

December 2024

Vitality

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

NEVER TOO LATE

Follow these steps to
maximize your retirement savings

PAGE 4

FINDING YOUR BLISS

Give your caregivers
permission to embrace
the holiday season

PAGE 6

HANDY HELPERS

Seniors can receive handyman,
cleaning services

PAGE 8

INDEX

SOCIAL & WELL-BEING

Caregivers and the holiday:

Finding your bliss **PAGE 6**

Senior Expo: Assumption Cultural Center provided health screenings, resources **PAGE 9**

Movies: Classic holiday films the whole family can enjoy **PAGE 10**

Exploring traditions: Notable Christmas celebrations around the world **PAGE 12**

HEALTH & FITNESS

Good vibes: How to begin the day in a positive frame of mind **PAGE 16**

Pitching in: How helping others helps you **PAGE 17**

Keeping fit: Notable senior health concerns **PAGE 18**

A chat with a sexual health expert: Hot flashes, brain fog, frisky older women and Dr. Ruth **PAGE 20**

MONEY & SECURITY

Real estate: Do I have to pay for a deed after closing on my new home? **PAGE 3**

Planning ahead: Practical strategies and expert advice to catch up on retirement savings later in life **PAGE 4**

Ask the Financial Doctor: How is the Medicare Part B surcharge calculated? **PAGE 5**

WORK & PURPOSE

Handy Helpers: Macomb County seniors can receive handyman services **PAGE 8**

Laying a wreath: Take the time to honor veterans this holiday season **PAGE 13**

Giving back: How to find a charity you can support **PAGE 14**

Personal history: Library of Congress seeks first-hand accounts of military service **PAGE 21**

CALENDAR

Recreation, Trips and Event Listings **PAGE 22**



On the cover: Mark Bendell and his wife, Laurie talk, in their kitchen. A 2022 stock market slump, which took big bites out of investors' portfolios, is worrying some Americans who are within a few years of retirement.

MARTA LAVANDIER — THE ASSOCIATED PRESS

VITALITY

6250 Metropolitan Parkway, Dock D
Sterling Heights, MI 48312

CONTACT US

Customer service/circulation:
586-731-1809

ADVERTISING

Advertising: 586-716-8100

STAFF

Publisher, Michigan Region:
Greg Mazanec,
mipublisher@medianewsgroup.com

Vice president of news:
Don Wyatt, 248-285-9652,
dwyatt@medianewsgroup.com

Custom Content Editor:
Jason Alley, 734-246-0143
jalley@medianewsgroup.com

Calendar announcements:
Joe Gray, 248-284-1481
jgray@medianewsgroup.com

A 21st Century Media
publication managed by
MediaNews Group

MONEY & SECURITY

Real estate: Do I have to pay for a deed after closing on my new home?

Q: We recently bought a house and then we received a letter in the mail stating that if we want a copy of the deed, we have to pay \$75. With all the closing costs we paid, shouldn't that be included?

A: It's a scam. Do not pay any person or company money to get a copy of the deed after closing. You're correct.

It is included in the closing costs. The original deed that was signed and notarized at closing has been sent to the county by the title company for recording.

Once it is recorded at the county Register of Deeds, they will mail the original recorded deed to you. Depending on the county, it could be as quick as two weeks or it could be up to eight weeks. If you do not receive it in that time frame, contact your real estate agent and they will contact the title company to follow up to make sure it was recorded. *(Reminder: It's always a good idea to put your recorded deed in a safe deposit box or a fireproof box at the very least for safe keeping.)*

Deed fraud notification

Since I'm covering deed copy scams, I thought it would be a good idea to mention that there is deed fraud (aka title fraud) being committed throughout the United States. Unscrupulous individuals are filing fake deeds on unsus-



Steve Myers

pecting property owners trying to steal their property. Sometimes, they will do this with the intent of trying to sell the property and pocketing the proceeds. Sometimes, they will then take out loans against the property and never make a payment and then the property goes into foreclosure. This is when the unsuspecting homeowner finds out there is a problem — when a foreclosure

notice is put on their door. Fraudulent liens can also be recorded against the property. Does this happen a lot? No, but it does happen enough to be of concern. Local law enforcement along with the FBI will get involved. The bad news is that a homeowner can spend thousands of dollars proving that they are the rightful owners. The good news is that you can sign up online for free fraud alerts at the Register of Deeds in your county and get notified by email if anything is recorded that involves your name and property. It doesn't stop the fraud, but allows you to be aware right away and start taking action quickly.

Steve Myers is a real estate agent/Realtor at RE/MAX First with seven offices serving Southeast Michigan and is a member of the RE/MAX Hall of Fame. He can be contacted with questions at 586-997-5480 or Steve@MyersRealtor.com. You also can visit his website at AnswersToRealEstateQuestions.com.

MARKET UPDATE

October's market update for Macomb County and Oakland County's housing market (house and condo sales) is as follows: In Macomb County, the average sales price was up by more than 5% and Oakland County's was up by more than 14%. Macomb County's on-market inventory was up by less than 1% and Oakland County's on-market inventory was down by more than 9%. Macomb County's average days on market was 28 days and Oakland County's average days on market was 30 days. Closed sales in Macomb County were up by more than 1% and closed sales in Oakland County were up by more than 3%. The closed sales continue to be down as a direct result of the continued low inventory. Demand remains high. (All comparisons are month to month, year to year.)

By the long-standing historical definition from the National Association of Realtors, which has been in existence since 1908, a buyer's market is when there is a seven-month supply or more of inventory on the market. A balanced market between buyers and sellers is when there is a six-month supply of inventory. A seller's market is when there is a five-month or less supply of inventory. Inventory has continued to stay low. In October, the state of Michigan's inventory was still flat at 2.5 months of supply. Macomb County's inventory was at 2.2 months of supply and Oakland County's inventory was at 2.1 months of supply. By definition, it's nowhere close to a buyer's market.



Senior Living at Fox Run
Gives You **MORE.**

- 1. MORE for your money**
with our inclusive Monthly Service Package.
- 2. MORE amenities**
including a pool, fitness center, and restaurants.
- 3. MORE peace of mind**
with additional on-site care should you need it.

Discover more great reasons to choose
Novi's premier community.
Call **1-800-581-9965** or visit us online
for your free brochure.


Fox Run
BY ERICKSON SENIOR LIVING®

Novi
FoxRunNovi.com



1.291.356

MONEY & SECURITY



Evan Valeri, financial adviser with CUSO Financial Services L.P. at Cornerstone Community Financial Credit Union, said effective planning and disciplined actions can improve your financial outlook, even if you're starting later in life.

PHOTO COURTESY OF
CORNERSTONE COMMUNITY
FINANCIAL CREDIT UNION

PLANNING AHEAD: PRACTICAL STRATEGIES AND EXPERT ADVICE TO CATCH UP ON RETIREMENT SAVINGS LATER IN LIFE

By Susan Thwing
For MediaNews Group

For those in their late 50s or beyond who feel unprepared for retirement, there's good news — it's never too late to make meaningful progress.

According to Evan Valeri, financial adviser with CUSO Financial Services L.P. at Cornerstone Community Financial Credit Union, effective planning and disciplined actions can significantly improve your financial outlook, even if you're starting late.

Start with a financial plan

"Retirement planning should be a living, breathing document," Valeri said. He emphasizes regularly revisiting your finan-

cial plan to accommodate life changes. If you don't have a plan, now is the time to create one. Partnering with a financial adviser can help you set realistic goals, identify opportunities for savings, and adjust as your circumstances evolve.

Maximize employer-sponsored plans

If you're still working, the first step is to leverage your employer's retirement plan fully. "Many people aren't even contributing enough to take advantage of their employer match," Valeri said. Matching contributions are free money; failing to capitalize on them is a missed opportunity.

For those aged 50 and older, retirement

plans offer "catch-up" contributions. In 2024, you can contribute an additional \$7,500 annually on top of the \$23,000 limit, bringing the total allowable contribution to \$30,500. Ensuring your investments are properly allocated within these plans is equally crucial.

Valeri warns against neglecting investment decisions: "I've seen people leave their contributions sitting in money market funds for years, missing out on potential growth. It's vital to match investments to your risk tolerance and goals."

Diversify with a Roth IRA

The Roth IRA is another powerful tool, particularly for those without access to employer-sponsored plans. "Roth IRAs

are like a cheat code," Valeri said, referring to their tax-free growth potential. Individuals over 50 can contribute up to \$8,000 annually, and once you've maxed out a Roth IRA, you can direct additional savings back into a 401(k) or explore other investment vehicles.

Alternative options for nontraditional workers

Not everyone has access to corporate retirement plans. For those who are self-employed or working part-time, Valeri suggests exploring SEP IRAs and SIMPLE IRAs, which allow for higher contribution

MONEY & SECURITY

Ask the Financial Doctor: How is the Medicare Part B surcharge calculated?

Q : How is the Medicare Part B surcharge calculated for the tax year 2024?

A : You need to look at your tax return two years ago — the 2022 tax return. On line 11, check the amount which is your AGI (adjusted gross income). If the amount is less than or equal to \$103,000 (single) or \$206,000 (joint), then your Medicare Part B premium is \$174.70 per month with no surcharge.

If the amount is greater than \$103,000 (single) or \$206,000 (joint), the first surcharge is \$69.90 and the monthly premium will be \$244.60.

If the AGI is significantly higher, then



Richard Rysiewski
Columnist

the surcharge could be \$419.30 and the monthly premium will be \$594.

Q : I am married and my spouse has not applied for Social Security benefits. Can I apply for spousal benefits?

