

# Vitality

Your monthly guide to aging with grace, purpose and well-being

November 2025

## Savor the moment

Simplify your Thanksgiving so you can enjoy it

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Stick to dishes that you've previously cooked, and utilize slow cookers, air fryers or other tools to make things easier. **PHOTO COURTESY OF METRO EDITORIAL SERVICES**



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### VITALITY

39949 Garfield Road, Suite 2  
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**Customer service/circulation:**  
888-977-3677  
**ADVERTISING**  
**Advertising:** 586-716-8100  
**STAFF**  
**Publisher, Michigan Region:**  
Greg Mazanec, mipublisher@medianewsgroup.com  
**Vice president of news:**  
Don Wyatt, 248-285-9652,  
dwyatt@medianewsgroup.com  
**Custom Content Editor:**  
Jason Alley, 734-246-0143  
jalley@medianewsgroup.com  
**Calendar announcements:** Joe Gray, 248-284-1481  
jgray@medianewsgroup.com  
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**MONEY & SECURITY**

# Help answer a real estate question: For resale purposes, is a bathtub better than a shower?



**Steve Meyers**  
COLUMNIST

**Q: We have a question for you regarding our bathroom. We want to convert our bathtub to a shower stall so we do not have to lift our legs so high to get in and out. Will it be harder to sell our house in the future without a bathtub?**

**A:** I wouldn't worry about it. If making this change allows you to stay and enjoy your home for years to come, then do it for your needs. When you sell, you could change it back to a tub or give an allowance to the buyer if it becomes an issue.

## HOME MAINTENANCE TIP

I would like to vent a little here — about clothes dryer venting. I go into many homes, and whether it's as a buyer's agent or as a seller's agent listing a home,

I always look at the appliances, including the washer and dryer.

When I look at the dryers, I observe what kind of ducting it has. There is flexible (looks like a flimsy accordion style, which is usually white vinyl or foil), semi-rigid (looks like a flexible aluminum tube) and then there is rigid (looks like the sheet metal ductwork you would see on your furnace).

According to the National Fire Protection Association, in 2014-2018, local fire departments responded to an average of 13,820 home structure fires per year in which dryers were involved in the ignition.

These fires caused an average of seven civilian deaths, 344 civilian injuries, and \$233 million in direct property damage annually. The main issue for dryer ducts is that lint goes through them while still containing some moisture, and it sticks to the walls of the ducting.

You might think that the lint trap stops all lint, but it does not. The flexible and semi-rigid ducting, because

of the ribs, are more prone to catching lint than the smooth rigid metal ducts.

The danger is when the interior of the ducting gets coated with lint and the dryer gives off a spark or high heat that can ignite the lint, causing a fire in the ductwork.

If you have a flexible duct, it's going to quickly melt and possibly allow the fire to spread in your home.

A semi-rigid is a little more fire resistant, but it is not as good as the rigid sheet metal type.

Not only is it important to have the best ductwork, but it's also important to have the ductwork cleaned and to have the inside of the dryer cleaned, as well.

According to NFPA, one-third of dryer fires were caused by a failure to clean.

*Steve Meyers is a real estate agent/Realtor at Realty Executives Home Towne in Shelby Township. He can be contacted with questions at 586-997-5480 or emailed at [Steve@MeyersRealtor.com](mailto:Steve@MeyersRealtor.com). Visit his site [AnswersToRealEstateQuestions.com](http://AnswersToRealEstateQuestions.com).*

## Market update

September'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 almost 5% and in Oakland County, it was up by more than 5%. Macomb County's on-market inventory was unchanged at 0% and Oakland County's on-market inventory was up by more than 5%. Macomb County's average days on market was 29 days and Oakland County's average days on market was 25 days. Closed sales in Macomb County were up by more than 2% and closed sales in Oakland County were up by more than 4%. (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 September, the state of Michigan's inventory was at 2.8 months of supply. Macomb County's inventory was at 2.4 months of supply and Oakland County's inventory was at 2.5 months of supply. By definition, it's still not close to a buyer's market.

## Healthy for the Holidays Hear Every Moment



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## SOCIAL &amp; WELL-BEING

# Simplify your Thanksgiving dinner routine so you can actually enjoy the day

By Metro Editorial Services

**F**ood is a focus for many on Thanksgiving, and that can be a little overwhelming, if not intimidating, for those tasked with hosting the celebration.

Guests might come to expect certain Thanksgiving staples and traditions. Sticking to Turkey Day standard bearers is not the only way to simplify meal planning on this beloved holiday.

■ **Accept help, but keep it limited.** It's customary for loved ones invited to Thanksgiving celebrations to offer to bring a dish to dinner, and that can alleviate some of the work hosts are tasked with managing. However, hosts can keep things simple by asking only a small handful of guests to prepare a side dish. Once the quota is filled, politely decline any additional offers to bring food. It can be hard to find space on the table if too many guests bring dishes from home, and that can lead to hurt feelings if certain sides are ignored or left on the kitchen counter due to a lack of space.

■ **Consider versatile dishes.** Choose foods that can be made in large quantities and easily adapted to different dietary needs. For example, offering a tray of roasted chicken enables guests to add sauces, cheese, vegetables or enjoy it plain, depending on their preferences.

■ **Keep it simple.** Stick to dishes that you've previously cooked, and utilize slow cookers, air fryers or other tools to make things easier.

■ **Try to limit waste.** Another way to simplify the meal is to avoid succumbing to the temptation to cook too much food. Guests may expect to go home with full bellies. Indeed, the Calorie Control Council notes that Americans consume between 3,000 and 4,500 calories during Thanksgiving celebrations. Even with careful calculations



Food and family are a focus for many on Thanksgiving. PHOTO COURTESY OF METRO EDITORIAL SERVICES

*Guests may expect to go home with full bellies. Indeed, the Calorie Control Council notes that Americans consume between 3,000 and 4,500 calories during Thanksgiving celebrations*

of guest-to-food ratios, there are bound to be leftovers. Plan ways to utilize leftovers if you choose specific types of food. For example, roasted chicken can be made into sandwiches or salads. Another idea is to have take-home containers at the ready so guests can bring some leftovers home with them.

■ **Keep table settings simple.** Unless you're planning to post photos of the family meal on Instagram this Thanksgiving, you can skip the more elaborate formal table settings in favor of a simple setup you might use on most nights when dining at home. Keep it simple with less formal settings, which will allow guests

to direct their focus to the tasks at hand — eating a delicious, home-cooked holiday meal and enjoying each other's company.

■ **Purchase a premade dessert.** It might be tempting to try your hand at a homemade dessert, but it's far easier to purchase pies and ice cream from a local farmer's market in the days leading up to Thanksgiving. This approach ensures hosts have it a little easier once the main course has been served and consumed.

■ **Remember the "thanks" in Thanksgiving.** Focus on gratitude for the good things in life, such

as family, friends and personal blessings. It's a great opportunity to show appreciation through actions like giving back to others or expressing heartfelt thanks. While everything is gathered, it's a nice time to look back on the happy moments and make plans for future ones.

■ **Take time for yourself.** You cooked. You hosted. You entertained. You deserve a break. Take the time to be thankful for the opportunities, but also be mindful of yourself and your own needs. Give yourself the recognition you deserve.



