

# Pontiac Senior News

Volume 115, Issue 115

November 2016

## Recipe of the Month

### Mashed Cauliflower

Cauliflower's pungent smell belies its mellow flavor. You can substitute cauliflower for mashed potatoes for a delightful change

- 1 large head of cauliflower
- 2 garlic cloves
- 1 ½ cups veggie broth
- 2 tablespoons coconut oil
- 1 teaspoon salt or to taste

Cut cauliflower in large chunks and place in a saucepan with garlic, salt, and broth. Cover and cook for 25 minutes or until a fork can be poked in to the cauliflower easily. Remove from heat and using an immersion blender, blend until no larger chunks remain. Add in coconut oil and blend again until smooth. About 1 - 2 minutes.

Prep Time: 5 minutes, Cook Time: 25 minutes: Total Time: 30 minutes. Serves 4-6

**Voters with disabilities who require assistance in casting a ballot may receive assistance from another person, provided that the person assisting the voter is not the voter's employer, agent of that employer or an officer or agent of a union to which the voter belongs.**

## Happy birthday November babies



## Suicide Survivor Day Event 2016



**Saturday,  
November 19, 2016**

**10 a.m. to 2:30 p.m.**

**Resource & Crisis Center  
Conference Room  
1200 N. Telegraph Building 32E  
Pontiac, MI 48341  
(Park in North Lot; Enter through  
side of building on the lower level)**

For more information, contact:  
**Amelia Lehto**  
[alehto@cghelps.org](mailto:alehto@cghelps.org)  
tel 248.451.2613  
[www.commongroundhelps.org](http://www.commongroundhelps.org)

**You are not alone.** Join with a community of suicide loss survivors to find comfort and gain understanding as we share stories of healing and hope.

### The Program

- 10 a.m. Welcoming with food and refreshments featuring Karen Marshall of American Indian Health and Family Services
- 10:45 a.m. Screening of *Life Journeys*
- 11:15 a.m. Peer Group Discussions
  - Sibling, Parental, Relative, Friend, Lived Exp., etc.
- 12:15 p.m. Art Therapy
- 2 p.m. Closing



**Common  
Ground**  
*helping people move  
from crisis to hope*

## MARK YOUR CALENDAR

Prepare to

# Vote

**in the November 8, 2016  
General Election**

Polls open at 7 am and close at 8 pm



### YOUR VOTING LOCATION

Your voting location is in your neighborhood. You must know your precinct number, which is located on your voter registration card or on the back of your Election Connection newsletter. Once you know the number of your precinct, find the location address by reviewing our precinct listings, which are categorized by zip code.

### PHOTO IDENTIFICATION

Make sure to take an acceptable form of photo identification to the polls on Election Day. By law, every Michigan voter must present a photo ID at the polls, or sign an affidavit attesting that he or she either does not have or is not in possession of proper ID. Your photo ID does not need to have your address on it.

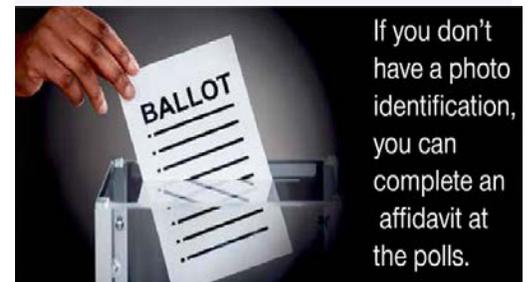
#### Acceptable Forms of Identification:

- Michigan driver's license, or state-issued ID card
- Driver's license, or personal ID card issued by another state
- Federal, or state government-issued photo identification
- US passport
- Military ID with photo
- Student identification with photo from a high school or accredited institution of higher learning
- Tribal identification card with photo



**Hillary  
Clinton**

**Donald  
Trump**



If you don't have a photo identification, you can complete an affidavit at the polls.