A : No, you cannot apply for spousal benefits until your spouse applies.

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.

Savings

FROM PAGE 4

limits than traditional IRAs. Additionally, taxable brokerage accounts can provide a flexible way to grow your savings.

Reassess Social Security timing

Social Security benefits can be a vital part of retirement income, but when to start claiming them is a key decision.

"If you start at 62, your payments are reduced by about 30% compared to waiting until full retirement age," explained Valeri. Delaying benefits until 70 increases monthly payments to 132% of the full retirement age amount.

Mitigate market risks

Market volatility poses a significant threat to those nearing retirement. Valeri advises diversification.

"It's important to spread your investments across different asset classes and risk levels. You'll want some safe, accessible funds for short-term needs and a portion in equities to outpace inflation," he said.

Creating a tiered portfolio — dividing assets into short-term, medium-term, and long-term categories — can help balance growth potential with risk management, he said.

Downsizing and home equity

For homeowners, downsizing can free

up significant equity to boost retirement savings. "If you're living in a large family home with empty bedrooms, it might make sense to sell, downsize and invest the proceeds," Valeri said.

Reverse mortgages are another option, though they come with complexities.

"They've been frowned upon in the past, but for the right person, they can be a good way to supplement income," Valeri said.

Success through discipline

One of Valeri's favorite success stories involves his own mother. "At 50, after a divorce, she started from scratch," he said. "Through strict budgeting, downsizing and smart investment choices, she was able to retire comfortably before 65, even purchasing a second home."

Valeri emphasizes discipline as the key: "Knowing where every dollar goes is crucial. You can make significant progress if you stick to the plan."

While starting late can be daunting, taking actionable steps and working with a professional can pave the way to a secure retirement.

"It's never too late to make a difference," Valeri said. "The sooner you start, the better equipped you'll be to enjoy your retirement on your terms."

Cornerstone Community Financial Credit Union is a full-service credit union with branches throughout Michigan, including in Auburn Hills, Center Line, Clinton Twp., Royal Oak, Sterling Heights and Troy.



Introducing Flourish Collection!

Never settle for less when Flourish Collection is designed to give more — more opportunities for seniors to engage, enrich and enhance their lifestyle, plus the highest standards of personalized support.

Formerly Blossom Springs and Blossom Ridge, Flourish Collection at Rochester and Flourish Collection at Oakland Charter Township are honored to serve seniors under their new names.



For active adult living, independent living, and assisted living lite, call 248-487-8820. For secured assisted living and memory care, call 248-283-4747.

FLOURISH
COLLECTION
BY STORYPOINT GROUP

StoryPoint.com

SOCIAL & WELL-BEING



“The biggest thing is to ask for help, which can be extremely hard for caregivers because they’re used to giving. Lots of times, other family members will offer help, so take it. Maybe go back to people who’ve offered help in the past and you didn’t take it.”

— AgeWays social worker Chelsea DeNio

Left: With the holidays upon us, millions of family caregivers are facing challenges that might be new and now they have a resource to help them.

PHOTO COURTESY OF METRO CREATIVE CONNECTION

CAREGIVERS AND THE HOLIDAYS: FINDING YOUR BLISS

By AgeWays

Formerly Area Agency on Aging I-B

Caregiving can be tiring, tedious, heart-breaking and so many other things — particularly for those who do it full-time.

Add in the holiday season and stress levels can skyrocket.

For many, the season of joy presents another set of emotional challenges: Being in a mood to celebrate when your loved one’s health has declined or you’re exhausted, alone or both.

So how do caregivers embrace the generous spirit while juggling their obligations, perhaps to more than one person?

Don’t be afraid to ask for help

“The biggest thing is to ask for help, which can be extremely hard for caregivers because they’re used to giving,” says AgeWays social worker Chelsea DeNio. “Lots of times, other family members will offer help, so take it. Maybe go back to people who’ve offered help in the past and you didn’t take it.”

That might be asking a friend to pick up groceries or watch your loved one while

Area Agency on Aging I-B



you go out for a while. If you can’t offload some of your responsibilities, you are likelier to burn out.

Simplify shopping and traditions

DeNio is a caregiver, too. To make some time, she takes advantage of online shopping both for gifts and groceries and encourages others to do the same. It removes some of the stressors that the holidays present.

Resisting the pressure to maintain rituals that may not work for your loved one is another way to free yourself from some of the pressures of the holiday season.

“Simplify traditions where you can, or start new traditions,” DeNio said. “Things don’t have to be the same every year. Let’s say you’re a caregiver for your mom and your mom is typically the one who has led the holiday baking in the past, and that’s

something the family has done together. With her physical limitations, she might not be able to bear weight. Set her up at a table where she can still participate in a different way.”

Take a self-care break

Everyone has some activity that helps them relax, whether it’s taking a bath, meditating, working out, napping, reading a book or zoning out in front of the TV.

“Do whatever makes you feel whole again, whatever recharges your battery,” DeNio said.

Using a respite program like an adult day center is another option for caregivers and loved ones who could use a break. If cost is a factor, ask a friend or neighbor to watch your loved one for a bit, she says.

Ignore pressures to be happy and sociable

“During the holiday season, there is pressure to be cheerful, to be more social. For people already feeling overwhelmed or down, it may not be realistic to feel cheerful,” DeNio said.

Recognizing your limitations is a good first step.

Don’t be afraid to turn down invitations or say “no” to certain commitments if they will stress you out.

“Set boundaries with loved ones and friends, making sure not to overcommit yourself,” DeNio said.

Celebrate in realistic ways

Say you don’t have a lot of family or the person you care for doesn’t have much to do. DeNio recommends finding holiday events outside of the home — such as a senior center, house of worship or movie theater. Driving around to look at holiday lights or visiting an area mall to take in the decorations are a few ways to get out of the house and get into the spirit of the holidays.

Call AgeWays Nonprofit Senior Services

And call AgeWays Nonprofit Senior Services, a clearinghouse of information and

Hear What Former Guests Say About Their WellBridge **EPIC** Experience



“Everyone and everything was great. Enjoyed the stay.”
— WB Rochester Hills

“Excellent help, good at attending to everything. Wish there was a better word than excellent to rate this facility.” — WB Pinckney

“Nurses and aides, plus OT & PT staff were knowledgeable and dedicated.”
— WB Novi



“This is by far the best facility I’ve ever been in.”
— WB Romeo

“I’ve been here multiple times and I will return again if needed. It’s wonderful!”
— WB Fenton



“Everyone cared for me so much!”
— WB Grand Blanc

“They take really good care of me.”
— WB Brighton



Fresh
WBs Bistro

WellBridge of Brighton
WellBridge of Clarkston
WellBridge of Fenton
WellBridge of Grand Blanc

WellBridge of Novi
WellBridge of Pinckney
WellBridge of Rochester Hills
WellBridge of Romeo

WELLBRIDGE

YOUR BRIDGE TO RECOVERY AND WELLNESS

www.thewellbridgegroup.com

EPIC

Excellence · Passion · Innovation · Care

WORK & PURPOSE



The Macomb County Department of Senior Services offers a Handy Helpers program, which provides limited assistance with home maintenance tasks and heavy-duty cleaning for Macomb County seniors ages 60 and older.

PHOTO COURTESY OF METRO EDITORIAL SERVICES

HANDY HELPERS: MACOMB COUNTY SENIORS CAN RECEIVE HANDYMAN SERVICES THROUGH PROGRAM

By Debra Kaszubski
For MediaNews Group

It's ideal to have the contact information for a handyman at the ready, as few people know when the furniture might need repair or the windows might need new caulk.

But what if you don't have a handyman or a handy relative or friend available to help with these tasks?

In the fall of 2020, when the COVID-19 pandemic was in full swing, the Macomb County Department of Senior Services

started offering a Handy Helpers program. Handy Helpers provides limited assistance with home maintenance tasks and heavy-duty cleaning for Macomb County seniors ages 60 and older.

The program requests a donation based on the service provided. A summary will be mailed to the senior with a suggested contribution.

"The program has been very well received by past participants," said Nicole Urban, program manager of the Macomb County Office of Senior Services. "We provide the staff and supplies

for the tasks required."

Handy Helpers will replace light bulbs, door locks, window catches, sink faucet washers and faucets.

Workers also will install screens, storm windows and weather stripping. Repairing furniture, caulking around windows, and hanging window shades and curtain rods are among their other duties.

Helpers also can assist with pest control, including insects (not including bed bugs) and rodents.

Heavy-duty cleaning is limited

to cleaning appliances, carpets and rugs, floors, walls and interior windows that do not require a ladder to reach. Helpers also will install some safety devices.

Helpers who enter homes are vetted employees who have experience in home repair and maintenance. For seasonal work, Handy Helpers utilizes volunteers.

"Fall yard work includes leaf raking and window washing. Spring and summer yard clean up includes those tasks plus flower bed clean up and tree branch trimming," Urban said. "This is a great opportunity for businesses,

groups, high schoolers and individuals. We offer a flexible schedule and provide the necessary tools and supplies for the job."

For those interested in volunteering, Handy Helpers provides a great opportunity to give back to the community on a flexible schedule. Volunteers can reach out to volunteer@macombgov.org or visit the program's website at macombgov.org/seniors.

Seniors interested in the service can apply by calling the Office of Senior Services at 586-469-5228, from 9 a.m. to 4 p.m. weekdays.

