

# MEANINGFUL DIALOGUE

Club helps focus the  
mind

PAGE 8

'TINY, BUT FEISTY'  
Warren woman cele-  
brates 103rd birthday

PAGE 6

GETTING BACK OUT THERE  
Is unretirement right for  
you?

PAGE 4



# Vitality

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

May 2025

# INDEX

## SOCIAL & WELL-BEING

**'Tiny, but feisty':** Warren woman celebrates 103rd birthday with loved ones **PAGE 6**

**Brain power:** Keeping the mind alive and active as we age **PAGE 8**

**A place called home:** For homeless seniors, getting into stable housing takes a village – and a lot of luck **PAGE 9**

## HEALTH & FITNESS

**Want to cut your dementia risk?:** Keep your blood pressure in check **PAGE 12**

**Study:** Being in shape is better for longevity than being thin **PAGE 13**

## MONEY & SECURITY

**Ask the Financial Doctor:** What are the taxable limits for estate taxes in 2025? **PAGE 3**

**Back to work:** 5 ways to know if unretirement is right for you **PAGE 4**

**Real estate:** Can I be present when an agent is showing my house? **PAGE 7**

## CALENDAR

Recreation, trips, classes and event listings **PAGE 16**



**On the cover:** Jana Kelly, Dan Baumhardt, John Chisholm and Joanne Braund attend a recent meeting of the Socrates Club at the Clawson Senior Center.

PHOTO COURTESY OF  
CLAWSON PARKS AND RECREATION

## VITALITY

6250 Metropolitan  
Parkway, Dock D  
Sterling Heights, MI  
48312

### CONTACT US

**Customer service/circulation:**  
888-977-3677

### ADVERTISING

**Advertising:** 586-716-8100

### STAFF

**Publisher, Michigan Region:**

Greg Mazanec,  
mipublisher@medianews-  
group.com

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

**Custom Content Editor:**  
Jason Alley, 734-246-0143  
jalley@medianews-  
group.com

**Calendar announcements:**

Joe Gray, 248-284-1481  
jgray@medianews-  
group.com

A 21st Century Media  
publication managed by  
MediaNews Group

## MONEY &amp; SECURITY

## Ask the Financial Doctor: What are the taxable limits for estates in 2025?

**Q** : My brother claims that if you start your Social Security benefits after your full retirement age (FRA), your benefits increase by 8% per year. Is my brother correct?

**A** : Yes, your brother is correct. Any taxpayer who postpones his Social Security benefits past the FRA will earn an extra 8% per year. The 8% increase will stop at age 70.

**Q** : I received a corrected 1099-INT showing an additional \$900 in interest income. Do I have to file an amended tax return to include the \$900?

**A** : Yes, if you filed your tax return and did not include the additional \$900 interest income, you will need to.

**Q** : I filed for an extension, but I am certain that I will not be able to file by the due date of Oct. 15. What should I do?

**A** : Estimate any tax liability and send a check together with a note explaining why you missed the deadline. Finish your tax return as soon as possible to avoid additional IRS penalties and interest.



**Richard Rysiewski**  
Columnist

**Q** : What are the taxable limits for estates in 2025?

**A** : If the estate is less than \$13.99 million for single filers and \$27.98 million for married filers, there are no federal estate taxes.

**Q** : My mother passed away in 2025 and had no beneficiaries on her IRA. Are there any tax consequences? How are the beneficiaries determined?

**A** : If there are no beneficiaries, then the estate of your mother becomes the beneficiary. You need to contact the trustees of the IRAs to explore your options. For most IRAs, the only option is a 100% distribution to the estate of the decedent and the beneficiaries will be determined by the probate court. All distributions from the IRAs are subject to ordinary income tax except for any after-tax contributions.

*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.*



PHOTO COURTESY OF METRO EDITORIAL SERVICES

*This nation will remain the land of the free only so long as it is the home of the brave."*

— Elmer Davis

At Wujek-Calcaterra & Sons, we truly appreciate the sacrifice our service men and women have made for all of us. We are deeply honored to participate in military funerals as an expression of heartfelt gratitude for our hometown heroes. And we are humbled to serve the families of those who have served our nation so well.



**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](http://www.WujekCalcaterra.com)

## MONEY &amp; SECURITY

# 5 WAYS TO KNOW IF UNRETIREMENT IS RIGHT FOR YOU

By Dori Zinn  
Bankrate

Whether you were forced out of the workforce due to downsizing, a recession or other reasons, you might've retired thinking you were done with work for good. But unretirement might change that, whether it's because you need the money, you miss the social engagement or some other reason entirely.

You don't have to stop working at some magical age.

Even if you don't want to go back to what you were doing before retirement, you can find meaningful, paying work.

Here's how to know if unretirement is right for you:

## What is unretirement?

Unretirement is leaving retirement to return to work for whatever reason. Some workers might have been forced to retire early due to the COVID-19 pandemic or a company downsizing might've made them believe they can't work anymore. But that's not always the case.

Unretirement means you don't have to stay retired. With the rising cost of what seems like everything, you might be forced back to work even if you were comfortable in retirement. And with 7.6 million open jobs right now, you can explore new ways to work even if you had previously thought you were done working

for good.

If you're debating going back to work due to financial reasons, speaking with a financial adviser is a great idea.

An adviser can help you analyze your budget and explain how returning to work may impact your Social Security benefits and overall retirement plan.

## 5 ways to tell if unretiring is right for you

If you're thinking about unretirement, here are a few ways to tell it's time to make the move:

### 1. You need the money

Whether you've started cashing in on Social Security and your retirement

accounts or not, if you don't have enough money to cover your basic needs, then unretirement may be a necessity.

Do an audit of your budget, expenses and income. If you don't think your current income will cover you for the long term, you may want to start putting feelers out for work again.

### 2. You don't qualify for retirement benefits

If you're too young to get Social Security and taking money out of your retirement accounts would trigger an early withdrawal penalty, you may need to work to cover your needs. Social Security doesn't kick in until age 62, and 401(k) and IRA withdrawals will trigger a 10 percent penalty if you make one before you're 59 ½ years old.

Without these extra cushions, you may need to work for a little while longer until benefits kick in.

### 3. You want to work

Unretirement isn't just for people who need it. It's also for people who want it. If you're bored, working

might give you a sense of purpose and drive. Some workers might feel like they are too young to retire or don't have enough to do without some type of paying job. You can work simply because you like the idea of working and getting paid for it — and that's OK. You can explore the best side hustles for retirees and passive income ideas if you're not ready to return to a regular 9-to-5 job.

### 4. You need the mental health boost

Many older Americans who don't work may not have found an outlet to devote extra time to. Staying at home and, for example, watching TV all day can take a toll on your mental health, and being out of the workforce may make you feel socially disengaged.

Working later in life can reduce dementia and boost emotional, cognitive and mental health. While it's not required to work a paying job — volunteering may also fit your needs — some people might pair the desire to work with mental health benefits.

### 5. You want to keep moving

Many of us use goals as driving forces for getting things done. The physical benefits of work can keep your weight manageable and boost activity levels. But for some people, the idea of having a place to go or tasks to accomplish is enough of a driver to stay moving. Working later in life could also lead to living longer for some workers, which is another motivation to unretire.

## Bottom line

Retirement doesn't have to be forever, and it isn't for everyone. Whether you were forced into retirement or just haven't been able to find work in a while, you don't have to stay that way. If you're on the fence, consulting with a financial adviser may be able to help you clarify your goals and financial needs for this stage of life.

