

The Reminder



January 2021

Senior Men's Club, Birmingham, Michigan

Have a Happy and Safe New Year!

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2020 PROGRAM CHAIRMAN AWARD

Malcolm Hendy has been selected as the recipient of the First Annual Monthly Program Chairman Award established by the Executive Board. The data for 2020 was reviewed by the Speaker Award Committee. An objective evaluation of meeting attendee surveys and comments which measured speaker quality was used for measurement. Official attendance records were then combined with these quality measurements and a consensus of the Speaker Award Committee granted Malcolm the award. In conjunction with this article, Malcolm will also be recognized as the winner by President Maynard Timm at the January 8, 2021 meeting. Congratulations, Malcolm!

Paul A. Kovceses

PRESIDENT'S REMARKS - A RETURN TO NORMALCY

The primary purpose of the Senior Men's Club of Birmingham "shall be to provide mutual diversion, fellowship and service to its members." Even in the midst of the COVID-19 Pandemic, through the exemplary leadership of Jerry Stribbell, the Club has continued to fulfill its mission. Moreover, we have found new and exciting ways to demonstrate our core values of fellowship, shared activities and community service.



As President, I intend to display both fulsome communication and transparency, essential tenets of effective leadership. Listening to others leads to better decision making and consensus. To that end, please contact me with any thoughts or suggestions to elevate our Club to an even higher level than we have already achieved.

What are my goals for 2021? A return to normalcy! I hope and pray that members are vaccinated safely so that we may begin to return to SMC life before March 2020. That appears unlikely until late spring, at the earliest. Once that occurs, my fervent desire is to remain at TCH. SMC and TCH have been inextricably intertwined for 64 years. Going forward, we should endeavor to strengthen and enhance that relationship.

Until then, while we will continue to meet only via Zoom, let us strive to achieve our values. Thanks to Zoom Master, President's Award Winner and incoming Corresponding Secretary John Maten, we will keep in touch virtually through Zoom for both weekly Friday meetings and the panoply of SMC Committees and Groups which cater to a wide variety of interests. Please join us from the comfort of your home (no dress code requirement). Our in person contacts will continue to be limited to bowling, golf, spinning and walking. Please consider joining one of these healthy endeavors to see your fellow members face-to-face and experience true camaraderie and fellowship.

Finally, under the leadership of Tim McGee, we formed the SMC Foundation, a 501c3 charitable and educational nonprofit dedicated to support the initiatives enhancing the well-being of senior men in Southeast Michigan. Tim and the SMCF Board will be developing enriching opportunities for each of us to share our time, talents and treasure with others. I am very excited about this and encourage everyone to participate.

Maynard L. Timm

maynardtimm@aol.com 248.303.5490

JANUARY PROGRAMS

CHAIR: PAUL KOVCESES

- 8 **Jay Farner**, CEO Rocket Companies
Topic: "For More Than Profit"
- 15 **Pastor Kent Clark**, CEO Grace Centers of Hope
Topic: "Building Communities by Rebuilding Lives"
- 22 **Cheryl Bush**, Manager of Aviation and Transportation for Oakland County
Topic: "Welcome to Oakland County International Airport, Oakland County's Best Kept Secret"
- 29 Speaker: **Steve Brady**, PGA Head Golf Professional, Oakland Hills Country Club
Topic: "Restoring the South Course, the Monster is Back!"

Fellowship • Shared Activities • Community Service

GAMES REPORT

"It was the best of times, it was the worst of times" was Charles Dickens speaking of the year 1789 or 2020? This past year had its best and worst moments for the SMC Games events.

Bowling at Escape and golf practice at the Oakland Dome were in full swing along with Duplicate Bridge at TCH on Fridays and the Walking Crew of *Men On The Go* were in full stride at Somerset...but then the guillotine came down on us disguised as COVID-19! No more walking...no more bidding...no more strikes or spares...and no more slices, shanks or hooks! Laughter had been replaced by despair, anxiety and angst!



But fear not as we rose above the bedlam and returned to walking, golf and bowling for a short respite until again we closed the doors. But we were not to be left without as we learned to adapt and wait out the torrid pace of this epidemic. Walking has gone virtual with morning Zoom meetings; bowling waits for relief to once again aim for the mythical 600 series; Bridge has started on-line awaiting an opportunity to sit at the tables; and golf is back at a new venue in January!



