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# **Vitality**

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

**October 2024**



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**On the cover:** Jane Fonda speaks at Franklin Hills Country Club as part of a "Heart to Heart" event sponsored by Corewell Health on Sept. 18. Fonda spoke about love, life and aging gracefully at the event, held to support women's heart health.

JACK ARMSTRONG — FOR MEDIANEWS GROUP

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## MONEY &amp; SECURITY

# Ask the Financial Doctor: When is open enrollment for Medicare?

**Q:** What is the penalty if I miss taking my required minimum distribution (RMD) for the tax year 2024?

**A:** The penalty for a missed RMD or less than full RMD is 25% on what was not taken. However, if the failure is “timely corrected within two years,” according to the IRS, the penalty is reduced from 25% to 10%.

**Q:** I inherited a traditional IRA in 2023 from someone who had begun taking RMDs. When do I have to take the first RMD from my inherited IRA?

**A:** The IRS has waived the inherited RMD for the tax year 2024, but you must take a RMD in 2025. In most cases, you are required to take all the funds in the inherited IRA by the end of the 10th year starting with the following year after the decedent's death. The annual RMDs will continue till 2032 and then in 2033, you must take out the remaining balance.

**Q:** My dad spends about 10 hours per week for charity. Can he deduct his time on Schedule A?

**A:** No, volunteer time for charities is not deductible. Your dad can deduct any out-of-pocket expenses connected with his charitable work, but not his time. Charitable car mileage is deductible at 14 cents per mile for 2024.



**Richard Rysiewski**  
Columnist

**Q:** My brother who is 53 years old inherited an IRA from his grandmother in July. When is the first RMD required from his inherited IRA?

**A:** Your brother's first RMD is in 2025 and continues through 2033. By the end of 2034, your brother must take out the remaining balance.

**Q:** The IRS suspended inherited RMDs for 2023 and 2024. If I inherited my father's IRA in 2023, when do I have to take my first RMD?

**A:** Beginning in 2025, beneficiaries who inherited an IRA and are not EDBs (eligible designated beneficiaries) must take annual RMDs if the decedent started taking his RMD. If the decedent was not required to take an RMD, then you have

to take an annual RMD starting in 2025. However, you must deplete the entire IRA balance by the end of 2033, regardless if the decedent started his RMD or not.

**Q:** What is the open enrollment for Medicare?

**A:** People under Medicare coverage can switch from the traditional Medicare to a Medicare Advantage program and to other Medigap insurers from Oct. 15 through Dec. 7. Medicare Advantage plans are offered by private insurers that cap your out-of-pocket expenses and most cover dental, hearing and vision care. As long as your doctor belongs to the network, a Medicare Advantage plan offers significant benefits. If you stay with the traditional Medicare then you should purchase a Medigap policy to reduce your medical expenses.

*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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**People under Medicare coverage can switch from the traditional Medicare to a Medicare Advantage program and to other Medigap insurers from Oct. 15 through Dec. 7.**



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## SOCIAL &amp; WELL-BEING

## REMAINING SKILLED BEHIND THE WHEEL



## AARP SMART DRIVER COURSE COMING TO MACOMB COUNTY

**By Debra Kaszubski**  
For MediaNews Group

With the baby boom-generation now in retirement, the number of senior drivers has surged. The U.S. Department of Transportation reports that there are 37.2 million licensed drivers ages 60 and above.

Age-related changes in vision, cognition and physical function may affect a senior's ability to drive safely, and that's why it's important to employ tactics to help older drivers stay safe on the road.

The AARP Smart Driver

Course serves as a refresher class on Michigan's driving laws and offers practical tips on how to stay safe behind the wheel. The course is the nation's first refresher designed for ages 50 and older.

Courses are set for Oct. 9-10 at St. Therese of Lisieux in Shelby Township and Oct. 23-24 at the Clinton Township Senior Center. Classes last from 9 a.m. to 1 p.m.

"The course will cover a variety of areas to help assure that seniors can be safer drivers on the road," said Larry Bukowski, a 77-year-old Clinton Township resident who teaches AARP

Safe Driver Courses in Macomb County. "We cover the latest changes in state laws and the most dangerous intersections."

During the course, Bukowski also will offer reminders on how to be courteous drivers and interact with others. "We share the road with trucks, buses and walkers. We need to be attentive to all of these," he said.

According to the AARP, in 2019, Michigan drivers 65-plus were behind the wheel in nearly 23% of fatal crashes, accounting for 227 of the county's traffic deaths that year.

Rear-end collisions are the

most common type of accident for older drivers.

The course will help seniors reduce their chances of being in an accident, build confidence while driving and make driving more enjoyable again.

"We will cover what seniors encounter most, including problems at intersections and being distracted by phone use, talking to others and tuning the radio," Bukowski said. "We will also talk about the importance of using their blinkers."

Bukowski also will address the latest technologies and how they assist drivers and the im-

portance of being physically fit and how that applies to driving.

He will offer some simple exercises in class.

There may be an insurance discount for those who complete the course.

The cost is \$20 for AARP members and \$25 for nonmembers. Attendees pay the fee on the first day of class in cash or check, payable to the AARP. To attend the course at St. Therese, call 586-254-4433.

Those interested in attending the course at the Clinton Township Senior Center should call 586-286-9333.



## SOCIAL &amp; WELL-BEING

# QUEEN FOR A DAY



PEG MCNICHOL — MEDIANEWS GROUP

Dorothy Oke Romano, Roseville High Class of 1946, was surprised with homecoming honors at the all-class Roseville reunion on Sept. 15, 2024.

## 98-YEAR-OLD SURPRISED WITH HOMECOMING QUEEN TITLE, GIFTS

By Peg McNichol

[pmcnichol@medianewsgroup.com](mailto:pmcnichol@medianewsgroup.com)

**D**orothy Oke Romano, 98, was the oldest woman at the Sept. 16 all-class Roseville high schools' reunion.

She's been the oldest at previous reunions, but this year, organizers surprised Romano with a sparkly crown and sash proclaiming her Homecoming Queen.

"I'm having the best year of my life," she said.

Romano attended Roseville High School at the building better known to younger generations as Burton Junior High. She was one of 65 in the RHS Class of 1946,

including her sister, Marion.

Most graduated in June, but 13 received their diplomas in January, according to Dave Bommarito, president of the Roseville Historical and Genealogy Society and one of the reunion's organizers.

The annual reunion is open to any graduate of the city's four current or previous high schools: Eastland, Sacred Heart, Roseville and Carl Brablec.

Romano spent the reunion surrounded by many of the party's 400 attendees who wanted to congratulate her and get a photo.

The Roseville all-class reunion is held each year in September.



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## MONEY & SECURITY

# Will Ann Arbor's new home energy ordinance be used in other communities?

**Q:** Have you heard about Ann Arbor's new HERD ordinance?

**A:** The Home Energy Rating Disclosure (HERD) ordinance requires that a Home Energy Score (HES) assessment be conducted before an existing/used home is listed for sale with a real estate company or for sale by owner (ORDINANCE NO. ORD-23-26). The ordinance took effect on March 12, but the enforcement of HERD requirements began on Sept. 8. The city of Ann Arbor's Office of Sustainability and Innovations manages the program. This ordinance is part of the city's push toward carbon neutrality by 2030. The city has hired two employees to oversee and enforce the program. Could something similar be coming to your city? Is it overreach or helpful? You decide.

According to the city of Ann Arbor, the HERD ordinance requires that single-family detached homes and side-by-side townhomes within Ann Arbor city limits acquire a HES prior to being listed for sale from a certified assessor. The score must be shared/disclosed to potential buyers in the sale listing along with documentation and with the city of Ann Arbor before listing the home. The score ranging from 1 to 10 is based on an evaluation of the home's insulation in the attic and walls, the foundation, windows, heating and cooling systems, hot water heating, etc. The higher the score, the more efficient the home. The HES report can also include specific recommendations for how to improve the score with projects that have an expected payback of 10 years or less. The HES is valid for eight years or until any major changes are made to the home.

Based on my experience of selling real estate for more than 26 years, I have never had a buyer not buy a home because of any of the following: had a good working mid-efficiency furnace and central air system vs. a high-efficiency system, had 6 inches of attic insulation vs. 18 inches, had a hot water heater tank vs. a high-efficiency tank or tankless system, had a manual thermostat vs. a programmable thermostat, had regular kitchen appliances vs. Energy Star rated appliances, etc.

Windows are a little trickier. If they are maintained and in good working condition with no rotting wood, defective

seals and double-paned glass, buyers are almost always satisfied knowing the windows are good and down the road may need replacing. Single-pane windows with no insulation properties can deter some buyers. With that said, I have never had a buyer not buy a home because it didn't have the highest-rated windows or Low-E glass.

*Penalties:* A violation of any provision of this ordinance is a civil infraction punishable by a fine of not more than \$500 for a first offense and not more than \$1,000 for each additional or subsequent offense, plus the costs of prosecution including court costs.