You can head back into the workforce regardless of age. Try to find something that works for you, including your income needs, your skills, your lifestyle and long-term goals.

*Simple Cremation*  
starting at **\$995**

**Jowett**  
Funeral Home and Cremation Service

*"Simple, Dignified, Meaningful & Affordable"*

**810.985.5123**  
1634 Lapeer Ave. • Port Huron, MI

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

[www.JowettFuneralDirectors.com](http://www.JowettFuneralDirectors.com)



Unretirement means you don't have to stay retired.  
FIZKES — DREAMTIME/TNS

# Independent Senior Living



STARTING AT:  
**\$1,100**  
/MONTH



**Shelby Manor**  
55 & Older Community

- One & Two Bedrooms
- In-unit Washer & Dryer
- Secure Entry
- Elevators
- Maintenance Free
- Resident Activities
- Carports
- Gazebo & BBQ Grills
- Pet Friendly Options
- Fitness Rooms
- Game Rooms



**M59 & SCHOENHERR**

Within walking distance of  
stores & restaurants!

Scan for  
more info!



**Shelby Manor**  
[www.ShelbyManor.com](http://www.ShelbyManor.com)

**586-566-0432**

13960 Lakeside Blvd N, Shelby Twp, MI 48315

## SOCIAL &amp; WELL-BEING

## 'TINY, BUT FEISTY'



Dolores Swint celebrates her 103rd birthday with her daughter, Diane Swift-Smith, at PACE Southeast Michigan's Sterling Heights facility.

PHOTO COURTESY OF  
PACE SOUTHEAST MICHIGAN

## WARREN WOMAN CELEBRATES 103RD BIRTHDAY WITH LOVED ONES

**By Mark E Lett**  
For MediaNews Group

Dolores Swint has the music in her. And when the mood gathers strength, she's gotta dance.

Never mind that the 103-year-old Warren resident has hearing and mobility issues.

From a chair, she can sway to the rhythm and move her arms as though she were on the dance floor.

And so it went for Swint this month when PACE Southeast Michigan threw a birthday tribute party — complete with live music — at the nonprofit's facility in Sterling Heights.

"She will always say she loves music and she loves dancing — and that's what helps keep her alive," said her daughter, Diane Swift-Smith.

The April 18 celebration at PACE was the

organization's third "milestone" party for Swint since she cleared the century milestone.

Chelsea Roginski, a therapist at PACE, said friends and workers were delighted to host the event.

"She is something else," Roginski said of Swint, affectionately known by loved ones as Popsie.

"She is tiny, but feisty."

Swift-Smith also described her outgoing mother as "feisty ... and friendly. She's always laughing and dancing and seeing friends.

"She keeps everybody laughing. A lot of people say she should have been a comedian. She is like a firecracker."

Swint says there is no "secret" to her long life, but points to common-sense choices in daily life and diet.

"You just got to eat good and drink your

water," she said. "Just do what the doctor tells you."

Swift-Smith said her mother avoids fried foods and favors baked food, little salt and "lots of vegetables."

Swint was married 64 years to Uhle Swint, a dry cleaning professional who died at 85. The couple raised two daughters, Cynthia and Diane. Swint has one grandchild, Ashley, and one great-grandchild, Jeremiah.

A longtime Detroit resident, Swint now lives with Swift-Smith in Warren.

Swint fondly recalls her role as a lunch and classroom aide at Mark Twain Elementary School in Detroit, where she worked for 13 years.

"I took care of the kids on the playground," she said. "I would take them outside to play and get them ready for the buses. It makes me happy to be around

people. It also makes me happy to be alive and take care of people."

Swift-Smith said her mother enjoys watching "Family Feud" starring comedian Steve Harvey and the "Judge Judy" reality court show. She also enjoys playing bingo and cards. When it comes to music, she turns to "down home blues," her daughter said.

Swint is a twice-weekly participant in physical therapy at the PACE location in Sterling Heights, where she is rehabilitating from a fall four years ago.

"She meets no strangers," Swift-Smith said. "They all love her and call her Momma."

Swift-Smith said her mother's best advice — words to live by — are simple and consistent with her mother's life.

"She used to always say, 'Always be kind.'"

## MONEY &amp; SECURITY

# Real estate: Can I be present when an agent is showing my house to a prospective buyer?

**Q:** I inherited some vacant land out in the country from my uncle. A friend of one of the locals there made me an offer that is subject to a percolation test. I'm not familiar with that since I've always lived in the city.



**Steve Meyers**

**A:** A percolation test (AKA a perc test) by definition, in its simplest form, is a test to measure the drainage capability of the soil on vacant land for the installation of a septic system. Sandy soil will drain better than clay soil. It will determine if the septic drain field needs to be an engineered drain field (clay soil) or a nonengineered drain field (sandy soil). It will also help to determine the size required.

The cost difference between engineered and nonengineered fields can be substantial so that can be a deciding factor for a buyer. There are too many other things that factor into a septic system installation to mention here so I will leave it at that.

**Q:** We are going to be listing our home for sale and our real estate agent said that we should not be home for the showings and that they are going to put a lockbox on the door so the agents can get in for the showings with their buyers. Is this normal? I'd like to be there when someone is going through our home. I could also point things out that the agent might not know. We're not sure

about this. Is this normal?

**A:** It's been many years since I answered this question, but it is always a good question when it comes up. Yes, this is the normal practice. It's a fact that buyers will spend more time looking at a property and ask their buyer's agent questions when the sellers are not there. Buyers are more comfortable when the sellers are not home. You can remove the lockbox when you're at home or at night if that makes you more comfortable, but always remember to make sure it is on the door for showings when you leave. It also provides more access to the property when you're not home. For example; you're spending the day at the zoo with your grandkids and someone wants to see your home.

Instead of missing a showing, an agent can show it without inconveniencing you. Maybe you'll have an offer by the time you get home. As far as being there to point things out, let the professional agents do their job. They know what features are most important to their buyers and there's no chance of you saying something you shouldn't. Many lawsuits have started by a buyer saying, "but the seller said ..."

*Steve Meyers is a real estate agent/Realtor at Realty Executives Home Towne in Shelby Twp. He can be contacted with questions at 586-997-5480 or email him at [Steve@MeyersRealtor.com](mailto:Steve@MeyersRealtor.com). You also can visit his website at [AnswersToRealEstateQuestions.com](http://AnswersToRealEstateQuestions.com).*

## Market update

March'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 7% and Oakland County's average sales price was up by more than 2%. Macomb County's on-market inventory was up by more than 13% and Oakland County's on-market inventory was up by 14%. Macomb County average days on market was 40 days and Oakland County average days on market was 35 days. Closed sales in Macomb County were down by more than 3% and closed sales in Oakland County were down by more than 14%. (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 March, the state of Michigan's inventory was at 1.9 months of supply. Both Macomb and Oakland county's inventory was at 1.7 months of supply. By definition, it's still not close to a buyer's market.

## READY TO HEAR BETTER?

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: 6-15-25

Celebrating  
30 Years In  
Hearing Healthcare  
*Congratulations Kari!*

**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**

UNDER  
OUR CARE,  
THERE'S **comfort**

## Our promise to Ann Arbor

Since 1984, families like yours have trusted us for expert care and support during life's final months. When you need comfort and compassion, Arbor Hospice is here to help.