SOCIAL & WELL-BEING



PHOTO COURTESY OF ASSUMPTION CULTURAL CENTER

Assumption Cultural Center's Senior Expo Committee members Rachel Nagorsen, left, Kelli Lipinski, Olga Cardasis, Michelle Curtis, Joan De Ronne, Terri Murphy, Karen Adair, Dr. Sarah McGhie, Dr. Kenneth Hamilton, Frank Tassone, Maggie Jackson, Heidi Uhlig-Johnstone and Julie Yonkus stand with WDIV's Devin Scillian, center.

Assumption Cultural Center's annual Senior Expo provided health screenings, resources

Assumption Cultural Center's 29th annual Senior Expo drew more than 1,500 seniors, their families and caregivers to the popular event, which is free to all in the metropolitan Detroit area.

The Senior Expo — a day for senior wellness, recre-

ation and resource information — took place on Oct. 17.

Included were more than 50 exhibitors, workshops, health screenings, a complimentary lunch by Henry Ford Health, raffles and giveaways.

WDIV news anchor Devin Scillian delivered the

keynote address. He also performed with his band, Arizona Son. Assumption Cultural Center is located in the communities of St. Clair Shores and Grosse Pointe Woods.

Source: Assumption Cultural Center

Bliss

FROM PAGE 6

resources to help caregivers find balance in their lives. The number is 800-852-7795.

A few caregiver-focused offerings include:

- Trualta, a free, interactive online platform that

has a ton of tips on caregiving, including complicated situations.

- Caregiver Coaching, a program that pairs caregivers with a volunteer coach who can answer questions and direct caregivers to resources they need.

- Powerful Tools for Caregivers, a six-week workshop that focuses on self-care.

This content is provided

by AgeWays Nonprofit Senior Services, 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.

HEAR FOR THE HOLIDAYS

with Oakland Audiology

Holidays are a time to gather and share joy with friends and family.

Don't let hearing loss get in the way! Follow these tips to make the most of your time with loved ones.

Background noise like music and fans can have a big impact on clarity for people with hearing loss. When possible, turn down the noise.



WATERFORD • HIGHLAND
OaklandAudiology.com

Certain words may be more difficult than others to understand. If a misunderstanding occurs, rephrase and speak slower.

Schedule your hearing test today and amplify your joy this holiday season!



JASON ALLEY — MEDIANEWS GROUP

The house where "A Christmas Story" was filmed is open for tours in Cleveland, Ohio.

SOCIAL & WELL-BEING

Classic holiday films the whole family can enjoy

Decor and gift-giving go a long way toward making the holidays a joyous time of year, but those familiar films also do their part to make the season extra special.

Many people have their own favorite holiday films, and the following are some that can engage viewers who are young or simply young at heart:

'A Christmas Story'

Released in 1983, this warmly nostalgic, humorous film is a perennial favorite among families. It follows the story of Ralphie, who has his heart set on a very specific Christmas present — a Red Ryder BB gun. Amidst wintry exploits and family drama, the true spirit of Christmas manages to shine through in this beloved film. Some of the subject matter can be off-color and there are some bullying scenes, so this is a movie best watched with children who are mature enough to understand.

'Little Women'

Based on the Louisa May Alcott novel of the same name, the 1994 telling of this classic follows the March sisters, who confront financial difficulties, romance and family tragedies in mid-nineteenth century Massachusetts. While it's not a traditional Christmas movie, the importance of spending time with family around Christmastime is a core theme in this coming-of-age tale.

'Klaus'

Perhaps not as well-known as other animated holiday flicks, "Klaus," released in 2019, has a personality all its own. Postman Jesper, who is not making the grade at the postal academy, is sent to work in a frozen town in the North, where he discovers a reclusive toy maker named Klaus. The unlikely duo ultimately team up to make and deliver toys and bring smiles to children's faces.



PHOTO COURTESY OF METRO EDITORIAL SERVICES



PHOTO COURTESY OF METRO EDITORIAL SERVICES

'Meet Me in St. Louis'

Starring the irreplaceable Judy Garland, this movie musical focuses on four sisters who are awaiting the 1904 World's Fair in their hometown, but learn that their father has accepted a new job and the family must move to New York beforehand. A Christmas miracle occurs and all is right in the end. Garland sings a memorable version of "Have Yourself a Merry Little Christmas" in the film, solidifying this as a holiday classic.

'The Santa Clause'

This Disney film came out in 1994 and remains a family favorite. When divorced dad Scott (Tim Allen) accidentally kills a man in a Santa suit, he magically becomes the next Santa. He must learn to cope with the ways the transformation to the man in red interrupts his normal life, eventually giving over to the magic of Christmas.

'Emmet Otter's Jug-Band Christmas'

Though this 1977 Jim Henson production is a television special and not a full-length feature film, Generation X likely remembers the heartfelt tale of a poor otter family who sacrifice prized possessions to have what's needed to enter a talent contest. The goal is to win the prize money to buy special Christmas presents. Audiences get to enjoy narration by Kermit the Frog.

— By Metro Editorial Services

ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run January 9, 2025.

Deadline is December 24, 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

Next Issue of Vitality



will be on

THURSDAY

JANUARY 9, 2025

Affordable Senior Citizen Apartments in Roseville

The Roseville Housing Commission is now accepting applicants for our senior living community.



We Offer Two Convenient Locations:

SMOKE FREE

EASTLAND BUILDING

18330 Eastland St.
Roseville, MI 48066

LAWN BUILDING

25524/25525 Lawn St.
Roseville, MI 48066

AMENITIES:

- Quiet Residential Area
- 24-Hour Maintenance
- Senior Bus Picks
You Up At Your Door

- Security Entrance
- Laundry Facilities
On Each Floor
- Storage Facilities
- Elevator Service

Senior Citizens
62 years and
older. Non-elderly
(50-61 years of
age) are eligible
to apply.

The rent is based
on 30% of annual
adjusted income.
All utilities are
included, except
telephone & cable.

FOR MORE INFORMATION,

PLEASE CONTACT OUR OFFICE AT: (586) 778-1360

Or Email Us At: rhousing@rosevillehc.org



SOCIAL & WELL-BEING

EXPLORING TRADITIONS



NOTABLE CHRISTMAS CELEBRATIONS AROUND THE WORLD

Holiday traditions differ considerably in various regions of the world.

Christmas celebrations include various time-honored traditions that celebrants hold near and dear to their hearts. Depending on where someone lives, their Christmas traditions may look quite different from those in other parts of the globe.

It can be enjoyable to learn how Christmas is celebrated elsewhere and perhaps even incorporate a few new traditions into your celebrations.

Take a peek at these customs near and far:

- Seafood and beachside celebrations: Australia is located in

the southern hemisphere, which means Aussies are enjoying the peak of their summer come Dec. 25. A white Christmas is unlikely, unless the “white” refers to white, sandy beaches. Santa is probably swapping his thick coat for a pair of board shorts, and heavy, roast-laden meals are unlikely to make it on to the menu. Instead, Australians dine on seafood feasts and spend Christmas outdoors camping or at the beach.

- Krampus parade: Some Christmas elves are not so jolly. Just ask residents of the Austrian, German and Hungarian Alps. Each year in this region, a true “Bad Santa” is the talk

of town. Villagers believed that Krampus, a half-man, half-goat creature with a legion of ill-tempered elves, roamed the mountains wreaking havoc. Krampus was said to abduct miscreants and set unruly youth or even intoxicated adults straight. Today, Krampus is more the “bad cop” to Santa’s “good cop” persona. Krampus is celebrated as an anti-hero at parades and other events.

- Las Posadas: According to scripture, Joseph and Mary had to make an arduous journey from their hometown to Bethlehem for census purposes while Mary was pregnant. When the couple arrived, they found lodgings were nonexistent, and Mary ended up

giving birth to Jesus in a manger surrounded by animals. In celebration of that journey, people in Mexico and Guatemala celebrate Las Posadas, a procession representing Mary and Joseph’s journey and their struggle to find lodging.

- La Befana: In Italian folklore, La Befana is a witch-like old woman who, like Santa, delivers gifts to children throughout Italy. Instead of this gift-giving taking place on Christmas, La Befana hands out gifts on the Epiphany Eve in a similar way to how the Three Magi brought presents to Baby Jesus. Le Befana also is believed to fly through the night sky to sweep away all the

troubles of the old year and clear the way for a fresh start.

- Move over reindeer: Although reindeer often garner fanfare this time of year, the Yule goat is a Christmas symbol and tradition in Scandinavia and northern Europe. Each year in towns throughout Sweden and other areas, large statues of Yule goats are built on the first day of Advent and stand throughout the holiday season. This tradition dates back to ancient Pagan festivals, and some believe the goat is connected to the Norse god Thor, who rode in the sky in a chariot pulled by two goats.

— By Metro Editorial Services

WORK & PURPOSE

Take the time to honor veterans this holiday season

The holiday season is a time when family and friends gather to reconnect and celebrate. For many families, there are people missing from these celebrations, whether they sacrificed their lives defending the country or died honorably years after serving in the military.

As individuals plan to add spirit to homes and businesses through decorations and other touches, they also can consider adding a bit of the holidays to the places where their beloved service members lie in eternal rest. This is the main premise behind the Wreaths Across America organization.

The primary activity of Wreaths Across America is to distribute wreaths to be placed on graves in military cemeteries. On National Wreaths Across America Day, which takes place on a moving day each December at thousands of locations, volun-

teers place wreaths on headstones and read out the names of the service members.

The organization was founded by Morrill Worcester and his wife, Karen, as a way to teach all generations about the value of their freedoms and the importance of honoring those who sacrificed so much to protect those freedoms.

Worcester, owner of the Worcester Wreath Co. in Maine, remembered a trip to Washington, D.C., as a child that included a visit to Arlington National Cemetery. In 1992, when Worcester's business had a surplus of wreaths nearing the end of the holiday season, he remembered an indelible image of wreaths on graves at Arlington and devised a way to put those wreaths to use honoring the country's veterans.

