

February 2018

NEIGHBORS

of Oak Pointe

An exclusive magazine serving the
finer communities of the
greater Brighton area



Making Smiles in Livingston County | see p.4

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Inside!

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Feedback/Ideas/Submissions:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 15th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: LBarrett@BestVersionMedia.com.

HOA Submission Information

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events & more to the residents. We create customized homeowners association sections at no cost to the HOA or the residents.

Important Phone Numbers:

Township/Government

Genoa Charter Township	810-227-5225
Garbage Collection (GFL)	866-679-DUMP
Livingston County Animal Control	517-546-2154
Yard Waste & Recycling	888-877-4996

Schools

Brighton Area Schools	810-299-4000
Brighton High School	810-299-4100
Scranton Middle	810-299-3700
Maltby Intermediate	810-299-3600
Hornung Elementary	810-299-4450
Howell School District	517-548-6200

Police

Brighton City Police	810-227-2700
Michigan State Police (Brighton)	810-227-1051
Green Oak Township Police	810-231-9626
Livingston County	517-546-2440

Other

Brighton District Library	810-229-6571
DTE	800-477-4747
Consumers Energy	800-477-5050
Oak Pointe Country Club	810-229-4554

Content Submission Deadlines

Content Due:



Edition Date:

January 15	February
February 15	March
March 15	April
April 15	May
May 15	June
June 15	July
July 15	August
August 15	September
September 15	October
October 15	November
November 15	December
December 15	January 2019

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Dear Residents,

I hope this issue finds you well! It's been some winter, hasn't it? I know we're all eager for sunshine and warmer days. Just a little longer!

By now, you hopefully have had the chance to read our January issue and get a feel for who we are and what we want to bring to your mailboxes each month. I am excited to be part of the team for *Neighbors of Oak Pointe* and look forward to connecting with you.

With February being Heart Month, we wish to share a bit of heart-healthy information with you. Please take note of the cardiovascular health articles from University of Michigan Health System on p.10. Also, because inflammation from oral bacteria is related to many cardiovascular conditions, including stroke, we are pleased to share information about VINA Community Dental Center in our cover story on p.4.

We want to know what you, the residents, would like to see included in our publication. What is of the most interest to you? Learning about local events and activities? Getting to know your neighbors? Discovering out-of-town places to visit? Finding clubs to join? Becoming aware of local non-profit organizations and how you can help?

This magazine is for YOU, and we'd love your feedback and input. Please feel free to share your ideas with me at LBarrett@BestVersionMedia.com. My inbox is always open!

What are you looking forward to in 2018? Some of my goals for the year include publishing my second children's book and my first novel, obtaining my Zumba Toning license so I can add this specialty to my Zumba schedule, studying for (and successfully passing) the Athletics and Fitness Association of America (AFAA) group fitness certification examination and putting in at least 12 hours of volunteer time each month at the Humane Society of Huron Valley, where I do everything from cat comforting to laundry.

Additionally, I look forward to working alongside the *Neighbors of Oak Pointe* publication team to bring interesting features and timely information to you. Send me your family recipes, youth classified ads (i.e. snow shoveling in the neighborhood), general classified ads (i.e. Are you selling your play set?) and nominations for families you would like to see featured in an upcoming issue.

Happy February!



Leslie Barrett
Content Coordinator

Neighbors of Oak Pointe serves the following neighborhoods:

Baetcke Lake	Mystic Hills	Rolling Meadows
Boulder Creek	Mystic Lakes	Stonegate
Boulder Pointe	Mystic Pines	Timber Green
Copper Leaf	NorthShore	Timber Ridge
Mt. Brighton	Oak Pointe	Walnut Hills
Mystic Creek	Pine Creek Ridge	White Pines
		Worden Lake Woods

VINA COMMUNITY DENTAL CENTER: MAKING SMILES IN LIVINGSTON COUNTY

By Leslie Barrett

Photographs submitted by VINA



VINA:

Vision. Integrity. Need. Action.

This acronym speaks volumes about VINA Community Dental Center and how they make a difference for Livingston County residents who lack dental insurance. Serving nearly 2,200 low-income individuals and processing over 200 appointments per month, VINA strives to help put smiles into our community.

Founded in 2008 and celebrating their 10 year anniversary, VINA is a 501(c)3 nonprofit clinic that fills an important void in the dental health of patients who would otherwise be unable to seek care. For many who have suffered for months or years with tooth pain or infection, VINA is their sole means of finding relief.

