

Vitality

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

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to older campers

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On the cover: Algonac State Park is a quiet site along the St. Clair River that offers sightseeing and rest and relaxation.

PHOTO COURTESY OF TYLER LEIPPRANDT — MICHIGAN SKY MEDIA LLC

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MONEY & SECURITY

Real estate: If I put in an offer, are sellers required to disclose if there are other offers?

Q: We're looking to buy a house. On the Michigan seller's disclosure statement on the second page regarding flood insurance it asks: Do you have flood insurance on the property?

The sellers answered "yes." I'm somewhat familiar with the area and I'm shocked that flood insurance is required. We checked with our insurance person and they said it would not be required. How can I know for sure?



Steve Meyers

you if your house is located in a flood zone.)

Q: I put an offer in on a condo. I was notified that the sellers went with another offer and that there were multiple offers. I had no idea that there were multiple offers.

Aren't the sellers or their agent required to tell buyers that there are multiple offers?

I might have offered more.

A: Your insurance company would know. You can also check the flood zone map at the city or township, check with your mortgage company if you're getting a mortgage and check FEMA's website.

Sometimes, what I have seen happen, is the sellers get confused with the additional coverage on their homeowner's insurance policy that covers basement floods from a sewer backup or a failed sump pump.

That is totally different coverage and not flood insurance. (Flood insurance is a separate insurance policy that covers

A: No, they are not. Sellers and listing agents are not required to notify the buyers and or buyer's agent about multiple offers.

Your buyer's agent can inquire if there are any other offers, but the seller side is not required to disclose if there are.

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. You also can visit his website at AnswersToRealEstateQuestions.com.

MARKET UPDATE

April's market update for Macomb County and Oakland County's housing market (house and condo sales) is as follows: In Macomb County, average sales price was up by more than 6% and Oakland County's average sales price was up by almost 8%. Macomb County's on market inventory was up by more than 14% and Oakland County's on market inventory was up by more than 15%. Macomb County's average days on market was 26 days and Oakland County average days on market was 29 days. Closed sales in Macomb County were down by 8% and closed sales in Oakland County were down by more than 6%. (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 April, the state of Michigan's inventory was at 2.1 months of supply. Macomb County's inventory was at 1.8 months of supply and Oakland County's inventory was at 1.9 months of supply. By definition, it's still not close to a buyer's market.



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SOCIAL & WELL-BEING

SENIORS AND THEIR CAREGIVERS CAN JOURNEY INTO DEMENTIA AND PLAY BINGO TO GET HEALTHY

By AgeWays

Formerly Area Agency on Aging 1-B



Have you ever wondered what it's like to have dementia?

Even if you are a caregiver for someone with cognitive impairment, its mysteries can seem vast.

Ageways Nonprofit Senior Services is offering a new program that simulates the experience of living with dementia.

Dementia Live immerses participants — caregivers and noncaregivers — into life with dementia, deepening their understanding of what it's like to live with cognitive impairment and sensory overload.

Sessions will be held in senior centers, community centers, places of worship and anywhere that requests it.

The way it works: Participants are given headphones, thick gloves and goggles that limit peripheral vision. They are given tasks to do in an experience room such as buttoning up a shirt, counting change, feeding a dog, sorting playing cards — all while ambient sounds like a loud TV or dishes being washed come through their headphones. With limited senses, it isn't easy.

After the experience room, participants have a discussion — the “empowerment phase” — where they talk about the experience.

“We talk about the challenges and that's really powerful,” says Jeannine Roach, manager of health promotion at AgeWays.

Roach says participants say they found it hard to remember what they were

told to do when the session trainer handed them their headphones and other gear. They reported finding it difficult to use their fingers to button a button or to use a calculator.

But the biggest takeaway is the empathy the experience evokes. Roach says Dementia Live helps caregivers remove some of the obstacles that may be disruptive to their loved one, such as a loud television or computer. They may begin to label drawers to show a loved one where the utensils are kept. They might work at developing more patience.

Nurse Taylor Clark, program specialist of wellness and caregiver services at AgeWays and a trainer for Dementia Live, says the program is a “game changer.”

“We can't truly experience dementia until we actually live it. This is the closest we can get to living it,” she says. “It's all about sensitivity. How can we better understand what they might be experiencing so we can be more aware and sensitive to the fact that things that naturally occur are difficult to handle?”

The program runs about an hour or longer if there is a large group. Only four people are in the experience room at one time.

Bingocize

AgeWays is happy to offer a free new wellness program that brings healthy competition into getting healthy.

Bingocize combines bingo with exercise and in-



MALLORY WYATT — THE ASSOCIATED PRESS

Seniors play bingo during activity time at The Retreat at Kenwood assisted living facility in Texarkana, Texas, on Friday, May 17, 2024.

formation about nutrition and fall prevention. It is designed for everyone and is free (though donations are appreciated).

“It's a good outlet for older adults who need social engagement and want to learn something about staying healthy,” Roach said.

The way it works: Participants cross off three winning bingo numbers on their cards, then answer three questions, then do three exercises for 30 sec-

onds each. Over the course of the 10-week class, they learn 200 exercises.

“It's neat because maybe this person never exercised, and they leave learning what they can do with minimal equipment. By the time the hour is up, you hopefully have someone who wins. We offer prizes. Overall, it's going to be really fun,” Roach says.

Bingocize has been shown to improve overall health, along with the fun. Studies of older adults be-

fore and after participation in the program found significant improvements in physical strength, a fear of falling, social isolation, physical activity and avoidance behavior.

The first session is at the Costick Activities Center in Farmington Hills and meets from 10:30 a.m. to 11:30 a.m. Tuesdays and Thursdays through Aug. 14. Other Bingocize classes are offered beginning July 7 in Madison Heights and Aug. 4 in Sterling Heights.

For more information, go to ageways.org or call 833-262-2200.

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.

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SOCIAL & WELL-BEING

CREATURE COMFORTS

MICHIGAN PARKS, RESORTS MAKE OUTDOOR ADVENTURES COMFORTABLE AND ACCESSIBLE FOR OLDER CAMPERS

By Susan Thwing
For MediaNews Group

For many older adults, the lure of a crackling fire, the rustle of leaves in the breeze, and the joy of a peaceful lakeside morning never fade. However, what today's senior campers are looking for has changed, and Michigan's state parks and private resorts are rising to the occasion.

"Camping is different when you're older," said Jeremy Spell, central reservation system analyst with the Michigan Department of Natural Resources' Parks and Recreation Division. "It's about ease, comfort and accessibility. And that's exactly what we're building into the system."

Spell said most of the improvements in Michigan's campgrounds in recent years have unintentionally — but helpfully — benefited older campers. "Paved campsites and paved roads help everyone, but they're especially good for folks with mobility issues. You're less likely to trip and it's easier to get around."

He added that full hookup sites, which allow campers to connect directly to sewer, water and electricity, are a game changer.

"If you've got your own bathroom in your RV, you don't have to use the campground facilities. That's a huge plus for a lot of seniors," he said.

Michigan's state parks also are gradually expanding their offerings to include more ADA-accessible facilities, including bath-

rooms, beaches and even beach wheelchairs at select sites.

"We've made accessibility a priority," Spell said. "We're trying to build an inventory of places that work for everyone."

Spell recommends Algonac State Park, a quiet site along the St. Clair River, as a senior favorite.

"It's laid-back and right on the river — people can watch the freighters go by all day," he said. "It's one of those places that feels peaceful and still connected to something bigger."

Another favorite is Tawas Point State Park, which boasts paved roads, lake access and a charming lighthouse.

For seniors looking for more than rustic charm, private campgrounds are also evolving to meet their needs — some even offering a luxury resort feel. At Indigo Bluffs RV Park & Resort near Empire, Gary Becker sees the shift firsthand.

"Seniors spend more time on the property than younger campers," Becker said. "They want comfort, space, shade — and they want it quiet."

Nestled near Sleeping Bear Dunes National Lakeshore, Indigo Bluffs has been catering to older campers for years. "They're not looking to be near the playground," Becker said. "Or maybe they are. It depends on what they want. That's what we're here to support."

