

SHE TAKES THE CROWN

Sterling Heights woman
wins Ms. Senior Michigan

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SASHAY

Square dancing is a fun way
to stay social

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GET YOUR MONEY'S WORTH

Maximize your 15-minute
doctor's visit

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Vitality

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

August 2025



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On the cover: Carol Brantley of Sterling Heights was honored as the 2025 Ms. Senior Michigan. The competition, which took place July 23 at the OPC Social & Activity Center in Rochester, drew participants from around the region.

DEAN POTTER — FOR MEDIANEWS GROUP

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LOWER BACK PAIN

You don't have to live with it

If you're dealing with lower back pain, you're not alone. It's the most common type of pain people experience and one of the top reasons they see a doctor. Whether it's a dull ache, sharp twinge or something in between, this kind of pain can affect everything from how you move to how well you sleep.



Dr. Ashraf Khan

Khan explains, "Every patient is different. We don't believe in cookie-cutter treatments."

Once the cause of the pain is identified, the team develops a personalized treatment plan. This plan is also shared with the patient's primary care provider to ensure seamless, coordinated care.

"Many things can cause lower back pain — something as simple as lifting a heavy object the wrong way or sitting too long at a desk," explains Dr. Ashraf Khan, a pain management specialist at McLaren Oakland. "It can also result from an injury, arthritis or even stress. Regardless of the cause, when the pain doesn't go away, it's time to take it seriously."

Most back pain is temporary and improves with rest, light activity and time. But when it sticks around for weeks or months — or starts interfering with everyday life — it may be a sign of chronic pain. And that's something that should never be ignored.

"Chronic lower back pain often starts small and builds over time," Khan said. "It can make it hard to sit, stand, walk or even sleep. And over time, it starts affecting your quality of life physically, emotionally and mentally."

At McLaren Oakland Pain Management Services, the goal is to help people get their lives back by getting to the root of the pain. The care team takes a comprehensive approach, starting with a detailed conversation about your symptoms, medical history and daily activities. This is followed by a physical exam and, when needed, imaging tests like X-rays, CT scans or MRIs.

"We take the time to really listen,"

Treatment options vary based on each person's needs but may include physical therapy, medications, joint or nerve injections, or minimally invasive procedures. In more complex cases, advanced techniques such as nerve blocks or epidurals, may be used to reduce pain and restore function.

The program also supports patients experiencing acute pain — the kind that follows a surgery or injury — and those going through cancer-related pain, with the goal of making daily life more comfortable.

One of the biggest hurdles for people dealing with chronic back pain is thinking it's something they just have to live with. But Khan is quick to reassure patients: "Pain isn't something you should just put up with. With the right diagnosis and care, we can often reduce or even eliminate it."

If back pain keeps you from doing the things you love — whether it's working, playing with your kids, or simply getting a good night's sleep — now's the time to take action.

You don't have to live with chronic back pain.

To learn more, visit mclaren.org/oaklandpain, or call 248-620-4265 to schedule an appointment with a pain management specialist at McLaren Oakland.



PAIN MANAGEMENT

GET BACK TO THE THINGS YOU LOVE

Does pain stop you from enjoying life? As the number one reason people seek medical care, pain is part of many people's everyday life. But it doesn't have to be. McLaren Oakland — Pain Management Services aims to get you back to doing the things you love, pain-free.



Dr. Ashraf Khan
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Dr. Ashraf Khan, pain management specialist, welcomes new patients. Call (248) 620-4265 for a consultation today, or visit mclaren.org/OaklandPain.



SOCIAL & WELL-BEING

DONNING THE SASH: GRANDDAUGHTER'S ENCOURAGEMENT LEADS TO WOMAN'S MS. SENIOR MICHIGAN CROWN

By Dean Potter
For MediaNews Group

The winner of the 38th annual Ms. Senior Michigan Pageant owes her granddaughter for encouraging her to participate.

Carol Brantley from Sterling Heights was crowned during her first attempt at a pageant.

"I am speechless," she said. "I have never done this before. In fact, I have never been on a stage before."

The 76-year-old said her granddaughter, McKenna, saw a presentation at her school and thought her grandmother could do all the things they talked about.

"So, she encouraged me to participate in the pageant and here

I am," Brantley said. "I never expected to win."

Brantley was taking her newfound celebrity in stride. When asked what's next, she said: "I'm not going to Disney. I am going to the brewery to celebrate!"

Judges said they were impressed with her stage presence and her storytelling dramatization of a magic carpet ride.

The globe-trotting, line-dancing grandmother of eight has been married for 52 years. She said she loves all forms of dancing, especially country line dancing. She is active in three book clubs, spends time with her grandchildren and takes tai chi classes. She graduated from Eastern Michigan University with minors in mathematics, science and

social science.

The first runner-up was Ann Sweet of Rochester Hills. She moved to Michigan five years ago. Now retired, she worked in nursing for more than 40 years. She volunteers at Ascension Providence Hospital and enjoys being active in the Meadow Brook Theatre Guild.

The second runner-up was Karen Elizabeth Elliott of Rochester Hills. She said she's been performing since she was 2 years old.

Her passion for theater led to her writing and directing three shows. She is a member of Avon Players and the Meadow Brook Theatre Guild. Prior to retiring, Elliott was an elementary school teacher for 42 years.

The three winners were selected from eight contestants.

The competition, which took place July 23 at the OPC Social & Activity Center in Rochester, drew participants from Flint, Rochester Hills, Saginaw, Southfield, Springport, Sterling Heights and West Bloomfield.

The competition celebrates women 60 years and older who have reached the "age of elegance." It is a search for that special, gracious lady who best exemplifies the dignity, maturity and inner beauty of Michigan senior women.

For more information on becoming a contestant, visit ms-seniormichigan.org or contact Toni Sanchez-Murphy at 248-420-9857 or tonism24@yahoo.com.

The competition celebrates women 60 years and older who have reached the "age of elegance." It is a search for that special, gracious lady who best exemplifies the dignity, maturity and inner beauty of Michigan senior women.

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Carol Brantley of Sterling Heights adjusts her tiara after being crowned as the 2025 Ms. Senior Michigan.

DEAN POTTER —
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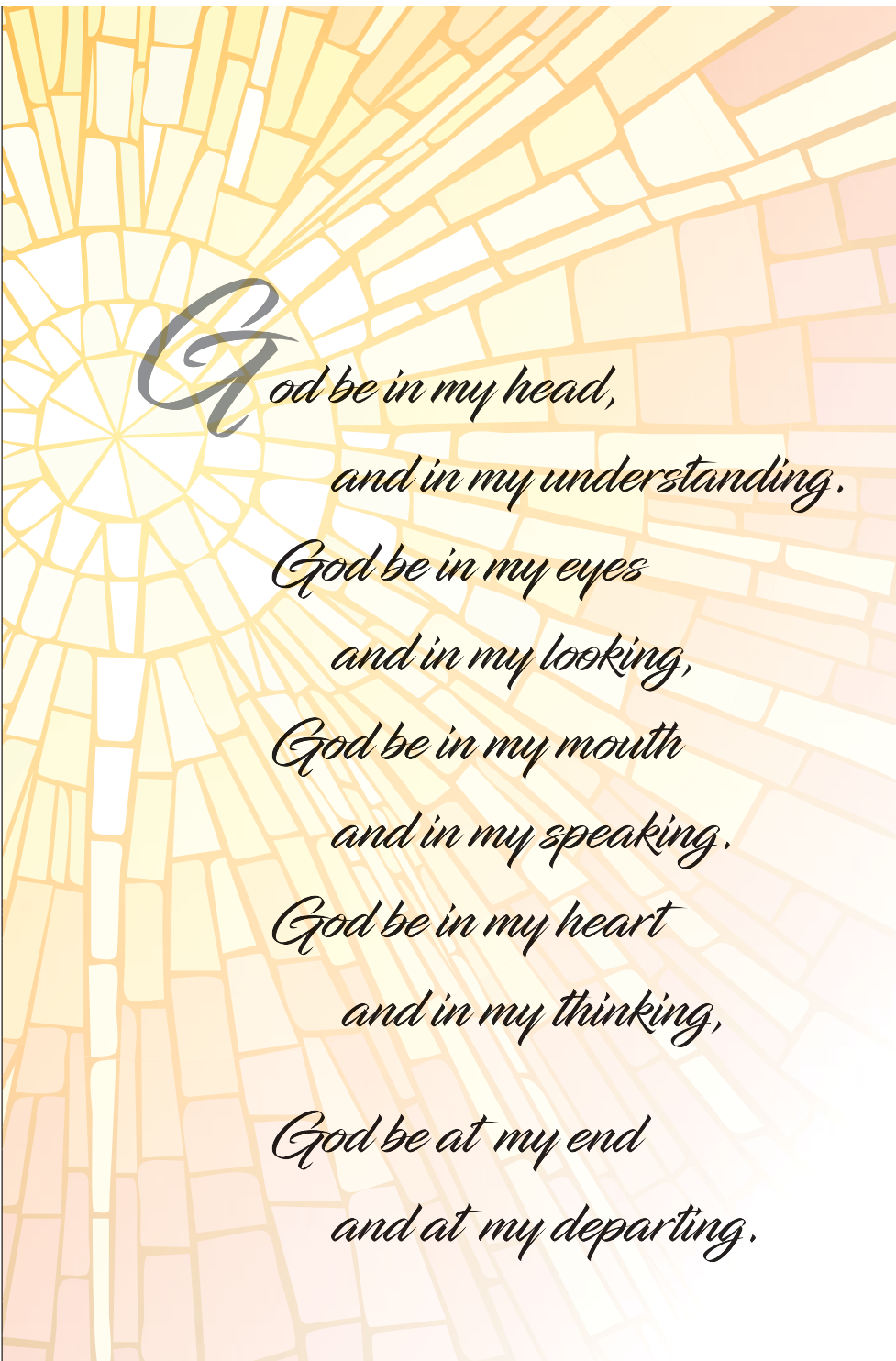


