



Vitality

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

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retired couple busier
than ever

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celebrates 100th
birthday

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On the cover: Jon and Doreen Lawrence of St. Clair Shores volunteer with several organizations, including Meals on Wheels.

PHOTO COURTESY OF ALAN LEW

VITALITY

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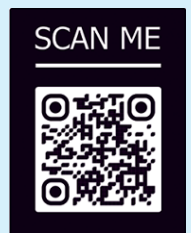
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MONEY & SECURITY

Ask the Financial Doctor:

Can I collect Social Security benefits based on my ex-spouse's work record?

Q: I am 66 ½ years old, single and previously married for 12 years. Can I collect Social Security benefits based on my ex-spouse's work record?



Richard Rysiewski
Columnist

A: Yes, you are entitled to 50% of your ex-spouse's benefit if you apply at your full retirement age (FRA). If you apply before your FRA, then you will get a reduced benefit. Since you were born after Jan. 2, 1954, the Social Security office would give you the larger benefit between your work record and your ex-spouse's work record.

Q: Can I apply for spousal benefits from my ex-spouse if my ex-spouse remarried?

A: Yes, you can apply, as long as you are single, were married at least 10 years and are age 62 or older. Your Social Security benefit is unaffected by the benefits received by your ex-spouse or the new spouse of your ex-spouse.

Q: My uncle has H and HH bonds valued at \$65,500. What interest rate are those bonds earning?

A: The H bonds stopped earning interest effective

December 2009 and the HH bonds are paying 1.5% and have a 20-year term. The Treasury Department no longer offers H and HH bonds. HH bonds will stop earning interest effective August 2024. The interest is taxable on the federal level, but is tax-free on the state level. Your uncle should redeem the H and HH bonds as soon as possible.

Q: Who contacts the Social Security office about notification of death?

A: If you make arrangements with a funeral home, they will notify Social Security. Otherwise, the Social Security office should be notified as soon

as possible about the death of your loved one. You cannot report the death or apply for survivor benefits online. A surviving spouse must call the office at 800-772-1213 to speak to a representative or visit a local office.

Q: My employer only funded a portion of my Health Savings Account (HSA). Can I still contribute to it?

A: Yes, you may fully fund your HSA up to the allowable contribution limit.

Q: My dad does significant charitable work. He spends about 12 hours per week on charity. Can he

deduct his time?

A: No, volunteer labor for charities is not deductible. Your dad can deduct any out-of-pocket expenses connected with his charitable work, but not his labor.

Q: I made a mistake on the federal 1040 form. What do I need to do?

A: If the mistake is a mathematical error, the IRS will automatically correct it. If you are changing your filing status, income amounts, deductions, credits or the number of dependents, then you need to file a Form 1040X. For a refund, you need to file within three years after

the original return is due or within two years after the date you paid your tax, whichever is later. To avoid confusion, file the 1040X after the 1040 is processed.

Q: I have moved two times in the last 13 months. How do I notify the IRS of my current address?

A: Use Form 8822 to notify the IRS about address changes.

Richard Rysiewski, a certified financial planner, welcomes all questions on tax and financial matters. Send them to Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316.

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HEALTH & FITNESS

Inside the plan to diagnose Alzheimer's in people with no memory problems — and who stands to benefit

By **Melody Petersen**

MediaNews Group

In a darkened Amsterdam conference hall this summer, a panel of industry and academic scientists took the stage to announce a plan to radically expand the definition of Alzheimer's disease to include millions of people with no memory complaints.

Those with normal cognition who test positive for elevated levels of certain proteins that have been tied to Alzheimer's — but not proven to cause the disease — would be diagnosed as having Alzheimer's Stage 1, the panel members explained.

Even before the presentation ended, attendees in the packed hall were lining up behind microphones to ask questions, according to video of the event.

"I'm troubled by this," Dr. Andrea Bozoki, a University of North Carolina neurologist, told the panel. "You are taking a bunch of people who may never develop dementia or even cognitive impairment and you're calling them Stage 1. That doesn't seem to fit."

Under the proposal, tens of millions of Americans with normal cognition would test positive for abnormal levels of amyloid or tau, the two proteins the tests look for, and the majority of them may never be diagnosed with dementia, studies suggest. A 60-year-old man who tests positive, for example, is estimated to have a 23% risk of developing dementia in his lifetime.

Criticism of the plan has intensified since it was unveiled last July at the international conference attended by 11,000 doctors

FYI

June Is Alzheimer's & Brain Awareness Month

and scientists. But the panel, organized by the nonprofit Alzheimer's Association, is continuing its push to extend the diagnosis to people who have no problem recalling events or what day it is — and convince skeptics that Alzheimer's symptoms aren't necessary to have the disease.

Panel members argue that the earlier patients get help, the more effective it might be. The availability of new drugs for patients with early Alzheimer's symptoms has spurred them into action now, they say.

The plan could be approved by the panel and published in a medical journal early this year, association officials said. Such a move is likely to be influential: A similar proposal in 2018 that was put forth to help guide research on experimental Alzheimer's medications was quickly adopted by the Food and Drug Administration and is frequently cited by doctors, scientists and health insurers.

Standing to benefit are the pharmaceutical and medical testing companies who employ seven members of the 20-person panel. At least seven more members of the panel are academics who receive money from those companies for consulting or research. Panelists reached by The Times said the funding did not influence their decisions.

Four other scientists who



PICTAC — DREAMSTIME/TNS

A panel of industry and academic scientists announced a plan to radically expand the definition of Alzheimer's disease to include millions of people with no memory complaints.

are outside advisors to the panel are executives from Eisai and Biogen, the makers of two new medicines for Alzheimer's patients, and Eli Lilly and Genentech, which are developing similar drugs.

The American Geriatrics Society called the panel members' financial ties to industry "wholly inappropriate." In an analysis of the proposal, the society warned the proposal could lead to overdiagnosis of Alzheimer's and subject people to treatments with "limited benefit and high potential for harm."

Others said the plan was premature at best.

"I think this is untested, uncharted territory," said Dr. Madhav Thambisetty, a senior researcher at the National Institute of Aging. "I'm not at that stage where I would be able to make a

diagnosis of Alzheimer's disease in somebody who's cognitively normal based on the presence of a single biomarker."

Under the proposal, people with no memory problems who test positive for abnormal levels of amyloid or tau proteins would be classified as Stage 1. They would move to Stage 2 if they begin to experience "neurobehavioral difficulties" such as depression, anxiety or apathy — symptoms often unrelated to Alzheimer's — even if the patient's cognition is unchanged.

Stage 3 would be for those with mild cognitive impairment, while Stages 4 through 6 would describe patients with mild, moderate or severe dementia.

The move to label more Americans as having Alzheimer's comes amid a

decades-long decline in the risk of dementia. Researchers don't know why the risk is falling, but they say higher levels of education, a reduction in smoking and better treatment of high blood pressure could all be factors.

Dr. Peter Whitehouse, professor of neurology at Case Western Reserve University, is one of several doctors who have noted that the plan could benefit the Alzheimer's Association since the majority of its donations come from people who know one of the estimated 6.7 million Americans now living with the disease and want to help find a cure. If more Americans are diagnosed with the disease under the new definition, the ranks of possible donors would swell, he said.

"This raises the potential for more people to want to

give money," Whitehouse added.

The panel said it was proposing the changes now because the FDA has approved two drugs — Eisai's Leqembi and Aduhelm from Biogen — for patients in the early stages of memory decline. While a study of Leqembi's effects on asymptomatic people has begun, there is currently no evidence that giving it to people without cognitive impairment can reduce the risk of dementia or delay the onset of Alzheimer's symptoms.

Another reason for the change, the panel said, was the availability of new blood tests that do an "excellent" job of detecting abnormal levels of amyloid and tau in the brain. The blood tests are easier and less invasive than the PET scans and spi-

PLAN » PAGE 8



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Plan

FROM PAGE 6

nal taps that traditionally have been used to measure levels of Alzheimer's-related proteins.

"The purpose of this initiative is to advance the science of early detection and treatment," said panel member Maria Carrillo, the Alzheimer Association's chief science officer. "In order to prevent dementia, we need to detect and treat the disease before symptoms appear."

Thambisetty and other doctors also note that the plan does not address the serious bioethical concerns that come with testing healthy people for signs of Alzheimer's.

People with no memory problems who learn they are positive for abnormal levels of amyloid or tau proteins can suffer from depression, anxiety and thoughts of suicide, studies have found.

A positive test can also lead to discrimination by employers and by companies offering life, disability and long-term care insurance.

That risk is so real that people with no memory complaints who volunteer for an ongoing clinical trial that requires an amyloid test are advised to consider getting any insurance they've been contemplating before taking the test.

"This is an ethically gray area," Thambisetty said of testing cognitively normal people. "There are many questions that remain to be answered."

Added Dr. Eric Widera, a geriatrician at UC San Francisco: "If somebody tests positive for amyloid and they are an airplane pilot, do they have to disclose that to the airlines? They are not asking these questions."

Concerns like these led the panel members to revise the draft to say they were not yet advocating for "rou-

tine" testing of those without memory problems. And Dr. Clifford R. Jack Jr., a radiologist at the Mayo Clinic who leads the panel, told *The Times* the proposal was not an instruction manual to guide doctors in the evaluation, diagnosis and treatment of their patients.

"Should you diagnose Alzheimer's disease in asymptomatic persons? The answer is no," Jack said.

The changes did not reassure skeptics.

Widera pointed out that under the revised plan, an unimpaired person who tests positive for an Alzheimer's biomarker would not be considered "at risk" for the disease because — in the panel's view — they already have it.

"They are redefining what it means to have Alzheimer's," he said. "You no longer need to have cognitive impairment to have this disease. You just need the positive blood test."

