

SAVE THE DATE
Early Bird Senior Expo
at the SOMERSET COLLECTION of Troy
north side, center court
Thursday, April 12th
7AM - 9:45AM

Friday, Feb. 9, 2018
Vol. 2, No. 8

Community Leaders Breakfast to Feature Local Officials

On Friday, February 16, the Sterling Heights Regional Chamber of Commerce will host a Community Leaders Breakfast.

The program will feature local leaders including Richard Stathakis, Shelby Township Supervisor, and Mayor Thom Dionne of Utica. Mark Hackel, Macomb County Executive, will also attend.

Participants will listen to a panel discussion by community leaders and have the opportunity to network. Breakfast will be provided.

The Community Leaders Breakfast will be held at the Mirage Banquet Center in Clinton Township. The event runs from 8:30 a.m. Doors open to the public at 7:30 a.m.

The cost is \$25 for Sterling Heights Regional Chamber of Commerce members who pre-register. For non-members, the cost is \$35. Tickets will also be sold at the door at an increased rate. To register for the event, visit shrcc.com.

—Elena Dumbaugh

State Rep. Yaroch at the Clinton-Macomb Public Library North Branch

Jeff Yaroch, state representative, will be at the North Branch of the Clinton-Macomb Public Library on Monday, February 12, from 7-8 p.m. as a part of his Winter/Spring Listen Tour.

Representative Yaroch wants to hear from the people in Macomb on the issues that matter to them. Residents are invited to bring questions and concerns to the meeting.

This talk is one of many stops on the representative's listening tour. To see the full list of locations, or to schedule an appointment with Representative Yaroch, visit RepYaroch.com, or call his office at 517-373-0820. He can also be reached by email at JeffYaroch@house.mi.gov.

—Elena Dumbaugh

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Shelby-Utica-Macomb GAZETTE

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7th Annual Macomb Spring Home Improvement Show Feb 17-18

THE 7TH ANNUAL MACOMB SPRING HOME IMPROVEMENT SHOW will take place Saturday, February 17 from 10 a.m. to 6 p.m. and Sunday, February 18 from 10 a.m. to 4 p.m. at the Macomb Sports & Expo Center, 14500 East 12 Mile Road (at Hayes) on the campus of Macomb Community College. With free parking and free admission, it's the only home improvement show in February in the metro area and the biggest home improvement show in Macomb County! To learn more about the Macomb Spring Home Show, visit YourHomeShows.com.

Two UCS Career and Technical Education Students Honored

Two Utica Community Schools seniors were honored as Macomb County Career Technical Education students of the year.

Kenneth Rembisz, of Eisenhower High School, and Alexina Saji, of Utica High School, were honored at the 28th annual Career Technical Education awards breakfast February 2.

A student in the district's construction trades program, Rembisz has taken a leadership role in Eisenhower's "Gone Boarding" pro-

gram.

"Kenny managed a project with several students to develop a hydraulic press that helped form longboards and snowboards," according to the award biography. "He managed the design, blue printing, welding and assembly of it with his peers."

Rembisz is currently working on receiving his Eagle Scout rank this year and he is captain of the Varsity Boys Swim team. He plans on becoming a journeyman plumber.

Saji is enrolled in the media careers program, and plans to pursue a career in nursing. She is active in the Future Nurses Club, HOSA Future Health Professionals, National Honors Society and is currently applying for the National Technical Honor Society.

She has consistently enrolled in honors, accelerated and AP classes.

"With her quiet determination, this young lady amazes the Utica High School staff each day with all that she

See UCS, page 2

Saturday, February 17 • 10am-6pm & Sunday, February 18 • 10am-4pm

The Only East Side Home Show
Macomb Spring Home Show
Inside. Outside. Everything For Your Home.
FREE ADMISSION

Macomb Community Expo Center
14500 E. 12 Mile Road, Warren
(Corner of 12 Mile & Hayes) - Building P



Macomb County Legislators Laud Measure Ensuring Effective Use of PFAS Cleanup Funds

The five Republican legislators representing Macomb County residents this week supported a resolution in the Michigan House ensuring effective use of state funds provided to address a contaminant identified in the Clinton River and Lake St. Clair.

In December, the Legislature agreed to allocate \$23.2 million to provide testing, monitoring and technical assistance at more than a dozen sites across Michigan where per- and polyfluoroalkyl substances (PFAS) have been found in groundwater.

State Reps. Diana Farrington, Pamela Hornberger, Peter Lucido, Steve Marino and Jeff Yaroch all supported the budget allocation as well as this week's resolution, which provides a framework to ensure public tax dollars are used in an impactful way.

"We need to act quickly and efficiently to address the contamination in Macomb County," said Marino, of Harrison Township, whose district includes the lake, river and Selfridge Air Base, which is adjacent to two of the contaminated sites. "The resolution we approved today will help form a sensible action plan to guide the efforts of state agencies and the PFAS Action Response Team appointed by Gov. Snyder."

The resolution calls on the PFAS Action Response Team to create a scientific advisory committee made up of experts with various backgrounds.

It's important to ensure the spending decisions made by the PFAS

See PFAS, page 2

Fascinating Peregrine Falcons, February 11

Sunday Feb. 11 at 2 p.m., Wild Birds Unlimited will host an educational event about peregrine falcons.

Michigan DNR rep Holly Vaughn Joswick will discuss the peregrine's biology and behavior and how their numbers were decimated in the post-war years due to DDT and pesticide use. The DNR reintroduced them to

the state in the 1980s and 1990s and now they are thriving. Learn about good places to find them and the future of these beautiful birds. Note: no live birds at this event.

Reservations required, call 586-229-2798. Wild Birds Unlimited is located at 20241 Hall Rd. in Macomb.

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State Reps Pass Resolution to Address Contamination

PFAS, From page 1

Action Response Team are backed by science," said Farrington, of Utica. "The advisory committee will conduct a non-biased scientific risk assessment to determine, among other things, the extent of PFAS contamination in Michigan and who is responsible for its presence."

Hornberger, of Chesterfield Township, said this will also help determine the extent of public exposure.

The Michigan Department of Environmental Quality has identified

14 locations in Michigan so far, but I believe this will go much further," Hornberger said. "PFAS are found in everything from fire foam used by the military to carpets, clothing and upholstery found in all homes."

Additionally, the scientific advisory committee will be asked to conduct an evaluation of the Environmental Protection Agency's current drinking water health advisory level of 70 parts per trillion.

"This is a complex issue that the state of Michigan is likely going to be dealing with for many years to come,"

said Lucido, of Shelby Township. "The information gathered by the scientific advisory committee will give us the tools we need to make sure state resources are spent in an effective and efficient manner."

Yaroch, of Richmond, said information gathered by the scientific advisory committee will help guide Michigan's PFAS response in the future.

"Protecting our fresh water is a top priority, and we need to respond quickly to address the risks of PFAS," Yaroch said.

Macomb Career and Technical Students of the Year

UCS, From page 1

has accomplished in such a short time," her biography reads.