And it's not just about peace and quiet. "We've got shuffleboard, cornhole — anything a 6-



PHOTO COURTESY OF TYLER LEIPPRANDT — MICHIGAN SKY MEDIA LLC

A camper at Algonac State Park spends an afternoon with a book.

or 7-year-old can do with their grandpa," Becker said. A large covered pavilion houses more than 60 board games, puzzles and books. "On a rainy day, you'll see kids coloring, families playing games. It's downtime with options."

Becker points out that many senior campers are increasingly using their RV sites like summer cottages.

"They're here for a week, maybe three. It's not just a place to park — it's a lifestyle. Some of our guests even get involved in local events. If you're here on a Tuesday when the book club meets in town, you're welcome to join."

And while seniors are attracted to amenities, they're just as focused on atmosphere.

"Camping is a front porch," Becker said. "You're looking at who your neighbors are, how people behave, how clean the park is,



PHOTO COURTESY OF INDIGO BLUFFS RV PARK & RESORT

Nestled near Sleeping Bear Dunes National Lakeshore, Indigo Bluffs RV Park & Resort has been catering to older campers for years.

Camping

FROM PAGE 6

and how friendly the staff is. Seniors know what they like — and what they want to avoid.”

That idea of intentional travel — of knowing what you’re signing up for — is something Spell stresses, as well.

“Do your homework before you make a reservation,” he advised. “Use our online tools. Look at the map. Make sure it’s the right place for you.”

For older campers returning to the hobby after years away, the camping experience may surprise them. “Our rental RVs have fireplaces, full kitchens — even TVs on the outside,” Becker said. “You can camp in comfort.”

He does, however, offer a bit of practical advice for newcomers:

“Don’t buy a trailer your car can’t tow. You’d be amazed how many people do that — buy the trailer first, then realize they can’t pull it,” he said.

Quick tips for senior campers

1. Choose the right campground. Look for paved roads and full hookup sites — they offer more comfort and easier access. Seek quiet areas or “adult-friendly” sections, often away from playgrounds or group sites.

2. Reserve early. Michigan campgrounds fill up fast, especially during summer. Book six months ahead for state parks. Use the Michigan DNR reservation system at midnrreservations.com.

3. Consider accessibility. Many state parks offer ADA-accessible sites, restrooms, and beach wheelchairs. Check individual park amenities online before booking.

4. Pack for comfort. Bring padded chairs, walking sticks, slip-resistant shoes and a sturdy flashlight. Add a weather radio or smartphone app to monitor local conditions.

5. Rent before you buy. If you’re new to RVing, try renting first to test drive the lifestyle and layout.

Ask about local RV delivery and setup services — some parks partner with vendors.

6. Bring entertainment. Many campgrounds offer board games, books or organized activities. A portable puzzle or favorite novel can make a rainy day relaxing.

7. Connect with nature and people. Enjoy nature at your own pace: birdwatching, gentle hikes or sitting by the fire. Look for local town events or farmers markets near your campground.

Helpful camping resources

- Michigan DNR Camping Info

michigan.gov/dnr/things-to-do/camping-and-lodging

- Accessible Recreation

michigan.gov/dnr/about/accessibility

- Michigan State Park Reservations

midnrreservations.com

- Pure Michigan Travel Planning

michigan.org/outdoors

- RV Park Reviews

campgroundreviews.com



YOUR PARTNER IN HEALTHY AGING: THE SPECIALIZED CARE OF A GERIATRICIAN

Just as pediatricians offer specialized care tailored to the unique developmental needs of children, geriatricians provide focused medical expertise for aging adults. Recognizing that seniors are not simply older versions of younger individuals, geriatricians possess the knowledge and skills to address the distinct physiological and health considerations that arise with age.

Who can benefit from seeing a geriatrician?

Individuals aged 65 or older who:

- have concerns about their overall health.
- are navigating multiple or complex health issues.
- wish to maintain their independence and remain comfortably in their own homes.

Geriatricians are adept at understanding the intricate interplay of aging and health, offering a level of personalized attention that can be beneficial during this stage of life.

Dr. Nehal Altaie, a board-certified internal medicine and geriatric physician practicing at McLaren Oakland - Dixie Highway Internal Medicine, explains her approach to patient care. “I prioritize understanding my patients and their individual needs as the cornerstone of effective care. By collaboratively defining their personal health goals, we can then create a tailored health plan that addresses their specific circumstances and goals.” This philosophy underscores the commitment of geriatricians to go beyond simply treating symptoms and to partner with their patients in achieving optimal well-being.



PHOTO COURTESY OF TYLER LEIPPRANDT — MICHIGAN SKY MEDIA LLC

Tawas Point State Park offers lake access and a charming lighthouse, along with plenty of activities for those looking to be more active during their camping adventure.



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HEALTH & FITNESS

TEAM SHARES THE HEAVY LIFTING

WEST BLOOMFIELD POWERLIFTER SETS RECORDS AT MICHIGAN SENIOR OLYMPICS AFTER SUCCESSFUL SURGERY



PHOTO COURTESY OF JEFF ELLIS

West Bloomfield champion weightlifter Jeff Ellis, 66, credits a recent surgery at Henry Ford Hospital to allowing him to quickly return to the sport he's been doing since he was a teenager.

By Mark E Lett
For MediaNews Group

When he blew out his shoulder two years ago, champion weightlifter Jeff Ellis needed a light touch and technique as much as a powerful move.

Enter Dr. Stephanie Muh. The Henry Ford Hospital surgeon teamed up with Ellis in what the hospital described as a “cutting edge” procedure to help the West Bloomfield accountant repair and recover.

The result: Modern medicine by Muh and hard work by Ellis, 66, produced a rehabilitation so successful that Ellis won a gold medal and set a record in his age and weight class in the Michigan Senior Olympics.

For Ellis, successful surgery meant he could continue as a powerlifter.

“It’s been a passion of mine for many years,” he said, adding that he began lifting weights at 17 as a high school student in Southfield.

“It’s a way of life for me. Just like accounting.”

While Ellis credited Muh for her intense attention to his condition and her surgical skills, the doctor said his recovery was well-supported by his existing physical fitness and a willingness to work hard during rehabilitation.

“Mr. Ellis’ pre-surgery health status helped him recover faster than the average patient,” she said. “He had a fantastic outcome

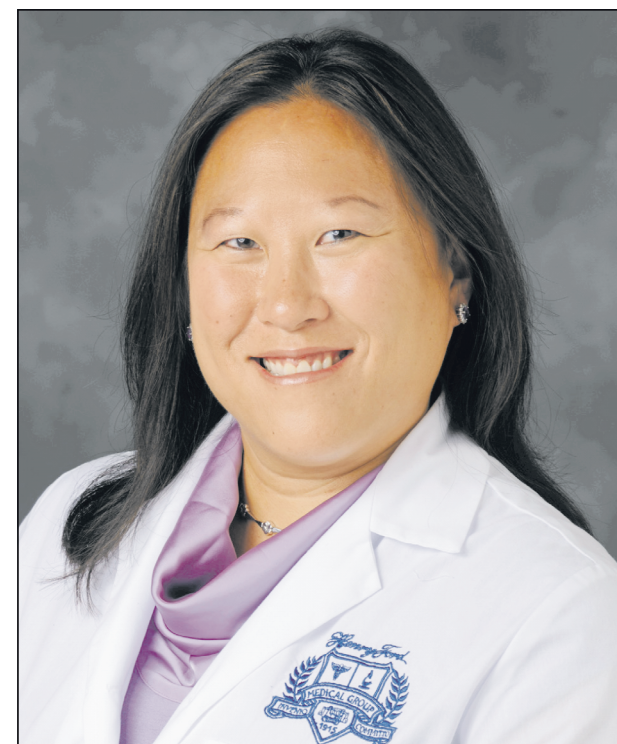


PHOTO COURTESY OF JEFF BONI — HENRY FORD HEALTH

Dr. Stephanie Muh

and was a model patient.”

For Ellis, the initial injury was alarming. He'd had his share of strains and tears over the years, but this time it was different. The injury during a workout was accompanied by a noticeable “pop” and a sudden loss of strength in his shoulder.

Doctors quickly determined his rotator cuff had been seriously damaged. But, unlike more routine injuries caused when muscles are torn from the bone, his shoulder also was severely punctured by a bone spur that ripped through his rotator cuff.

