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

Making Smiles in Livingston County | see p.4

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Best Version Media

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

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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, 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.
## Listings courtesy of The Don Von Team, RE/MAX PLATINUM

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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.brightonfmc.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 to 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 leaning 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 travelling 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
SELCRA 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 good will 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.brightonfmc.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


**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’œuvres 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

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**COMMUNITY ORGANIZATIONS**

**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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**GET OUT OF TOWN/COMMUNITY ORGANIZATIONS**
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.

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.
Are You at Risk for Peripheral Artery Disease?

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
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!
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!
**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.

**Healthy 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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*Deposits required that is applied to total.
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.
5. Spread 1/2 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!

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