In addition to honoring UCS students, the CTE program also recognized Larry Decker, owner of Decker Auto Parts.

His company has been involved with UCS for more than 50 years.

Decker, who graduated from Henry Ford II, continually works with the high school automotive programs to provide them with the necessary supplies and parts required to keep



KENNETH REMBISZ (center-left), of Eisenhower High School, and Alexina Saji (center-right), of Utica High School, were honored at the 28th annual Career Technical Education awards breakfast February 2. Rembisz says he plans on becoming a journeyman plumber and Saji plans to pursue a career in nursing.



Metroparks Foundation Receives Support from CRAMBA

THIS WEEK, THE METROPARKS FOUNDATION received support for the Shelden Trails Redevelopment project from the Clinton River Area Mountain Bike Association (CRAMBA). "We are very grateful for the generosity of CRAMBA, and for all they do to help maintain our trails," they posted to their Facebook page with the above photo.

Macomb Township Teacher Charged with Child Abuse



Macomb County Sheriff's Detectives spoke with several MISD employees who had witnessed these incidents and brought them to the attention of school officials.

Information was given that Brittany Stevens, 28 from Mt. Clemens, was verbally and physically abusing her students, who are non-verbal, autistic children 8-9 years of age. This abuse was not sexual in nature. The student victims are all in good health at this time and received no serious injuries.

Stevens taught out of the Sequoyah Elementary building but was employed as a teacher in the Autism Program, which operates in several facilities throughout the county. The school district has made notification to all of the victim's parents and has been cooperative with the Sheriff's Office.

On January 2, the Macomb County Sheriff's Office received a complaint that a Macomb Intermediate School District (MISD) teacher was inappropriately disciplining students.

Elementary Students Create Optimism for the Future

West Utica Elementary students are optimistic about the future they are helping to build in their community.

As representatives of Macomb County's first elementary Junior Optimist Club, a group of 30 fifth and sixth graders are active helping their community through regular works of charity.

Their work, according to West Utica staff, provides students an early lesson about community service.

"I think it helps our students become well-rounded individuals," West Utica teacher and club advisor Mackenzie Smoots. "They learn what it feels like to help others – they joy that they get from taking part in community service."

The student club was established in West Utica more than six years ago as part of the partnership with the Shelby Township Optimist Club.

Recently, the Shelby club members talked to students about the importance of service as they inducted 22 new members into the club.

It is a message that was received by the students.

"The club shows us how we can help out the community," president Ashley Mathews, a West Utica sixth grader said. "We learn how important



it is to help everyone - both inside and outside of our school."

In addition to improving their community, taking part in the club also makes them feel better.

"I really like helping people," sixth grader and club vice president Angela Shaina said.

This year, the club has taken part in several charity events, including ringing the bell for the Salvation Army, collecting food for needy families, and sending get well cards to children in the hospital. They also have plans to

play bingo with senior citizens at Pine Ridge Villas of Shelby Senior Living.

While the West Utica Club was the Macomb County's first, several other clubs have since opened based on its success – including one at Eppler Junior High School formed by former members.

Smoots said members of the secondary club have returned to the West Utica roots to talk to the students about the importance of community service.

Macomb County Green Schools 10th Anniversary Celebration

The Macomb County Board of Commissioners is accepting applications for the 2017-18 Macomb County Green Schools Program. First created with the signing of P.A. 146 (2006), the Michigan Green Schools Program is an educational initiative which encourages students in elementary through high school to engage in environmental activities and promote energy efficiency. Applications are due by March 1st, 2018.

For the past several years, Macomb County government and the Macomb Intermediate School District

(MISD) have collaborated to offer all county public and private schools the opportunity to participate in the program. Schools earning at least 10 points from the list of criteria set forth in the law can apply for recognition of their achievements and receive Michigan Green School designation. Applications are reviewed for adherence to criteria, creativity and level of student, staff and community participation. Successful schools are honored at an annual awards celebration.

New this year is a partnership with the Detroit Zoo! They are looking

Ann Arbor Traveling Film Festival at CMPL

You don't have to go to Sundance to view award-winning independent films. On Monday, February 12 CMPL will screen 6 short films from across all genres: experimental, narrative, documentary, animation and hybrids.

The event will begin at 6:30 p.m., and end with a vote for favorite film

of the night.

This event is intended for adults, and will take place at the Clinton-Macomb Public Library Main Branch located at 40900 Romeo Plank Rd, in Clinton Township. Register online at cmpl.org.



Troy School District Preschool Parent Information Night



Tuesday, March 6th - 6:30-7:30 pm

Services Building, 4420 Livernois

Visit Our Open Houses at Our Current Locations

Tuesday, March 13th - 6:30-7:30 pm

Costello Elementary - 1333 Hamman

Hamilton Elementary - 5625 Northfield Pkwy.

Hill Elementary - 4600 Forsyth

Leonard Elementary - 4401 Tallman

Morse Elementary - 475 Cherry

Niles Center - 201 W. Square Lake

Schroeder Elementary - 3541 Jack Dr.

Troy Union Elementary - 1340 E. Square Lake

Wass Elementary - 2340 Willard



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For more information, call 248-823-5100 or visit www.troyceonline.com

**Registration begins online
March 19, 2018 @ 8 am.**

HIGH SCHOOL SPORTS



DAKOTA GIRLS BASKETBALL defeated Clarkston Tuesday in their Breast Cancer Awareness game. Their next game is February 21 against Utica Ford.



DAKOTA WRESTLING won the 2018 District Championship with wins over Chippewa Valley and Utica Ford. They host regionals February 14.



UTICA VARSITY DANCE took 10th place at the Universal Dance Association National Dance Team Competition at Walt Disney World Resort in Orlando.

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EISENHOWER had 12 student-athletes sign National Letters of Intent including quarterback and future Michigan Wolverine Max Wittwer, pictured here with UM coach Jim Harbaugh. Wittwer posted to his Twitter page, "Thank you God for giving me the opportunity to fulfill a childhood dream!"

60-57

EISENHOWER BOYS BASKETBALL FEB 2 vs CHIPPEWA VALLEY (L)

Next Game: TUE, FEB 13 at 7 p.m. at MILFORD

58-35

EISENHOWER GIRLS BASKETBALL JAN 30 vs UTICA FORD (W)

Next Game: WED, FEB 21 at 7 p.m. vs COUSINO



67-63

UTICA BOYS BASKETBALL FEB 2 vs ROMEO (L)

Next Game: FRI, FEB 23 at 7 p.m. at MARYSVILLE

60-40

UTICA GIRLS BASKETBALL JAN 30 vs STERLING HEIGHTS (W)

Next Game: TUE, FEB 20 at 7 p.m. at STONEY CREEK

66-59

DAKOTA BOYS BASKETBALL

FEB 6 vs STERLING HEIGHTS STEVENSON (W)

Next Game: MON, FEB 12 at 7 p.m. vs L'ANSE CREUSE NORTH

51-41

DAKOTA GIRLS BASKETBALL FEB 6 vs CLARKSTON (W)

Next Game: WED, FEB 21 at 7 p.m. vs UTICA FORD

— Sports page curated by Jacob Rogers

Fatal Accident in Shelby, Alcohol May Have Been a Factor

On February 5 at approximately 12:30 a.m. the Shelby Township Police and Fire Departments responded to the area of 21 Mile Rd and Milonas after an officer witnessed a serious injury accident involving a 2012 Toyota Sienna and 2005 Audi.