PHOTOS BY DEAN POTTER — FOR MEDIANEWS GROUP

Ann Sweet of Rochester Hills was honored as the first runner-up.



Karen Elizabeth Elliott of Rochester Hills was honored as the second runner-up.



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SOCIAL & WELL-BEING

SQUARE DANCING IS A FUN WAY TO STAY SHARP, BOTH PHYSICALLY AND MENTALLY

By Noah Francis

For MediaNews Group

As people grow older, it becomes a challenge to find proper exercise that keeps their bodies active. While finding an exercise that is not too strenuous for an older body can be challenging, there is a great activity that can help you physically and mentally — and it's available right here in the metropolitan Detroit area.

Square dancing is a type of dance that involves four different couples creating a square formation between themselves, while performing a series of patterns called out by the designated caller. Square dancing isn't just a fun activity, though, as it can also be a great workout.

Due to it being a low-impact activity that works with pattern recognition, square dancing offers a light workout on the body and mind that doesn't feel like a workout. It is also recognized by the National Institutes of Health as a great way to improve balance and cognitive functions.

On top of being a fun dance to perform, square dancing is a great source of cardio and a popular form of exercise in senior communities. Improving coordination and flexibility is just the tip of the iceberg when it comes to the physical benefits offered by square dancing, yet it feels more like a fun activity than an exercise.

Tom Katz Square Dance Club, which meets at the Royal Oak Senior Center, dubs itself as the largest square dancing club in Michigan, with over 65 active members. The co-presidents of the club, Dave Blatt and Stacie Smith, said they're proud of the several health benefits they see within their community.

The classes offered at Tom Katz Square Dance Club go for two hours. While it is recommended for seniors to walk between 7,000



PHOTO COURTESY OF TOM KATZ SQUARE DANCE CLUB

Tom Katz Square Dance Club, which meets at the Royal Oak Senior Center, dubs itself as the largest square dancing club in Michigan, with over 65 active members.

“In an average two hours, you could put on about 5,000 steps.”

— Dave Blatt, co-president of the Tom Katz Square Dance Club

and 10,000 steps per day, square dancing can take someone a significant portion of the way there.

“In an average two hours, you could put on about 5,000 steps,” Blatt said.

Square dancing can help participants mentally, as well, working specifically with focus and memory. While square dancing keeps your body moving, remembering the different moves the caller calls out also keeps your mind on its toes, strengthening reaction times and sculpting



While square dancing keeps your body moving, remembering the different moves the caller calls out also keeps your mind on its toes, strengthening reaction times and sculpting stronger minds.

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HEALTH & FITNESS

MAINTAINING GOOD BALANCE IS CRUCIAL AS YOU AGE. ASKING THESE QUESTIONS CAN HELP

By Albert Stumm
albertstumm.com

Taking a shower. Grocery shopping. Moving around the kitchen. Getting dressed.

The underappreciated link between these mundane activities is good balance, which geriatricians say is key to maintaining an independent lifestyle as we age.

Lacking balance can be dangerous. In the U.S., 3 million older people seek medical care for fall-related injuries each year, according to the Centers for Disease Control. But falls are not inevitable, said Roopa Anmolsingh, a geriatrician who created the Cleveland Clinic's balance classes.

"Some people have a misconception that part of getting old is, you're going to fall. That's not true," Anmolsingh said. "You can control how you fall, or if you fall."

To prevent falls, geriatricians say people should start asking themselves questions about their balance as early as 50 years old.

Do I ever feel unsteady?

Besides muscles and bones, other systems in the body can affect balance, so it's important to have a doctor check you if you ever feel unsteady, even if only occasionally. The cause could be re-



ESTEBAN FELIX, FILE — THE ASSOCIATED PRESS

A couple walk together down a sidewalk.

lated to blood pressure, a medication, inner-ear function, a nervous system issue or countless other potential problems.

Even if unsteadiness is not an issue, you can determine whether you still might need an intervention with an easy at-home assessment.

Standing next to a wall or something that can lend support if needed, raise one leg. If you can balance on each leg for 10

seconds, you should be fine, said Greg W. Hartley, a University of Miami professor of physical therapy specializing in geriatrics.

"If you can't do that, then you should probably go see a physical therapist," he said.

Another assessment, which Hartley recommended doing supervised, is called TUG, for "timed up and go." Sit in a chair and start a timer when you stand. Walk 10 feet (3 meters), come back and

stop the timer upon sitting back down. If it takes longer than 15 seconds, the risk for a fall is very high. Twelve seconds or less, the likelihood of a fall is almost zero.

The National Council on Aging offers an online resource to assess the risk of a fall with questions about medications, whether you worry about falling and if you have trouble stepping over a curb, among others.

What can I do to improve balance?

Because muscle mass begins to decline in most people during their 30s, geriatricians say the best way to preserve good balance is to stay physically active throughout life. But it's never too late to start prioritizing it, Anmolsingh said.

Tai chi and yoga are particularly good for older adults because they involve controlled movements while shifting body weight. There also are individual exercises people can work into their everyday lives.

Anmolsingh recommended standing on one foot while waiting in line at the grocery store. At home, try sitting up and down from a chair several times without using arm rests. While hold-

ing onto a chair or the wall, do three-way leg lifts on each side, lifting a leg to the front, side and then back. At the kitchen counter, take a few steps to the side in each direction.

How often should I do the exercises?

For general physical activity, which will improve balance as well as mood and overall health, the National Institute of Aging recommends at least 150 minutes per week.

That should include a mixture of stretching to improve flexibility, an aerobic activity increasing the heart rate and strength training with weights or resistance bands.

For balance-specific exercises, it's particularly important to do them regularly because it takes at least 50 hours of training to have a measurable impact, Hartley said. Besides strengthening the associated muscles, doing exercises repetitively for extended periods trains the brain to react properly when you slip or trip.

"Just like an athlete needs to do repetition to train for a sport, you're doing repetition to train for everyday balance activities," he said.

Next Issue of Vitality

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HEALTH & FITNESS

I'M A DOCTOR. HERE ARE 5 WAYS TO HACK THE 15-MINUTE CLINIC VISIT

By Dr. Trisha Pasricha

Special to The Washington Post

Q: I feel so rushed during my doctor's appointments. There's hardly any time for my doctor to get to know me or to address what concerns me the most. What can I do with these hurried 15-minute visits?

