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Sunny September

Photo Credit: Janet Wieczorek

What a summer we had! Lots of sunshine - and rain too - which makes everything green! Enjoy this issue as we head into another school year and anticipate football Fridays and the upcoming holidays!



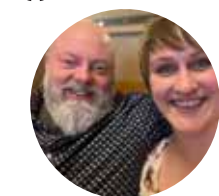
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I CAN ANSWER THAT

If you're wondering about a business owner in Stroll, just reach out and I can tell you all about why I invited them to be a part of the magazine and if you want, I can connect you personally. That's one of my favorite things to do. Let's connect!

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JOIN THE TEAM

If you'd like to get involved, let's connect. The more of us we can include in an issue, the better the issue will be, right? You can be as involved as you would like and whether it's photography, writing, reporting or sharing ideas, your voice matters.

DEADLINE FOR OCTOBER CONTENT: SEPT 20TH

November Stroll is great issue to share Back to School and Football Friday photos. There's room for you!



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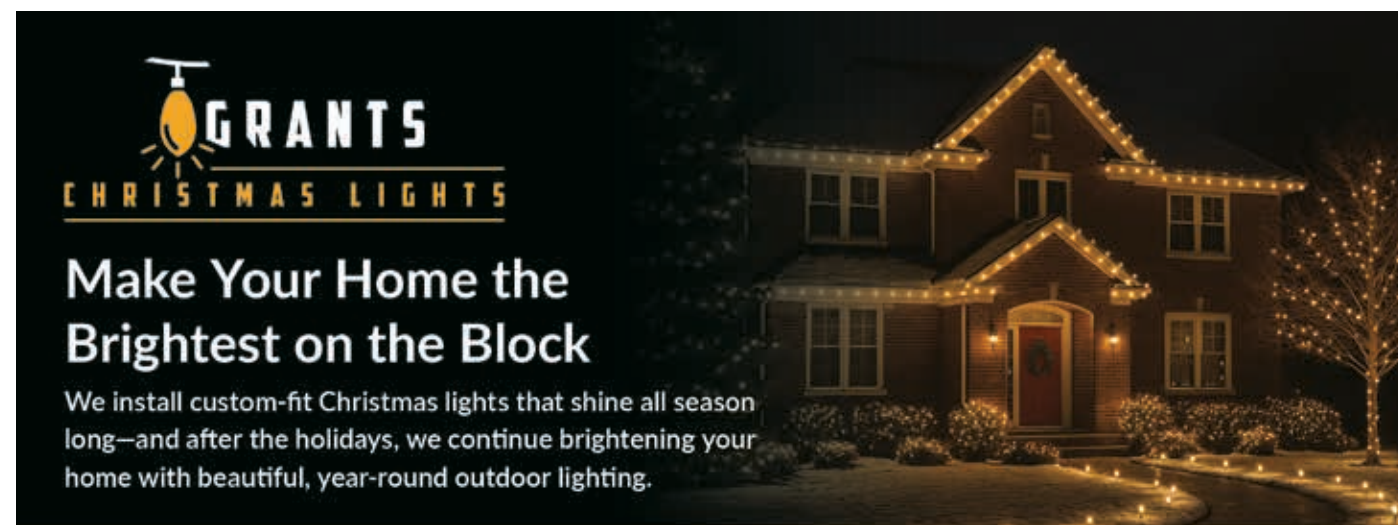
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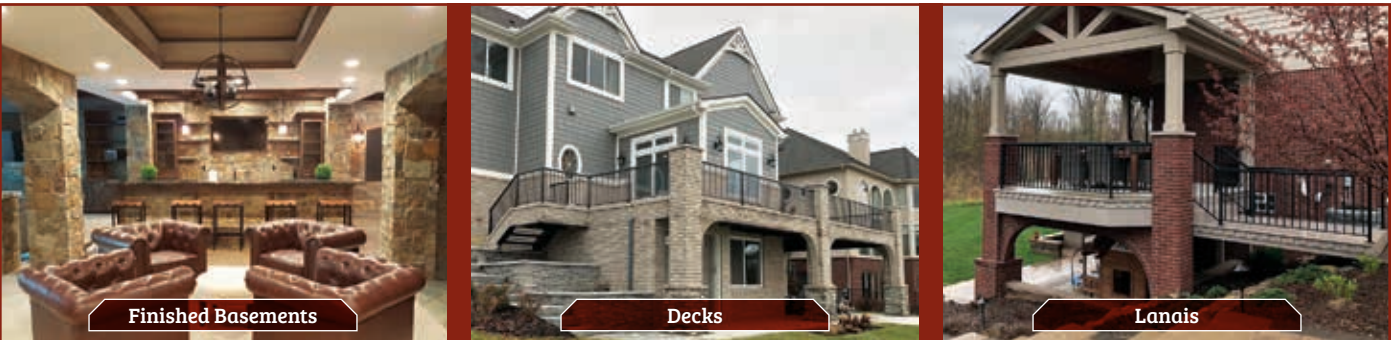
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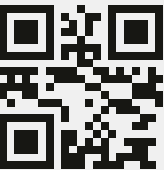
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Addiction does not discriminate.