“I felt a dull pain in the shoulder and lost all strength on the right side,” Ellis said.

His primary care physician and physical therapist recommended he see Muh, an orthopedic surgeon known for her operating room abilities and careful attention to patients' physical and emotional needs during recovery.

Treating Ellis meant not only repairing the tear, but addressing the wound.

“Given Jeff's lifestyle and activity level, we wanted to get him into surgery as quickly as possible to give him the best chance of a full recovery,” Muh said in a recent hospital newsletter. “In addition to repairing the tear, I used a bio-inductive patch to promote better healing. It's designed to stimulate collagen growth and reduce the risk of re-tear — especially important in active patients like Jeff.”

Post-surgery, Ellis brought the same focus to physical therapy that he deployed as a powerlifter. His past success stood as a goal to be repeated — or eclipsed.

Prior to his injury, Ellis racked up a string of impressive achievements. Among those:

- First place in the age 55-59 pound division in the American Amateur Powerlifting Federation national meet in 2018 — where he lifted 275 pounds
- Setting Michigan Senior Olympics records in the 50-54, 55-59 and 60-64 age groups
- Named to the Michigan Senior Olympics Hall of Fame this year. He is the only weightlifter to be inducted.

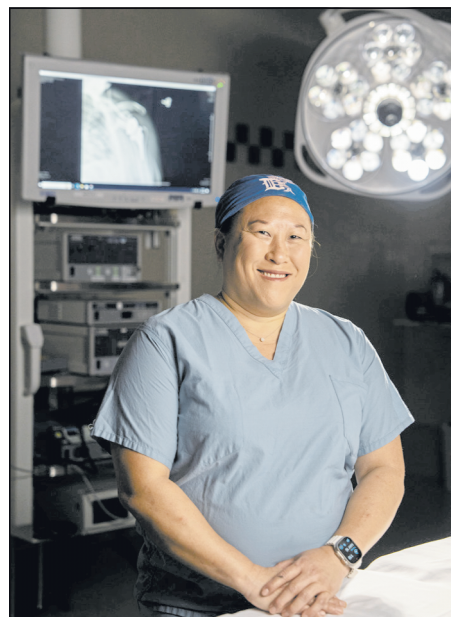


PHOTO COURTESY OF RIVA SAYEGH-MCCULLEN — HENRY FORD HEALTH

Henry Ford Health Dr. Stephanie Muh specializes in the shoulder.

After his devastating shoulder injury in November 2023 and surgery performed by Muh, Ellis began physical therapy six days later at Henry Ford's West Bloomfield Hospital. “I live in the shadow of the hospital,” Ellis said, noting that the convenience aligned with his motivation.

By March 2024, he was winning gold again, placing first and setting a record in his age and weight class at the Michigan Senior Olympics.

Muh, a Florida transplant who said she prefers the change of seasons provided in Michigan, lauded Ellis for his determination in making an award-winning comeback. Getting early treatment and arriving in excellent physical condition boosted his recovery, she said.

“The longer you wait, the blood supply pulls away,” she said. Prompt attention, she said, greatly improves the chances for healing.



PHOTO COURTESY OF JEFF ELLIS

West Bloomfield champion weightlifter Jeff Ellis works out.

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HEALTH & FITNESS

MEDICAID CUTS COULD HURT OLDER ADULTS WHO RELY ON HOME CARE, NURSING HOMES

By Anna Claire Vollers,
Stateline.org

Dr. Fred Levin has been watching with growing alarm the national debate around federal cuts to Medicaid. He's responsible for the medical care of about 100 older adults at the Community PACE center in rural Newaygo, Michigan. For his patients, Medicaid isn't just a safety net — it's a matter of life or death.

"If left to see to their own needs, a lot of them would stay in their homes and would slowly die," he said. "They wouldn't be able to get to their doctors' appointments unless they had a family member to help. They wouldn't get social care. They wouldn't have people coming into their homes and seeing the bed bugs or the lice in their hair. They wouldn't get their medications."

The care at Community PACE is paid for by Medicaid, the state-federal health insurance program for people with low incomes or certain disabilities, and Medicare, the federal insurance program for people 65 and older. The center is a one-stop shop that provides medical and social services to older adults during the day, allowing them to continue living safely in their homes.

If Congress cuts funding to Medicaid, Levin expects his center would probably close. Unlike traditional nursing home care, which state Medicaid programs are required by federal law to cover, the services at PACE centers like his are an optional benefit that 33 states have opted to cover.

Around the nation, doctors, lawmakers, advocates and patients are watching anxiously as Republicans in Congress consider proposals to slash billions of dollars from federal Medicaid funding as they look to offset trillions in proposed tax cuts. The specific nature of the funding cuts are still being hammered out. But any reductions to federal Medicaid spending would shift those costs to states.

The additional financial burden could blow billion-dollar holes in state budgets, forcing state lawmakers to slash health benefits or restrict who's eligible for them. Nearly a fifth of Americans rely on Medicaid, and the percentage is even higher in some states.



WIN MCNAMEE — POOL/AFP/GETTY IMAGES NORTH AMERICA/TNS

U.S. Rep. Sara Jacobs (D-CA) holds a "Save Medicaid" protest sign as President Donald Trump addresses a joint session of Congress at the Capitol in Washington, D.C., on March 4, 2025.

"There are a lot of people who don't pay attention to this because they think it doesn't affect them personally," Levin said. "But 1 in 4 people in Michigan are on Medicaid. It's very likely you have friends or family on Medicaid."

Nearly all Americans over age 65 are covered by Medicare, which Republicans have pledged not to touch. Medicare doesn't cover most nursing home or other long-term care, however. Neither does most private insurance.

But Medicaid does.

"If you have an older adult in your life who has been in a nursing home or received help at home with cooking, bathing, dressing, chances are Medicaid was

involved," said Natalie Kean, director of federal health advocacy for Justice in Aging, an advocacy group focused on addressing poverty among older people.

"Many of us have a connection to the program or will one day," she said.

A divided front Conservatives have long argued for reducing the reach of Medicaid. They say the program is too expensive and that its expansion under the Affordable Care Act, also known as Obamacare, diverts too much money toward able-bodied adults and away from the more vulnerable populations it was originally intended to help.

But policy experts say that reducing coverage for some Medicaid recipients, such as

the working adults who got coverage under expansion programs, will have ripple effects on vulnerable groups such as children and older adults.

Republicans aren't united in a desire to see massive cuts.

Nevada Gov. Joe Lombardo, a Republican governor in a purple state, has publicly called on Congress not to slash Medicaid funding.

Washington Republican state Rep. Michelle Caldier recently wrote a letter to Trump asking him to reconsider cuts to Medicaid and expressing her concern about the large number of military retirees and senior citizens in her district.

Caldier, a dentist who has worked with

nursing home patients, told Stateline she believes the most likely cuts would be a reduction in the amount the federal government matches state spending for working adults who are covered under Medicaid expansion. That, she said, would have little impact on older adults.

"The only caveat is that I am very worried that the leadership in our state does not have a good relationship with our president," Caldier said. Democrats control the offices of governor and both legislative chambers in Washington state. Caldier worries that if Washington lawmakers defy the president over issues such as gender-affirming care for transgender youth, the feds could retaliate by slashing their Medicaid payments to the state.

"If we got into a political match with the president, we would lose, no matter how you slice or dice it," she said.

Even in Congress, some Republicans are balking, publicly defending Medicaid and warning about the consequences of deep cuts. Some who have high percentages of Medicaid recipients in their districts have urged party leaders not to cut funding for the program and have vowed to vote against any budget plan that does so.

Medicaid covers 72 million Americans. A majority of American adults, including two-thirds of Republicans, say they want Congress to either maintain current Medicaid spending or increase it, according to a February 2025 poll from KFF, a health policy research group.

President Donald Trump has said in recent months that he won't touch Medicaid. But U.S. House Republicans pushed through a budget plan that calls for about \$880 billion in cuts to Medicaid over the next decade to help counterbalance

the Trump administration's desired \$4.5 trillion in tax cuts.