A main focus of the center is to be considered a “dental home” for patients: to maintain what they have and break the cycle of pain. Many people without dental insurance end up dealing with toothache to toothache and cannot afford preventive care. Having a place to consider their dental home, they can stabilize and become free of that cycle.

One patient shared, “Prior to being seen at VINA, I rarely smiled and never laughed without covering my mouth with my hand. I was so embarrassed. After great support from the clinic, my self-confidence and well-being is so improved. I am grinning all the time! Not only did VINA bring my smile back, they probably saved my life!”

Every year, dozens of dentists, hygienists and dental

assistants volunteer their time and energy to the clinic. Additionally, there are numerous dental specialists who also assist with services such as root canals and extractions.

The center also has a partnership with University of Michigan School of Dentistry, allowing dental and hygienist students to work in conjunction with VINA staff and volunteers.

Dr. Gwynne Attarian, who has a private practice in Brighton and works one day/week at VINA, states, “This gives students real life experience and the opportunity to give back.”

VINA provides the following services to eligible residents:

- Oral exams
- Oral cancer screenings
- Cleanings
- X-rays
- Fillings
- Fluoride treatments
- Oral surgery
- Biopsies
- Extractions, including impactions
- Oral hygiene and general health education
- Periodontal treatment
- Limited root canals



VINA has a limited number of openings for patient eligibility. Applications are accepted by appointment only. To be eligible, patients must meet the following requirements:

- **Must live in Livingston County for at least 6 months**
- **Must be at least 18 years old**
- **Must have no dental insurance or Medicaid that covers dental care**
- **Must meet income requirements**

Richard and Valerie C., patients at VINA, state, "This clinic helps us to get treatment that we truly can't afford. If it were not for this program, we would not receive any dental care. Thank you!"

Barbara Colley serves as the Executive Director and works

alongside the Board of Directors, which is comprised of dentists, lawyers, accountants and other local professionals, including Chelsea Holladay, RPH, Brian Petersburg, DDS, Jean Petersburg, DDS, Ron Paler, DDS, Carl Mueller, DDS, Jeannie McMillan, CPA,

Briar Siljander, Esq, Barb Terry, Sam Daniels, DDS and Scott Ward of Ward Dental Laboratory. Staff dentists include Gwynne Attarian, DDS and Chelsea Pinozek, DDS.

The center relies on sponsorships, grants and donations to operate. According to Linda Grischy, Director of Development, "The patients whose dental needs are served are eternally grateful to those who contribute their time and/or money to the improvement and maintenance of their dental health, not to mention their overall dignity."

VINA has three main fundraisers each year: fall Tailgate, spring Cruise and summer Golf Outing. On March 10, 2018, the VINA Dental Hawaiian Charity Cruise will be held at Waldenwoods



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www.ttrbrighton.com

Resort in Hartland. An anticipated crowd of 150-250 guests will enjoy a prominent comedian, hula dancing, silent auction, buffet dinner and other entertainment while raising funds for a great cause.

When you visit your local dentist office, you may see a “Small Change” jar at the front desk with information about VINA. The Small Change program involves 30-40 dental offices in the area, who ask for their patients to consider donating \$1 to the jar each time they have an appointment. The money is donated to VINA to help offset operating expenses.

The primary wish list item at VINA right now is for a Curing Light, which costs approximately \$1,200. Dental curing lights set fillings in a matter of seconds and are an essential piece of equipment at dental practices.

Volunteers are always needed to keep the center running efficiently. There are volunteer opportunities available in direct care, patient intake, scheduling, filing, data entry, verifying eligibility and assisting with special events.

Barb Terry, Board Secretary and Liaison, states, “It is a joy to

volunteer at VINA. Not only are we helping people, but in a warm, welcoming atmosphere.”