That could lead doctors to prescribe the new drugs to people without memory problems, Widera said.

Indeed, interest in testing for Alzheimer's-related proteins exploded after the FDA controversially approved Aduhelm and Leqembi, which reduce amyloid levels in the brain.

The hypothesis is that finding amyloid early and removing it might avoid irreversible brain damage. But so far researchers have failed to demonstrate that a build-up of amyloid causes dementia — or that removing it alleviates symptoms.

The FDA went against the advice of its independent advisory committee and green-lighted Biogen's Aduhelm in 2021 even though there was a lack of evidence that it reduced cognitive decline. A Congressional investigation later found that Biogen executives met with FDA officials — including Dr. Billy Dunn, head of the neuroscience office — dozens of times and inappropriately collaborated on a key regu-

"The purpose of this initiative is to advance the science of early detection and treatment."

— Panel member Maria Carrillo, the Alzheimer Association's chief science officer

latory document. Dunn did not respond to questions from *The Times*.

The FDA approved the second drug, Eisai's Leqembi, in July after a study showed it could slow the progression of Alzheimer's in people with mild cognitive impairment by less than half a point on an 18-point scale, a finding that some doctors doubt would be noticeable to patients or their families.

The agency requires both drugs to carry warnings that they can cause potentially fatal bleeding or swelling in the brain.

The Alzheimer's Association has been among the most vocal advocates for the two drugs, which each cost more than \$26,000 a year. The group deployed hundreds of volunteers to lobby Congress and get Medicare to pay for the treatments.

While prescriptions of Leqembi are now taking off, doctors have hesitated to prescribe Aduhelm. Last month, Biogen said it planned to stop selling Aduhelm and instead focus on promoting Leqembi through its partnership with Eisai.

The Alzheimer's Association's plan to create a new class of symptom-free Alzheimer's patients began taking shape more than a decade ago and was included in proposals to update diagnostic criteria for the disease in 2011 and 2018.

The association's website says the idea came from a meeting of its Research Roundtable, a group that companies pay thousands of dollars to join.

The roundtable meets twice a year, often at the luxury Park Hyatt Hotel in Washington, D.C. Cur-

rent members include Biogen, Eisai, Lilly, Genentech, Prothena and 15 other companies. Selected academics and drug regulators from around the world are also invited to attend.

In its 2023 fiscal year, the Alzheimer's Association received \$4.9 million from pharmaceutical, biotech, diagnostic and clinical research companies — more than in any of the previous five years.

The association said those corporate donations amount to just 1.3% of its total cash donations of \$379 million that year.

Carrillo, the association's chief science officer, told *The Times* in a statement that "no contribution from any organization impacts the Alzheimer's Association decision-making, nor our positions."

"We make our decision based on science, and the needs of our constituents," she said.

The association spent \$100 million on research in its 2023 fiscal year, including grants to some of the academic scientists on the panel or to the universities they work for. Many of those grants are aimed at creating new strategies for early diagnosis of people without memory complaints.

That message of early detection is echoed by pharmaceutical and testing companies.

At a scientific conference in Boston in October, Dr. Mark Mintun, an Eli Lilly executive who is an advisor to the panel, said in a presentation that the company's experimental medicine donanemab helped younger people and those with lower levels of tau more than it helped older people and those with higher levels of

the protein.

"This gives us great urgency in thinking about how to diagnose and prepare patients for treatment," Mintun told the audience, according to a report on the Alzforum news website.

Among the seven industry executives sitting on the Alzheimer's Association panel are former FDA official Dunn, who is now on the board of Prothena, a company developing anti-amyloid drugs; Dr. Eric Siemers, chief medical officer of Acumen Pharmaceuticals, which is also working on anti-amyloid drugs; and Dr. Philip Scheltens, who heads a venture capital fund that invests in dementia drugs.

They are joined by Dr. Reisa Sperling, a Harvard neurology professor who has received research grants from Eisai and Lilly and consulting fees from 18 other companies, according to the panel's disclosures.

Sperling has led studies investigating the value of treating people without memory problems.

She said in 2013 that she could see a future where "we will treat everybody preemptively, in the same way we vaccinate."

Other academic panel members include Charlotte Teunissen, a professor at Amsterdam University Medical Centers who conducts research for 25 companies, and Dr. Michael Rafii, a USC professor of clinical neurology, who disclosed work for 11 companies.

Both Teunissen and Rafii said their industry funding has no bearing on their judgment.

"I believe working with a diverse group of pharmaceutical and biotech companies, each with their own therapeutic approaches and strategies, can mitigate against a single company's influence," Rafii said.

Sperling agreed that corporate research funding did not affect her objectiv-

ity. "I want to figure out the truth," she said.

But others are not convinced.

"This panel is dominated by those with financial ties to companies that will directly benefit" from a more expansive view of Alzheimer's, said Widera of UCSF. "And there was no consideration about the potential downsides or risk to the number of people who are going to be now diagnosed" if its definition is adopted.

The proposal — initially dubbed "The National Institute of Aging—Alzheimer's Association Revised Criteria for Diagnosing and Staging Alzheimer's Disease" — has received international attention in part because it seemed to have the backing of one of the U.S. government's premiere research centers.

The American Geriatrics Society and others said the proposal's name implied that the NIA, which is part of the National Institutes of Health, was a full partner in the effort.

But Dr. Eliezer Masliah, director of the institute's neuroscience division, said that while he and another NIA scientist attend panel meetings, they are not involved in its decisions. "We're listening and recording and just keeping track of the process," he said.

After *The Times* asked NIH officials about the NIA's involvement, they said the institute's name would be removed from the proposal's title.

Even before the plan has been finalized, one company told investors it was poised to benefit.

In a November call with Wall Street analysts, Masoud Toloue, the chief executive at Quanterix, pointed out that the company's blood test for tau — called p-Tau 217 — had been recommended by the panel for diagnosing the disease.

"We believe we're in a strong position to capitalize on these opportunities," Toloue said.



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MONEY & SECURITY*Real estate: Should basement cracks be fixed by the seller or the would-be buyer?*

Q: We have a couple of wall cracks in our basement that occasionally leak during heavy rains. Should we spend the money and get them repaired or just disclose it and let the buyers worry about it?

A: I highly recommend getting the cracks repaired before you list your home. Foundation leaks/issues, bad roofs and old furnaces are the three biggest concerns for buyers. A large portion of buyers won't put an offer in on a home that has a leaky basement. Depending on the leak and how the wall(s) look, it could also be an issue for the financing/appraisal.

Q: We received an offer on our house and the buyer included an appraisal guarantee with the offer. Does that mean the buyer guarantees it will appraise for the sales price and buy it no matter what?



Steve Meyers
Columnist

A: It depends on the wording of the appraisal guarantee and its dollar amount or if it's an appraisal waiver. With an appraisal guarantee, the buyer is guaranteeing to make up the difference of a specific appraisal dollar amount deficiency.

Example: You agree to sell your home to the buyer for \$400,000 that includes a \$25,000 appraisal guarantee. If the appraisal comes in at \$400,000, nothing changes. If the appraisal comes in at \$380,000, then the buyer will have to make up the \$20,000 deficiency at closing with funds. Sellers should be careful with this scenario. If there is not specific language to protect you from a low appraisal and the appraisal comes in at \$350,000, you would be stuck selling your home for \$375,000. There should be verbiage that states if the appraisal comes in below \$375,000 (in this case; \$375,000 + \$25,000 = \$400,000) you as the seller reserve the right to renegotiate the sales price to terms acceptable or declare the sale null

and void. What is better than an appraisal guarantee is an appraisal waiver. There are two types of appraisal waivers. One is given by the lender when the subject property's sales price, the area's closed sales price history and the amount of the buyer's down payment (normally at least 20% down) meet certain criteria. The lender deems the appraisal unnecessary and the buyer can choose to waive the appraisal. The second type of appraisal waiver is when the buyer upfront waives the appraisal outcome to the seller and agrees to buy the property no matter what the appraised value comes in at. In this scenario, there still may be an appraisal completed by the lender, but it would not affect the sale.

Steve Meyers is a real estate agent/Realtor at RE/MAX First in Shelby Twp. and is a member of the RE/MAX Hall of Fame. He can be contacted with questions at 586-997-5480 or Steve@MeyersRealtor.com You also can visit his website: AnswersToRealEstateQuestions.com.

MARKET UPDATE

April's market update for Macomb County and Oakland County's housing market (house and condo sales) is as follows: In Macomb County, average sales price was up by more than 9% and Oakland County's average sales price was up by more than 6%. Macomb County's on-market inventory was down by more than 24% and Oakland County's on-market inventory was down by more than 22%. Both Macomb and Oakland county's average days on market were 27 days. Closed sales in Macomb County were down by more than 1% and closed sales in Oakland County were up by more than 1%. The closed sales continue to be down as a direct result of the continued low inventory. Demand still remains high. (All comparisons are month to month, year to year.)

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Deadline is June 26, 2024

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Subject Line: Vitality Community Calendar

HEALTH & FITNESS



GETTY IMAGES

How we view aging can affect how long we live.

How combatting internal ageism can add years to our lives

By Helen Dennis
Helendenn@gmail.com

Q. I recently was diagnosed with Alzheimer's disease and lived with that diagnosis for 18 months. I stopped doing my normal activities, believing I couldn't drive, shop, go out alone and more. Recently, I learned it was a wrong diagnosis. I do not have the disease and have resumed most of my activities. I now realize how much my attitude and fear about aging and the disease affected on what I was doing. Can you write about this? C.S.

Thank you, C.S., for your very important question. What an enormous relief you must be feeling.