Facing cuts that large, states would have to figure out which benefits to chop in order to keep their budgets balanced, which is a constitutional requirement in most states.

Older adults and people with disabilities already account for more than half of states' Medicaid spending, on average. In some states, including Alabama, Florida, Kansas, Mississippi and North Dakota, those groups account for two-thirds of state Medicaid spending.

Cutting care at home All state Medicaid programs have opted to cover at least some home-based and community care, such as home health aides who assist people with bathing, toileting and other daily living activities, transportation and adult day care.

Kean and other experts worry that because federal

law doesn't require state Medicaid programs to cover home-based care, state lawmakers might sharply reduce spending on those services — or even eliminate coverage.

"When states have budget shortfalls, they start to tighten eligibility for the home-based programs," said Kean. "We're certain those would be the first to go if federal funding is cut for Medicaid."

Paying for home-based services out of pocket would exhaust the median Medicare recipient's savings in less than two years, according to KFF.

The median cost of a year of a full-time aide to help is about \$62,400, far above the median income for Americans over 65, which is about \$36,000. The median life savings for Medicare beneficiaries was \$103,800 in 2023.

Home-based services are a popular benefit for state Medicaid programs, be-

cause most enrollees prefer to remain in their homes. And despite the expense, home care can be more cost effective than nursing homes — about \$38,000 vs. nearly \$54,000 per year in 2021, according to a KFF analysis.

Cutting Medicaid also could make it harder to recruit and keep a workforce of nursing home and home health employees.

Over the past two years, most states — even those led by Republicans — increased their Medicaid payment rates for those services, in an effort to combat the nationwide shortage of long-term care workers.

But federal funding cuts could jeopardize what states are able to pay those workers.

"There's already a direct-care workforce crisis," Kean said. "Even if eligibility isn't directly cut or programs aren't cut, there wouldn't be enough workers to provide that care. At

home and in nursing facilities, the quality of care will go down."

In rural Michigan, Levin said the PACE center where he works employs about 100 people. Its closure would impact not only those workers, but also would mean his patients would be left to find transportation and other health services on their own, even if those services are still covered by Medicaid.

"Without access in rural areas, how are these individuals going to get to the bigger cities where they can get to their health care? It's going to overwhelm other parts of the health care system," Levin said.

"Everybody's going to be responsible for taking care of the people who don't have health insurance, in some indirect way or another. It's going to affect us all."

Stateline reporter Anna Claire Vollers can be reached at avollers@stateline.org.



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WORK & PURPOSE

Working later in life a 'lifesaver' for some, a drag for others

By Bob Brody

Special to The Washington Post

At 72, I still work about 30 hours a week, but only because I like to. I get a lot out of it — intellectual stimulation, social connection, a sense of identity, the opportunity to contribute to society. At the very least, it keeps me feeling functional.

I'm not alone. Staying on the job longer — into one's 70s, 80s and even beyond — has become increasingly common, and this made me wonder whether working past 65 is good for you. What I learned from the latest research is that there are health benefits associated with working longer — if you're lucky enough to have work that you enjoy and want to keep doing.

"Work can be a lifesaver," says Tracey Gendron, chair of the gerontology department at Virginia Commonwealth University and author of the book "Ageism Unmasked: Exploring Age Bias and How to End It." "Staying engaged with a professional network keeps us healthy and gives us an extra reason to get up in the morning."

A study of 83,000 older adults from the Centers for Disease Control and Prevention, conducted over 15 years, compared people who worked past 65 with those who stopped. It suggested that those who kept working were three times as likely to report being in good health and about half as likely to suffer severe health problems such as cancer and heart disease.

Similarly, a 2019 Swedish study, carried out over 22 years, measured the health status of 8,022 people who retired before 65, at 65 or after 65. Researchers estimated that those who still hustled away post-65 were, once retired, 6.8% more likely to report better overall health.

In 2023, almost 1 in 5 (19%) Americans age 65 and older still worked, more than double the percentage from 35 years ago, according to the Pew Research Center. Pew notes that the Bureau of Labor Statistics pre-



GETTY IMAGES

Staying on the job longer — into one's 70s, 80s and even beyond — has become increasingly common.

dicts that 21% of people 65 and older will be in the labor force in 2032.

"Working in retirement has become the norm, both full- and part-time," says Debra Whitman, AARP's chief public policy officer and author of "The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond."

"People no longer feel old at 65," says Ken Dychtwald, founder and CEO of Age Wave, which provides business consulting related to aging. "This idea that just because you reached a certain birthday means it's time to move off the playing field is getting a well-deserved second look."

Two large-scale studies strongly suggest that working longer may lead to living longer.

In one, researchers looked at 2,956 Americans 50 and older over 18 years and compared those still working with those who had retired.

They found that those who postponed retirement one year, from age 65 to 66, saw the risk of death drop 9% to 11% over 18

years. The study's conclusion: "Early retirement may be a risk factor for mortality and prolonged working life may provide survival benefits."

In another, researchers in the Netherlands surveyed men ages 62 to 65 and found that those who worked were slightly less likely (2.1%) to die over the next five years than those who no longer worked.

The investigators extrapolated from this result that if men kept working even longer, they might live an estimated 6% to 8% longer over the following five years.

"If it's a matter of choice rather than a financial must, continuing to work can help you hold on to your sense of who you are," says Robert W. Levenson, a psychology professor at the University of California at Berkeley and a leading researcher on aging. "So you might as well keep doing what might make you, you."

But there is a flip side to the work-health equation. Working as a senior can strain you physically, raising the risk of injury

and aggravating chronic conditions such as arthritis. It can also amp up your stress, especially in an intense workplace; disrupt your sleep; and limit time available for leisure.

A 2021 meta-analysis of 51 published studies performed in countries around the world largely contradicts findings that retiring later than usual or never at all is positive for your health. Researchers suggested that retirement "leads to better self-reported health, less depression, a decrease in healthcare consumption" — and, further, that "late retirement has no effect on mortality" and a "negative or non-significant impact" on self-reported health.

Because most research on the topic is based on self-reporting by older workers, rather than a randomized, controlled trial, it is admittedly difficult to separate causation and correlation in findings, and to nail down whether healthier people tend to work longer, or working longer makes people healthier.

A 2020 Journal of Health Economics paper synthesized sur-

veys and public records to trace how retirement affects health outcomes. It concluded that retirement "substantially improves" self-reported health and well-being, with individuals less likely to indicate having long-term ailments. Retirees also slept more and experienced less stress and lower pulse rates.

Our attitude toward getting older also figures strongly in whether to keep working.

"What we believe about age can be a decisive factor," says Becca R. Levy, a professor of epidemiology and psychology at Yale University. "When these age beliefs are positive, it can benefit health. But when they're negative, they can harm it."

Working later in life is a privilege belonging largely to white-collar professionals. The well-educated, affluent and already healthy are far and away more likely to keep going past 65. Yet people in physically taxing jobs often leave the workforce before they're financially ready to retire, according to an Economic Policy Institute report.

Disparities involving race and gender are striking, too, according to the Center for Retirement Research at Boston College. It ran simulations to estimate how long individuals in certain demographics can expect to keep working. Women at age 50 could expect to work on average 23.9 more years, vs. 21.8 years for men. More than half of Black men with low education levels who were working at 62 were not working at 67.

"If you're in poor health, or in a job with demands that adversely affect your physical or mental health — and have to continue to work for economic reasons — it's much less likely to bring health benefits," says Elizabeth Goyder, a professor of public health at the University of Sheffield. "But those with high-quality, generally nonmanual jobs and good health who choose to continue to work will often enjoy the health, financial and social benefits from later retirement."

HEALTH & FITNESS

UP TO 4 IN 10 PEOPLE COULD DEVELOP DEMENTIA AFTER 55. LET'S LOWER YOUR RISK

By Lauran Neergaard
The Associated Press

About a million Americans a year are expected to develop dementia by 2060, roughly double today's toll, researchers reported earlier this year.

That estimate is based on a new study that found a higher lifetime risk than previously thought: After age 55, people have up to a 4 in 10 chance of eventually developing dementia — if they live long enough.

It's a sobering number, but there are steps people can take to reduce that risk, such as controlling high blood pressure and other bad-for-the-brain health problems. And it's not too late to try even in middle age.