VINA Community Dental Center is located at 400 E. Grand River in Brighton, on the campus of First United Methodist Church of Brighton. For more information on eligibility or volunteering, contact (810) 844-0240, email Office@VinaDental.org, visit the website at www.VinaDental.org, or follow their Facebook page at www.facebook.com/vinadental. 📍



**Come join the fun on the S.S. VINA
Hawaiian Charity Cruise!
Saturday, March 10, 2018
6-10pm
Port of Call: Waldenwoods Resort, Hartland
Tickets on sale at www.datekeeper.org
or at VINA Community Dental Center**



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4640 MCDONALD Court	\$380,000.00	4	2/1	2,778
6601 MOUNTVIEW Court	\$400,000.00	4	3/1	2,372
5290 RIVER RIDGE Drive	\$719,000.00	4	4/2	4,184
3628 WOODRIDGE Drive	\$740,000.00	4	4/2	3,985
PENDING				
4777 Roundtree Drive	\$475,000.00	4	3/1	2,554
4198 DORAL Court	\$499,500.00	4	3/1	3,201
3628 WOODRIDGE Drive	\$759,000.00	4	4/1	3,985
5495 ARBOR BAY Court	\$975,000.00	4	5/2	4,061
ACTIVE				
5318 EDGEWOOD SHORES Drive	\$459,900.00	4	2/1	2,800
4741 OAK TREE COURT	\$480,000.00	4	3/1	2,542
5335 EDGEWOOD SHORES Drive	\$499,900.00	6	3/1	3,500
5351 EDGEWOOD SHORES Drive	\$499,900.00	4	2/1	3,000
3651 LAKEWOOD SHORES Drive	\$500,000.00	4	3/1	2,674
5499 Arbor Bay Drive	\$545,000.00	4	3/1	3,794
47 Orchid Ridge	\$549,900.00	4	3/1	3,606
5485 Hidden Pines Drive	\$580,000.00	4	3/1	3,197
5261 Hidden Pines Drive	\$589,000.00	5	4/2	2,599
4211 SAINT ANDREWS Street	\$599,000.00	4	4/3	4,045
3606 WOODRIDGE Drive	\$625,000.00	5	3/3	4,148
6000 PINEMONT Drive	\$625,000.00	4	4/1	3,600
6072 PINEMONT Drive	\$749,900.00	4	3/2	3,581
3817 TIMBER GREEN Court	\$750,000.00	4	3/1	2,726
3790 TIMBER GREEN Court	\$750,000.00	4	3/1	2,726
5293 HIDDEN PINES Drive	\$1,150,000.00	5	3/3	4,047

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Thursday, February 15

FIFTH ANNUAL LIVINGSTON COUNTY GOES RED FOR WOMEN

@Crystal Gardens

Health reporter Liz Lazarus will lead a panel discussion with St. Joseph Mercy Hospital physicians and providers. Highlights include a live cooking demonstration of farm-to-table foods, health and wellness vendors, networking opportunities, photo booth and prize drawings and giveaways. A delicious, heart-healthy lunch is included. Wear red! Pre-registration is required.

Time: 11:30am-1:30pm

Cost: \$30

www.brightoncoc.org

Friday, February 16-Sunday, February 18

THE GREAT BACKYARD BIRD COUNT

@Wild Birds Unlimited Nature Shop

Spend at least 15 minutes this weekend counting the number and species of birds in your own backyard or along a nature trail. Register online at BirdCount.org, download the free eBird app, or stop in at Wild Birds Unlimited Nature Shop at 9610 Village Place Blvd., next door to TJ Maxx. Launched in 1998 by the Cornell Lab of Ornithology and National Audubon Society, the Great Backyard Bird Count was the first online citizen-science project to collect data on wild birds and to display results in near real-time.

Cost: Free

www.brighton.wbu.com

Friday, February 23-Saturday, February 24

OWL NIGHTS

@Howell Nature Center

Did you know that Great Horned Owls are the first birds to nest in Michigan? February marks the peak of their mating season. This time of year is when these mysterious birds make themselves known to each other by calling for mates and defining their territory. By late February/early March, mating pairs will be incubating a clutch of 1-4 eggs. This program begins with a live show featuring owls from the Wild Wonders Wildlife Park, followed by a walk into the woods to call to Great Horned and Screech Owls and listen for their replies. The evening finishes with hot chocolate and cookies for all. For ages 5+.

Time: 7-9pm

Cost: \$8/adult; \$7/children under 17

www.howellnaturecenter.org

Saturday, February 17

CHOW TIME JR.

@Kensington Farm Center

Have you ever wanted to help feed the farm animals? Now is your chance! Join the Farm Center staff to feed the pigs, goats, cows and more, all while learning what different animals eat and why. Ages 6-8 with adult.