Contact us to discuss how we can help: **1-888-992-CARE (2273)** or visit **[arborhospice.org](http://arborhospice.org)**



2366 Oak Valley Drive | Ann Arbor, MI 48103

A member of NorthStar Care Community

## SOCIAL &amp; WELL-BEING

## BRAIN POWER: KEEPING THE MIND ALIVE AND ACTIVE AS WE AGE

By Susan Thwing  
For MediaNews Group

Want to keep your mind sharp and your thoughts active as you age?

Then explore new ideas, learn from others, and engage the mind through meaningful discussions, like those held at the Socrates Club at the Clawson Senior Center.

The Socrates Club meets at 5 p.m. on the third Tuesday of each month and provides an informal setting to discuss current events and philosophical questions.

Joyce Krause and Dan Baumhardt, the club's original organizers, have led discussions for over 20 years. Inspired by Christopher Phillips' book, "Socrates Café: A Fresh Taste of Philosophy," the club follows the Socratic method, encouraging thoughtful inquiry and dialogue.

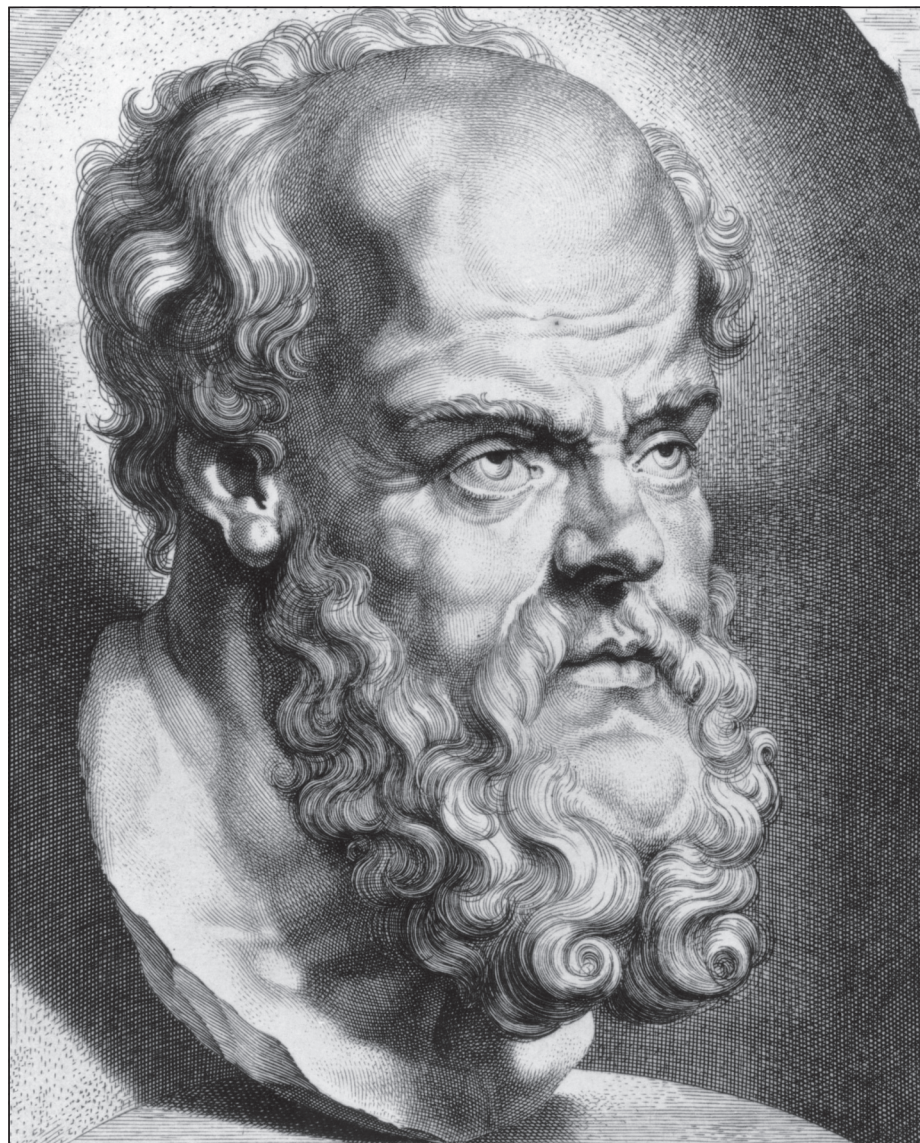
As Nietzsche suggested, "If you wish to strive for peace of soul and pleasure, then believe; if you wish to be a devotee of truth, then inquire."

This quote encapsulates the spirit of the Socrates Club — an open exchange of ideas where questioning is encouraged and differing perspectives are respected.

### The origins and evolution of the Socrates Club

"We first started at the YMCA in Royal Oak. When it closed, we moved everything to the Clawson Senior Center. That's how we got here," Krause said.

Baumhardt, who "Socrates Café" deeply influenced, explained: "I read this book by Christopher Phillips when it came out in 2000. It was impactful and I was interested in the subject. Our group started



HULTON ARCHIVE — GETTY IMAGES

Circa 430 BC, Greek philosopher Socrates.

at the YMCA with people connected to the YWCA, and we had as many as 24 people at a meeting at one point. Over the years, the group has fluctuated, but we still have members from the beginning."

The book "Socrates Café" provides a guideline for moderating discussions.

"The book tells you exactly how to do it," Krause said. "Most of it concerns Phillips' experiences in

groups, prisons and schools. Our group is different; we mainly attract middle-class, well-educated individuals, but we have had members from all backgrounds, which adds to the richness of discussions."

### Thought-provoking conversations

Topics at the Socrates Club vary monthly and often reflect current events

and timeless philosophical questions.

"Democracy has been a big one lately," Krause said. "But we've discussed topics like: What defines a patriot? What is a good life? What is a true friend? The discussions hit both societal issues and deeply personal experiences."

Baumhardt added: "We've had members with incredible life experiences. A woman from Romania

shared her experiences under communist rule when discussing freedom and government. Another member, who was part of the Nazi youth as a child before immigrating to the U.S., provided unique insights. We also have a member who graduated from Sandhurst and served in the British Army, offering perspectives on global affairs. These discussions expose us to ideas and experiences we wouldn't encounter otherwise."

### The benefits of an open mind

Health care professionals emphasize that intellectual stimulation — through regular, thought-provoking discussion — can reduce the risk of cognitive decline and improve overall well-being.

Research from the National Institutes of Health suggests that while intellectual curiosity may decline with age, it remains highly beneficial when actively pursued.

Here are some key benefits:

- Cognitive stimulation. Regular discussions challenge analytical and critical thinking skills, helping maintain memory retention and reducing the risk of cognitive decline, including dementia.

- Social connection. Participating in group discussions fosters relationships, combats loneliness, and strengthens a sense of community. Baumhardt has observed, "I've noticed people helping each other — giving rides, chatting after meetings, and forming friendships beyond the group."

- Awareness and empowerment. Staying informed enables older adults to engage actively in society. "Our group stays up-to-date

on current events. Everyone knows what's going on in the news, which is crucial for staying mentally active," Krause said.

- Intergenerational learning. By discussing the news and philosophy, older adults can connect with younger generations, sharing wisdom while gaining fresh perspectives.

- Mental and emotional well-being. Meaningful discussions provide a sense of purpose, encourage lifelong learning, and help seniors process complex news events in a supportive environment.

### Creating a welcoming environment

One of the club's core principles is respect.