A: Many patients lament how hurried their doctors' appointments feel. Believe me, I get it. Because as a doctor, I hate it, too.

In many cases, 15 minutes isn't enough time for physicians to get all the information they need. Many doctors end up running abysmally late trying to ensure the 20 or so patients squished into their daily schedules feel heard and get the time they deserve.

Patients are suffering and frustrated with these crammed appointments, which also are a major driver of physician burnout.

So as a patient, what can you do? If you've only got 15 minutes with your doctor, here are a few tips to help you get the most out of the brief visit.

Weave in a quick fun fact about yourself

I know this may sound odd when we're talking about a lack of time. Consider the psychology of the physician here for a moment: Imagine you're seeing your 11th patient of the day. It's flu season, and everyone's masked and hard to recognize. Tales of diabetes and high blood pressure are starting to blur together. You haven't eaten anything since that stale granola bar during your morning commute.

And then ... a revelation: A patient tells you out of the blue that they used to fly airplanes for the army. Or that their teenage granddaughter is teaching them how to ski for the first time. Or that they took up yarn-crafting during the pandemic and just finished a magnificent, crocheted penguin.

We're all human. Sometimes, your physician is transformed against their will into a robot. Years ago, we all went into medicine because we wanted to make our patients' lives better TOP-L-HealthBeat-Hack0126 not fill out paperwork for insurance companies and write lengthy notes that meet billing requirements. These glimpses of the wonderful, unique person you are will remind your doctor that they are treating a person, and not a disease.

Decades of research in the biopsychosocial model of medicine have taught us that patient and physician outcomes are better when we integrate the patient's

story into our care. It takes an extra 15-30 seconds, but I go out of my way to ask new patients to tell me a fun fact about themselves that I make note of with their permission. In doing so, not only do I remember their medical histories better, but we both find it almost invariably brings a tiny, coveted spark of joy.

Lead with your most pressing concern

I like to open my visits by asking patients to tell me one thing they absolutely want to make sure is addressed today. Then I dive into other items on our agenda, such as following up on prescriptions or health screening tests.

It's a classic scenario, and one I've experienced time and time again: me reaching for the doorknob at the end of the allotted visit, only to hear that you were saving your most concerning question for last.

Never save the most important thing for last — even if it's embarrassing or it scares you. By raising your most pressing question first, your doctor will focus more time on what is truly worrying you.

Bring written notes to common questions

For new symptoms, your physician will probably ask a set of predictable questions:

- When did the issue start? It's fine to just have a ballpark — but there's big difference between a few weeks and a few years ago.
- What interventions or medications have you already tried? Know the medication names and doses — bring in your bag of pill bottles if it'll help.
- Has anyone in the family experienced something like this? Call your family members ahead of time and ask about their medical history — it can dramatically change what a doctor decides to do next.

Rehearsing your "story" and gathering these details can help ensure our limited time is spent on diving into specifics, a physical exam and counseling — rather than searching for medication names on your smartphone.

Give A.I. a chance

When was the last time you met a doctor who spent the entire visit looking at you? How many seconds passed before they broke eye contact and began typing frenetically on their computers?

A.I. is starting to be used in many clinics to listen in on the conversation between patient and physician, and automatically create a note in your chart so that your doctor focuses directly on you, rather than the computer screen. You may not have much control over whether your doctor's clinic offers it (within the next



PHOTO COURTESY OF METRO EDITORIAL SERVICES

year or two, you can bet it'll become more and more mainstream), but if it's on the table, don't be scared or ask to opt out.

Paradoxically, I think this kind of A.I. may be a step in the right direction to restore some humanity back to the doctor-patient relationship. Remember: A.I. in health care is heavily regulated. These technologies are HIPAA-compliant and are transcribing — not recording — the conversation.

Embrace medical trainees in your visit

If you get your care at a major academic center, there's a reasonable chance you'll encounter a trainee — medical students, residents or fellows. This may mean you'll have to repeat your story multiple times. Once each member of the team has seen you, they'll gather with the attending physician to come up with a plan.

I realize repeating your story can feel tiresome. But consider these two things: First, studies have shown that doctors are most empathetic when they're fresh out of medical school. So they may well be the most devoted and sensitive member of your team. Second, when a trainee is involved in your care, you as a patient can actually get a longer appointment time. This means you have a chance to discuss details and worries in a way that may otherwise have felt too rushed with just the attending physician.

You want someone to listen to your whole story. So take advantage of the fact that trainees are dedicated to hearing you and reporting back the best assessment of your case. In my experience, they often become your biggest advocate.

HEALTH & FITNESS

WE ANALYZED DOZENS OF ULTRA-PROCESSED FOODS. HERE ARE THE HEALTHIEST OPTIONS

By Anahad O'Connor
The Washington Post

Most top nutrition experts agree: Cutting back on ultra-processed foods is a good way to improve your health.

But not all ultra-processed foods are created equal. Some are better for you than others. You can find less processed, healthier options by checking ingredient lists for additives, preservatives, fillers and artificial ingredients. This can help you avoid ultra-processed foods altogether or find the versions that have the fewest potentially harmful ingredients.

Ultra-processed foods have been linked to premature death, obesity, heart disease, cancer and other chronic diseases. That's

because they're typically made with unhealthy additives and designed by manufacturers to overcome your satiety mechanisms, causing you to overeat.

The problem is that ultra-processed foods are ubiquitous. They make up a majority of the calories that Americans consume.

To help you pick less processed foods, we spoke to experts and analyzed nutrition labels and ingredient lists for dozens of products in five common categories: sliced bread, chicken nuggets, peanut butter, Greek yogurt and cold cuts.

The first thing to understand is that food processing and even ultra-processing are part of a spectrum. The goal was to find the least processed versions of each food. In some cases,

that means versions that are minimally processed, with just one or two simple ingredients. In other cases, that means versions that are still ultra-processed but that have less sodium, sugar, artificial ingredients and other additives than standard versions.

Here are red flags to watch out for, and several healthier options in each category.

Sliced bread

Look for breads that say "whole grain" or "100 percent whole grain" on their labels, said Kelly Springer, a registered dietitian and owner of Kelly's Choice, a nutrition company based in Skaneateles, New York.

This is important because grains contain three components: the bran, the

germ and the endosperm. Ultra-processed breads typically contain flour that's made from just the endosperm. But the bran and germ contain most of the fiber and vitamins.

RED FLAGS

- White flour listed as the first ingredient: This indicates the bread is largely made from grains that have been stripped of their fiber and nutrients.

- Additives such as azodicarbonamide, calcium propionate and potassium sorbate: Does the bread contain a slew of additives that you wouldn't use at home? Or does it contain things you recognize, like whole wheat, salt, yeast, seeds and vinegar?

- Emulsifiers, preservatives and dough conditioners: Many of the packaged breads sold in supermarkets contain emulsifiers and preservatives to make them softer, increase their volume and extend their shelf life. They also contain dough conditioners and other additives that make the dough rise faster and that improve the bread's appearance and elasticity. Beware of additives such as mono- and diglycerides, sodium stearoyl lactylate, and butylated hydroxyanisole (BHA). "In general, the less ingredients the better, and it's good if you can actually pronounce the ingredients," said Beth Czerwony, a registered dietitian with the Cleveland Clinic's Center for Human Nutrition.

HEALTHIER OPTIONS

- Dave's Killer Bread: This brand specializes in making breads with whole grains, seeds and organic ingredients. It's high in protein and contains no artificial ingredients. "This is



PHOTO COURTESY OF METRO EDITORIAL SERVICES

the bread we buy in our house and give to our kids," Springer said.

- Food for Life Ezekiel Bread: Made from organic, whole grains and legumes, Ezekiel bread is less processed and more nutritious than most commercial breads. It also contains sprouted grains, which are made by soaking grains in water until they germinate. This breaks down the starches in the grains and makes them easier to digest, Springer said. "Ezekiel bread is great for people that may have some gluten sensitivity," she added.

- Beckmann's Whole Wheat Sourdough Bread: This sliced bread has just a handful of simple ingredients, such as whole wheat

flour, water, sea salt, barley malt and vitamin C.