## SOCIAL &amp; WELL-BEING

# As last baby boomers reach retirement, they tackle a quest for fulfillment

By Sophie Levenson

SLEVENSON@CHICAGOTRIBUNE.COM

Forty-two stories above ground, Jon Gottlieb traced his bicycle route. From his vantage point by the pool, on his building's roof, he could see the stop sign where he turns right, the road he hates crossing, the park he rides through and the tunnel that leads to his favorite bike path.

Gottlieb, 75, rode this route at least five times a week through the 13 years since he moved, the tail end of a five-decade commitment to cycling.

For half a century, the retired railroad services manager tracked his mileage on bicycles and compiled it in a spreadsheet. Mark Mattei, who serviced Gottlieb's bikes for 36 years, said it was clear that Gottlieb was honest about his mileage.

In 2020, he passed 100,000 miles on his bike. In 2023, he hit 110,000. Earlier this year, Gottlieb prepared for two-wheel retirement as he geared up to ride his 115,000th mile. He reached his final threshold with pride.

"You gotta quit somewhere," he said.

With his serious cycling days behind him, Gottlieb faces a life unstructured by a goal.

He's retired, happily married and financially comfortable. But like others on the older side of the baby boomer generation, he's not quite sure how to spend his days without reaching toward something.

Some experts say that Americans tend to identify themselves with their careers, which leaves them feeling lost in retirement. Others, though, have found that baby boomers, especially the younger ones, are much better at finding fulfillment outside work than their parents were.

As the last of the baby boomers reach retirement age, they have to manage more than financial stability — they're figuring out what fulfillment looks like.

The baby boomer generation was born in what Gottlieb called "the backwash of the Second World War," or the years 1946 through 1964. According to the Alliance for Lifetime Income, the United States is facing its greatest "retirement surge" ever, as more than 11,000 Americans turn 65 every day. For people who can afford to retire, and aren't burdened by serious health issues, rebuilding a routine is usually the toughest challenge retirement offers.

"There's a lot of detriment when the structure that you normally have gotten from your occupation is no longer there, and it's kind of that rug being pulled out from underneath you," said Michael Wolf, a professor at Northwestern's Feinberg School of Medicine who researches aging.

For people who connect their identities to their jobs, Wolf said, retirement is gutting, as they experience a loss of identity and self worth. The happier retirees Wolf sees in his work are typically those who figure out what brings them joy ahead of retirement.

"You need to be able to not think of retirement as something like going cold turkey from work," Wolf said. "You need to envision it as a staged process."

## 'DESIRE TO FIND A BALANCE'

Stacks of vintage toys block nearly every window on the first floor of Mattei's house. Two wooden chairs are the only furniture on the floor, unless you count the dozens of

See **BOOMERS** on Page T6

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## BOOMERS

From Page 5

display cases filled with toy cars. Hundreds of them flood each room, some in every color, stacked on top of each other on shelves, in old paper boxes or standing alone. Model boats and airplanes squeeze between shelves and shelves of tiny cars; a glow-in-the-dark pirate ship perches in a corner; one-of-a-kind paintings of model planes crowd the ceiling.

Mattei, 74, closed Cycle Smithy, the bicycle store and repair shop he owned for 49 years, in 2022 — to Gottlieb's dismay. Mattei had worked seven days a week for the better part of half a century, reached the age of 71, and could afford to retire — so he did. He took everything down, swept the floors and left the large storefront exactly the way he had found it years before. To his surprise, Mattei was calm.

"I was worried about retiring because I thought I would have some sort of existential crisis," he said, three years into retirement. "That wasn't a problem at all."

Though he liked Cycle Smithy, Mattei found himself far less stressed once the shop was closed. These days, he sometimes has dreams about horrible customers at work and wakes up relieved that he doesn't have to face his job anymore.

"I find happiness in the freedom to do whatever I want, even if I don't really do anything," Mattei said.

Mattei doesn't feel aimless as he climbs into his mid-70s; he still has goals, even if they've changed. He's focused on preparing for the end of his life. In January, he started selling from his vintage collection.

In the next three years, he would like to have sold almost all of it, at market prices to genuinely interested buyers. He doesn't want to die and leave his wife with a floor's worth of stuff to clear out, but it's important to Mattei that the items he holds dear end up in the right hands.

Through the selling process, he's met other dedicated collectors of vintage toys. Some will fly in from California or Florida to see his collection and spend several hours with Mattei. That, and the other friendships he maintains — often with old employees at Cycle Smithy — keeps Mattei feeling fulfilled.

George Mannes, executive editor of AARP The Magazine, is



Jon Gottlieb, dressed to celebrate the 115,000 mile accomplishment, maneuvers his bicycle over a crosswalk in Chicago, Aug. 1, 2025. **ANTONIO PEREZ — CHICAGO TRIBUNE**

surrounded by people like Mattei, who have redefined what purpose looks like after ending their careers. At 62, Mannes is on the tail end of the baby boomer generation, with many of his friends and colleagues in the early stages of retirement.

Mannes has found that people his age are much better at handling retirement than their parents. Retirees in their 60s, Mannes said, have built identities less associated with their careers. Many of them find fulfillment in volunteer work or artistic outlets: Mannes has a friend who organizes a trash clean up club and another who is learning the art of ceramics. The latter isn't quite retired, but identifying her passion ahead of time — like Wolf recommended — has made her feel optimistic about leaving work soon.

"I am finding, among the people I know right now, that they're very happy to walk away from (work), and try new things and live new lives," Mannes said.

He thinks his generation's more positive attitude toward retirement might stem from the wealth

with which so many baby boomers grew up. Many of them learned how to enjoy themselves and prioritize a work-life balance long ago, before retirement was really on their minds. Their parents, however, often "fiercely identified with their occupations," according to Mannes.

"I see a desire to find a balance between giving to the community and connecting with friends, but also just having the free time to goof off in the way that you want to goof off," Mannes said.

### THE ART OF LETTING GO

Nancy Gottlieb, 73, retired from the world of banks and trading firms at 64 and successfully struck Mannes' balance. Leaving work hasn't been an issue for her.

"I think it's usually more of a problem for men than women," she said.

While Jon Gottlieb pores over statistics-based baseball simulations — alone — his wife goes out to eat. She plays cards or mahjong five times a week and regularly calls friends on the phone. Jon has

friends, too, but his social calendar is not nearly as robust as his wife's.

Nancy Gottlieb thinks women are more likely to maintain friendships and ask each other out for lunch or coffee. Mannes hasn't seen many men of his age struggle with retirement, but Wolf agrees with Nancy. Social isolation is more common among men than women, he said, and men participate in activities less than women.

"The running joke has always been that women are gathering friends as they get older, while men are shedding them," Wolf said.

He explained that socialization is a "major" determinant of health. Members of older generations who tend to isolate, or are generally disconnected from society, are often at a greater risk of mortality. Boredom, too, has a serious effect on health.

But Tai Chin, 75, is wary of needing a goal to sustain him. He just moved to be closer to his sons and grandchildren. He's divorced and not interested in changing that.

"I'm alone, but I'm not lonely,"

he said.

Chin hasn't fully retired yet from his job helping people sign up for health care coverage; he doesn't see the point. He works on his own time, entirely remote. These days, he only does about five hours a week plus the time he has to spend renewing his license before September. The rest of the day is his, spent mostly on yoga, messing around on his computer, taking walks and reading.