Emergency personnel attended to the two drivers that were both trapped

in their vehicles. A 23 year old male from Shelby Township and a 40 year old female from Sterling Heights were freed from the vehicles and immediately rushed to Henry Ford Hospital.

Sadly, the male subject was not able to survive his injuries and was pronounced deceased at the hospital. The extent of the female's injury is not known

as this time. The initial investigation has found that alcohol may be a factor in the accident.

Witnesses to the accident or any individuals with information relevant to the accident are asked to contact the Shelby Township Police Department at 586-731-2121.

Committee Approves Bill to Update Armed Robbery Statute

The House Law and Justice Committee has approved legislation to expand the statute of limitations from six to 10 years for someone to be charged

for armed robbery.

State Rep. Diana Farrington explained the bill justifiably places armed robbery on the same level as

other violent crimes, such as kidnapping or manslaughter.

"Armed robbery is a serious offense," Farrington said. "Michigan law should allow more time for misplaced evidence and new testimony to come to light for a crime that can be a lifelong memory, whether they're injured in the crime or not. Anyone willing to commit an armed robbery has little respect for human life, so we shouldn't have a time technicality to get in the way."

During previous committee testimony, Farrington was joined by Derek Miller of the Macomb County Prosecutors' Office and Clinton Township Police Department Capt. Richard Maierle speaking in support of her legislation.

"Six years is plenty of time for an arrest or prosecution of certain non-violent or victimless crimes, but we shouldn't treat armed robbery in the same manner," Farrington said. "We need to give our law enforcement agencies more tools to bring these criminals to justice."

House Bill 5010 advances to the House for its consideration.



STATE REP. DIANA FARRINGTON, of Utica, joined Derek Miller of the Macomb County Prosecutors' Office (left) and Clinton Township Police Department Capt. Richard Maierle in testifying on her bill to expand the state statute of limitations for armed robbery in September 2017.



MACOMB COUNTY SHERIFF'S OFFICE posted the above photo to their Facebook page this week. To celebrate 100 days of school, Corrections Deputy Mayer read to Ms. Kaniuk's first grade class at Immanuel Lutheran Church and School.

Shelby Township Police Cadet Program

The Shelby Township Police Department's Police Cadet Program is a training and evaluation program for people interested in becoming a police officer recruit. These part-time positions pay \$15 an hour. Interested candidates can apply and find more information

about the program at <https://shelbytwp.applicantpro.com/jobs/721327.htm>

The Shelby Township Police Department is located at 52530 Van Dyke Ave.



Utica Native Officer Glenn Doss Dies

THE CITY OF UTICA TOOK to social media this week to honor a local hero. "The City of Utica regrets to inform you of the loss of Detroit Police Officer Glenn Doss who gave his life serving," the post read. "Glenn, a Utica High School graduate class of 2011, was a loved and respected member of our community."

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Want Backyard Fun this Summer? Think Swimming Pool

POOL TIME



by RICK NICHOLSON

For most of the country, swimming pool season is right around the corner. Who hasn't thought of lounging around their own swimming pool on a hot summer day? While a swimming pool can provide entertainment and fun for your family and friends, it's important to understand the scope of what's involved with adding a swimming pool to your backyard design.

So, before you take the plunge to buy a swimming pool, you've got to make sure that you get exactly what you want. After all, this is a once in a lifetime expense, and you need to plan properly.

Since everyone, myself included, runs to the internet (and the Gazette, of course) for information and insight, start there. You will find a million different websites and pictures that might inspire you. To keep information overload to a minimum, I have some tips to keep in mind - whether you need a spot to play with the kids, relax or get some exercise, a swimming pool can be an awesome addition to your backyard.

Hire a Professional and Hire a Professional

You're not seeing double. Building

a swimming pool is no simple task, and while it looks like just a hole in the ground with water in it, there is a lot more involved both in time and money. I recommend talking to at least three different licensed and insured contractors; it's best to shop around. When you get the quotes for your pool project, compare them for similarities and differences. Remember the lowest price isn't always best and don't forget to ask the contractors for references so you can verify the quality of their work.

What Type of Pool Do You Want?

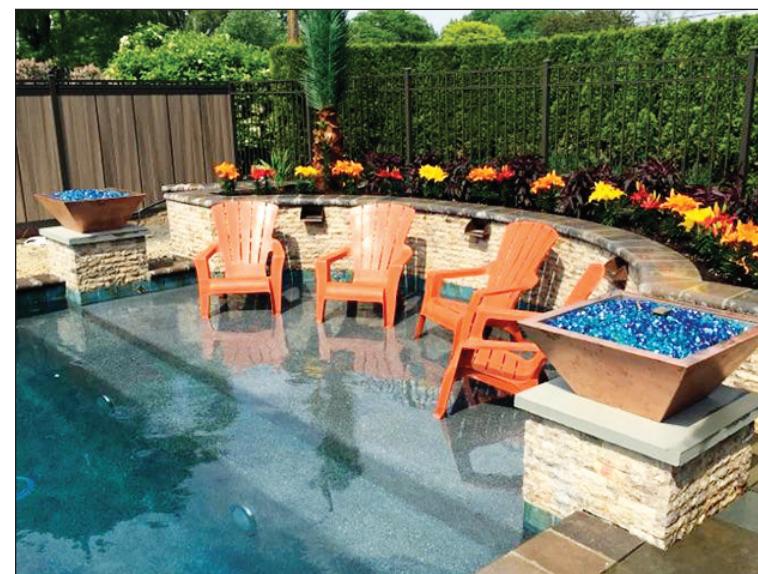
The type of pool you install will be influenced by how you intend to use it. An above-ground pool may be great for kids and offers the convenience of quick installation at a tenth of the price of an inground pool. A custom in-ground pool offers limitless shape and landscaping possibilities and makes a perfect accompaniment to a beautifully landscaped yard.

Shape and Size Matter

When deciding on the shape and size of your pool, consider the reason why you want a swimming pool in the first place. Is it somewhere just to relax in the summer, or are you looking for a pool to swim laps and do flip turns? Your motivations will dictate the shape and size of your swimming pool.

Location Location Location

The location of your pool is important. It's best to pick an area away from the trees and bushes to help avoid things like leaves and debris from dropping into the pool. You should consider the best location for privacy and what part of your yard



sees the most sun.