- Alvarado St. Bakery: This brand uses organic, sprouted whole grains like wheat berries, rolled oats, barley and millet to make a variety of nutritious sliced breads.

Chicken nuggets

It's common for chicken nuggets to contain a lot of ingredients. That's because you typically need flour, breading and a variety of everyday seasonings (like garlic, paprika, salt and onion powder) to make them. But if you don't recognize all the ingredients, that's a sign the nuggets are ultra-processed.

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MONEY & SECURITY

Real estate: I signed an estoppel certificate. What did I do?

Q : I recently closed on my condo purchase. I signed a form called an estoppel certificate. The closer didn't really explain well what it was. What is it that I signed?

A : An estoppel certificate is a document by which the borrower acknowledges or certifies that the mortgage debt is a lien on the property for the amount stated. The lender is then prevented from claiming that the balance due is different from the amount stated. This also comes in handy for the originating lender if they sell the mortgage to another entity as the borrower is prevented by this document to claim that they don't owe the money. This document is often titled as an affidavit by owner, estoppel certificate or

compliance agreement.

Home maintenance tip

Are your smoke alarms yellowish in color compared to your white ceilings? That is a tale-tell sign that it's way past the time when they should have been replaced. I go into a lot of homes where the smoke alarms have turned yellow. Did you know that the lifespan of the older smoke alarms is only five to seven years? Did you know that the National Fire Protection Association, the U.S. Fire Administration and manufacturers recommend that all smoke alarms in your home should be replaced 10 years from the date of manufacture and some now come with an expiration date?

After 10 years, the smoke sen-

sors can begin to lose their sensitivity. The test button only confirms that the battery/AC power, electronics and alert sound systems are working. It does not mean that the actual smoke sensor is working. New alarms come with a 10-year lithium battery so you don't have to change the batteries. (FYI: A smoke alarm is a self-contained device with a detector and alarm. A smoke detector is a sensing device only that must be connected to a fire alarm system.)

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.



Steve Meyers

MARKET UPDATE

June'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 3% and Oakland County's average sales price was up by 4%. Macomb County's on market inventory was up by more than 14% and Oakland County's on market inventory was up by almost 15%. Macomb County's average days on market was 24 days and Oakland County average days on market was 21 days. Closed sales in Macomb County were up by almost 10% and closed sales in Oakland County were up by more than 9%. (All comparisons are month to month, year to year.)

By the long-standing historical definition from the National Association of Realtors, which has been in existence since 1908, a buyer's market is when there is a seven-month supply or more of inventory on the market. A balanced market between buyers and sellers is when there is a six-month supply of inventory. A seller's market is when there is a five-month or less supply of inventory. Inventory has continued to stay low. In June, the state of Michigan's inventory was at 2.5 months of supply. Macomb County's inventory was at 2.1 months of supply and Oakland County's inventory was at 2.3 months of supply. By definition, it's still not close to a buyer's market.

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Dancing

FROM PAGE 6

stronger minds.

“Because you learn the program and then you listen and have to recall what the caller is saying, it’s really good for keeping your brain young and active,” Smith said.

Another great aspect of

square dancing is the social interaction and sense of community that comes with it. While other types of exercise can benefit mentally and physically in similar ways, square dancing is unique due to its emphasis on being a social dance.

“Our motto is, we’re a social club with a square dance problem,” Blatt said. “We’re a social club and we really have a great bunch of

people.”

As people grow older, it becomes more difficult to find chances to socialize and meet new people, but with square dancing, participants are constantly working in a group of at least seven other people, creating a tight-knit community and the chance to socialize with others.

“I had line danced for years,” Smith said. “I would

be in the middle of the floor, and you just watch everybody dance all night. You never really meet people. But with square dancing, you have to have eight people that work together. It’s much more social and much more touchy-feely.”

With such an emphasis on socializing within the community, Tom Katz Square Dance Club makes sure the socialization doesn’t stop at

just dancing, offering non-dance-related events to further bond as a group.

“We’ll do trivia nights, we went bowling with a group of us, and we went to the minor league baseball team in Shelby Township,” Smith said. “It’s good to have friends and it’s just a great way to meet people.”

For those looking for a light exercise that covers physical, mental, and even

social health, square dancing is an easy way to tackle them all at the same time.

“People will say, ‘I don’t dance or I have two left feet,’ but really, if you can walk, you can square dance,” Smith said. “It helps if you know your right hand and your left hand, but if you can walk, you can square dance.”

For more information on Tom Katz Square Dance Club, visit tomkatz.net.

Foods

FROM PAGE 10
RED FLAGS

▪ “White chicken meat”: Many store-bought, frozen chicken nuggets list “white chicken meat” as their first ingredient, which can mean that the nuggets contain not only chicken breast but other ground-up parts of the chicken, including bones, tendons and nervous tissue. Instead, look for nuggets that list “chicken breast” or “whole” breast meat pieces as the first ingredient.

▪ Fillers: Some companies add fillers to chicken nuggets such as wheat gluten and textured soy protein concentrate, which allows them to use less meat.

▪ Chemical additives: Many chicken nuggets contain preservatives, fast-acting leavening agents, emulsifiers and stabilizers. These include compounds such as propylene glycol, pyrophosphate, calcium phosphate and sodium phosphate.

▪ Excess sodium: One of the pitfalls of ultra-processed foods is that they often contain a lot of sodium. If a food contains 20 percent or more of the daily value for sodium per serving, then that means it’s a high-sodium food.

HEALTHIER OPTIONS

▪ Bell & Evans Chicken Breast Nuggets: These nuggets contain chicken breast

meat and just a handful of other ingredients, mostly seasonings.

▪ Tyson Naturals Gluten Free Breaded Chicken Breast Nuggets: These minimally processed, gluten-free nuggets are free of artificial additives and contain ingredients like yellow corn flour and brown rice flour.

▪ Kidfresh White Meat Chicken Nuggets: These nuggets contain pureed cauliflower and onions, and they’re lower in sodium than most other frozen chicken nuggets.

▪ Just Bare Lightly Breaded Chicken Breast Bites: These are made from mostly simple ingredients, like salt, spices, egg whites and breading.

Peanut butter

Some of the most popular peanut butter brands today contain additives designed to enhance their flavor, texture and appearance, such as sugar, hydrogenated oils and emulsifiers. These additives can transform peanut butter from a minimally processed food into an ultra-processed food.

RED FLAGS

▪ Palm oil or hydrogenated vegetable oils such as cottonseed, soybean and rapeseed oils: These oils stabilize the peanut butter and make it smoother and creamier. In fact, products that contain these extra oils are often labeled “peanut butter spread” and contain phrases like “no stir” on

their labels. That’s because the Food and Drug Administration requires that peanut butters that contain “nonpeanut ingredients” that make up 10% or more of their weight must be labeled “spreads.”

▪ Mono- and diglycerides: Mono- and diglycerides are emulsifiers that prevent the oil from separating and help prolong the product’s shelf life.

▪ Sugar, molasses and other sweeteners: Some popular brands of peanut butter contain a teaspoon of sugar or more per serving.

HEALTHIER OPTIONS

These products are made with only peanuts or just two ingredients: peanuts and salt.

▪ Smucker’s All Natural Peanut Butter.

▪ Trader Joe’s Creamy Peanut Butter Unsalted.

▪ Santa Cruz Organic Creamy Dark Roasted Peanut Butter.

▪ Target’s Good & Gather Organic Stir Peanut Butter.

▪ Kirkland Signature Organic Peanut Butter.

Greek yogurt

Greek yogurt is one of the most nutritious foods you can eat: It’s full of protein, minerals and probiotics that promote gut health.

In general, the yogurt you buy should have just two ingredients: milk and cultures (and in some cases, cream). If you want toppings or sweeteners, then add your own. The amount

of honey or sugar you add will probably still be a lot less than the amount you’ll find in flavored yogurts, said Stephen Devries, an adjunct associate professor of nutrition at the Harvard T.H. Chan School of Public Health and the executive director of the educational nonprofit Gaples Institute.