### CAMPAIGN GEAR

Do not wear campaign gear or bring political literature to the polls. Michigan prohibits wearing, or displaying, election-related materials at the polls, including clothes, buttons, pamphlets, fliers, stickers, etc. Such items may not be displayed in the polling place, or within 100 feet of the entrance. If you go to vote with a shirt, button, or sticker that depict images of candidates, or campaign slogans, you will be asked that they either be covered or removed.

Voters can visit the Michigan Voter Information Center to:

- View Sample Ballot for the upcoming election
- Track Absentee Ballot
- Verify your Voter Registration
- Find Polling Place
- Contact Local Election Official
- Find answers to Frequently Asked Questions

For more information please visit <http://www.Michigan.gov/vote>.

## Convicted Felons Have Voting Rights

Election laws are different in many states. Therefore, it may be true in some states that a criminal conviction of a felonious nature may automatically terminate an individual's right to vote. In Michigan, the voting right as a citizen is still intact for those who served time in prison after felonious convictions. Even if the convicted person is on probation. (Meaning he or she is not confined in prison) that person can vote in an election. Those in jail awaiting arraignment or trial also have the right to vote by absentee ballot, in compliance with the Michigan election law

**Be part of this decision making process. Can you afford not to vote?**

## Protect Your Wealth

### Treat Adult Children As Tenants, Not Guests

Adult children returning to live with their parents, whether after completing college, a financial crisis, a divorce, or other life transition, is a common occurrence. However, when you allow your children to move back in after they've reached the age of majority, it's a mistake to do so under the same terms as when they were minors and you had both parental authority and responsibility for them. Both to minimize conflict and to protect your financial stability, you need to identify with adult children not as a parent, but as a landlord. Unlike when they were minors, they are no longer living in their home (even if they stay in their old bedroom). They are now tenants in your house. For both your sake and theirs, you must treat them accordingly.

That begins with requiring adult children to sign a mutual living agreement which outlines the terms under which they will be allowed to live in your home. This is no different than what they would be required to do if they rented living space in the home of a person unrelated to them. The house rules common in room rental agreements can provide a starting point for the terms of this agreement.

The agreement should cover ground rules such as:

- The maximum length of the living arrangement and under what conditions it will or will not be extended
- What monthly financial contribution the adult child is expected to pay toward the cost of rent/mortgage and utilities
- Responsibilities for cleaning and maintaining the home (especially common spaces including kitchens and bathrooms)
- Under what conditions and during what hours guests will or will not be allowed in your home
- What habits/behaviors, such as drinking, smoking, drug use, loud music, etc., will or will not be allowed in your home
- Which resources of the home (such as food, toiletries) are available to them and which they are expected to purchase for themselves

You don't have to create an agreement from scratch. There are plenty of great templates of

**Billiards (Pool)**

**Daily**

**9AM - 5PM**

parent/child contracts for adult children living at home to be found online.

It is critical, for both your financial stability and peace of mind, to make it clear that you will not hesitate to enforce the terms of this agreement. You must also be prepared to require your adult child to leave if it is not honored. In fact, if you doubt that you'll have the heart to put him or her out or enforce the agreement, its best not to take him or her in.

More important, if this is meant to be a temporary arrangement, treat it as such, by having a real deadline for when adult children must leave no matter what, and requiring them to lay out and execute a plan (working a job, saving money, completing a degree, apartment hunting) for making that happen.

Whatever you do, resist the temptation to revert back to parent mode, unless you want to become a permanent caretaker of adult dependents. Check out [EmpoweringParents.com](http://EmpoweringParents.com) for great advice and resources for parents who take in adult children.

### THANKSGIVING BASKETS

**Sign up at the LIGHTHOUSE** of Oakland County  
WED -FRI 12:00- 3:00 p.m. Must have ID & usual documents. Go to Door D.

