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GRACE, PURPOSE AND WELL-BEING



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Right: Sharon Kay Burdt, 81, of Swartz Creek, was named the 2024 Ms. Senior Michigan during the annual pageant, held July 24 at the OPC Social & Activity Center in Rochester Hills.



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SOCIAL & WELL-BEING

LEARN, LINK & LUNCH

CAREGIVER CONNECTIONS PROGRAM TO ENTERTAIN, EDUCATE AND ENLIGHTEN CAREGIVERS

By AgeWays*Formerly Area Agency on Aging 1-B*

AgeWays Nonprofit Senior Services, a nonprofit focused on helping older adults and family caregivers, is hosting Caregiver Connections: Learn, Link & Lunch on Saturday, Oct. 5, at the Suburban Collection Showplace in Novi. The event runs from 10 a.m. to 1:30 p.m.

A \$10 entrance fee covers a light breakfast and boxed lunch — and a program that features two dynamic speakers who have been in the caregiving trenches, caregiver-focused exhibitors from the aging-services network, on-site help from the AgeWays Resource Center team, raffles, giveaways and more.

“We know that supporting family caregivers is critical to caring for the older adults in our region. They need information, resources and respite care. They can’t do it alone,” says AgeWays Director of Communications Kathleen Yanik. “The event is all about helping caregivers connect with resources and get the help they need.”

Christy McDonald, an Emmy award-winning TV personality at WDIV/TV 4, will give the keynote address, “Hope, Grief and The Unknown: A Caregiver’s Journey.”

McDonald cared for her late husband, Jamie Samuelsen, a sportscaster who died of colon cancer

in 2020. She will speak on “Hope, Grief and the Unknown: A Caregiver’s Journey” about her experience and what helped her through it. She’ll help caregivers embrace their own tough and beautiful moments — what makes us laugh and what gives us hope.

McDonald is raising her three children in her hometown of Troy.

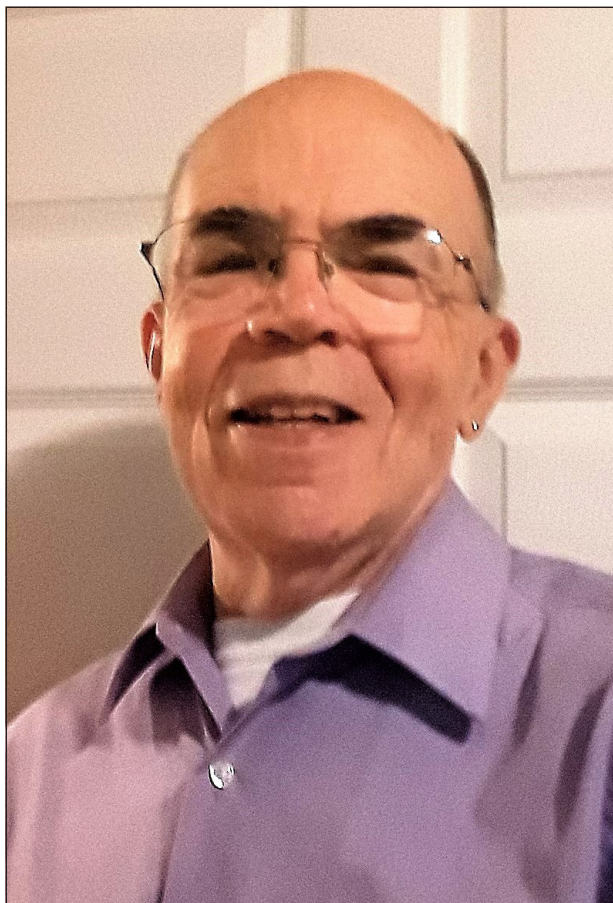
Jim Mangi, PhD, will speak about his experience caregiving for his wife, who developed Alzheimer’s disease in her late 50s.

A Saline resident and retired environmental scientist who has authored two books, Mangi is a powerful speaker who is often called upon to share his experience caring for his wife for the last 16 years. In his role as a volunteer community educator with the Alzheimer’s Association, he will speak on communicating with people who have dementia.

Mangi’s talk will include how to manage behaviors and how to recognize when more help is needed.

Mangi also works with Area Agencies on Aging in his role as founder and chair of Dementia Friendly Saline, a nonprofit that helps persons dealing with dementia live their best lives in their communities, with less difficulty and more dignity.

Caregiver Connections will also feature attorney Jason Tower of Tower Kar-



Jim Mangi

son in Livonia who will talk about important documents caregivers should have.

Organizers expect about 20 exhibitors who will offer resources designed to help caregivers.

Resource specialists from AgeWays will be available onsite to work with caregivers one-on-one and help them connect to resources.

To register for the event, visit careconnections.eventbrite.com. You



Christy McDonald

Area Agency on Aging 1-B



can also call 248-606-5798 if you have trouble registering online.

Proceeds from the event will benefit Holiday Meals on Wheels.

Parking is free.

NOTE: If the entrance

fee is a barrier, a fee waiver may be available. Please contact communications@ageways.org or 248-606-5798 for more information.

This content is provided

by AgeWays Nonprofit Senior Services (the new name for the Area Agency on Aging 1-B), a nonprofit that serves older adults and family caregivers in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. We provide services, programs and resources that are designed to help seniors age safely and independently. Call us at 800-852-7795 to get connected.

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SOCIAL & WELL-BEING

How can I keep my energy up as I age?

By Dr. Trisha Pasricha

Special to *The Washington Post*

Q: As I grow older, I feel like I'm more often tired and needing more naps. How can I keep my energy up?

A: Feeling constantly exhausted is not normal, regardless of your age. It's a myth that as we age, fatigue becomes par for the course, though it is a common symptom: One study found that 29% of 70-year-olds and 68% of 85-year-olds experienced fatigue. In one study, among older adults, low energy was more often cited as the reason it's hard to get out of bed than even chronic joint or back pain.

Fatigue may not bode well. A study of almost 1,000 adults, age 75, living in Norway and Finland, found that those who reported feeling tired in their daily activities had more than twice the odds of becoming disabled within the next five years than those who did not.

People who experience fatigue are also more likely to experience loneliness and have higher mortality rates.

Talk through your symptoms of low energy with your physician, who can help tease out the nuances, which may lead to a specific diagnosis. For example, are you feeling more physically depleted, inert or sleepy?

What baseline are you comparing your current symptoms to? Such questions are an important part of the initial evaluation with someone who knows your full medical history.

Ways to boost energy for older adults

Our energy level is determined by many factors, and we can increase it in different ways.

Add more protein to your diet and cut down on ultra-processed foods and snacks. Issues with nutrition can be a big part of why we feel fatigued.

Some of it is directly related to the foods we're eating.

A balanced diet for older adults should include about 0.6 g of protein per pound of body weight (a 150-pound person should aim for 90 grams of protein daily).

Foods that drag us down include refined carbs and ultra-processed foods that may offer short bursts of energy but leave us feeling sluggish and unfulfilled. But there can also be problems with appetite and swallowing, commonly related to dimin-



PHOTO COURTESY OF METRO EDITORIAL SERVICES

Feeling constantly exhausted is not normal, regardless of your age. It's a myth that as we age, fatigue becomes par for the course, doctors say.

ished saliva production (which affects one-third of older adults) or dental issues.

Take care of your oral health. Would it surprise you to learn that having fewer teeth predicts fatigue in older age? Tooth loss often results from oral infections related to poor oral health.

Studies have found unhealthy dietary choices, such as eating fewer fruits and vegetables that are harder to chew, go hand-in-hand with tooth loss and increasing age.

Start strength training. Decreased muscle mass contributes significantly to why older adults feel fatigued.

As early as in our 40s, we lose muscle mass, also known as sarcopenia, which can diminish our stamina. I advise patients to check their grip strength as an indicator of overall muscle quality and work on weightlifting.

We don't have to bulk up like Arnold Schwarzenegger, but we can build muscle well into our 80s and 90s. It's never too early or too late to start incorporating weights into our exercise routines.