RED FLAGS

▪ Sweeteners and added sugars: Many flavored yogurts are loaded with sweeteners that turn them into ultra-processed desserts. Be on the lookout for cane sugar, corn syrup, honey, brown sugar and fruit juice concentrates.

▪ “Fake” sugars such as sucralose, stevia, acesulfame potassium (Ace-K) and aspartame: Some companies advertise their flavored yogurts as containing “no added sugar.” But in some cases that’s because these ultra-processed yogurts contain artificial sweeteners or low- and no-calorie sweeteners instead of sugar. Studies suggest that some of these sugar substitutes can have unexpected effects on your gut and metabolic health. Beware of them, Devries said.

▪ Gelatin, corn starch, guar gum and tricalcium citrate: Ultra-processed yogurts often contain these additives to make them thicker, keep their ingredients from separating and to give them a creamy mouth feel.

▪ Sodium benzoate and

potassium sorbate: These preservatives are commonly used to lengthen the shelf life of ultra-processed yogurts.

HEALTHIER OPTIONS

These yogurts are free of additives. Pick the fat content you prefer: The fat content of plain yogurt is determined by whether you use skim, low-fat or whole milk as your starting ingredient. It doesn’t affect whether the yogurt is considered ultra-processed.

▪ Fage Total Plain Greek Yogurt.

▪ Chobani Greek Yogurt Plain.

▪ Target’s Good & Gather Greek Plain Yogurt.

▪ Walmart’s Great Value Greek Plain Yogurt.

▪ Stonyfield Organic Plain Greek Yogurt.

Cold cuts

Cold cuts like sliced turkey, ham and salami are among the most popular lunch foods in America. But in many cases, they’re ultra-processed.

The fresh sliced meat at the deli counter typically has the fewest ingredients. “Go to the deli counter and ask them which option is the most natural with the fewest additives so you can truly be a smart consumer,” Springer said.

If you can, choose sliced turkey, chicken or roast beef. These tend to be less processed and have less sodium and fewer additives than mixed meats like

ham, salami and bologna. Ham, for example, is frequently made from various cuts of pork that have been mechanically separated, ground into a thick paste, and then molded and sliced.

RED FLAGS

▪ Thickeners, fillers and binders such as carrageenan, cellulose, maltodextrin and corn syrup solids: These additives are used in cold cuts to bind them, thicken them, enhance their flavors, retain their moisture and extend their shelf life.

▪ Sodium nitrite or potassium nitrate: Look for meats that advertise low sodium and no added nitrates or nitrites. These preservatives have been linked to cancer.

HEALTHIER OPTIONS

▪ Wegmans Just Turkey Turkey Breast: This deli meat contains only one ingredient and nothing else: turkey breast.

▪ Applegate sliced turkey, chicken and roast beef: Applegate uses only simple ingredients like salt, pepper and rosemary extract. Its cold cuts contain no artificial ingredients, nitrates or nitrites.

▪ True Story Oven Roasted Turkey Breasts: This packaged deli meat contains only a few ingredients: organic turkey, water, salt and vinegar. It’s also free of nitrates and nitrites.

HEALTH & FITNESS

RESEARCHERS CREATE AT-HOME SMELL TEST FOR EARLY DETECTION OF ALZHEIMER'S DISEASE

By Rick Sobey

The Associated Press

When it comes to the early detection of Alzheimer's disease, a new study suggests that the nose knows.

Mass General Brigham neurology researchers have created a smell test that shows promise as a tool for identifying risk of cognitive impairment.

They found that test participants could successfully take the test at home, and that older adults with cognitive impairment scored lower on the test than cognitively normal adults.

Their study on the test could help identify people who are at risk of Alzheimer's, and help physicians intervene before serious symptoms set in.

"Early detection of cognitive impairment could help us identify people who are at risk of Alzheimer's disease and intervene years before memory symptoms begin," said senior author Mark Albers, of the Laboratory of Olfactory Neurotranslation, the McCance Center for Brain Health, and Department of Neurology at Massachusetts General Hospital.

"Our goal has been to develop and validate a cost-effective, non-invasive test that can be performed at home, helping to set the stage for advancing research and treatment for Alzheimer's," Albers added.

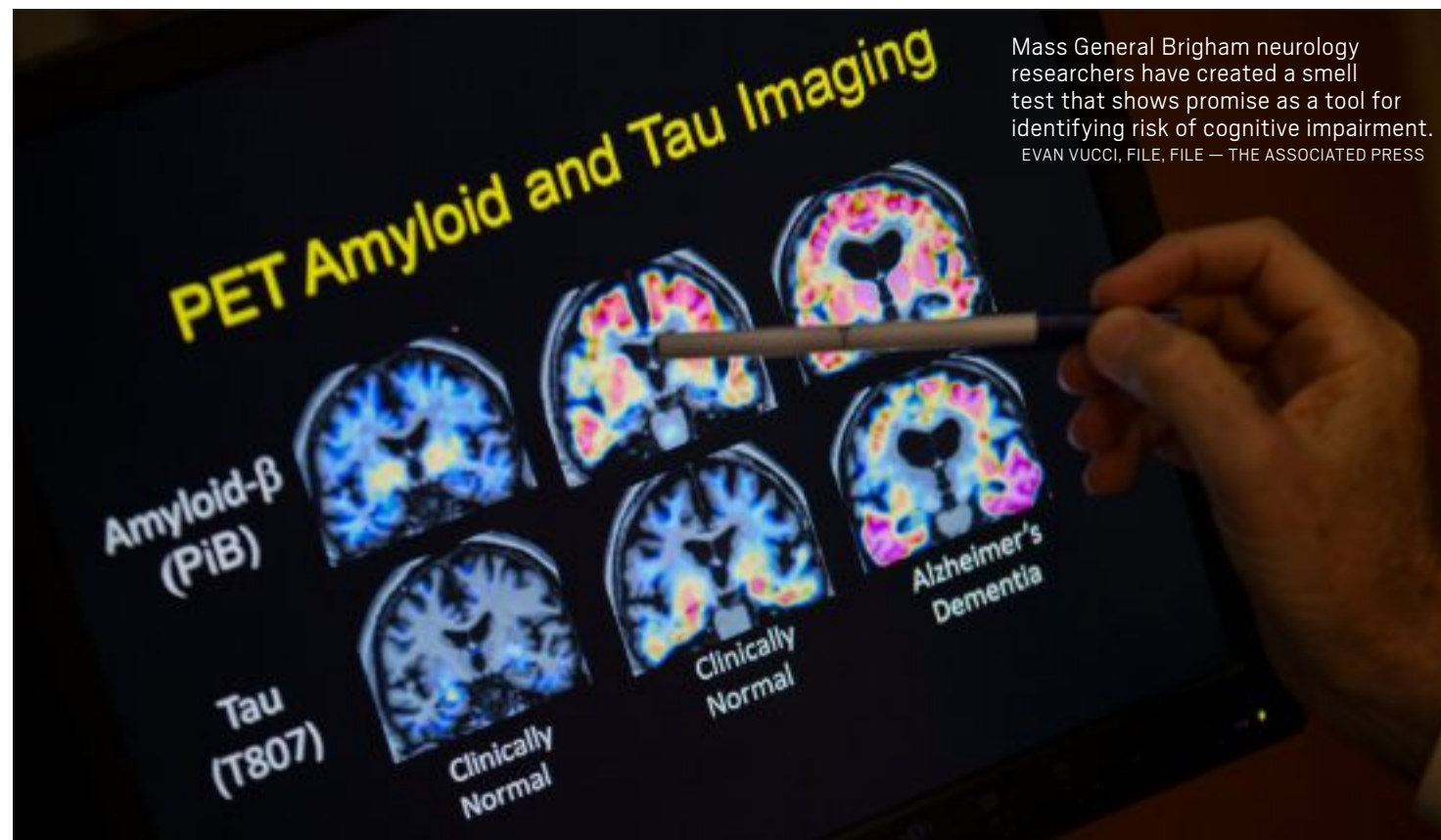
Early symptoms for Alzheimer's disease typically appear after age 60, and the risk increases with age.

The researchers' olfactory tests — which involve participants peeling and then sniffing odors on a card — assess people's ability to identify and remember odors.