Chin reads a lot of mystical literature. He's learning how to exist in the moment and accept the phase of life that he's in now, when his responsibilities are dwindling and he has, essentially, total freedom.

"My goal would be to not have any goals," he said.

Gottlieb ultimately wants the same thing, even if he won't take Chin's meditative approach. At this late stage in his life, he faces what, for him, might be akin to a Herculean task. His best friend, Bob Burger, isn't sure Gottlieb can really give up cycling. In his eyes, Gottlieb is unusually motivated, the type of man who needs something to reach for.

"Sometimes retirement creates a void for people," said Burger, 74.

For his part, Burger has had no trouble with retirement. He gave up a job he didn't enjoy very much when he was 49 and took to traveling the world with his wife. He said his latest adventure will lead him to Croatia, Ireland and the Alps.

"I'm much happier being a nobody without work," Burger said. He's not so sure, though, that Gottlieb — who not only never sits down but also rarely stops talking — can be a nobody.

Gottlieb is an intense guy; he said so himself. He wakes up at 6 a.m. every day and wears some variation of the same shirt every time he rides his bike. The only time Gottlieb "goofs off" is during his daily gossip session with a group of old ladies. They float on pool noodles and discuss the geriatric drama of their high-rise.

Maybe fulfillment, for Gottlieb, will always be tied to bicycles. He has failed, so far, at cycling retirement: A week after he reached mile 115,000, he was still riding almost every morning. He's been trying to find an adult tricycle to ride, so that he can stay active in a safer manner. For now, Gottlieb is still a two-wheel guy. Who knows if he'll ever master the art of giving up.



MONEY & SECURITY

# Social Security recipients get a 2.8% cost-of-living boost

Raise is an average of \$56 per month

By **Fatima Hussein**  
THE ASSOCIATED PRESS

The Social Security Administration's annual cost-of-living adjustment will go up by 2.8% in 2026, translating to an average increase of more than \$56 for retirees every month, agency officials announced last month.

The benefits increase for nearly 71 million Social Security recipients will go into effect beginning in January. And increased payments to nearly 7.5 million people receiving Supplemental Security Income will begin on Dec. 31.

The cost-of-living adjustment, or COLA, for retirees

and disabled beneficiaries is financed by payroll taxes collected from workers and their employers, up to a certain annual salary, which is slated to increase to \$184,500 in 2026, from \$176,100 in 2025.

Recipients received a 2.5% cost-of-living boost in their benefits in 2024, after a historically large 8.7% benefit increase in 2023, brought on by record 40-year-high inflation.

The smaller increase for 2026 reflects moderating inflation. The agency will notify recipients of their new benefit amount by mail in early December.



The Social Security Administration's main campus is seen in Woodlawn, Md., Jan. 11, 2013. **PATRICK SEMANSKY — THE ASSOCIATED PRESS FILE**

**SOME SENIORS SAY THE INCREASE ISN'T ENOUGH**

Some seniors say the cost-of-living adjustment won't

help much in their ability to pay for their daily expenses.

Polling from the AARP shows that older Americans

are increasingly struggling to keep up in today's economy. The poll states that only 22% of Americans over age 50 agree that a COLA of right around 3% for Social Security recipients is enough to keep up with rising prices, while 77% disagree. That sentiment is consistent across political party affiliations, according to the AARP.

AARP CEO Myechia Minter-Jordan said the COLA is "a lifeline of independence and dignity, for tens of millions of older Americans," but even with the annual inflation-gauged boost in income, "older adults still face challenges covering basic expenses."

Social Security Administration Commissioner

Frank Bisignano said in a statement that the annual cost-of-living adjustment "is one way we are working to make sure benefits reflect today's economic realities and continue to provide a foundation of security."

Emerson Sprick, the Bipartisan Policy Center's director of retirement and labor policy, said in a statement that cost-of-living increases "can't solve all the financial challenges households face or all the shortcomings of the program."

**THE AGENCY HAS BEEN IN TURMOIL IN RECENT MONTHS**

The latest COLA

See **BOOST** on Page T12

## 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).

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Person Submitting Form: \_\_\_\_\_

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

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## WORK &amp; PURPOSE

# Oakland County Senior Chore Program shows that it pays to ask for help

Pilot program takes care of outdoor tasks for eligible low-income senior citizens

By Noah Francis  
FOR MEDIANEWS GROUP

For some senior citizens, the manual labor required to properly take care of outdoor chores can be dangerous, leading them to hire companies for tasks like tree removal and lawn care.

But what happens when you can't afford such services? Either you attempt the chore until you run into unfortunate consequences, or you leave the chores alone as they grow and fester.

But now, there's another option for those living in Oakland County.

In July 2024, Oakland Livingston Human Service Agency launched the Oakland County Senior Chore Program to help local, in-need senior citizens. The Oakland County pilot program is funded through the county's American Rescue Plan Act dollars.

The program covers services such as lawn mowing, leaf raking, tree removal, bush trimming, gutter cleaning and snow blowing.

Although each city runs the service independently, the main qualifications to apply are the same for all: must live in a participating community, be at least 62 years old, and earn less than 80% of the gross household income limit. (See the accompanying chart for dollar amounts based on the size of your household.)

As of the last statistics available, the program has served 759 households and 945 people as of August.

There are 19 communities currently participating in the program: Auburn Hills, Bingham Farms, Bloomfield Township, Clawson, Ferndale, Franklin, Hazel Park, Holly, Madison Heights, Oak Park, Orion Township, Pontiac, Rochester Hills, Rose Township, Royal Oak, Royal Oak Township, Southfield, Troy and Waterford.

As a pilot program, it's funded through July 30, 2026. After that, each community must decide whether to continue offering the services. Some community leaders have already indicated that they'd like to keep the program around, according to Marie Verheyen, the program manager at OLHSA.

"I know Clawson especially is hoping to be able to continue the program," she said. "They're looking at what they can do to keep it going since they just had such a positive result. Hazel Park, as well, has had a very positive program."



PHOTO COURTESY OF DON VOLGRIN

One of the many success stories of the Oakland County Senior Chore Program took place in Franklin, where an elderly woman's lawn was cleaned up and transformed. With her permission, 90 cubic yards of debris, inset, was removed, giving the woman some much-needed peace of mind.



Although OLHSA offers a variety of tools and connections to run the program, such as reliable contractors the agency has used in the past, communities can hire other contractors to get the work done, offering local, small business owners the chance to make a name for themselves within their community.

“There was this young man who wanted to start a landscaping business in Royal Oak Township,” Verheyen said. “With this program, we were able to help him start his own company. The seniors all love him because they recognize him from around town. He did their lawn mowing last summer, and he did their snow blowing, so they’re very happy with him.”

One of the program’s many success stories took place in Franklin, where an elderly woman’s lawn was transformed from a junkyard to a regular front yard.

“We took 90 cubic yards of debris out of her yard,” said Don Volgrin, code enforcement officer. “She had accumulated lots of

stuff in her yard. It wasn’t even really a maintenance program; as much as it was, the yard was full and needed to be attended to. She had no means to do that, so we stepped in and did it for her, with her permission.”