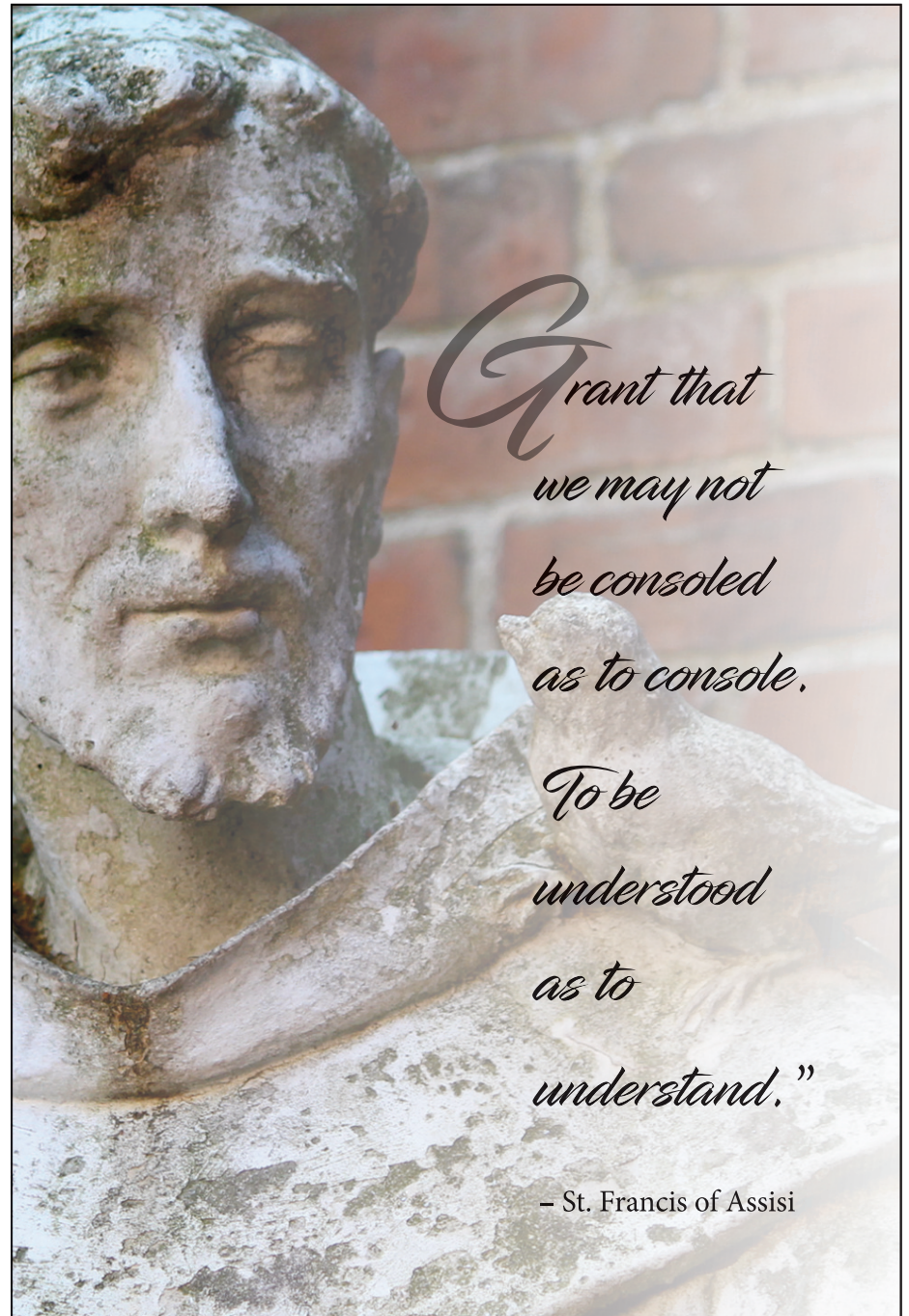
Each act or violation shall constitute a separate offense. Violations shall be enforced by Building and Rental Services Unit employees. Development Services inspectors are eligible to enforce. The court may issue and enforce any judgment, writ or order necessary. Knowingly submitting a false Home Energy Score Report or submitting it with reckless disregard for the truth and accuracy of it is a civil infraction punishable by a fine of not more than \$500 plus the costs of prosecution, including court costs. In addition, the city may also seek equitable or other remedies.

A prudent person has to wonder what the real end game is here and ask the hard questions because there are usually unintended consequences. It's one thing to have energy efficiency codes for new construction just like the MPG disclosure on new cars, but on existing/used homes? (There is no requirement on used cars.) Is it to try and shame the homeowners into spending tens of thousands of dollars to fix up their homes to sell? If they do, they will pass the costs onto the buyers by increasing the price of their homes. Another scenario is the homeowners won't do anything and stay in their homes instead of selling, causing the persistent low inventory of homes to get even worse. What happens in 2030? Will there be forced compliance in order to sell your home? Conjecture, maybe. Possible, yes.

*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.*



**Steve Meyers**  
Columnist



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## SOCIAL &amp; WELL-BEING

# Why does time seem to speed up as we age?

Here are some theories that address that question

By Helen Dennis

[Helendenn@gmail.com](mailto:Helendenn@gmail.com)

We often hear people asking: “Where has the time gone? It just seems like yesterday.”

Can you remember sitting through a boring lecture? Five minutes may have felt like an hour. Or how about a boring sermon? That hour may have seemed like it was forever. Contrast that sense of time to being at a party. Time sprints by when having a good time, working on something you love and being engaged in new experiences.

We know time does not slow down, it’s our perception of it that does. This is not a new concept. Psychologist William James wrote about the phenomenon of time perception in his *Principles of Psychology* in 1890.

Here are some theories that affect our perception of time:

## Theory No. 1

Years are relatively smaller. As we age, each year is a smaller proportion of our time. For a 10-year-old, that birthday represents 1/10 of life which is a big portion. For an 80-year-old, University of Michigan psychology professor Cindy Lustig told the *Huffington Post*, that birthday is 1/80 of life which is a smaller portion that contributes to the feeling that it went by quickly. Each year feels shorter compared to the total time we have lived and therefore seems to go by faster.

## Theory No. 2

Theory of firsts. When we’re young, Diana Raab wrote in a *Psychology Today* piece, we encounter a lot of “firsts.” They might be our first kiss, our first love, getting our first car or the first day of college. It might be learning to swim or falling off a bike. We pay attention to the details of our unique and memorable experiences. The more details we can recall, the better we remember them. As we age, we have similar experiences over and over again, perceived time goes more quickly.

## Theory No. 3

Brain function. This helps explain the theory of firsts. Our brain lumps time together when the days or weeks are similar. So, for an 80-year-old who may be doing the same or similar things daily, time gets blended together in one’s mind, making it feel like it went by quickly. What seems new and exciting in a single day is what makes a day or month feel different, slowing our sense of time. (Note: Many 80-year-olds also experience new and familiar experiences daily).

## Theory No. 3a

More on brain function. Adrian Bejan, professor of mechanical engineering at Duke University, has a theory



Why does time seem to speed up?  
GETTY IMAGES

based on neural signal processing. With age, he notes the rate we process visual information slows down, contributing to our experience of time speeding up. In other words, “time does not go faster, we just go slower, cognitively speaking,” as quoted in a 2024 *Huffington Post* piece.

## So how to live a life where time moves more slowly?

- Fill your time with new experiences. It’s a way to counteract routine. A research study published in the *Journal of Experimental Psychology* found the perception of time is shorter when engaged in routine activities. So, accept challenges, learn new skills and ask questions. Just step outside the norm.

- Make meaningful progress. Time passes quickly when we do not take action. Increasing productivity and making progress on projects and goals slows one’s perception of time and builds motivation.

- Practice mindfulness. That means focusing on the present moment and being aware of what you are doing and where you are. It’s paying attention to details of an experience, incorporating all senses in the process. And

make sure to take a few breaths.

- Go outside to nature. Take time to observe the trees and clouds in the sky; listen to the birds and watch the dolphins and waves in the ocean. This magically slows down time and is calming, writes Raab in *Psychology Today*.

- Take time for reflection. Consider journaling. This can be memories of one’s youth, a gratitude list or events of a vacation or just a day. One can also recall details of experiences and share them with others through conversation, photos or in writing.

So, yes, time seems to go by quickly with age. But that can change by filling our lives with new activities, learning something new, being reflective, enjoying nature and doing something that makes us feel useful and productive. Then we will not be going through the motions of life; rather we will savor our moments, days and months with satisfaction and pleasure.

---

*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 [helendenn@gmail.com](mailto:helendenn@gmail.com).*



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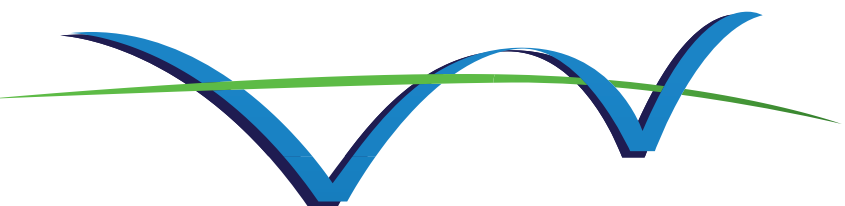
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## SOCIAL &amp; WELL-BEING

# MY BEST FRIEND IS 30 YEARS MY SENIOR

## HERE'S WHAT SHE'S TAUGHT ME ABOUT LIFE

By Deborah Vankin  
*Tribune News Service*

She was 63.  
I was 33.

We shared cocktails at a rooftop bar overlooking Sunset Boulevard during golden hour. And the connection was palpable.

No, this isn't the start to an "L.A. Affairs" romance column. But it is about a love affair of sorts. My best girlfriend of the last two decades is 30 years older than me.

I met Loraine in 2001. I was newly married and working as an associate arts editor at L.A. Weekly, where I was writing book reviews and covering the arts. A friend introduced us at a literary salon one evening. It was a brief business exchange. We were sitting on the floor of the now-shuttered French-Vietnamese restaurant Le Colonial, cross-legged on silk pillows awaiting the start of the readings. Loraine leaned over and gave me her card, mentioning she had just published a debut novel.

"It's about marriage, adultery and regular church attendance," she whispered, clearly pleased with her pithy elevator pitch. I stuffed the card in my purse.

A few weeks later, Loraine convinced me to meet her for apple martinis at a rooftop restaurant. I had been hesitant to spend a free evening with a relative stranger who was a generation-plus older than I and with whom I assumed I had little in common. My friends

at the time were all raucous creative types in their 20s and early 30s. Clichés raced through my head: Would she be stuffy or old-fashioned? Would we have anything to talk about? I'd have to watch my manners.

"I'll be home within the hour," I told my husband, determined to keep the meeting quick and cordial, a professional nicety.

But our conversation stretched on and on. I learned Loraine had grown up in a small town just north of New Orleans, one of the only Jewish families there at the time. She'd studied art in Paris during college — and she regaled me with stories of ill-fated romances she'd had there — before breaking into Hollywood as a TV writer in the 1970s. She penned what many consider the single most iconic TV show in pop culture history in 1980, the "Who Shot J.R.?" episode of "Dallas."

"Then I made a pivotal mistake in my career," she told me.

"What?!" I was rapt.

"I turned 50. That was it. Hollywood stopped calling," she said, shrugging matter-of-factly. "So I turned to writing novels instead."

"The Scandalous Summer of Sissy LeBlanc" would go on to become a national bestseller.

It was one of those mysterious, pivotal nights. Seemingly benign at the time, it proved to be life-changing in hindsight. Loraine's resilience and *joie de vivre* was inspiring. I



DEBORAH VANKIN — LOS ANGELES TIMES/TNS

Loraine Despres Eastlake, left, and Deborah Vankin in a Yayoi Kusama art installation in 2018.

didn't for a minute notice the age gap — and haven't to this day.

Sure, Loraine has curly, silver hair and oversized glasses and, at 86, now walks a tad more gingerly than she used to. But I don't see an older woman when I look at her; I see the essence of a person, timeless and ageless, housed in a corporeal shell (one that's in pretty darn good shape, I should add). I see a teenage girl, still ever-curious about the world around her. I see a 20-something woman, still

evolving through new creative pursuits, most recently poetry writing. I see an accomplished power player in midlife at the peak of a highly successful TV writing career, self-satisfied and oozing with agency. I see a woman, late in life, struggling to unearth new pathways toward creative and intellectual relevance — and succeeding.

Suffice to say: My editor ended up passing on the book review, but Loraine got me instead.