Time: 9am

Cost: \$5

www.metroparks.com

Wednesday, February 21

VILLAGE TRAVELERS

@Green Oak Township Historical Society

Join in and travel through the fun-filled trips Village Traveler (a custom tour company) has planned for 2018. Lois Gibbons will answer any questions you have in regards to traveling with a group, and offer tips for success. Registration required.

Time: 12:30-2pm

Cost: Free seminar for seniors

www.selcra.com

Saturday, March 3

JAMES AND THE GIANT PEACH SCAVENGER HUNT

@Howell Carnegie District Library

Community Theatre Group of Howell is presenting this event in the Youth Services Department. Meet a few characters from their upcoming show and complete a scavenger hunt for a chance to win a prize, including tickets to the show.

Time: 10:30am-12:30pm

Cost: Free

www.howelllibrary.org

Saturday, March 3

SEL CRA 29TH ANNUAL DADDY DAUGHTER DANCE

@Brighton High School

Make special memories from a great night out! Ticket price includes light refreshments, dancing and balloon drop, along with goody bags for daughters.

Time: 5:30-8:30pm

Cost: \$12/person, \$15 at the door

www.selcra.com

Saturday, March 3

SALUTE TO THE STARS

@Crystal Gardens

Join Livingston County Catholic Charities for their 14th Annual Salute to the Stars with the Celebrity Dance Competition. This exciting

evening includes strolling food stations, cash bar, 50/50 raffle, honoree presentation, dance competitions and goodwill offering with an open dance floor following the competition.

Time: 6:30-11pm

Cost: \$60/person

www.livingstoncatholiccharities.org

Friday, March 9

FILM SCREENING: UNREST

@First United Methodist Church of Brighton

Film screening and discussion with refreshments. Twenty-eight-year-old Jennifer Brea is working on her PhD at Harvard and months away from marrying the love of her life when she gets a mysterious fever that leaves her bedridden and looking for answers. Disbelieved by doctors yet determined to live, she turns the camera on herself and discovers a hidden world of millions confined to their homes and bedrooms by Myalgic Encephalopathy, commonly known as Chronic Fatigue Syndrome. This film is on the shortlist of Documentaries to be nominated for an OSCAR®. Documentary branch members will now select the final five nominees, which will be revealed January 23. The 90th Academy Award ceremony will take place on March 4.

Time: 7pm

Cost: Free

www.brightonfumc.org

Saturday, March 10

FAMILY FUN DAY: CELEBRATE READING

@Parker Middle School

Sponsored by the Livingston Early Literacy Collaborative, this fun event for ages 0-5 and their families includes an interactive stage show featuring The Merry Music Maker who will have your little ones singing, dancing and laughing. Also enjoy hands-on activities, free books and a chance to meet your favorite storybook characters Elephant & Piggie and Pete the Cat.

Time: 11am-12:30pm

Cost: Free

www.howelllibrary.org

Saturday, March 10

S.S. VINA HAWAIIAN CHARITY CRUISE

@Waldenwoods Resort

All aboard! Support the VINA Community Dental Clinic while also enjoying a really fun night with stand-up comedian Sheila Kay. Your "cruise" will include a buffet dinner, silent auction, live entertainment and hula dancing. Tickets are available at the site below.

Time: 6-10pm

Cost: \$100

www.datekeeper.org

GET OUT OF TOWN

Wednesday, February 14

FINS & FLIGHTS-VALENTINE'S DAY ADULT NIGHT AT THE AQUARIUM

@SEA LIFE Michigan Aquarium

Dive into a romantic evening under the sea with your sweetheart. You'll enjoy wine and beer tastings and hors d'oeuvres as you stroll through the aquarium and gaze at thousands of sea creatures. Plus, champagne and chocolate-covered strawberries to top off the night!

Time: 7-10pm

Cost: \$35/person

www.visitsealife.com/michigan

Sunday, February 18

ENGINEERING DAY 2018

@Impression 5 Science Center-Lansing

Michigan State University College of Engineering and Impression 5 Science Center present Engineering Day: A Day Engineered for Fun! Participate in a bunch of themed activities at this kid-friendly event.

Time: 12-4pm

Cost: Included with museum admission

www.impression5.org

Saturday, February 24

THE ARK 31ST ANNUAL STORYTELLING FESTIVAL

@The Ark-Ann Arbor

A Michigan storytelling showcase! Featuring Brighton's own Jeff Doyle, Barbara Schutzgruber, Patti Smith, Jane Fink and Steve Daut, MC.