The program not only directly benefits senior citizens’ safety when going in and out of their houses, but it also increases the willingness of mail carriers and delivery services to stop by.

“With the bush trimming, (seniors) know that no one is going to try to mug them on the way in and out of their house, because with there being a lot of bushes, someone could be hiding there and ready to grab them,” Verheyen said. “It’s now safer if they have Meals on Wheels delivered, or if the mailman drops the mail off at their house, because sometimes if the bushes are too bad, the mailman won’t deliver their mail.”

*For more information, including specific contacts for each of the participating communities, visit <https://www.olhsa.org/en-us/chore>.*

### What are the Gross Household Income Limits?

Persons Per Household	Extremely Low Income (30%)	Very Low Income (50%)	Low Income (80%)
1	\$21,250	\$35,350	\$56,600
2	\$24,250	\$40,400	\$64,650
3	\$27,300	\$45,450	\$72,750
4	\$30,300	\$50,500	\$80,800
5	\$32,750	\$54,550	\$87,300
6	\$35,150	\$58,600	\$93,750
7	\$37,600	\$62,650	\$100,200
8	\$40,000	\$66,700	\$106,700

To be eligible for the Oakland County Senior Chore Program, one must live in a participating community, be at least 62 years old, and fall into the low-income threshold by earning less than 80% of the gross household income limit. This chart shows those dollar amounts on the far right, dependent on the size of your household. **CHART COURTESY OF OAKLAND COUNTY**



The front yard of an elderly woman in Franklin had become a collection pile for random stuff. The woman had no means to clean it up and was assisted through the Oakland County Senior Chore Program. **PHOTO COURTESY OF DON VOLGRIN**



After 90 cubic yards of debris were removed, the elderly woman who lives here was once again able to look out and see a front yard that resembled her neighbors. **PHOTO COURTESY OF DON VOLGRIN**



## SOCIAL &amp; WELL-BEING

# Seniors @ the Center inspires creativity, friendship and wellness

‘Art has a way of bringing people together and reminding us that creativity doesn’t fade with age. It only deepens.’

By Susan Thwing  
FOR MEDIANEWS GROUP

At the Birmingham Bloomfield Art Center, creativity isn’t confined by age. It’s celebrated through it.

On one Tuesday each month, a group of older adults gathers in a bright studio filled with color, conversation and laughter. Brushes swish, clay spins and inked patterns take shape during Seniors @ the Center, a low-cost, drop-in art workshop designed especially for senior participants. The workshops, held from 10 a.m. to noon, are open to anyone, whether an experienced artist or a curious beginner. The goal is to create something new while connecting with others. For \$10, participants receive all materials and expert instruction. The next workshop is set for Dec. 9, and the energy and purpose are already clear: art as an act of community.

“It’s about the process of making art, not perfection,” said Susan Owens, director of BBAC’s youth programs and ArtAccess, as well as the instructor for Seniors @ the Center. “Much of the work that comes out is really impressive, but what’s even more beautiful is seeing people discover that creative spark in themselves — sometimes for the very

## IF YOU GO

- What: Seniors @ the Center
- When: Tuesday, Dec. 9, 10 a.m. to noon (arrive by 11 a.m.)
- Where: Birmingham Bloomfield Art Center, 1516 S. Cranbrook Road., Birmingham
- Cost: \$10 per person and includes materials
- More info: Call 248-644-0866 or visit [bbac-events.org/bbac-events/seniors-at-the-center](http://bbac-events.org/bbac-events/seniors-at-the-center)

first time.”

Founded in 1957, the BBAC has long been a regional hub for visual arts education and expression, connecting nearly 6,000 individuals each year through classes, workshops, exhibitions and outreach.

Its mission — to connect people of all ages and abilities with visual arts education and creative experiences — is perhaps best embodied in programs like Seniors @ the Center, which fall under the BBAC’s ArtAccess initiatives.

ArtAccess was established to reach those with limited access to traditional art education due to physical, cognitive or geographic barriers. That inclusivity informs the structure of Seniors @ the Center, which is deliberately flexible. Participants can arrive between 10-11 a.m., and



At the Oct. Seniors @ the Center class, attendees carved clay tiles with autumn-inspired designs. The tiles can be used as trivets or decorative art. **PHOTOS COURTESY OF BIRMINGHAM BLOOMFIELD ART CENTER**

the projects are designed to be completed in about 45 minutes, though many stay the entire two hours to linger, chat and add finishing touches.

“The workshops differ from a formal class,” Owens said. “In a class, everyone starts together at the same time and follows a set curriculum. In a workshop like this, participants can drop in and work at their own pace. I introduce the project, provide samples and step-by-step visuals, and then offer one-on-one guidance as needed.”

Each session features a new project — sometimes seasonal, sometimes technique-focused — but always accessible. Past activities have included carved clay tiles with autumn themes, coil pots, watercolor landscapes, acrylic painting on canvas, and even printmaking “with and without a press.”

December’s workshop will bring a holiday twist — block-printed tea towels, created using hand-carved stamps and found objects like potato mashers or wine corks.

“They’ll learn the art and craft of block printing on fabric,” Owens said. “It’s fun, it’s tactile, and it’s something they can easily continue at home.”

Owens notes that Seniors @ the Center began around 2012 as an extension of BBAC’s Sundays @ the Center, a multigenerational drop-in series. The senior-specific version quickly gained traction, particularly among retirees seeking meaningful, social ways to stay engaged.

“For some, it’s simply an affordable, flexible option to

make genuine art,” she said. “They might not be able to commit to a full 10- or 12-week class, but here they can come in for two hours, create something beautiful, and leave feeling fulfilled.”

At \$10 per session, including instruction and materials, the program eliminates barriers that often prevent older adults from exploring new creative outlets. And, Owens adds, art’s benefits go well beyond the visual results.

“We know that making art improves cognitive function, memory and self-



esteem," she said. "It can even help with fine motor skills and hand dexterity. But perhaps most importantly, it builds confidence and connection. People tell us they look forward to seeing their friends here each month."

Over the years, a devoted group of regulars has formed — a community within a community.

Some attendees have professional art backgrounds; others had never picked up a brush until recently. What unites them is the welcoming environment that Owens and her colleagues foster.

The BBAC's studios are filled with natural light and the hum of conversation as participants swap ideas, share techniques, and celebrate each other's work. Owens said that the sense of camaraderie is one of the most rewarding outcomes

of the program.

"It's become a social experience as much as a creative one," she said. "People come to make art, but they stay for the friendships and the feeling of belonging."

That atmosphere reflects the broader BBAC philosophy of "place-making through art." For nearly seven decades, the center has served as a creative home for three generations of artists, students and enthusiasts from more than 100 Michigan cities.

Exhibitions are always free and open to the public, and the Gallery Shop features the work of over 75 local artists year-round.

During December, the annual Holiday Shop transforms the facility into a bustling marketplace of regional creativity — featuring more than 100 artists — and coincides with this

winter's Seniors @ the Center workshop.

While Seniors @ the Center is just one of many ArtAccess initiatives, its impact reaches far beyond its modest classroom walls.

By blending artmaking, affordability, and accessibility, the program exemplifies the role of creative expression in supporting healthy aging. Looking ahead, BBAC plans to continue expanding outreach and developing new audiences. Owens hopes to keep attracting both longtime participants and first-time visitors, reminding everyone that it's never too late to explore art.