As our friendship blos-

somed, I learned that Loraine was all kinds of fabulous. She was part New York intellectual, part West Coast hippie, part Hollywood elite. Her closet was stuffed with expensive designer clothes, which she often passed over for unassuming yogawear. She drank Prosecco and swam naked in her cobalt-tiled pool. She once convinced me to spend the entire afternoon lying on our backs, in the dirt, beneath an old and glorious oak tree in Franklin Canyon Park, the sun glimmering through the leaves.

She knew so much about art, an interest we bonded over and which would become a throughline of our friendship. When I began covering art for *The Times*, she became one of my go-to plus-ones for museum and gallery openings. We've taken that interest abroad too, touring art studios in Cuba, visiting museums in Vienna and, most recently, journeying to Japan's art island, Naoshima.

I suppose this is where I relay how the three-decade age gap has provided illuminating pearls of wisdom during divorce, career changes and aging woes. But honestly? That's not been the case. Loraine is there for me in an emergency, but she isn't the motherly, advice-dispensing type.

Rather, Loraine teaches by example. She's living proof that fabulousness is about attitude, not age. And that vitality has less to do with hip mobil-

ity than it does a sustaining lust for life and unrelenting curiosity about the world. I wonder: Had I not met Loraine, would I be aging, now, with as much ease and universality? Would I be more susceptible to the rigid and relentless stereotypes with which society brands women of a certain age? Loraine is, above all else, a writer. And the narrative she's crafted for herself — a feminist art scholar turned advertising copywriter and single mother turned happily remarried TV writer turned novelist turned poet — bucks society's expectations. I hope to continue writing it.

"Oh, it's so nice you have a surrogate mother in L.A.," my own mother would often say of Loraine when she visited from the East Coast. Loraine is older than my mom and the fact that I had a "kind of aunt-like person" living nearby brought her comfort.

Loraine would bite her lip whenever my mom said that; but afterward, we'd marvel at the mischaracterization of our friendship. Our conversations are devoid of motherly energy; instead they range from our romantic lives to clothes to books and contemporary art. Our recent Japan trip included several nights at a yurt camp by the sea (which we abandoned due to mold).

Last July Fourth, we climbed atop an Echo Park hillside, took edibles and watched the fireworks melting across the sky.

"Really, where do you



think we go when we die?" I asked in a haze.

"Beats me," she said, chuckling. "Pass the nuts, will you?"

Then we burst out laughing.

The beginning of the 2020 pandemic was the first time I ever felt our age gap. Our experiences sheltering in place were very different. I was batch-cooking soup and binge-watching FX's "Better Things," relishing what felt like a rare solitude. Loraine became low-level depressed and, as the months of the pandemic turned to years, tinged with bitterness. It was a rare mood for the typically happy-go-lucky Loraine.

"It's like being robbed of the last years you have left," she'd say on the phone. "I'm withering here at home."

Recently, Loraine's taken to repeating herself, as is the case with almost

anyone her age.

"So what are you up to this weekend?" she'll ask me on the phone, minutes after I answered the question already.

I just politely repeat myself, resigned to a sort of linguistic meditation, learning to enjoy the same conversation threads over and over again.

When we broached the issue recently, she told me, sighing: "I suffer from CRS."

I braced myself for what that meant.

"Can't Remember Shit," she said, laughing — one of her long, loose chuckles that trails off with a cheery whine, as if she were a flapper wielding a cigarette holder in the air, head tossed back in the wind. "It is what it is."

I've found myself using that phrase a lot lately: It is what it is. Loraine may not overtly mentor me in life, but her open embrace

of whatever life offers reminds me to be present, to live in the moment.

Thinking about our friendship, I see a supercut of us: the time Loraine and I danced on a cafe rooftop in Cuba to live music; when we sailed through the air on trampolines on my 45th birthday with '80s music playing over the loudspeaker; the New Year's Eve we posed for selfies in wigs at a friend's house; Loraine chasing a flying cockroach around our Miami hotel room as I squealed from atop the bed; her pure, unabashed joy when we rounded a corner in a Naoshima museum recently and she found a Cy Twombly work on display.

We were, in all those moments, 16 and 35 and 86. We meet somewhere in the middle, in the universal mind meld that is true friendship. And I'm grateful for every year of it.



DEBORAH VANKIN — LOS ANGELES TIMES/TNS

Loraine Despres Eastlake, left, and Deborah Vankin lie on the ground under a tree in Franklin Canyon Park in 2022.

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## HEALTH &amp; FITNESS

# Nutrition programs for older adults face service cuts



The Rochester Older Persons' Commission's annual Top Chef competition raises much needed funds for Meals on Wheels.

TERRY JACOBY — FOR  
MEDIANEWS GROUP

## Nearly 7 million seniors face food insecurity

By **Jessie Hellmann**  
*Tribune News Service*

Programs that feed older, homebound adults are instituting waiting lists amid budget crunches, rising costs of food, growing demand for their services and funding cuts from the government.

Combined with the end of COVID-19 era aid, local groups are finding that they can no longer serve the same number of people, resulting in difficult decisions about next steps.

"This is a huge challenge for our network," said Josh Protas, chief advocacy and policy officer at Meals on Wheels America, a national organization that supports local organizations delivering meals to homebound individuals, mainly older adults.

Meals on Wheels is among the groups pushing for funding increases through the appropriations process for programs funded under the Older Americans Act, a decades-old law first signed by President Lyndon Johnson to support adults as they age in their communities.

One in three Meals on Wheels programs has a wait list, with an average wait time of three months.

"The vast majority of them recognize that there are more seniors in need in their communities that they're not able to serve, in large part because of a lack of adequate federal funding," Protas said.

### Higher demand

The population is getting older. Over the next decade,

people 65 and older will represent 22% of the population, compared to 17% in 2022.

They are at a unique risk for going hungry because of fixed incomes, social isolation, lack of access to transportation and health conditions that make it difficult to cook or shop for groceries.

Almost 7 million seniors were "food insecure" — or didn't have enough to eat — in 2022, and more than 9 million could be by 2050, according to Feeding America.

Meals on Wheels or similar programs are almost ubiquitous. Many have been around for more than 50 years, providing a source of nutrition and social contact to people who can't leave their homes and helping them age in place. Programs served 206 million home-delivered meals and 55 million congregate meals in fiscal 2021.

But the demand has outpaced the ability of programs to serve people in their communities.

"We have 12,000 people every day who are turning 60, and as a society, we haven't really reckoned with the changes that are necessary to address those needs," Protas said.

### Current legislation

Congress has recognized the need for more funding for the programs. But budget pressures have made that difficult.

The Senate Health, Education, Labor and Pensions Committee — on a bipartisan basis — approved in July a reauthorization



of the Older Americans Act, recommending to appropriators an increase of 20 percent each for the home-delivered and congregate meal programs.

Still, the Senate Labor-HHS funding bill, advanced by the Senate Appropriations Committee in August, would level-fund those programs in fiscal 2025. Meanwhile, the House appropriations bill would cut the nutrition programs by 1.6%.

The Older Americans Act funds several different programs intended to help older adults age in place, but its most well-known ones are related to food services: one for home-delivered meals, another for meals served in congregate settings, like senior centers, and the Nutrition Services Incentive Program, which allows programs to purchase fresh, local produce, dairy or proteins for meals.

While home-delivered meals and congregate settings received increases in fiscal 2024, the nutrition services incentive program received a cut, surprising advocates.

The program is intended to incentivize states to serve more meals because the amount of money it gets is based on how many meals it served the previous year.

“If you’re discouraging incentives, you’re actually lowering meal counts at the end of the day,” said Robert Blancato, president of the National Association of Nutrition and Aging Services Programs.

Overall, funding to the nutrition programs was cut by 0.8% in fiscal 2024 and states received about \$10 million less in appropriations from the federal government in fiscal 2024 than in fiscal 2023.

That cut, plus growing demand for services, cuts to state budgets, the end of COVID-19 aid and inflation has put pressure on local service providers and the people who count on them.

The 2021 COVID-19 rescue package alone nearly doubled the amount the government typically spends on home and congregate meals, allowing organizations to reach people they couldn’t before.

Now that the money is gone, groups have to make difficult decisions about who to remove from their programs or dropping the number of meals people receive per day, or creating wait lists.

Food costs have also increased by 25% from 2018 to 2023, according to the Bureau of Labor Statistics.



JOHN MOORE — GETTY IMAGES/TNS

A Catholic Services worker prepares “meals on wheels” lunch delivery on March 12, 2014, in Franklin, New Jersey.



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## WORK &amp; PURPOSE

# ‘HEART TO HEART’

## JANE FONDA, 86, TALKS ‘THIRD ACT’ OF LIFE DURING WOMEN’S HEALTH FUNDRAISER IN OAKLAND COUNTY

By Jack Armstrong  
For MediaNews Group

Jane Fonda is not afraid of dying. That’s what the award-winning actress told the audience at Franklin Hills Country Club, gathered for a Sept. 18 “Heart to Heart” fundraising event hosted by Corewell Health. Fonda was the keynote speaker at the event, held in support of women’s heart health, and she talked about love, life and aging gracefully, offering some wisdom learned through her long career.

Fonda, 86, has enjoyed a career spanning over six decades and holds two Academy Awards and seven Golden Globes. She launched her career as a dramatic actor in the 1970s with her roles in “Klute” and “Coming Home” and has a long history of activism, supporting environmental and anti-war causes.

Fonda spoke about what it’s like to live through the “third act” of her life.

“Third acts are really important,” she said. “I know that as an actor, you can go to a play and the first and second act, you’re thinking ... what is this play about? And then along comes the third act and it’s like, ‘I get it.’ I wanted my third act to make sense of the odd life I’ve had for the first two acts.”

For Fonda, part of that third act involves not being afraid to reinvent herself. She described leaving a comfortable marriage with Ted Turner in her 60s, realizing she needed to start over to become whole. She’s recently started therapy and wants to regret as little as possible.

“One of the things you have to do between now and death is be sure that you make up for the things that you need to ask forgiveness for and you try to live a better life,” she said.

The actress also reflected on memorable moments in her legendary career, describing her long friendship with actress and frequent co-star Lily Tomlin. Fonda said she first saw Tomlin when she performed a one-woman show about a cast of characters liv-



Jane Fonda speaks at Franklin Hills Country Club as part of a “Heart to Heart” event sponsored by Corewell Health on Sept. 18. Fonda spoke about love, life and aging gracefully at the event, held to support women’s heart health.

JACK ARMSTRONG —  
FOR MEDIATECH GROUP





Attendees listen to Jane Fonda speak at Franklin Hills Country Club as part of a "Heart to Heart" event sponsored by Corewell Health on Sept. 18. Fonda spoke about love, life and aging gracefully at the event, held to support women's heart health.

JACK ARMSTRONG — FOR MEDIUMNEWS GROUP

ing in an apartment building in Detroit.