"This is not a confrontational group," Krause said. "If someone says something you disagree with, you question them using the Socratic method rather than argue. We've never had fights — sometimes discussions get intense, but everyone leaves on good terms."

Baumhardt added: "People who try to dominate the conversation tend to drop off. The moderator keeps discussions focused and we always welcome new members. We post flyers at churches and send out monthly emails. We've barely missed a month in 20 years."

Krause advises anyone interested in starting a similar discussion group.

"Get a few people together and start talking. Listing it as a Socrates Café attracts interest, and from there, it grows," he said.

Baumhardt agrees: "This group inspires me to read more, learn new things, and hear perspectives I never would have encountered otherwise. It keeps my mind sharp and engaged."

## SOCIAL &amp; WELL-BEING



AARON BOLTON — MONTANA PUBLIC RADIO/TNS

Kim Hilton boxes up his belongings on July 9, 2024. He was able to get a subsidized apartment in September after nearly a year of homelessness. His right leg was amputated after five months of living in his truck.

## FOR HOMELESS SENIORS, GETTING INTO STABLE HOUSING TAKES A VILLAGE — AND A LOT OF LUCK

**By Aaron Bolton**  
MTPR, KFF Health News

Over two years ago, Kim Hilton and his partner walked out of their home for the final time. The house had sold, and the new landlord raised the rent.

They couldn't afford it. Their Social Security payments couldn't cover the cost of any apartments in northwestern Montana's Flathead Valley.

Hilton's partner was able to move into her daughter's studio apartment. There wasn't enough space for Hilton, so they reluctantly split up.

At 68 years old, he moved into his truck — a forest-green Chevy Avalanche.

Hilton quickly found out how hard it would be to survive. Hilton has diabetes. That first night, his insulin froze, rendering it useless.

Things didn't get any easier that winter. On the coldest nights, temperatures dropped to about minus 20 degrees. Hilton kept the truck running, but eventually his fuel pump failed. He was on his own in the cold.

Hilton is incredibly optimistic, but in that moment, he said, his spirit broke.

"I just said I want to go to sleep and not wake up

and I won't have to worry about anything. I'll just sit here and be a little popsicle in the truck," Hilton recalled.

Hilton was one of tens of thousands of seniors in the U.S. who became homeless for the first time in 2022. A dramatic increase in the number of homeless seniors nationwide is overwhelming services for unhoused people.

University of Pennsylvania researcher Dennis Culhane estimated the number of homeless people age 65 and up in the U.S. would tri-

HOUSING » PAGE 11

# Next Issue of Vitality

will be on

# THURSDAY JUNE 12, 2025



### ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run June 12, 2025.

**Deadline is May 28, 2025**

To be included in our next edition please Email to:

**VITALITY**  
**Groups & Clubs**

**Email: Joe Gray**

**jgray@medianewsgroup.com**

**Subject Line: Vitality Community Calendar**

## 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

**FOR MORE INFORMATION,**

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

**Email Us At: rhousing@rosevillehlc.org**

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.



# THANK YOU FOR YOUR KINDNESS DEBBIE ROSS OF MACOMB TOWNSHIP, MI



I am happy to nominate Debbie Ross as someone who cares so much for anyone she comes in contact with. As a dance choreographer and Alzheimer volunteer speaker, she gives 100%.  
You know she cares about you!

We always have a good time and look forward to coming back to her class. She takes care of our mind and bodies with strengthening and nutritional information.

**Submitted by: Dyan Converse of Clinton Township, Michigan**

FIRST & LAST NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ NAME OF POEM: \_\_\_\_\_

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

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

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

**Look for other ads in this Vitality with more information  
on Pet Tribute and Be Kind Spotlight.  
NEXT ISSUE WILL BE JUNE 12, 2025**

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

# Housing

FROM PAGE 9

ple between 2019 and 2030. He recently updated that estimate using federal data for a recently published paper.

“We are on track to meet that prediction. In fact, the growth has been slightly higher than we predicted,” he said.

According to Culhane’s research, the number of people 65 and older jumped by a little over a third between 2019 and 2022 alone. By 2022, there were about 250,000 people over 55 who were unhoused. About half of this population are homeless for the first time.

What researchers and advocates call the “gray wave” of homeless seniors is overwhelming service providers trying to help.

Wendy Wilson is seeing the gray wave coming first-hand. She’s a case manager at Assist, a nonprofit that helps residents struggling to meet their medical needs. In the past, that meant helping them get free meals or finding a ride to the doctor’s office.

Increasingly, Wilson helps older people find housing.

“They have medical issues. It’s not easy for them to be living in a truck or at the homeless shelter when you have medical issues going on,” she said.

After five months of living in his truck, Hilton’s health had gone downhill fast. He had several fainting episodes at the shelter, then-manager Sona Blue said.

“It scared us because we have no medical care in this facility,” she said.

That’s not usual for shelters. Finally, Hilton took a bad fall, and shelter staff sent him to an emergency room.

The doctor who treated Hilton discovered he had developed pressure wounds from sitting for months in



AARON BOLTON — MONTANA PUBLIC RADIO/TNS

Kim Hilton inside his new apartment at an assisted living facility in Columbia Falls, Montana.

the same position in his truck. Because of the neuropathy in his limbs from his diabetes, Hilton couldn’t feel the pain. Those wounds never healed and became infected, another common complication of diabetes.

Hilton had one leg amputated. Later, his other leg was amputated as well. Returning to the shelter at a wheelchair wasn’t an option: There were no shelter staffers or medical personnel available to help with his basic needs.

A handful of homeless service providers, including

shelter staffers and other medical case workers, tried to help Hilton find another place to go.

They put him on waiting lists for the limited supply of subsidized housing in the area.

Wilson secured one of the few slots in a Medicaid program that helps pay for assisted living for Hilton. But it can take a year or more for units to open. So Wilson crossed her fingers that Hilton would get lucky before he was released from the hospital after his second amputation.

Many seniors across the country are stuck playing the same dangerous waiting game, said Caitlyn Synovec with the National Health Care for the Homeless Council.

“Sometimes they can’t be safely served in a shelter because they have issues with incontinence or cognition. Then they’re more likely to be on the streets, and their conditions will worsen quite a bit,” she said.

Synovec said the real solution is building more affordable housing so older Americans don’t become

homeless in the first place.

That housing will need to be accessible, too. Older homeless people need homes they can safely navigate. Because of his new wheelchair, he needed a ground-floor apartment.

In the fall, Hilton finally got a spot in a facility that would take his Medicaid waiver.

He also got an electric wheelchair to make it easier to get to doctor appointments in town.

Hilton said he hasn’t pushed his new wheelchair to its top speed yet.

“It goes fast for a wheelchair. I’m going to find out when I go down to dinner. I’ll stretch it out, break it in,” he said with a laugh.

Hilton is grateful to finally have stable housing. Wilson is grateful too. She said it was one of the few times she’s been able to help a senior regain housing.

“It was a woo-hoo moment,” she said.

As long as the facility stays open and the Medicaid waiver program isn’t cut, she’s confident Hilton will have made it through homelessness.

## HEALTH &amp; FITNESS

## WANT TO CUT YOUR DEMENTIA RISK? KEEP YOUR BLOOD PRESSURE IN CHECK

By Richard Sima

*The Washington Post*

For a healthy brain as we age, we need healthy blood pressure.

However, nearly half of American adults have hypertension, which is one of the most common — and preventable — risk factors for developing dementia decades later, research shows.