"Our goal is simple — to provide a creative outlet at a phenomenal cost," she said. "Art has a way of bringing people together and reminding us that creativity doesn't fade with age. It only deepens."



"We know that making art improves cognitive function, memory and self-esteem," instructor Susan Owens said. "It can even help with fine motor skills and hand dexterity. But perhaps most importantly, it builds confidence and connection. People tell us they look forward to seeing their friends here each month."

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## HEALTH &amp; FITNESS

# Don't let your future control you: Long-term care counseling is here

**By AgeWays**

FORMERLY AREA AGENCY ON  
AGING 1-B

Many of us let our future decide itself, as if we were carefree kids again. Often, we don't know what we want or just don't want to think about aging.

A new person-centered counseling program offered by AgeWays Nonprofit Senior Services aims to provide you with options as you ponder the long-term care services you might need now or even over the next 10, 20 or 30 years for yourself or a loved one.

The new program, called MI Options, is funded by the Michigan Department of Health and Human Services.

Counseling is free of charge to anyone who wants to use it. It is designed for both those who might need long-term care services due to aging and those who might need them due to a disability.

MI Options long-term care counselors meet with people one-on-one to help them understand and compare their long-term care options and available resources, and then work with them to develop an action plan.

Counseling includes follow-up to answer questions and offer additional support to help clients meet their goals.

"Most people don't plan to age;



A new program, called MI Options, offers free counseling to anyone who might need long-term care services due to aging and those who might need them due to a disability. It's funded by the Michigan Department of Health and Human Services. **PHOTO COURTESY OF METRO EDITORIAL SERVICES**

they just let it happen," says Crystal Turbett, aging and disability resource senior manager at AgeWays. "MI Options helps you take back that choice by offering guidance, not pressure, and a plan that fits your life."

## LONG-TERM CARE PLANNING

Whether you're just starting to think about your future care

or already need help, MI Options counseling can help. Some of the long-term care options you might consider include bringing help into the home for personal care, having meals delivered, modifying your home to help with mobility — installing grab bars, handrails and wheelchair ramps — and planning for the day you stop driving.

If you are caring for a loved one,

counselors will help you think about respite care options, such as adult day programs.

## A PERSON-CENTERED APPROACH

This program's trained options counselors offer a holistic, person-centered approach that values a person's strengths, preferences and personal goals. It uses an interactive counseling process to build relationships and establish trust in order to understand a person's unique preferences and needs. MI Options counselors are trained to provide culturally competent counseling.

## HELP'S AVAILABLE WHERE YOU NEED IT

AgeWays has two MI Options counselors trained specifically in person-centered counseling.

It has also partnered with several organizations throughout its six-county region to make sure services are available locally and can also focus on that person's unique needs.

In Macomb and Oakland counties, these partners include the Macomb County Office of Senior Services, the Association of Chinese Americans and the Disability Network of Eastern Michigan.

Counseling appointments take place in the setting chosen by the client. That may be their home, the AgeWays office in Farmington Hills,

at the offices of one of AgeWays' partner organizations, or at a location the client prefers. It is also available by phone or virtually.

## HELP WITH MEDICARE, TOO

The MI Options umbrella includes Medicare assistance and long-term care counseling, sometimes at the same time.

"Somebody who is 50 — a few years away from Medicare — can ask what's available to them now as they move further toward Medicare," Turbett said.

The AgeWays team also includes trained and certified Medicare counselors who can help people understand their Medicare choices. Both of its long-term care options counselors are cross-trained in Medicare counseling.

To access MI Options, call the statewide call center at 800-803-7174 from 8 a.m. to 8 p.m. weekdays, or AgeWays at 248-262-0545 from 8:30 a.m. to 4:30 p.m. weekdays (messages are returned within 24 hours).

*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.*

## BOOST

From Page 7

announcement comes as the Social Security Administration has been navigating almost a year of turmoil, including the termination of thousands of workers as part of the Trump administration's efforts to shrink the size of the federal workforce. Trump administration officials have also made statements they later walked back that raised concerns about the future of the program.

Treasury Secretary Scott Bessent said in July that the Republican administration was committed to protecting Social Security hours after he said in an interview that

a new children's savings program President Donald Trump signed into law "is a back door for privatizing Social Security."

And in September, Bisignano had to walk back comments that the agency is considering raising the retirement age to shore up Social Security. "Raising the retirement age is not under consideration at this time by the Administration," Bisignano said at the time in an e-mailed statement to The Associated Press.

"I think everything's being considered, will be considered," Bisignano said in the statement when asked whether raising the retirement age was a possibility to maintain the old age program's solvency.

## EFFORTS TO BOOST BENEFITS FOR SENIORS

In addition, the Social Security Administration faces a looming bankruptcy date if it is not addressed by Congress.

The June 2025 Social Security and Medicare trustees' report states that Social Security's trust funds, which cover old age and disability recipients, will be unable to pay full benefits beginning in 2034.

Then, Social Security would only be able to pay 81% of benefits.

Social Security benefits were last reformed roughly 40 years ago, when the federal government raised the eligibility age for the program from 65 to 67.

While a permanent solution for

shoring up the benefits program has not been passed into law, both the Trump and Biden administrations have recently signed into law new benefits for retirees, which are expected to boost their finances.

The Trump administration, as part of Republicans' tax and spending bill, gave tax relief to many seniors through a temporary tax deduction for seniors aged 65 and over, which applies to all income, not just Social Security.

However, those who won't be able to claim the deduction include the lowest-income seniors who already don't pay taxes on Social Security, those who choose to claim their benefits before they reach age 65 and those above a defined income threshold.

Additionally, former President Joe Biden in 2024 repealed two federal policies — the Windfall Elimination Provision and the Government Pension Offset — that previously limited Social Security payouts for roughly 2.8 million people, including largely former public workers.

These measures have accelerated the insolvency of the old-age benefits program.

Sprick at the Bipartisan Policy Center said, "There have been longstanding questions about whether benefits are adequate for low-income seniors, which should inspire urgency among policymakers to work toward broader reforms instead of ignoring Social Security's long-term solvency."



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## HEALTH &amp; FITNESS

# STRONG AT ANY AGE

## How seniors can stay fit and prevent injury

By Jessica Tzikas

JTZIKAS@SUNSENTINEL.COM

Falling is a serious concern among seniors. Every year, about 1 in 4 people age 65 or older experience a fall, according to the National Council on Aging.

And worse — once a person falls, the risk of falling again doubles. This can lead to not only physical injuries, but a reduction in confidence, causing many seniors to forgo daily activities in fear of getting hurt.

But it's not all bad news. Being proactive can go a long way toward preventing health problems, experts say.

William Sternberg, a certified senior fitness trainer, said his biggest focus is motivation.

"Older people have more difficulty getting started and staying started," he said. "My job is to try and make it light and fun, to vary the exercise so they don't become boring, and to be tough but also compassionate and understanding."

Sternberg created No Fall Fitness, a program that offers personalized fitness plans for older adults.

He focuses on aerobic exercises, helping clients perform modified squats, step-downs from a raised platform, shoulder pulleys, or any exercise that gets their heart rate up and breaks a sweat. He also works to strengthen leg muscles, specifically the upper leg and quads that help in getting up and down or out of a chair.