Fonda also shared a story from her time on set with Katharine Hepburn. She recounted struggling through a difficult scene in a film with her father and spotting Hepburn hiding in the bushes nearby, mouthing, "You can do it."

Fonda lives a healthy lifestyle. She's active, works out and sleeps nine hours a night. When TV news anchor and event emcee Carolyn Clifford asked Fonda what she does to relax, the actress didn't have an answer.

"I don't get tired," she said.

And she's still acting. She starred in three films last year, including "80 for Brady," which focused on four lifelong New England Patriots fans who travel to see Tom Brady play in Super Bowl LI.

"I thought it was a lovely afternoon," said Julie Marx,

who said she appreciated Fonda's stories about growing up and growing old.

Attendee Susan Seklar said Fonda was a "phenomenal speaker."

"I think she says that you have to pause in your life and reflect back on it so that you can improve," Seklar said.

Despite her active lifestyle, Fonda is open about her age and considers herself lucky to be old. She's blunt about how she wants to go, telling the audience she doesn't want to "hang around too long."

"I thought I was going to die at 35," she said. "I'm so happy that I was wrong. I feel very lucky."

Fonda has a positive outlook, but said she doesn't consider herself an optimist because optimism doesn't necessarily involve action. Instead, she's hopeful.

"Hope is a muscle," she said. "Hope comes with action. I take action and so I feel hopeful."

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## SOCIAL &amp; WELL-BEING

## TRAVEL: IS GETTING A PRICEY CRUISE UPGRADE REALLY WORTH IT?

By David Dickstein

davidickstein@hotmail.com

Living the high life on the high seas is what vacationers should expect when their ship comes in, but booking the bougiest real estate onboard certainly increases the odds of having a bon voyage.

Lavishing in ultimate luxury doesn't come cheap, of course. The million-dollar question of "to splurge or not to splurge?" can add thousands of dollars to an already pricey purchase. For those who can afford a stately stateroom, however, they are often afforded a boatload of benefits beyond the deluxe digs.

But like pretty much everything in life, you don't always get what you pay for.

While the majority of passenger ships put the biggest spenders in cruise control with such privileges as exclusive dining options, private lounges and reserved theater seats, some have guests looking at their travel budget with a sinking feeling.

Playing the dual role of travel agent and real estate agent, we've checked out some prime properties that, under normal conditions, promise an elevated experience when paying a suntanned arm and leg.

Even without getting into upgrades, cruise fares are all over the nautical map due to such factors as the number of nights, itinerary, season, availability, the cruise line and even the ship itself. For sanity's sake, we'll do a bad kayaking shore excursion and only scratch the surface here.

Focusing on the value-based mainstream cruise market (because, let's face it, those who can afford the best don't even blink at upgrading), the big four are serving up a buffet of bundles — and we all know how much cruisers love buffets. The key is making sure your eyes are not bigger than your stomach — or in this case, your wallet.

Despite the dizzying number of premium packages out there, a standard inclusion with a suite on mega-ships (those defined as



PHOTO BY MARCO BELLO, AFP VIA GETTY IMAGES

Royal Caribbean's Icon of the Seas, billed as the world's largest cruise ship, sails from the Port of Miami in Miami, Florida, on its maiden cruise, January 27, 2024.

having 1,500 or more cabins) is a "fast pass" of sorts when checking in, boarding, debarking, tendering and dining in the main restaurants.

The OG of exclusive suite zones is Norwegian Cruise Line (ncl.com). Having pioneered the concept in 2005, giving it a name — The Haven — in 2011, mass-market NCL offers this elite enclave on the majority of its fleet. This includes the newer Prima-class ships: the 3,099-passenger name-sake and 3,215-guest Viva, both of which blur the line between the mainstream and premium categories.

A private bar, lounge and restaurant, secluded sundeck and infinity pool, and 24-hour butler service, all within an area accessible only by keycard, will also delight future passengers on the

3,571-guest Norwegian Aqua, debuting in April 2025.

How much is a slice of heaven in The Haven? The fleetwide average fare for a seven-day sail in a 300-square-foot balcony room is around \$3,000 per person.

That's chump change and a cracker box compared to one of the two 2,100-square-foot, three-bed, three-bath Duplex Suites that will be on Aqua. At press time, these maritime mansions were about \$14,000 per person for a weeklong Caribbean cruise out of Florida next summer.

On Royal Caribbean International's amazing Icon of the Seas, the largest suite of the world's largest ship is the 1,772-square-foot, three-story Ultimate Family Townhouse that sleeps eight. It's got a multi-level slide, a wrap-around balcony, a whirlpool, ar-

reas for karaoke and watching movies, and even a patio with ping-pong.

Royal Caribbean (royalcaribbean.com) divides its top suites on its newer and bigger ships into three Royal Suite categories — Sea, Sky and Star — and, no surprise, the Ultimate Family Townhouse belongs in the class named for the physically highest of the trio.

Services and amenities are still impressive up in the Sky and even at Sea level, but being a Star comes with pre-paid gratuities, specialty dining and a deluxe beverage package.

Carnival Cruise Line (carnival.com) is known for being more fun than fancy, but with every renovation and new ship, there is an opportunity to add frills with the thrills. "Fun Ships" don't have pri-

vate elevators for guests between suite enclaves and main decks — at least not yet — but most of Carnival's fleet offers VIP treatment when staying in certain zones. Excel-class suites, available on the 5,282-passenger Jubilee, Celebration and Mardi Gras, provide access at Loft 19, a top-deck sanctuary that offers super-comfortable lounge chairs, an exclusive and spacious infinity whirlpool, and rentable cabanas that come with such indulgences as dedicated concierge service, chilled towels, lunch delivery, and glorious shade.

Other perks of an Excel-class suite include sparkling wine and a fruit bowl upon arrival, soft drink package, and use of the Thermal Suites, which are dedicated relaxation centers that offer seafaring splendor in a variety of environments.

Also worth a look before you book are the following communities that come with select services and amenities: Cuban-themed Havana on Vista, Horizon, Panorama and the three Excel ships (for guests 12 and over); Italian-accented Terrazza on Firenze and Venezia (same); wellness-focused Cloud 9 Spa on 13 ships; and Family Harbor. The latter stateroom and suite community, on Celebration, Horizon, Jubilee, Mardi Gras, Panorama and Vista, comes with daily breakfast and snacks in an exclusive family-friendly lounge stocked with age-appropriate video and board games, and movies, an evening of late-night babysitting service at Camp Ocean, and other cool stuff.

MSC Cruises (msccruisesusa.com), the third-largest cruise line after Royal Caribbean and Carnival, has the MSC Yacht Club, a winning response to the competition's various exclusive suite enclaves.

Strutting around the loftiest lodging on the beautiful 5,877-passenger Seascape and a dozen other ships in the fleet lends a feeling of being on a cruise within a cruise.

Elegance begins with a less stressful embarkation process in



port and continues onboard with full-service and buffet-style gourmet dining. Yacht Club privileges also include the best drink and internet packages, 24-hour butler and room service, special concierge desk, perks at the spa, afternoon tea, exclusive pools and lounges, and priority over commoners at several useful places.

The Yacht Club experience continues on land should the itinerary include Ocean Cay MSC Marine Reserve, where the private and serene Ocean House Beach awaits with ocean

views, beachfront cabanas and inclusive amenities.

Moving on up to the premium category, Disney Cruise Line ([disneycruise-line.com](http://disneycruise-line.com)) has an E-ticket suite on its 4,000-passenger flagship, the mouskarrific Disney Wish.

The apex of accommodations has an avant-garde address.

Nestled inside the one funnel that's just for show is the "Moana"-themed Concierge Wish Tower Suite. Spread across 1,966 square feet and two levels connected by a spiral stair-

case are four bedrooms, four and one-half bathrooms, and enough space to sleep eight. The happiest place at sea is running about \$35,000 for a family of five on a three-day Bahamian cruise next summer.

Within the luxury class, Windstar Cruises ([windstarcruises.com](http://windstarcruises.com)) has three all-suite motorized Star Plus-class ships in a fleet filled out by a trio of Windclass sailing yachts.

Aboard each of the 312-passenger Star Plus vessels are three owners' suites ranging in size from

575 to 1,374 square feet. Over the past two years, Windstar has rolled out two additional suites on each Star Plus yacht, and their concept is not only unique, but award winning. Earning bragging rights as "Best Suites at Sea" (small-ship division) at last year's Cruise Ship Interior Awards were The Broadmoor and Sea Island suites that match the decor of their namesake five-star resorts in Colorado Springs and the Georgia coast, right down to the furniture, crown moldings

and wallpaper.

Hitting the heights, which in the cruising world means the ultra-luxury category, Crystal ([crystalcruises.com](http://crystalcruises.com)) offers up a 1,372-square-foot Crystal Penthouse Suite on the 740-guest Serenity, which went through a near-complete makeover in 2023. with expansive living areas, a private veranda, elaborate finishings, a Romanesque bathroom, a dining area, big-enough private kitchen with a dishwasher and microwave, and, speaking from per-

sonal experience, one of the two best butler services at sea. (Seabourn has the other).

At last check, bunking in the best of the best on an eight-day Mediterranean cruise was going for about \$44,000 for two next summer.

The beauty of cruising is you don't have to go big or go home. Living the suite life may cost thousands or tens of thousands, but even if the low end is too dear, cruise fares, like ships and passengers, come in all shapes and sizes.



PHOTO BY DAVID DICKSTEIN

Afternoon tea in MSC Yacht Club comes with butler service.



## SOCIAL &amp; WELL-BEING

# Study finds travel can reduce impacts of premature aging

By Mia Taylor

Tribune News Service

While travel junkies probably don't need another reason to justify their wanderlust, it seems there's new research out showing that being a globetrotter can be a great way to prevent premature aging.

A study published by Science Daily shows that leisurely travel activities can help alleviate chronic stress, reduce overactivation of the immune system and even promote the healthy functioning of the body's self-defense system.

"Forget about retinol night creams, researchers from Edith Cowan University believe travel could be the best way to defy premature aging," says the publication.

Science Daily goes on to point out that for the first time "an interdisciplinary study has applied the theory of entropy to tourism, finding that travel could have positive health benefits, including slowing down the signs of aging."

What took them so long to confirm what we all know?

For those not familiar with the term entropy, it is classified as the general trend of the universe towards death and disorder, says Science Daily.

And it seems that the entropy research suggests tourism could trigger entropy changes, including positive travel experiences mitigating entropy and enhancing health.

Conversely, negative experiences may contribute to entropy increase and compromise health, per the study.

"Aging, as a process, is irreversible. While it can't be stopped, it can be slowed down," says Edith Cowan University PhD candidate and study leader Fangli Hu.