You've touched on a subject that is receiving increased attention: How negative beliefs about aging can determine not only our well-being, but the number of years we will live. This is about in-

ternal ageism and the negative voices in our heads. It's ageism that is self-directed where one easily internalizes ageist messages we receive from the media, entertainment industry, advertising, the workplace and even the medical community. Such messages can easily turn into a self-fulfilling prophecy creating self-doubt.

Becca Levy, professor of epidemiology at Yale School of Public Health, has done seminal work on this subject. In her book, she tells a story that demonstrates the impact of negative beliefs about aging based on her personal experience. (See "How Your Beliefs about Aging Determine How Long & Well You Live: Breaking the Age Code," HarperCollins, 2022)

Levy went to the market with her grandmother, a competitive golfer and avid walker. Unfortunately, her grandmother

tripped in the store and had a bloody gash on her leg. On the way out, she confronted the owner and told him, "You shouldn't leave crates in the middle of the store." The owner replied: "Well, maybe you shouldn't be walking around. It's not my fault old people fall down all the time. So don't go blaming me." Subsequently, her grandmother's behavior changed. She asked Levy to water her avocado tree which she always did herself; she no longer trusted herself to drive. Reliving the comments of the grocery owner, her grandmother questioned her own competency as an old person in a way she never did before.

We know negative stereotypes about aging impact one's physical and mental health. Those with negative perceptions were found to have the following conditions.

AGEISM » PAGE 13



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HEALTH & FITNESS

COUGH! COUGH!

RESEARCHERS FIND ASSOCIATION BETWEEN AIR POLLUTION AND ALZHEIMER'S

By Shelia Poole

MediaNews Group

A new study from Emory University researchers has found an association between traffic-related air pollution and Alzheimer's disease in humans.

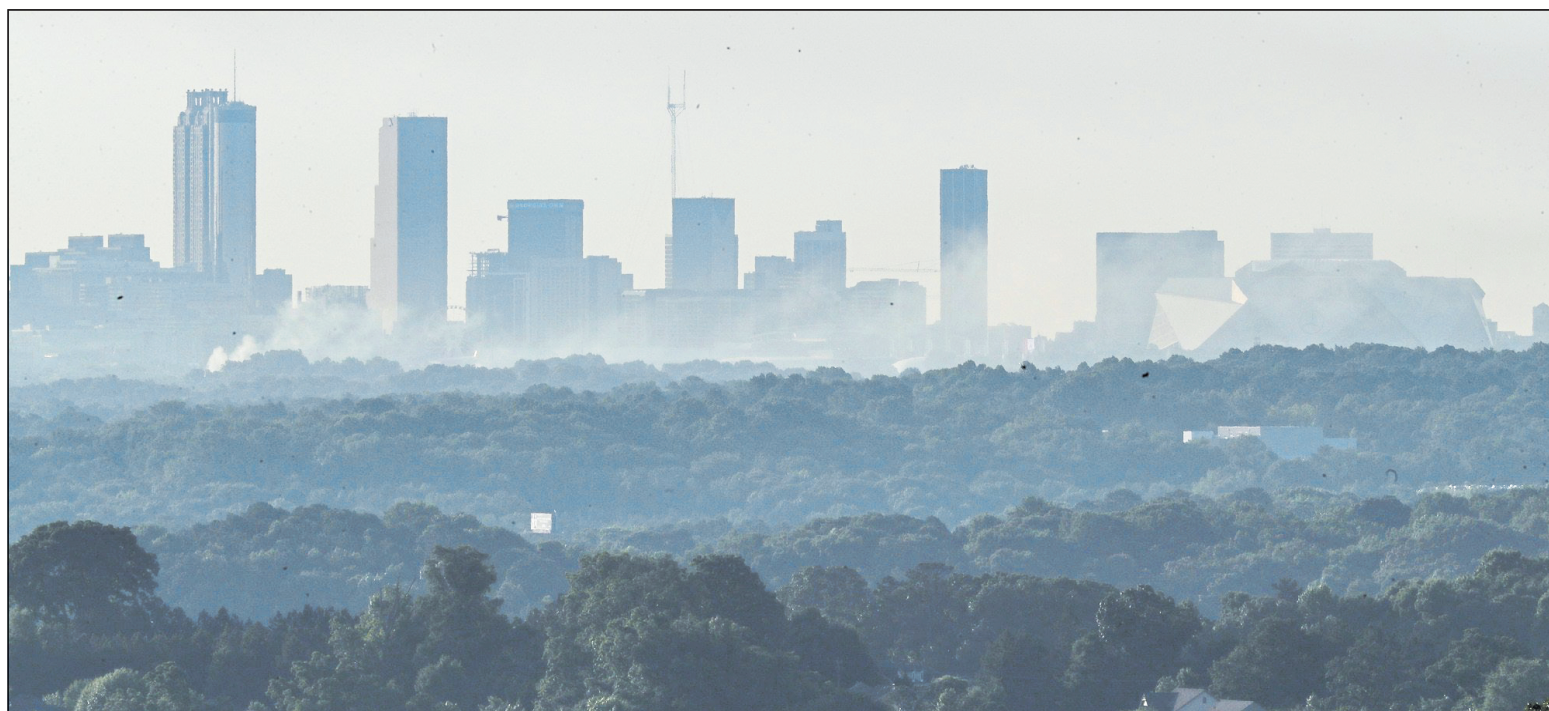
Using brain tissue donated by metro Atlanta residents, researchers evaluated their home addresses for air pollution generated by nearby traffic. The study, released in February, does not prove air pollution causes Alzheimer's, but found an association between exposure to air pollution caused by traffic and signs of Alzheimer's in brain tissue.

Medical and environmental officials have long warned about the consequences of air pollution on respiratory and cardiac health.

The study contributes to already existing evidence that breathing pollution may lead to "plaques" or deposits in the brain — a hallmark of Alzheimer's disease.

"It's concerning because the reason most of the air pollution is high in Atlanta is due to traffic," said Anke Huels, the study's lead author and an assistant professor of epidemiology at Emory's Rollins School of Public Health. "It's also why we focused specifically on traffic-related air pollution exposure."

The study is one of the first to look at the association between air pollution and signs of Alzheimer's disease in human brain



The Atlanta skyline.

JOHN SPINK — THE ATLANTA JOURNAL-CONSTITUTION/TNS

samples, she said. The findings are published in "Neurology," the medical journal of the American Academy of Neurology.

Brain tissue used in the study was taken from 224 donors in the brain bank at Emory's Goizueta Alzheimer's Disease Research Center who died before 2020. The patients had lived in urban or suburban areas in the 20-county metro area. Most of the patients were white, 59% were male, and the patients' mean age of death was 76.

Most of the brains studied were from people who had already been diagnosed with Alzheimer's or some other form of dementia be-

fore they died.

While the study population isn't comparable with the general population, Huels said the study findings are still valuable because it shows pollution is associated with plaques in the brain.

More than 6.7 million U.S. residents have been diagnosed with Alzheimer's disease, including at least 150,000 Georgians.

Alzheimer's, one of the dementias, is a progressive disease that affects memory and other brain functions, according to the Alzheimer's Association. Researchers do not know the exact cause of Alzheimer's disease, but it likely is due to a

variety of genetic and environmental factors. Air pollution has been suspected previously as a potential factor.

"In our study we used air pollution models, which can give us an estimate of the residential traffic-related air pollution concentration with a very fine resolution up to 200 to 250 meters," Huels said. "Of course you would see the highest levels of these pollutants around major highways, so people who lived very close to major highways had the highest exposure to traffic-related pollutants."

The study looked at "fine particulate matter" from traffic exhaust and whether

there was an association between breathing polluted air and signs of Alzheimer's in the brain. According to the Environmental Protection Agency, particulate pollution is made up of tiny particles of solids or liquids so small they can be inhaled deep into the lungs and enter the bloodstream, potentially causing health problems. They are the cause of haze in some parts of the U.S.

Huels said the findings are in line with previous studies, which have shown associations between particulate pollution and cognitive decline, memory loss or a diagnosis of Alzheimer's disease.

Researchers also looked at patients who carried the "APOE gene" a major genetic risk factor for developing Alzheimer's. But the strongest association between pollution and Alzheimer's was seen in those without that risk factor. This suggests that environmental factors like air pollution could be a contributing factor to Alzheimer's disease in patients in which the disease cannot be explained by genetics.

"We know that air pollution is bad for our health, including our brains," according to a statement from Jill Disney, program director for the Alzheimer's As-

RESEARCH » PAGE 13

Ageism

FROM PAGE 11

- Higher rates of cardiac disease
- Less chance of recovering from severe disability
- Poorer memory and cognition
- Lower quality diet and exercise regimens
- Less inclination to take medication as instructed

Internalized ageism worsens health for several reasons. If you believe decline is inevitable, it's easy to think, "What's the use? I'm going downhill anyway." As a result, individuals may be less motivated to take medicines, eat well and exercise. Ironically, these behaviors are likely to accelerate aging. Feeling badly about getting older also lowers self-confidence.

One study found that internalized ageism made people want to retire early. And negative emotions in general raise biological stress, a risk for heart disease and stroke.

Now to some research results that might seem surprising.

One of the most astounding findings in a study that spanned 20 years, Levy found those with the most positive beliefs about aging were living on average 7.5 years longer than those with the most negative age beliefs. (New York Times, April 11, 2022)

Having the APOE ϵ 4 gene is one of the strongest risk factors for dementia. Yet some who carry the gene never develop dementia.

Levy and colleagues found those with the gene who had positive beliefs about

aging were nearly 50 percent less likely to develop dementia than those with negative age beliefs.

In a 2012 study, memory tests showed that those with positive age beliefs outperformed their peers who had negative beliefs by 30 percent. And those with a positive attitude about aging have better survival rates compared to those with low cholesterol or blood pressure, low body mass and who avoid smoking, according to a Yale study.