Time: 7:30-10:30pm

Cost: \$27/reserved seating, \$20/general admission

www.theark.org

Sunday, March 11

MICHIGAN OPERA THEATRE PRESENTS 27

@Macomb Center for the Performing Arts

Travel back in time to the inspired gatherings at 27 rue de Fleurus in Paris, where American expatriates Gertrude Stein and Alice B. Toklas hosted luminaries of art and literature such as Pablo Picasso, F. Scott Fitzgerald, Henri Matisse and Ernest Hemingway. The opera explores themes of love, loss, change and art set throughout two world wars.

Time: 2:30pm

Cost: \$57

www.macombcenter.com

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CIVITAN INTERNATIONAL, NORTH CENTRAL DISTRICT

Who: Civitans are everyday citizens who come together in communities around the world to socialize, learn and serve their neighbors through community service projects. For more information, contact Gerry Falkner at GerryFalkner@att.net or call 517-546-8547 or 810-923-4295.

www.NorthCentralCivitan.org

KIWANIS CLUB OF BRIGHTON

Who: Volunteers changing the world through service to children and communities

Where: Homewood Suites

When: First and third Thursday of each month at 7:15am

www.brightonkiwanis.com

MOPS/MOMS

Who: Meet for breakfast, crafts, guest

speakers and time to connect with other moms in the same stage of life as you.

Where: Brighton First United Methodist Church, Community Room

When: Second Tuesday of each month from 9-11:25am

www.brightonfumc.org/mops

Attention Community Organizations! If you would like your ongoing meeting information shared, please submit your club/organization name, short description, and meeting time and location to LBarrett@BestVersionMedia.com. Also, please inform us of any upcoming special events you are having.

Reminder: It's that time of year, when Girl Scout Cookies are available at booths throughout the area. To find your nearest booth, download the Girl Scout Cookie Finder app for iOS or Android mobile devices or enter your zip code online at www.GirlScouts.org for locations and dates. Booths will run from February 16th through March 19th.

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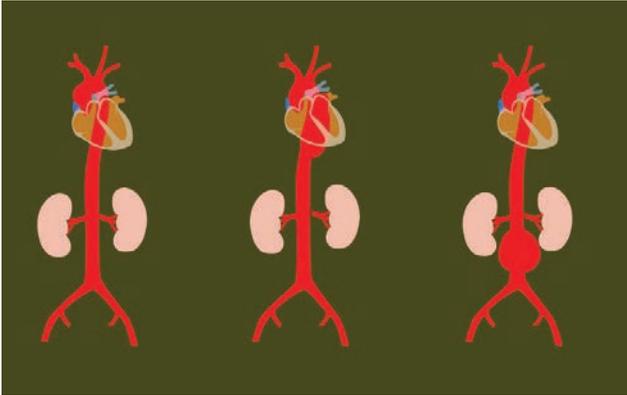
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Enlarged Aorta Risks and Symptoms: What to Know

Also known as an aortic aneurysm, this condition can be deadly if left undiagnosed. Learn more about who is at risk for enlarged aorta.



Reprinted with permission from University of Michigan Health System

By Jane Racey Gleeson

Each year in the United States, aortic aneurysms contribute to nearly 20,000 deaths. But with awareness, monitoring and proper care, aortic aneurysm treatment can be relatively simple - often with a minimally invasive procedure if surgery becomes necessary.

To raise awareness of aortic aneurysms, also known as an enlarged aorta, Michigan Medicine vascular surgeon Jonathan Eliason, M.D., outlines the symptoms and risk factors.

What are enlarged aorta symptoms, and how is it diagnosed?

An individual with an enlarged aorta typically experiences no symptoms until the aneurysm ruptures. In most cases, this means an aortic aneurysm wouldn't be discovered unless some type of screening was performed that allowed aortic measurements. Aortic aneurysm screenings are recommended for certain individuals, depending on their age, gender, family history and other risk factors.

Screening is typically done via an ultrasound scan, a painless test that uses sound waves to create images of organs and structures inside the body. If an aneurysm is detected, its size can also be measured by ultrasound.

What are enlarged aorta risk factors?