Bells and Whistles

The basic Gunite swimming pools that I build are ready to swim and come with filter, pump, heater, cleaner, sanitizer and lighting. Care for a

water feature, bubbler or a cascade? How about a bench seat, sun shelf, multi-colored LED lighting, saltwater sanitizing or pool automation? Can I build you a Grotto pool or an over the top negative edge? Your options are

endless and are limited only by imagination and budget. If you can dream it... I can build it. The question is: Are you ready to build some fun in your backyard?

Come see All Around Pools at the 7th Annual Macomb Spring Home Improvement Show Saturday, February 17 and Sunday, February 18 at the Macomb Sports & Expo Center, 14500 East 12 Mile Road (at Hayes) on the campus of Macomb Community College. To learn more about the Macomb Spring Home Show, visit YourHomeShows.com.

Rick Nicholson is a Licensed and insured swimming pool contractor and has been active in the swimming pool industry for over 30 years. Rick and brother Todd are the owners of All Around Pools, a Custom Gunite Pool Company that designs, builds, renovates, services and maintains swimming pools in the Detroit Metro area. All Around Pools has many affordable solutions for all your swimming pool needs. www.allaroundpools.com and rick@allaroundpools.com

It's Moving Season, Call the Professionals at Two Men and a Truck

by CYNTHIA KMETT

As spring moving season approaches, some people begin to think about a new home. They may want more room, or perhaps to downsize. Why, it might be a first apartment and they are taking their bedroom furniture with them to their new home. They might even be moving their business to a new office or retail location.

Whatever your reason for a move, it's wise to get professional help. After almost 27 years in business, Two Men and a Truck Macomb is the perfect family business to trust with everything from helping you pack, or unpack, to taking your treasures to their new location.

"We do as much or as little as you need to make a successful move," explains Marketing Manager Shayna Dwojakowski, the franchisee's granddaughter.

Today there are three generations of the family handling their three locations, but it all started when Connie Howe, a CPA by profession, lost her job when the company closed. She went exploring for a new job and took a close look at franchising. It was there she discovered Two Men and a Truck and purchased the Macomb franchise. Her daughter Lisa Gaber would join her in this new venture.

For many years the company had two offices, one in Fraser and more recently a second in Shelby Township. Connie's son would join the company with his sister and mom, and the siblings decided to expand. Daughter Lisa Gaber and her brother Dave Gaber are the franchisees for the Detroit office.

This knowledgeable family has some advice for those who are planning a move. First, when you know the date of your move call Two Men and a Truck



TWO MEN AND A TRUCK Macomb is a family business that includes, l-r: granddaughter and Marketing Manager Shayna Dwojakowski; her mom, Vice President/Franchisee Lisa Gaber; and her mom and founder Connie Howe.

for an appointment, Dwojakowski advises. They would like about two weeks notice, but should extenuating circumstances come up, they'll certainly fit you in sooner if they can, she adds.

Then, "go through your things and purge or donate. Do it before you pack," Dwojakowski strongly suggests. You'll need boxes and Two Men and a Truck has a full line of boxes and packing supplies, and they'll deliver them to your home. You can return those you find you don't need for credit.

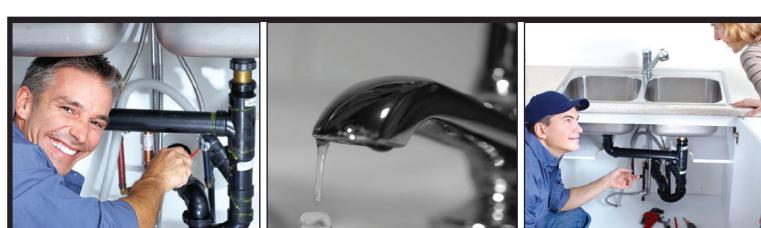
While 95 percent of people do their own packing, corporate moves often come with packing services and Two Men and a Truck also can provide that service. Just a word of warning, if you don't purge, "packing service" means everything is packed up, including the wastebasket you didn't empty.

"Everything is insured or compensated," Dwojakowski points out. "We

will take very good care of your possessions, but should something happen to a piece of furniture, or even something like a scratch in your new floor or a wall, Two Men and a Truck will make it right."

To learn even more about the services of Two Men and a Truck, visit them at the Macomb Spring Home Show, which will be held on Saturday, February 17 from 10 a.m. to 6 p.m. or Sunday, February 18 from 10 a.m. to 4 p.m. The Home Show will be held at Macomb Community Expo Center, Building F, 14500 E. 12 Mile in Warren, at the corner of 12 Mile and Hayes, Admission is free.

For more information or to schedule a moving appointment, call Shayna Dwojakowski, Marketing Manager. To contact the Shelby Twp location, call 586-270-3003, Fraser at 586-415-8115, or Detroit at 313-749-1000.



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Health & Fitness Digest

How HBOT Helps Macular Degeneration

WHERE HEALING BEGINS



by
TAMI PETERSON, PhD,
CHT, CFNC, CNHP
OXFORD RECOVERY
CENTER

Age-related macular degeneration (AMD) is the leading cause of vision loss for those 50 years and older. There are over 200,000 reported cases each year, a number higher than cases of glaucoma and cataracts combined. AMD can be considered "wet" (exudative) or "dry" (atrophic). About 85% of cases are "dry," and the remaining 15% are "wet."

AMD occurs when the macula, the retina's central portion, is damaged. The macula is what is responsible for fine-tuning or focusing our central vision and allows us to see fine details. Typically, the first noticeable symptom is a blur or loss of vision to the central-most vision. Over time, as the disease progresses, the area of lost vision can expand towards the peripheral vision. The affected area can seem blurred or even become a blank spot in one's vision. There are no mainstream treatments outside of vitamin therapy when treating dry AMD. At Oxford Recovery Center, we have seen significant success in reversing symptoms of AMD with the use of Hyperbaric Oxygen Therapy (HBOT). By doing so, we have been able to help patients regain their independence and quality of life.

You may have been hearing about Hyperbaric Oxygen Therapy in the news recently. Numerous recent events have brought hyperbarics into the spotlight, but what is HBOT and why does it work? Hyperbaric Oxygen Therapy is the administration of 100% pure oxygen to the body at an increased atmospheric pressure. Our bodies are unable to absorb 100% oxygen at the surface atmospheric level due to the limited carrying capacity of the blood. However, plasma increases its ability to carry oxygen when under pressure. This function allows the blood to transport a considerably larger amount of oxygen to damaged cells and tissues. HBOT also decreases inflammation and swelling, promotes capillary growth, and increases the body's stem cell production by 800%!

So how does HBOT help reverse symptoms of AMD? Damage to the macula means that there is less blood going to the area, which leads to

reduced nourishment. By promoting capillary growth, there will be an increase in blood flow, which will restore proper nourishment to the damaged cells and tissues near the macula. Also, as HBOT increases stem cell production, new and healthy cells are constantly being made. Stem cells are undifferentiated cells, meaning they can essentially become any type of cell the body needs. Therefore, with numerous healthy cells being created, the stem cells can go throughout the body

where any healing is needed and replace the damaged cells of the macula.