At Bald Mountain Behavioral Medicine, individuals with addictions are able to receive effective treatment for their illness. John Kitzmiller, M.D. and his wife, Diana, founded the clinic in 2013 to serve as a private outpatient therapeutic resource for adolescents, adults, couples and families.

Dr. Kitzmiller's knowledge of addiction is both professional and personal. Practicing as a Vascular Surgeon for more than 25 years, he left his position a decade ago due to chronic pain incurred from thousands of hours on his feet and the physical toll performing surgery had on his body.

Following his tenth back surgery, he found himself addicted to opiates. He spent four months in rehab for detoxification, took time to reflect on what was important to him, and ultimately, went back to school for a Master's degree in Psychology. Following successful completion of an in-patient treatment program, he voluntarily ran substance use disorder groups at the facility.

During this time, he met his wife, a clinical psychologist, and the two dared to dream of a way to better help those with addictions. Bald Mountain Behavioral Medicine in Lake Orion is the realization of that dream.

The definition of addiction in medical literature is that it is a lifelong disease of the brain. It's how we deal with it that we are able to achieve years of sobriety," says Dr. Kitzmiller. "I know firsthand about addiction, and I have no problem that others know about it. It makes patients more able to relate. I'm not judgmental, and I know the struggle."

Often, by the time patients reach Dr. Kitzmiller, they have nothing. They have lost their job, their families have lost their patience, and still the chronic pain and substance use continues. With proper treatment, Dr. Kitzmiller says a vast majority are back to leading a normal life within a year.

One of his first patients was a homeless, toothless teenage heroin addict who owed money to dealers. With buprenorphine, or Suboxone treatment, within three months the teen was able to pay off the dealers, move to a new place, and find a dental program to help him obtain new teeth. In a year's time, he was sober and had hope for the future.

Medication Assisted Treatment (MAT) using mild forms of opiates such as Suboxone coupled with behavioral counseling has proven to be one of the best and most effective treatments for long-lasting results. It works by eliminating the symptoms of withdrawal and reduces cravings.

"It is a game-changer and a life-saver," says Dr. Kitzmiller. Yet it is not without its side effects, which is why only select physicians are granted a license to prescribe it.



Dr. Kitzmiller was helpful in expanding this treatment in the United States, and spoke before a U.S. Senate hearing in 2014. His testimony ultimately led to the ability for state-certified physicians who prescribe buprenorphine (Suboxone is a name brand) to increase the number of patients they treat from 100 to 275. Properly certified nurse practitioners working with a physician are also able to maintain a caseload of 100 patients annually. Dr. Kitzmiller says the need is even greater.

"Almost all of us have had a friend or family member with an addiction problem," says Dr. Kitzmiller, who notes that his typical patient is not the teen heroin addict. "I see many older people who are 50 and over who have had hip or knee replacements, who took opiates for the pain, and are now dependent on them. They are living a miserable life totally dependent on when and how they will get their opiate fix that day."