Hu also pointed out that positive travel experiences can potentially enhance one's physical and mental wellness through exposure to novel environments, engagement in physical activities and social interaction. And as an added bonus, travel can foster positive emotions.



SCHANTALAO — DREAMSTIME/TNS

A study published by Science Daily shows that leisurely travel activities can help alleviate chronic stress, reduce overactivation of the immune system and even promote the healthy functioning of the body's self-defense system.

"Tourism isn't just about leisure and recreation. It could also contribute to people's physical and mental health," Hu added.

## Travel as anti-aging therapy

Let's take a deeper dive into the good news from the study.

It seems travel therapy can actually serve as a "groundbreaking health intervention when viewed through an entropy lens" says Hu.

"As an important aspect of the environment, positive travel experiences may help the body sustain a low-entropy state by modulating its four major systems," she says.

That's because tourism typically exposes globetrotters to new surroundings and if all goes well,

also to relaxing activities.

These settings, it seems, can stimulate stress responses and elevate metabolic rates, positively influencing metabolic activities and the body's self-organizing capabilities. These things may also trigger an adaptive immune system response.

All of this "improves the body's ability to perceive and defend itself against external threats," explained Hu.

"Put simply, the self-defense system becomes more resilient. Hormones conducive to tissue repair and regeneration may be released and promote the self-healing system's functioning" says Hu.

Some of the healthiest forms of travel include physical activities such as hiking, climbing, walk-

ing and cycling.

This physical exertion can boost metabolism, energy expenditure, and material transformation — and all of this is good for you.

"Participating in these activities could enhance the body's immune function and self-defense capabilities, bolstering its hardiness to external risks," Hu continued. "Physical exercise may also improve blood circulation, expedite nutrient transport, and aid waste elimination to collectively maintain an active self-healing system."

Moderate exercise is also beneficial to the bones, muscles, and joints, in addition to supporting the body's anti-wear-and-tear system.

Of course, it's not all rain-

bows, butterflies and anti-aging when one travels. We've all had a travel setback or two. And in those cases, your body may not be getting the full anti-aging benefits revealed by Hu's study.

The research has pointed out that tourists could face challenges such as infectious diseases, accidents, injuries, violence, water and food safety issues and concerns related to inappropriate tourism engagement.

"Conversely, tourism can involve negative experiences that potentially lead to health problems, paralleling the process of promoting entropy increase," said Hu. "A prominent example is the public health crisis of COVID-19."

But on balance it seems, there's even more reasons to travel the world when you can.



## WORK &amp; PURPOSE

# Trekking across America

## Met my goal of visiting all 50 states by age 65

**By Nancy Monson**

*Next Avenue*

I turned 65 this year (hello Medicare!) and this June, I visited Oregon to achieve my goal of seeing all 50 states before year's end. According to a recent poll conducted by YouGov, fewer than 2% of Americans have visited every state plus Washington, D.C.

Most have been to about 17 states, so I know I've achieved something special.

How did I get there? Back in my late 40s, I realized that I had been lucky enough to visit around 35 states for both business and pleasure. Being goal oriented, I thought, "Well, I might as well see the rest!" Turns out that a desire to know and understand the U.S.A. better has spurred many Americans like me to tackle the 50-state challenge. Take Scott Kendall, a Houston-based travel writer and editor of PlayStayEat.com, who also visited Oregon to complete his 50 states: "I've traveled to all 50 states because I have a natural curiosity to see and do new things," he says.

Funnily enough, like myself and Kendall, Alicia Rovey, president of the All Fifty Club, also had Oregon as her last state. She founded her club in 2006 when she still had four states to

go and was searching for like-minded travelers. When she couldn't find any, she started her own group and lived vicariously through its members until she completed her 50 states in 2015.

When asked why people are interested in seeing all 50 states, Rovey says: "Club members are motivated by many reasons, but most are goal setters and so the idea of visiting all 50 states makes it more than just travel. They want to complete all 50 because it just wouldn't be right to stop at something less like 47 states!"

She adds that visiting U.S. states is more attainable than international travel for some people due to cost and time. And patriotism plays a part in Americans wanting to travel across the country to visit major landmarks in our history such as the Statue of Liberty, the Alamo and Mount Rushmore.

### My favorite states

Many people ask me, "What was your favorite state?" I find that difficult to answer. I favor the Northeast and New England because that's where I grew up and live.

But what's struck me the most about seeing all 50 states is that they all have something beautiful to crow about: The enormous farm plots of Nebraska;



PHOTO COURTESY OF NANCY MONSON

Nancy Monson at the Wildwood Recreation Center in Oregon.

the dusty, dry Badlands of North and South Dakota; the gorgeous canyons and caves of Utah; the Sonoran Desert of Arizona with its secret underbelly teeming with life; the lush greenery of the South; the mountains of Colorado and the oceans of the East and West coasts.

I also enjoy the cities with their bountiful cultural offerings and botanical gardens — New York, my birth state, as well as Boston, Chicago, San Francisco, San Diego, Los Angeles and Portland. And there are few more beautiful or touching places to visit than Washington, DC, with all of our monuments, buildings and the vast National Mall.

### What counts as a visit?

To complete a state, I made it a rule that I had to at least shop or eat there for it to count. Flyovers and layovers in airports were not eligible. So I got a "spud" pin at a Visitor's Center in Idaho. I ate ribs in Kansas City and steak in Omaha, and I went to the Mall of America in Bloomington, Minnesota.

Rovey says that the All Fifty Club guidelines likewise require that you set foot on the ground and breathe the air of that state. "However, we allow members to add additional conditions before they consider them-

selves 50-staters," she reports. "Common stipulations are eating a meal, spending the night, or having an experience in that state." Some people even choose unique ways to experience a state, she adds, like catching a fish, running a marathon, going to a baseball game or donating blood.

### Taking on the challenge

If you're looking to see all 50 states, here are some tips on how to do it:

- Save your money and your miles. Travel today is not cheap. I was shocked by the cost of both plane rides and car rentals and strategically using airline miles can be essential to getting to all 50 states. I've opened a couple of new credit cards to gain 100,000 or more miles, and it's been well worth the effort.

- Plan your routes according to your interests. Restaurants, vineyards and national parks are popular touch points for trips. For instance, Kendall says he went to Oregon because he and his wife wanted to visit some of the well-known wineries in the Willamette Valley and on the Oregon coast, and I went to Utah to see Zion and Bryce National Parks.

- Pack as many states as possible into one trip. If you visit Yellowstone National Park,

which is largely based in Wyoming, for example, also venture into Montana and Idaho. (Yellowstone actually extends into both of these states.) Using this strategy, Rovey says you can visit all 50 states by making about 10 trips to different regions of the country. I took this advice to heart, so that when my nephew and I went to the Midwest this spring, we flew from Connecticut to Oklahoma, rented a car and drove 1,800 miles through Kansas, Nebraska, South Dakota and North Dakota. And when I went on a river cruise of the Mississippi, I put check marks next to Iowa, Wisconsin and Minnesota.

- Set goals for completing each leg of the trip. "Many of our members set age goals to keep them on track. For example, all 50 states by age 50," says Rovey. (I was a little late to that party, but I eventually got there!)

- Entice friends and family to travel with you. Traveling is usually more fun and less lonely when you have others around you. If your friends and family can't go with you, look into traveling with groups like Road Scholar, National Geographic Journeys or Smithsonian Journeys, which have educational angles and often have tours specifically catering to older adults and solo travelers.



## HEALTH &amp; FITNESS

# GET INFORMED: REVIEWING YOUR MEDICARE PRESCRIPTION DRUG PLAN IS MORE IMPORTANT THAN EVER

## By AgeWays

Formerly Area Agency on Aging 1-B

A cap on the amount of money Medicare beneficiaries will pay for medicines beginning in 2025 will be a welcome change for some.

But experts expect premiums to rise up to \$300 a year — and they say it's critical to review the changes your insurer plans to make so you can make better choices.

Open enrollment, a period in which Part D/Medicare Advantage beneficiaries can sign up for, change, or drop their plan, begins Oct. 15 and ends Dec. 7. During that time, certified and unbiased volunteer counselors from AgeWays Nonprofit Senior Services' Michigan Medicare Assistance Program will be on hand to help you review your plan and if need be, help you enroll in a plan that could save you money and better serve your health needs.

AgeWays will be offering these free benefit reviews via phone and Zoom and also at in-person Medicare assistance events scheduled at community venues around Macomb and Oakland counties. To find a list of in-person events or make an appointment for a review, call 800-803-7174. A list of in-person events is also available on the AgeWays website.

### Too many seniors don't review their plan

From year to year, Medicare Advantage plans can change premiums, cost-sharing requirements, provider networks or prior authorization requirements.



Shari Smith

Yet, millions of people with these plans don't review them each year.

A recent survey by the Kaiser Family Foundation showed that over 40% of Medicare Advantage beneficiaries — about 30 million people — did not review their plan during open enrollment in 2022. That means they may have lost out on savings and may have even lost the health care provider they trusted. Minorities and Medicare enrollees ages 85 and older were less likely to review their plans to see if they made financial and medical sense.

### Big changes coming to drug costs

This year, it is more important than ever to take a deeper look at your Plan D or Medicare Advantage plan.

Because of the Inflation Reduction Act of 2022, Medicare beneficiaries will see a \$2,000 annual out-of-pocket cost cap for prescription drugs.

Once that cap is met, they won't have to pay any extra on copays or coinsurance. Under the new law, they also can spread the cost over the course of a year until the \$2,000 is paid off.

Most insurers, however, will likely raise premiums in order to compensate for the reduction in drug prices.

And at least two major health insurers are pulling out of the Medicare Advantage market.

Humana is ending Medicare Advantage for some half-million customers, mainly in the southeastern U.S., citing the new, higher cost of providing health care. CVS Health Aetna also is preparing to pull out of some markets.

"Because of this, it's more important than ever this year that people review their plans," says Shari Smith, manager of



JUSTIN SULLIVAN — GETTY IMAGES

Volunteer Rebecca Cox helps a man log his prescription drug information as he registers his parents a Medicare drug prescription program. Open enrollment this year is from Oct. 15 through Dec. 7.

the Michigan Medicare Assistance Program. "Those who have a Medicare Advantage plan through Humana should make sure to read the notice of creditable drug coverage they received in the mail by Oct. 15. Otherwise, they might find themselves without a prescription drug plan come January. We are encouraging everyone to review their plans carefully this year. Our counselors are available to assist with this."

Even those with a Part D or Medicare Advantage plan whose drug costs are low will see higher premiums because of the new cap, Smith says

### Relief in sight?

The Inflation Reduction Act allows Medicare to negotiate di-

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rectly with drug manufacturers. Beginning in 2026, the prices of 10 popular medications could fall.

That could lead to lower out-of-pocket costs to offset higher premiums.