When we look for reasons, culture can play a role, too. Levy asked two individuals each from a different culture to think of the first five words or phrases that come to mind when thinking of aging.

A 79-year-old violin maker outside Boston replied, "Senile, slow sick, grumpy and stubborn." An 82-year-old woman from China replied to the same question, "Wise, loves Peking Opera, reads to grandchildren, walks a lot and kind." These may be individual responses, but they may also point to a cultural difference in how aging is viewed.

There are ways to get over internalized aging. Levy calls it the "ABCs of liberation" or an "age-liberation movement." It consists of increasing awareness, placing blame where it belongs and challenging negative age beliefs. It's about changing habits.

Helen Dennis is a nationally recognized leader on issues of aging and the new retirement with academic, corporate and nonprofit experience. Contact Helen with your questions and comments at

Visit Helen at HelenMdennis.com and follow her on [facebook.com/](https://www.facebook.com/)

cluding looking at risk factors, care and early detection.

The Emory study was funded by an Alzheimer's Disease Research Center pilot grant through the National Institute of Aging. Huels and other researchers had no relevant financial interest in the outcome.

What is "fine particulate matter"?

According to the Environmental Protection Agency, these are tiny particles that are so small they can be inhaled deep into the lungs and enter the bloodstream, potentially causing health problems.

They are the cause of haze in some parts of the U.S.

These particles are made up of solids or liquid droplets with diameters that are generally 2.5 micrometers and smaller.

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Research

FROM PAGE 12

sociation Georgia Chapter. "Multiple studies presented during AAIC 2021 were the first to suggest that reducing pollution is associated with lower risk of dementia and Alzheimer's disease."

Disney called for more research in areas of the United States with high levels of pollution that tend to be populated by low income individuals and people of color.

The Chicago-based Alzheimer's Association last year said it invested \$100 million into dementia research, the largest single-year investment since 1980 when the nonprofit was founded. In Georgia alone, \$600,000 was awarded to advance research efforts in 2023.

Overall, the state of Georgia has 19 ongoing projects totaling nearly \$3.5 million and includes research being conducted in-

SOCIAL & WELL-BEING

GETTING OUT
THEREVOLUNTEERING KEEPS RETIRED ST. CLAIR
SHORES COUPLE BUSIER THAN EVER

By **Debra Kaszubski**
For *MediaNews Group*

Retiree Jon Lawrence, 72, doesn't mind that he's not as skilled as others on the golf course, bowling alley or pickleball court.

He knows he would have more time to perfect those skills and spend on his boat if he didn't focus so much of his time on volunteering.

If that happened, though, "(I) would really miss doing something worthwhile with my time. At this stage in my life, time is very precious."

Jon and his wife Doreen, 68, are active retiree volunteers with a number of organizations, including the Retired Senior Volunteer Program, where they regularly deliver Meals on Wheels and spend time performing various tasks at local hospitals. Jon, a veteran, also volunteers time by interviewing World War II veterans for the Library of Congress Veterans History Project.

Along with delivering meals, Doreen facilitates classes that promote balance and creates fidget aprons for dementia patients.

A fidget apron is a mat that has items such as keys, zippers and other trinkets sewn on. The mats help reduce agitation and anxiety. Doreen and her sister have made and donated 360 mats to hospitals.

Their volunteer efforts don't end there. They've also worked at the Capuchin Soup Kitchen, the Michigan State University Extension program (teaching water cycle in schools), the Selfridge Military Air Museum and the Berkely School District's chess club.

For most of their lives, the St. Clair Shores couple owned a variety of small businesses.

The couple retired in 2013 after Jon's father came to live with them after the death of his wife.

They have two adopted daughters and five grandchildren, whom they see every week. In the past, they served as foster parents. They also enjoy travel and have visited every state and continent except Antarctica.

Even though they have so much on their plates, the couple makes time for volunteering because "at the end of the day, it feels good," Jon said. "Use Meals on Wheels as an example. Some days, it's bitter cold or raining and you would rather stay home. But a couple of hours later, you're back home and you know that some people who depend on you had a good meal and a brief visit from a familiar face."

Some believe volunteering not only assists those in the community, but provides many physical, social and mental benefits for the volunteer, as well. One possible explanation is that most volunteer roles require some physical activity, even if it is getting ready to go and walk.

"But I believe that the emotional benefits of volunteering also contribute," said Trista Johnson, AmeriCorps Seniors Program Director. "I have been told by many volunteers that serving others improves their mood and they go home after counting their blessings."

In addition to physical benefits, some volunteers report lower levels of anx-

ety and loneliness and greater satisfaction with their lives.

Since nearly all volunteers interact with people, this improves their social support system.

In some instances, volunteers learn new skills or sharpen those that they already have, leading to additional benefits.

"A great example of a role where you may learn new skills is by assisting seniors or low-income residents by helping them with their taxes or with Medicare or Medicaid," Johnson said. "These roles come out of a lot of training."

There are multiple volunteer opportunities available for those living in metropolitan Detroit, although Johnson said Meals on Wheels drivers, tutors, blood drives and hospital volunteers are in the greatest demand.

Those willing to drive homebound seniors with household chores or by driving to appointments are also in need.

"I believe that giving your time to help others is the most important thing we can do. Time is our most precious gift and how you choose to spend your time shows your values," Johnson said. "Helping, even if you only have a small amount of time to give, shows you care for people, animals, our country, the environment, or the future of mankind, depending on what cause you select."

For more information on how to become an RSVP volunteer and on what opportunities are available, contact Johnson at rsvp@ccsem.org or 248-220-329 or visit ccsem.org/rsvp.



PHOTO COURTESY OF RETIRED SENIOR VOLUNTEER PROGRAM

St. Clair Shores resident Doreen Lawrence, right, donates fidget mats to local hospitals. The mats, which she sews, help keep dementia patients busy. Accepting this donation is Barbara Stephen, a bereavement specialist with Trinity Health Oakland Hospital.

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WORK & PURPOSE

A MEMORABLE MILESTONE

OAKLAND COUNTY HOLOCAUST SURVIVOR CELEBRATES 100TH BIRTHDAY

By Debra Kaszubski

For MediaNews Group

One of the greatest tragedies in history occurred 80 years ago when 6 million Jewish lives were lost during the Holocaust. West Bloomfield resident Katherine Sattler was witness to the genocide and although eight decades have passed, Sattler's memories of those events and what led up to them haven't faded.

Sattler recently celebrated her 100th birthday with about 30 relatives who traveled in from Chicago, Philadelphia and California. On May 5 — Holocaust Remembrance Day — Sattler was recognized at the Zekelman Holocaust Center in Farmington Hills during its annual Yom Hashoah Commemoration. Later that evening, her family celebrated at Steven Lelli's Inn On the Green in Farmington Hills.

The birthday event was a departure from her usual daily routine, which consists of talking on the phone, watching nature documentaries, napping and having dinner with family. Although her days are relatively peaceful now, the infamous tattoo that is imprinted on her arm bears witness to a much scarier time.

Sattler was born Katherine Rosenbaum on May 6, 1924, in Uzhhorod, Czechoslovakia, which is now part of western Ukraine. Her father earned a good living in the wholesale business. Her family, which includes a brother and a sister, was wealthy and Sattler describes her childhood as ideal.

Most of Sattler's friends weren't Jewish and she would often go to church with them. In return, her friends went to the synagogue with her. But that changed once the German influence came to town and Sattler's friends shunned her. "The moment I wore the star on my clothes, I lost all of my friends," she said. Eight decades later, this still weighs on her mind.

Sattler, her sister and her mother were taken to Auschwitz near the end of World War II. Her father and aunt were killed immediately when they arrived at Auschwitz. The memory of the last time Sattler saw her father, a once proud businessman being led away by the Nazis, is burned in her brain.

Her brother was sent to a labor camp. He survived and went on to open a Los Angeles bakery.

Life at the camp consisted of pretending to not know her mother and sister (to stay together) while working as a clothes sorter. Her responsibility was to look for hidden money, jewelry and other items. Found items were put into a box. Out of spite, she would also bury items in the dirt floor when the Nazis weren't looking.

After Sattler, her sister and her mother were liberated from the camp, the family traveled to New York by ship before eventually ending up with her mother's brother in Los Angeles. There, Sattler worked as a costume designer with well-known Hollywood designer Edith Head, the inspiration for the character of Edna Mode in "The Incredibles."

Sattler met her husband, Carl, in California, where he worked after serving in the Air Force. The couple moved to Carl's native Michigan where they raised children Howard, Janis and Ronnie. She has five grandchildren and four great-grandchildren.

After raising her family, Sattler worked with well-known Detroit area designer Ruth Joyce.

Later in life, Sattler snow-birded between Michigan and Boca Raton, Florida, and she liked playing golf and tennis. Carl died in 1996.

Sattler is one of a decreasing number of Holocaust survivors. About 245,000 are still living across 90 countries, according to a study released in January by the New York-based Conference on Jewish Material Claims Against Germany. The median age of survivors is now 86.

Sattler attributes her longevity to many things, including her overall positive attitude — even in the darkest of times.

"I hope sharing these events will enable people to make it through hardships they experience in their own lives," she said. "Above all, hold onto the belief that things can and will get better. The road may be long and difficult, but there is always hope for a brighter tomorrow."

The Detroit News contributed to this report.



PHOTO COURTESY OF KATHERINE SATTLER

Katherine Sattler was recognized at the Zekelman Holocaust Center in Farmington Hills during its annual Yom Hashoah Commemoration on May 5, Holocaust Remembrance Day.