"All of our research suggests what you do in midlife really matters," said Dr. Josef Coresh of NYU Langone Health, who co-authored the study in the journal Nature Medicine.

Dementia isn't only Alzheimer's

Taking longer to recall a name or where you put your keys is typical with older age. But dementia isn't a normal part of aging — it's a progressive loss of memory, language and other cognitive functions. Simply getting older is the biggest risk and the population is rapidly aging.

Alzheimer's is the most common form, and silent brain changes that eventually lead to it can begin two decades before symptoms appear. Other types include vascular dementia, when heart disease or small strokes impair blood flow to the brain. Many people have mixed causes, meaning vascular problems could exacerbate brewing Alzheimer's symptoms.

Measuring the risk from a certain age over the potential remaining life span can guide public health recommendations and medical research.

"It's not a guarantee that someone will develop dementia," cautioned Dr. James Galvin, a University of Miami Alzheimer's specialist. He wasn't involved with the new study, but said the findings fit with other research.

Dementia risk is different by age

Prior studies estimated about 14% of men and 23% of women would develop some form of dementia during their lifetime. Coresh's team analyzed more recent data from a U.S. study that has tracked the heart health and cognitive function of about 15,000 older adults for several decades.

Importantly, they found the risk changes with the decades.

Only 4% of people developed dementia between the ages of 55 and 75, what Coresh calls a key 20-year window for protecting brain health.

For people who survive com-

mon health threats until 75, the dementia risk then jumped — to 20% by age 85 and 42% between ages 85 and 95.

Overall, the lifetime dementia risk after age 55 was 35% for men and 48% for women, the researchers concluded. Women generally live longer than men, a main reason for that difference, Coresh noted. Black Americans had a slightly higher risk, 44%, than white people at 41%.

Yes, there are ways to help lower dementia risk

There are some risk factors people can't control, including age and whether you inherited a gene variant called APOE4 that raises the chances of late-in-life Alzheimer's.

But people can try to avert or at least delay health problems that contribute to later dementia. Coresh, for example, wears a helmet when biking because repeated or severe brain injuries

from crashes or falls increase the risk of later-in-life dementia.

Especially important: "What's good for your heart is good for your brain," added Miami's Galvin. He urges people to exercise, avoid obesity, and control blood pressure, diabetes and cholesterol.

For example, high blood pressure can impair blood flow to the brain, a risk not just for vascular dementia, but also linked to some hallmarks of Alzheimer's. Similarly, the high blood sugar of poorly controlled diabetes is linked to cognitive decline and damaging inflammation in the brain.

Stay socially and cognitively active, too, Galvin said. He urges people to try hearing aids if age brings hearing loss, which can spur social isolation.

"There are things that we have control over, and those things I think would be really, really important to build a better brain as we age," he said.



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HEALTH & FITNESS

SHINGLES IS AWFUL, BUT THERE MAY BE ANOTHER REASON TO GET VACCINATED

By Lauran Neergaard
The Associated Press

A vaccine to fight dementia? It turns out there may already be one — shots that prevent painful shingles also appear to protect aging brains.

A new study found shingles vaccination cut older adults' risk of developing dementia over the next seven years by 20%.

The research, published in the journal *Nature*, is part of growing understanding about how many factors influence brain health as we age — and what we can do about it.

"It's a very robust finding," said lead researcher Dr. Pascal Geldsetzer of Stanford University. And "women seem to benefit more," important as they're at higher risk of dementia.

The study tracked people in Wales who were around 80 when receiving the world's first-generation shingles vaccine over a decade ago. Now, Americans 50 and older are urged to get a newer vaccine that's proven more effective against shingles than its predecessor.

The new findings add another reason for people to consider rolling up their sleeves, said Dr. Maria Nagel of the University of Colorado Anschutz Medical Campus, who studies viruses that infiltrate the nervous system.

The virus "is a risk for dementia and now we have an intervention that can decrease the risk," Nagel said.

With Alzheimer's and other forms of dementia on the rise in an aging population, "the implications of the study are profound," Dr. Anupam Jena, a Harvard physician and health economist, wrote in a *Nature* commentary.

What is shingles?

Anyone who's had ever had chickenpox — nearly everybody born before 1980 — harbors that virus for the rest of their life. It hides in nerves and can break out when the immune system weakens from illness or age, causing painful, blister-like sores typically on one side

of the body that last for weeks — what's called shingles.

About 1 in 3 Americans will get shingles, according to the Centers for Disease Control and Prevention. While most recover, it sometimes causes severe complications. If it infects an eye it can cause vision loss. Up to 20% of shingles patients suffer excruciating nerve pain months or even years after the rash itself is gone.

What's the link between shingles and dementia?

It's not clear exactly how Alzheimer's and other types of dementia form. But certain viruses that sneak inside the nervous system — especially members of the herpes family including the chickenpox virus — have long been suspected of adding to genetic and other factors that make people more vulnerable.

Last summer, doctors at Boston's Brigham and Women's Hospital reported that an episode of shingles could raise someone's risk of dementia by about 20%.

Partly, it's because that virus can cause inflammation, bad for organs including the brain. It also can directly infect blood vessels in the brain, causing clots and impeding blood flow, said Colorado's Nagel, a risk both for strokes and for dementia.

More intriguing, her lab also discovered shingles can spur formation of a sticky protein called amyloid that's one of the hallmarks of Alzheimer's.

Do shingles vaccines protect against dementia?

Adults who get recommended vaccines tend to have other brain-healthy habits including exercising and a good diet, which made it hard to prove an extra benefit.

Stanford's Geldsetzer took advantage of "a natural experiment" in Wales, which opened shingles vaccinations with an age limit: anyone 80 or older on Sept. 1, 2013, was ineligible but those still

79 could squeeze in. Comparing seniors who just met or just missed that cutoff would mimic a research study that randomly assigned otherwise similar people to be vaccinated or not.

Geldsetzer's team analyzed more than 280,000 medical records and found evidence that vaccination did offer some protection against dementia. At the time, people received a first-generation vaccine called Zostavax.

An important next step is testing whether today's vaccine, Shingrix, also offers dementia protection, Nagel said. Another research group recently reported some evidence that it does. Vaccine manufacturer GSK last month announced a collaboration with UK health officials to track seniors' cognitive health as they get vaccinated.

Geldsetzer also hopes to further study that earlier shot to see if the type of vaccine might make a difference.

What are the shingles vaccine recommendations?

Shingrix is a onetime vaccination, given in two doses a few months apart.

The CDC recommends it starting at age 50 for most people but also for younger adults with certain immune-weakening conditions — including those who years ago got that first-generation shingles vaccine. Fewer than 40% of eligible Americans have gotten vaccinated.

Side effects including injection-site pain and flu-like fever and achiness are common. The CDC cautions if you're currently fighting another virus such as the flu or COVID-19, to wait on a shingles shot until you're well.

While there's no proven prevention for dementia, doctors also recommend other commonsense steps to lower the risk. Stay socially and cognitively active. And control high blood pressure and, for people with diabetes, high blood sugar, both of which are linked to cognitive decline.

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.

JUNE

June 12: Father's Day Lunch Celebration with pianist Matthew Ball at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, June 12, noon. \$6. Celebrate the dads in your life with a special lunch and toe-tapping boogie-woogie piano by Matthew Ball. It's sure to be a memorable event. Register: 248.589.0334 or recreation.cityofclawson.com

June 12, 16, 23: Living Well, Learning More — Three Events at the Older Person's Commission. June 12, 6 p.m., Stroke Smart with Neurologist Dr. Steven Hardy; June 16, 2:30 p.m., Senior Living Unlocked; June 16 & 23 | 10-11:30 a.m., Alliance Thrive Over 55. For more information or to reserve tickets, call (248)659-1029 or visit OPC-center.org. The OPC is located at 650 Leticia Drive, Rochester.

June 13, 17, 20, 27: Join Widowed Friends, a peer support group hosting every Tuesday & Friday, June 13, 17, 20, 27. These shoes are made for walking! We'll gather at McDonald's, 2805 Wadhams Rd, Kimball, 48074, for a quick breakfast. At 9:15 a.m., we'll drive to the share-a-ride parking lot and start walking. We hit the Wadhams to Avoca trail at 9:30 a.m. RSVP host Joanne, 810-531-4621.