Studies have found that resistance training can improve older adults' independence in daily activities and enhance energy. One old but good randomized controlled trial

published in the *New England Journal of Medicine* in 1994 found that high-intensity resistance training was "feasible and effective" in reducing physical frailty among nursing home residents whose average age was 87.

Check for underlying diseases such as anemia. A randomized controlled trial published last year on the effect of low-dose aspirin and anemia among older adults had an unexpected finding: About 1 in 5 older adults who didn't get aspirin and were just on a placebo developed anemia within five years of enrolling in the study.

This means many older adults are at risk of experiencing low red blood cell counts over time, which can cause significant fatigue unless addressed. Besides anemia, hypothyroidism can make people feel constantly tired.

As we age, hypothyroidism steadily becomes more common, especially among women.

It affects less than 2% of people in their 20s, but more than 10% of people in their 70s and 80s.

Other diseases associated with fatigue and older age include Parkinson's disease, heart failure, kidney disease and cancer.

Chat with your physician about your

symptoms in depth and decide if you should pursue more testing.

Change your sleep patterns and bedroom temperature.

As many as 50% of older Americans experience insomnia and other sleep disorders.

Our circadian rhythm tends to shift with age, telling us to sleep and rise earlier in the day. While older adults still need to aim for seven to eight hours a night, according to the National Sleep Foundation, give yourself permission to nap.

A systematic review from 2022 found that indulging in a little daytime siesta didn't compromise how long older adults slept at night, but did improve daytime fatigue.

The American Geriatrics Society does not recommend many sleep aids, especially for older adults, who are more sensitive to medications such as Ambien or Lunesta, because they may increase drowsiness to the point of raising the risk of car accidents, falls and other dangers.

How do you set your thermostat or room fans? Some evidence suggests that older Americans sleep best between 70 and 74 degrees Fahrenheit, which is especially important during the summer months.

There are also several disorders such as sleep apnea that can contribute to fatigue symptoms and are worth exploring with your physician.

Rethink your medications. At your next primary-care visit, talk about your medications and whether they are all necessary in the doses you're taking them. Many common prescriptions — from blood pressure medications to anti-depressants — can zap our energy levels.

Furthermore, too many medications in general interacting with each other is also correlated with fatigue.

What I want my patients to know

There are so many voices telling us that aging means slowing down.

If we internalize those messages, we can mistakenly normalize the idea that feeling constantly fatigued is a part of that process.

One important masquerader of fatigue that often gets discussed, and for good reason, is depression. Depression can lead to feelings of boredom, difficulty sleeping and exhaustion. If you're experiencing these symptoms, talk to someone you trust, such as a health-care provider or family member, about how to get the help you need.



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SOCIAL & WELL-BEING



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Services

Tips to find the right assisted living facility

Millions of seniors across the globe benefit from residing in assisted living facilities.

Such facilities feature well-trained and highly skilled staffs that can help aging men and women live full lives even if they're dealing with cognitive and/or mobility issues.

The benefits of assisted living facilities are undeniable, but certain spaces may be a better fit than others depending on an individual's unique needs. Choosing a facility may be up to the individual who will ultimately move in, but such decisions also have a tendency to be family af-

fairs. Adult children of aging men and women often help their parents find a facility, and the following are some strategies families can employ to find the right space for adults who need some help with the tasks of everyday life.

- Get some word-of-mouth recommendations. In its 2023 Local Care Survey, the National Council on Aging found that 63% of respondents utilized family and friends as a primary source of information on senior living options. Though it's important that families recognize seniors have their own unique needs and certain

facilities may be more experienced at handling certain conditions than others, word-of-mouth recommendations can still yield valuable insight into what life is like at a given facility. And such intel also can provide useful insight as to how well a facility is maintained and how much it prioritizes communication with family members.

- Decide where to look. Proximity to family is an important consideration when choosing an assisted living facility. The NCOA notes that family members willing to drive 20 to 30 minutes outside of their immediate area may have

more options to choose from than those who want something closer to home. When considering proximity, each family member involved in the decision should give thought to how likely they are to visit their loved one if the facility is a significant distance away from home. Assisted living facilities often go to great lengths to ensure residents socialize amongst each other, but seniors may feel there's no substitute for visits from their own family members. So a facility that's within a short drive of a resident's relatives might make the best fit if all other boxes are checked.

- Exercise due diligence. It's best to visit as many facilities as possible before making a final decision. Such diligence can provide insight that can be highly valuable to any family, but especially those who have never before had a relative move into an assisted living facility. Families can visit multiple facilities even in urgent situations when seniors need immediate care. In such situations, enlist various adult family members to visit one or two facilities apiece, asking the same questions and taking notes at each one. Notes can then be compared during group discussions. This

approach is efficient and ensures as many options as possible are given consideration before a final decision must be made.

- Work with a loved one's physician. If a loved one has a unique condition like dementia or greatly limited mobility, then his or her physician should be consulted. For example, physicians may know of a facility or facilities that excel in handling residents with dementia, and that insight can increase the chances a loved one gets the level of care he or she needs and deserves.

— Metro Editorial Services

Hear What Former Guests Say About Their WellBridge EPIC Experience



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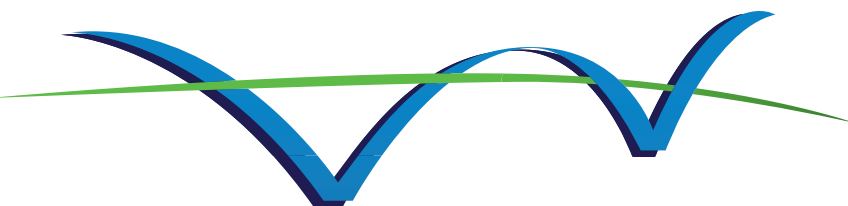
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MONEY & SECURITY

HOUSE-RICH, CASH-STRAPPED: ADVICE FOR OLDER HOMEOWNERS

By Taylor Getler |
NerdWallet

Tribune News Service

For many homeowners of retirement age, much of their net worth is tied up in their home equity, their home value minus any remaining liens. Home equity makes up 47% of the net worth of a median white homeowner age 62 or older, 81% of total net worth for older Black homeowners and 89% of total net worth for older Latino homeowners, according to the Urban Institute.

If you're looking for ways to cover expenses after retirement, you may consider converting some of your home equity into cash. "There is no universally 'best' source of cash flow in retirement," says Andy Panko, owner of Tenon Financial in Metuchen, New Jersey, and a retirement income certified professional. But those who hesitate to draw from their home's well of equity "may be depriving themselves of a great source of cash flow during their retirement years."

It's important to think through what you hope to leave behind, if anything. If your goal is to leave your home as a legacy, "you should generally try to avoid having any form of mortgage against the property outstanding when you die" says Panko. However, if this isn't your main priority, "it could make sense to 'unlock' the equity in your home and use it during your lifetime via some form of mortgage."

Options include a home equity line of credit, home equity loan, reverse mortgage or home equity investment. The right loan product for you depends on your reason for needing the cash, says Anneliese Le-



GETTY IMAGES

Older homeowners who need access to cash may consider converting some of their home's equity into a loan.

derer, senior policy counsel for the Center for Responsible Lending in Washington, D.C.

Here's what to consider if you're thinking about accessing your equity.

HELOCs: for qualified borrowers who want flexibility

If you need cash to finance a multistep project — for example, making some upgrades to your home to improve accessibility — the first option to consider is a home equity line of credit, or HELOC.

A HELOC is a flexible line of credit that you can borrow from as needed, up to a certain limit. You typically have 10 years to draw from the line, during which time you're only required to make payments on the interest.

After 10 years, you can't

draw any more, and payments will include both principal and interest. HELOC interest rates are usually variable, meaning they move up and down with a banking base rate known as the prime rate.

If you're retired, you may be required to show alternative income documentation to lenders to qualify for a HELOC. This includes any pension income, Social Security income or disbursements from retirement accounts. Just like any applicant, you'll have to prove that you can keep up with monthly payments.

If you can't make your monthly payments, you risk losing your home to foreclosure.

Home equity loans: for qualified borrowers who need a lump sum

If you need to liquidate

some of your equity to finance a one-off expense, such as replacing your roof, you may consider a home equity loan.