Arlington National Cemetery was the first place to receive wreaths. Since then, the

movement has grown to include cemeteries across the nation. In 2022, Wreaths Across America and its national network of volunteers placed more than 2.7 million sponsored veterans' wreaths on headstones of our nation's service members at 3,702 participating locations.

Although veterans are remembered each Memorial Day and Veterans Day, they can be honored 365 days a year for their service and sacrifices. Wreaths Across America offers an important way to set aside time during the holiday season show appreciation for veterans who are no longer with us.

Those looking to get involved can visit wreathsacrossamerica.org to learn more about volunteer opportunities or bringing WAA into their communities.

— By Metro Editorial Services



PHOTO COURTESY OF METRO EDITORIAL SERVICES

READY TO HEAR BETER?

As licensed Audiologists, we are the primary healthcare professionals who evaluate, diagnose, and treat hearing loss.

Call today! 586-725-5380

Join us for an in-office demonstration showcasing the latest technology, featuring rechargeable options and seamless Bluetooth connectivity.

\$500 off

On a pair of premium hearing instruments.
Exp: 1-15-25

Audiological Testing Hearing Aid Evaluations Fitting of Prescription Hearing Aids



Marianne Fortino, M.A.
Audiologist

Kari Krause, M.A.
Audiologist

Hearing Consultants

of Southeast Michigan

Hearing Care For Life!

Chesterfield
31141 23 Mile Rd.

Shelby
51850 Dequindre Rd.

Lapeer
1254 N. Main Street

hearingconsultants.net



PET TRIBUTE PAGE

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

It's easy! Just fill out the form below and mail or email it to us along with your photo, tribute or poem. Photos will not be returned. Next issue will be January 9, 2025.

Name(s) of Pets: _____

Member of the _____ Family.

Address: _____

Phone: _____

EMAIL FORM & PHOTO TO:
demke@medianewsgroup.com

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

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

WORK & PURPOSE



PHOTO COURTESY OF
METRO EDITORIAL SERVICES

How to find a charity you can support

Each year, millions of people across the globe donate their time and money to worthy causes. A desire to make the world a more equitable, safer and healthier place drives such endeavors and enables the efforts of countless nonprofit organizations as they seek to fulfill their missions.

Data from Giving USATM, a public service initiative of the The Giving Institute, indicates that Americans gave roughly \$557 billion in 2023, earning the United States the distinction of being the sixth most generous country in the world according to the Charities Aid Foundation's "World Giving Index 2024" report.

It's no secret that giving feels good, and those who want to give have a wealth of worthy causes that merit their generosity. Navigating one's way through those causes and organizations is no small task, but the following are some tips prospective donors can consider as they try to find charities worthy of their generosity.

- **Commit to some research.** Serious donors recognize just how vital their donations are, and that recognition underscores the importance of researching before donating. Various organizations, such as the BBB Wise Giving Alliance and Charity Navigator, evaluate charitable organizations on a wide range of criteria. The resulting reports that stem from those evaluations do much of the researching legwork for prospective donors. However, as valuable as such reports can be, they can't make donation decisions for prospective donors. Such decisions rest entirely in the hands of donors, who can utilize reviews of a wide range of organizations (the BBB Wise Giving Alliance has free reviews of roughly 1,300 national charities) to make the most informed donation decisions possible.

- **Identify your own prospective role.** Charitable donations are often discussed in the context of donating funds, but do-

nors can do more than write checks. Before choosing a charity, identify the role you'd like to play in giving back. If you want to volunteer your time, a locally based nonprofit might have more accessible opportunities than one with a national presence that may not be sponsoring any initiatives close to your home. If you aspire to help children, consider a role as a volunteer instructor with a local park service or a coach with a youth sports league in your community.

- **Track current events.** Paying attention to current events can inspire generous individuals to do their part to make the world a better place. In addition, local news broadcasts and local newspapers often highlight individuals going above and beyond to help others. Such human interest stories can shed light on worthy causes in your own community that you might not hear about if you avoid local media stories and reports. By staying up-to-date on cur-

rent events, you might discover local, national or international charitable endeavors that are trying to end conflicts or help those in need overcome challenges.

Strategies to find the right volunteer opportunity

Volunteering is one way to give back to the community, and also for people to give back to themselves. Individuals can reap many benefits from volunteering, including improving self-esteem and building professional relationships. With so much to be said for volunteering, people may wonder how to find the best places to volunteer their time and skills. Finding the right match takes a little bit of effort, and these strategies can further such attempts.

- **Focus on your passions.** A great place to begin when considering volunteering is to identify causes you are passionate about. Consider your hobbies, social issues that



PHOTO COURTESY OF METRO EDITORIAL SERVICES

matter to you and your own professional experience. This process can help narrow down some volunteering options.

- Identify your skills and what you have to offer. Non-profit groups often seek people who can help them in specific areas. Skills like fundraising, public relations, marketing or event planning are highly valuable within the nonprofit community.
- Try a short-term project. When testing the volunteering waters, it might be best to start small. You can take on a short-term project or commit to a few hours per week. If an opportunity does not seem like the right fit, you can move on to something new relatively easily.
- Determine your availability. Figure out how much time you can realistically commit to an organization. A group that requires daily effort might not be the right fit if you only have a few hours a week to spare.
- Use a volunteer matching service. Resources like VolunteerMatch or All for Good can help you find organizations that align with your interests.
- Seek recommendations from individuals you trust. Talk to friends, colleagues, neighbors or family to ask if they can offer insight about volunteer organizations based on their own experiences.
- Think about your reasons for volunteering. Ponder why you want to get involved in charity work. Some people want to network while others want to gain new experiences. For others, volunteering is a means to getting involved with a charity that supports an effort near to their hearts. Knowing why you want to volunteer can help you narrow down the opportunities.

— By Metro Editorial Services



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 December 24, 2024 for our January 9, 2025 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

Simple Cremation

starting at **\$995**

Jowett

Funeral Home and Cremation Service

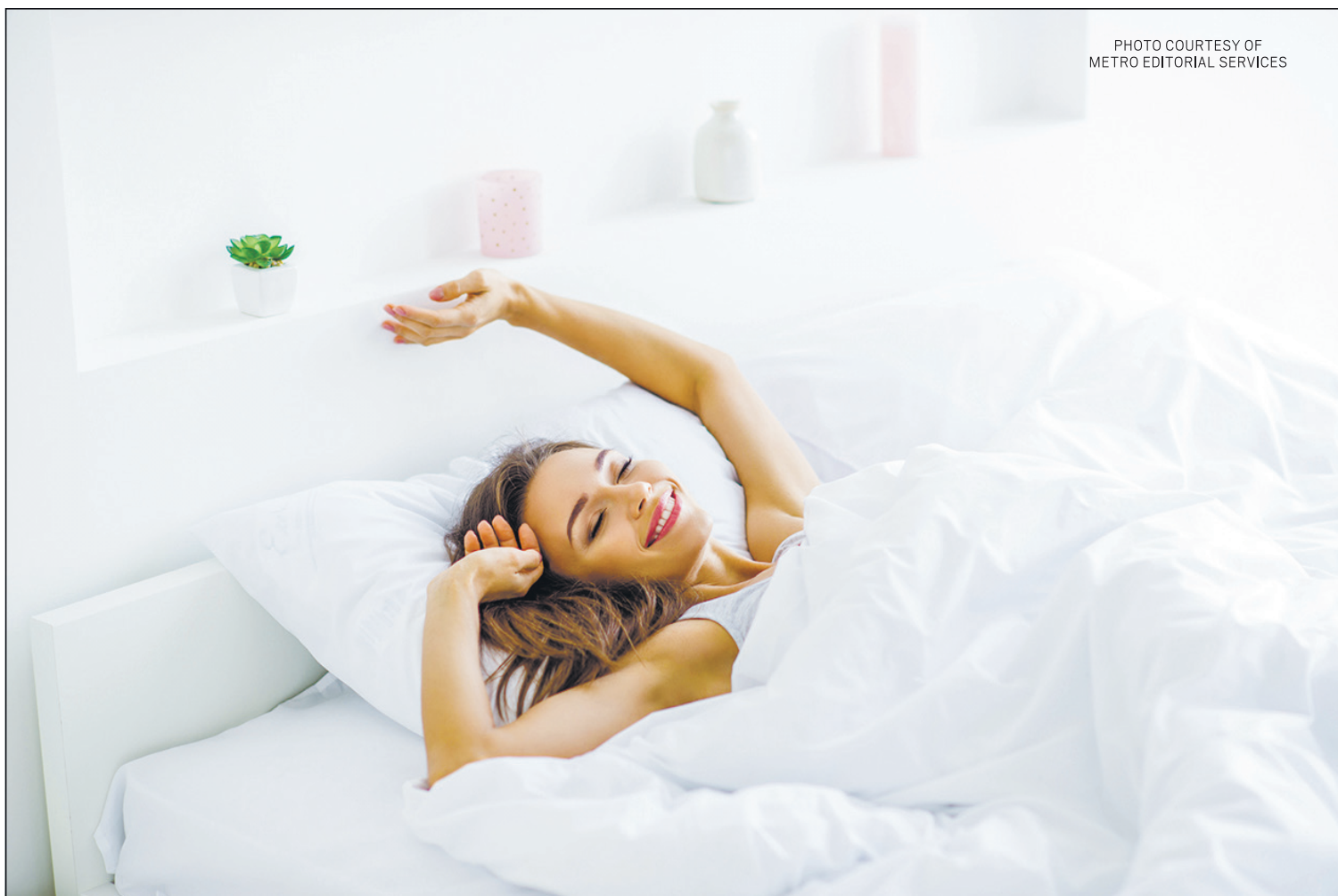
“Simple, Dignified, Meaningful & Affordable”

586.749.9585
57737 Gratiot Ave. • New Haven, MI
.....