Starting Thursday, January 7 at 9:00 am SMC golfers can once again tune their swings at Evolution Sportsplex (141 S Opdyke Rd, Auburn Hills, MI) for two hours. The cost is \$18.00 for unlimited supply of golf balls to hit and we will find a spot for lunch afterwards to share our aches and pains! Come join us!

Wishing all of you a Merry Christmas and a prayer for a better year in 2021!

Tim McGee



REMINDER FOR MEMBERS WHO HAVEN'T PAID THEIR 2021 DUES

Your \$50 2021 Club dues are payable by December 31. After December 31, dues increase to \$60. There are two options to pay:

YOU CAN PAY BY CHECK.

If you utilize this payment option, please complete the form below, printing your name where indicated. Mail the form and your check made payable to SMC to: Senior Men's Club/Dues, P.O. Box 1149, Birmingham, MI, 48012.

YOU CAN PAY BY CREDIT CARD.

You now can pay on-line using a credit card by going to the Senior Men's Club website and following the prompts. The Club, for 2021, will absorb any transaction fees.

LIFE MEMBERS PAY NO DUES

Life members are not required to pay dues, but you may want to help defray Club expenses. To make a voluntary contribution for the financial support of our club, mail your check payable to SMC, together with the form below, to the PO Box above.

SMC 2021 DUES COUPON - \$50.00 (with late fee \$60.00)

2021 dues are payable by December 31, 2020. A \$10.00 late fee *must* be added for dues paid *after* December 31, 2020.

Make checks payable to SMC and pay by mail.

Contact info has changed

Please use this coupon
and mail to:

PLEASE PRINT

Name _____

Senior Men's Club/Dues

Street _____

P.O. Box 1149

City, State, Zip: _____

Birmingham, MI 48012

Phone: (____) _____ Email: _____

Life Members pay no dues, but may use the coupon to make a voluntary contribution for financial support of our club.

Groups



Reading Groups

As the new year begins, the reading groups will discuss two books, one fiction and the other non-fiction, that help us better understand and appreciate important milestones in American history. As always, both groups will welcome those of you who have never participated in these lively and stimulating sessions. Also included is a sneak preview of the books to be discussed in February.

Thanks to Roger Timm who continues to be Zoom master for the reading groups.

Wednesday, January 6 at 10:30 AM: *Tried by War: Abraham Lincoln as Commander in Chief* by James McPherson. New York: Penguin Books, 2009.

This is the story of how Lincoln, with almost no previous military experience before entering the White House, assumed the powers associated with the role of commander in chief, and through his strategic insight and will to fight changed the course of the war and saved the Union.

In the *New York Times Book Review*, Jean Edward Smith wrote: "Few historians write as well as McPherson, and none evoke the sound of battle with greater clarity. McPherson draws on almost fifty years of research to present a cogent and concise narrative of how Lincoln, working against enormous odds, saved the United States of America."

Roger Timm will lead this discussion.

Monday, January 18 at 3:00 PM: *The Last Days of Night* by Graham Moore: New York, Random House, 2016.

Told through the eyes of Paul Kravath, a 26-year-old lawyer, this work of historical fiction tells the story of the legal battle between George Westinghouse and Thomas Edison. At stake were the future of electrification in the United States and enormous profits.

The Washington Post review called it a "model of superb historical fiction." Fellow novelist, Scott Turow, commended it as "a riveting historical novel that is part legal thriller, part techno-suspense."

Bob Maxfield will lead this discussion

Looking ahead to February:

February 3 at 10:30 AM: *Invisible Ink* by Guy Stern (Dr. Stern agreed to join Malcolm Hendy in leading this discussion)

February 15 at 3:00 PM: *Caste: The Origins of our Discontents* by Isabel Wilkerson. (Bill Price will lead this discussion)

Bob Maxfield



Investment Study Group

The next Investment Meeting will be on Wednesday, January 13 at 2:45 PM. Karl Knas and Taimur Hassan, of DeRoy & Deveraux in Southfield will share their thoughts on the economy, markets and outlook for 2021. From inception in 2002, they have embraced a consistent, long-term approach to value investing. Value investing is its sole focus and this investment team has over 150 years of combined investment experience and is committed to delivering excellence in portfolio management and client services. It is one of the few firms that buy individual stocks/bonds based on their own research. They have successfully managed TCH endowment for 16 years.