Albers and colleagues are interested in whether olfactory dysfunction — the sometimes-subtle loss of sense of smell — can serve as an early warning sign for neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, chronic traumatic encephalopathy, and traumatic brain injury.

Albers helped found a company that makes the Aromha Brain Health Test, the test used by the research team to conduct this study.

To evaluate the olfactory test, the team recruited English and Spanish speaking participants who had self-reported concerns about memory, or those with mild cognitive impairment.



Mass General Brigham neurology researchers have created a smell test that shows promise as a tool for identifying risk of cognitive impairment.

EVAN VUCCI, FILE, FILE — THE ASSOCIATED PRESS

The researchers compared these participants' test results with those who had no sense of smell and with cognitively normal individuals.

The research team found that odor identification, memory, and discrimination declined with age. They also found that older adults with mild cognitive impairment had lower scores for odor discrimination and identification compared with older adults who were cognitively normal.

Overall, the researchers found that test results were similar across English and Spanish speakers, and participants performed the test equally successfully regardless of whether they were observed by a research assistant.

The authors noted that future studies could incorporate neuropsychological testing and could follow patients over time to see if the tool can predict cognitive decline.

"Our results suggest that olfactory testing could be used in clinical research settings in different languages and among older adults to predict neurodegenerative

disease and development of clinical symptoms," Albers said.

The number of people living with Alzheimer's is projected to double from 6.9 million in 2020 to nearly 14 million people by 2060.

Alzheimer's disease is a top 10 leading cause of death in the U.S.

In 2022, it was the seventh leading cause of death among U.S. adults, and the sixth leading cause of death among adults 65-plus. The actual number of older people who die from Alzheimer's may be much higher than what is officially recorded. Alzheimer's and other types of dementia are not always reported on death certificates.

Meanwhile at Mass General Brigham, researchers in a different study showed that a nasal spray being tested for use in preventing Alzheimer's disease could also reduce neuroinflammation in traumatic brain injury.

Foralumab, a nasal spray originally developed to treat multiple sclerosis and used by MGB physicians for Alzheimer's treat-

ment under FDA compassionate use protocols, was tested in mouse models with moderate to severe traumatic brain injury.

The researchers found that Foralumab induces immune cells to travel up to the brain and come in contact with microglial cells, the cells that regulate brain development and injury repair, to reduce inflammation in the brain.

The study results show that the spray could reduce damage to the central nervous system and behavioral deficits, suggesting a potential therapeutic approach for TBI and other acute forms of brain injury.

"This opens up a whole new area of research and treatment in traumatic brain injury, something that's almost impossible to treat," said senior author Howard Weiner, co-director of the Ann Romney Center for Neurologic Diseases at Brigham and Women's Hospital. "It also means this could work in intracerebral hemorrhage and other stroke patients with brain injury."

Poetry Page

ALWAYS SOMETHING THERE TO REMIND ME

AUGUST

Dark gray clouds were already
gathering in the distance.
An all-day rain forecast.
A day of reading ahead, I put on a
pot of tea and walked over to my
overflowing bookshelves.
I selected a classic.
A card, sandwiched between the
pages, fell to the floor.
I picked it up and read her loving
words, written decades ago.

Man, how I miss her.
The kettle whistling, I slid the card
back into the book and returned it to
the shelf.
Burt Bacharach's "Always Something
There to Remind Me" popped into
my brain
and I thought, *God, isn't that the truth.*
**Submitted by: Gerard F.
Derochie of Roseville, MI**

A little patch of blue
In a sky of gray.
Signals of rain
For still another day.
From buckets to drizzle,
Our plans tend to fizzle.
Letting weather determine
The direction,
Wraps and umbrellas
Good ole' stand-bys,
To fair out the weather,
Whatever passes by.
Out comes the sun

With breezes on the run,
Cooling the humidity
Always welcome.
Go ahead, plan the picnic.
Get hot dogs on the grill,
Regardless of the weather,
Do what you will.
**Submitted by:
Margherita J Wiszowaty
of St. Clair Shores, MI**

ENCOURAGEMENT CORNER WHO DO YOU LISTEN TO?

Who we surround ourselves with is one of the most defining ingredients of our lives. We live and breathe not just as individuals but as parts of families, friendship circles, churches, groups and communities. Since it is hard not to become like those we spend our time with, it's important we choose our friends wisely.

Look for those who encourage you, give wise council, make good decisions and help bring peace.

Self Reflection: How can you use your words today to make a difference?

Submitted by: Dawn Sedlar of Chesterfield, MI

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

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

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

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

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

NEXT ISSUE WILL BE SEPTEMBER 11, 2025

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



BE KIND SPOTLIGHT



Joe was instrumental in the Sterling Heights Tigers winning the 2023 Little League Championship. He bought us dinner after our wins and paid for batting instructions at D Bat. He has been a great asset to the team and most of all
To our community.

**ASSISTANT COACH
JOE ZAGO**
Sterling Heights Little League 12-U

**Nominated by: Harry Radtke of
Sterling Heights, MI**

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

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

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

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NEXT ISSUE WILL BE SEPTEMBER 11, 2025**

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

MONEY & SECURITY

ARE YOU ON TRACK FOR RETIREMENT? HERE'S HOW TO CHECK

By Erin El Issa

NerdWallet

Whether leaving the workforce is just around the corner or decades away, it's always a good time to consider: Are you financially on track to retire?

A NerdWallet survey, conducted online by The Harris Poll in October 2024, found that just 23% of Americans had evaluated their progress toward retirement savings goals in the prior 12 months. To check in on how you're doing, the first step is likely figuring out what number you're aiming for.

Set your retirement goal

It may be tempting to measure your retirement savings against other people your age, but like many financial goals, this one is personal. How much money you need in retirement depends on factors like the cost of living in the place

you hope to retire, whether there are loved ones to support and how you plan to spend your golden years. A good question to ask yourself is "how much money do I need to retire the way I want to?"

There are many unknowns between now and 20, 30 or 40 years in the future. But a good starting point is calculating how much you'll need in retirement income. This involves looking at your current expenses, deciding which ones will increase or decrease by the time you retire, and then adding in any additional spending you plan to do once you leave the workforce.

If you'd rather use a general rule of thumb to calculate, you might assume you'll need between 70% and 90% of your current income in retirement. Most people don't need as much money in retirement to continue their current lifestyle because they're no longer saving for retirement, nor

are they paying payroll taxes or other work-related expenses.

Calculate how much you need to save

With an idea of how much you'll need in retirement, use a retirement calculator to determine if you're saving enough to hit that goal. In the calculator, input your age, current savings, monthly contributions and monthly retirement budget. You can also adjust factors like retirement age, rate of return, life expectancy and expectations around raises and inflation.

If your existing retirement savings and monthly contributions won't get you to your savings goal, adjust your contributions in the calculator to see how much more you need to save. Keep in mind, this is a ballpark estimate and planning for future unknowns is difficult. But having a target retirement income and knowing what it takes to get there

makes your progress measurable. Plus, this goal can be adjusted as you get closer to retirement age.

Start increasing your savings, if needed, to hit your goals

Just a quarter of Americans (25%) had taken steps to increase their retirement savings in the prior 12 months, according to the survey. If the calculator exercise showed that your existing savings and contributions are on track, great! Carry on. But if you need to start saving more, consider:

Setting up automatic contribution increases. Some retirement accounts allow you to set up annual increases. So for example, you could set up your 401(k) contributions to automatically go up by 1% each year. (Depending on your plan and the size of the company you work for, this may be done for you automatically, if you don't opt out.) Over time, this could make a big difference, even

if the change seems small.

Let's say your salary is \$50,000 and you're currently contributing 10%, or \$5,000 a year. It may not seem like a big win to increase that to 11%, or \$5,500 a year, but that extra \$500 in annual contributions could be worth more than \$49,000 in 30 years at a 7% return. And that's assuming you don't continue increasing your contributions each year.

Saving your raises. If you can do without it, invest your next raise for retirement. This could mean increasing your 401(k) or 403(b) contribution, or putting the extra funds into a Roth IRA. Don't want to save all of it? Put a portion of it away instead. Every little bit helps.