810.985.5123
1634 Lapeer Ave. • Port Huron, MI

www.JowettFuneralDirectors.com

HEALTH & FITNESS

PHOTO COURTESY OF
METRO EDITORIAL SERVICES

GOOD VIBES: HOW TO BEGIN THE DAY IN A POSITIVE FRAME OF MIND

Each new day brings the potential for change, even amid the routine of the daily grind.

When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the "Law of Attraction," which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive

thoughts and be in a generally optimistic mindset.

The following tips can put people on a positive path at the start of each day:

Begin the night before

Certain mental health experts suggest clearing the mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change and then be intentional about how you

want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

Take a technology pause

Do not check email or text messages right after opening your eyes. Coming across upsetting information at the outset of the day can adversely affect your mood. Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

Recognize the good people are doing

When you open your eyes and focus on the positives, you'll see all the good that

other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

Focus on gratitude

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be a means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have your family.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later. You've got this!

— By Metro Editorial Services

HEALTH & FITNESS

How helping others helps you

Few paths to positive personal growth are more noble than resolving to help others through increased acts of generosity and kindness.

According to Psychology Today, doing good for others, no matter how big or small the deed, feels good, but also provides reciprocal benefits. The link between volunteering and lower rates of depression has been well-documented, and there is neural evidence from MRI studies suggesting a link between being generous and signs of happiness in the brain.

Following are several ways to improve oneself by being more mindful of others:

- Be aware of social issues. Read your local news-

paper to stay up-to-date on the pulse of your community, as well as the world. Educate yourself about current issues that are affecting people from all walks of life. Understanding the needs or plights of others may boost your willingness to get involved with non-profit organizations. It also may make you more empathetic and compassionate toward other people.

- Volunteer at a charity. Find a charitable group with which you can volunteer your time. This is a great way to support a cause you believe in and makes it possible for you to collaborate with others who are like-minded, potentially helping you make new friends.

- Learn a new language.

North America is a melting pot that's home to people from many different parts of the world. Learning a new language may facilitate interactions with fellow community members who might not speak English as a first language.

- Help someone you know. It's commendable to want to assist a charity or a global cause, but what about people close to you who may need a boost? Whether you're lugging boxes to help a friend move or babysitting a niece or nephew so their parents can enjoy a much-needed night out, when you help someone, those good deeds will return to you in time.

— *By Metro Editorial Services*



PHOTO COURTESY OF METRO EDITORIAL SERVICES

*Peace on Earth
good will
towards all*

The Wujek and Calcaterra families wish you a peaceful new year filled with happiness and surrounded by loved ones. Thank you to the wonderful families in this community who have chosen us to serve them. We are humbled by your trust, and will continue to care for all families with the same compassion we would want for our own.



WUJEK-CALCATERRA
& SONS, INC.



STERLING HEIGHTS Schoenherr Rd at Metro Parkway 586-826-8550
SHELBY TOWNSHIP Van Dyke at Twenty-Five Mile Rd 586-677-4000

www.WujekCalcaterra.com

HEALTH & FITNESS

PHOTO COURTESY OF
METRO EDITORIAL SERVICES

KEEPING FIT: NOTABLE SENIOR HEALTH CONCERNS

The human body changes as it ages.

While certain conditions are commonly associated with aging, some individuals may be surprised to learn of the more common health conditions that can affect seniors.

The World Health Organization says one in six people will be 60 or older by 2030. With such a large portion of the population on the cusp of turning 60, it makes sense for individuals to familiarize themselves with the more notable issues affecting seniors.

Cognitive decline

A certain degree of memory loss is a natural component of aging. Forgetting where you left your keys or experiencing difficulty putting a name to a face can be a random and frustrating occurrence. However, dementias, like Alzheimer's disease, are not a side effect of aging. As many as one in five seniors experiences mental health issues that are not associated with aging, and it helps to learn the early warning signs of dementia. Such recognition may compel individuals to seek treatment that can slow the progression of the disease.

Osteoarthritis

Aches and pains may come with aging, and often can be attributed to osteoarthritis, which is the most common form of arthritis, according to the Mayo Clinic. Osteoarthritis occurs when the protective cartilage that cushions the ends of bones wears away over time.

It is progressive and cannot be reversed, but maintaining a healthy weight and staying active can help alleviate pain and improve joint function.

Cataracts and refractive errors

It should come as no surprise to most that the eyes change as the body ages. Refractive errors like nearsightedness, farsightedness, astigmatism, and presbyopia can make objects look blurry when viewed, says the National Eye Institute. Cataracts, which are a clouding of the eye's natural lenses, affect about 20% of people age 65 and older, according to the American Geriatrics Society, while the National Eye Institute says half of all people over age 80 will get them. Cataract removal surgery and prescription eyeglasses can help.

Type 2 diabetes

American Senior Communities reports that it's estimated 25% of adults age 65 and older have type 2 diabetes. Unchecked diabetes can lead to a host of ailments, including vision problems, mobility issues, kidney damage, and increased risk for heart disease or stroke. Many people can manage type 2 diabetes with diet and exercise.

Heart disease

The National Institute on Aging says adults age 65 and older are more likely than younger people to suffer from cardiovascular disease that affects the heart, blood vessels or both. Conditions like high blood pressure and high cholesterol need to be properly managed, and diet and exercise is important throughout life to avoid developing heart disease in later years.

Balance issues

Balance issues that can lead to falls are a major concern for seniors. According to HealthinAging.org, many things can adversely affect balance.

These include nerve and brain problems,

vision troubles, diabetes, arthritis, inner ear problems and even dehydration. Dizziness or balance problems should be addressed, as there are serious health risks associated with falls.

Did you know?

Exercise is just as beneficial for older adults as it is for children and young adults. According to the Centers for Disease Control and Prevention, engaging in regular physical activity is among the most important steps older adults can take as they seek to safeguard their overall health. Such activity can prevent or delay many age-related health problems and strengthen muscles while improving balance, which can reduce risk for falls and injuries such as broken bones.

The CDC notes that certain physical activities can be characterized as multicomponent activities, which means they combine aerobic activity, muscle strengthening and balance training. Examples of such activities include dancing, yoga, tai chi, gardening and even sports participation.

— By Metro Editorial Services

The Village of East Harbor



44 ACRE LIFE PLAN COMMUNITY!

- Independent Living • Assisted Living
- Memory Support Services
- Skilled Nursing
- Out Patient Therapy • Respite Stay
- Short Term Rehab

INDEPENDENT LIVING DESIGNED TO MEET OUR RESIDENTS' UNIQUE INTERESTS AND NEEDS!

Located by beautiful lake St. Clair



Discover the charm of our ranch-style Classics and Harbor Inn apartments, along with our spacious mid-rise units, all conveniently located near I-94, shopping, and restaurants. Take a personalized tour and find the perfect living space that suits your lifestyle. Our residents choose us for the comfort and convenience of aging in place, with the peace of mind that comes from having access to all levels of care without ever having to leave our campus.

**Take a 3D
virtual tour**



The Village of
East Harbor

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan

Call: 586.725.6030

You've earned the lifestyle
The Village of East Harbor

33875 Kiely Drive, Chesterfield MI 48047

Fax: 586.716.7170

www.villageofeastharbor.com



HEALTH & FITNESS

Hot flashes, brain fog, frisky older women and Dr. Ruth

A chat with a sexual health expert

By Wendy Ruderman

Tribune News Service

Robyn Faye, a certified menopause practitioner, gave up obstetrics more than a decade ago to focus on menopause, sexual health and gender-affirming care.

In 2015, she became only the second medical doctor in Pennsylvania to be certified as a sex counselor through the American Association of Sexuality Educators, Counselors and Therapists (AASECT).

Faye said she decided to go back to school to become a sex counselor, studying at the University of Michigan, because many of her patients struggled with intimacy. “I realized that I had nobody to ask questions of when it came to sexual health,” Faye said.

Faye about the hormonal lava lamp within us, enjoying intimacy as we age, and the advice she once got from the late sex therapist Ruth Westheimer, “Dr. Ruth.”

This conversation has been edited for length and clarity.

Q: Women with symptoms — hot flashes, night sweats, brain fog, mood swings and insomnia — will often complain about ‘going through menopause,’ but that’s not really accurate. Can you explain?

A: Menopause is when you don’t have your period at all for 12 months. Menopause is only one year. So it’s a misnomer to say, ‘I’m in menopause.’ Most people will come into my office during perimenopause, which typically starts five to 10 years before menopause. That’s the transition time, which is that rocky time when your hormones are like a lava lamp. They’re all over the place, and that’s the worst time.

The average age that perimenopause begins is 51 or 52, but people can start having symptoms even earlier.

Q: What is hormone replacement therapy (HRT)?

A: We actually call it hormone therapy because we are not replacing the exact doses of hormones that you had when your ovaries were working at full capacity as a young woman. Hormone therapy is estrogen and progesterone.

The estrogen that we use most commonly is estradiol, which is one of the estrogens that your ovaries used to produce. We use a natural progesterone called Prometrium, which is made from peanuts, unless someone has an allergy.