A Stock Game update will available. Jerry Peck leads with a 145% gain. Bob Veres is second with 58.9%. Mike Clement is third with with 56.4%. 56 of 66 players have gains. GREED has been Good. Please join the meeting.

George Miller



Walking Group

On December 15, Swarn Rajpal, Larry, Imerman, Charles Greenberg and I had an invigorating, sunny walk for 50 minutes. There was an introduction to Nordic Walking Poles.

Martin Rowell



Left to right: Charles Greenberg, Larry Imerman, Swarn Rajpal. Photo taken by Martin Rowell at the Stage Nature Center in Troy on December 15, 2020

Groups, continued



Classic Movie Group

On January 11, at 1:00 PM, from sunny Florida, Jon Haber will present, via Zoom, the Jazz Age Classic "The Great Gatsby" (1974) (2 hours and 23 minutes). In this sumptuously romantic retelling of F Scott Fitzgerald's classic novel, Robert Redford stars as Jay Gatsby, who had once loved the beautiful Daisy Buchanan, played by Mia Farrow, but lost her to a rich man. But now, a very wealthy Gatsby returns to Long Island society and is ready to risk everything to woo Daisy back. Filmed four other times – in 1926, 1949, 2001 and 2013 – this 1974 release is considered to be the best version by both book lovers and film buffs. With a fine supporting cast, including a very young Sam Waterston, as the narrator, and an elegant script by Francis Ford Coppola. This opulent evocation of an era of "Hot Jazz", cold champagne and demanding exotic women, this film is ravishingly and richly beautiful from start to finish. So please mark your calendars now and bring extra popcorn, to cover the longer running time, on the eleventh to make your movie going experience complete for you, your family and friends.

Watch for our access information via eBlast as we near the show date.

Looking forward to seeing you then.

Fred Hansz

CLASSIC MOVIE GROUP SCHEDULE FOR 2021:

Jan. 11	Jon Haber - <i>The Great Gatsby</i> (1974)	144 min
Feb. 8	Tom Booth - <i>The Freshman</i> (1990)	102 min
Mar. 8	Robert Sparks - <i>Quigley Down Under</i> (1990)	119 min
April 12	Waller Harris - <i>Chinatown</i> (1974)	130 min
May 10	Joel Adelman - <i>All the Kings Men</i> (1949)	110 min
June 14	Robert Sparks - <i>Red Tails</i> (2012)	125 min
July 12	Fred Hansz - <i>Oh Brother, Where Art Thou?</i> (2000)	107 min
Aug. 9	Irv Poston - <i>Avatar</i> (2009)	162 min
Sept. 13	John Maten - <i>Mr Majestyk</i> (1974)	103 min
Oct. 11	Irv Poston - <i>Chicago</i> (2002)	113 mi
Nov. 8	Fred Hansz - <i>Saving Private Ryan</i> (1998)	169 min
Dec. 13	Waller Harris - <i>Holiday Inn</i> (1942)	104 min

All Shows are presented via ZOOM at 1:00 PM

REMINDER ARTICLE DEADLINES FOR 2021

MONTH	DEADLINE
February	January 15
March	February 12
April	March 12
May	April 16
June	May 14
July	June 11
August	July 9
September	August 13
October	September 17
November	October 15
December	November 12
January 2022	December 17



MEMBERSHIP REPORT

LIFE

George A. Grove Member since 06/11/2004

Nicholas J. Marinelli Member since 10/14/2005

Robert F. Stoner Member since 11/05/2010

NEW ASSOCIATES

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FALL SAFETY Part Two: MAKE YOUR HOME ENVIRONMENT FALL-SAFE

Falls in the Elderly are preventable to the tune of 50%! That stat baffles me. How do you arrive at such a figure? Certainly everyone over 70 is highly susceptible to such events with serious consequences. Women are twice as more susceptible to serious injuries from falls, primarily because of a higher rate of osteoporosis. The plethora of literature published in the last decade on this subject makes it impossible to cover the subject from every angle in the space allotted here. Hence we will utilize diagrams from previously printed articles to make certain points. Five important causes of falls are depicted in Diagram A, whereas Diagram B illustrates steps to take for making home environment safer for adults. We will discuss the latter here.