"However," says Smith, "with the \$2000 cap on prescription drugs, it is unclear as to the impact these reductions will have."

*This content is provided by*

*AgeWays Nonprofit Senior Services (formerly 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.*



## HEALTH &amp; FITNESS

# Are these common COPD myths preventing you from living your best life?

Chronic obstructive pulmonary disease (COPD) is a lifelong chronic lung disease that makes it difficult to breathe and is a leading cause of death and disability in the United States. According to experts, the more knowledge a patient with COPD has about the disease, the better off they will be.

A recent literature review from the American Lung Association found that patient education can help improve COPD self-management, provide skills for coping with related mental health challenges, improve overall health and quality of life, and may reduce hospital admissions. This is especially important for those who have been living with the disease for a long time who may not be aware of re-

cent treatment options and updated treatment guidelines, or who may not be inclined to recognize new or worsening symptoms and report them back to their health care provider.

To help people who have been living with the disease for 10 or more years live better, more active and enjoyable lives, the American Lung Association, with support from Sanofi and Regeneron, launched the new "COPD for Life" campaign.

As part of the campaign, they are busting some common myths about the disease:

**Myth:** COPD is a man's disease.

**Truth:** More women are living with COPD compared to men and deaths from COPD are higher in women than in men. Every-

one with risk factors and those experiencing early warning signs, no matter their age or gender, should talk to their health care provider.

**Myth:** There is no treatment for COPD.

**Truth:** There is no cure for COPD, but treatment and management can help slow the progression of COPD and control symptoms, so a patient feels better and is able to spend more time doing what they enjoy.

**Myth:** You cannot exercise if you have COPD.

**Truth:** The right amount and type of exercise has many benefits and tips on how to get started should be discussed with your health care provider

**Myth:** COPD only affects the lungs so what you eat does not matter.

**Truth:** Most people are surprised to learn that the food they eat may affect their breathing. Talking to your health care provider about the right types of foods for you may help you breathe easier.

**Myth:** If you already have COPD, quitting smoking won't help.

**Truth:** Quitting smoking is an important part of any COPD treatment plan. The chemicals in cigarettes, e-cigarettes and cigars can further damage lungs and may prevent medications from working as well as they could.

**Myth:** A patient should manage COPD on their own.

**Truth:** People who work closely with their health care providers to have a good treatment plan have

better health outcomes. It's especially important to see a health care provider if symptoms change or worsen. Likewise, supportive services, such as in-person or virtual support groups, can have a positive impact on health outcomes. Some studies indicate that positive social support is associated with reduced hospitalizations, fewer exacerbations, better health status and improved disease management behaviors.

To learn more, call the Lung HelpLine at 1-866-252-2959 and be connected to a Lung Health navigator, or visit Lung.org/COPD or Lung.org/Helpline for additional resources and to chat live with a licensed registered nurse or respiratory therapist.

## FYI

To learn more, call the Lung HelpLine at 1-866-252-2959 and be connected to a Lung Health navigator, or visit Lung.org/COPD or Lung.org/Helpline for additional resources and to chat live with a licensed registered nurse or respiratory therapist.

Life with COPD can often be challenging. But having up-to-date knowledge and the right resources can help patients stay active, control their symptoms and know what to do if their COPD gets worse.

— State Point

## 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, November 14, 2024.

**Deadline is October 30, 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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## 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 October 30, 2024 for our November 14, 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**

**Mail to: Vitality, Be Kind Page, Attn: Dawn  
53239 Settimo Crt, Chesterfield, MI 48047**



## 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](mailto:jgray@medianewsgroup.com).

### OCTOBER

**October:** Music and Movement with Music Maker Marge, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Thursdays, at 10 a.m. Bring your little ones to Music & Movement with Music Maker Marge. Songs are stories set to music. This program is geared toward children walking through age 5. Enjoy singing, stories, and dancing with Ms. Marge! No registration required. Drop-ins welcome. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**October:** Yoga for Seniors 55 and over. At the Fraser Senior Activities Center, 34935 Hidden Pine Dr. Fraser, Wednesdays 11:30-12:30 p.m.; Fridays 10:30-11:30 p.m. (6-week sessions). \$26 for members. \$32 for non-members. Call 586-296-8483 to register.

**October:** Baby Play Group, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Fridays, at 10 a.m. through Oct. 25. Join Ms. Tina for stories, songs, and then play time! This is a great way for babies and parents to spend time together and enjoy themselves while building early literacy skills. The program is geared for children 6 months to 24 months. Registration is NOT required. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 10:** The Shelby Gardeners Club hosts David Löwenstein, PhD, on Oct. 10, at 1 p.m., at the Shad-bush Nature Center, 4101 River Bends Drive, Shelby Township. Löwenstein, affiliated with the MSU Extension Service, will present Making Your Garden A Haven

for Beneficial Insects. He will explain how to nurture and sustain to keep them returning. A \$5 donation is appreciated to help support the ongoing SGC community talks. For more information, contact Ivy Schwartz at 586-873-3782.

**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 [Lcps.ce.eleyo.com](http://Lcps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**Oct. 12-13:** The Armada Area Historical Society is hosting a "Show us What you Got" event on Oct. 12 & 13 at the Grange Hall on the Armada Fair Grounds, from 9 a.m. to 4:30 p.m. and will feature the antique and vintage collections of local collectors. There will be an "Antique Roadshow" type valuation on Sunday noon to 4 p.m. People can see and learn about the Grange hall itself, its history and role within the community. The Historical Society is holding its first ever raffle. It's a free event. For more information, visit [armadahistorical.wixsite.com/welcome](http://armadahistorical.wixsite.com/welcome)

**Oct. 12:** Spooky Mini Donut Delights, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Saturday, Oct. 12 at 1 p.m. Calling all little witches, wizards, ghosts, and goblins to join us for a spooktacular celebration of sweetness and fun! Gather 'round as we make mini donuts that await your magical touch. From creepy crawlies to friendly monsters, let your imagination soar as you decorate your own mini masterpieces with colorful icing, sprinkles, and spooky toppings. We'll have some yummy cider too. Space

is limited. Registration required. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 12:** Spice of the Month Club: "Allspice," at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Monday, Oct. 14, while supplies last. Join the Spice of the Month Club to try new spices. Members will receive a sample packet of each month's spice, two recipes with the featured spice, and a little bit of history. Supplies are limited so, grab your free sample before they're gone. Don't need the spice but want the information? Join the Spice of the Month Club email list. You'll automatically get everything each month except the free spice sample. The fun comes straight to your email inbox. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**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](http://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 Yardeners. The presentation will be held in St. Clair Shores Library on Monday, Oct. 14 at 7 p.m. (no registration is required). For more information, email [scsyardeners@gmail.com](mailto:scsyardeners@gmail.com)

**Oct. 15:** Haunted Library Investigation, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Tuesday, Oct. 15 at 6:30 p.m. Is the Harrison Township Public Library haunted? The Motor City Ghost Hunters are back, and this time, they investigated our library for paranormal activ-

ity...What did they find? How did they conduct their investigation? Join us as the team presents their findings and shares information on ghost hunting and the spirit world. Registration required. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 15, 22, 29:** Knitting and Crochet Circle, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, from 10 a.m. Tuesdays. Welcome knitters and crocheters of all levels! Hang out and share your creativity with other knitters. Please bring your own project and supplies. This group is currently accepting donations of yarn, fleece, or craft store gift cards. The group creates and donates to charitable organizations like Beaumont Little Angels, Project Linus, Compassion Pregnancy, and more to give comfort items during times of need. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**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](http://cityofclawson.com)

**Oct. 16, 23, 30:** Teens: 1UP Wednesdays, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, from 3:30-5:30 p.m. Get ready to level up your Wednesday afternoon. TEENS, walk or drive to the library for an after-school break. Find a quiet corner to study or read, come hang out with friends, or dive into a gaming experience. We're busting out the popcorn machine just for you. Snacks and refreshments will be served. Over 600 retro classic video games connected

and ready on our Classic Nintendo console. No registration required. Just drop-in. Ages 13 and up. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 16:** Papotage & Cie: Talk-time in French, at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Wednesdays at 6 p.m. Ages 11 to adult. Papotage & Cie is a program for French conversation practice with a French native speaker. The program is open to any teenager or adult who speaks some French and wants an informal and safe place to practice with others. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 16:** Coffee and Conversation: L'Anse Creuse Public Schools, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Wednesday, Oct. 16 at 10 a.m. Come sip, chat, and get the scoop on the schools. Enjoy a cup of coffee while engaging in meaningful conversations about the district and the future of our students. Don't miss this chance to ask questions, share your thoughts, and engage with others dedicated to making a difference! Coffee and donuts will be served. Registration is requested, but drop-ins are welcome. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 16:** Anime Club, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Wednesday, Oct. 16 from 5:30-7:30 p.m. Teens between the ages of 13-18 are invited to the Harrison Township Library's Anime Club. We will discuss favorite Anime series and Manga series and authors. We will watch a favorite movie from the well-known Japanese Animation Studio—Studio Ghibli. Drinks and snacks will be provided. Registration appreciated but not

required. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 17:** Mystery Book Club at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Thursday, October 17 at 6:30 pm Get together with other mystery readers as we discuss crime novels every third Thursday of the month. This month, we will discuss "The Marlow Murder Club" by Robert Thorogood. You are welcome to join us even if you have not finished the book. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**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](http://cityofclawson.com)

**Oct. 17:** Trivia Night at Total Sports, sponsored by the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Thursday, Oct. 17 at 6:30 p.m. Come test out your knowledge at HTPL Trivia Night at Total Sports. Tickets include trivia, pizza, salad, and soft drinks. Tickets can be purchased at the library for \$7 in advance or purchased at the door on Trivia night for \$8. Arrive with a team, or we'll team you up. Teams limited to 6 players. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 18 & 25:** Lego Club, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Friday, Oct. 18 and 25 from 5-6 p.m. Drop into the library and let your creativity soar! Kindergarten through 6th graders are invited to drop in and build the weekly theme challenge. We'll display your artwork in the library for all to see! Drop-in — stay for as little or as long as you'd like. Parents must accompany



children. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 21:** Afternoon Movie at the Blair Memorial Library, sponsored by the Clawson Recreation and Senior Center, 509 Fisher Court, on Monday, Oct., 21 at 1 p.m. Join us to watch a select movie. Movie to be announced soon. Registration for this event is recommended. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Oct. 21:** One-on-One Medicare Counseling, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Monday, Oct. 21 from 9 a.m. — 5 p.m. Medicare can be complicated. Let us help! Medicare Open Enrollment is Oct. 15-Dec. 7, and during that time, Medicare beneficiaries (anyone 65+) can change their prescription drug coverage or part C coverage plans. As part of the Michigan Medicare Medicaid Assistance Program (MMAP), the Area Agency on Aging counselors are available for counseling appointments at the library. Registration in advance is required. Please register for your appointment with MMAP by phone at (800) 803-7174. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 22:** Gratiot: A Man, A Fort, A Road, A Lighthouse, at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Tuesday, Oct. 22 at 2 p.m. Fort Gratiot is mostly known today as the name of Michigan's oldest lighthouse, but it was a military installation that guarded the mouth of the St. Clair River into Lake Huron from 1814 to 1879. Hear stories about the how and why of the fort, as well as famous residents, and the exciting life of the Fort's namesake with historian Andrew Kercher. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 22:** Senior Adult Expo