We also use testosterone, a sex hormone that is produced by your ovaries and adrenal glands and drops off as we age. Initially, when we start hormone therapy, I don’t start with all three — estrogen, progesterone, testosterone. I see how someone is doing symptomatically by just doing estrogen and progesterone. The primary reason for hormone therapy it is to help with vasomotor symptoms, like hot flashes and night sweats.

Q: Do you recommend it? Some women worry about increased risk of breast cancer.

A: You have had estrogen your entire life. So what is the risk? Studies found one additional case of breast cancer for every 1,000 women treated per year, and three additional cases of breast cancer when you use it for five years.

The risk is similar in terms of two glasses of alcohol a day and low physical activity. The truth of the matter is, the risk is very low. Absolutely, the bottom line, is that it makes perfect sense during the 10-year window that begins when someone starts having irregular periods. For quality of life, absolutely it is worth using.

Q: Does it help with brain fog? How can you tell the difference between brain fog and dementia?

A: Hormone therapy is not recommended in order to prevent or decrease a decline in cognitive function. But if somebody is actually saying to me, ‘I’m having all these other symptoms, including brain fog,’ I have found there to be success in helping their symptoms. But if their only symptom is brain fog and there’s a family history of dementia, I have more concern that there might be something else going on. I may try hormone therapy with them for a three-month time period, but if it doesn’t get better, I’m sending them off to a neurologist.

Q: What do you recommend for women who suffer from vaginal dryness?

A: We talk about moisturizing, and we talk about lubricating. Once you go through menopause, you lose that natural ability to moisturize. We have over-the-counter moisturizers, and prescribed vaginal estrogen, which is the best because it’s also been found to decrease the risk of urinary tract infections (UTIs). Lubricants, which are totally different, can prevent painful intercourse. Lubricants should be either water-based or pH-balanced. You’ve got to look at the label. I have to give them a whole lecture about it. I say to them, ‘Who’s buying your lubricants?’ and they go, ‘Oh, my husband,’ and I go, ‘Do you have them buying your bras?’ Yes, he went to chemistry class, but he doesn’t know what the pH-balance of the vagina is. If he does, mazel tov, but most times he doesn’t.

Q: What do you think of the recent study showing toxic metals in tampons? Should women stop using them?

A: I’m really curious about this. Most of my patients are using menstrual cups, so they’re not using tampons. It’s really scary, but like with every study, there has to be more studies done. I may tell people to use tampons less, like maybe only on heavy days. I don’t think straight-out I’m go-



KEVIN WINTER — GETTY IMAGES

Dr. Ruth Westheimer attends the Academy Of Motion Picture Arts And Sciences’ 11th Annual Governors Awards at The Ray Dolby Ballroom at Hollywood & Highland Center on Oct. 27, 2019, in Hollywood, California.

ing to say, ‘Oh my God, everybody stop using tampons.’ It definitely needs more study before we start to panic.

Q: Tell me about that time you jumped on a Zoom call with ‘Dr. Ruth.’

A: I had emailed her to ask her a question, and she was sweet enough to Zoom with me in May 2020. The question was something about sexual dysfunction and how to talk about sex-

ual health with my older ladies. I have ladies in their 80s who come to me from The Villages in Florida (a 55+ community known for, ahem, romance). They come up every six months and they’re having the best sex ever. But one of them was having issues and she was a little bit more prudish than her friends. I figured, ‘You know what? The best person to ask is Dr. Ruth.’ She was great and said talk to them like you talk to your 60- and 40-year-olds.

WORK & PURPOSE

Library of Congress seeks first-hand accounts of military service

More than a century after the signing of the Treaty of Versailles ended World War I, stories told by American veterans who served during this pivotal time offer fascinating insights into this period.

To preserve and share history as it happened through the lens of those who lived it, the Library of Congress Veterans History Project (VHP) collects these stories, and the stories of veterans who followed.

The individual stories of many of the veterans involved have been lost to time; however, the program encourages military veterans to document their experiences via first-hand oral histories, photos or written accounts.

The stories are then made accessible so current and future generations may better understand what veterans experienced during their service.

As time passes, new submissions from veterans who served in World War I have become increasingly rare, but occasionally, something special is uncovered, such as two submissions from Sherie Lockett: collections from her grandfathers, both Black World War I veterans.

Containing 34 original letters, Jessie Calvin Lockett's collection provides a unique insight into his experience serving in France as a stevedore, loading and unloading cargo ships.

The collection of Sherie Lockett's grandfather, Arthur Singleton, includes a unique find: a 105-year-old diary.

When Singleton joined the Army in 1918, he was assigned to the 803rd Pioneer Infantry Brigade, a segregated unit tasked with constructing and repairing infrastructure.

Singleton's diary is notably VHP's first written account from a Black soldier who served during World War I.

Entries detail his time in service, from training at Camp Grant to enduring harsh conditions en route to Europe aboard the USS Mannequin.

He describes arriving in Scotland, traveling to France for further training and being sent to the front lines on Nov. 11, 1918, the same day the Armistice took effect.

His combat experience lasted only six hours, but his time in Europe extended beyond the ceasefire. Post-combat entries describe camping at Menil-La-Tour, receiving a promotion to Platoon Sergeant, recovering U.S. property from the trenches and visiting Paris.

He also candidly recounts instances of racism from fellow American troops while abroad — including being denied service at his base canteen and harassed out of a theater — and shared how his unit was assigned “background” work while white engineer units received recognition for digging trenches on the front lines.

Thanks to their granddaughter's donation of their letters and diary to the effort, VHP can share Jessie Lockett's and Single-



PHOTO COURTESY OF SHAWN MILLER — LIBRARY OF CONGRESS

To preserve and share history as it happened through the lens of those who lived it, the Library of Congress Veterans History Project collects veterans' stories.

ton's experiences and perspectives as Black soldiers during World War I. While the program requires first-hand submissions, the stories of veterans who served long ago and have already died still may be included through similar donations of diaries or pre-recorded videos.

To read more veterans' stories and learn more about how you or a loved one can contribute to the program, visit loc.gov/vets.

— By Family Features

Singleton's diary is notably VHP's first written account from a Black soldier who served during World War I. Entries detail his time in service, from training at Camp Grant to enduring harsh conditions en route to Europe aboard the USS Mannequin. He describes arriving in Scotland, traveling to France for further training and being sent to the front lines on Nov. 11, 1918, the same day the Armistice took effect. His combat experience lasted only six hours, but his time in Europe extended beyond the ceasefire.

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.

DECEMBER

Dec. 12: OPC 650 Players Holiday Variety Show, at the Older Persons' Commission, 650 Letica Drive, Rochester, from noon-2 p.m., Dec. 12. \$20. Come "Home for the Holidays". Join us for an afternoon of festive performances from the talented OPC 650 Players. Ticket price includes show, luncheon and dessert. Sponsored by Belmar Oakland. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 13: Metro Music Makers Big Band Holiday Concert, at the Older Persons' Commission, 650 Letica Drive, Rochester, from 1-3 p.m. \$15 — OPC Members \$20 — Non Members. Enjoy the sounds of the season with plenty of room to dance, and a fun sing-along to your favorite classics. Light appetizers and refreshments included. Sponsored by Bellbrook. Open to the public. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 13: Financial Friday Making Your Wishes Known at 10:30 a.m. at the Older Persons' Commission, 650 Letica Drive, Rochester. \$2. Making Your Wishes Known: What beneficiaries need to know. Presented by Xenia Woltmann, AWWA. Open to the public. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 16: Deal Me In!: Cribbage at the Roseville Public Library, 29777 Gratiot Ave Roseville, at 6 p.m., on Monday, Dec. 16. Come join your friends and neighbors for an evening of social interaction and card games! This session will be geared towards the card

game Cribbage; however, open play is encouraged and cards will be provided. Never played Cribbage or need a refresher? We'll have someone here to help starting at 5 p.m. All skill levels are welcome. Registration required. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

Dec. 16: AARP OATS Technology Talks at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, Dec. 11 and Monday, Dec. 16 at 1 p.m. Learn about the "Internet of Things" and "Smartphones" in these free tech sessions. Register in advance for one or both. For more information, call 248-589-0334 or visit cityofclawson.com

Dec. 17: RHGS Program: How Did Our Grandparents Celebrate Christmas During WWII at the Roseville Public Library, 29777 Gratiot Ave, Roseville, at 6 p.m., on Tuesday, Dec. 17. Presented by Beverly Bishop The Roseville Historical and Genealogical Society presents a program at the Library each month. For more information, call 313-884-3067.

Dec. 17: Knitting and Crochet Circle, at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, from 10 a.m. — noon. 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. For more information, call 586-329-1261 or visit htlibrary.org/events.

Dec. 17: Senior Luncheon & Movie: Wicked at the

Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, Dec. 17, depart at 10:30 a.m. Lunch and a Broadway movie? Yes, please! Join us for Wicked and a delightful meal. Tickets are \$35—reserve your seat today. For more information, call 248-589-0334 or visit cityofclawson.com

Dec. 17: Alzheimer's/Dementia Caregivers Group at the Older Persons' Commission, 650 Letica Drive, Rochester, from 1:30-3 p.m. Support group for those caring for loved ones with Alzheimer's or Dementia. Respite care is available. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 18: It's All Fun & Games! at the Older Persons' Commission, 650 Letica Drive, Rochester, at 10 a.m. \$5. It's a breakfast that's more than just food — it's a celebration of the season full of fun, laughter and Reindeer Games! This event is sponsored by Comfort Keepers. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 18: Wheel of Fortune at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, Dec. 18 at 1 p.m. Spin the wheel and test your luck! Enjoy a lively afternoon with friends. Register in advance to secure your spot. For more information, call 248-589-0334 or visit cityofclawson.com

Dec. 18: BINGO Reindeer Games at the Older Persons' Commission, 650 Letica Drive, Rochester, 12:30 p.m. \$10. Join us for Bingo in the Dining Room. Ticket price includes 8-10 games with up to 4 BINGO cards per player and pizza! Sponsored by the Village at Orchard Grove. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 19: Women's Luncheon Holiday Tea — Remembering J.L. Hudson & Holiday Traditions. Sponsored by the

Older Persons' Commission, 650 Letica Drive, Rochester, at 1 p.m. \$15. Presented by Michael Hauser, Author and Director of the Detroit Opera House. The J. L. Hudson Company redefined the way Detroiters shopped and enjoyed leisure time.