This is a fixed-rate second mortgage that delivers the money all at once.

As with a HELOC, you'll have to document your ability to pay before a lender will consider granting you the loan, and a home equity loan can lead to foreclosure if you can't keep up with monthly payments.

Since the home equity loan has a fixed rate, payments are more predictable than a HELOC with a variable rate.

Transferring a home with a home equity loan or HELOC

There may be implications for your heirs if you can't pay off a HELOC or home equity loan within

your lifetime.

U.S. law prevents lenders from enforcing a due-on-sale provision (in which the loan needs to be paid off in a lump sum after your death) if your inheritors are relatives or a spouse.

These "protected" family members could continue making monthly payments on a remaining loan balance. If you intend to leave the home to someone who doesn't qualify under the U.S. code, you may consider putting them on the loan when you apply to allow for a seamless transfer.

Consult an estate planner for advice specific to your needs and goals. Monique D. Hayes, founder and CEO of Estates Made Easy in Miami, Florida, points out, for instance, that putting a home into a trust may be a bad fit for someone exploring home equity options.

Reverse mortgages: for borrowers 62+ who are struggling with bills

If you need a more permanent financial change that will allow you to stay in your home, you may find that a reverse mortgage is a good fit.

This loan, also known as a home equity conversion mortgage, or HECM, is backed by the Federal Housing Authority (FHA) and is not required to be paid back until you move or die, when payment becomes the responsibility of your heirs. If you're expecting to use your equity to help your family build generational wealth, "that's a big negative of reverse mortgages," Lederer says, because your heirs will need to sell the property or pay back the loan.

You must be at least 62 years old to qualify for a reverse mortgage, and you

are required to meet with a housing counselor before pursuing this option. These counselors provide advice to homeowners for free or at a low cost. You can find a counselor in your area using this portal from the Consumer Financial Protection Bureau. The counselor will look at your goals, financial shortfall and income history to clarify whether a reverse mortgage is an appropriate choice, says Lederer.

Reverse mortgages don't have income requirements, though they do require that borrowers can pay their obligations such as property taxes and homeowners insurance. Panko says, "A reverse mortgage can be a great solution to someone who's house-rich and otherwise income not-so-rich."

Home equity investments: for borrowers who can't qualify for a mainstream loan

If you can't qualify for other options and need a solution with more flexible application requirements, you may be interested in a home equity investment or sharing agreement.

Traditional lenders don't offer these — instead, they're a niche product primarily provided by companies that specialize in these transactions and usually have much lower credit requirements than HELOCs and home equity loans. Some major names that you may see in your research include Point, Unison and Hometaap.

A home equity investment allows you to access some of your home's equity as a lump sum in exchange for giving the company a percentage of your

ASK THE FINANCIAL DOCTOR

Do I have to take a minimum withdrawal from my Roth when I'm 73?

Q: Can I withdraw \$1,000 from my 401(k) or IRA plan without penalty if I am younger than 59 ½ years old?

A: Yes, you can withdraw up to \$1,000 per year without penalty as long as the money is used for an emergency.



Richard Rysiewski
Columnist

Q: I have a Roth account in my 401(k) plan at work. Do I have to take a required minimum distribution (RMD) when I am 73 years old?

A: No, beginning in 2024, there are no RMDs for Roth IRAs in 401(k) or 403(b) plans.

Q: How much does a surviving spouse receive from Social Security after their spouse passes away?

A: The amount that a surviving spouse will receive depends on several factors, including whether they have reached full re-

tirement age (FRA) or if the spouse is already receiving reduced benefits. If a surviving spouse is at

FRA or older, they will receive 100% of the benefit amount upon the death of their loved one. If they are age 60 to full retirement age, they will receive between 71.5% to 99% of the benefit amount. If they have a disability or are caring for a child under the age of 16, they will receive 75% of the benefit amount.

Q: What is the maximum amount that I can put in my Roth IRA and in my 401(k) Roth IRA?

A: If you have both plans, the maximum amount that you can contribute is \$23,000 for 2024, and those 50 and older can contribute \$30,500. If you only have a traditional Roth IRA, the maximum contribution is \$7,000 for 2024 and those 50 or older can contribute

\$8,000.

Q: What is the catch-up contribution for a Health Savings Account (HSA) for 2024?

A: For 2024, the catch-up contribution is \$1,000. Eligible individuals who are age 55 but under age 65 are allowed to make a catch-up contribution to their HSAs.

Q: My dad has not received his IRS refund for the tax year 2023. How can he check on the status of his tax refund?

A: Your dad can call the IRS directly at 800-829-1040 or he can also use the internet by logging on to irs.gov and typing the keywords "where is my refund?"

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.

Advice

FROM PAGE 10

home's appreciation. Unlike typical loans that require monthly payments, these have one balloon payment that comes due after 10 to 30 years (or when you decide to move), when you'll have to either sell the home or pay the investment company's share out of pocket.

The amount of this balloon payment is a percentage of the appreciation of your home from the time that you entered the agree-

ment, though these companies will often lower your home's initial valuation to inflate the amount of appreciation they're entitled to receive.

You may end up paying out much more than you received. For example, Point outlines that you could owe more than double your initial cash advance in just 10 years if your home appreciates at a relatively low rate of 1.5% per year.

The more your home appreciates, the more you'll owe in the end.

There is no one-size-fits-all approach to over-

coming a financial shortfall with your home equity. Weighing your options and speaking with a housing counselor can help you determine the best course of action for your situation, and in the process, can illuminate your goals for your property during your lifetime and beyond.

Taylor Getler writes for NerdWallet. Email: tgetler@nerdwallet.com.

The article House-Rich, Cash-Strapped: Advice for Older Homeowners originally appeared on NerdWallet.

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HEALTH & FITNESS

OLDER WOMEN ARE DIFFERENT THAN OLDER MEN THEIR HEALTH IS WOEFULLY UNDERSTUDIED

By Judith Graham

(TNS) KFF Health News

Medical research has shortchanged women for decades. This is particularly true of older women, leaving physicians without critically important information about how to best manage their health.

Late last year, the Biden administration promised to address this problem with a new effort called the White House Initiative on Women's Health Research. That inspires a compelling question: What priorities should be on the initiative's list when it comes to older women?

Stephanie Faubion, director of the Mayo Clinic's Center for Women's Health, launched into a critique when I asked about the current state of research on older women's health. "It's completely inadequate," she told me.

One example: Many drugs widely prescribed to older adults, including statins for high cholesterol, were studied mostly in men, with results extrapolated to women.

"It's assumed that women's biology doesn't matter and that women who are premenopausal and those who are postmenopausal respond similarly," Faubion said.

"This has got to stop: The FDA has to require that clinical trial data be reported by sex and age for us to tell if drugs work the same, better, or not as well in women," Faubion insisted.

Consider the Alzheimer's drug Leqembi, approved by the FDA last year after the manufacturer reported a 27% slower rate of cognitive decline in people who took the medication. A supplementary appendix to a Leqembi study published in the *New England Journal of Medicine* revealed that sex differences were substantial — a 12% slowdown for women, compared with a 43% slowdown for men — raising questions about the drug's effectiveness for women.

This is especially important because nearly two-thirds of older adults with Alzheimer's disease are women. Older women are also more likely than older men to have multiple medical conditions, disabilities, difficulties with daily activities, autoimmune illness, depression and



PHOTO COURTESY OF METRO CREATIVE CONNECTION

anxiety, uncontrolled high blood pressure, and osteoarthritis, among other issues, according to scores of research studies.

Even so, women are resilient and outlive men by more than five years in the U.S. As people move into their 70s and 80s, women outnumber men by significant margins. If we're concerned about the health of the older population, we need to be concerned about the health of older women.

As for research priorities, here's some of what physicians and medical researchers suggested:

Heart Disease

Why is it that women with heart disease, which becomes far more common after menopause and kills more women than any other condition — are given less recommended care than men?