Diagram A

The Top 5 Causes of Falls

30% of individuals **65 and older** and
50% of those **85 and older** fall each year.

**Most falls are associated with one or more
of the following identifiable factors:**



1 Impaired Vision

Poor vision can impair balance and lead to an increase risk of falls and fractures in older people.

2 Medications

Many medications are associated with side effects like dizziness, reduced mental alertness and drowsiness, which can lead to increased fall risk.



3 Poor Balance and Gait

Regular exercise can improve balance and gait and potentially reduce fall risk.

4 Household Hazards

Environmental hazards like carpets and rugs can lead to fall-related injuries.



5 Chronic Conditions

Certain chronic conditions such as diabetes, arthritis and Parkinson's can increase your risk of falling.

AlgaeCal

Sources:

<https://doi.org/10.1111/j.1466-7657.2007.00505.x>
<https://www.ncbi.nlm.nih.gov/pubmed/16926202?dopt=Abstract>
<https://www.ncbi.nlm.nih.gov/pubmed/20934611>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3116773/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3591732/>
<https://www.ncoa.org/healthy-aging/chronic-disease>

continued on page 6

FALL SAFETY Part Two: MAKE YOUR HOME ENVIRONMENT FALL-SAFE continued

Many seniors make a choice to live in their homes, rather than senior facilities, for emotional and economic reasons. Children, friends, senior clubs/organizations (such as ours) or care-takers should assist in this process. Just remember that Mobility, Balance, Vision and Medications (via hypotension, drowsiness etc.) pose risk for slips, trips, and falls. Please pay attention to these helpful tips for making your home environment safe.

1. Clutter of any kind is dangerous.
2. Rearrange or remove furniture to make clear pathways.
3. Move items from high shelves to shelves at lower waist high level.
4. Flooring such as loose or area rugs or certain irregular bumpy carpets or slippery shiny wooden floors should be addressed.
5. Special side rails on both sides (of different color shades perhaps) of the stairs are beneficial.
6. Install ramps in place of high steps both inside and outside.
7. Bathrooms can be made safer with non-slippery floors and non-slip mats inside the bathtub or shower. Bars to grip onto in the shower stall and/ or shower seats are helpful. Add height to toilet seats and install safety frames for getting on and off toilet seats.
8. Smart Technology now provides all of us an opportunity to wear a watch that takes your EKG, recognizes a fall as well as calls 911 for an ambulance if you do not answer.

Finally, let us use the words *trip* and *fall* in the context we would prefer to use them: "Have a nice *trip* (into 2021!). See you next *Fall*."

I urge you all to be ultra careful this winter and please make your homes safe! Hope you have a nice Holiday!!!

Subhash Gulati, MD, FRCP(C)

Diagram B

8 Tips for Fall Prevention at Home

Approximately 1 in 3 people age 65 and over fall each year increasing to 32-42% for those over 70 years of age. Falls are the number one reason that seniors end up in the emergency room and falls can lead to disability, loss of independence, or even premature death. In addition to the health impacts, there are high costs associated with falls - one fall can incur thousands of dollars of care for hospitalization and ongoing medical care, caregivers (including family members who provide care) and loss of work. Costs associated with falls are projected to increase to 240 billion by year 2040 in the U.S. Prevention is key - read below to find ways your loved one can avoid in-home falls.

- 1 IMPROVE LIGHTING**
 - Be sure entryways, hallways, and areas frequently navigated are well-lit.
 - Position accessible on/off switches.
 - Use nightlights, motion lights, clap lights, remote-controlled lights, & timed lights.
- 2 RUGS & FLOORING**
 - Secure loose rugs to the floor, or remove all together.
 - Install ramps or grab bars.
 - Install non-skid strips or non-skid floor wax.
 - Wear proper shoes, slippers, or grip-socks.
- 3 SMART TECHNOLOGY**
 - Use sensors that can be worn and pressed to alert emergency contacts.
 - Use smart home (verbal audio) assistants.
 - Use fall-detectors that utilize technology to help seniors if they fall.
- 4 BATHROOM**
 - Add grab bars near the toilet and in the shower.
 - Use non-slip mats and rugs in and outside of the tub.
 - Zero-entry tubs can be installed to ease tub entry.
 - Shower seats can prevent falls.
 - A tall toilet seat increases stability.
- 5 MINIMIZE CLUTTER**
 - Arrange belongings and furniture in a way that is easy to navigate.
 - Clear out clutter and put unnecessary items into storage.
 - Be sure paths are wide and clear.
- 6 REGULAR CHECK-INS**
 - Schedule a friend, family member, or caregiver to call, text or visit regularly.
 - Keep a regular schedule of visitors and caregiver check-ins to ensure safety.
- 7 PETS & VISITORS**
 - Secure pets in a designated area.
 - Put a bell on the pet's collar to help be aware of location when active.
 - Use a play pen or designated area for young grandchildren.
- 8 ACCESSIBILITY**
 - Move items off high shelves & into more accessible locations.
 - Arrange belongings into one central area.
 - Maintain clear walkways.
 - Consider rearranging items & changing furniture layouts.