Hudson's defined Detroit's downtown, creating trends and traditions in consumer culture that still resonate with us today. This program is sponsored by Wellbridge of Rochester Hills. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 19: Mystery Book Club: Holiday Mysteries at the Roseville Public Library, 29777 Gratiot Ave, Roseville, at 6:30 p.m., on Thursday, Dec. 19. Calling all sleuths! Get together with other mystery readers as we discuss crime novels every third Thursday of the month. This month, we will talk about holiday-themed mysteries. Choose any mystery with a Christmas, Hanukkah, Kwanzaa, or New Year theme to read and discuss with the group. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

Dec. 19: Caregiver Café at OPC at the Older Persons' Commission, 650 Letica Drive, Rochester, from 1-2:30 p.m. A social gathering for people affected by memory challenges and their care partners. Some activities include art, music and games with light refreshments provided. Sponsored by Waltonwood Main. RSVP to Theresa Gill at 248-659-1036 or tgill@OPCcenter.org.

Dec. 20: Grief Support Group at the Older Persons' Commission, 650 Letica Drive, Rochester, from 10-11:30 a.m. The death of a loved one affects your head, heart and spirit. A Grief Support Group is an opportunity to gain an understanding about grief and receive support and healing with other caring individu-

als who have experienced a loss. Many people report a feeling of relief in knowing they are not alone as they share their experience with others. Walk-ins are welcome. For more information call 248-656-1403 or visit OPCcenter.org

Dec. 21: The Single Way, a Christian singles group, is sponsoring a Christmas chocolate fondue with fresh strawberries, pineapple, and bananas on Saturday, Dec. 21 at 7 p.m. Cost is \$5 and includes the fondue, snacks, and beverages. If coming, a reservation is required by Friday, Dec. 20. To make a reservation, and for location information, call 586-774-2119.

JANUARY

Jan. 2: New Year Celebration 2025. Thursday, Jan. 2 Celebrate with live jazz from Olivia Van Goor & Mike Harrison. Tickets: \$6, on sale now! Time: 11:30 a.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 7: Fit to Dance: Tue & Thur, 6:30 — 7:30 p.m. The next session begins on Jan. 7 at Tenniswood Elementary Gym located at 23450 Glenwood Ave, Clinton Twp. Cost \$240 (24 Classes). Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Jan. 8: Birthday Lunch on the 2nd Wednesday of each month. Jan. 8 at Noon. January birthdays: Get a free lunch! Dine in to receive your card. At the Clawson Senior Center, 509 Fisher Court, Clawson. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 8: Slow Flow Yoga: Wed, 7— 8 p.m. The next session begins on Jan. 8 at Graham Elementary Café located at 25555 Crocker

Bldv, Harrison Twp. Cost \$50 (6 Classes). Register online at www.lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Jan. 11: AARP OATS Tech at Blair Library. Online Basics Starts Jan. 11, Saturdays, 9—10:15 AM. 5-session course on online skills. Clawson Senior Center, call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 13: Movie at the Library Monday, Jan. 13 at 1 p.m. Join us for a showing of Selma (128 minutes), a powerful film about the 1965 march for voting rights led by Dr. Martin Luther King Jr. Clawson Senior Center, call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 13: Lunch Bunch on Monday, Jan. 13 at Salvatore Scallopini in Madison Heights. Sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson. The bus departs at 11:30 a.m. Transportation: \$4 (lunch not included). Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 14: Craft Hour with Jess Tuesday, Jan. 14, 11 a.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. Join a free, themed craft session sponsored by The Alliance of Coalitions for Healthy Communities. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 15: DIA Museum Tour. Sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson. Wednesday, Jan. 15. Bus departs at noon for a guided tour of the DIA. Explore world-class art and exhibits. Cost: \$5. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 16: Wheel of Fortune

• SERVICE Directory

What's Your Home Worth?

Do you know how much your Home has appreciated over the last few years?? Do you know what your Home's true market value is??

I will provide these Answers to you absolutely **FREE** with no obligation or strings attached whatsoever.

Steve Meyers 586-997-5480

RE/MAX First

Steve@MeyersRealtor.com

www.AnswersToRealEstateQuestions.com

We Help Seniors and Veterans Stay in Their Homes!

Providing
20 Years of
Homecare!

VisitingAngels
LIVING ASSISTANCE SERVICES

- Veterans Care • Up to 24 Hour Care
- Meal Preparation • Errands/Shopping
- Hygiene Assistance • Light Housekeeping
- Companionship • Experienced Caregivers

**Call Today for
Your FREE In-Home Consultation
586-726-6999**

www.visitingangels.com

ELIZABETH LEE DOLES MANOR

Affordable Senior Apartments

- Water & Heat Included
- Kitchen Appliances Included
- Wall to Wall Carpeting
- Transportation Services
- Computer Lab
- Nutrition Program

IMMEDIATE OCCUPANCY - 62 YRS OR BETTER!

www.eldolesmanor.com

42700 Colchester St. • Clinton Twp., MI 48036

586-463-0500

Sponsored by the Martin Chapel Housing Corporation



Calendar

FROM PAGE 22

Game at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, Jan. 16, at 1 p.m. Test your luck and enjoy the fun with friends. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 18: Saturday, Jan. 18. Join us to see a parody of Miami's sassiest seniors at the Fisher Theatre to enjoy the production of "Golden Girls." The Laughs Continue allows audiences to relive the heartfelt hilarity of the four ladies who never stopped being best friends. Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 11:15 am, Cost \$105 which includes lunch prior to the show at The Nautical Deli. SMALL purses are allowed and may be searched upon entry to the theatre. Register online at www.lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Jan. 22: Oakland County Health Presents discover tips for healthy eating, physical activity, and goal setting in this interactive session at the Clawson Senior Center, 509 Fisher Court, Clawson. Topics include eating on a budget, MyPlate guidelines, the benefits of colorful fruits and veggies, and reading nutrition labels. Duration: 1 hour. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 23-24: Casino Trips, Motor-City. Sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson, on Thursday, Jan., 23 and Friday, Jan. 24. Sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson. Depart at 10 a.m. Cost \$12 each trip. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.

Jan. 30: Chinese New Year Celebration & Bingo at the Clawson Senior Center, 509 Fisher Court, Clawson Thursday, Jan. 30 at noon. Celebrate the Year of the Snake with an Asian-themed lunch at noon followed by Bingo at 1 p.m. Join us for this festive tradition filled with fun and delicious food. Call to register at 248-589-0334 or online at recreation.cityofclawson.com.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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.

MONTHLY EVENTS

▪ **Chair Drumming:** Second Thursday of the month at 1 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court. Cost is \$5 per drop-in class. For more information, call 248-589-0334 or online at recreation.cityofclawson.com.

▪ **The Birmingham Metropolitan Women's Club:** Meets the second Tuesday of the month at the Iroquois Club, 43248 Woodward Ave., Bloomfield Twp. at 10 a.m. for lunch & informative speakers. We are a friendly group of 50+ women who gather for friendship, informative programs & philanthropic activities in our community. Visit before becoming a member. The cost for the luncheon & program is \$32. To make a reservation, call Chris at 248-303-7339. To learn more, visit tbmwc.com

▪ **Learn Spanish at 11:30 a.m.** on Wednesdays at the Clawson Senior Center, 509 Fisher Court, Clawson. Donations welcomed. For more information, call 248-589-0334 or visit cityofclawson.com

▪ **Somerset Mall Walking and**

Shopping: 1st & 3rd Wednesdays of the month. Depart at 9:45 a.m. from the Clawson Recreation and Senior Center, 509 Fisher Court to enjoy a scenic and safe way to support your physical & mental well-being and shop while you are there! Cost \$3. Contact dispatch at 248-583-6700 to sign up.

▪ **Yoga for Seniors:** At the Fraser Senior Activities Center, 34935 Hidden Pine Dr., Fraser. Friday mornings 10:30am-11:30 a.m. (6-week sessions). Wednesday mornings 11:30-12:30 p.m. (6-week sessions). \$26 for members per session, \$32 for non-members per session. To register, call 586-296-8483.

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

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

▪ **Water Fitness Classes:** Mon-

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

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

▪ **Pick Your Play:** Thursdays at 12:45 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court. Play Kings in the Corner, Hand & Foot, Farkle, whatever you like. Bring a friend and have some fun. For more information, call 248-589-0334 or visit cityofclawson.com

▪ **Did you want to learn to play piano, guitar or ukulele?:** What about voice lessons? We offer

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

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

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

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

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

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

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

▪ **Indoor Walking on Mondays and Wednesdays at 9:15 a.m.** at the Clawson Recreation and Senior Center, 509 Fisher Court.