With decades of collective expertise in the fields of medicine and mental health, Dr. Kitzmiller and the staff of dedicated clinicians at Bald Mountain Behavioral Medicine offer treatment for clients experiencing difficulties with addiction and the associated issues that coexist such as depression, anxiety and shame.

The current caseload is about 80 percent addiction medicine, including helping patients overcome substance abuse of opiates, alcohol, and cocaine.

Of the other 20 percent, half are chronic pain patients who need proper pain management to avoid addiction, and the other 10 percent are patients in need of counseling for anxiety, depression, anger management, domestic violence, grief/loss, post-traumatic stress (PTSD), attention deficit (ADHD) and hyperactivity, and behavioral and parenting issues.

Bald Mountain Behavioral Medicine is dedicated to offering the latest, most-comprehensive treatments available. Its caring, experienced professionals specialize in Addiction Medicine, Chronic Pain, and Psychotherapy.

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Oakhurst residents Donna and Bob combine their professional strengths with a shared commitment to putting clients first. Their long-standing partnership—both in life and in business—allows them to provide a seamless, supportive, and highly effective real estate experience.



KAISER ROOFING
Kaiser Roofing started with a simple goal: to give property owners a company for roofing they can trust. With Michigan's tough weather, Sean and Erica Kaiser knew people needed a team that understands local conditions and stands behind every project. Licensed, family-owned, and with 20+ years of experience.



SCHOOLEY MITCHELL
Chris Dougherty is a strategic partner at Schooley Mitchell, cost reduction experts for businesses and non-profit organizations! No savings? No charge.



SUMMIT DENTAL GROUP
Summit Dental Group is dedicated to providing you with individualized dental care that will help you enjoy excellent oral health and a beautiful smile for a lifetime. We offer a full range of dental services to meet your needs and will take the time to listen to your concerns and help you feel at ease throughout your visit with Dr. Steve Rollins.



PURE FUEL MICHIGAN
Monica Dickinson, founder of PureFuel, a protein-focused bakery created with one simple mission: to prove that healthy food can still taste amazing. Passionate about fitness, nutrition, and fueling the body the right way, Monica began developing high-protein recipes that satisfy cravings while supporting an active lifestyle.



AUGUST ALCHEMY
Integrative Health Practitioner
Chaelynn August specializes in root-cause healing through functional lab testing and sustainable habits. Sick and tired of being sick and tired? Your symptoms aren't random. Learn what your body is telling you. The small things matter more than we think - especially the ones we do everyday.



BALD MOUNTAIN BEHAVIORAL MEDICINE
Bald Mountain Behavioral Medicine serves as an outpatient therapeutic resource for adults, adolescents, couples, families, and groups. Its team of caring experienced professionals specializes in addiction medicine, pain management, and psychotherapy.



MI-STYLED PORCH CO.
Amanda Dowdy is the designer behind MI Styled Porch Co — born and raised in Michigan, obsessed with the moment a front porch feels like a warm welcome home. I blend coastal calm with Midwestern coziness, so every porch I style feels collected, layered, and effortlessly you.



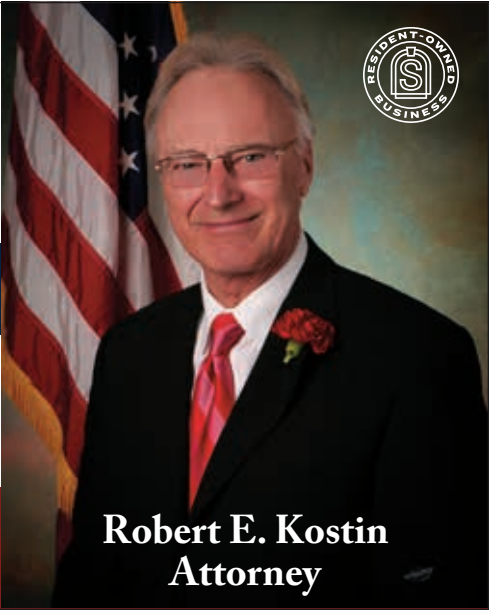
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Thank you Oakhurst for your trust and support!