To find out how Oxford Recovery Center can help you, call for a no-charge consultation. Call Dr. Tami Peterson's team today at 248-486-3636 to schedule an appointment at the new state-of-the-art Troy Location located at 165 Kirts Blvd., Suite 500, or visit www.OxfordRecoveryCenter.com. Let your healing begin!

Hyperbaric Oxygen Therapy Restores Vision of Man with Age Related Macular Degeneration

Bud very upset about his Macular Degeneration diagnosis. "I had the hardest time giving up reading. I was an avid reader of Science, and of course, it was hard to give up driving. An F-86 Pilot said to me one day, "What's the matter with your eyes? Why can't you drive?" I told him I had Macular Degeneration. Based on what he told me about the Oxford Recovery Center, and knowing he was an Air Force Officer, I gave them a call."

Oxford's Hyperbaric Oxygen Therapy saturates blood cells with oxygen, increasing stem cell counts by 800%, increasing capillary growth, helping repair damaged eye cells and restoring damaged vision.

"I can now drive. I'm flying to see my grandchildren and will be able to see their faces clearly for the first time, and I also get to read again!" declares Bud.



Dinner with a Doc: "Women and Heart Disease" February 28

Ascension Crittenton Hospital will host a free Dinner with a Doc event titled, "Women and Heart Disease" featuring Sindhu Koshy MD on Wednesday, February 28 from 6-8 p.m. in the Ascension Crittenton Hospital Auditorium.

Wear RED and join to learn about matters of the heart. Good cardiovascular health starts with knowing the facts.

A light strolling dinner will be

provided by Boulevard Health at 6 p.m. A fashion show sponsored by Carson's begins at 6:30 p.m. And don't miss the lecture at 7 p.m. Please RSVP for the free event by February 23 for dinner.

Programs are held at Ascension Crittenton Hospital, 1101 W University Dr in Rochester. Register at crittenton.com/classes or call 248-652-5269.



Hyperbaric Oxygen Therapy

- 100% pure oxygen treatments
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- Repairs damaged tissue
- Reduces inflammation and swelling
- Rapid recovery from injury
- Fights bacteria and fungal infection

Have you or a loved one been diagnosed with Macular Degeneration?

If so, give the Oxford Recovery Center a call for a
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Find out how your loved one can **Recover** by calling **248-486-3636** for a **FREE Consultation**
Visit Our New Troy Facility at 165 Kirts Boulevard, Suite 500 www.oxfordrecoverycenter.com

Ciao Bella Dinner Dance at the Senior Center

Friday, February 16 at 5:30 p.m. come and enjoy a wonderful buffet dinner and dance to the music of Tri-City Plus. Tickets are \$16. The evening will be held at the Shelby Township Senior Center, 51670 Van Dyke Ave.



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Shelby Pediatric Associates Open Second Location in Troy



Shelby Pediatric Associates wanted to expand their successful practice and chose Troy for their second location. Doctors Bhimsen Rao, Neethi Patel and Salvatore Ventimiglia, along with their dedicated team, strive to deliver complete newborn, infant, toddler and adolescent care. They integrate the total needs of the child and partner with parents and caregivers to help their patients thrive.

Routine well visits at Shelby Pediatric Associates are done to address developmental, social and

nutritional needs and identify any problems. Developmental screenings are routinely done to assess the child's development, and early intervention is implemented if the need arises. Vaccines to keep children healthy are strongly encouraged. They take the time to inform and partner with the parents and caregivers on the most appropriate preventative tests and interventions needed.

Urgent or sick visits are also provided at the new office. Shelby Pediatric Associates pride themselves on Same Day Appointments to quickly diagnose and treat children.

The Shelby Pediatric Associates & Child Lung Center at 4967 Crooks Road, suite 250, is a fabulous addition to the City of Troy. We commend Bhimsen Rao, Neethi Patel and Salvatore Ventimiglia and their dedicated team for being committed to health and wellness, and bringing their business to our community. To make an appointment please call 248-633-2025 or visit www.shelbypediatricassociates.com

Things to Know About Milk & Non-Dairy Milk Alternatives

Adults and kids take in about 400 calories per day as beverages, according to the USDA's Choose My Plate program. Beverages can be a key source of nutrients, and when it comes to nutrition, moms want to make informed choices for themselves and their kids.

Some moms choose to serve alternatives to milk rather than real dairy milk, but it's important to know that milk and non-dairy alternatives are not created equal. In fact, these beverages differ in five key areas: nutrition, ingredient list,

added sugars, price and taste.

1. Farm-fresh, real dairy milk is naturally nutrient-rich.

Unlike many non-dairy milk alternatives - farm fresh, real dairy milk is naturally nutrient rich. Milk naturally provides calcium, phosphorus, high-quality protein, potassium and B vitamins. It is also fortified with vitamins A and D, creating a nutrient powerhouse of nine essential nutrients. Non-dairy milk alternatives, on the other hand, vary in their nutritional profiles.

2. Dairy milk is simple.

When you compare the ingredient list of milk to non-dairy alternatives, you may be surprised to find that many alternatives have 10 or more added ingredients, including salt, sugar or thickeners like gums. Dairy milk, a minimally processed and farm-fresh beverage, has just three ingredients: milk, vitamin A and vitamin D.

3. There are no added sugars in regular dairy milk.

When you look at the nutrition label on a gallon of milk, you will find sugar listed. However, that sugar is not added - it's naturally occurring lactose. But people may not realize when a food or beverage has added sugar. Ingredients like cane sugar or cane juice on the ingredients list indicate sugar has been added.

4. Dairy milk can help stretch your grocery budget.

At just about a quarter per serving, milk delivers more nutritional value per penny than just about any other beverage. Compare that to almond milk, at about \$0.45 per 8-ounce serving, and other non-dairy alternatives like rice milk that can cost as much as \$0.79 per serving. That's nearly \$600 per year in savings.

5. Dairy milk has the taste kids - and chefs - love.

Milk is the foundation for many classic recipes and tastes from around the world. From creamy macaroni and cheese to classic alfredo sauce. If you want to swap real dairy milk for another ingredient, remember that each non-dairy milk alternative has a different flavor, which can change the flavor profile or the consistency of your dishes, even for pancakes, oatmeal and smoothies.

To learn more about the differences between milk and non-dairy milk alternatives, visit milklife.com/knowyourmilk.

Shelby-Utica-Macomb GAZETTE CLASSIFIED

February 9, 2018



Shelby-Utica-Macomb GAZETTE

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1/2

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15/15

BLOOD DRIVES

The best gifts can't be bought in a store. The American Red Cross urges eligible donors to give more life by giving blood this December. Alison Wissen knows the power of blood donations. She received 22 units of blood products after experiencing complications during childbirth. "I truly owe my life to blood donors," she said. "Even the skilled hands of my surgeons could not have saved me without the blood."