June 13: Join Widowed Friends, a peer support group hosting Friday, June 13, 10:30 a.m. — The Widowed Friends Book Club (recurring 2nd Friday of every) National Coney Island, 30140 Van Dyke, Warren. The June book will be "Counting Miracles" by Nicolas Sparks, Event host Elaine, 586-291-2471.

June 14: Summer Reading Challenge Kickoff sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, Saturday, June 14 at 3 p.m. at Veterans Memorial Park, 27325 Barkman Street. All Ages: Sign up for the Summer Reading Challenge while celebrating at Rosefest. Summer is the perfect time for people of all ages to read, and for kids to keep working on their reading skills. When you take our Summer Reading Challenge, you can also win prizes. The challenge lasts through August and this year you can sign up at Rosefest. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

June 14: Worldwide Knit in Public Day at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, June 14 from 10 a.m. to 1 p.m. Calling all knitters! Join us for the largest knitter-run event in the world — Worldwide Knit in Public Day — on Saturday, June 14th! From 10 a.m. to 1 p.m., bring your own project and come connect with other knitting enthusiasts of all skill levels. We will meet outside the library, weather permitting. Crocheters are welcome too. For more information, call 586-329-1261.

June 14: A Beginner's Guide to Crochet at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., at 1 p.m. Looking to start a new hobby this summer? Grab a friend and head over to HTPL to learn how to crochet! This class will be presented by The Michigan Paw, Metro Detroit crochet instructor and small business owner. We will be going over the foundation of crochet such as how to hold a crochet hook, yarn tension, basic stitches, and more. If you've practiced crochet in the past but need a refresher, this class is perfect for you, too! Please note that one-on-one instruction will not be provided; each student will learn at their own pace. All supplies are included for the duration of the class, but feel free to bring your own if you prefer (size 5mm hook, medium yarn). Registration is required. Visit htlibrary.org or call 586-329-1261 to secure your spot.

June 16, 23, 30: Book Break at the Beach at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Mondays, beginning June 16 through Aug. 11 at 11 a.m. Join us at the Playground Pavilion at Lake St. Clair Metropark each week for stories, playtime, songs, and fun! The Nature Center will bring exciting, hands-on activities and experiments for us to enjoy. Don't miss out! No registration required. For more information, 586-329-1261.

June 16: Movie at the Library at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, June 16, 1 p.m. FREE. Enjoy "Thursdays Soul," an upbeat documentary about a high-school funk band's reunion. Settle in for an inspiring afternoon with friends. Register: 248.589.0334 or recreation.cityofclawson.com

June 16: Join Widowed Friends, a peer support group hosting

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Calendar

FROM PAGE 14

Monday, June 16, 1:30 p.m. — Art and Jake's, 14741 23 Mile, Shelby Twp. RSVP Event host Loree 810-335-2096. Limit 20.

June 17, 24: Join Widowed Friends, a peer support group hosting every Tuesday at 6 p.m., Dancing, June 17, 24, American Polish Century Club at 33204 Maple Lane (14 Mile east of Van Dyke), Sterling Hgts. Doors open at 6 p.m. Music from 7 to 10:30 p.m.. Cost is \$10 per person, cash bar. Table reserved for Widowed Friends. Contact Liz 586-801-4536.

June 17, and 24: Knitting & Crochet Circle at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. at 10 a.m. Welcome knitters and crocheters of all levels! Hang out and share your creativity with other knitters. Please bring your own projects and supplies. The group creates and donates to charitable organizations like Beaumont Little Angels, Project Linus, Compassion Pregnancy, and more to provide comfort items during times of need. For more information, call 586-329-1261.

June 17: Craft with Jess at the Clawson Senior Center at the Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, June 17, 11 a.m. FREE. Let your creative side shine. Learn a new craft technique and go home with a handmade treasure. Register: 248.589.0334 or recreation.cityofclawson.com

June 17: Chess Club sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, Tuesday, June 17 at 6 p.m. in the City Hall lobby. Ages 12 to adult, no registration required. Whether you're a Chess master or just learning the game, there's a place for you in our chess club. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

June 17: Alzheimer's/Dementia Caregivers Group at the Older Person's 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.

June 17: Tech Time at HTPL: Summer with the Library — MAP & Me, Tuesday, June 17 at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., at 6:30 p.m. Join the adult librarians for monthly

Tech Time at HTPL! Get ready for summer by learning how to use MAP and MEL. The Michigan Activity Pass allows you to obtain passes to local parks, museums, and more, free with your library card. The Michigan Electronic Library provides access to items from libraries all over the state as well as hundreds of databases. Registration is preferred. Call 586-329-1261 or visit htlibrary.org to secure your spot.

June 18: Library Walking Crew sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville. Wednesday, June 18 at 10 a.m. at Veterans Memorial Park, 27325 Barkman Street. All Ages — No registration required. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

June 18: Papotage & Cie: Sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville Talk-time in French. Wednesday, June 18 at 6 p.m. in the City Hall lobby. Ages 11 to Adult, no registration required. A program for people who have learned or are learning French to practice in a friendly environment with our native French-speaking librarian. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

June 18: Savvy Seniors, Annual Day of Joy — Ice Cream Social at the Older Person's Commission, 1 p.m., \$5. Get ready to sprinkle some happiness and scoop up the smiles at our Annual Day of Joy. 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 OPCcenter.org

June 18: Join Widowed Friends, a peer support group hosting Wed, June 18, 9:30 a.m. — Breakfast at The Avenue Family Restaurant (recurring 2nd & 4th Wednesday every month), 31253 Woodward Avenue, Royal Oak. Event host Marilyn C, 248-543-1018.

June 18: Detroit Historical Museum Trip sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, June 18, Time and Fee TBD. Discover Detroit's rich heritage and cultural milestones with a guided look at iconic exhibits. A fantastic outing for history enthusiasts. Register: 248.589.0334 or recreation.cityofclawson.com

June 19: Trivia Night at Total Sports sponsored by the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, June 19 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 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, call 586-329-1261 or visit htlibrary.org

June 20: Tie Dye at the Park sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, Friday, June 20 at 2 p.m. at Veterans Memorial Park, 27325 Barkman Street. All Ages, registration requires. Bring a clean white shirt or other article of clothing to dye. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

June 20: Library Happy Hour at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Friday, June 20 at 2 p.m. Get ready for summer at HTPL! Drop in and join us for mocktails, snacks, bracelet making, crafts, library freebies, and more! We're getting ready for Summer Reading while welcoming the summer season with open arms and smiling faces. For more information, call 586-329-1261 or visit htlibrary.org

June 20: Join us for Coffee & Donuts at the DSO "Let's Misbehave" — Cole Porter's songs feel forever new on Friday, June 20. Pianist Tony DeSare, trombonist Aubrey Logan, and tap dancer John Manzari put fresh spins on "Night and Day," "I Get A Kick Out of You," "I've Got You Under My Skin," "Anything Goes," and more. Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 9:15 a.m. Cost \$75. Register online at www.lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330

June 20: Join Widowed Friends, a peer support group hosting Friday, June 20, 10 a.m. Breakfast at Dimitri's Restaurant (3rd Friday every month), 50875 Gratiot south of 23 Mile Road, New Baltimore. Event host Loree 810-335-2096.