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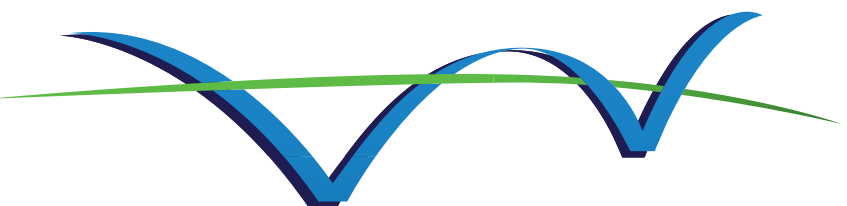
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SOCIAL & WELL-BEING

NOT READY TO HANG UP FOR GOOD

LANDLINES ARE DYING OUT; BUT TO SOME, THEY'RE A LIFELINE

By Heather Kelly
The Washington Post

In a small town at the foothills of Mount Rainier, about 45 miles southeast of Seattle, the views are epic, but the cell reception is spotty.

Susan Reiter has had a landline in her home since 1978. The power goes out multiple times a year, says Reiter, usually caused by fierce wind and other weather events. But the landline always works, she says, making it her best option if there's an emergency and she needs to call 911.

"There are people out in rural America that need this service," Reiter, 77, says. "Maybe it's not a big number, but for those people it's a safety issue."

The number of landline users has plummeted with the rise of cellphones, and the 19th-century technology's days appear to be numbered. Providers like AT&T are looking to exit the business by transitioning customers to cellphones or home telephone service over broadband connections. But for many of the millions of people still clinging to their copper-based landline telephones, newer alternatives are either unavailable, too expensive, or are unreliable when it matters most: in an emergency.

According to the National Center for Health Statistics, only a quarter of adults in the United States still have landlines and only around 5% say they mostly or only rely on them. The largest group of people holding onto their landlines are 65



TAUSEEF MUSTAFA — AFP VIA GETTY IMAGES

The number of landline users has plummeted with the rise of cellphones. Providers like AT&T are looking to exit the business by transitioning customers to cellphones or home telephone service over broadband connections.

and older. Meanwhile, more than 70% of adults are using wireless phones only.

The copper lines used for traditional landlines carry electricity over the wires, so as long as a phone is corded or charged it will work during a power outage. Landlines are separate from cellular and broadband networks and are not affected by their outages, making them a necessary backstop in rural areas. Many of those same areas have inadequate cellular or internet coverage.

"In three, four, maybe five years a lot of states are

going to say 'OK, it's permissible to discontinue service if you, the phone company, can demonstrate there's functional alternative service,'" says Rob Frieden, an academy and emeritus professor of telecommunications and law at Pennsylvania State University.

AT&T recently asked the California Public Utilities Commission to end its obligation to provide landline service in parts of the state. The Federal Communications Commission, which has to approve a request to end service, said it hasn't received one from AT&T.

"We spend more than a billion dollars a year in California maintaining our legacy network and services that are used by 5% of households today and this is rapidly declining," Susan Johnson, AT&T's head of wireline transformation said in an email. "That's about as efficient as cooling an entire high-rise building in the heat of the summer with residents only occupying one floor."

Hundreds of California residents called into CPUC public meetings last week to share their opinions on AT&T's request. The vast

majority said maintaining landline service was a safety issue, citing power outages, wildfires and floods as times when their landlines are the only way to reach 911 or get information on evacuations. Many said eliminating landlines would disproportionately affect elderly, disabled and lower-income people.

The callers, primarily seniors, also said they couldn't get or afford reliable cell or internet service where they lived. Some struggle with learning to use new technology or simply don't like cellphones. One woman

called cellphones "the decline of civilization as we know it."

Despite the request, AT&T says it is not cutting off copper landline customers at this time, and people can still sign up for a new landline. However, like other landline companies, it is hoping to transition those customers to alternatives.

One option is cellular service, but coverage isn't consistent for people in less populated parts of the country and there is a risk of outages. An AT&T cellular outage on Feb. 22 left millions of customers across the United States without service for hours, according to the FCC which is investigating the incident.

Another alternative is VoIP, or voice-over internet protocol, phone service. It's a phone line carried over the internet instead of copper, and can be used with a traditional home phone, corded or cordless.

That's how Liz Bleakley, 39, runs her business, Good Hands Creamery. Bleakley only used a cellphone in her old life working in health care in Atlanta. But three years ago, when she moved to the Windsor, Vermont, area with her husband to become an artisanal raw-milk cheese maker, she realized her cellphone wasn't going to cut it.

"We had the wonderful experience of moving into our house and looking at our cellphones and there's this moment of horror: There's no bars," Bleakley said in an interview over her home phone after los-

PHONE » PAGE 20

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DREAMSTIME — TNS

Falls are a leading cause of bone breaks and brain injuries for senior citizens, according to a new health study.

Falls are a leading cause of bone breaks, brain injuries for seniors

By Linda Searing

Special to *The Washington Post*

About 1 in 4 U.S. adults 65 and older — more than 14 million people — suffer a fall each year, according to the Centers for Disease Control and Prevention.

Falls are the leading cause of injury among those 65 and older, even though not all falls result in an injury, the CDC says. About 37% of older people who have fallen have sustained an injury that required medical treatment or activity restrictions.

For instance, the CDC reports that 95% of hip fractures result from a fall, and falls also are the most common cause of trau-

The World Health Organization recommends that adults undertake 150 to 300 minutes a week of moderate-intensity aerobic activity, which can help prevent falls, among other benefits.

matic brain injuries.

The National Institute on Aging notes that the odds of falling increase with age, but falls often can be prevented.

Standard suggestions include fall-proofing your home space (making sure all stairs have handrails and are well-lit, eliminating most throw rugs and

keeping walk spaces clutter-free), careful management of medications (especially those that can cause dizziness or confusion), having regular vision checks and staying as active as possible (including doing exercises to maintain strength and balance).

The World Health Organization recommends

that adults undertake 150 to 300 minutes a week of moderate-intensity aerobic activity, which can help prevent falls, among other benefits.

A study of more than 7,139 older Australian women, published in the journal *JAMA Network Open*, found that those who adhered to the WHO activity recommendation were less likely to fall, with or without injury, than those who were less active.

The National Institute on Aging notes, however, that many older adults develop a fear of falling, which can lead to their becoming less active and then at higher risk of falling.

Phone

FROM PAGE 18

ing cell service. “It’s terrible. Your calls drop and you have to plan out times and situations in which you’ll be able to carry on a conversation with someone.”

In a rural, mountainous area where snowstorms are common, she wanted to have an option for emergencies and conducting business. Instead of getting a regular landline, Bleakley signed up for cable internet and got a VoIP number.

The Biden administration has committed tens of billions of dollars to expand broadband service across the United States, which could help ween people off copper lines. But even if everyone had reliable access, there would still be issues like power outages, software glitches and affordability. Some cable phone lines come with backup batteries that can last a couple hours if there’s a power outage, but when the power is out for days the home will need another option like a generator.

Victor Lund, 57, has a more reliable, if expensive, backup plan. The tech consultant from Arroyo Grande, California, bought satellite phones for his family. The small devices look like an old Nokia feature phone with an antenna, and can hold a charge for

months or a year if turned off, Lund says. He prepaid \$300 for a 200 minutes and hasn’t had to use any yet.

“There’s lots of places where a cellphone won’t work in what I’d call civilization in California,” said Lund, who regularly goes four-wheeling and exploring across the state.

Other options are coming out regularly. Apple added a satellite-connected emergency response service to the iPhone 14 in 2022 and is not yet charging for the feature, though could in the future.

For people with a landline they’ve had for decades, the promise of new technology doesn’t compete with the security of something that has worked for so long.

On their 123-acre timber farm in Longview, Washington, Lisa and Robert Sudar have all the options. They have cellphones that work if they walk up a nearby hill, an internet connection, a VoIP phone and Starlink satellite service. And in a drawer in their hallway, there’s an old Princess phone connected to a landline — the only thing that works during a power outage.

“It just provides us a lot of security as a population to have landlines available,” said Robert Sudar, 70. “It’s another way to communicate with people when the power goes out, and it’s a national security issue in my opinion.”



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According to the National Center for Health Statistics, only a quarter of adults in the United States still have landlines and only around 5% say they mostly or only rely on them.

SOCIAL & WELL-BEING

High-tech kiosks offer seniors an alternative to visiting library

By Debra Kaszubski
For MediaNews Group

Some seniors in Commerce Township can peruse and check out library books without visiting the library.

High-tech self-serve book kiosks were recently installed at the Richardson Community Center and The Avalon of Commerce Township. The kiosks, which cost around \$30,000 each and are over 6 feet tall, work similar to vending machines and are stocked with about 125 titles, according to Alyson Lobert, Commerce Township Library Director.

“(The) library kiosks are stocked with popular fiction and nonfiction titles that appeal to a broad range of individuals,” Lobert said. “A selection of books that are appropriate for individuals with dementia are also included.”

In addition, users of the kiosk will be able to check out a small selection of audiobooks and tablets, which are preloaded with puzzles, word games, number challenges and more. “The tablets will challenge memory,

reaction time, problem-solving and observation skills and do not require an internet connection for operation,” Lobert said.

To use the kiosk, users scan their library card, which unlocks the door. When an individual closes the door, the items the person selected are checked out to his or her library card. The Commerce Township’s librarians and staff will stock and maintain the kiosks.

The self-service library kiosks project was selected by U.S. Rep. Haley Stevens (D-11th District) as a 2023 Congressional Community Funding Project. The approval was based on the fact that due to health, mobility, transportation and other factors, residents of nearby nursing homes and assisted living facilities were often unable to visit the library.

“Our residents can now access all the benefits of the Commerce Township library,” said Bryan Neal of The Avalon of Commerce Township. “For many seniors who are no longer driving, these simple destinations are no longer simple. Our residents are thrilled to have an extension of the library.”