In December, donations decline but the needs of patients remain steady. During the holiday season, set aside an hour to give the most important gift – give blood and give more life. Make an appointment to give blood by downloading the free Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming Blood Donation Opportunities
2/12: 12:30 p.m. - 6:30 p.m. King of Kings Lutheran Church, 47500 Schoenherr, Shelby Township
2/22: noon - 6 p.m. Walgreens, 21828 23 Mile, Macomb
2/26: 1:30 p.m. - 7:30 p.m. Trinity Lutheran Church, 45160 Van Dyke, Utica
2/26: 7:30 a.m. - 1:30 p.m. Riverside Academy, 24001 F.V. Pankow, Clinton Twp
3/3: 9 a.m. - 3 p.m. Concorde Inn, 44315 Gratiot, Clinton Twp
3/4: 7:45 a.m. - 1:45 p.m. St. Lawrence Catholic Church, 44633 Utica Rd, Utica
3/4: 7:30 a.m. - 1:30 p.m. St. Peter Lutheran Church, 17051 24 Mile, Macomb

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3/3

WINTER HIKE

Burgess-Shadbush Nature Center will host a Winter Hike and Family Cookout on Saturday, February 17 from noon - 3 p.m. Dress warm and bring your hiking poles and binoculars for a brisk nature walk to hopefully see and definitely learn about the animals that don't settle down for a long winter's nap. There will be winter crafts and activities inside the center, for those of us who are not so cold tolerant. Hot dogs, buns, marshmallows, and roasting sticks will be provided for the cookout portion, guests are welcome to bring beverages and any other snacks. \$5 per person - Ages 4+. The Burgess Shadbush Nature Center is located at 4101 River Bends Dr. in Shelby Township.

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1/1

VOLUNTEER

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Hope Not Handcuffs is an initiative started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol. A person struggling with any drug addiction can come to any of the participating police agencies and ask for help. They will be greeted with support, compassion and respect. Hope Not Handcuffs volunteer 'Angels' help with paperwork and provide compassionate support until a treatment option is found. Angel's can choose their own time slot by signing up to be on call for just 2 four hour blocks per month.

To sign up and learn more, visit familiesagainstnarcotics.org/volunteer

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		6						8
5	7		8				4	
		3	9	1		5	6	
3	6	2		4				5
7				9				3
8				3		1	7	6
	3	5	8	2	6			
	7			1		8	9	
4					7			

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ARTS & ENTERTAINMENT

MUSIC

BAHAMAS
TUE, FEB 13 - 8 p.m.
El Club, Detroit

REGINA CARTER
WED, FEB 14 - 7:30 p.m.
Varner Recital Hall, OU

DVSN
THU, FEB 15 - 8 p.m.
Majestic Theatre, Detroit

THE EVAN MERCER TRIO
SAT, FEB 17 - 6 p.m.
Cliff Bells, Detroit

ON STAGE

AMERICAN BALLET
THEATRE: ROMEO & JULIET
SAT, FEB 10 - 7:30 p.m.
SUN, Feb 11 - 2:30 p.m.
Detroit Opera House

TENDERLY
WED, FEB 14 - SUN, MAR 11
Meadow Brook Theatre,
Rochester

'SMALL TOWN MURDER' &
'TIMESUCK' PODCAST LIVE
FRI, FEB 16 - 10 p.m.
Magic Bag, Ferndale

LIBRARY

SCRABBLE FOR ADULTS
SAT, FEB 10 - 2 p.m.
Clinton-Macomb Public
Library, North Branch

WRITERS GROUP
THU, FEB 15 - 6:30 p.m.
Shelby Township Library

ESCAPE FROM HOGWARTS
FRI, FEB 16 - 6 p.m.
Shelby Township Library

KIDS

INTERNATIONAL CANDY
TASTE TEST
WED, FEB 14 - 4 p.m.
Clinton-Macomb Public
Library, North Branch

WEEKLY STORYTIME
WED, FEB 14 - 11:30 p.m.
Utica Public Library



THE 15:17 TO PARIS

Suspense/Thriller, PG-13

THE 15:17 TO PARIS

Three young Americans thwart a terrorist attack on a train bound for Paris and help save the lives of more than 500 passengers on board. Anthony Sadler, Alek Skarlatos and Spencer Stone star as themselves in this story of heroism.

SEEING ALLRED

Documentary, Not Rated

COACH SNOOP: SEASON 1

Docuseries, TV-MA

ROMAN J. ISRAEL, ESQ.

Crime/Drama, PG-13

PETER RABBIT

Action/Comedy, PG

PETER RABBIT

Peter Rabbit's feud with Mr. McGregor (Domhnall Gleeson) escalates as they compete for the affections of the kind animal lover living next door. Starring the voice of James Corden as Peter and Margot Robbie, Elizabeth Debicki and Daisy Ridley as Flopsy, Mopsy and Cottontail.

JET Theatre to Host "Pyramid Adventure" Escape Experience

The JET Theatre in West Bloomfield will be presenting an interactive theatrical experience entitled The Pyramid Adventure on select dates beginning February 12 through March 25. The theatre is working with Enigma D Escapes, LLC to provide a family-friendly entertainment event in the Aaron DeRoy Theatre lobby, which will utilize the elements of theatrical production with live gaming elements of escape rooms.

The **escape room** industry has enjoyed massive growth, and the Detroit area is home to several rooms with the list expanding every year. While the themes of the rooms vary from location to location, they generally have similar objectives: a group of people go into a space—sometimes literally locked in—and they have to solve puzzles and work together to get out within a designated time limit. Escape rooms are popular with corporate team builders, educators, and groups of people that have become aficionados as they go from room to room to face new challenges.

The Pyramid Adventure experience was the brainchild of JET Development Director, Linda Ramsay-Detherage, who has been working on the project for about a year and a half after researching the success of the escape room industry across the country. What she found was a dynamic and highly creative niche that she thought would be a natural fit for professionals in theatre.

"I saw an opportunity to utilize the skills of the Detroit theatrical community to reach a younger demographic we can rarely reach from traditional live theatre alone," said Ramsay-Detherage.

designers, sound techs, and folks who know how to construct and find props—and it really makes the experience complete."

Once Ramsay-Detherage landed on the idea, she began spreading the

new member of the JET team was an experienced designer of escape rooms on the west side of the state, and immediately commissioned Williams to write the puzzles and help construct the ancient Egyptian themed-escape. Add to the mix the musical talents JET summer intern, Jennifer Popovich who composed an original soundtrack, and The Pyramid Adventure was ready to launch.

In addition to The Pyramid Adventure, Ramsay-Detherage and Williams are planning a room for public spaces that combines education with competition.

The **next theme** is under wraps for now, but ultimately the goal is to blend the immersive experience of escape rooms with theatrical productions. "Integrating an escape component as part of a production gives traditional theatre patrons a unique opportunity to fully engage, while inviting new audiences into a performing experience," says Elspeth Williams, "This gives us a chance to connect with a younger generation of potential theatre goers."