June 20: OATS Tech Talk: Messaging Apps at the Clawson Senior Center, 509 Fisher Court, Clawson, Friday, June 20, 1 p.m. FREE. Tired of paying for texting? Learn how to use free messaging apps for calls, texts, and video chats. Simplify communication with friends and family. Register: 248.589.0334 or recreation.cityofclawson.com

June 20: OPC Summer Soiree Benefitting Meals on Wheels, Caribbean Calypso, at the Older Person's Commission, 6:30-10 p.m. \$125 Join us for a lively evening of music, dining, dancing and giving all in support of Meals on Wheels. Guests can dance the night away in an island-inspired atmosphere with live music from The Island Guys, setting the perfect tone for a festive summer night. A delicious Caribbean-inspired dinner will be served by the acclaimed Kruse & Muer restaurant. Throughout the evening, guests can take part in the elaborate silent auction featuring an incredible array of items, including a luxury trip to St. Martin, Detroit Red Wings tickets, fine jewelry, and much more from the generosity of local businesses. Whether your bidding, dining, or dancing, your attendance helps provide vital meals and friendly visits to seniors in our community. Invite your family and friends and be transported to paradise. Sponsored by: Controller Technologies, Henry Ford Health, Modetz Family Funeral Homes, Frank Rewold & Sons, Chief Financial Credit Union, Pixley Funeral Home, Cedarbrook Senior Living, Community Foundation of Greater Rochester, American House, Soave Enterprises, Macomb Mechanical. Open to the public. Purchase tickets by calling (248)659-1029 or visiting www.opccenter.org. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org

June 21: Summer Reading Kick-Off Party at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, June 21 at noon Get ready to dive into a summer full of adventure, imagination, and reading! Join us for our Summer Reading Kickoff Bash, a fun-filled event perfect for families of all ages. We're celebrating the start of the library's Summer Reading Program: Color Your World with an afternoon packed with exciting activities, food, and a FOAM PARTY! Bring your bathing suit, a towel, maybe some goggles, because it's going to get wet! Enjoy Old Fashioned Concessions' signature lemonades, cool craft stations, and face painting, as well as popcorn, cotton candy, hot dogs, and the Kona Ice Truck! We will also have a few special guests. For more information, call 586-329-1261 or visit htlibrary.org

June 22: Join Widowed Friends, a peer support group hosting, June 22, Time TBD by movie — Sunday Movie and lunch, AMC Forum 30 Theater, 44681 Mound Rd. Sterling Hts. Call Pat V 586-295-2804 by May 21. Leave a

cell phone number or your email address and she will get in touch with you about movies and time. Lunch to follow, restaurant TBD.

June 23: Yoga Tales & Twists at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. at 1 p.m. Through gentle stretching and mindful breathing, kids develop focus and relaxation skills that can benefit them in daily life. Whether they're pretending to be animals in the jungle or floating like clouds, yoga for kids is all about fun, connection, and discovering the joy of movement! Bring your own yoga mats. For more information, call 586-329-1261.

June 23: Join Widowed Friends, a peer support group hosting Mon, June 23, 10 a.m. Breakfast at Amore's Grill (4th Monday of every month), 53100 Gratiot & 24 Mile Road, Chesterfield. Event host Loree 810-335-2096.

June 23: Celebrate International Widows Day, Monday, June 23, 2 p.m. Join us for a round of golf Sawmill City, 5055 Lapeer Rd, Kimball. We'll meet at the red building, get our equipment & just golf around. After is a mystery. RSVP Event host Joanne 810-531-4621.

June 24: Tuesday Night Book Group at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Tuesday, June 24 at 6 p.m. Join the Tuesday Night Book Group as we discuss "The Demon of Unrest: A Saga of Hubris, Heartbreak, and Heroism at the Dawn of the Civil War: by Erik Larson. Get your copy and join us today. For more information, call 586-329-1261 or visit htlibrary.org

June 24: OATS Tech Talk: Is That AI? Sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, June 24, 4 p.m. at the Blair Memorial Library. FREE. Examine the rise of AI-generated images and videos. Find out how to identify digital creations and decide what's real or fake in today's media. Register: 248.589.0334 or recreation.cityofclawson.com

June 25: Bingo game at the Older Person's Commission, noon. \$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! Daytime bingo Sponsored by the Village at Orchard Grove and Shelby Crossing. Evening bingo sponsored by Home Helpers Home Care. The OPC is located at 650 Letica Drive, Rochester. For more information, call (248)659-1029 or visit OPCcenter.org.

June 25: Parkinson's Care Partner Group at the Older Person's Commission, 1-3 p.m.

This group provides an opportunity for those who are caring for their loved one to come together for support, sharing and time to talk with others who are also living with Parkinson's. Open to the public. Call facilitator Kathy Walton 248.568.3549. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org.

June 25: Visually Impaired Group at the Older Person's Commission, 10-11:30 a.m. Support group providing information, socialization, support and speakers to those with low vision. Open to the public. Register by calling (248)608-0246. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org.

June 26: Women's Luncheon, Michigan Rosies: We Can Do It! Untold Stories of Strength at the Older Person's Commission, 1 p.m. \$15. Author and historian Jeannette Gutierrez unveils the powerful stories of the real "Rosies" women who went to work during WWII, changing history and inspiring generations. This program is sponsored by Wellbridge of Rochester Hills. Register by calling (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org

June 25: Join Widowed Friends, a peer support group hosting Wed, June 25, 1:30 p.m. Lunch at Aurelio's, 43080 Garfield Clinton Twp. Delicious Italian food. Event host Esther 586-264-1939. Limit 20.

June 26: Mystery Book Club: "City of the Lost" sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, Thursday, June 26 at 6:30 p.m. in the City Hall lobby. Adults, no registration required. We meet every month to discuss crime novels. This month we will be talking about "City of the Lost" by Kelley Armstrong. For more information, call 586-445-5407 or email rsvlibraryservice@roseville-mi.gov

June 27: Join Widowed Friends, a peer support group hosting Friday, June 27, noon to 3 p.m. — Cards/Games/Friendship, St. Therese, 48115 Schoenherr, Shelby Twp. We will be meeting for cards and g a.m.es! Please bring a snack to share and your own drink. Dinner/lunch TBD. Event host Victoria 586-566-7936 for questions.

June 27: Memory Café at the Older Person's Commission, 1-2:30 p.m. A welcoming social gathering for individuals affected by memory challenges and their care partners. Some activities include art, music and games with light refreshments provided. Sponsored by Waltonwood Main.

Open to the public. RSVP to Theresa Gill (248)659-1036 or tgill@OPCcenter.org. The OPC is located at 650 Leticia Drive, Rochester. For more information, call (248)659-1029 or visit OPC-center.org.

June 27: Join Widowed Friends, a peer support group hosting Fri. June 27, noon. Zehnder's. Lunch and entertainment, 730 S. Main St. Frankenmuth. (Please arrive by 11:30 a.m. because that is when seating starts). Old Days Chicago Tribute Band captures Chicago's rich brass arrangements and harmonies delivering an unforgettable experience taking you back to an era that defined a generation. Cost is \$61 pp. Money is due by May 2. Limit 30. Call Event host Sharry, 248-840-0063. Transportation is your responsibility. No Refunds.

June 29: Join Widowed Friends, a peer support group hosting Sunday, June 29, 2 p.m. The Bowl-a-Drome, 522 Quay St., Port Huron. Games plus shoes are usually under \$8. After one or 2 rounds, we'll have worked up an appetite! We'll slip into the Zebra Bar (same bldg) for a "cool" down. RSVP Joanne 810-531-4621 because it's an open bowl & the lanes fill up quickly. It helps to know the numbers.

JULY

July 2: 4th of July Luncheon & Bingo at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, July 2 at noon. \$6. Description: Celebrate Independence Day early with a patriotic lunch and festive Bingo fun! Enjoy a delicious meal at noon, then stay for Bingo starting at 1PM—just 25¢ per card. Wear your red, white, and blue and enjoy an afternoon of community cheer and great prizes. Register: 248.589.0334 or recreation.cityofclawson.com

July 7: Hope After Loss Talk at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, July 7 at 1 p.m. Description: Grief can take many forms and often

lingers long after a loss. Join us for a gentle, supportive talk on finding hope and healing. Open to all who have experienced the loss of a loved one. Register: 248.589.0334 or recreation.cityofclawson.com

July 8: Tuesday, July 8 at 10:30 a.m. The Birmingham Metropolitan Women's Club presents at their monthly luncheon, Sharon Herrell, community engagement Manager for the DIA. Sharon has been with the DIA for over 11 years and oversees several programs that are focused on introducing the importance of art in our community to all ages and backgrounds. The presentation will be followed by a delicious lunch. You do not have to be a member to give us a try. Reserve your place two weeks prior to the event by calling Chris at 248-303-7339. Lunch & program \$34. Held at the Iroquois Club, 43248 Woodward Ave., Bloomfield Twp. To learn more, tbmwc.com