### Obamacare open enrollment Nov 1, 2016

**"We need quiet time to examine our lives openly and honestly - spending quiet time alone gives your mind an opportunity to renew itself and create order."**

## Zeta Phi Beta Sorority, Incorporated MSO 49th Annual Leadership Conference



"Building on the Principles of Zeta While Blazing New Paths" was the theme of the Zeta Phi Beta Sorority's MSO 49th Annual Leadership Conference. It was hosted by the Michigan Chapter.

Zeta representatives were 17 graduate chapters, 13 undergraduate chapters, 7 Amicae auxiliaries and 7 youth auxiliaries from the State of Michigan.

Zetas Linda Links (L) and Dorothy Williams (R) flank Mayor Waterman (Center), who brought the greetings to the conference.



Deirdre Waterman has been mayor of Pontiac since 2014. She holds the distinction of being the city's first woman to serve as mayor and the state's

first African-American female ophthalmologist.

Mayor Waterman is committed to keep the citizen informed. Checked out her Facebook page. Its goal is to keep the residents of the City of Pontiac aware of the exciting events that are coming and more.



## Spirit of Pontiac Congratulations!

### Tom Kimble Receives OU Alumni Award for OU/Pontiac Partnership



The Oakland University Alumni Awards Banquet was recently held (Mayor Waterman was in attendance).

There were seven awards given that night. One such award, the Honorary Alumni Award, was given to Mr. Thomas Kimble. Tom Kimble is the Co-Chairman of the OU and Pontiac Partnership. Tom serves as one of the driving forces behind the Oakland University Pontiac Initiative as a member of the steering committee as well as co-chair of the coordinating committee. Oakland University Pontiac Initiative was created in the fall of 2014.



Gainell Teasley bring home a bronze medal



## NEWS RELEASE

L. BROOKS PATTERSON, OAKLAND COUNTY EXECUTIVE

Kathleen Forzley, RS, MPA  
Manager / Health Officer

# Boil Water Advisory for City of Southfield

**Pontiac, MI, October 27, 2016** – Effective immediately, the City of Southfield has issued a boil water advisory for residents and businesses in the areas of Telegraph Road and Civic Center Drive. Crews are now working to resolve the issue, but the advisory is in effect until further notice. Residents and businesses may also experience low water pressure, no water or discoloration.

Under this local boil water advisory, all food service establishments in the area of impact, or those experiencing loss of water pressure or discoloration, should immediately implement the Emergency Action Plan for Retail Food Establishments available at [www.oakgov.com/health](http://www.oakgov.com/health).

### Boil Water Instructions:

- Bring water to a rolling boil for one minute. Let cool for 15 minutes before drinking. Store the cooled water in a clean container with a cover.

### Consumers should use boiled water that has cooled or bottled water for:

- Drinking
- Brushing teeth
- Washing fruits and vegetables
- Preparing food and baby formula
- Making ice
- Giving to pets

### Unable to Boil Water- Disinfect With Bleach:

- Use unscented bleach to disinfect water supplies. Mix 8 drops (1/8 teaspoon) of bleach per gallon of water. Mix well and let stand for 30 minutes before use.



**PONTIAC SENIORS**  
**THE HOLIDAY EXTRAVAGANZA**  
**ADVISORY BOARD CORDIALLY**  
**INVITES YOU TO JOIN US AT THE**  
**35<sup>TH</sup> ANNUAL HOLIDAY**  
**EXTRAVAGANZA PARADE VIEWING FROM**  
**THE**  
**50<sup>TH</sup> DISTRICT COURT BUILDING**

**SATURDAY, DECEMBER 3, 2016**

**TRANSPORTATION WILL BE PROVIDED**  
**IT IS ANTICIPATED THAT THE BUS WILL PICK**  
**THE SENIORS UP AT THE RUTH PETERSON**  
**CENTER AT 9:15 AND THE SENIORS AT THE**  
**BOWEN'S CENTER AT 9:30 AM.**

**ATTENDEES MUST SIGN UP IN ADVANCE**