WHITNEY CRANDALL AND HOUSE OF COLOUR

Building genuine relationships is the heart of my business. I enjoy connecting with local clients and creating an experience where everyone feels welcome.

WHITNEY CRANDALL, HOUSE OF COLOUR



Hello Oakhurst,

My name is Whitney Crandall and I am married to my husband of 12 years, we have two elementary aged children we're both so proud of and we have 2 dogs! When I am not working with clients, I am enjoying the great outdoors, or cheering my kids on in their sports.

After many 18 years as a hairstylist, I witnessed the confidence and joy people experienced when they felt like the best version of themselves. I realized the impact could go deeper. I started my business with the belief that everyone deserves to understand what naturally complements them and to feel confident in their skin and how they show up for their unique lives.



Building genuine relationships is the heart of my business.

My services include personal color and style analysis, makeup color matching, wardrobe organization and virtual shopping subscriptions. I provide personalized color and style analysis that goes beyond trends and helping each client build confidence with color and clothing that truly complements who they are.

Building genuine relationships is the heart of my business. I enjoy connecting with local clients and creating an experience where everyone feels welcome. The growth of my business has also allowed me resources to give back into our school systems, & local non profits which was a goal of mine before moving back to our hallmark hometown from out of state.

Like many small businesses, balancing entrepreneurship with raising a young family has been one of my greatest challenges as well as one of my greatest teachers. It's taught me the importance of priorities, boundaries and building a business that reflects my values. This perspective has helped me to appreciate every milestone along the way.

I am excited to celebrate serving the milestone of seeing over 500 clients, continuing to expand through local collaborations, business events and community partnerships. Here's a tip worth considering: Take inventory of your life and what commitments are most likely in the next calendar year. Shopping with purpose around those events saves money, reduces clutter and overwhelm and helps you feel prepared and confident daily.



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the Crockett family

THE MOMENTS BETWEEN THE FEAR

BY DIONE CROCKETT, OAKHURST MOM WITH A MISSION



For months, I would quietly open Nolan's bedroom door just to make sure he was still breathing. From the day we heard the words "your son has cancer," this became something I did almost every day. It wasn't just at night. Nolan was so fragile, weak, sick and exhausted from chemotherapy that he would often take naps during the day, and I found myself constantly checking on him. I needed to see his chest rise. I needed to know he was still alive. I could hear him struggling for air. The tumor was located in his chest and had grown so large that it caused his right lung to collapse. As his mom, there are no words to describe the fear of watching your child fight to live.

For those who may not know us, I'm Dione, a mom to two incredible children, Nolan and his older sister, Mila. Our family has lived in Oakhurst since 2011, and this community has always been an important part of our lives. Like any mom, I wanted nothing more than to see my children happy, healthy, and growing into the people they were meant to be.

In May 2024, at just 14 years old, Nolan was diagnosed with Ewing's Sarcoma, a rare pediatric cancer. Our lives changed overnight. Suddenly, our days were filled with chemotherapy, surgeries, hospital stays, radiation, and learning a medical language we never wanted to know.

I didn't have a choice but to keep going. Nolan needed me, and I would do whatever it took to be there for him.

But from the very beginning, something else happened too. People showed up. Our community surrounded Nolan and our family in ways we will never forget. Friends, family, neighbors, and even people who barely knew us rallied around him. They brought meals, sent messages, dropped off thoughtful gifts, donated, and reminded us that we were never facing this journey alone. That love carried us through some of our darkest days. After missing school for over a year to undergo treatment, including a major surgery, radiation, and a year of chemotherapy, we finally reached a moment we had dreamed about.