Trip on Tuesday, Oct. 22, 9:45 a.m., at the Clawson Senior Center, 509 Fisher Court, Clawson. Cost \$3. Free admission, hourly prizes, giveaways, information, health screenings, and Free refreshments. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Oct. 22:** Tuesday Night Book Group, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Tuesday, Oct. 22 at 7 p.m. Join the Tuesday Night Book Group as we discuss "The Measure" by Nikki Erlick. Get your copy and join us today. About the Book: Eight ordinary people. One extraordinary choice. It seems like any other day. But today, when you open your front door, waiting for you is a small wooden box. This box holds your fate inside: the answer to the exact number of years you will live. From suburban doorsteps to desert tents, every person on every continent receives the same box. In an instant, the world is thrust into a collective frenzy. Where did these boxes come from? What do they mean? Is there truth to what they promise? As society comes together and pulls apart, everyone faces the same shocking choice: Do they wish to know how long they'll live? And, if so, what will they do with that knowledge? For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 23:** Chess Club, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Wednesdays, Oct. 23 from 4-6 p.m. Welcome to our Chess Club. Whether you're a beginner or an experienced player, everyone is welcome to join us for a friendly and inclusive environment where you can learn and play chess at your own pace. Whether you're looking to hone your skills or just enjoy a casual game, our club provides the perfect opportunity to immerse yourself in the fascinating world of chess. Come join us, and let's make some

memorable moves together. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 23:** Slow Flow Yoga: Wednesday, 7— 8 p.m. — Our next session begins on Oct. 23 at Graham Elementary Café located at 25555 Crocker Blvd, Harrison Twp. Cost \$50 (6 Classes). Register online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**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 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Oct. 24:** Presidential Trivia Night, at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Thursday, Oct. 24 at 6 p.m. Registration required. The election is just days away but the real competition is here! Sign up your team and compete in 5 rounds of trivia about the U.S. Presidents. Small prizes will be awarded to the winning team and light snacks will be served. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 24:** Saturday, Oct. 24, 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](http://Lc-ps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**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](http://cityofclawson.com)

**Oct. 25:** Halloween Happy Hour, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Friday, Oct. 25 from 2-4 p.m. Celebrate the spooky season with HTPL! Drop in if you dare (no registration required) and join us for a happy hour loaded with mocktails, snacks, crafts, and more fun freebies. All ages welcome. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 24-25:** Casino Trip Motor City, sponsored by the Clawson Recreation and Senior Center, 509 Fisher Court, on Thursday, Oct. 24 and Friday, Oct. 25. Depart at 10am, cost is \$12. Registration required. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Oct. 26:** The Single Way, a group for Christian singles, is sponsoring a dinner and games night on Saturday, Oct. 26 at 7 p.m. Cost is \$5 and includes hot and cold appetizers, snacks, and beverages. If coming, a reservation is required by Friday, Oct. 25. For more information and location or to make a reservation, call 586-774-2119.

**Oct. 26:** Kids Craft: Stenciled Trick-or-Treat Pillowcases, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Saturday, Oct. 26 from 1-2 p.m. Kids, Tweens, Teens, and Parents, join us to create personalized, stenciled Halloween pillowcases perfect for toting that BIG HEAVY CANDY HAUL on Halloween night! Registration required by phone 586-329-1261. Be sure to tell our staff if you'd prefer a black or white pillowcase. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Oct. 28:** Deal Me In! At the Roseville Public Library, 29777 Gratiot Ave, Roseville, Monday, Oct. 28 at 6 p.m. Registration required. Come

join your friends and neighbors for an evening of social interaction and card games! Once a month we will be hosting a card game night. Bring yourself and a friend to enjoy kibitzing over cards. This session will be geared towards the card game Hearts; however, open play is encouraged and cards will be provided. Never played Hearts or need a refresher? We'll have someone here to help starting at 5 p.m. All skill levels are welcome. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Oct. 28 — Nov. 15:** Clawson Senior Center Sweet Bread Sale, at the Clawson Recreation and Senior Center, 509 Fisher Court. All proceeds support programming at the center. Order in person, by phone, 248.589.0334, or online at <https://recreation.cityofclawson.com/>. The sweet bread sale starts on Oct. 28. The last day to order is Nov. 15. Pick up orders on Nov. 26. Monday, Oct. 28. — Friday, Nov. 15. Price \$7. Pickup Orders at the Hunter Community Center on Nov. 26. after 1 p.m. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Oct. 28 & 30:** Online Music Lessons For Adults: Instant Piano for Hopelessly Busy People on Monday, Oct. 28, from 6:30 — 9 p.m., Cost \$70. Instant Guitar for Hopelessly Busy People on Wednesday, Oct. 30, from 6:30 — 9 p.m., Cost \$70. Register online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**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](http://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](http://cityofclawson.com)

## NOVEMBER

**November:** DINOVENBER: When Dinosaurs Invade the Library, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Celebrate Dinovember with the Harrison Township Library! We'll have BINGO, a scavenger hunt, Model Magic fossils, crafts, and chances to win dino-mite prizes. It's dinosaur FUN all month long. For more information, call 586-329-1261 or visit [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 1 & 8:** AARP Driver Safety 2 Day Workshop on Friday, Nov. 1 & 8 at the Clawson Senior Center, 509 Fisher Court, Clawson, from 10 a.m.—3 p.m. Cost, \$20 AARP. Member or \$25 nonmember. Advance registration required. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 2:** Saturday, Nov. 2, 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](http://Lc-ps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**Nov. 4:** Lunch & Learn with Desmond Funeral on Monday, Nov. 4 at 11:30 a.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Learn about cremation and if it is right for you. Register in advance. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 5, 12, 19, 26:** Knitting



and Crochet Circle, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, From 10 a.m. — noon. Tuesdays. Welcome knitters and crocheters of all levels! Hang out and share your love of creating with others. Please bring your own project and supplies. This group is currently accepting donations of yarn, fleece, or craft store gift cards. The group creates and donates to charitable organizations like Beaumont Little Angels, Project Linus, Compassion Pregnancy, and more to give comfort items during times of need. You're welcome to create for charity or work on your own projects. Registration required. For more information, call 586-329-1261 or visit, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 5:** Craft hour with Jess on Tuesday, Nov. 5, at 11 a.m., at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us for an Autumn themed craft sponsored by The Alliance of Coalitions for Healthy Communities. Register in advance. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 6 & 20:** Chess Club, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Tuesdays, from 4-6 p.m. Welcome to our Chess Club! Whether you're a beginner or an experienced player, everyone is welcome to join us for a friendly and inclusive environment where you can learn and play chess at your own pace. Whether you're looking to hone your skills or just enjoy a casual game, our club provides the perfect opportunity to immerse yourself in the fascinating world of chess. Come join us and let's make some memorable moves together. Registration required. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 6:** Painting with a Twist on Wednesday, Nov. 6, at 9:45 a.m., at the

Clawson Senior Center, 509 Fisher Court, Clawson. Cost \$40. Sack lunch option available for an additional cost. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 7:** A Salute to Our Veterans on Thursday, Nov. 7, at 11:30 a.m., at the Clawson Senior Center, 509 Fisher Court, Clawson. The CPS student band performs. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 7:** Veterans Day Lunch on Thursday, Nov. 7, at noon, at the Clawson Senior Center, 509 Fisher Court, Clawson. Lunch sponsored by T&I Credit Union. Limited space available, advanced registration required. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 8:** Toddler Dance Party, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Friday, Nov. 8 at 11 a.m. Calling all toddlers. Join us for a toddler dance party and get your boogie on. Registration required. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 9:** Free-Cycle Sale Event on Saturday, Nov. 9, 9 a.m.—3 p.m., at the Clawson Senior Center, 509 Fisher Court, Clawson. Join us for a community giving event to swap or rehome your gently used goods. Call to reserve a table. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 12:** Del's Chair Yoga, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, 7 p.m. Del from The Movement Collective guides us in a gentle yoga practice, using chairs to support our foundation so that we can move with ease. We will work on breathing, strengthening, stretching, and just being in the present with awesome people. Registration required. For more information, call 586-329-1261. To register, [htlibrary.org/](http://htlibrary.org/)

events.

**Nov. 13:** Birthday Lunch on the 2nd Wednesday of each month at the Clawson Senior Center, 509 Fisher Court, Clawson. Nov. 13, at noon. November birthdays: Get a free lunch. Dine in to receive your card. Register in advance. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 13:** Clawson Museum Kit Home Tour Trip on Wed., Nov. 13, at noon, at the Clawson Senior Center, 509 Fisher Court, Clawson. \$3 donation to the museum. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 14:** Silent Book Club, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, from 6:30-8 p.m. Welcome to Introvert Happy Hour. At Silent Book Club, there's no assigned reading. Bring whatever book you are reading and join an evening out with fellow book lovers. All readers are welcome — eBooks, audiobooks, textbooks, comic books... it's BYOBook. At the beginning of each meeting we will have time to mingle followed by an hour of silent reading. Join the Harrison Township Silent Book Club Chapter on the second Thursday of the month at Harrison Township Public Library. Registration appreciated. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 14:** Kids Dino Yoga (Target audience: 3-5 yrs), at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Thursdays, Nov. 14 and 21 at 10 a.m. We are doing yoga for kids with a Dino twist! Find your inner Dino with Dawn and learn some fun Dino yoga poses This event is for ages 3 and up. Registration required. BRING A MAT. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 14:** Casino Trips, Hol-

lywood on Thursday, Nov. 14 and Friday, Nov. 15, at the Clawson Senior Center, 509 Fisher Court, Clawson. Depart at 10 a.m., Cost \$12 each trip. Register in advance. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 14:** Wheel of Fortune at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, Nov. 14 at 1 p.m. join us for a great time playing this classic game with friends, Register in advance. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 14:** Coffee & Chat hour with Oakland County Older Adult Services at the Clawson Senior Center, 509 Fisher Court, Clawson. Jim Ellison and special guest speaker to discuss housing issues and resources on Thursday, Nov. 14 at 9:30 a.m. Register in advance. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 14:** Trivia Night @ Total Sports, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A., at 6:30 p.m. Come test out your knowledge at HTPL Trivia Night @ Total Sports. Tickets include trivia, pizza, salad, and soft drinks. Tickets can be purchased at the library for \$7 in advance or purchased at the door on Trivia night for \$8. Arrive with a team, or we'll team you up. Teams limited to 6 players. For more information, call 586-329-1261 or visit, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 15:** Friday, Nov. 15, Join us for Coffee and Donuts at the DSO "Under the Streetlamp". Former cast members from the hit musical "Jersey boys" will match tight harmonies and slick dance moves with old-school hits by the Drifters, Roy Orbison, Beach Boys, Frankie Valli and much more. Bus departs from Walmart, 45400 Market-place, Clinton Twp at 9:15 a.m., Cost \$75. Register online at [Lc-ps.ce.eleyo.com](http://Lc-ps.ce.eleyo.com) or by calling L'Anse Creuse

Community Education at 586-783-6330.