"This is just scratching the surface," he said. "The purpose is to help them stay vertical."

As people age, they lose muscle mass at a rate of 3% per year, according to Dr. William A. Leone, an orthopedic surgeon who founded The Leone Center for Orthopedic Care at Holy Cross in Fort Lauderdale. Less dense bones can lead to issues such as osteoporosis, he said, and can also leave us more vulnerable to fractures after a fall.

Broken knees and hips are the most common injuries he sees, but shoulders, wrists, and ribs can also be affected.

And Jews may face a higher risk. The Jewish community, specifically Ashkenazi Jews, is more prone to getting psoriatic arthritis, Leone said.

Symptoms of psoriatic arthritis include fatigue, joint pain and muscle stiffness — all



William Sternberg focuses on exercises like shoulder pulleys and step-ups when working with seniors.

MIKE STOCKER — SOUTH FLORIDA SUN SENTINEL

factors that make people more vulnerable to a fall and injuries.

But this higher risk doesn't mean that Jewish seniors can't lead active lives well into their 80s or 90s.

"We all have things, we just have to accommodate them," Leone said. "Jewish people tend to seek out the best care, do their research and be more informed than many,

and they tend to ask good questions."

To prevent falls, Leone recommends that seniors be aware of their susceptibility to them and think before walking up steps. For example, hold on to a railing, he said.

Also, seniors should look for ways to improve their balance, he said, and suggested performing actions such as standing on one foot while brushing teeth.

He also recommends focus on strengthening the body. "It's not about big muscles, it's about tone and condition," he said. "If you aren't as tight, you are more flexible and less likely to break after a fall."

Sternberg agreed, adding that the best way to not break after a fall is to know how to get up.

"When someone falls, they are so afraid



to get up because they don't know how," he said. "There are a lot of ways to get up. Depending on the individual, and even where they fall, dictates what type of method to use."

Even with regular exercise and an understanding of these methods, Sternberg says the biggest issue older people face is a loss of self-esteem after that initial fall.

"What I find with clients who have fallen, their major issue is confidence — they have none," he said.

Having the right attitude is important. Sternberg recalled a client who initially was adamant about using a walker.

"In my initial assessment, I said, 'I don't think you need this,'" he said. "I gradually worked her out of the walker, and it was really just a matter of confidence."

Leone said he now cares for more people who once

were considered "too old" for treatment.

"More and more older people are having surgery and getting back to their lives much faster — and so much of it is attitude," he said. "Before every operation, I say, 'All I need is your good energy. You have so much to look forward to.'"

Of course, it can also be attributed to advances in the medical profession.

In the past, an 80-year-old who needed a hip replacement may have opted to forgo surgery because of issues with anesthesia, pain medications or recovery time.

Now, according to Leone, doctors can use regional anesthesia that wears off quickly and use augmented narcotics so patients don't need a tube down their throat.

"Routinely now, I don't care if you're 90 years old, you're out of bed starting

to walk after a hip or knee replacement," he said. "They are not in the hospital for a week and they are not in rehabs anymore."

As we age, there are things our bodies will do that we cannot control.

Even with regular exercise and activity, a fall can still occur.

Leone recommends walking, staying social and being out in the environment. And if you do end up needing the help of a walker, he said, take it in stride.

"If you're reaching a point where you are using a cane or a walker, these are just tools that allow us to keep being functional," he said. "We all fight it because we don't want that image of being old. I encourage it if it keeps you in the game."

For additional safety tips for seniors, check out the National Institute on Aging's website at [nia.nih.gov/health](https://www.nia.nih.gov/health).



William Sternberg, a fitness instructor who specializes in working with seniors, is seen here training with Bob Lohman on July 17, 2025.



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# Changes

**By Margherita Wiszowaty of  
St. Clair Shores, MI**

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



# Be Kind Spotlight



Mindy Eisenberg

I would like to nominate Mindy Eisenberg for your **BE KIND SPOTLIGHT**. Mindy, a resident of Franklin, Michigan, has changed the lives of hundreds of people. She started a nonprofit 501C3 over twenty years ago – called Yoga Moves MS. Yoga Move MS is an organization that provides free adaptive yoga to any one who struggles with multiple sclerosis, or Parkinson's Disease!

She raises money every year to pay her teachers who receive a very nominal fee to teach the classes. Several teachers are need in each class to accommodate the students who have additional needs that other yoga students. Mindy has also done the teaching for over twenty years. She also hosts a yearly Holistic Health and Wellness Forum that is free to anyone with MS or Parkinson's Disease. Mindy works with area doctors and MS practitioners to create an annual curriculum to teach others how to life more healthfully with MS. Research from the National Institutes of Health have shown that a regular yoga practice can reduce fatigue and increase quality of life.

Mindy watched her mother who was bed-ridden, suffer with multiple sclerosis for over twenty years. Mindy, a yoga devotee and teacher, became convinced (all too late for her mother), of the benefits of yoga for those suffering with MS, and has dedicated her life to make life better for others.

Yoga Moves MS is now known as Yoga Moves Any Body – because Mindy wants people to know they do not have to be athletic or have any particular disease or ailment to benefit from Yoga.

Mindy is a hero to her students because of her ongoing and unflinching dedication and incredible kindness. She cares deeply about her students wellbeing and has for over twenty years.

**Submitted By Karen Couf Cohen, of Franklin, MI**

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

**NEXT ISSUE WILL BE DECEMBER 11, 2025**

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



## 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.

### November

**Nov. 13:** Night Lighting class sponsored by the Shelby Gardeners Club, from 1-2 p.m. on Nov. 13 at the Shadbush Nature Center. Cost: \$5. Don't be left out in the dark when it comes to night lighting your landscape. This class will explore the many different types of lights available, along with revealing ways to create dramatic effects. By incorporating plant material, hardscapes and low voltage lighting, your landscape can be illuminated from dusk through the evening hours when you can enjoy it the most. This economical way to highlight your landscape not only beautifies your yard, but also provides security and safety as well. For more information, call Ivy Schwartz at 586.873.3782.

**Nov. 13:** Live at the OPC. The Midwest Dueling Pianos, Thursday Nov. 13, 6-7:30 p.m. \$15 Members \$20 Non-Members. Get ready for a night of music, comedy, and high-energy fun! The Midwest Dueling Pianos show is a one-of-a-kind entertainment experience where the audience becomes part of the act. Light appetizers & refreshments provided. Open to the public. Sponsored by

Pomeroy Living. The OPC is located at 650 Letica Drive, Rochester. For more information call (248)656-1403 or visit OPCcenter.org  
**Nov. 13:** Adult Craft Night: Winter Wine Bottle Luminaries at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Nov. 13 at 6 p.m. Crafters of all skill levels are welcome at our monthly Adult Craft Night! Transform a recycled wine bottle into a beautiful winter-themed luminary using paint, ribbon, and fairy lights. Registration is required, so visit htlibrary.org or call (586) 329-1261 to secure your spot now.