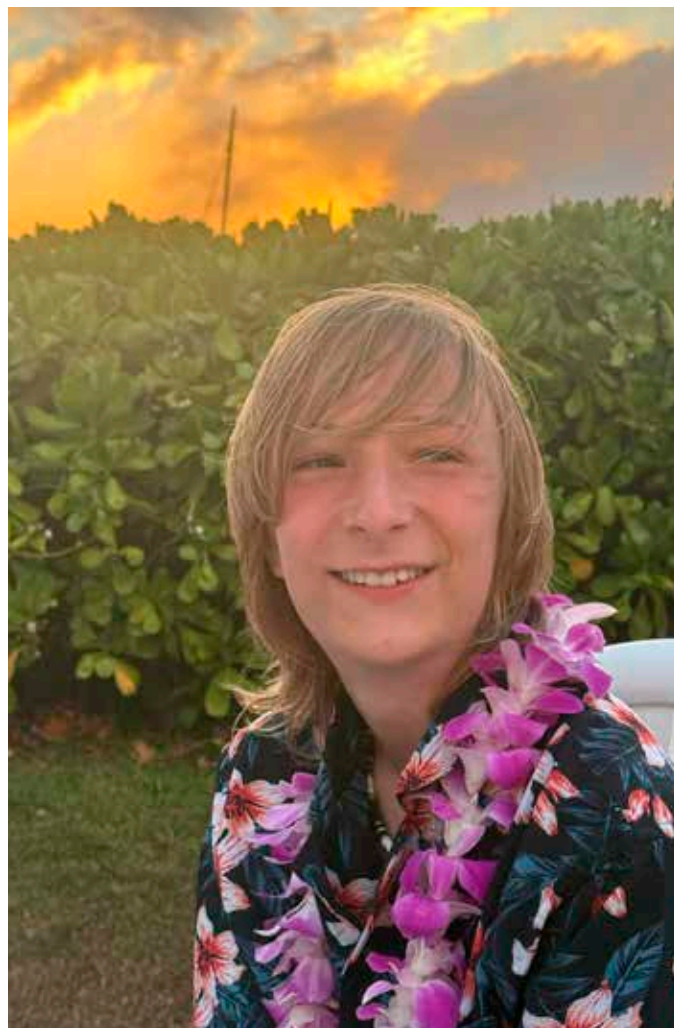
MY FAVORITE PART WASN'T ANY SINGLE ACTIVITY.
IT WAS WATCHING NOLAN JUST BE NOLAN. LAUGHING.
EXPLORING. BEING A TEENAGER.



Two years after his diagnosis, Nolan was medically cleared to fly. The same mom who once stood outside his bedroom door listening to him struggle to breathe was now standing beside him in Hawaii, watching him take in the fresh ocean air.

Rainbow Connection granted Nolan's wish, and he chose Hawaii. After everything our family had been through, they gave us the chance to make memories together without cancer being the center of our lives. My ex-husband, Jason, joined us in Maui, making it even more special to have our family together for this unforgettable experience.

For one week, we traded hospital rooms for the beauty of Maui. We watched sunsets, explored the island, sailed on a snorkeling excursion, swam near sea turtles, enjoyed a luau, drove the Road to Hana, and made memories we will hold onto forever. But my favorite part wasn't any single activity. It was watching Nolan just be Nolan. Laughing. Exploring. Being a teenager. Not a cancer patient. Not someone defined by scans, treatments, or hospital stays. Just Nolan.



THAT IS THE GIFT RAINBOW CONNECTION GAVE OUR FAMILY.

Even after treatment ended, the fear does not simply disappear. Every three months, Nolan continues to have scans and bloodwork to monitor for any signs of recurrence. For families affected by cancer, these appointments bring a wave of emotions that the cancer community has come to call "scanxiety." We celebrate every clear scan, but we also know the reality of how quickly life can change.

September is Childhood Cancer Awareness Month. Behind every gold ribbon is a child and a family with a story. Our story includes fear and uncertainty, but it also includes incredible love, generosity, and hope. We are forever grateful to Rainbow Connection, to our community, and to every person who stood beside Nolan during the hardest years of his life. These photos are a reminder of how far he has come. A reminder that after some of the scariest moments, there can still be beautiful days ahead.

SAVE THE DATE

NOTES OF HOPE

2nd Annual Childhood Cancer Awareness Month Fundraiser

I'm bringing back this special evening with a new theme for 2026. Join me for an intimate evening of giving, community, and fun in support of XIT Foundation and its mission to advance cures for rare childhood cancers.