Because the condition can be hereditary, screening is recommended for men or women over age 65 who have a person in their immediate family with an abdominal aortic aneurysm (AAA). Men over 65 who have smoked more than 100 cigarettes in their lifetime should also be screened. According to the U.S. Preventive Services Task Force, this group stands to benefit the most from early detection and surgical treatment due to a higher prevalence of larger AAAs compared

to other patient groups. Routine screening is not recommended for women, who are at lower risk for AAAs.

Individuals with connective tissue disorders, such as Marfan or Loeys-Dietz syndromes, are more likely to experience an aortic aneurysm at a younger age and should be closely monitored.

The vast majority of patients with an AAA do not have a family history and instead have other risk factors. Smoking is by far the strongest risk factor for aortic aneurysm, even a remote history of smoking cigarettes or breathing secondhand smoke. Uncontrolled high blood pressure is also a risk factor, though far less than cigarette smoking. Hardening of the carotid or coronary arteries contributes as well. We often order testing in these areas if a patient has an AAA.

How much can an aorta stretch before it could burst?

The average aorta is approximately 2 cm, or slightly smaller than one inch. An aneurysm means that the diameter is 1.5 times larger than normal, or 3 cm, in the abdominal aorta.

The rupture rate really increases at 5.5 cm in men and 5 cm in women. That doesn't mean an aneurysm can't rupture at a smaller diameter or at a larger diameter, but these

tend to be the sizes where surgery is actively considered. If a person has a connective tissue disorder, aneurysm repair may be considered at a smaller size.

What happens if an aneurysm ruptures? Is there any warning?

During an abdominal aortic aneurysm rupture, an individual typically experiences severe abdominal or back pain. Sudden death can also occur. In some cases, patients might experience symptoms without a rupture. These patients may get a warning of abdominal pain or escalating back pain. If the aneurysm is in the chest only, the individual may experience chest or upper back pain.

Is an individual with an aortic aneurysm more likely to experience another aneurysm?

Yes. One study reported that just over a quarter of individuals with an abdominal aortic aneurysm had a simultaneous thoracic aortic aneurysm. This suggests that thoracic aortic aneurysm screening is appropriate for patients with abdominal aortic aneurysms.

Is there anything else individuals should know about risks associated with an enlarged aorta?

Yes, anyone diagnosed with an abdominal aortic aneurysm is more likely to have atherosclerosis (hardening or blockages) in other arteries. This may put them at an increased risk for other cardiovascular conditions such as heart attack or stroke. Screening for these conditions may be indicated.

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Are You at Risk for Peripheral Artery Disease?

Left untreated, PAD can pose serious dangers such as heart attack and stroke. Get a leg up on the symptoms and your risk factors.

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By Matthew Corriere, MD

Marked by decreased blood flow in the legs due to narrowing - or even complete blockage - of arteries, peripheral artery disease (PAD) affects more than 8 million people in the United States.

Such blockage is caused by a buildup of plaque and fatty deposits, which puts patients (even asymptomatic ones) at a heightened risk for heart attack and stroke.

Fortunately, the hazards can be reduced with medication and exercise therapy.

And a better understanding of PAD, which also can affect arteries of the abdomen or pelvis, helps patients ask the right questions, make informed choices and get more actively engaged in their own health and wellness.

Here are some key things to know:

Your lifestyle and health history matter.

Over time, various factors cause the vein walls to become rigid and narrow. According to the American Heart Association, risk factors that contribute to PAD include:

- Diabetes
- Personal or family history of PAD, cardiovascular disease or stroke
- Cigarette smoking
- High blood cholesterol
- Chronic high blood pressure
- Obesity
- Physical inactivity
- Age over 65 (or age over 50, plus any of the risk factors listed above)

There are three levels of PAD.

1. Asymptomatic: Patients who have no symptoms related to PAD, but have abnormal test results that indicate an increased risk for heart attack and stroke. These patients are typically on risk-reduction therapy (e.g., medication).

2. Claudication: Patients who experience cramping or pain while walking or exercising. These patients are treated with medication and supervised exercise therapy. Additional procedures may also be considered later if these treatments are not effective. Supervised exercise therapy, available by prescription from a health care provider, was recently approved for Medicare coverage.

3. Critical limb ischemia: Patients who have chronic pain, foot ulcers or nonhealing foot wounds and who are at risk of amputation.

Look for the warning signs. Understanding the signs and symptoms can help identify patients who should be tested for PAD. Early diagnosis allows timely treatment and can help avoid complications like infection or even amputation.