Evaluating your spending and debt payoff. Track your spending for a few months and then examine if there's anything you could reasonably reduce or cut out to free up more money to invest.

As for debt payoff, if you're aggressively paying off low interest debt — such

as that with interest rates below 5% — it might be worth considering whether some of that extra money is better off saved for retirement while you slow down debt payoff progress. Ideally, you should aim to work on several important financial goals, like investing for retirement, saving up an emergency fund and paying off debt, simultaneously, to get all of your financial ducks in a row.

At the very least, make sure you're contributing enough to get the company match on your retirement funds, before allocating more money toward low-interest debt.

The investing information provided on this page is for educational purposes only. NerdWallet, Inc. does not offer advisory or brokerage services, nor does it recommend or advise investors to buy or sell particular stocks, securities or other investments.

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@medi-
anewsgroup.com.

AUGUST

August: Older Persons' Commission Membership, Mon — Thurs, 8:30 a.m. — 7:30 p.m.; Friday, 8:30 a.m. — 3:30 p.m.; Saturday, 8 a.m. — 1:30 p.m. OPC membership is available at no charge to all residents 50+ of Rochester, Rochester Hills and Oakland Township. Registration forms are available at OPC or online at OPCcenter.org. You must

register in person as proof of residency is required. The OPC is located at 650 Letica Drive, Rochester.

August: Adult Day Service at the Older Persons' Commission. Welcoming New Clients. The OPC's Adult Day Service program is dedicated to assisting adults experiencing progressive memory loss in a safe and compassionate environment. Monthly ADS Music Therapy sessions are made possible thanks to the generous support of Susan Hagaman. For more information, please call 248-608-0261 or visit www.OPCcenter.org

Aug. 1-29: Adult Mini

Art Show at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. Aug. 1-29. Celebrate the completion of summer reading at HTPL! Adults, grab a mini art kit from the front desk any time during the month of August. Use the contents of the kit plus anything you have at home to create a small but mighty masterpiece. Return your creation to the library as soon as possible to participate in our Mini Art Show! After Aug. 29, HTPL staff will vote and select a winner, who will receive a prize. Please be sure to include your contact information when dropping off your art so that we may contact

you if you win. If you wish to keep your creation, pick-up will begin after Labor Day weekend at the front desk. Limit 2 kits per person. For more information, call (586) 329-1261.

Aug. 15: Grief Support Group sponsored by the Older Persons' Commission, from 10-11:30 a.m. The death of a loved one affects your head, heart and spirit. A Grief Support Group is an opportunity to gain an understanding about grief and receive support and healing with other caring 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 OPCcenter.org.

Aug. 15: Breakfast at Dimitri's Family Restaurant (3rd Friday of every month), 50875 Gratiot south of 23 Mile Road, New Baltimore at 10 a.m. A Widowed Friends event. Host Loree 810-335-2096

Aug 18: Movie Matinee: "Ford v Ferrari" at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, Aug. 18, at 1 p.m. FREE. Description: Buckle up for the high-octane true

story of racing legends Carroll Shelby and Ken Miles—shown on the library's big screen with comfy seating and popcorn on us. Register: 248-589-0334 or recreation.cityofclawson.com

Aug. 19 & 26: Knitting & Crochet Circle at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Tuesdays, Aug. 19, and 26 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

Calendar

FROM PAGE 16

Little Angels, Project Linus, Compassion Pregnancy, and more to provide comfort items during times of need. For more information, call (586) 329-1261.

Aug. 19: Alzheimer's/ Dementia Caregivers Group sponsored by 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.

Aug. 19: Check Mates: Chess Club sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, Tuesday, Aug. 19 at 6 p.m. Ages 12 to adult. Join us each month to play chess! All skill levels are welcome.

For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

Aug. 19—22: (4 days/3 nights). This trip is sure to provide us all with enriching memories of Pennsylvania's Dutch Country and Longwood Gardens. A major highlight of the trip is attending the Sight & Sound Theatre's 30th anniversary production of "Noah." This trip we have partnered with White Star Tours and they say that this is their "best-selling tour." While in the Lancaster area, we'll also go on a guided tour of the Amish Countryside, as well as visit an Amish Craft Farm and Bake Shop, the Julius Sturgis Pretzel Bakery, the Kitchen Kettle Village and so much more. Cost \$820 (Based on double occupancy). Register online at www.lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Aug. 20: Savvy Seniors: National Senior Citizens Day sponsored by the Older Persons' Commission, at 9:30 a.m. \$5. Celebrate aging boldly — with pancakes, positivity, and a toast to inspiring lives! OPC members are welcome to this feel-good gathering featuring breakfast favorites and heartfelt recognition of a few standout seniors from our community. National Senior Citizens Day, officially recognized by President Ronald Reagan in 1988, honors the achievements and contributions of older adults across the country. 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

Aug. 20: Outdoor Movie Night: Singing in the Rain sponsored by the Older Persons' Commission, 6 p.m. Free. CStep into a summer evening filled with timeless

glamour and golden-age gcharm! Come early for the fun, stay late for the memories. Bring a lawn chair, relax under the stars and enjoy Singin' in the Rain, a beloved classic that still makes hearts sing. Attendees will enjoy a Classic Hollywood Trivia Contest, red carpet photo booth, tasty treats & Refreshments. This event is open to the public and sponsored by Edward Jones. For more information, call (248)659-1029 or visit OPCcenter.org. The OPC is located at 650 Letica Drive, Rochester.

Aug. 20: Gnocchi Italian Restaurant 41620 Garfield, Clinton Twp. at 1:30 p.m. A Widowed Friends event. Host Vicky 586-260-4124 call by Aug.18. Limit 25.

Aug. 21: Mystery Book Club: "His and Hers" by Alice Feeney sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, Thursday, Aug. 21 at 6:30 p.m. For more information,

call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

Aug. 21: Trivia Night at Total Sports sponsored by the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Aug. 21, from 6:30 to 8 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. For more information, call (586) 329-1261.

Aug. 21: Ike's Restaurant 38550 Van Dyke, Sterling Hts at 1:30 p.m. A Widowed Friends event.. Host Mary Lou 586-799-7227, call by August 18, Limit 20.

Aug. 22: Memory Café at the Older Persons' Com-

mission, 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 Letica Drive, Rochester. For more information, call (248)659-1029 or visit OPCcenter.org.

Aug. 22: Visually Impaired Group sponsored by the Older Persons' Commission, from 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.

Aug. 22: Cards and games

CALENDAR » PAGE 18

Affordable Senior Citizen Apartments in Roseville

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

We Offer Two Convenient Locations:

EASTLAND BUILDING
18330 Eastland St.
Roseville, MI 48066

AMENITIES:

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

LAWN BUILDING
25524/25525 Lawn St.
Roseville, MI 48066

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

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

FOR MORE INFORMATION, PLEASE CONTACT OUR OFFICE AT: (586) 778-1360 Or Email Us At: rhousing@rosevillehc.org

SMOKE FREE

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.





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 August 27, 2025 for our September 11, 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



Calendar

FROM PAGE 17

at St. Therese 48115 Schoenherr, Shelby Twp. We will be meeting for cards and games at 3 p.m. If anyone has a game they would like to bring and teach us, especially Mexican Train. Please bring a snack to share and your own drink. A Widowed Friends event. Dinner/lunch TBD. Host Victoria 586-566-7936

Aug. 24: Sunday Movie and lunch. AMC Forum 30 Theater 44681 Mound Rd., Sterling Hts. Time TBD by movie. A Widowed Friends event. Call Host Pat 586-295-2804 by August 20 and leave your cell phone number or your email address and she will get in touch with you about the movie and time. Lunch to follow, restaurant TBD

Aug. 25: The Paranormal Experience Presented by Steve Wood, paranormal investigator, sponsored by the Older Persons' Commission, OPC art instructor and author Steve Wood shares a glimpse into the world of the unexplained at 2:30 p.m.. Learn about types of hauntings, the tools of the trade, and methons from his 13 years of experience. For more information or to reserve tickets, call (248) 659-1029 or visit OPCcenter.org. The OPC is located at 650 Letica Drive, Rochester.

