caring & Sharing Loss Support Group at the Older Persons' Commission. Newcomers: 10-11 a.m. Continued support: noon. Participating in a grief support group can be a healthy step in the healing process. Meet others who are dealing with similar losses and gain a better understanding of the grief process. Register by calling 248-608-0261. The OPC is located at 650 Letica Drive, Rochester. For more information, visit opcseniorcenter.org.

March 17, 28, 30: New Member Coffee at the Older Persons' Commission at 10 a.m. on March 17 and 28 and 6 p.m. on March 30. Get the most from your OPC membership! Attend a New Member Coffee to learn all about the OPC and our programs. Take a guided tour through the facility and get answers to your questions. Call 248-659-1029 to register. The OPC is located at 650 Letica Drive, Rochester.

March 21: RHGS Program: Detroit Historical Society's 100th Anniversary at the Roseville Public Library, 29777 Gratiot Ave., Roseville, on Tuesday, March 21, 6-7:45 p.m. The Roseville Historical and Genealogical Society presents a program at the Library on a monthly basis. This month, Joel Stone will discuss the

Detroit Historical Society. No registration required. For more information, please contact RHGS representative Ken Schramm at 313-884-3067. For more information about other library events, call 586-445-5407 or visit www.rosevillelibrary.org

March 21: Coffee and donuts at the DSO featuring Hollywood Rocks — Iconic songs from memorable movies and binge — worthy series, all in one concert, from 9:15 a.m. to 1:45 p.m.. Bus departs from 45400 Marketplace Blvd. Cost is \$60. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330

March 24: Visually Impaired Group at the Older Persons' Commission, from 10-11:30 a.m. Support group providing information, socialization, support and speakers to those with low

vision. Register by calling 248-608-0261. The OPC is located at 650 Letica Drive, Rochester. For more information, visit opcseniorcenter.org.

March 25: Christian singles group, The Single Way is hosting a game night at 7 p.m. on Saturday, March 25. Cost is \$5 and includes hot and cold appetizers, snacks and beverages. Reservation needed by March 24. For location and to make a reservation, call 586-774-2119 between 8 a.m. and 9 p.m.

March 25: Riverdance at the Fox and dinner at Waves Restaurant, from 12:45 to 7 p.m. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$105. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330

March 29: Parkinson's Care Partner Group at the Older Persons' Commission, from

1-3 p.m. This group provides an opportunity for those who are caring for their loved one to come together for support, sharing and time to talk with others who are also living with Parkinson's. Call facilitator Kathy Walton 248-568-3549. The OPC is located at 650 Letica Drive, Rochester.

April

April 11: Fit To Dance: Sponsored by L'Anse Creuse Community Education. Tuesdays and Thursday Starting April 11 from 6:30 to 7:30 p.m., Fit to Dance at Tenniswood Elementary, 23450 Glenwood, Clinton Twp. Dance your way to a better body & improved cardiovascular health. Cost \$180 for 18 sessions. For more information, call 586-783-6330.

April 12: Pewabic Pottery and brunch, from 9:30 a.m. to 2:30 p.m. Bus departs

CALENDAR » PAGE 24

WE'RE GIVING YOU A CHANCE TO HIGHLIGHT YOUR SPECIAL PET ON OUR TRIBUTE PAGE BY SENDING US YOUR PHOTO. YOU MAY ALSO TELL US ABOUT YOUR PET.

It's easy! Just fill out the form below and mail or email it to us along with your photo, tribute or poem. Photos will not be returned. We must receive photos by March 29, 2023 to be included in our April issue.

PET TRIBUTE PAGE

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.



Calendar

FROM PAGE 23

from 45400 Marketplace Blvd, Chesterfield. Cost is \$72. Sponsored by L'Anse Creuse Community Education. For more information, 586-783-6330.

April 13: Shelby Garden Club hosts Allen Chartier, a hummingbird specialist, will teach us all about hummingbirds at 1 p.m. at the Shadbush Nature Center, 4101 River Bends, Shelby Twp. His blog can be found at mihummingbirdguy.blogspot.com. Donations for the club's ongoing community programs are appreciated. Programs are free but donations are appreciated. For further more, contact Ivy Schwartz at 586-873-3782.

April 21: Coffee and donuts at the DSO featuring Hollywood Rocks — Iconic songs from memorable movies and binge — worthy series, all in

one concert, from 9:15 a.m. to 1:45 p.m. Sponsored by L'Anse Creuse Community Education. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$60. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

May

May 4: Psychic Fun Night at Wheeler Community Center, 24076 Pankow Blvd, Clinton Twp., from 6:30—8:30 p.m. Sponsored by L'Anse Creuse Community Education. Cost is \$30. All tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

May 9: Detroit Opera House Tour & Lunch, from 9 a.m. to 2:30 p.m. Sponsored by L'Anse Creuse Community Education. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$75.

All tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330

May 11: Shelby Garden Club hosts The Monarch Crusader at 1 p.m. at the Shadbush Nature Center, 4101 River Bends, Shelby Twp. Brenda Dziedzic, raises monarch butterflies in her yard and has written books sharing her techniques. Programs are free but donations are appreciated. For further more, contact Ivy Schwartz at 586-873-3782

May 26: Coffee and donuts at the DSO featuring Respect — A tribute to Aretha Franklin's music, from 9:15 a.m. to 1:45 p.m. Sponsored by L'Anse Creuse Community Education. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$60. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-

6330

June

June 2: Tchaikovsky at the DSO, from 9:15 a.m. to 1:45 p.m. Sponsored by L'Anse Creuse Community Education. Bus departs from 45400 Marketplace Blvd, Chesterfield. Cost is \$60. All tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

Monthly events

■ **Water Aerobics:** Mondays and Wednesdays 10:45 to 11:35 am, Water Aerobics held at L'Anse Creuse High School North, 23700 21 Mile Rd, Macomb. Walk in \$5 a visit or purchase a punch card. Tickets can be purchased online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330

■ **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 a 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.

■ **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



Vitality

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

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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, 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 after-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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.

wards 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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MORNING BINGO Mondays

Open 10:00 a.m. - Starts 11:15 a.m.
AMERICAN LEGION SAL 326
North Gratiot Hall
47650 Gratiot (east side)
(Just North of 21 Mile Road)
Full concession counter
586-598-4960

Proceeds to assist our Veterans
Progressive and Life Changing Super Pots
Electronics & charity game tickets sold
Lic. #A-21969

Life Center Bingo

Linked Progressive, Computer and Paper Packages.
Charity Game Tickets Sold

FRIDAYS

Doors Open at 11:00am
Sales Start at 11:30am
Games Start at 12:30pm
Lic #A-21848

Proceeds to assist individuals with disabilities.

North Gratiot Bingo Hall
47650 Gratiot
(east side, just north of 21 mile rd)
586-598-4960

**TO ADVERTISE IN THIS DIRECTORY
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Poetry Page

Brooke the Cook

There was a young lady named
Brooke
Who yearned to learn how to
cook
She concocted a stew
adding her father's shoe
It tasted as bad as it looked!

But Brooke didn't let that
deter her
She continued her cooking
with fervor
She baked grasshopper pie
adding her father's tie
She hoped it would improve
the flavor!

But alas and alack, her crust
started to crack
So she taped it and glued it
together
I'm sorry to say, those that ate
some that day
Thought they had been chewing
on leather!

Brooke tried to be clever
using one last endeavor
to prove her talent for cooking
So she picked quite a few
gooseberries that grew
in her neighbor's yard
when they weren't looking.
"I'll invent a brew
That's entirely new," she said.
As she poured in some wine
Then she threw in some rocks
wrapped in her father's socks
and all of the toads she could
find.

Needless to say, by the end
of the day
Not one person had sampled
her wine
Tis sad, but so true
Yes, she finally knew
From cooking she'd better
resign!

**By Joan C. Sobosky of
Clinton Twp, MI
(Brooke's Grandma)**

A Love Steady With Bridging Of Time

YOU IN YOUR WORLD, I IN MINE
LOCKED FOREVER IN BOXES OF OUR TIME,
REACHING SOFTLY FOR UNDERSTANDING,
NOT KNOWING HOW TO BRIDGE A GAP OF AGE AND TIME,
CHILDRENS' THOUGHTS, OLDSTERS DREAMS,
A THREAD SO FINE, IT OFEN SEEMS,
A REACH SO SLIM, A WORD, A TOUCH, A SMILE,
A SHADOW-IS IT ALL WORTHWHILE?
A GLIMMER OF TWO WORLDS ALIVE AND REACHING OUT
TO UNDERSTAND,
KEEPING LOVE STEADY WITH AN OPEN HAND.
TO HELP, TO LISTEN, TO HOLD, TO JUST BE-
THESE ARE THE PIECES OF MY CHILDREN AND ME.

**By JoAnne Carlson of Bloomfield Hills, MI
(1992)**

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 April 13th.

Poems due by March 29th.

FIRST & LAST NAME: _____ PHONE NUMBER: _____

ADDRESS: _____

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

MAIL TO: Vitality Poetry
And Letters of Appreciation
Dawn Emke
53239 Settimo Crf
Chesterfield, MI 48047