Admission to The Pyramid Adventure is \$32 per person, and each game has the capacity for 10 people at a time. Ages 12 and up. Tickets are available by visiting JETPerforms.com or by calling 248-788-2900. If you are interested in booking the Pyramid Adventure for your company or event, visit enigmaEscapes.com.



Additionally, she was disappointed in the production values she found in some of escape rooms around town and thought that the theatre community could raise that bar. "The rooms in our area are simple in their layout and designs, and sometimes lack atmosphere—but bring in scenic

word, meeting with interested colleagues. She raised the money to construct a portable unit that could travel with two people to any location—inside or out. When JET hired their resident Scenic Designer and Technical Director, Elspeth Williams, Ramsay-Detherage discovered that



Dakota High School Theatre Presents: Footloose

DON'T MISS YOUR CHANCE to see Dakota High School's production of the 80's classic Footloose. Performances take place Feb. 9-10 and 15-17, at 7 p.m. Tickets cost \$10-\$15, and are available online at dakotamusical.seatyourself.biz.

Pontiac Creative Art Center Celebrates Black History Month

The Pontiac Creative Arts Center (PCAC) invites the public to celebrate Black History Month on Saturday, February 17, from 5 – 8 p.m. with spoken word, poetry, drumming, singing, dancing, and more. This free event is in conjunction with Tina Randle, a Michigan poet, singer, and songwriter.

Starting at 5 p.m., guests may meet visual artist Steven Paul Jones and view his artwork. Stage performances will take place from 6 p.m. until 8 p.m. African American performers include:

Tina Randle – Poet, singer, songwriter, and producer of Poetry in Motion

Rae Love – Healing hearts and minds through music and poetry, from Pontiac

Ashley Moss – Singer and songwriter from Pontiac, graduate of Florida Memorial University

John Valiant – Lyricist and rhythmic artist from Southfield, performing a West African dance

Mikhaella Norwood – Spoken word artist, actor, motivation speaker and writer, graduate of the U of M

Sean Preston – Faith-based rapper from Pontiac

On exhibit from February 10 until March 3 will be artwork from Steven Paul Jones.

"This collection of oil paintings represents black history in America," said William Dwyer, Executive Director of the PCAC,

"I particularly like his paintings of



Tina Randle, Rae Love



Ashley Moss, John Valiant



Mikhaella Norwood, Sean Preston

the Jones brothers, three world-renowned Pontiac Jazz musicians."

The Pontiac Creative Art Center is located at 47 Williams Street, at Lawrence Street. Admission is free. Parking includes the lot off W. Pike Street, as well as street parking. Sale of the art will benefit the Pontiac Creative Art Center.

Painting With a Purpose to Benefit UAIS

Grab a paintbrush and a wine glass, and help raise funds for kids classrooms and extracurriculars. On Thursday, February 15 at 7 p.m. Painting with a Twist of Shelby Twp will host an event to benefit UAIS.

Participants must be 18 or older. A selection of wine, beer and hard cider will be available for sale, or bring in any

full sized, closed bottle of wine to sip while you paint. Cost is \$40 per seat.

Visit paintingwiththattwist.com/studio/shelby-township to register for this event, review the alcohol policy, or to learn more. Painting With a Twist of Shelby Township is located at 50336 Schoenherr Rd.

Oakland University's School of Music, Theatre, and Dance:

A School for Scandal

REVIEW

"School" Offers Lesson on Human Nature

Reviewed by Suzanne Angeo and Greg Angeo

You may be surprised to learn that things haven't changed much since 1777. That's the year "A School for Scandal", Richard Brinsley Sheridan's jaunty tale of sexual intrigue, first appeared onstage at London's Drury Theatre, much to the amusement of sophisticated audiences of the day.

The classic comedy of manners in five acts is now being presented by Oakland University's School of Music, Theatre and Dance at the on-campus Varner Studio Theatre. This frothy delight, filled with surprises and biting humor, shows how gossip can be elevated to high art. This is especially relevant to modern audiences, what with "fake news" and innuendo traveling at lightning speed via Social Media and the 24/7 news cycle.

The cast and crew consist of both students and faculty members. This is an ambitious project even for professionals, but it's hard to remember that you're watching a student production, the performances and staging are that good. There's an originality and freshness in David Gram's direction, and a lively spark of wicked humor that energizes the whole show from beginning to end. And it's presented in theatre-in-the-round, so there aren't many bad seats in the house.

Occasional jolts of contemporary music, rather than seeming out of place,

are skillfully inserted to provide emotional continuity between the Eighteenth and Twenty-first centuries. But there is period music as well. Certain young gentlemen of leisure sing a bawdy song about a mermaid with drunken glee.

Standout performances include: Mannon McIntosh as the youthful Lady Teazle and Michael Lison as her much older husband, Sir Peter Teazle; Mark Ujkstivani and Alex Benoit as brothers Joseph and Charles Surface; and Kristy Castellese as their wealthy aunt, Dame Olivia Surface. Andrew Barikmo delivers a hilariously funny turn as the always-hyperventilating Mrs Candor, and who can forget Lady Sneerwell, played by Lucy Price?

Costumes by Leslie Littell are truly beautiful, and some of them, a touch mysterious. What is that binary code pattern on some of the characters' outfits – secret messages? Lighting, sound, stagecraft – all are worthy of a very good regional theatre company.

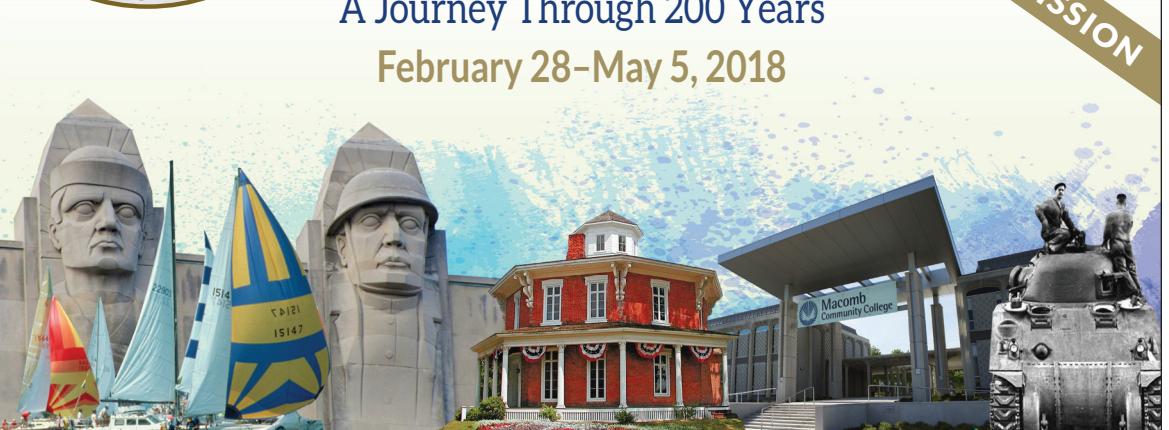
The dialogue needs better enunciation (maybe less of the English accents?) to better enjoy what's being said. Perhaps more nuanced character development and sharper scene transitions would improve an already excellent show.