"We're notably less aggressive in treating women," said Martha Gulati, director of preventive cardiology and associate director of the Barbra Streisand Women's Heart Center at Cedars-Sinai, a health system in Los Angeles. "We delay evaluations for chest pain. We don't give blood thinners at the same rate. We don't do procedures like aortic valve replacements as of-

ten. We're not adequately addressing hypertension.

"We need to figure out why these biases in care exist and how to remove them."

Gulati also noted that older women are less likely than their male peers to have obstructive coronary artery disease — blockages in large blood vessels — and more likely to have damage to smaller blood vessels that remains undetected. When they get procedures such as cardiac catheterizations, women have more bleeding and complications.

What are the best treatments for older women given these issues? "We have very limited data. This needs to be a focus," Gulati said.

Brain Health

How can women reduce their risk of cognitive decline and dementia as they age?

"This is an area where we really need to have clear messages for women and effective interventions that are feasible and accessible," said JoAnn Manson, chief of the Division of Preventive Medicine at Brigham and Women's Hospital in Boston and a key researcher for the Wom-

en's Health Initiative, the largest study of women's health in the U.S.

Numerous factors affect women's brain health, including stress — dealing with sexism, caregiving responsibilities, and financial strain — which can fuel inflammation. Women experience the loss of estrogen, a hormone important to brain health, with menopause. They also have a higher incidence of conditions with serious impacts on the brain, such as multiple sclerosis and stroke.

"Alzheimer's disease doesn't just start at the age of 75 or 80," said Gillian Einstein, the Wilfred and Joyce Posluns Chair in Women's Brain Health and Aging at the University of Toronto. "Let's take a life course approach and try to understand how what happens earlier in women's lives predisposes them to Alzheimer's."

Mental Health

What accounts for older women's greater vulnerability to anxiety and depression?

Studies suggest a variety of factors, including hormonal changes and the cumulative impact of stress. In the journal *Nature Aging*, Paula Rochon, a professor of geriatrics at the University of Toronto, also faulted "gendered ageism," an unfortunate combination of ageism and sexism, which renders older women "largely invisible," in an interview in *Nature Aging*.

Helen Lavretsky, a professor of psychiatry at UCLA and past president of the American Association for Geriatric Psychiatry, suggests several topics that need further investigation. How does the menopausal transition impact mood and stress-related disorders? What nonpharmaceutical interventions can promote psychological resilience in older women and help them recover from stress and trauma? (Think yoga, meditation, music therapy, tai chi, sleep therapy, and other possibilities.) What combination of interventions is likely to be most effective?

Cancer

How can cancer screening recommendations and cancer treatments for older women be improved?

Supriya Gupta Mohile, director of the Geriatric Oncology Research Group at the

Wilmot Cancer Institute at the University of Rochester, wants better guidance about breast cancer screening for older women, broken down by health status. Currently, women 75 and older are lumped together even though some are remarkably healthy and others notably frail.

Recently, the U. S. Preventive Services Task Force noted “the current evidence is insufficient to assess the balance of benefits and harms of screening mammography in women 75 years or older,” leaving physicians without clear guidance. “Right now, I think we’re underscreening fit older women and overscreening frail older women,” Mohile said.

The doctor also wants more research about effective and safe treatments for lung cancer in older women, many of whom have multiple medical conditions and functional impairments. The age-sensi-

tive condition kills more women than breast cancer.

“For this population, it’s decisions about who can tolerate treatment based on health status and whether there are sex differences in tolerability for older men and women that need investigation,” Mohile said.

Bone Health, Functional Health, and Frailty

How can older women maintain mobility and preserve their ability to take care of themselves?

Osteoporosis, which causes bones to weaken and become brittle, is more common in older women than in older men, increasing the risk of dangerous fractures and falls. Once again, the loss of estrogen with menopause is implicated.

“This is hugely important to older women’s quality of life and longevity, but it’s an overlooked area that is un-

derstudied,” said Manson of Brigham and Women’s.

Jane Cauley, a distinguished professor at the University of Pittsburgh School of Public Health who studies bone health, would like to see more data about osteoporosis among older Black, Asian, and Hispanic women, who are undertreated for the condition. She would also like to see better drugs with fewer side effects.

Marcia Stefanick, a professor of medicine at Stanford University School of Medicine, wants to know which strategies are most likely to motivate older women to be physically active. And she’d like more studies investigating how older women can best preserve muscle mass, strength, and the ability to care for themselves.

“Frailty is one of the biggest problems for older women, and learning what can be done to prevent that is essential,” she said.



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DEAN POTTER — FOR MEDIANEWS GROUP

Sharon Kay Burdt, 81, of Swartz Creek, was crowned as the 2024 Ms. Senior Michigan during the annual pageant, held July 24 at the OPC Social & Activity Center in Rochester Hills.

81-year-old woman tap dances her way to Ms. Senior Michigan title

By Dean Potter
For MediaNews Group

The winner of the 37th annual Ms. Senior Michigan Pageant tap danced her way into the hearts and minds of the audience and pageant judges.

Sharon Kay Burdt wowed the audience with her dancing prowess. The 81-year-old from Swartz Creek was shocked when her name was announced as the winner.

"It totally caught me by surprise," she said.

The annual competition took place July 24 at the OPC Social & Activity Center in Rochester Hills.

Shari, as she prefers to be called, has been an educator for more than five decades.

She has developed reading programs for low-income students, wrote and directed student theater productions, and worked with Disney.

She was awarded the Community Hero Award, Innovation Award and Excellence in Education Award for "putting students first."

She was Woman of the Year three times, is president and founder of the Windmill Women's Circle, and volunteers with her local veterans organizations. She started dancing at 3, had talent bookings at 8 and danced on Ted Mack's TV show at age 15.

Christallin Johnson-Smith was selected as the first runner-up. During the talent portion of the pageant, she spoke about goal setting.

She is a minister at One Community Church in Farmington Hills.

She started her college studies at 33 and earned her bachelor's degree in psychology and a master's degree in pastoral counseling.

Judges selected Heidi Coffman of Huntington Woods as the second runner-up.

She loves numbers almost as much as she loves music and performing.

She graduated magna cum laude from Walsh College in accounting. After college, she worked for Arthur Anderson & Co. as a CPA, transitioning to self-employment after her first child.

She received the Accounting Aid Society Volunteer in Partnership Award, working with numerous nonprofit organizations and serving on many charity boards and committees. Beginning at age 58, she has performed in many theatrical shows and is pursuing a music degree as she loves performing.

During the pageant, she sang "Don't Rain on My Parade," which was made famous by Barbara Streisand.

The three winners were selected from a total of 10 contestants.

The competition drew participants from Detroit, Farmington Hills, Harrison Township, Huntington Woods, Rochester Hills, Southfield and Schwartz Creek.

The competition celebrates all women 60 years and older. It is a search for that special, gracious lady who best exemplifies the dignity, maturity and inner beauty of all our Michigan senior women, organizers said.

For more information on becoming a contestant, visit msseniormichigan.org or contact Toni Sanchez-Murphy, Ms. Senior Michigan board president, at 248-420-9857 or tonism24@yahoo.com.

Right: Christallin Johnson-Smith was named as the first runner-up at the 37th annual Ms. Senior Michigan Pageant.

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HEALTH & FITNESS

EXERCISE AFTER KNEE REPLACEMENT

WHY A MODIFIED WORKOUT MAY MAKE SENSE

By Marlene Cimons

Special to *The Washington Post*

When former Olympian Joan Benoit Samuelson ran the 2022 London Marathon, she knew she was taking a risk. It would be her first 26.2-mile race since undergoing a partial right knee replacement in 2020, and many orthopedists warn that high-impact sports after knee replacement can hasten the breakdown of a new knee.

She needn't have worried.

"The knee felt good, and it was definitely worth it," says Samuelson, 65, who won the first Olympic women's marathon in 1984 and has set several world and U.S. records during her long running career. "I wasn't able to run at all before, the pain was excruciating. My surgeons knew that I would be running on the knee with the intention of running marathons."

Knee replacement, the most commonly performed joint replacement surgery, involves replacing damaged natural knee joints with artificial metal and plastic components. An estimated 634,000 Americans underwent knee replacement in 2019, according to the American Academy of Orthopaedic Surgeons (AAOS).