Common symptoms include:

- A change in the skin color of your legs or feet
- A wound on the foot that does not heal



- Loss of hair on feet or legs
- Crampy leg pain during walking that goes away with rest
- Pain in your legs or feet that wakes you up at night
- Absent or decreased pulses in the legs or feet

If you're experiencing any of these above, see a doctor.

You can get tested (and treated). PAD is diagnosed with a noninvasive test - an ankle brachial pressure index, which measures the difference between the systolic blood pressure in your arms and ankles - that can help determine whether symptoms are a result of PAD or another condition.

If you're diagnosed with PAD, continue to see your health care provider regularly and ask what treatment is best for you. Many patients are successfully treated with a supervised exercise program or medication; severe cases may require a surgical procedure.

Also, be sure to consider the following:

- Check your legs and feet regularly for wounds, sores or change in skin color
- Wear properly fitted shoes and avoid walking barefoot
- If you smoke, ask about resources to help you stop
- Improve your diet with foods low in fat and cholesterol
- Manage high blood pressure, cholesterol, weight and diabetes
- Take your medications as prescribed

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When is the Best Time to Place My Home on the Market?

By DON VON, REALTOR®
RE/MAX PLATINUM, Brighton

There are many misconceptions about when to place your home on the real estate market. But there is one simple answer: The best time to list your home always is **NOW**.

Be prepared.

Imagine there is a neighbor who is having her annual family celebration and invites over three generations of 35 family members to your highly-desired neighborhood. We then have a home full of first-time home buyers, second-time buyers looking to upgrade and empty nesters looking for that final special home.

Then grandma gives all the parents \$10,000 as a gift to use however they see fit. Unfortunately, your spouse and you have been waiting for spring to sell your home because you wanted the flowers

to bloom. So, three of these visitors who would love to live next door to their favorite brother-in-law, but had no idea you were thinking of selling and bought in an adjacent neighborhood.

Homes sell anytime, even in winter.

Some sellers assume that winter and the holiday season are not the best time to sell.

However, your house never looks so cozy and smells so wonderful as when decorated for the holidays. Potential buyers are less likely to be “kicking the tires” during the winter season. They are generally more serious to be out and about during the holidays and winter months.

They probably have sold their current home, been transferred in or realized that their family is about to become too big for their current home. So you will have fewer showings, but more serious buyers. Keep in mind that most serious homebuyers are on a limited timeline based on these criteria.

Keep it clean.

If you worry that potential buyers may track snow and ice into your home, then your real estate professional will attempt to alleviate this concern by placing shoe covers at the door and having the appointment desk request shoe removal at the time the appointment is made.

Seek the advice of a buyer’s agent.

There is a bit of logic in calling your real estate professional upon the first thought of selling. They may hold some valuable advice on simple upgrades which may result in a quicker sale or a few extra dollars in your pocket. It may be to your advantage to approve the listing documents on your initial visit with the REALTOR® so they can start to let the public know about the new opportunity to own your home. Either way, you are on the path to a successful sale.

Today’s market in Livingston County has left real estate agents with a shortage of inventory. So placing your home on the market NOW makes even more sense than ever. And may put more dollars (and cents) in your bank account. Call a buyer’s real estate agent today!

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Staying Connected with Neighborhood Clubs

By Christina Novak, Editorial Manager
Best Version Media



My mom's friends used to gather once a week for art club, rotating around to each other's homes. Each friend would bring an art project they were working on, varying from painting to rubber stamping and greeting cards to jewelry-making. Everyone would lug in their art supplies and set up their stations around the kitchen table. Then they'd talk and laugh all night long. Art was their excuse to get together, and friendship grew out of their shared interests.

Maybe you've been thinking of starting up a neighborhood group to get to know your neighbors better. Check around and see if there are any existing groups in your neighborhood. If not, how about starting up your own? All you need is one other neighbor with an interest similar to yours. Set a date and time and invite others to join you.

The possibilities are endless: bridge, poker or mahjong game nights, golf outings, dinner parties, book clubs, Bible studies, family movie nights, playgroups, travelling clubs, walking buddies, knitting niches, you name it!

If you are the member or leader of a new or existing neighborhood club, submit information about your group to this magazine at www.BestVersionMedia.com or email LBarrett@BestVersionMedia.com. We'd love to hear about it!



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Seeking Your Family Recipes!