Alyson Lobert, Commerce Township library director, and residents of The Avalon of Commerce Township gather at the May 7 opening of the new Commerce Township library kiosk, which allows seniors to check out books without having to visit the library.

PHOTO COURTESY OF THE AVALON OF COMMERCE TOWNSHIP

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WORK & PURPOSE

THE GOLDEN YEARS

HERE'S WHAT TO KNOW ABOUT RETIRING IN MICHIGAN

By Mark E Lett

For MediaNews Group

For many folks considering retirement, four words are essential — learn before you leap.

And for potential retirees considering Michigan — whether to stay in the Mitten State or move to the Great Lakes State — there is plenty of research and data to help shape a decision.

Following are some findings about Michigan as a retirement destination:

Best places to retire in Michigan

Source: *Pods.com*

▪ Frankenmuth: “The type of place where you can always get out and about and explore fun local offerings.” Among those: AutoFest, Summer Music Fest and the Bavarian Festival.

▪ Greilickville: On the edge of Lake Michigan just north of Traverse City, Greilickville offers “direct access to fabulous parks.”

▪ Beverly Hills: The Detroit suburb “provides it all for retirees who enjoy spending time in nature. ... There are numerous nature preserves that ... also provide valuable green space.”

▪ Grosse Pointe Farms: “The arts and entertainment scene is what makes the community so desirable for its retired residents.”

▪ Stevensville: The southwest Michigan community has “some of the most affordable rent and home prices across the entire state ... and is our pick for the cheapest place to retire in Michigan for those who are on a budget.”

▪ Pleasant Ridge: For those looking to stay active, amenities include “open recreation space, a



DAVID RAMOS — GETTY IMAGES

Michigan has 3,288 miles of freshwater coastline and 13,400 miles of state-designated trails for hiking, cycling and horseback riding.

dog park and a variety of sports facilities.”

▪ Charlevoix Township: “The perfect small town for those looking to get away from the larger crowds of the busier cities.”

▪ Birmingham: “While maintaining its small-town feel, Birmingham offers a variety of cultural and recreational opportunities in a vibrant urban setting.”

▪ Peninsula Township: “One of Michigan’s most scenic and unique townships” extending 16 miles into Grand Traverse Bay.

▪ Ford River Township: Situated in the northwestern region of the state, it “is a friendly and peaceful community with direct access to Ford River.”

7 best places to retire in Michigan on a budget

Source: *Movoto.com*

▪ Traverse City: The city is large enough to offer top-notch health care services.

▪ Marquette: The cost of living is estimated at 11% lower than the state average.

▪ Battle Creek: Close to major freeways and easy access to all-weather regions of the state.

▪ Holland: Numerous state parks, an easy drive to Grand Rapids and “a wonderful place to settle down for those who enjoy being on water.”

▪ Menominee: “An attractive option for retirees who want peace, quiet and affordability.”

▪ Howell: A “nice compromise” for retirees who want to live near Metro Detroit but prefer rural surroundings.

▪ Ironwood: More than 20% of residents in this Upper Peninsula community are at least 65 years old.

Most peaceful places in America

Source: *Travel + Leisure*

Ann Arbor is the “third most serene place to live in America,” according to an Insider Monkey report published by Travel + Leisure. Why? Exceptionally low noise levels and access to green spaces. AA has 159 parks, ranging from neighborhood green spaces to a 69-acre park along the Huron River.

6 reasons to move to Michigan to retire

Source: *AARP*

▪ Affordable housing: The median home listing price in Michigan was \$267,000 in March 2023 — among the lowest in the nation. Among the most affordable are homes in the southwest corner of the state.

▪ Reasonable cost of living: Michigan had the 15th lowest cost of living in the nation in the second quarter of 2023.

▪ Pleasant summers.

▪ Plenty of outdoors, including 3,288 miles of freshwater coastline and 13,400 miles of state-designated trails for hiking, cycling and horseback riding.

▪ Great small towns.

▪ Lots of fresh fruit. Michigan produces 70% of the nation’s tart cherries.

By the numbers

Source: *Smartasset.com, seniorliving.org, bridgedetroit.com*

▪ Nearly 4 million Michigan residents are older than 50. The state’s median age is 39.8.

▪ Michigan’s population increased by 3,980 in 2023 — to an estimated 10,037,261. It was the state’s first population gain in a half-decade.

▪ Nearly 82% of residents 60 and

older own their homes.

▪ Of residents at least 60 years old, 14.1% are veterans.

▪ Michigan life expectancy from birth is 78, compared with a national average of 78.5.

▪ Michigan does not tax Social Security retirement income.

▪ The median property tax rate in Michigan is 1.48% which is 1% higher than the national median rate.

▪ A homestead property tax credit is available to homeowners who meet eligibility requirements for property taxes owed. Applicants must have owned or contracted to pay rent while occupying a Michigan homestead for at least six months during the relevant tax year.

▪ Michigan’s sales tax is 6%.

▪ Many Michigan communities collect local income taxes in addition to the state income tax rate of 4.05%.

13 best states to retire

Source: *Choice Mutual*

To calculate the best states to retire in 2024, the Choice Mutual insurance company analyzed crime rates, tax policies for retirees, cost of living indexes, average home prices, health care and weather.

1. Iowa
2. Mississippi
3. North Dakota
4. Oklahoma
5. Illinois
6. Arkansas
7. Kansas
8. Kentucky
9. Alabama
10. Florida
11. South Dakota
12. Indiana
13. Michigan.

“Home prices are well below the national average and it’s one of the most affordable places in the country for medical care.”

Calendar of trips, activities and events

To have an event included in the Vitality calendar, email the name of the event, the time, date, address, cost (if applicable) and contact information to jjgray@medianewsgroup.com.

JUNE

June: Somerset Mall Walking on the 3rd Wednesday of the month in June at the Clawson Senior Center, 509 Fisher Court, Clawson. Depart, 9:45 a.m. to enjoy a scenic and safe way to support your physical & mental well-being and shop while you are there. Cost \$3. Contact dispatch to sign up. For more information, call 248-589-0334 or visit cityofclawson.com

June 13: Father's Day Luncheon on Thursday, June 13 at noon, \$5, at the Clawson Senior Center, 509 Fisher Court, Clawson. Celebrate with a lunch and ice cream sundae bar. Buy your tickets May 9th-June 6 or until sold out. For more information, call 248-589-0334 or visit cityofclawson.com

June 13: Father's Day Bingo on Thursday, June 13 at 1 p.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Buy a lunch ticket and join us. For more information, call 248-589-0334 or visit cityofclawson.com

June 17: Afternoon Movie at the Blair Memorial Library on Monday, June 17 at 1 p.m. at the Clawson Senior

Center, 509 Fisher Court, Clawson. Join us to watch, "GreenBook," A film exploring racism, music & friendship. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

June 18: RGHS Program: 80 Years After D-Day at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Tuesday, June 18 at 6 p.m. Adults, No registration required. Presenter: Steve Mrozek, Selfridge Air Force Base Museum, The Roseville Historical and Genealogical Society presents a program at the Library each month. For more information contact RHGS representative Ken Schramm at 313-884-3067

June 20: Murder Mystery, at the Roseville Public Library, 29777 Gratiot Ave, Roseville Thursday, June 20 at 6 p.m. Teens and Adults, Registration required. Help us solve the case! This gruesome Library murder will have you guessing who could have committed such an awful crime. Will your assumptions be right or has your imagination gone wild in this baffling case? For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

June 20-23: Contract Bridge Tournament, Southeast Michigan Bridge Association Ken Van Cleve Regional, June 20-23.

Events each day begin at 10 a.m. at the Michigan Bridge Connection, 26776 W 12 Mile Rd, Southfield. Cost: \$15 per person per session. For more information, visit <https://tournaments.acbl.org/schedule.php?sanction=2406319>

June 20: Casino Trip MGM on Thursday, June 20 at the Clawson Senior Center, 509 Fisher Court, Clawson. Depart at 10 a.m., cost is \$12. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

June 20 & 27: Lunch & Learn Series with ACHC at the Clawson Senior Center, 509 Fisher Court, Clawson on Thursday, June 6, 20, & 27 at 10 a.m. WISE program provides information relevant to older adults to support a healthy lifestyle. Register in advance for this FREE event. You must attend all 3 sessions to receive a lunch ticket to dine in after each class. For more information, call 248-589-0334 or visit cityofclawson.com

June 21: Friday, June 21, Coffee & Donuts at the DSO — "Disney & Broadway Favorites." Bus departs from Walmart, 45400 Marketplace, Clinton Twp. at 9:15 am, Cost is \$65. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

June 22: The Single Way, a group for Christian singles,

is sponsoring a dinner and games night on Saturday, June 22 at 5 p.m. Cost is \$5.00 and includes a complete barbeque dinner, snacks, and beverages. If coming, a reservation is required by Friday, June 21. For location and more information, call 586-774-2119.