Hypertension, or chronically high blood pressure, is a double whammy for the brain — making it harder for oxygen and nutrients to get into the brain and more difficult for the brain to get rid of metabolic waste products.

Abnormally high blood pressure can damage the small blood vessels in the brain, causing brain injury and atrophy, and driving neuroinflammation.

When people have hypertension, especially in midlife, “they start losing blood flow to the brain, they start having impacts on the vasculature in the brain,” said Silvia Fossati, an associate professor of neural sciences and the interim director of the Alzheimer’s Center at Temple University School of Medicine. “And this is parallel and additive with the Alzheimer’s pathology.”

Hypertension is a risk factor for all-cause dementia as well as Alzheimer’s disease, the most common form of dementia. Compared with people with normal blood pressure, those with hypertension have at least 1.5 times as high a risk for cognitive impairment and dementia.

Crucially, high blood pressure is preventable and modifiable, experts said.

“If there’s one thing you do today to help your cognitive outcomes when you’re 80 or 90, it’s to take care of your heart health,” said Ana Daugherty, an associate professor of psychology who researches aging and dementia risk at Wayne State University’s Institute of Gerontology. “And that’s true of anybody. It’s never too late to start.”

### Why hypertension hurts the brain

The brain is small but needy; it constitutes just 2% of body weight but demands at least 15% of our heart’s blood output.

The brain is “hungry for what’s in the blood,” Daugherty said. “Anything that’s going to disrupt that process is going to have small and large cumulative effects over time.”

Blood flow in the brain is not constant and instead ebbs and flows with each heartbeat. Much of brain tissue is more akin to “a flood region where very, very small vessels are delivering blood,” Daugh-

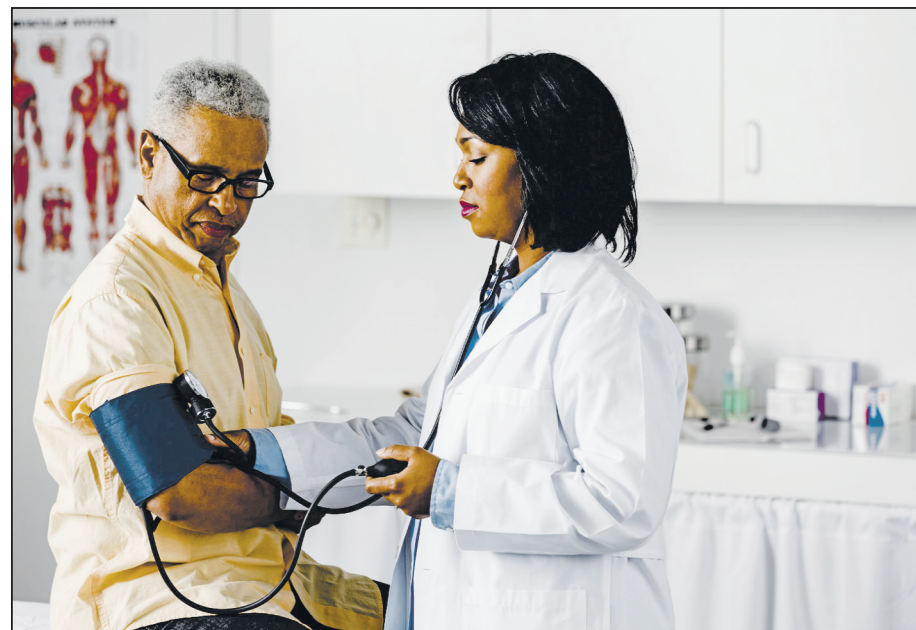


PHOTO COURTESY OF METRO EDITORIAL SERVICES

erty said.

Normally, our brain automatically regulates its blood pressure, to maintain blood flow regardless of whether we are lying down or standing up, Fossati said.

Hypertension, however, breaks down this autoregulation, meaning that the same blood pressure leads to lower blood flow to the brain and insufficient oxygen and nutrient delivery.

At the same time, hypertension “makes it harder for the brain to remove waste products, such as amyloid beta,” a biological hallmark of Alzheimer’s disease, Fossati said.

Instead, the amyloid beta accumulates around the brain’s blood vessels, which in turn makes it harder and harder for the brain to get rid of it.

“It’s kind of like a vicious cycle,” Fossati said.

Over the course of years and decades, hypertension can also damage blood vessels and disrupt normal function of the blood-brain barrier, which serves to prevent pathogens and other unwanted guests from entering the brain and can lead to more inflammation in the brain, which in turn increases the risk of dementia. Hypertension is also associated with accelerated brain atrophy.

Hypertension affects the entire brain, but some regions are particularly susceptible.

The hippocampus, a brain structure key to memory and learning, is one such area

that also atrophies faster in Alzheimer’s disease.

Sections of the hippocampus are fed by small blood vessels, which may bend up to 90-degree angles in some people, Daugherty said.

Its vascular size and shape already make it difficult for the hippocampus to clear waste and receive the oxygen and nutrients it needs to help us learn and remember. Hypertension makes it even more difficult, which may be a reason the hippocampus is one of the first areas affected in Alzheimer’s disease, researchers said.

### Hypertension increases the risk for dementia

In the 2024 Lancet Commission report on dementia, hypertension is one of 14 modifiable risk factors, many of which relate to heart health and which together account for 45% of dementia cases.

Longitudinal studies have reported that midlife hypertension is a predictor of a faster rate of cognitive decline involving memory, information processing and executive processing.

There are normal fluctuations in blood pressure throughout the day and in different conditions such as with stress, sleep or dehydration, Daugherty said.

A hypertension diagnosis would require persistent high blood pressure — greater than 130 mmHg systolic pressure (when your heart contracts) and greater than

80 mmHg diastolic pressure (when your heart is relaxed) — across multiple measurements.

Hypertension can be complicated and associated with related disease symptoms such as cardiovascular disease or stroke that also increase dementia risk.

But even in people who are otherwise healthy, having just hypertension increases the risk of accelerated brain aging, cognitive decline and dementia.

Managing hypertension with medication can mitigate dementia risk but does not eliminate it.

### How to manage hypertension and dementia risk

Researchers do not fully understand the direct causes of hypertension, Daugherty said. “Our current treatment strategies are all about symptom management.” Because hypertension is a lifelong health condition, “the best strategy is actually prevention,” she said.

But even if someone develops hypertension, maintaining a systolic pressure under 130 mmHg after age 40 can improve their cognitive outcomes. Here are some ways to manage hypertension:

- Stay active.

Lack of physical activity and a sedentary lifestyle are risk factors for hypertension and dementia. Conversely, getting regular exercise decreases the risk of both hypertension and dementia.

Gardening, doing yoga or just going for a walk can benefit both the brain and the rest of the body. Doing isometric exercises such as wall sits can be even more effective at reducing blood pressure than other forms of exercise.

- Eat healthier.

Excessive salt intake is a major dietary risk factor for hypertension. Reducing salt intake decreases blood pressure, in part from helping to improve the gut microbiome.

- Consider medication.

If you already have hypertension, it is still in your best interest to keep with the management strategy and lowering blood pressure, experts say.

Antihypertensive medications may help. Two meta-analyses of 17 total randomized control trials reported that antihypertensive treatment was protective against cognitive impairment and decline.

“We’re really trying to just slow down additional target organ damage,” she said. “The brain is just one of those organs that we’re thinking about.”