Aug. 25: Breakfast at Amore's Grill (4th Monday of every month), 53100 Gratiot at 24 Mile Road, Chesterfield at 10 a.m. A Widowed Friends event. Host Loree 810-335-2096

Aug. 26: Tuesday Night Book Group at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Tuesday, Aug. 26 at 6 p.m. Join the Tuesday Night Book Group as we discuss "The Light Pirate" by Lily Brooks-Dalton. Get your copy and join us today. For more information, call (586) 329-1261.

Aug. 26: Wing Lee 13701 19 Mile, Sterling Hts at 1:30 p.m. A Widowed Friends event. Host Gerry 586-566-9471. Call by Aug. 24. Limit 20.

Aug. 26: OATS Tech Talk @ Library: Social Media 101 at the Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, Aug. 26, 4 p.m., FREE. Description: Curious about Facebook, Instagram, or Nextdoor? Learn the basics of posting, following family, and staying safe online—presented in plain English with plenty of guided practice. Register: 248-589-0334 or recreation.cityofclawson.com

Aug. 27: BINGO sponsored by the Older Persons' 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.

Aug. 27: Tech Time at HTPL: Smartphone Basics at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Aug. 27 at 6:30 p.m. Join the adult librarians for monthly Tech Time at HTPL! Learn to navigate commonly used features on your Apple or Android smartphone. Be sure to bring your own device if you have specific questions. Registration is preferred. For more information, call (586) 329-1261.

Aug. 27: Grow & Glow: Late-Summer Gardening Tips at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, Aug. 27, 11 a.m., FREE. Description: Master Gardener Craig Smith shares secrets for vibrant blooms and bumper crops as the season winds down. Q&A time will help you tackle any backyard challenge. Regis-

ter: 248-589-0334 or recreation.cityofclawson.com

Aug. 27: Breakfast at The Avenue Family Restaurant (2nd & 4th Wednesday of every month), 31253 Woodward Avenue, Royal Oak at 9:30 a.m. A Widowed Friends event. Host Marilyn 248-514-8360

Aug. 28: Women's Luncheon: The Buzz about Native Plants: Supporting Rochester's Pollinators sponsored by the Older Persons' Commission, 1 p.m. \$15. Discover the crucial role pollinators like bees, butterflies, and birds play in Rochester's ecosystem. Learn how to create pollinator-friendly spaces, enjoy hands-on activities, and connect with local experts dedicated to protecting these vial creatures. 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

Aug. 28: Introduction to 3D Printing at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. Thursday, Aug. 28 at 6 p.m. Join us for an exciting exploration of 3D printing. Whether you're a curious beginner or looking to learn more, presenter Joshua Ploep will cover printer types, software, and where to find items to print, helping you get started on your 3D printing journey. Registration required. For more information, call (586) 329-1261.

Aug. 28: Farewell-to-Summer Lunch & Bingo Bash at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, Aug. 28, noon. Cost: \$6 (lunch + bingo cards). Description: Say goodbye to sunny days with a chef-prepared meal, classic bingo prizes, and nonstop laughter. Seats fill fast—register by Aug. 21 to join the fun. Register: 248-589-0334 or recreation.cityofclawson.com

Aug. 29: Summer Reading

Final Challenge sponsored by the Roseville Public Library, 29777 Gratiot Ave, Roseville, Friday, Aug. 29 at 2 p.m. on the library lawn. All ages. It's time to wrap up your summer reading with the Summer Reading Final Challenge—an epic outdoor event where friends and families can go head-to-head in a series of fun, action-packed games for ultimate bragging rights! Whether you've been reading all summer or just joined in, this event is all about getting active, having fun, and proving who has the most competitive spirit. Whether you're looking to defend your family's honor or take down your best friends for the win, this event promises a day of laughter, fun, and unforgettable memories. For more information, call 586-445-5407 or visit rsvlibraryservice@roseville-mi.gov

SEPTEMBER

Sept. 4-Oct. 23: HBP Control: A Hypertension Self-Management Program offered for FREE by Corewell Health. Local 8-week In-Person Classes Do you have high blood pressure? Are you looking for ways to control it? High blood pressure puts you at risk for heart disease, stroke, kidney damage, vision loss and other health concerns. This is an eight-week evidence-based workshop designed to provide you with information, tips and tools to help you take control of your blood pressure. Participants learn about the basics of hypertension, stress management, the importance of nutrition, incorporating physical activity and more. Location: Troy Community Center, 3179 Livernois, Troy, from 1-2:30 p.m. Thursdays, Sep. 4 — Oct. 23. To register, call 313-738-1678, or visit corewellhealth.org/classes-events/southeast-michigan

Sept. 8-Oct. 20: AI 101 — AI for Everyday Life — Beginners, Mon/Wed Sept. 8 — Oct. 20, 4-5 p.m. AI 102 — AI for Everyday Life

— Intermediate, Mon/Wed Sept. 8 — Oct. 20, 5:15-6:15 p.m. Questions: (248) 608-0249. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org.

Sept. 9: The Birmingham Metropolitan Women's Club is having its annual Fall Fashion Show on Tuesday, Sept. 9 at 10:30 a.m. Clothes presented by Just Girls & modeled by club members. New this year are additional vendors to browse. The show will be followed by lunch. You do not have to be a member to attend. Reserve your place two weeks prior to the event by calling Chris — 248-303-7339 — lunch & show \$34. This event will be held at The Village Club, 190 E. Long Lake Rd., Bloomfield Hills. To learn more, visit tbmwc.com

Sept. 10: Senior Day Picnic sponsored by the Older Persons' Commission, from 10 a.m. to 12:30 p.m. OPC University. Questions: (248) 608-0249. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org.

Sept. 11: OPC Food Truck Rally sponsored by the Older Persons' Commission. Live Music, Food Trucks, Kid Zone, Beer & Wine. Thurs., Sept. 11, 4-8 p.m. Free. Save the date and Join us for our first ever Food Truck Rally! This intergenerational family-friendly event has something for everyone with eight different food trucks offering delicious menu items, live music by the Killer Flamingos, a Kid Zone with bounce houses and games, 50/50 Raffle, and yard games. There is no admission fee and is open to the public. Sponsored by LMCU, Kiddie Klub, Rochester Mills Brewery, Chief Financial Credit Union, DTE Energy, Bellbrook Senior Living, American House Elmwood & Stone, and Town Village Sterling Heights. For more information, call (248) 659-1029 or visit OPCcenter.org. The OPC is located at 650 Letica Drive,

Rochester.

Sept. 15: Guitar lessons for adults. All classes are held at Kawaii Music Studio located at 12745 23 Mile, Shelby Twp. Fall Session begins the week of Sept. 15. Adult Beginner Guitar on Saturday 11:15 a.m. — 12pm or Tues 7:15 — 8 p.m., Cost \$168 (8 Classes). Adult Beginner Piano on Monday 7:15 — 8 p.m., Cost \$168 (8 Classes). Register online at LC-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Sept. 16: Join us for a fun day in Frankenmuth, Tuesday, Sept. 16. The day starts out with some time to shop in Frankenmuth's unique shops. Afterwards, we'll enjoy Zehnder's Plated 2-piece Chicken Luncheon. Lunch comes with sides, dessert and beverage. Following lunch, we'll enjoy Zehnder's featured show, "Beach Party Boys," a Beach Boys Tribute Concert. The show has been described as the "Ultimate Beach Party" and will include such hits as "Barbara Ann," "Help Me Rhonda," "Surfin' USA," "Little Deuce Coupe," "God Only Knows," "Wouldn't It Be Nice," and "Good Vibrations." The day ends with a cruise down the Cass River aboard the Bavarian Belle Riverboat, an authentic paddlewheel riverboat. Trip departs at 8:30 a.m. from the back parking lot of the John Armstrong Performing Arts Center, 24600 F V Pankow Blvd, Clinton Twp. Cost \$125. Register online at www.lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Sept. 17: Back Pain Management with Linda McParlan at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Sept. 17 at 6 p.m. Join orthopedic nurse practitioner Linda McParlan as she discusses back pain management, causes, and prevention. For more information, call (586) 329-1261.

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