June 24: Deal Me In: Social Card Night, at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Monday, June 24 at 6 p.m. Adults, Registration required. Players of all skill levels are welcome to a social night of card games. We provide the cards, you provide the fun. Our presenter from earlier Deal Me In! sessions will be available for help and strategy advice. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

June 25: Detroit Pizza: A Doughtown History at the Roseville Public Library,

29777 Gratiot Ave, Roseville, Tuesday, June 25 at 2 p.m. Adults, No registration required. Karen Dybis will discuss the history of Detroit pizza and the restaurants that made it famous in this delicious talk based on her book. Sorry, no pizza will be served at this program. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

June 26: Coffee and Donuts at the DSO — "Elvis" on Friday, July 26. We have secured MAIN FLOOR seating. Bus departs from Walmart, 45400 Marketplace, Clinton Twp. at 9:15 a.m. Cost is \$70. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

June 26: Free Lunch & Learn, "Financial Awareness" sponsored by T&I CU on Wednesday, June 26 at

11:15 a.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Registration required. For more information, call 248-589-0334 or visit cityofclawson.com

June 27: Green Thumb #4: How to Garden for Vegetables? At the Roseville Public Library, 29777 Gratiot Ave, Roseville. Thursday, June 27 at 6 p.m. Adults, Registration required. For the fourth date of the season, Lori Smith, Advanced Macomb County Master Gardener, will talk about her experience with vegetable gardening in the ground and raised beds as well as companion gardening for insect control. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

June 27: Music at the DIA on Thursday, June 27, at the Clawson Senior Center, 509 Fisher Court, Clawson.

CALENDAR » PAGE 24

PET TRIBUTE PAGE



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. Next issue will be July 11, 2024.

Name(s) of Pets: _____

Member of the _____ Family.

Address: _____

Phone: _____

EMAIL FORM & PHOTO TO:
demke@medianewsgroup.com

Mail to: Vitality Pet Page
Attn: Dawn Emke
53239 Settimo Crt
Chesterfield, MI 48047

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



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ASSISTED CARE AVAILABLE

Calendar

FROM PAGE 23

depart at noon. Cost \$5. Enjoy the sounds of MoTown and art with friends at the museum. Registration required by Thursday, June 13. For more information, call 248-589-0334 or visit cityofclawson.com

June 27: Wheel of Fortune! Join us on Thursday, June 27 at 1 p.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

June 28: Red Cross Blood Drive at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Friday, June 28, 10 a.m. to 4 p.m. Give the gift of life. Give blood at the Red Cross Blood Drive. Walk-ins are welcome, or register in advance at www.redcrossblood.org/give

JULY

July: Crafting with Chrissy free crafts on select Tuesdays at 11 a.m. in July at the Clawson Senior Center, 509 Fisher Court, Clawson. Call for dates. For more information, call 248-589-0334 or visit cityofclawson.com

July 3: 4th of July Celebration on Wednesday, July 3 at noon at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us for a FREE lunch sponsored by Atlas Home Safety. We'll play a Home Safety Bingo game with prizes, an educational talk on home safety, and Mediterranean cuisine. Reserve by June 24. For more information, call 248-589-0334 or visit cityofclawson.com

July 8: Lunch Bunch on Monday, July 8 at the Clawson Senior Center, 509 Fisher Court, Clawson. Details TBD. Drive or take our bus (sign up). Pay for your meal and transportation. Register in advance for this fun outing!. For more information, call 248-589-0334 or visit cityofclawson.com

July 9: Tuesday, July 9, Shop at Eastern Market and Tour War Memorial with Lunch at Farmer Franks, Bus departs from Walmart, 45400 Marketplace, Clinton Twp. at 9:15 a.m. Cost is \$55 Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330

July 9: 8-week Matter of Balance at the Clawson Senior Center, 509 Fisher Court, Clawson. Program starts Tuesday, July 9 at 12:30 p.m. Learn to improve balance, manage falls, and increase activity. Register early. For more information, call 248-589-0334 or visit cityofclawson.com

July 10: Birthday Luncheon on Wednesday, July 10 at noon at the Clawson Senior Center, 509 Fisher Court, Clawson. Your birthday must be in July to receive a complimentary meal. Sit anywhere in the dining room, but you must sign-up and attend to get your birthday card and lunch coupon. For more information, call 248-589-0334 or visit cityofclawson.com

July 11: Princess Cruise Day Trip on Thursday, July 11 at the Clawson Senior Center, 509 Fisher Court, Clawson. Enjoy lunch and cruise the Detroit River! Cost, \$70. Depart, 10:45 a.m. Reserve by Monday, June 3. For more information, call 248-589-0334 or visit cityofclawson.com

July 15: Afternoon Movie at the Blair Memorial Library on Monday, July 15 at 1 p.m. Sponsored by the Clawson Senior Center Join us to watch, "Brian & Charles," Brian, a lonely inventor builds a robot, named Charles. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

July 16: Crafting with Chrissy FREE craft event on Tuesday, July 16 at 11 a.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Depart at 10 a.m., cost is \$12. We'll decorate mini

ceramic planters with your grandchild. Youth volunteers available to help. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

July 17: Senior Day Join us on Wednesday July 17 at Jimmy John's Field for an afternoon of fun, entertainment, and baseball! \$26 includes 1 ticket and lunch. Sponsored by the Clawson Senior Center Depart, 509 Fisher Court, Clawson at 9:45 a.m. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

July 18: Bingo at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us on Thursday, July 18 at 1 p.m. for a game of Bingo with friends after lunch. 25 cents per card and prizes awarded. For more information, call 248-589-0334 or visit cityofclawson.com

July 25: Casino Trip Motor City on Thurs. July 25 at the Clawson Senior Center, 509 Fisher Court, Clawson. Depart at 10 a.m. Cost is \$12. Sign up at the front desk. For more information, call 248-589-0334 or visit cityofclawson.com

July 26: Friday, July 26, Coffee and Donuts at the DSO — "Elvis." We have secured MAIN FLOOR seating! Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 9:15 a.m., Cost is \$70. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330. Only a few seats left.

July 27(Registration deadline for Aug. 29): Thursday, Aug. 29, join us for a Detroit Tiger Game at Comerica Park vs LA Angels — We will be seated in the shade. Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 11:45 a.m. Cost is \$60. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330. Deadline to register is July 27.

July 30: Pinch Pot Pottery activity on Tuesday, July 30

at the Red Oaks Nature Center in Madison Heights. Cost \$3. Depart 10 a.m. Reserve by July 1. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

AUGUST

August: Crafting with Chrissy free crafts on select Tuesdays at 11 a.m. in August at the Clawson Senior Center, 509 Fisher Court, Clawson. Call for dates. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 1: Learn with Lisa on Thursday, Aug. 1 at 1 p.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us at the center to learn about eligibility for a Free or reduced Life Alert System. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 8: Cranbrook Art Museum on Thursday, Aug. 8, depart at 10:30 a.m., at the Clawson Senior Center, 509 Fisher Court, Clawson. Cost is \$4. Enjoy a day with friends at the Cranbrook Art Museum in Bloomfield Hills. Bring a sack lunch or purchase one from us in advance. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 12: FREE Lunch & Learn, at the Clawson Senior Center, 509 Fisher Court, Clawson. Sponsored by Desmond Funeral Home on Monday, August 12th. Join us for sub sandwiches and conversations with Mike. Registration required. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 14: Birthday Lunch on the 2nd Wednesday of each month, at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us on Aug. 14 at noon. If your birthday is in August, lunch is on us! You must dine in to get your card & FREE lunch ticket. Sign up required. For

more information, call 248-589-0334 or visit cityofclawson.com

Aug. 15: FREE Lunch & Learn, at the Clawson Senior Center, 509 Fisher Court, Clawson. Sponsored by Sterling Assisted Living Thursday, Aug. 15, at 11 a.m. for lunch to learn about Sterling Assisted Living. Register in advance by Monday Aug. 12. You must attend the presentation to receive a free lunch ticket. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 19: Afternoon Movie at the Blair Memorial Library on Monday, Aug. 19 at 1 p.m., at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us to watch, "Mr. Holmes," An aged, retired Sherlock Holmes deals with dementia, as he tries to remember his final case, and a mysterious woman, whose memory haunts him. Register in advance. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 22: Wheel of Fortune at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us on Thursday, Aug. 22 at 1 p.m. with friends after lunch for a fun time playing this classic game. Sign up in advance. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 29: Casino Trip Hollywood on Thurs. Aug. 29, at the Clawson Senior Center, 509 Fisher Court, Clawson.. Depart at 10am, cost is \$12. Sign up at the front desk. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 29: Beach Party Luncheon Thursday Aug. 29, at noon, at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us for endless fun with friends in the indoor sun at lunchtime! Purchase your ticket in advance for this fun event. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 29: Bingo on Thursday,

August 29th at 1 p.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Join friends in the Senior Dining Room for a game of Bingo. For more information, call 248-589-0334 or visit cityofclawson.com

SEPTEMBER

Sept. 15-21 (7 days/6 nights): Motorcoach Trip to Cape Cod and Martha's Vineyard. Join us aboard a spacious, video and restroom equipped motorcoach as we set off for this beautiful destination. This incredible price includes 6 nights lodging (4 consecutive nights in the quaint Cape Cod area), 10 meals, an escorted visit to Martha's Vineyard, and a visit to the JFK Museum. In addition, you'll enjoy TWO guided tours of the historic seaside towns of Hyannis and Sandwich as well as the "Outer Cape", including Provincetown and Chatham. We will also stop for some exciting gaming at Turning Stone Casino on our way home. Bus departs from L'Anse Creuse John Armstrong Performing Arts Center, back parking lot, 24600 Pankow Blvd, Clinton Twp at 8 a.m. Cost is \$1,065 for double occupancy. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

DECEMBER

Dec. 2-6 (5 days/4 nights): Motorcoach Trip to Christmas with the Du Ponts. Join us aboard a spacious, video and restroom equipped motorcoach as we set off for this beautiful destination. This incredible price includes 4 nights lodging. Kick off your Holiday Season by joining us on this trip to The Chateau Country of the Delaware Valley where we will have the opportunity to go on guided tours of three DuPont Family Mansions beautifully decorated inside and outside for the holidays. We plan to visit The