In Samuelson's case, she had the lateral — or outer — part of her right knee replaced.

The downside for her and other athletes, even recreational ones, is that engaging in high-intensity sports after knee replacement can cause excessive wear and loosening of the new components, and may require more surgery. Knee replacement doesn't mean quitting exercise — in fact, doctors encourage physical activity. But it might mean switching to something that involves less "pounding" or adapting your workouts in ways that lessen the impact.

"Most orthopedic surgeons want you to be active, but not abusive," says Nicholas DiNubile, a Philadelphia-area orthopedic surgeon and spokesman for the AAOS. "High-load repetitive impact is not ideal. A distance runner who is coming down hard on one leg at a time might have to consider a mind-set change."

In Samuelson's case, more marathons could mean a total replacement. "It was said at the get-go that I probably would



PHOTO COURTESY OF METRO EDITORIAL SERVICES

be a candidate for a total at some point," she says. "I was willing to take that risk."

Younger patients join the fold

Until recently, knee replacement was largely the province of elderly patients with osteoarthritis. But experts say more younger people are seeking replacements now.

"It's not uncommon to have patients under 50," says Mohamad Halawi, associate professor of orthopedic surgery at Baylor College of Medicine. "Also, as techniques and materials improve, surgeons are more comfortable pushing the envelope for younger patients."

Mike Cook, 46, a heavy-equipment operator and mechanic who lives in Port Washington, New York, is one such patient. In April, he underwent a partial replacement on the inside of his left knee. Years of strenuous work had worn out much of the knee's cartilage, and he had to give up mountain biking, his passion.

Before the surgery, he says: "I couldn't walk. I had intermittent sharp pains that were crippling." Even though he still is recovering, "the pain is gone, and I'm 100%

better than before," he adds. "I have no regrets. None." As for getting back on that mountain bike: "I can't wait," he says.

Most people choose knee replacement when their pain becomes unbearable. "I tell patients: You are ready if your knee starts making your plans for you, or breaking plans for you, when you start giving up the things you love," DiNubile says.

Bernie McCabe, 54, of Haverford, Pennsylvania, underwent total knee replacement in both knees when he was 48 because of osteoarthritis and sports-related injuries. "I'd reached the point where I couldn't do anything," he says. Since his surgery, he still can't run or play pickup basketball, but he plays tennis, hikes and walks 18 holes on the golf course. "I could never have done that before," he says. "Getting this done was one of the greatest things in my life."

Eddie Frank, 71, a high-altitude trekker and founder of an adventure travel company, agrees. Hobbled by osteoarthritis, he underwent partial replacement of both knees in 2018. After recovering, he climbed Mount Kilimanjaro for the 54th time. "The surgeries gave me my life back," he says.

"I have no pain whatsoever. My knees will probably outlive me."

Recommended sports and exercise post-surgery

Experts encourage knee replacement recipients to exercise, but they recommend activities such as cycling, brisk walking, swimming, doubles tennis (which involves less stress because two people on each side of the net share the effort), elliptical machine workouts, gentle downhill skiing and hiking, among others. Repeated pounding can take a toll on a new knee, which is why basketball and long-distance running post-surgery can be problematic. But surgeons recognize that many athletes will be reluctant to give up such sports.

"For someone whose whole being is running or playing basketball, you have to have an educated conversation," says Christopher Annunziata, an orthopedic surgeon and the head team physician for the Washington Commanders football team. "You have to explain the potential risks. It's not something we would necessarily recommend, but we are not naive to the fact that some people will keep doing it."

Halawi agrees. "I usually advise them to use caution and moderation," he says. "They feel amazing after surgery and want to resume what they were doing before. My goal as a surgeon is not to restrict them, but advise them."

Jacqueline Hansen, 74, who won the women's division in the 1973 Boston Marathon and, in 1975, became the first woman to break a time of 2 hours and 40 minutes in a marathon, had total knee replacement in both knees because of osteoarthritis, the first in July 2021, the second in February 2022. (There is no evidence to suggest running causes arthritis; in fact, research shows it actually may protect the knees.)

Her doctor, too, told her to forgo high-impact workouts, and she listened.

"My doctor said if I do not run or jump, there's no reason these knees won't last 20 years. If I do run, he will see me again in five to 10 years," she says. Hansen had already stopped running several years before because of pain and swelling in her knees

and had shifted to taking long walks or hikes. But “when those became too painful, and walking was only possible on a cane, and I was totally bowlegged, I had to face the inevitable and decide on surgery. I am so grateful to walk again without pain that I am not missing the running.”

Becoming just ‘partly bionic’

Those who have partial replacements such as Samuelson probably can keep running for a time because the procedure removes only the affected knee parts but leaves some of the ligaments and natural shock absorbers intact. In a total replacement, however, the surgeon removes all three knee compartments — the medial, or inner side of the knee; the patellofemoral, or front of the knee; and the lateral, or outer side of the knee — and replaces them

with parts made of metal and plastic.

“The ability to run with a partial is different from having a total,” says Thomas Muzzonigro, a specialist in knee and hip replacement. “You’re running partly bionic and partly yourself.”

Partial knee replacements remain far less common than full replacements. In 2019, there were only about 28,500 partial replacements, according to the AAOS. That’s partly because many patients don’t see a surgeon until the damage worsens, affecting the entire knee, or even both knees. In addition, says DiNubile, only certain patients are good candidates for partial replacements — specifically, they should be relatively young with “very specific wear patterns” and arthritis that affects only one knee compartment; they can’t be too knock-kneed or bowlegged, and they should be pretty lean.

But for some people, partial replacement is the answer. Because it is less invasive than a complete replacement, “people tend to feel more normal,” says Annunziata, who no longer does knee replacements. “We have seen people with partial replacements get back to the higher level with no problems, but we don’t know how long they can keep doing that before the knee starts to break down.”

Caution is important for those with partial replacements because going from a partial replacement to a total one can be complicated. There often is existing scar tissue and debris from metal or plastic that has become worn, experts say.

Samuelson’s right knee had been problematic for years, starting with a ski racing accident in high school. She broke her right leg, leaving it shorter than

the left and causing a biomechanical imbalance in her stride.

She won the 1984 Olympic marathon trials race only 17 days after arthroscopic surgery in the same knee, also on the lateral side. By her estimate, she has put about 150,000 miles on her knees.

She knows she must be careful. She ran the London race on only about a third of her normal marathon training mileage (and still won her age group), and she is uncertain about whether there will be more marathons in her future.

“I won’t say ‘yes,’ and I won’t say ‘no,’” she says, adding that she still hopes to earn the Abbott World Marathon Majors Six Star medal, awarded to those who complete the six major marathons: New York, Boston, Tokyo, London, Berlin and Chicago. She has run all of them except Tokyo.

“I don’t expect to be able



PHOTO COURTESY OF METRO EDITORIAL SERVICES

to run marathons forever,” she says. “If I do have a total (knee replacement) at some point, I won’t consider any more marathons. But, with less mileage and cross-training, I’d like to think I can still do an occasional 5K or 10K, so I don’t have to stop running entirely.”

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HEALTH & FITNESS

Musical memories often are preserved in Alzheimer's disease, though, because key brain areas linked to musical memory are relatively undamaged by the disease.

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Can music help someone with Alzheimer's disease?

By Joel Streed

Mayo Clinic News Network
(TNS)

Alzheimer's disease is a progressive disorder that causes brain cells to waste away and die. Alzheimer's disease is the most common cause of dementia, which is a term used to describe a group of symptoms that affect memory, thinking and social abilities severely enough to interfere with daily function.

As many as 5.8 million people in the U.S. were living with Alzheimer's disease in 2020, according to the Centers for Disease Control and Prevention. And this number is projected to nearly triple to 14 million people by 2060.

Memory loss is the key symptom of Alzheimer's disease. An early sign of the disease is difficulty remembering recent events or conversations. As the disease progresses, memory impairment persists and worsens, affecting the ability to function at work or at home.

Musical memories often are preserved in Alzheimer's disease, though, be-

cause key brain areas linked to musical memory are relatively undamaged by the disease. Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia.