Do you have family-friendly recipes with easy-to-find ingredients? Do you have recipes that have been passed down through your family and are now traditions? If so, please submit them to LBarrett@BestVersionMedia.com for inclusion in a future issue.

This month's first recipe is courtesy of Cassie Johnston for Anytime Fitness; reprinted with permission.

Healthier Buffalo Chicken Dip

Serves 12 people

Ingredients:

- 1 pound chicken breast
- 4 ounces Neufchâtel cheese (often sold as "1/3 Less Fat Cream Cheese")
- 1/2 cup crumbled blue cheese
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup buffalo wing sauce (add more for a spicier dip)
- 1 cup plain Greek yogurt
- 1/2 cup shredded sharp cheddar cheese
- Celery sticks, for serving



Directions:

1. Place the chicken breast, cream cheese, blue cheese, dill, garlic powder, onion powder, salt, pepper and buffalo wing sauce in the basin of a slow cooker. Cook on high for 1-2 hours, or until the cream cheese is melted and the chicken is cooked through.
2. Reduce the slow cooker to as low as it will go (the "warm" setting is best, if your slow cooker has one).
3. Shred the chicken using forks. Add in the Greek yogurt and cheddar cheese, stirring until the cheese is melted.
4. Serve with celery sticks for dipping.

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Noreen Owens
PHOTOGRAPHY, LLC

Our next recipe was submitted by DON VON, a REALTOR® with RE/MAX PLATINUM, who graduated top of his class at Schoolcraft College as a chef.

Fresh Baked Pizza Rolls

Ready in 30 minutes • Serves 12 people

Ingredients

3 loaves of frozen bread dough

2 packages shredded mozzarella cheese

3 packaged of sliced pepperoni

Jar of hot pepper rings

12 slices of provolone cheese

Half of a finely diced white onion

Tips

You may want to put a base of pizza sauce down on the dough. Adding mushrooms, spinach and/or marinated artichoke hearts can sneak a few veggies into your kids' diet. You could experiment with goat cheese or Romano. Involve your children in the assembly of the pizza rollups.

Preparation

1. Put bread dough in the fridge the day before. Take it out of the fridge about three hours before cooking. Let it rise!
2. Cut the bread loaves in half and place on a thin layer of flour on countertop.
3. Spread out the dough by hand in a rectangular formation using ample flour to prevent sticking to countertop.
4. Sprinkle mozzarella over bread dough. Cover completely edge-to-edge and press into dough.
5. Spread ½ package of pepperoni slices evenly over entire surface.
6. Put a smidgen of diced onion on down center. Add 4-5 pepper rings and two tablespoons of pepper juice. Cover with 2 provolone slices.
7. Working toward center, fold up dough lengthwise from both sides. Pinch together, leaving the seam down the center.
8. Sprinkle cornmeal on a 2 baking sheets. Bake in oven 325 F for 30 minutes or until golden brown and bubbling hot.
9. Take out of oven, place on cooling racks for 15 minutes. Cut in half and serve!



Don Von's son, Cash, age 6, likes to help out by putting on the pepperoni and eating the final product.



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Is Myopolis™ changing the Face of Social Media?

In the wake of frustration that many people have with social media, Myopolis™ could be changing the face of social media. A well-publicized study released last April (Harvard Business Review April 10, 2017) concluded that depression may be linked to social media usage. According to a recent article from CNBC, Facebook admitted usage could be bad for you. The harm stems from reading posts versus interacting with others, which can positively impact your mood.

Anyone who used social media during the last election can attest to the tiring intensity of the political posts. It becomes very uncomfortable when you face the choice of either "unfriending" your relatives and co-workers or building frustration by reading their divisive opinions.

Myopolis™ cracked that code by adding filters to each topic. This allows you to keep your family and co-workers while dumping their politics (or cat videos for that matter). There are twenty-some filters, including topics such as sports, news, fashion real estate, and so forth. Additionally, Myopolis™ gives local influencers a powerful platform by ranking the top leaders in each of the categories. The category leaders can increase their influence beyond their own towns and into the state and national levels.

The map view allows users to see Pings (posts) from their own Private Citizens (friends) and the people who they have Citizenships with (people they follow). If you've ever wanted to be known as the leader in sports, fashion, real estate or news, now's your chance.

Myopolis™ is a unique and useful social media platform that restores the peace and creates an environment where you're in control of what you see and read.



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