**Nov. 14:** Financial Friday at the OPC. Make Your Income Last, Friday, Nov. 14 at 10:30 a.m. \$2. Practical strategies to make your retirement income last. Learn how to balance savings, investments and withdrawals to enjoy a secure and comfortable retirement. Presented by Rochester Wealth Strategies Vice President Xenia Woltmann, AWMA. Open to the public. For information or to register please call 248-659-1029. The OPC is located at 650 Letica Drive, Rochester.

**Nov. 14:** Memory Café at OPC, Friday, Nov. 14, 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.  
**Nov. 15:** Yoga Moves MS will host the Gratitude Gala on Saturday, Nov. 15, 2025, at 6:30 p.m. at The MINT, 27000 Evergreen Road, in Lathrup Village. Yoga Moves MS is a nonprofit celebrating its twenty-first anniversary, providing life-changing and pain-reducing free adaptive yoga for those with MS, Parkinson's Disease, and other neuromuscular disorders. The Gratitude Gala will celebrate the Yoga MS community and its leaders. Tickets include dinner, live music, open bar, a silent auction, entertainment, and a celebration of the honorees. Register at <https://yogamovesanybody.org/fundraisers/> or email [info@yogamovesanybody.org](mailto:info@yogamovesanybody.org). For more information, call 248-417-5985.

**Nov. 17:** Athletico Physical Therapy Visit at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday, Nov. 17, 10 a.m. Free. Phone: 248.589.0334. Have questions about your health or mobility? A licensed physical therapist from Athletico will be on-site to answer questions, share simple exercises, and provide guidance to help

you stay active and safe. Register ahead at: <https://miclawsonweb.myvscloud.com/webtrac/web/>  
**Nov. 17:** Movie at the Library. Sponsored by Clawson Senior Center, 509 Fisher Court, Clawson, Monday, Nov. 17, 1 p.m. Free. Phone: 248.589.0334. Join us for a select movie at the library. This month's flick: Dances with Wolves. Register ahead at: <https://miclawsonweb.myvscloud.com/webtrac/web/>  
**Nov. 17:** Living Well, Learning More at the OPC. Coach of Champions: Detroit Sports Stories You Never Knew, Monday, Nov. 17, 2:30 p.m., \$5, Dining Room. Over 100 years ago, Coach David L. Holmes built the athletic program at Wayne State University, coaching from 1917-1958. With little equipment and even fewer facilities, he welcomed athletes often excluded elsewhere — Black, Jewish, Catholic, and Eastern-European — and guided many to become Olympians, champions, and record holders. Author (and grandson) Keith Wunderlich shares Coach of Champions, celebrating Holmes' legacy of resilience and inspiration. Books available for \$25 cash; signing to follow. The OPC is located at 650 Letica Drive, Rochester. For more information call (248)656-1403 or visit OPCcenter.org  
**Nov. 18:** Live Music & Swing Dancing at the OPC, featuring the Metro Music Makers Big

Band. Tuesday, Nov. 18, 2-2:30 p.m.; Swing Dance Lessons, 2:30-4 p.m.; Big Band Show. Members \$15 Non-Members \$20. Join us for free Swing Dance lessons led by the Diversiform Dance Project Company, and put your new moves to the test as you dance to classic swing tunes performed by the talented Metro Music Makers big Band. Whether you're coming solo or with a partner, everyone is welcome! Open to the public. Sponsored by DFCU. The OPC is located at 650 Letica Drive, Rochester. For more information call (248)656-1403 or visit OPCcenter.org  
**Nov. 18 & 25:** 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, visit [htlibrary.org](http://htlibrary.org) or call 586-329-1261.

**Nov. 18:** Check Mates: Chess Club at the Roseville Public Library, 29777 Gratiot Ave., Roseville, Tuesday, Nov. 18, from 6-7:30 p.m. Once a month, local Chess enthusiasts gather at the library to socialize, trade tips,

and challenge each other to this classic game of strategy. Whether you are a master player or just learning the game, you are welcome to join us. You may bring your own set or use one of ours. Ages 12 to adult are welcome. For more information, call (586) 445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Nov. 18:** Alzheimer's/Dementia Caregivers Group at the OPC, Tuesday, Nov. 18, 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.

**Nov. 18:** Detroit Opera House Tour and lunch. Sponsored by Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, Nov. 18, 10:15 a.m. \$12 tour and bus fee + pay for your own lunch at Buddy's Pizza downtown Detroit. Phone: 248.589.0334. Join us for a 90-minute tour of the historic Detroit Opera House followed by lunch. Register ahead at: <https://miclawsonweb.myvscloud.com/webtrac/web/>

**Nov. 19:** Navigating Grief During the Holidays at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Nov. 19 at 6 p.m. The holiday season can be a challenge for individuals of all ages from all walks of life.

### ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run December 11, 2025.

**Deadline is November 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**

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Feelings of sadness, grief, and loss are often amplified during what outwardly appears as a joyful time. Come learn and discuss how we can support ourselves, our loved ones, and each other as we navigate the complexities of grief during the holiday season. Presented by Matina Fabian, Director of Adult Outpatient Services at Hegira Health, Inc. Registration is encouraged, but not required. For more information, visit [htlibrary.org](https://htlibrary.org) or call 586-329-1261.

**Nov. 19:** Living Well, Learning More at the OPC. Sourdough Bread Class, Wednesday, Nov. 19, 3-5 p.m., \$75. Discover the joy of sourdough just in time for the holidays! Join instructor Alaina Campbell, founder of Sprout Bake, for a hands-on class that breaks down the baking process into four simple steps. Learn how to care for the starter, mix and knead dough. Leave with the confidence to bake for family and friends. Every attendee receives: a personal sourdough starter to take home, written instructions and bonus recipes, a refresher video of the process, access to a private sourdough Facebook group & quarterly tips newsletter, a tasting bar featuring fresh sourdough and herbal teas. Spaces are limited. The OPC is located at 650 Letica Drive, Rochester. For more information call (248) 656-1403 or visit [OPCcenter.org](https://opccenter.org)

**Nov. 19:** Papotage & Cie: Talk-time in French at the Roseville Public Library, 29777 Gratiot Ave., Roseville, Wednesday, Nov. 19, from 6-7 p.m. Papotage & Cie is a program for French conversation practice with a French native speaker (and librarian...) The program is open to any teenager or adult who speaks some French and wants an informal and safe place to practice with others. If you have learned French at school, learned it (forgot it...) and want to practice again, this event is for you. For more information, call (586) 445-5407 or email [rsvlibraryservice@roseville-](mailto:rsvlibraryservice@roseville-mi.gov)

[mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Nov. 19:** Lunch & Learn with Chris Stark at the Clawson Senior Center, 509 Fisher Court, Clawson, Wednesday, Nov. 19, 11:30 a.m. Phone: 248.589.0334. Get your questions answered! Chris Stark will host an informative session covering important topics for older adults, all while you enjoy a complimentary lunch. Bring your curiosity and leave with practical knowledge. Register by Nov. 12. Register ahead at: <https://miclawsonweb.myvscloud.com/webtrac/web/>

**Nov. 20:** Mystery Book Club: "The Honjin Murders" by Seishi Yokomizo at the Roseville Public Library, 29777 Gratiot Ave., Roseville, Thursday, Nov. 20, from 6:30-7:30 p.m. Calling all sleuths! Get together with other mystery readers as we discuss crime novels every third Thursday of the month. This month, we will discuss The Honjin Murders by Seishi Yokomizo. You are welcome to join us even if you have not finished the book. For more information, call (586) 445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Nov. 20:** Trivia Night at Total Sports sponsored by the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Nov. 20 at 6:30 p.m. Come test out your knowledge at HTPL Trivia Night, hosted at Total Sports. Tickets include trivia plus unlimited pizza, salad, and soft drinks. Tickets can be purchased at the library for \$8.00 in advance or purchased at the door on Trivia Night for \$9. Cash or check only. Max team size of 8. Arrive with a team or we'll team you up. For more information, visit [htlibrary.org](https://htlibrary.org) or call 586-329-1261.