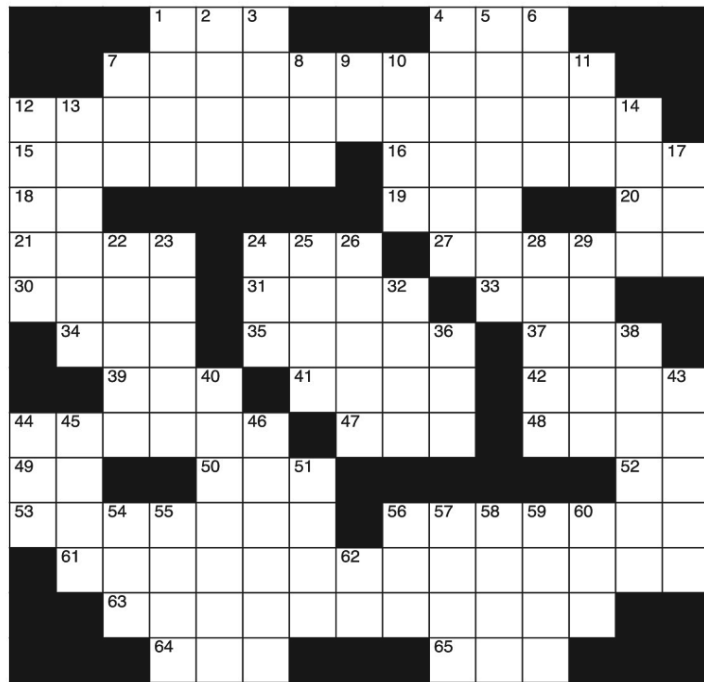
NEW
ADDRESS

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

Email Poems to: demke@medianewsgroup.com

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

PUZZLE PAGE



CLUES ACROSS

- 1. Relaxing place
- 4. Plant by scattering
- 7. A type of explorer
- 12. Unique traits
- 15. Lady
- 16. Dismayed
- 18. Railway
- 19. Type of whale
- 20. Sodium
- 21. Manning and Lilly are two
- 24. Where golfers begin
- 27. Entrapped
- 30. Influential punk artist
- 31. Hebrew calendar month
- 33. Car mechanics group
- 34. Undesirable rodent
- 35. Minneapolis suburb
- 37. Witch
- 39. Get free of
- 41. A written proposal or reminder
- 42. British School
- 44. Country on west coast of Africa
- 47. Cool!
- 48. Information
- 49. ___ route
- 50. Jim Nantz's network
- 52. Something to register (abbr.)
- 53. Give cards incorrectly
- 56. One who's learning on the job
- 61. Stevenson adventure novel
- 63. Taking careful notice
- 64. CNN's founder
- 65. Speak badly of

CLUES DOWN

- 1. A person with unusual powers of foresight
- 2. Single sheet of glass
- 3. Portrays a character
- 4. Expresses happiness
- 5. Acquires
- 6. "The Martian" author
- 7. Degree
- 8. 60-minute intervals
- 9. A detective's pal
- 10. Group of nations (abbr.)
- 11. Popular Georgia rockers
- 12. Fencing swords
- 13. Basement
- 14. Samoan monetary unit
- 17. Male parent
- 22. Finnish lake
- 23. A smooth fabric
- 24. Arctic explorers (abbr.)
- 25. Mild yellow Dutch cheese
- 26. Very willing
- 28. Expressed pleasure
- 29. Lasso
- 32. Hindu model of ideal man
- 36. Move your head in approval
- 38. Ill-___ gained illegally
- 40. Die
- 43. Accused publicly
- 44. Precious stone
- 45. Individual thing or person
- 46. Behaved in a way that degraded
- 51. Derogatory term
- 54. No seats available
- 55. Liability
- 56. Popular beverage
- 57. Tough outer skin of fruit
- 58. ___ Spumante (Italian wine)
- 59. Troubles
- 60. Negative
- 62. Camper

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to umbrellas.

C D U O L

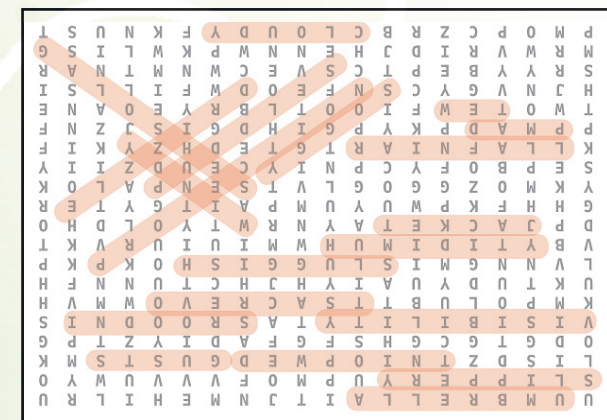
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RAINY WEATHER WORD SEARCH

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

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



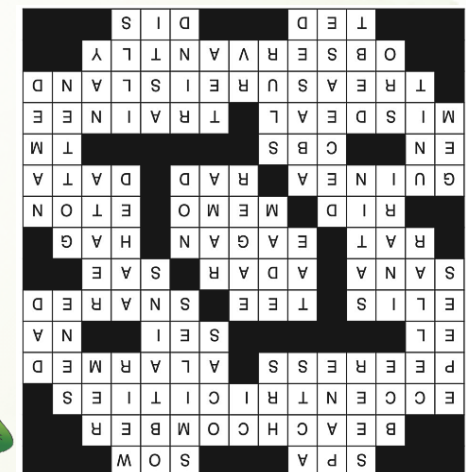
ANSWER:



WORDS

- CLOUDY
- DAMP
- DEW POINT
- DRIZZLE
- GALOSHES
- GUSTS
- HUMIDITY
- INDOORS
- JACKET
- OVERCAST
- PROTECTION
- PUDDLES
- RAINFALL
- SLIPPERY
- SLUGGISH
- SOGGY
- UMBRELLA
- VISIBILITY
- WET
- WINDY

ANSWER:



Zephaniah serves more than food. He serves up smiles and friendship.



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