Nemours Mansion and Gardens, Winterthur Museum and Gardens and Eleutherian Mills at the Hagley Museum. Trip includes visits to Philadelphia's Christmas Village and to Longwood Gardens & Conservatory. Christmas Village, modeled after Germany's traditional Christkindlmarks, features 80 vendors selling traditional and international holiday items, arts and crafts, as well as European food, sweets and drinks. Longwood is transformed into a Holiday Wonderland both inside and outside during the holidays, featuring thousands of poinsettias, magnificently decorated trees, colorful dancing fountains, strolling carolers, and a half-million twinkling lights. Bus departs from L'Anse Creuse John Armstrong Performing Arts Center, back parking lot, 24600 Pankow Blvd, Clinton Twp. at 8 a.m. Cost is \$895 for double occupancy. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330

Monthly events

- **Quilting Group:** Meets every Tuesday, from 10 a.m. to 2 p.m. in Room 5/6. at the Clawson Recreation and Senior Center, 509 Fisher Court. Let's meet up to discuss the latest topics and ask questions in a friendly environment. For more information, call 248-589-0334 or visit cityofclawson.com
- **Pick Your Play:** Thursdays at 12:45 p.m. at the Clawson

Recreation and Senior Center, 509 Fisher Court. Play Kings in the Corner, Hand & Foot, Farkle, whatever you like. Bring a friend and have some fun. For more information, call 248-589-0334 or visit cityofclawson.com

- Did you want to learn to play piano, guitar or ukulele? What about voice lessons? We offer beginner classes for youth and adults. Visit our website to see all of the music lessons we offer. Lessons take place at Kawai studios and rental instruments are available for rent. Kawai studio is located at 12745 23 Mile Rd, Shelby Twp, MI 48315. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330

- **Current Events Club:** meets the 1st Thursday of each month at 1 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court. Let's meet up to discuss the latest topics and ask questions in a friendly environment. For more information, call 248-589-0334 or visit cityofclawson.com

- **Fitness 20/20/20:** Monday and Wednesdays, 5:30-6:30 p.m. Fitness 20/20/20 held at Frederick V Pankow Center — Room 505, 24076 F V Pankow Blvd, Clinton Twp. Cost is \$96 Register online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

- **Chair Exercise:** on Mondays, Wednesdays and

Fridays at the Clawson Recreation and Senior Center, 509 Fisher Court. Level I at 10:30 a.m.: Seated warm-up, light weights, bands and balance work. Level II at 11:15 a.m.: Low-impact moves. No fee, donations welcome. For more information, call 248-589-0334 or visit cityofclawson.com

- **Socrates Club:** Meets the 3rd Tuesday of each month at 5 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court. Meetup to discuss current events in a relaxed, informal setting. For more information, call 248-589-0334 or visit cityofclawson.com

- **Zumba Gold at the Clawson Recreation and Senior Center, 509 Fisher Court at 1:30 p.m.** on Mondays with Ivy. Cost is \$5 per drop-in class. For more information, call 248-589-0334 or visit cityofclawson.com

- **Solo-Seniors Group:** meets the 2nd Thursday of each month at 1 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court Meet and mingle with other seniors in this fun social group. For more information, call 248-589-0334 or visit cityofclawson.com

- **Indoor Walking on Mondays and Wednesdays at 9:15 a.m.** at the Clawson Recreation and Senior Center, 509 Fisher Court Meet with friends to walk in our gym. For more information, call 248-589-0334 or visit cityofclawson.com

- **Mondays and Wednesdays:** 9:15-10 a.m. (tentatively starting this Fall/Winter), Water Walking or Lap Swim held at L'Anse Creuse High School North, 23700 21 Mile Rd, Macomb. Walk in \$5 a visit or purchase a punch card. Punch cards can be purchased at the pool, online at Lc-ps.ce.eleyo.com or calling L'Anse Creuse Community Education at 586-783-6330.

- **Older Persons' Commission Membership:** Mondays — Thursdays, from 8:30 a.m. — 7:30 p.m.; Friday, from 8:30 a.m. — 3:30 p.m.; and Saturday, from 8 a.m. to 2 p.m. OPC membership is available at no charge to all residents 50+ of Rochester, Rochester Hills and Oakland Township. Registration forms are available at OPC or online at opcseiorcenter.org. You must register in person and proof of residency is required. The OPC is located

at 650 Letica Drive, Rochester. For more information, call 248-656-1403.

- **Pinochle:** on Mondays and Wednesdays at 12:45 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court. Cost is \$1.

Price includes prize money for the top three scores. For more information, call 248-589-0334 or visit cityofclawson.com

- **Chair Yoga:** at 10:30 a.m. on Tuesdays & Thursdays with Melissa or Stephanie at the Clawson Recreation and Senior Center, 509 Fisher Court. Come get a great stretch in this class! No fee, but donations are welcome. For more information, call 248-589-0334 or visit cityofclawson.com

- **Tai Chi:** Wednesdays at 10 a.m. with Cheryl at the Clawson Recreation and Senior Center, 509 Fisher Court. Cost is \$5 per drop-in class. For more information, call 248-589-0334 or visit cityofclawson.com

- **Euchre:** on Tuesdays at 12:45 .pm. Cost is \$1, which includes prize money, at the Clawson Recreation and Senior Center, 509 Fisher Court. For more information, call 248-589-0334 or visit cityofclawson.com

- **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



BE KIND SPOTLIGHT

We are looking to recognize people that have impacted your life and/or the community. If you have someone that you would like to nominate to be recognized, please send a paragraph or letter, first and last name of the person and picture of the person to us (if you have one).

Must receive your info and story by June 26, 2024 for our July 11, 2024 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
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53239 Settimo Crt, Chesterfield, MI 48047

Next Issue of Vitality

will be on

THURSDAY JULY 11, 2024



HER SMILE

I can see her sitting over there
Underneath a tree
The wind a blowin' free
She'll turn her head in just a little while
And catch a ray of sunshine on her smile

I can see her walking through the rain
Putting up a fret
Not wanting to get wet
She'll turn her head in just a little while
And catch a falling raindrop on her smile

I can see her plodding through the snow
Facing the cold air
Blowing through her hair
She'll turn her head in just a little while
And catch a swirling snowflake on her smile

I can see her talking over there
With her eyes of brown
Liking folks around
She'll turn her head in just a little while
And brighten up the whole room with her smile.

By Robert Vackaro of Waterford, MI

Poetry Page

RIDING WITH SPIRIT

Slowly driving with the flow of the traffic,
Aware of life and Spirit.
Listening to the music of life.
Looking at the trees swaying back and forth,
Waving to those in sight,
With a smile that takes you for miles.
Driving peacefully, enjoying the ride,
Knowing that Spirit is by your side.
Being alive and wowed with the spirit within.
Hello world, let's go forward in this time,
With the high of the Divine without the wine.
Being forever in our strongest mind,
Where the glory of life is bound and safe,
To keep us in place.
Let's ride the wind of peace and grace.
Good day to all people, as we live together in this space.

By Alethea Monk Howard of Detroit, MI

FIRST & LAST NAME: _____ PHONE NUMBER: _____

ADDRESS: _____

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

MAIL TO: Poetry, Pets &
Be Kind Spotlight
Dawn Emke
53239 Settimo Crt
Chesterfield, MI 48047

If you chose to submit your Poetry, Pet Tribute or Be Kind Spotlight 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 Poetry, Pet Tributes & Be Kind Spotlights to: demke@medianewsgroup.com

Look for other ads in this issue of Vitality for more information on Be Kind Spotlight and Pet Tribute.

NEXT ISSUE WILL BE JULY 11, 2024

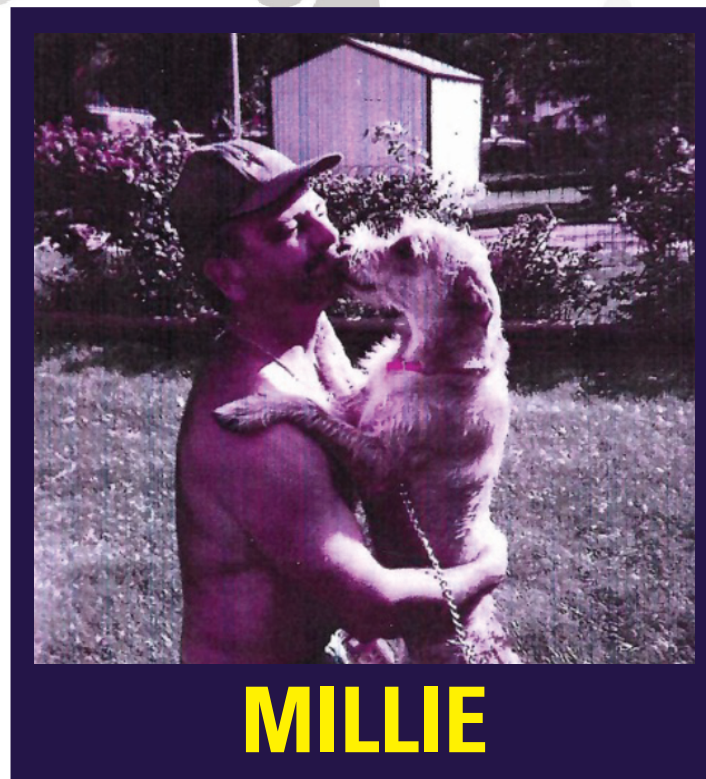
Thank you for your interest in sharing your creativity. We look forward to reading your poems and letters of appreciation.

PET TRIBUTE PAGE



BRUNO

Meet Bruno! Bruno is a 5-year-old Portuguese Water Dog. He keeps busy these days, as he is a Therapy Dog at Corewell Health (Beaumont Health System).
Member of the Puskorius Family from Clawson, MI



MILLIE

Member of the Radtke Family from Sterling Heights, MI

FIRST & LAST NAME: _____ PHONE NUMBER: _____
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