Music also can benefit caregivers by reducing anxiety and distress, lightening the mood, and providing a way to connect with loved ones who have Alzheimer's disease — especially those who have difficulty communicating.

If you'd like to use music to help a loved one who has Alzheimer's disease, consider these tips:

- Think about your loved one's preferences. What kind of music does your loved one enjoy? What music evokes memories of happy times in his or her life? Involve family and friends by asking them to suggest songs or make playlists.

- Set the mood. To calm your loved one during mealtime or a morning hygiene routine, play music or sing a song that's soothing. When

you'd like to boost your loved one's mood, use more upbeat or faster-paced music.

- Avoid overstimulation. When playing music, eliminate competing noises. Turn off the TV. Shut the door. Set the volume based on your loved one's hearing ability. Choose music that isn't interrupted by commercials, which can cause confusion.

- Encourage movement. Help your loved one to clap along or tap his or her feet to the beat. If possible, consider dancing with your loved one.

- Sing along. Singing along to music together with your loved one can boost the mood and enhance your relationship. Some early studies also suggest musical memory functions differently than other types of memory, and singing can help stimulate unique memories.

- Pay attention to your loved one's response. If your loved one seems to enjoy particular songs, play them often. If your loved one reacts negatively to a particular song or type of music, choose something else.

HEALTH & FITNESS

The role of a home health aide

Caregivers come from all walks of life. Doctors and nurses may be the frontline medical providers people encounter most frequently, but there are plenty of others who do their part to maintain the well-being of individuals, including home health aides.

Home health aides, sometimes called personal care aides, are brought in to assist a person with activities of daily life. An HHA typically helps a person who may need some assistance with tasks they cannot perform due to illness or disability. HHAs may work in a person's home, in a group home or in another care facility.

AARP says home health aides are considered health care paraprofessionals and must meet es-

tablished training requirements, which vary by location.

HHAs may perform various duties, including:

- assistance with personal care, such as dressing, toileting, feeding, and moving from bed to chair, etc.

- checking vital signs
- monitoring a client
- light housekeeping
- meal planning and cooking

- picking up prescriptions

- companionship

HHAs typically will not provide skilled nursing care and may not be able to offer recommendations on treatment or medications.

Individuals can find the services of HHAs who may work independently or are placed through agencies.

Sometimes a doctor or hospital will have connections to HHA services and can make referrals.

It can be useful to interview several potential HHAs to find one who will fit with the needs and personality of the person requiring assistance.

A good HHA will be compassionate, patient and flexible. As illness or injury also can affect a person's mood, HHAs must be able to adjust if a client is reluctant to receive help or is depressed or anxious from his or her limitations.

Home health aides serve vital roles in the health care community by providing care and companionship to those who can no longer live independently.

— Metro Editorial Services



PHOTO COURTESY OF METRO EDITORIAL SERVICES

MONEY & SECURITY*Real estate: Should I sell my house quickly or list it with a Realtor?*

Q: I've seen ads on TV with people advertising that they will pay me cash for my house with a quick closing and no commissions. Is this a good way to go for a quick sale?

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Real estate industry changes coming

Beginning Aug. 17, an MLS (Multiple Listing Service) participant (real estate agent / Realtor) "working with" a buyer will be required to enter into a written agreement with the buyer prior to touring a home, including both in-person and virtual tours. The mandatory provisions that the written buyer agreements must include are: specify and conspicuously disclose the amount or rate of any compensation the MLS participant will receive from any source or how this amount will be determined, the amount of compensation must be objectively ascertainable and may not be open-ended (not allowed: "buyer broker compensation shall be whatever amount the seller is offering



Steve Meyers
Columnist

to the buyer"), include a statement that MLS participants may not receive compensation from any source that exceeds the amount or rate agreed to with the buyer, disclose in conspicuous language that broker commissions are not set by law and are fully negotiable, and include any provisions required by law.

Bottom line for homebuyers: From now on, you will be required to sign a written agreement with your agent before touring any home. You do not need a written agreement if you are just speaking to an agent at an open house or asking them about their services. In a future column, I will cover what the new rules are for sellers.

Market update

June's market update for Ma-

comb County and Oakland County's housing market (house and condo sales) is as follows: In Macomb County, the average sales price was up by more than 7% and in Oakland County, it was up by more than 5%. Macomb County's on-market inventory was down by more than 12% and Oakland County's on-market inventory was down by more than 8%. Macomb County's average days on market was 24 days and Oakland County's average days on market was 22 days. Closed sales in Macomb County were down by almost 22% and closed sales in Oakland County were down by more than 22%. 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.)

By the long-standing historical definition from the National

Association of Realtors, 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 stay low. In June, the state of Michigan inventory was stuck at 2.2 months of supply. Macomb County's inventory was at 1.6 months of supply and Oakland County's inventory was at 1.8 months. As you can see, by definition it is not a buyer's market.

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.

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WORK & PURPOSE

BACK ON THE JOB

Older workers are a growing share of the workforce

By **Abha Bhattarai**

The Washington Post

Americans 65 and over are playing a larger role in the labor force, shifting the composition of U.S. workers and reflecting a new reality where retirement has become a more gradual process for many.

The share of older Americans who are working, by choice or necessity, has doubled in the past 35 years, according to a 2023 report released by the Pew Research Center. Workers 65 and over also are working longer hours and making more money than they were in the past.

“In some ways, this isn’t surprising: We’re an aging society,” said Richard Fry, a senior researcher at Pew Research Center and lead author of the study. “But it isn’t just that there are more older adults in the workforce, it’s that a larger share of them are working. And it tends to be better-educated, older adults with a college degree.”

The increase of older college-educated workers in well-paying jobs has helped narrow the pay gap between retirement-age workers and younger ones, the Pew report found. Workers 65 and older made a median hourly wage of \$22, just \$3 short of the median for younger workers; that’s down from an \$8 gap in median hourly wages in 1987.

Fred Lilikes, 65, retired in June 2020 and lasted a few months before he found another full-time position in information technology. His new job gives him purpose and financial stability. He’s making nearly double what he would collect Social Security retirement payments. And, more important, working gives him a reason to leave the house.

“I’m the kind of person who has to always be doing something,” said Lilikes, who lives outside Phoenix. “I can’t sit still.”

In all, the Pew analysis found, 19% of Americans 65 and over were employed in 2023, up from



RAMSAY DE GIVE — FOR THE WASHINGTON POST

John Tomkins talks on the phone as part of his job.

11% in 1987.

There are several reasons people are staying longer in the workforce.

Older Americans are healthier than in the past and less likely to have disabilities, so they are able to work longer. The nature of work has changed, too, with flexible office jobs replacing more physically grueling positions in factories and fields.

Policy changes also have played a role. Americans now have to wait until age 67, instead of 65, to access full Social Security benefits. And many companies have scrapped pension funds that offered regular payments after a certain age. Instead, they’re instituting more flexible contribution plans, such as 401(k)s, that tend to be linked to the stock market and other investments.

As a result, even when workers are ready to retire, they are having to consider additional factors such as the health of the economy and the stock market in determining the timing of their exit from the labor force, according

to Joanne Song McLaughlin, a labor economist at the University of Buffalo.

“How much money you have for retirement now depends on the economic cycle,” she said. “And that can create incentives for older workers to work longer.”

More workers, she said, also are taking on “bridge jobs” or part-time work, or positions in completely different fields, to help them transition from career work to retirement.

“The old prototype retirement — where you work somewhere 40 years, then they throw you a party and give you a gold watch, and you never work again — just isn’t the case for most people anymore,” said Joseph Quinn, an economics professor at Boston College. “Today’s workers are retiring gradually, in stages.”

At 63, Leonora Reiley has already retired twice — first in 2019 after a 33-year career as a public high school teacher, and again in 2021 after teaching at a Catholic school in Yorktown, Virginia.

Now, she’s back at work, as a

substitute teacher at a private school, teaching eighth-grade English. Reiley is still working full time, but sticks to eight hours a day instead of the 16 she sometimes logged.