DIONE CROCKETT, OAKHURST RESIDENT AND FUNDRAISER

SEPTEMBER 15TH (7:00 TO 9:00 PM)

Hosted at the Crockett Residence

4584 Oakhurst Ridge Rd



NOTES OF HOPE: THE FRAGRANCE EXPERIENCE

Featuring a curated selection of designer fragrances, including Hermès and Dior, alongside an assortment of unique and globally inspired scents. Every guest will receive a full-size fragrance gift. Cocktails and appetizers will be served throughout the evening. Suggested Donation: \$30+

ABOUT XIT FOUNDATION

XIT Foundation was co-founded by Julia Friedman after her daughter, Sasha, lost her life to Ewing's Sarcoma while waiting for access to a promising therapy that remains on a shelf in academia. XIT is building a philanthropically funded research laboratory in Texas, where scientists, researchers, and engineers will use advanced tools such as CRISPR to develop life-saving therapies for rare pediatric cancers.

By removing traditional profit barriers, XIT's goal is to move curative therapies from the research bench directly to the children who need them - and ultimately make these treatments available to families at no cost.

The science is ready. The technology is here. Now, we need to help bring it to the children waiting for a cure. (XIT.org)



PLEASE RSVP TO DIONE | (248) 321-8618

Your RSVP will help ensure we have a fragrance gift for every guest. Of course, last-minute guests are always welcome.



CONNECTING CLARKSTON

September in Clarkston

September brings the start of fall, Friday night football and a full calendar of community traditions. Whether you're cheering on the Wolves, exploring local art, enjoying live theater or sampling your way through downtown, there are plenty of reasons to get out and enjoy Clarkston this month.

KATIE HESS, CONNECTING CLARKSTON



FOOTBALL SEASON & COMMUNITY TAILGATE — SEPTEMBER 11

Football season is back, bringing students, families, alumni and fans together under the Friday night lights. On September 11, join the Community Tailgate before the game for a special tailgate filled with school spirit, activities and plenty of Wolves pride.

CLARKSTON WOLVES	
FOOTBALL 2026 SCHEDULE	
8/28	vs South Lyon
9/3	at Stoney Creek
9/11	vs Troy Athens
9/18	at Rochester Adams
9/25	vs Oxford
10/2	vs West Bloomfield
10/9	at Lake Orion
10/16	at Harper Woods
10/23	vs Muskegon

STEEL MAGNOLIAS — SEPTEMBER 11-26

The Clarkston Village Players present *Steel Magnolias*, the beloved story of friendship, strength and humor set inside a small-town beauty salon. Performances run September 11 through 26 at the Depot Theatre.



ART IN THE VILLAGE — SEPTEMBER 19 & 20

Spend the weekend at Depot Park during Art in the Village. Browse the work of talented artists and makers while enjoying a beautiful early-fall weekend in the heart of Clarkston.



MICHIGAN RENAISSANCE FESTIVAL

The Michigan Renaissance Festival continues throughout September. Step back in time for themed entertainment, costumed characters, artisan shopping, food and family-friendly fun in the village of Hollygrove.



TASTE OF CLARKSTON — SEPTEMBER 27

One of Clarkston's favorite annual traditions returns on September 27. Taste of Clarkston transforms Main Street into a lively community gathering featuring food from local restaurants, entertainment and activities for all ages. Come hungry and enjoy a taste of everything our community has to offer!



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H2OAKS SWIM TEAM 2026; Photo Credit: Visual Sports Network

The H2OAKS Oakhurst Swim Team Made Waves This Summer!

Swimming is a part of summer and for many kids growing up here in Oakhurst, it means they're spending time in the pool having fun and improving their times and techniques reaching for the win at RASLs (Rochester Area Swim League Championships).

LISA HABERNAS, OAKHURST PARENT AND PIPER HESSE, H2OAKS SWIMMER, PHOTO CREDIT: JESSA O'DONNELL, OAKHURST PARENT

This year's Oakhurst swim team, H2OAKS made lots of waves this season, and their efforts especially paid off at the Championship Meet in July. New coach, Melissa Hesse, created a hard working, yet fun-focused team that wasn't planning on another last place finish. Assisted by Lucy Malys, the team improved dramatically, learning all 4 strokes, turns and starts, while making many friendships through team building events.