## HEALTH &amp; FITNESS

# HEALTHY BODIES: BEING IN SHAPE IS BETTER FOR LONGEVITY THAN BEING THIN, STUDY SHOWS

By Gretchen Reynolds

*The Washington Post*

Being in shape is far more crucial for a long, healthy life than being slim.

That's the conclusion of the largest, most comprehensive study yet of the relationship between aerobic fitness, body mass index and longevity. A review and analysis of reams of earlier research, it found that being out of shape doubled or tripled the risk of dying prematurely, whatever someone's age or body mass index.

On the other hand, if someone had obesity but was aerobically fit, he or she was about half as likely to die young as someone whose weight was normal but their aerobic fitness low.

"This tells us that it's much more important, all things considered, to focus on the fitness aspect" of health and longevity, "rather than the fatness aspect," said Siddhartha Angadi, an exercise physiologist at the University of Virginia and the study's senior author.

The study, published in November in the *British Journal of Sports Medicine*, adds to the growing research that people can be healthy and long-lived at any weight, if they are also active and fit. That message may be especially timely now, as New Year's resolutions are in full swing, since the findings suggest even a little exercise could be enough to improve our fitness and drop our mortality risk, whether we gained pounds in the last year or not.

## Can you be heavy and healthy?

The question of whether you can be heavy but healthy has long interested scientists, as well as anyone else with a growing waistline. So far, the evidence has been mixed. Overall, people with obesity are at heightened risks for other serious conditions, such as diabetes, cancer and heart disease, and generally more likely to die at a younger age than people whose weight is normal.

But recent science has hinted that being fit and active changes those outcomes, no matter someone's BMI. In a 2021 review of prior research, for instance, researchers, including Angadi, compared the longevity gains from beginning a pro-



PHOTO COURTESY OF METRO EDITORIAL SERVICES

gram of either exercise or dieting among people with obesity. Exercise dropped the risk of premature death by about 30%, even if people lost zero weight, which was about double the gains from shedding weight by dieting.

But many of these past studies involved somewhat small groups of people, the bulk of them men and Americans, and the research's definitions of "fitness" often relied on subjective data, such as people's memories of how much they'd exercised recently.

So, for the new study, Angadi and his colleagues decided to broaden their scope.

## The link between BMI, fitness and longevity

"We wanted to include more women and get representation from other nations," Angadi said.

They began by scrolling through research databases, looking for any past studies probing BMI, fitness and longev-

ity that included objective measures of people's aerobic fitness, usually from a cardiovascular stress test.

They wound up with 20 studies involving nearly 400,000 middle-aged or older people from multiple nations, about 30% of them women.

Pooling these studies, they divided the participants into the unfit, defined as anyone whose stress test placed their endurance into the bottom 20% of people of their age and gender, and the fit, whose testing put them into the top 80% of people of their age and gender.

They also pulled data about who'd died during follow-up periods of up to about two decades.

Finally, they compared BMI, fitness and death.

## Brisk walks are enough to boost fitness

Obesity, as expected, was strongly associated with mortality. Men and women with obesity, if they also were unfit, were

about three times more likely to have died prematurely than fit people whose BMI was normal.

But poor fitness had its own hazards. In fact, people of normal weight who landed in the bottom 20% of fitness were about twice as likely to have died young as people with obesity who qualified as fit.

"From a statistical standpoint, fitness largely eliminated the risk" of early death from obesity-related conditions, Angadi said.

"This study is important because it confirms that cardiorespiratory fitness is strongly protective against mortality at any BMI and strengthens the evidence that this relationship is true of women as well as men," said Barry Braun, who is director of the Human Performance Clinical Research Laboratory at Colorado State University and who studies exercise and body weight but wasn't involved in the new research.

The study also suggests requires little effort to move from being unfit to fit. Someone in the bottom 20% of fitness for his or her age just needs to exercise enough to rise into the 21st percentile of fitness, Angadi said.

For most of us, that could entail plenty of "brisk walks," Angadi said. Moderate exercise — meaning any exertion that's strenuous enough that you can talk but not sing, such as a swift, arm-swinging walk — reliably improves fitness. (If you'd like a precise measure of your current fitness, ask your doctor or a physiology lab about a stress test and check your numbers against charts of typical fitness levels by age and gender online.)

Then, maybe spend more time walking and otherwise working out than worrying about weight, said John Thyfault, a professor at the University of Kansas Medical Center who studies obesity, exercise and health. (He wasn't involved with the new study.) The science now overwhelmingly shows that "aerobic fitness is more important for mortality risk than body weight status," he said.

"Yes, people may want to lose weight for a variety of reasons," he continued. "But it should be known that you can get more healthy at your current body weight just by moving more."

# THANK YOU FOR YOUR KINDNESS

## JANINA PARROTT JACOBS

I am nominating Janina Parrott Jacobs for the  
"Be Kind Spotlight".

Janina has helped thousands of grieving individuals over her forty year career as a music director of several churches over the years (currently Saint Veronicas) during funeral masses; services and playing joyfully at weddings for married couples.

Janina works with many military organizations playing and singing and raising necessary funds for those groups.

As a scratch golfer, she works with many golfing groups; young; females; seniors teaching and helping them better understand the game.

For me personally, she was kind enough to sit and help me write out my dad's war story. He, deceased, a WWII Veteran came back scared and troubled. She helped me reconcile with him.

I have been witness to her many acts of kindness at Saint Veronicas serving on many committees and helping to raise funds for many causes.

**Submitted by: Bob Jones of  
Washington, Michigan**



FIRST & LAST NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ NAME OF POEM: \_\_\_\_\_

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

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

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

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

**NEXT ISSUE WILL BE JUNE 12, 2025**

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

# • SERVICE Directory

## Did a Family Member or Friend Pass and Leave You to Settle Their Estate?

Do you now have a house or condo to sell?

Do you want to work with a Realtor who has vast experience selling homes to settle an estate?

How about a Realtor that you've come to know and trust for more than 21 years right here in this Vitality paper?

**Steve Meyers 586-997-5480**  
 Realty Executives Home Towne  
 Steve@MeyersRealtor.com  
[www.AnswersToRealEstateQuestions.com](http://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](http://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](http://www.eldolesmanor.com)

42700 Colchester St. • Clinton Twp., MI 48036

**586-463-0500**

*Sponsored by the Martin Chapel Housing Corporation*



## Calendar of trips, activities and events

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

### MAY

**High Vibes Class:** May 12, May 19, June 2, June 9, from 7–8:15 p.m. Cost: \$20 per class or register for all 4 for \$55 total. Class meets at MSS 34641 Jefferson, Harrison Twp, Room 102. Learn practices that restore balance to the body and mind. Promote deep relaxation and learn coping strategies for stress and anxiety. Register online at [www.lc-ps.ce.eleyo.com](http://www.lc-ps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**May — June 11:** Water Fitness: Mondays and Wednesdays, 11:10 a.m. — noon (times subject to change based on staffing) at L'Anse Creuse North High School, 23700 Twenty One Mile Road, Macomb. Cost \$5 drop in or punch cards available for \$50 — payment accepted poolside or online and bring your receipt. Spring session will run through June 11. Register online at [www.lc-ps.ce.eleyo.com](http://www.lc-ps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**May 8:** Mother's Day Lunch & Juke Box Bingo at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, May 8, at noon. \$6. Celebrate all moms with a lively round of musical bingo. Enjoy a festive luncheon, musical bingo, and plenty of laughter. Register: 248.589.0334 or [recreation.cityofclawson.com](http://recreation.cityofclawson.com)

**May 9:** Financial Friday: Estate Planning: Making Your Wishes Known at the Older Persons' Commission, 10:30 a.m. \$2. Understand wills, trusts, and directives to ensure your assets and final wishes are properly

documented. Presented by Rochester Wealth Strategies Vice President Xenia Woltmann, AWMA. Open to the public. For information or to register please call 248-659-1029. The OPC is located at 650 Letica Drive, Rochester.