**Nov. 16:** Birds of Prey, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Saturday, Nov. 16 at 1 p.m. Discover the origin of their name, "raptor," which means "to seize or grasp". Come see the feet with their powerful feet and talons. Observe the feathers, beaks, and so much more. That's right! We are bringing raptors to the library! Come meet an owl, a hawk, and more! All ages welcome. Space is limited. Registration required. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 18:** Troy Historic Village Monday, Nov. 18 presentation at the Clawson Senior Center, 509 Fisher Court, Clawson. "Foods Fads & Funky Dishers," and lunch at a select restaurant. Depart 9:45 a.m. Ride Cost, \$3. Register in advance. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 18:** Afternoon Movie at the Blair Memorial Library on Monday, Nov. 18 at 1 p.m.. Join us to watch a select movie. Sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 19:** at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A., at 7 p.m. Join the Tuesday Night Book Group as we discuss "The Women" by Kristin Hannah. Get your copy and join us today. About the Book: Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. In 1965, the world is changing, and Frankie dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path. As green and inexperienced as the men sent to Vietnam

to fight, Frankie is overwhelmed by the chaos and destruction of war. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost. But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam. For more information, call 586-329-1261 or visit, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 19:** Chat with your Rep. Sharon MacDonell over coffee at 6pm on Tuesday, Nov. 19. at the Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 20:** Coffee and Conversation: Michigan Military Technical and Historical Society, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, at 10 a.m. Come sip, chat, and get the scoop on the museum. Enjoy a cup of coffee while engaging in meaningful conversations about the military museum and they preserve our history. Don't miss this chance to ask questions, share your thoughts, and engage with others dedicated to making a difference! Coffee and donuts will be served. Registration is requested, but drop-ins are welcome. For more information, call 586-329-1261. To register, [htlibrary.org/events](http://htlibrary.org/events).

**Nov. 20:** Living Well Presentation with Donna. Wed., Nov. 20 at 1 p.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Register in advance for this informative event. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)

**Nov. 21:** Thanksgiving lunch at noon & bingo at 1 p.m., Thursday, Nov. 21. Cost \$6. Advanced registration required. For more information, call 248-589-0334 or visit [cityofclawson.com](http://cityofclawson.com)



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# Poetry Page

## A PLAYFUL PRAYER

One, Two.....  
Show me what I can do for You.

Three, Four.....  
Lead me along the way to an open door.

Five, Six.....  
Help me to fix my inner conflicts.

Seven, Eight.....  
Teach me to keep my life straight.

Nine, Ten.....  
We will dance and sing praises to You again  
and again!

By Lucia Allen of Roseville, MI

## READING POEMS

The flow of poetry  
Always makes me smile;  
The burst of words may elude me at first,  
But I get it after a while.

By Marcia Bloomfield of Macomb, MI

## ODE TO ZEKE AND THE GINGER SNAP TREE

On my way home from the grocery store  
I spilled ginger snaps on the car floor  
I tossed them under the garden apple tree  
Zeke was as elated as a dog could be  
On his next outing he quickly found  
Tasty ginger snaps all over the ground  
Ever since when Zeke went out for fresh air  
He looked for fallen ginger snaps there.

By Jean Waid of Rochester Hills, 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](mailto: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 NOVEMBER 14, 2024**

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



# Poetry Page

## A LIFE STORY

LIFE HAS BEEN A STOREID TIME,  
BUT NOW HE IS DEFINED AS OLD.  
HANDLED ALL THE CARDS HE WAS DEALT-  
NOT YET READY TO FOLD.

THERE WERE GRADE SCHOOL TEACHERS,  
FRIDAY NIGHT HIGH SCHOOL GAMES,  
MEMORIES OF THE FIRST GIRLFRIEND,  
SNUGGLING IN OPEN AIR BLEACHERS.

NEXT CAME TIME AS A SOLDIER-  
DUTIES FULFILLED, ORDERS FOLLOWED.  
AN HONORABLE DISCHARGE AWARDED.  
TIME SERVED MADE HIM TWO YEARS OLDER.

MARRIAGE AND A CIVILIAN JOB  
WERE THE NEXT CARDS DEALT.  
ALONG CAME SUCCESS AND KIDS,  
HAPPINESS WAS THE BEST EVER FELT.

A FLURRY OF GRANDKIDS CAME,  
HOLIDAYS AND BIRTHDAYS PLANNED.  
EVERYONE ALWAYS ATTENDED  
AND ALL ENJOYED THE GAME.

RETIREMENT AND TRAVEL CAME TO PASS  
GOODBYES TO MANY FRIENDS-  
HELLO TO TRAVELED LANDS.  
ENJOYMENT WAS BOOKING FIRST CLASS!

FRIENDS AND RELATIONS CONTINUED TO GO  
SO DEAL THE NEXT HAND  
BEFORE THIS LIFE STORY  
ENDS IT'S EBB & FLOW.

By Robert F. Miller of Rochester Hills, MI

## ASK VINCENT

ASKED MY GRANDSON VINCENT  
WHAT DISNEY CHARACTER  
HE WOULD LIKE TO BE.  
LET ME SEE GRANDPA,  
VINCENT THINKS HE'S DENIRO,  
ARE YOU TALKING TO ME?

LITTLE NOSE BIG ROUND EARS,  
MAYBE MICKEY MOUSE.  
SPEND THE AFTERNOONS  
CHASING MY SISTERS  
AROUND THE HOUSE.

THEN VINCENT TURNED  
THE TABLES ON ME,  
GRANDPA WHAT DISNEY CHARACTER  
WOULD YOU LIKE TO BE?

THAT'S EASY VINCENT.  
I'D BE THE HANDSOME PRINCE  
THAT KISSED SNOW WHITE  
LIKE I KISSED YOUR GRANDMOTHER  
WITH THOSE BEAUTIFUL BROWN EYES  
AND O SO BRIGHT.

By John Cameron of Shelby Twp, 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.

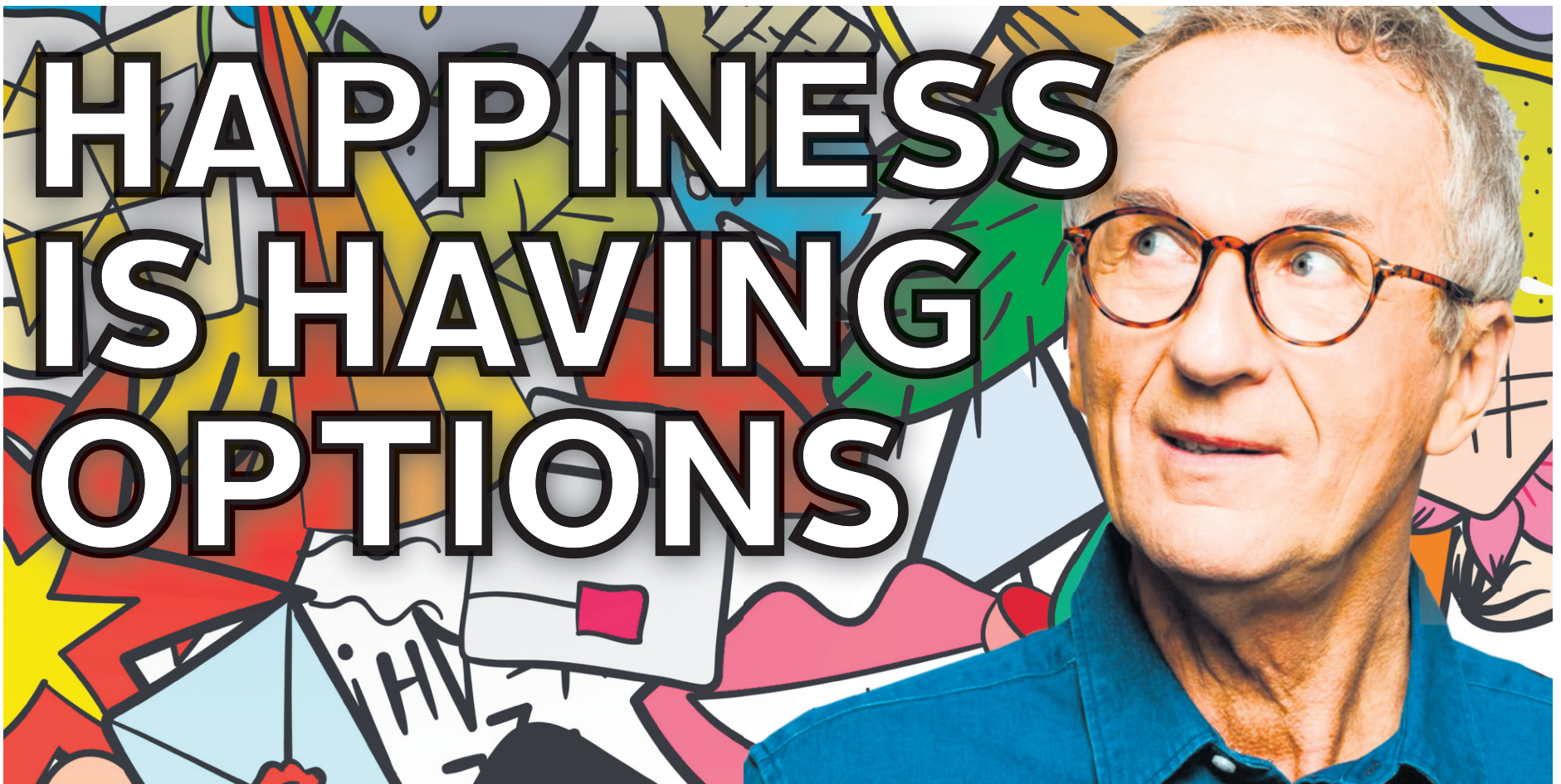
Email Poetry, Pet Tributes & Be Kind Spotlights to: [demke@medianewsgroup.com](mailto:demke@medianewsgroup.com)

**Look for other ads in this Vitality with more information  
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