July 9: Physical Therapy Consult at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, July 9 at 11:30 a.m. Have questions about joint pain, mobility, or recovery? Book a free 1-on-1 consultation with a licensed physical therapist and receive personalized guidance to support your movement goals. Register: 248.589.0334 or recreation.cityofclawson.com

July 10: OATS Tech Talk: Malware & Virus Protection at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, July 10 at 1 p.m. Learn how to spot online threats and protect your devices from viruses and scams. This engaging presentation is perfect for any tech user looking to stay safe online. Register: 248.589.0334 or recreation.cityofclawson.com

July 11: Princess Cruise Trip & Lunch at the Clawson Senior Center, 509 Fisher Court, Clawson, Friday, July 11 at 10:30 a.m. Cost: \$75. Step aboard a charm-

ing cruise for a scenic ride paired with lunch and relaxation. Travel in style, enjoy waterfront views, and indulge in a summertime escape. Register: 248.589.0334 or recreation.cityofclawson.com

July 12: The Reptarium at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, July 12 at 1 p.m. Calling all young explorers and animal lovers! Join us for an exciting adventure that takes children on a wild ride through the fascinating lives of reptiles at The Reptarium. Registration required. For more information, call 586-329-1261 or visit htlibrary.org

July 14: Guiding Light Lunch & Learn at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday July 14 at 11:30 a.m. Feed your body and mind at this inspirational Lunch & Learn. Explore themes of resilience, purpose, and inner strength while enjoying a nourishing meal. Register: 248.589.0334 or recreation.cityofclawson.com

July 16: Jimmy John's Field Senior Day sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson, on Wednesday, July 16. Bus departs at 10:15 a.m. Cost is \$25. Enjoy America's favorite pastime with a group outing to Jimmy John's Field. This senior-friendly day includes reserved seating, lunch, and a fun-filled afternoon of baseball. Register: 248.589.0334 or recreation.cityofclawson.com

July 18: OATS Tech Talk: Cloud Storage Basics at the Clawson Senior Center, 509 Fisher Court, Clawson, Friday, July 18 at 1 p.m. Confused by cloud storage? Learn what it is, how to use it, and how to keep your files safe and accessible from any device. Perfect for beginners. Register: 248.589.0334 or recreation.cityofclawson.com

July 19: Lakeshore Ukulele Strummers at the Harrison

Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, July 19 at 1 p.m. Join us for a special library summer concert with the Lakeshore Ukulele Strummers as they perform "Our Favorite Things," a collection of hit songs we all know and love! All ages are welcome to attend. The Friends of the Library will be generously providing snacks and refreshments. Registration is encouraged, but not required. For more information, call 586-329-1261 or visit htlibrary.org

July 21: Library Movie: "The Prize Winner of Defiance, OH" at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, July 21 at 1 p.m. Join us at the library for this heartwarming film based on a true story. Popcorn included. A touching tribute to resilience and creativity in 1950s America. Register: 248.589.0334 or recreation.cityofclawson.com

July 21: Pottery with Jan at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, July 21 at 5 p.m. Cost: \$45. Get your hands dirty and your creativity flowing in this hands-on pottery class with local artist Jan. All materials included—no experience needed. Register: 248.589.0334 or recreation.

cityofclawson.com

July 23: Downtown Clawson History Lunch at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, July 23 at 11:45 a.m. Cost: self-pay. Enjoy lunch downtown and learn about Clawson's rich history in this talk over lunch with the Clawson Historical Museum. Donations to the museum appreciated. Register: 248.589.0334 or recreation.cityofclawson.com

July 26: Electronics Recycling Day at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, July 26 at 10 a.m. Dispose of your unwanted electronics at our annual earth-conscious recycling event! Electrocycle Inc. will be in our parking lot from 10 a.m. until noon. Drive up to recycle your old computers, phones, printers, and much more. Please see below for the full list of accepted items. Library staff will be directing traffic the day of. Any hard drives will be securely destroyed in an industrial shredder. Following the event, a certificate of destruction will be posted on our library website listing the serial numbers of all destroyed hard drives. No registration required. This program is generously funded by the

Friends of the Library. For more information, call 586-329-1261 or visit htlibrary.org

July 28: Intergenerational Craft Hour at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, July 28 at 1 p.m. This fun and easy art session encourages connection between generations through creativity. Register: 248.589.0334 or recreation.cityofclawson.com

July 29: OATS Tech Talk at the Library: AI Chat Tools at the Clawson Senior Center, 509 Fisher Court, Clawson, July 29 at 4 p.m. Curious about ChatGPT and other AI tools? Learn what they are, how they work, and how you can use them in daily life. Hosted in partnership with the Blair Memorial Library. Register: 248.589.0334 or recreation.cityofclawson.com

July 30: Summer Vibes Live — Oakland County ADULTS ONLY at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, July 30, 4:30-8:30 p.m. Cost: \$5. Hop on the bus and enjoy an outdoor evening of live music, local vendors, and summer fun! Depart from the Troy Community Center—space is limited. Register: 248.589.0334 or recreation.cityofclawson.com



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ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run July 10, 2025.

Deadline is June 25, 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

Poetry Page

ODE TO OUR FAVORITE MAIL PERSON

Whose name we never know. "Has the mail arrived yet?"
"Did you bring in the mail?" Never a day without mail.

No one writes about mail. It's time to write about mail.
What could I possibly write? Surely not enough for a poem.

Some days exceed others. Yesterday there was a bill.
"Are you thinking of moving?" "Call and let us sell your home"

"In need of some new windows?" "Is it time for a new roof?"
"Insulation will save money" Pages of grocery store ads.

Who pays for these, anyway? Money saving food coupons.
"Vote for me, I am the best choice!" "Sign up for a special cruise!!"

Or the unwelcome favorite, Sign up for a new credit card!
This pile is for the recycle bin, En route into my residence.

Today is a check to cash, A concert we will enjoy.
This one is for my neighbor. My husband's name is on this.

The weather changes by the day. Sunny, rainy, snowy, blowy.
A walk to the mailbox provides Good fresh air and exercise.

Check the yard for curb appeal. Pick up stray trash for recycle.
I labeled their Christmas card tip "To Our Favorite Mail Person"

Does anyone know their name? Someone does deserve credit.
How often do they hear "Thank You"? How often are they even seen?

Sometimes a front porch wave. Sometimes a glass of ice water.
Once, just arrived pizza slices,
A symbol of our appreciation

Cheers for our mail carriers

Submitted By: Jean Waid of Rochester Hills, MI



LOVE AS WE KNOW IT

Oh love's essence is ever-present
in our lives, invisible but potent
enough to link us deeply with one another
entwined, we change and transform for the better.

When we're babies, love's touch comes from our nurturer
whose nursing, attention, and doting care
instill in our minds that we are cared for
Though fragile, we feel safe, their love is our anchor.

As we grow, love hums softly behind caring friends and family,
creating bonds that withstand life's twists and turns and eddy
Love gives that good feeling when we share or help a stranger
Our hearts seem to open and we see the good in each other.

Lovers know attraction heightens when love shines in expression
Blind to faults, energized and encouraged with inspiration,
they forge forward amid obstacles and difficult condition
to taste and see what life can offer within that love-filled union.

In golden years, love leaves a scent so sweet that we often repeat
tales of kindness and compassion, when down or with challenges replete
We savor memories and stories that inspire us to connect and retry
for together there is strength greater than we alone can supply.

Being human, we get stuck, sometimes wretched in isolation,
in sickness, in distress, or when nothing else seems to function
Love lies waiting patiently for our call and beckon
As we know it, wherever we are, love is present, it is life's hidden companion.

Submitted By: Maria Odine of Troy, MI

FIRST & LAST NAME: _____ PHONE NUMBER: _____

ADDRESS: _____

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

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

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

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

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

NEXT ISSUE WILL BE JULY 10, 2025

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

PET TRIBUTE PAGE



CASEY

This is Casey Kelly. A very spunky 10 yr old Jack Russell. She’s my medical Service Dog that alerts me to an on-coming seizure.

Member of the Kelly family of Rochester Hills, MI



PESTO

Member of the Stewart Family of Lake Orion, MI

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

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

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