**May 12:** Spice of the Month Club: Rosemary at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Monday, May 12, available all day while supplies last. Join our Spice of the Month Club to try new spices! Members will receive a sample packet of each month's spice, recipes that feature that spice, and a little bit of history. Spices can be picked up on the second Monday of each month from the front desk on a first come, first serve basis. Don't need the spice but want the information? Join the Spice of the Month Club email list. You'll automatically get everything each month except the free spice sample. The fun comes straight to your email inbox. May's spice of the month is rosemary. For more information, 586-329-1261.

**May 12:** Lunch Bunch at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, May 12. Gather with friends to explore a local eatery, savor a tasty meal, and enjoy great conversation. Guests pay for their own lunch. Restaurant Frank's Deli in Detroit! Bus Fee: \$8. Register: 248.589.0334 or [recreation.cityofclawson.com](http://recreation.cityofclawson.com)

**May 13:** Terrific Tuesday Unlock the Power of Food at the Older Persons' Commission, 4:30 p.m. Dinner 5 p.m. Presentation \$15. Discover how everyday foods can transform your health with insights from Mark J. Trudeau and Dr. Sadegh Arab, authors of *There's a Food For That*. This engaging program reveals the science behind nutrition, offering practical tips to boost energy, pre-

vent disease, and enhance well-being. Get ready to rethink whats on your plate and take control of your health—one bite at a time! This event is sponsored by Waltonwood Main. Register by calling (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit [OPC-center.org](http://OPC-center.org)

**May 13:** Red Oaks Bird Trip with Scott at the Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, May 13, 8 a.m. Cost: \$4. Visit one of the region's top birding hotspots. Look out for both local and migratory species during this guided excursion. Register: 248.589.0334 or [recreation.cityofclawson.com](http://recreation.cityofclawson.com)

**May 13:** Fall Prevention Talk & Meet with Interfaith Volunteer Caregivers at the Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, May 13, 10 a.m. FREE. Stay safe at home by learning tips to reduce falls. Then meet local volunteers who offer supportive services to seniors in need. Register: 248.589.0334 or [recreation.cityofclawson.com](http://recreation.cityofclawson.com)

**May 14:** Drop-In Tech Help at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, May 14 at 1 p.m. Need help navigating your smartphone? Have questions about your new computer? An adult librarian is available for one-on-one basic tech assistance during this time on a first come, first served basis. No registration required. Please bring your device and any relevant passwords. For more information, 586-329-1261.

**May 14:** Murder & Booze Book Club at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, May 14 at 6 p.m. Join the library at Luigi's for our mystery, thriller, and true crime book club! Enjoy a cold one and

grab an appetizer while we discuss "Good Bad Girl" by Alice Feeney. Get your copies now! Register online or call (586) 329-1261. Registration is required due to restaurant capacity. We are meeting at: Luigi's, 36691 Jefferson Ave, Harrison Twp.

**May 14:** Meadow Brook Show: The Rat Pack Lounge & Lunch at Kruse & Muer sponsored by the Clawson Senior Center, 509 Fisher Court on Wednesday, May 14. Depart at 11:30 a.m., Show at 2 p.m.. Cost: \$86. Frank, Dean, and Sammy are back—for one night only! In The Rat Pack Lounge, these legendary entertainers get a second chance to make things right. Enjoy classic hits like "My Way" and "Everybody Loves Somebody Sometime" in this unforgettable show. Includes lunch at Kruse & Muer. Register at 248.589.0334 or online at [recreation.cityofclawson.com](http://recreation.cityofclawson.com).

**May 15:** Live Music at the Older Persons' Commission. Southern Fry'd: A Country Night Out. May 15, 6-7:30 p.m. \$20 Members \$25 Non-members. Get ready for a night of unforgettable music and nonstop fun as Southern Fry'd takes the stage! With their unique blend of foot-stomping rhythms, soulful melodies, and catchy lyrics, they'll have the crowd moving from the first note. So grab your boots, round up your friends and let's make some memories! Open to the public. Sponsored by Pomeroy Living. Register by calling (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit [OPC-center.org](http://OPC-center.org)

**May 15:** Mystery Book Club at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Thursday, May 15 at 6:30 p.m. Ages 18 and up, No registration required. We get together in the City Hall lobby to discuss crime novels. This month we will discuss "Everyone In My

Family Has Killed Someone" by Benjamin Stevenson. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**May 15:** Trivia Night at Total Sports sponsored by Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, May 15 at 6:30 p.m. Come test out your knowledge at HTPL Trivia Night, hosted at Total Sports! Tickets include trivia plus unlimited pizza, salad, and soft drinks. Tickets can be purchased at the library for \$8.00 in advance or purchased at the door on Trivia Night for \$9. Cash or check only! Max team size of 8. Arrive with a team or we'll team you up! Please note that due to high volume of attendance, the trivia price has increased by one dollar, and the team size limit has increased to 8 (previously 6). Thank you for your understanding. For more information, 586-329-1261.

**May 16:** Shred it Day at the Older Persons' Commission. Drive Up and Drop Off, from 9-11 a.m. | \$2 Donation per bag. Bring your personal documents for secure shredding and help protect your privacy. Simply drive up and drop off up to two bags of paper (in paper bags, please). Donations support OPC Services & Programs. This event is sponsored by Pixley Funeral Home. For more information, please call (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit [OPC-center.org](http://OPC-center.org).

**May 16:** OATS Tech Talk Selling Online at the Clawson Senior Center, 509 Fisher Court, Clawson, Friday, May 16, 1 p.m. FREE. Learn how to sell items online and declutter your home in the process. Explore user-friendly platforms and tips for success. Register: 248.589.0334 or [recreation.cityofclawson.com](http://recreation.cityofclawson.com)

**May 16:** Grief Support Group at the Older Persons' Commission, 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 individuals 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. Open to the public. Walk-ins are Welcome Questions: (248)608-0249. The OPC is located at 650 Letica Drive, Rochester. For more information, visit [OPC-center.org](http://OPC-center.org).

**May 17:** Annual Shred Day at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, May 17 from 11 a.m. to 1 p.m. It's time for our annual Shred Day! Bring your sensitive documents for shredding and recycling on a first come, first served basis. Paper and cardstock only. Up to 2 full boxes per person (12"x12"x10" boxes). For additional boxes beyond the first 2, there is a \$5 service charge per box. No plastic, CDs, or X-Rays. This program is generously paid for by the Friends of the Library. On the day of the drop-off, staff will be directing traffic. The drop-off location will be outside in the parking lot. For more information, 586-329-1261.