“It’s all of the fun of teaching without any of the horror,” she said. “It’s fun, and it keeps my brain going.”

When she does retire again — not anytime soon — Reiley said she’ll be more deliberate about how she fills her time. She’s recently taken up mah-jongg and pickleball, and she volunteers with Meals on Wheels, which delivers meals to the vulnerable.

Economists say a combination of higher employment rates, growing stock portfolios and rising home values have disproportionately added to the wealth of older Americans.

The average net worth of seniors between 65 and 74 jumped 27% between 2019 and 2022, while people 75 and over notched a 43% increase. That’s compared to a 23% increase in average wealth for all families, according to the Fed’s Survey of Consumer Finances.

As a result, adults in their 60s, 70s and 80s are buying homes at higher rates and shelling out for cruises, travel and dining out, even as younger Americans pull back.

The Bureau of Labor Statistics projects that older Americans will account for 57% of the country’s labor-force growth in the coming decade.

“These people who are staying in the labor market are helping the economy — they’re producing more services and goods, and, at the end of the day, that’s what powers the country,” Quinn said.

While economists say it’s good for the U.S. economy to have more older people in the labor force, workers’ reasons for taking on continued employment can vary widely. Those at the bottom of the income scale and those at the top are most likely to work after retirement, Quinn

said — but the lower-income Americans have to, and wealthier ones want to.

“The thing to remember is that there’s also a group of people in the labor force in the later ages who wish they weren’t,” he said. “They’re old, they’re tired, they’re poor and they have no choice.”

Diana Bryan had hoped to retire four years ago. At 73, she’s still working as a software engineer to pay down her mortgage in Loudoun County, Virginia.

She and her husband bought their home nearly 20 years ago with an adjustable-rate mortgage they had hoped to refinance. But the 2008 housing crisis sent their home value tumbling, thwarting their plans. Her husband died in 2021, and Bryan is still struggling to pay off their house note. Her interest rate went up again in September, adding \$550 to monthly payments.

“I’m selling my home now in order to retire by end of 2024,” she wrote in an email, adding that she hopes it will give her enough to hopefully retire next year. “Wish I didn’t have to.”

Nearly half of adults between 55 and 66 had no personal retirement savings as of 2017, according to census data, making it tough for them to stop working.

There are also signs that the growing share of older workers, particularly in well-paying managerial positions, is making it harder for younger workers to break into careers and move up. In a recent twist, new college graduates are more likely to be unemployed in today’s job market than other workers, including older people with college degrees.

“I’m a case in point,” said Quinn, 76, the Boston College professor, who doesn’t have immediate retirement plans. “As soon as I leave, they’re going to hire some fabulous new wonderful junior person who deserves this job as much as I do. But it is true that some younger person is not in my job because I still am.”

Senior 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 jgray@medianewsgroup.com.

AUGUST

Special services: The City of Clawson has received grant funding from OLHSA to provide essential services such as lawn cutting and snow removal to older adults in need. To be eligible for these services, there is an income requirement. To obtain an application and to check eligibility, contact Assistant Director of Recreation and Senior Services, Lisa Ball, LBSW at the Clawson Senior Center at 248-589-0334.

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. 8: Forensics Program with Stephanie Grabowski of MSP, at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Thursday, Aug. 8 at 6 p.m. Adults — No registration required. Learn about forensic disciplines and how they can contribute to police agencies investigating crimes. Stephanie Grabowski has been working for the Michigan State Police as a Forensic Scientist for 18 years and will share some of the knowledge she has gained. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

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. 13: Check Mates: Chess Club at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Tuesday, Aug. 13 at 6 p.m. Adults — Registration required. Whether you're a Grandmaster or a just starting out, there's a place for you here! We'll meet one evening a month to socialize, discuss strategy, play the game, and most of all, have fun. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

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. Reg-

ister in advance. For more information, call 248-589-0334 or visit cityofclawson.com

Aug. 22: Mystery Book Club: "The Devil and the Dark Water" by Stuart Turton at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Thursday, Aug. 22 at 6:30 p.m. Adults — No registration required. Get together with other mystery readers as we discuss crime novels every third Thursday of the month. You are welcome to join us even if you have not finished the book. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

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. 24: The Single Way, a group for Christian singles is sponsoring a potluck dinner and games night on Saturday, Aug. 24 at 5 p.m. Cost is \$5 and includes the barbeque main course, snacks, and beverages. Each adult is to bring along a salad, starch, or dessert to share with others. If coming, a reservation is required by Friday, Aug. 23. For more information and location, call 586-774-2119.

Aug. 26: Deal Me In: Social Card Night at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Monday, Aug. 26 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

CALENDAR » PAGE 22

ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run Thursday, September 12, 2024.

Deadline is August 28, 2024

To be included in our next edition please Email to:

**VITALITY
Groups & Clubs**

Email: Joe Gray

jgray@medianewsgroup.com

Subject Line: Vitality Community Calendar

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Calendar

FROM PAGE 21

In sessions will be available for help and strategy advice. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

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 1p.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. 3: — Oct. 8: Sleep Education for Everyone at the Clawson Senior Center, 509 Fisher Court, Clawson. The goal of this workshop is to understand the importance of sleep for both physical and mental health. Recognize the importance of sleep hygiene. Identify strategies to improve sleep. In addition, participants will learn how to continue their learning through a six-lesson series. This FREE six week series is presented by Miloni Rathod, Ph.D. Health Program Instructor with Michigan State University Extension. Tuesday, Sept. 3 — Oct. 8 at 1p.m. For more information, call 248-589-0334 or visit cityofclawson.com

Sept. 3: Free Sleep Workshop 6-week series with Michigan State on Tuesday, Sept. 3 — Oct. 8 at 1pm. Register in advance. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-583-6700.

Sept. 4: Parkinson's Support Group, Wednesday, Sept. 4. This group is associated with the Michigan Parkinson Foundation, & features programs for everyday living, sharing and support. Call: 586-612-2744 for information. Newcomers welcome. The OPC is located at 650 Letica Drive, Rochester. For more information, call 248-659-1029 or visit OPCcenter.org.

Sept. 5: Lunch & Learn at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us on Thursday, Sept. 5 at 11:30 a.m. for a discussion on the key factors to consider when downsizing with Guiding Light Senior Advisors. Advanced registration required. For more information, call 248-589-0334 or visit cityofclawson.com

Sept. 9: Detroit Zoo Senior Day Monday, Sept. 9 depart at 9:45 a.m. Cost \$3 (ride cost). Adults aged 62 plus enjoy FREE admission to the Detroit Zoo. The day features live tram tours, entertainment, games, zookeeper talks, and more. Register in advance. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

Sept. 9: Lunch Bunch on Monday, Sept. 9. Details TBD. We will name the restaurant soon. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

Sept. 11: Birthday Luncheon on the 2nd Wednesday of each month. Join us on September 11th at Noon. If your birthday is in September, lunch is on us. You must dine in to get your card & free lunch ticket. Sign up

required. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-583-6700.

Sept. 12: Oakland County Presents Prescription Drug Disposal on Thursday, Sept. 12 at 1p.m. Join us to learn how to dispose of medications safely and properly. Register in advance for this free event. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

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.

Sept. 16: Free Lunch & Learn sponsored by Medicare Planning Solutions of Michigan. Learn about your Medicare options on Monday, Sept. 16 at 11:30 a.m. Register in advance. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

Sept. 18: Trip to Morley's Candy and lunch at Aspen restaurant on Wednesday, Sept. 18. More details

to come. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

Sept. 19: Wheel of Fortune. Join us on Thursday, Sept. 19 at 1p.m. with friends after lunch for a fun time playing this classic game! Registration begins Aug. 1 for this popular game. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

Sept. 21: The St. Clair Shores Gardeners annual Plant Exchange Saturday, Sept. 21, from 9 a.m. until approximately 11 a.m. The plant exchange will be held in the parking lot of the St. Clair Shores Library located at the corner of 11 Mile and Jefferson. Load up your vehicles with your extra plants and divisions. Bag, tag and drag your offerings to trade or give away to other gardeners. No money is involved, come with your plants and enjoy our "tailgate garden party". Please label all of your plants. For more information, email scsyardeners@gmail.com

Sept. 25: Parkinson's Care Partner Group, Wednesday, Sept. 25. 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. For more information, call 248-659-1029 or visit OPCcenter.org.