REFERENCES: <https://www.na-ni.gov/health/over-65/falls-and-fractures>
http://www.wva.org/publications/falls_prevention?March.pdf#u=1
<https://www.senioradvice.com/lets-be/how-to-make-a-home-safe-for-seniors>
<https://www.senioradvice.com/lets-be/medical-alert-systems-when-you-need-help/>

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 SeniorAdvice



MYSTERY LYRICS

Last month we asked you to name a tune containing mystery lyrics and inadvertently included the song title in the published lyrics. We anticipated that that could certainly trigger a lot of correct responses – but only three readers gave us the obvious answer.

The lyrics were:

*“I was walking along, minding my business
When out of an orange-colored sky...”*

Of course, the song title is “Orange Colored Sky” – a big hit for Nat King Cole and Fred Hansz, Joel Adelman and Ray Buratto told us so.

This month we will be a little straight forward and not give you the song title. The mystery lyrics are:

*“The night is young, the skies are clear
And if you want to go walking, dear...”*

Can you name that tune?



SPORTS TRIVIA

Last month’s challenge was clearly too obscure. Only Ray Buratto came up with the answer to this Tiger trivia question – “Years ago the Tigers had a manager who had his son-in-law on the team – can you name them?” These Tigers were manager Steve O’Neill and his son-in-law infielder Skeeter Webb. Good work, Ray!

This month we have another Tiger trivia item, hopefully somewhat easier. A number of years ago, a Tiger pitcher had a very unusual season record – he won only 5 games while losing 19.

However, included among his wins, he had two no-hitters and two one-hit games. Can you name him?

Dick Harper

The Reminder

A monthly publication of the Senior Men’s Club, which meets Fridays at 10:30 AM via ZOOM during the stay-at-home orders.

Officers for 2021 are: President, Maynard Timm; First Vice President, Swarn Rajpal; Second Vice President, Paul Kovceses; Recording Secretary, Larry Imerman; Corresponding Secretary, John Maten; Treasurer, Jim Suhay; Assistant Treasurer, John Skubik; Officers at Large: Ras Desai, Dennis Winowiecki.

THE REMINDER includes: Dick Harper, Editor Emeritus; Jay Kafarski, Publisher; Maynard Timm, Co-Editor; Tim McGee, Co-Editor; Tom Booth, Gene Markel and Roger Timm, Photography.

NOTICE OF CHANGE OF MAILING ADDRESS

Effective July 1, the Senior Men’s Club’s mailing address has changed from The Community House, 380 South Bates St., Birmingham, MI, 48009, to:

Senior Men’s Club

P.O. Box 1149

Birmingham, MI 48012-1149

All mail should be sent to the new address.

Club Dates to Remember

ALL MEETINGS VIA ZOOM

Executive Board Meeting: Tuesday, January 12 at 9:30 AM

Reminder Deadline: Friday, January 15

Reading Group A: Wednesday, January 6 at 10:30 AM

Investment Group: Wednesday, January 13 at 2:45 PM

Classic Movie Group: Monday, January 11 at 1:00 PM

Reading Group B: Monday, January 18 at 3:00 PM

MEETING RESPONSIBLY IN PERSON:

Walking Group: Tuesday & Thursday. Times & locations may vary due to Covid19. For more information, contact Larry Imerman, 248-642-9432

Bowling Group: Suspended due to Covid-19 Executive Order

Visit SMC at <https://www.seniormensclubbirmingham.com>