Meet with friends to walk in the gym. For more information, call 248-589-0334 or visit cityofclawson.com

▪ **Mondays and**

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

▪ **Older Persons' Commission Membership:**

Mondays — Thursdays, from 8:30 a.m. — 7:30 p.m.; **Friday,** from 8:30 a.m. — 3:30 p.m.; and **Saturday,** from 8 a.m. to 2 p.m. OPC membership is available at no charge to all residents 50+ of Rochester, Rochester Hills and Oakland Township. Registration forms are available at OPC or online at opcseiorcenter.org. You must register in person and proof of residency is required. The OPC is located at 650 Letica Drive, Rochester. For more information, call 248-656-1403.

▪ **Pinochle:** on Mondays and Wednesdays at 12:45 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court. Cost is \$1. Price includes prize money for the top three scores. For more information, call 248-589-0334 or visit cityofclawson.com

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

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



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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.

cityofclawson.com

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

▪ **Confident Communicators Club:** Meets monthly for people who seek improving public speaking skills and leadership confidence. This supportive Toastmasters group meets online the 1st and 3rd Wednesday of each month from 8-9:30 a.m. Many of our members have gain skills needed to become a better salesperson, grow their business, get promoted, and engage students. Register for any of our meetings to get the Zoom Link -<https://confident-communicators-club-meeting.eventbrite.com>. Contact our VP Membership to get more information

vpm-1196053@toastmastersclubs.org

▪ **Breakfast Sponsored by Widowed Friends Ministries:** Breakfast (3rd Tuesday of each) at 10:30 a.m., Pancake Factory, 13693 23 Mile Rd, NE corner of 23 Mile & Schoenherr, Shelby Twp. Sponsored by Widowed Friends Ministries. Contact Ellen 586-781-5781.

▪ **Bowling held at Collier Bowl:** 879 S Lapeer Rd. (M24), Oxford every Tuesday. Arrive at noon for lane assignments. Sponsored by Widowed Friends Ministries. Cost is \$7.50 for three games, (shoes extra at \$2.50). Lunch afterwards optional. Call Joe at 248-693-2454 or Nadine at 248-475-9036.

▪ **New Baltimore Civic Club:** Euchre every Thursday at 36551 Main St. (corner of Blackwell) in New Baltimore. Sign in at 6:30

p.m., play at 7 p.m. \$10 plus a quarter for each euchre.

▪ **Breakfast every Wednesday:** Sponsored by Widowed Friends Ministries. Join us at 10 a.m. at Cavis Pioneer Restaurant, 5606 Lapeer Rd., Kimball. Call Rita, 810-334-6287 for more information.

▪ **Senior Card Playing:** Come and join a fun group of card players who play a wide range of card games. Everyone brings a snack to share while playing. Free. Mondays from 1-4 p.m. at 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

▪ **Dancing every Tuesday:** at Polish Century Club, 33204 Maple Lane, Sterling Heights. Doors open at 6 p.m. Music from 7-10:30 p.m. Cost is \$8 per person with a cash bar. A table is reserved for Widowed Friends. Sponsored by

Widowed Friends Ministries Contact Kate at 586-344-3886.

▪ **New Baltimore Senior Club:** Tuesdays from 10 a.m. to 2 p.m. This welcoming group of seniors has all sorts of fun. We play bingo, hold luncheons, go on trips, and play cards. Monthly dues, \$2. Location 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

▪ **Zumba Gold:** from 10:30-11:30 a.m. every Monday and Wednesday at the Washington Center, 57880 Van Dyke, Washington Twp. Cost depends on how many punches are purchased. 4 punches \$23 resident, \$29 NR; 11 punches \$60 resident, \$66 NR. For more information, call 586-752-6543.

▪ **Cards/Games/Friendship:** Ss. John and Paul, (1st Thursday or every month), 1:30-4 p.m. at,

7777 28 Mile Rd. Bring a snack to share and your own beverage. Ss. John and Paul supports the Agape Center, a resource center for the most vulnerable members of society and would appreciate it if you could bring a canned good (vegetable, meat, fruit) when you come to play. (Dinner afterward at Romeo Family Restaurant, 66020 Van Dyke Rd., between 30 & 31 Mile is optional.) Sponsored by Widowed Friends Ministries. Call Ellen, 586-781-5781.

▪ **Men Only Breakfast:**

Lukich Family Restaurant (1st & 3rd Thursday), 3900 Rochester Rd., Troy, at 9 a.m. The Widowed Men's Group invites you to meet with other widowed men for breakfast at either of the Men's Fellowship locations whichever is more convenient for you. Many topics & ideas help you become involved in the activities of Widowed Friends. Sponsored by Widowed Friends Ministries Contact Ray at 248-585-5402.

▪ **Eastside Movies:** (1st Tuesday of each month) at Chesterfield Crossing Digital Cinema 16 (known for free soda & popcorn refills also offers discount matinee pricing) 50675 Gratiot Ave., Chesterfield Twp. Early dinner afterwards TBD. Sponsored by Widowed Friends Ministries. For more information, contact Marion at 586-703-1427

▪ **Metamora — Dinner Club:** (3rd Wednesday of the month) at 5 p.m. Join us at The White Horse Inn, 1 E High St., Metamora. Reserved seating. Sponsored by Widowed Friends Ministries. Please RSVP to Sharry 248-840-0063. No walk-ins. Please call if you must cancel your reserved seating.

▪ **Breakfast at Avenue Family Restaurant:** 31253 Woodward Ave., Royal Oak, at 9:30 a.m. (2nd and 4th Wednesday of each month). Sponsored by Widowed Friends Ministries.

POETRY PAGE 1

ONE BANANA, TWO BANANA

Roger was standing over by the door
“What do you need, I’m going to the store?”
“Bananas” I replied. I should have said “FOUR!
That’ all we can use, don’t get any more”
I should have said “Not too ripe, not too green”
Why didn’t I specify and say what I mean?
Roger is smiling to beat the band.
He’s holding a banana bag in each hand.
“Guess what was on sale, a bag for a buck”
“What did you do? Buy out the truck?”
Two bags of bananas, maybe eighteen or twenty.
Were the kids at home, it would be plenty.
We ate two bananas and looked at the pile.

No matter what, they would be here awhile.
He’s proud of his bargain, I can’t make a fuss.
Use them today, tomorrow they’ll be mush.
I laughed until the tears ran down my face.
There’s too many bananas for this place!
Bananas on cereal 2
Bananas on splits 3
Bananas in Jello 4
Bananas in nut bread 5 (double recipe)
Yes, we have more bananas,
We have more bananas today!
Does it get any better than this?
Submitted by Jean Waid of Rochester Hills, MI

WALKING IN THE LIGHT

It is such a delight walking in the light,
Giving heart-to-heart smiles,
A sparkle of happiness to all in sight.
Receiving great joy in return,
Oh, angels blow you horns.
Sun shining down on the trees,
With a glimmer that pleases the soul.
Lighting bugs glowing among the green grass.

Moon light showing the brightness of the night.
Hello, everyone awake to see the light,
Beautiful sunsets covering the sky.
So much to see with our eyes,
As the light of dawn awaken our lives.
Opening the heart to all nature’s beauty,
Becoming almighty as we continue to thrive!
Submitted by Alethea Howard of Detroit, MI

FIRST & LAST NAME: _____ PHONE NUMBER: _____

ADDRESS: _____

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

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

If you chose to submit your Poetry, Pet Tribute or Be Kind Spotlight through email, please include your first and last name along with your phone number and the city, state you reside in. You will not be solicited and all information will be kept confidential.

Email Poetry, Pet Tributes & Be Kind Spotlights to: demke@medianewsgroup.com

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

NEXT ISSUE WILL BE JANUARY 9, 2025

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



Be Kind Spotlight



Inge Harris

Inge is a retired school teacher and she can tell stories that are so vivid and it's a true learning experience.

She has a love for animals that is uncanny. Just this week she talked about finding a baby mouse that got trapped in her garage and she picked it up by the tail, examined it for its beauty and then disposed of it. I am deathly afraid of rodents, baby or otherwise, and find no beauty. Inge also has a fox that roams the neighborhood at night and she is excited to see on her motion camera when it goes through her property.

Inge keeps current on health issues and is quick to share them with everyone. She cares that others know if they are hurting their bodies and will go above and beyond to find what foods and vitamins they need to stay as healthy as possible.

Being a school teacher, Inge is immune to repeating her stories over again. This works out perfect for me because I forget some of the valuable information and need the reminder which is a gift for me.

Inge always prepares wonderful meals and shares the tricks she uses to make it delicious. She tends to make a little extra to share with her son and his family. She uses the prime ingredients that is lacking in store bought and restaurant foods.

Her quick laugh is contagious. It's so nice to look forward to the morning on Monday, Wednesday and Friday when we can chat and laugh until it's time to swim.

Submitted by Lucille Schaffer of Fair Haven, MI



FIRST & LAST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE NUMBER: _____

NAME OF POEM: _____

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

If you chose to submit your Poetry, Pet Tribute or Be Kind Spotlight through email, please include your first and last name along with your phone number and the city, state you reside in. You will not be solicited and all information will be kept confidential.

Email Poetry, Pet Tributes & Be Kind Spotlights to: demke@medianewsgroup.com

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

NEXT ISSUE WILL BE JANUARY 9, 2025

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

WE'RE AS UNIQUE AS YOU ARE



One living situation does not fit all - that is why we give you affordable choices. Customize your life with us. Join our family, connect with friends and find your true happiness. To find out more, call us today!

BALDWIN HOUSE™
SENIOR LIVING

Family | Friends | Happiness

BaldwinHouseSeniors.com

HAZEL PARK
(248) 545-0707

LAKESIDE
in Clinton Twp.
(586) 263-0081

LLOYD'S BAYOU
in Spring Lake
(616) 844-9001

OAKLAND
in Auburn Hills/Pontiac
(248) 335-7020