**Nov. 20:** Thanksgiving Special Event Lunch at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, Nov. 20, noon. \$6. Phone: 248.589.0334. Join us for one of our most beloved traditions—a festive

Thanksgiving lunch with turkey, sides, and all the trimmings! After lunch, stick around for a lively bingo game sponsored by Oak Street. Space is limited—register by Nov. 12. Register ahead at: <https://miclawsonweb.myvscloud.com/webtrac/web/>

**Nov. 20:** Euchre Tournament at the OPC, Nov. 20 at 5 p.m. Registration Begins 4:30 p.m. Members: \$7 Non-Members: \$10. Pre-registration is appreciated. 8 Games — 8 Rounds. Pay-out prizes to 1st, 2nd, 3rd and 4th place placers. Open to the public. This program is sponsored by Accent Care. The OPC is located at 650 Letica Drive, Rochester. For more information, call (248) 659-1029 or visit [OPCcenter.org](https://opccenter.org).

**Nov. 21:** Join us for Coffee at the DSO, "Billy Joel Songbook" plus lunch after the show at Vivio's on Friday, Nov. 21. Join the DSO and vocalist-pianist Tony DeSare for a symphonic celebration of Billy Joel's most iconic hits. Experience the legendary songs of the Piano Man like never before—brought to life with full orchestral arrangements and favorites including "Only the Good Die Young," "Just the Way You Are," "Piano Man," "New York State of Mind," "You May Be Right," "Movin' Out," "My Life," "Don't Ask Me Why," and more in this unforgettable tribute to one of music's greatest storytellers. Bus departs from John Armstrong Performing Arts back parking lot, 24066 F V Pankow Blvd, Clinton Twp at 9:15 am. Cost \$105. Register online at [www.lc-ps.ce.eleyo.com](http://www.lc-ps.ce.eleyo.com) or by calling L'Anse Creuse Community Education at 586-783-6330.

**Nov. 21:** Grief Support Group at the OPC, Friday, Nov. 21, 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](https://opccenter.org).

**Nov. 21:** Parkinson's Care Partner Group at the OPC, Friday, Nov. 21, 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](https://opccenter.org).

**Nov. 22:** Puzzle Tournament sponsored by the Roseville Public Library, 29777 Gratiot Ave., Roseville, Sunday, Nov. 22, from 1-5 p.m., at Recreation Authority of Roseville & Eastpointe (RARE). Ready to put your puzzle prowess to the ultimate test? Join us for a thrilling puzzle challenge! Whether you're flying solo or part of a team, all puzzle aficionados are welcome. Race against the clock for a chance to win fantastic prizes! Got puzzles gathering dust? Bring them to our puzzle swap and discover new challenges to take home. Think you have what it takes to be crowned the puzzle champion? Find out. RARE is located at 18185 Sycamore Street. For more information, call (586) 445-5407 or email [rsvlibraryservice@roseville-mi.gov](mailto:rsvlibraryservice@roseville-mi.gov)

**Nov. 22:** All-Ages Wicked Movie Matinee at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, Nov. 22 from noon to 3 p.m. Join us for a magical matinee showing of Wicked on Saturday, Nov. 22. In celebration of "Wicked: For Good" hitting theaters, we'll be streaming part one starting at noon and serving up some spellbinding

mocktails and enchanting snacks. This is an all-ages program. Costumes are welcome. No registration required. For more information, visit [htlibrary.org](https://htlibrary.org) or call 586-329-1261.

**Nov. 25:** Tuesday Night Book Group at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Tuesday, Nov. 25 at 6 p.m. Join us as we discuss "Did You Hear About Kitty Karr?" by Crystal Smith Paul. A multigenerational saga that traverses the glamour of old Hollywood and the seductive draw of modern-day showbiz. When Kitty Karr Tate, a White icon of the silver screen, dies and bequeaths her multimillion-dollar estate to the St. John sisters, three young, wealthy Black women, it prompts questions. Lots of questions. Get your copy and join us today. For more information, visit [htlibrary.org](https://htlibrary.org) or call 586-329-1261.

**Nov. 25:** OATS Tech Program: Streaming and Smart TVs at the Clawson Senior Center, 509 Fisher Court, Clawson, Tuesday, Nov. 25, 4 p.m. Free. Phone: 248.589.0334. Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead. Register ahead at: <https://miclawsonweb.myvscloud.com/webtrac/web/>

**Nov. 26:** Turkey Time BINGO Games at the OPC, Wednesday, Nov. 26 at 12:30 p.m. \$10. Join us for Bingo in the Dining Room. Ticket price includes 8-10 games with up to 4 BINGO cards per player and pizza! 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](https://opccenter.org).

## December

**Dec. 1:** Madagold: Live Performance at the Clawson Senior Center, 509 Fisher Court, Clawson, Monday,

Dec. 1, 10:30 a.m. Free. Phone: 248.589.0334. Ease into Dec. with an uplifting morning performance by Madagold at the Senior Center. Enjoy great music, friendly company, and a warm community vibe—perfect for a winter pick-me-up. Register: <https://miclawsonweb.myvscloud.com/webtrac/web/>


**Dec. 4:** Sparkle Spectacular: Harrison Township annual Tree Lighting at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Dec. 4, from 6-8 p.m. Kick off the holiday season with a dazzling evening of magic, music, and lights at our Sparkle Spectacular. Join us as we countdown to the grand lighting of the holiday tree, followed by a glittering celebration full of cheer and wonder. Enjoy festive music, twinkling lights, hot cocoa, sweet treats, and special holiday surprises for the whole family. Whether you're young or young at heart, this is a night to shine bright and make joyful memories. For more information, visit [htlibrary.org](https://htlibrary.org) or call 586-329-1261.

**Dec. 4-6:** Anchors Aweigh for the Holidays with the OPC Performing Arts Troup. Luncheon Show: Dec. 4, noon, \$25. Morning Matinees: Dec. 5 & 9 | 10:00am | \$15. Set sail for a festive adventure with Holiday Cheer on the High Seas! Enjoy music, laughs, and holiday magic on this spirited voyage. The OPC is located at 650 Letica Drive, Rochester. For more information call (248) 656-1403 or visit [OPCcenter.org](https://opccenter.org)

**Dec. 4:** Coffee Hour with Humana Medicare 101 Talk at the Clawson Senior Center, 509 Fisher Court, Clawson, Thursday, Dec. 4, 10 a.m. Free. Phone: 248.589.0334. Grab a cup and meet local Humana representatives to learn about Medicare benefits, coverage options, and plan resources in a no-pressure, friendly setting. Bring your questions. Register: <https://miclawsonweb.myvscloud.com/webtrac/web/>



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