A School for Scandal runs now through Sunday, February 11. Tickets range from \$8 to \$15. For tickets and more information, visit oakland.edu/mtd or call 248-370-2030.

FREE ADMISSION

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As we celebrate the bicentennial of Macomb—Michigan's third county—we will look back on major accomplishments, significant milestones, key people and interesting facts that have made Macomb County what it is today.

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Three Keys to a Successful Regional Transit Plan

PERSPECTIVES



Op-Ed by
NATHAN INKS

Detroit is eighth in the nation in terms of the percentage of households without a vehicle, with more than 25% of households car-free as of 2012; additionally, roughly 60% of Detroiters work outside of the city, while suburbanites account for about 75% of the employees in the city. These statistics highlight the need for a functional and efficient regional mass transit system, but Metro Detroit's is among the worst in the country.

One of the major problems with Metro Detroit's public transit system is that it really is not one system; instead, it is a hodgepodge of networks that do not fit well together. The region's bus system lacks adequate routes to enable inter-county commuters to use it to get from their residences to their places of work, and years of subpar reliability has left many with the thought that the bus is not an adequate means of getting them where they need to be on time.

The People Mover is a cost-inefficient rail system that sees ridership amounts nowhere close to what it was designed for, and it is extremely limited in terms of number of useful stops.

Even the city's latest public transportation addition, the QLine streetcar, was not designed in a way to set it up for success. Although the QLine has the benefit of having connections to the People Mover, Amtrack, and regional bus systems, it runs a mere three miles in a city of roughly 150 square miles and only runs along Woodward Avenue. Because of its restricted route, there is no connection to the city's largest bus terminal, the Greyhound bus station. The idea of having a streetcar garnered a lot of attention because it was unique, but truthfully

the city would have been better served with improvements to the bus system. After all, the QLine cannot do anything a bus cannot do, and the QLine cannot swerve.

An effective public transit system is a huge economic value to a metropolitan area, and Metro Detroit has the opportunity to create a truly great regional transit system. The Regional Transit Authority (RTA) proposed a millage in 2016 that was narrowly defeated, in large part because proponents of the plan failed to convey the benefits the proposal would have brought to residents further from Detroit—especially to voters in northern Oakland and Macomb counties.

Truthfully, there were portions of Oakland and Macomb counties that would have received no benefit from the 2016 proposal, and if the RTA drafts a new proposal in 2018 or 2020, it should seriously consider restricting the area covered by the proposal to exclude the outskirts of Oakland and Macomb Counties. After all, why should taxpayers who will receive no benefit from an expanded regional transit system be expected to pay for it?

Fortunately, the leaders in the region appear to see the potential value in an efficient and expanded regional transit system. Reliability of busses run by the Detroit Department of Transportation has greatly increased under Mayor Mike Duggan, and the county executives from Wayne, Oakland, Washtenaw, and Macomb counties have all shown interest in placing another RTA millage on the November 2018 ballot.

A successful plan will need to focus on three things: (1) connecting the disjointed transit networks into one integrated regional transit system, (2) improving reliability, and (3) limiting the tax burden to those who will benefit from the improved system. Creating an effective regional transit system is going to cost money, but if done properly, a revitalized transit system would be an enormous economic benefit to the Metro Detroit area.

Lucido: Taking Property from Innocent People Violates Due Process Rights

State regulations allowing law enforcement officers to seize personal property without a criminal conviction violate the civil liberties of Michigan citizens, state Rep. Peter Lucido said.

Lucido, of Shelby Township, testified before the House Judiciary Committee in support of his legislation requiring a criminal conviction before law enforcement officers can seize property using the civil asset forfeiture process.

"In the American criminal justice system, all citizens are presumed innocent until proven guilty. In the civil asset forfeiture arena, that's not the case," Lucido said. "I had the opportunity of practicing in the criminal justice system for 30 years before becoming a legislator. During that time, I met a number of innocent people who had personal property taken from

them by law enforcement officers who abused their power. That needs to end now."

Under the current law, Lucido said law enforcement officers are allowed to use their own subjective standard to take personal property from people simply because they suspect a crime has been committed.

"We need to hold law enforcement to the same high standards used in criminal cases," Lucido said. "This legislation protects the civil liberties of all Michigan citizens by requiring a conviction to be in place before the civil asset forfeiture process is initiated."

Lucido's legislation, House Bill 4158, remains under consideration by the House Judiciary Committee.

Questions and Answers about Assisted Living

SENIOR LIVING ADVISOR



by
LAURA SMIGIELSKI, LPC,
LNHA, EXECUTIVE
DIRECTOR FOR BICKFORD
ASSISTED LIVING AND
MEMORY CARE

Q: Is it costlier to move into Assisted Living rather than just staying home with home care services?"

A: For most families, cost is a key consideration when thinking about moving a loved one into Assisted Living. You may be surprised to learn that many older adults spend more money living alone and paying separately for mortgage or rent, utilities, groceries, home care and transportation than they would by living at Assisted Living. This worksheet will help you compare your current living expenses with that of living at an Assisted Living provider.

Laura Smigelski is a licensed professional counselor (LPC) and a licensed nursing home administrator (LNHA). She is currently the Executive Director for Bickford Assisted Living and Memory Care in Shelby Township.

Please feel free to send Laura any questions you may have to laura.smigelski@enrichinghappiness.com or call her at 586-685-5800.

MONTHLY EXPENSES	PRESENT EXPENSES
Mortgage, Rent or Assisted Living Fees	\$
Utilities (Electricity, Gas, Water, Trash)	\$
Property Tax	\$
Home Insurance	\$
Home Owner Association Dues	\$
Yard Care & Landscape Maintenance	\$
Snow Removal	\$
Pest Control	\$
Weekly Housekeeping	\$
Maintenance & Home Repairs	\$
HVAC/Appliance Replacement	\$
Laundry Services	\$
Transportation (Insurance, Gas, Repairs)	\$
Groceries (Meals, Snacks, Beverages)	\$
Home Security System	\$
24-Hour Emergency Call Services	\$
Exercise Program	\$
Health Check-ups/In-Home Care	\$
Activities & Entertainment	\$
WiFi Hotspot	\$
TOTAL	\$

Thinking About Moving A Loved One into Assisted Living?

DPOAS...WHEN AND HOW TO ACTIVATE THEM DINE & LEARN

Listen and learn about what to do when home is no longer safe and Assisted Living or Memory Care is needed, from Elder Law Attorney, Ms. Audra Woods while enjoying a wonderful complimentary dinner at Andiamo's!

DATE & TIME: Thursday, February 22nd at 5:30pm
Presentation from 6pm - 7pm

LOCATION: Andiamo's
14425 Lakeside Circle, Sterling Heights

Call Laura Smigelski, Executive Director at Bickford of Shelby Township at 586-685-5800 to register. Seating is limited.



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