Sept. 26: Casino Trip MGM on Thursday, Sept. 26. Depart at 10am, cost is \$12. Registration for this trip begins on Aug. 1. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-583-6700.

Sept. 27: Casino Trip MGM on Friday, Sept. 27. Depart at 10 a.m., cost is \$12. Registration for this trip begins

on Aug. 1. Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-583-6700.

OCTOBER

Oct. 1: The Historic Fort Wayne in Detroit. Visit this historic site on the Detroit River to learn about our region's multi-layered past and visit military buildings that operated from the Civil War to the Vietnam War. Until it was decommissioned in 1971, Fort Wayne served as a garrison post for the US Army. We will enjoy lunch after the tour in Mexican Village. Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 10:15 am, Cost is \$80. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Oct. 3: Lunch & Learn at the Clawson Senior Center, 509 Fisher Court, Clawson. Thursday, Oct. 3 at 11:30 a.m. Join us for lunch and learn with Dr. Fleischman/Athletico Physical Therapy. Advanced registration required. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 9: Birthday Lunch at the Clawson Senior Center, 509 Fisher Court, Clawson. on the 2nd Wednesday of each month. Join us on October 9th at noon. If your birthday is in October, lunch is on us. Dine in only. Register ahead. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 10: Music at the DIA on Thursday, October 10th, depart at 11:30 a.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Cost \$5. Enjoy music and art at the DIA. Registration required by Sept. 26. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 12: Join us for a fun-filled musical at The Fisher Theatre to see "Some like it hot." We will enjoy lunch before the show at The

Pink House Tea Room, an historic waterside eatery. Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 10:30 a.m., Cost is \$140. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Oct. 14: "Becoming A Beekeeper" presentation by Karen Burke. Karen will share what is involved, in time and cost, for successful beekeeping. She will also give us tips on what education and muscle is needed for rewarding honey production. She is the proprietor of honeyhollowapiaries.com and has been a supporter of our annual Garden Tour. You may have purchased some honey and honey related products from her. Sponsored by the St. Clair Shores Gardeners. The presentation will be held in St. Clair Shores Library on Monday, Oct. 14 at 7p.m. (no registration is required). For more information, email scsyardeners@gmail.com

Oct. 15, 22, 29: Alliance Thrive Over 55 Lunch & Learn Series at 10:30 a.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Topics include prescriptions, body changes, stress management, mental health, and other relevant issues. Register for one or all three events. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 17: FREE Fitness Drumming Class at the Clawson Senior Center, 509 Fisher Court, Clawson. on Thursday, October 17th at 1pm sponsored by Oak Street Health. Sign up required. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 23: Lunch & Learn at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, Oct. 23 at 11:30 a.m. Join us for lunch and learn with Mission Point Rehabilitation Center. Advanced registration required. For more information, call

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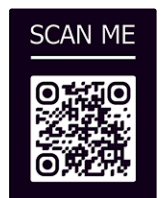


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Seniors

FROM PAGE 22

248-589-0334 or visit cityofclawson.com

Oct. 24: Wheel of Fortune! at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, Oct. 24 at 1 p.m. with friends for a fun time playing this classic game. Registration in advance. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 24: Casino Trip Motor City at the Clawson Senior Center, 509 Fisher Court, Clawson, on Thursday, Oct. 24. Depart at 10 a.m., cost is \$12. Registration for this trip begins on Sept. 1. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 31: Halloween Luncheon at the Clawson Senior Center, 509 Fisher Court, Clawson on Thursday, Oct. 31st at noon. Cost is \$4. Join us to celebrate Halloween with lunch and some spooky fun! Dress up if you like to. Registration opens Sept. 1. For more information, call 248-589-0334 or visit cityofclawson.com

Oct. 31: Halloween Bingo at the Clawson Senior Center, 509 Fisher Court, Clawson on Thursday October 31st at 1 p.m. Join us for a ghostly special fun time. Come early for lunch and stay to play. For more information, call 248-589-0334 or visit cityofclawson.com

NOVEMBER

Nov. 2: Saturday, November 2nd, Let's go to The Fisher Theatre together to see the musical "MJ" (Michael Jackson). We will enjoy dinner after the show at Tony V's which includes all you can eat pizza and salads. Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 11:15 a.m., Cost is \$120. 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 Eleutherin 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 Christkindlmarkts, 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

■ **Yoga for Seniors:** At the Fraser Senior Activities Center, 34935 Hidden Pine Dr., Fraser. Friday mornings 10:30am-11:30 a.m. (6-week sessions). Wednesday mornings 11:30-12:30 p.m. ((6-week sessions). \$26 for members per session,

\$32 for non-members per session. To register, call 586-296-8483.

■ **Pickleball Drop:** in with friends of all ages for a friendly game of pickleball at the Clawson Senior Center, 509 Fisher Court, Clawson. on Mondays, from 1-3 p.m. Cost is \$2. For more information, call 248-589-0334 or visit cityofclawson.com

■ **Quilting Group:** meets every Tuesday from 10 a.m. to 2 p.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

■ **Water Fitness Classes:** Mondays & Wednesday, from 11:10 a.m. — noon (times subject to change based on staffing) at L'Anse Creuse North high school located at 23700 Twenty One Mile Rd, Macomb. Cost \$5 drop in or punch cards available for \$50 — payment accepted poolside or online and bring your receipt. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

■ **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 Wednesday, 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 opcseniorcenter.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 p.m. 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

■ **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.

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Poetry Page

IT'S MICHIGAN!!!

BALMY BREEZES
AND LIGHTNING FLASHES.
THUNDER OFTEN ARRIVES FIRST.
SUMMER IN ITS HUMID SURPRISE,
ARRIVES WITH SUNSCREEN ON THE RISE.
WE WELCOME IT WITH PLEASURE
AS IT REPLACES COLD AND DAMPNESS.
FOR MICHIGAN TEMPS
CAN CHANGE YOUR PLANS
"AT THE DROP OF A HAT" FOR SURE.
THE FIVE GREAT LAKES
GIVE US A BREAK,
AND SPARE US FROM DISASTER,
MANY TIMES BEFORE AND AFTER.
CAUTION ON THE SIDE OF PREPAREDNESS,
NEVER HURTS:
IT'S ALWAYS THE SMART THING TO DO:
ENJOY THE BREEZES
AND COLORFUL BLOOMS.
MAKE ROOM FOR A FALL SEASON TO COME
IT'S MICHIGAN!! WELCOME, WELCOME ALL!!

Submitted by Margherita J. Wiszowaty of St. Clair Shores, MI

SOMETHING SPECIAL

Something special is about to unfold.
Quietly listen, I am often told.
So silence my mind, and quiet my heart,
The voice of wisdom is about to start.
The telephone rings, and the dog starts to bark.
Somehow the solitude suddenly departs!
I breathe deeply. I simply relax.
I guess this moment is already past.
Living the moment, that is the key.
I guess the wisdom has spoken to me!

Submitted by Thelma Russell of Sterling Heights, 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 SEPTEMBER 12, 2024

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

Kindness Spotlight

MR. & MRS. JOHN VENTLINE & FAMILY



I would like to **Honor and Applaud** my parents John Ventline and Edith Wichlacz who were hardworking, professional farmers from Port Austin and Cheboygan all while raising 7 children, which 2 sets were twins. Our clothes line was always full since there were 5 kids in diapers. My father also worked at the Bud Company as a Crain Operator and my mother worked at Pilgrim Laundry Mat in Detroit. They taught us how to work hard, walk quickly, to respect others, to be fair, to be giving and selfless.

I have been honored to be named the Founding Director of the Michigan Coalition for Human Rights, MCHR with an Episcopal Bishop even though I am catholic. We were taught to respect all faiths. I was also blessed to be the Pastor of Brightmoor Church in Northwest Detroit and Lake Orion, MI.

Submitted by, Pastor Lawrence of Sterling Heights, 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.

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