**May 17:** Puzzle Tournament at the Park at the Roseville Public Library, 29777 Gratiot Ave, Roseville, Saturday, May 17 at 1 p.m. Registration begins April 26. Put your puzzle skills to the test in our Tournament at Veterans Memorial Park. Teams and individuals are welcome. Come see if you have what it takes to be crowned the puzzle champion. For more information, call 586-445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**May 18:** Celebrate Asian American Heritage Month at the Clawson Senior Center, 509 Fisher Court, Clawson, Sunday, May 18, 4 p.m. FREE. Enjoy cultural performances and interactive activities for all ages! Discover new traditions and celebrate the rich heritage of Asian Americans. Register: 248.589.0334 or recreation.cityofclawson.com

**May 19:** Memorial Day: Honoring the Past, Inspiring the Future at the Older Persons' Commission, 1:30 p.m., \$5 Join Professor Emeritus John Todd for an engaging look at Memorial Day, a time to reflect, remember, and honor those who served our country. Through rich storytelling, historical insights, and personal reflections, Professor Todd will take you on a journey through the origins of this important day, how traditions have evolved, and why remembrance matters. Whether you have personal connections to the military or simply appreciate history, this discussion will deepen your understanding and appreciation for Memorial Day. For more information call (248)659-1029 or visit OPCcenter.org. The OPC is located at 650 Letica Drive, Rochester.

**May 19:** Movie at the Library at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, May 19, 1 p.m. FREE. Description: Gather for a free movie showing of "The Princess Bride," a timeless fairy-tale adventure filled with humor and romance. Snacks included. Register: 248.589.0334 or recreation.cityofclawson.com

**May 20:** CHECK MATES: Chess Club sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, on Tuesday, May 20 at 6 p.m. Ages 12 to adult, No registration required. Join us in the City Hall lobby for an evening of Chess with other fans of the game. All skill levels are welcome.

Use one of our sets or bring your own. We will meet in the City Hall lobby. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

**May 20:** UFOs Over Michigan at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Tuesday, May 20 at 6:30 p.m. Did you know Michigan has some of the biggest unsolved UFO mysteries in history? Join Bill Konkolesky, director of the Michigan Chapter of the Mutual UFO Network, as he discusses famous UFO sightings in Michigan. Examine eyewitness accounts and learn more about these intriguing encounters with the unknown. Registration is encouraged but not required. For more information, 586-329-1261.

**May 20:** Alzheimer's/Dementia Caregivers Group at the Older Persons' Commission. 1:30-3 p.m. Support group for those caring for

loved ones with Alzheimer's or Dementia. Open to the public. Respite care is available. OPC is located at 650 Letica Drive, Rochester. Call (248)659-1036 or visit OPCcenter.org for additional information.

**May 20:** Dinner with Henry Ford and Friends: Ford, Edison & Firestone at the Older Persons' Commission, 5:30 p.m.. \$15. Share in an intimate and interactive evening with these powerful historical figures. Learn about how their friendships, family life, and dreams led them to lives of greatness. A one-of-a-kind event that combines history, food, and conversation in the most immersive way possible. For more information, call (248) 659-1029 or visit OPCcenter.org. The OPC is located at 650 Letica Drive, Rochester.

**May 20:** Gun Lake Casino bus trip, Tuesday, May 20. Bus departs Meijer Roseville at 8:30 a.m. Cost is \$55 and includes \$10 free slot play, \$10 for food, and a stop at Horrocks Farm Market in Battle Creek on the return trip. Register at 586-795-4601 or on-line at rcencek@comcast.net for this fun-filled day.

**May 21:** Savvy Seniors Mobility & Movement presented by Sherry Hopkins at the Older Persons' Commission, May 21, 9:30 a.m. \$5. Explore the importance of flexibility, joint health, and functional movement in everyday life. You'll gain insights into key mobility exercises, movement patterns, and techniques that can help improve flexibility, reduce stiffness, and enhance body control. This event is sponsored by Comfort Keepers. Register by calling (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPC-center.org

**May 21:** Kit Home Tour with Clawson's Museum Curator, Leah at the Clawson Senior Center at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, May 21, noon. Donations accepted for the Clawson Historical Museum. Stroll through the neighborhood to see historic Sears kit houses and learn about their unique history. A must for local history buffs. Register: 248.589.0334 or recreation.cityofclawson.com

**Through May 21:** Matter of Balance at the Clawson Senior Center, 509 Fisher Court, Wednesdays, until May 21, from 1-3 p.m. FREE. Falls can be devastating, and the fear of falling can hold you back from enjoying life. This FREE 8-week class is designed for adults 60+ to help improve balance, prevent falls, and build confidence. Learn practical tips, techniques, and mobility exercises to stay active and independent! Register at 248.589.0334 or online at recreation.cityofclawson.com.



**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 June 12, 2025.

**GIZMO**

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.



**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 May 28, 2025 for our June 12, 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**

# Poetry Page

## SERENITY LANE

A SHADOW OF A MAN I USED TO BE  
A BAG OF BONES BRITTLE AND BROKEN YOU CAN SEE  
A STRAY DOG WOULD NOT EVEN NIBBLE ON ME  
I MADE IT HERE BY THE GRACE OF GOD  
IT'S THE ONLY REASON THAT MAKES SENSE TO ME  
THE PLACES I USED TO DWELL HELLBOUND INDEED  
PITIFUL SORROW DROWNING IN DRUGS  
SWIMMING IN DISEASE IF YOU PLEASE  
MY FRIENDS ALL DEMONS WANTING THE WORST FOR ME  
GOT THEIR WISHES FULFILLED YOU SEE

A BEACON OF LIGHT THROUGH THE FOG I SEE  
AN ILLUSION OR LIE OR COULD IT BE ME  
NOTHING TO LOSE IT'S ALL BEEN LOST  
BUT THIS HAND I GRAB AND IT GRABS ME  
THE GRIP UNBREAKABLE AS IT DRAGS ME UPON  
A RAFT OF HOPE TO A PATH OF LIGHT  
TO SAVE MY SOUL TO SERENITY LANE

**Written by: Jason Hartman  
of Springfield, Oregon  
Submitted by: Carole Kulhavi of  
White Lake, Michigan**

## SUPER "K"

Choose to lead, plant the seed. Be kind.  
Get involved today, find a way. Offer help.

Don't get distracted, just be reactive. Spend time.  
Open your mind, leave criticism behind. Don't judge.

Show you care, make it fare. Be generous.  
Exchange a smile, talk for a while. Share joy.

It's achievable, possible and realizable!  
Make kindness your super power and let

**IT RAIN!**

**Written by: Lucia Allen of Roseville, Michigan**

## JESUS CAME TO ME

Look up in the sky  
There is an angel flying high  
I believe it is my beautiful wife  
The love of my life  
She is looking down from up above  
Smiling at the family that cherishes her love  
If you were good or bad  
To see you, she was glad  
We are remembering  
the wonderful lady she was.

**Written by: Steve Pankewicz of  
Sterling Heights, Michigan**

FIRST & LAST NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY/STATE/ZIP: \_\_\_\_\_ NAME OF POEM: \_\_\_\_\_

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

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

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

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

**NEXT ISSUE WILL BE JUNE 12, 2025**

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

# JELL-E

Her name was Jell-E  
and she was the  
light of our lives.  
We miss her very  
much and she is  
forever in our hearts.  
"We love you  
Jell-E Belly".

**Submitted by: Cathy  
Estep and Mary Ardwin of  
Lake Isabella, Michigan**



FIRST & LAST NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ NAME OF POEM: \_\_\_\_\_

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

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

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

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

**NEXT ISSUE WILL BE JUNE 12, 2025**

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

# LIVE YOUR BEST LIFE



We want you to be you and have the freedom to choose from the countless affordable living options we offer. 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

**LANSING**  
(517) 393-7777

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

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