HARD WORK PAYS OFF

In addition to building up the swim team, Coach Hesse implemented a "pre-team" or feeder team program, which was designed for kids ages 3-8. The pre-team's skill levels ranged from learning how to swim for the first time to preparing to be on the H2OAKS team. Several of the "Mini-Oaks" were even able to swim in meets, alongside their team members.

The team's hard work paid off at RASLs, where many swimmers placed in the top 12 of their event, as well as the top 6.



H2OAKS COACHES



MINI OAKS COACHES

TEAM LEADERS

A couple of our swimmers even placed top 3 in all of their events, scoring high amounts of points for the team. Colton Miller and Brinley Miller broke 2 of the Oakhurst records while swimming at RASLs! The team's improvement and determination lead to them receiving 3rd place overall!

COMMUNITY

After the meet, the team celebrated with an after party at the pool, where swimmers and their families participated in fun relays! Kids were able to race and work with their siblings, including many of their parents who participated as well. While partying, the swimmers enjoyed pizza and breadsticks!

END OF SEASON BANQUET

For their end of season banquet, swimmers enjoyed face paintings, balloon animals, ice cream sundaes and delicious meals. Each swimmer received a paper plate award based on



Mini-Oaks Swimmers and Coaches



PAPER PLATE AWARDS!

Colton Miller and Brinley Miller broke 2 of the Oakhurst records while swimming at RASLs!

their efforts and/or personality throughout the season. Along with the paper plates, swimmers got trophies, specialized awards for high point, most improved and The Mike Rado Swimmers of the Year award, given to Kyle Bishop and Ainsley Horner.

Everyone had a great time celebrating the amazing memories and achievements of the season, as they were honored with their RASL awards.

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Sip Into September with a Fresh Cherry Limeade

Whether you’re hosting a backyard barbecue, lounging by the pool, or simply looking for a refreshing afternoon treat, this beautiful drink is sure to become a seasonal favorite.

BY SAM KIMBALL, CLINICAL MANAGER AND CERTIFIED NUTRITION COACH

Fresh Cherry Limeade



INGREDIENTS

- 400 g (about 2¾ cups) fresh cherries, pitted (or frozen)
- 5 fresh limes
- ¾-1 can sweetened condensed coconut milk (I used the whole can)
- 5 cups cold water, divided
- 2½ cups for the cherries
- 2½ cups for the limes
- Plenty of ice



DIRECTIONS

1. Remove the pits from the cherries if using fresh. Add the cherries to a blender along with the sweetened condensed coconut milk and 2½ cups of cold water. Blend until smooth, then strain into a large pitcher.
2. Cut the ends off each lime and slice into wedges. Remove the thick white center from each wedge to help reduce bitterness. Add the lime wedges and the remaining 2½ cups of cold water to a blender. Blend well, then strain into the pitcher with the cherry mixture.
3. Stir everything together, add plenty of ice, and serve immediately. Garnish with fresh cherries or lime slices, if desired.

Optional: For an adult version, add a shot or two of your favorite alcohol to each glass. Vodka, tequila, coconut rum, or even bourbon all pair wonderfully with the sweet cherry and tart lime flavors. Consider this your nutrition coach’s “off-the-clock” suggestion.

Makes: Approximately 8 servings.

NOTHING QUENCHES THIRST QUITE LIKE A COLD GLASS OF HOMEMADE CHERRY LIMEADE

This version is bright, refreshing, and naturally vibrant, with the perfect balance of sweet cherries and tangy fresh lime. A touch of sweetened condensed coconut milk gives it a smooth, creamy finish that’s surprisingly light and incredibly delicious.

MI PRIME HEALTH IS CELEBRATING TWO YEARS!

Mark your calendar and join us on October 2nd from 1:00 pm to 6:00 pm for a chance to gather and take time to celebrate something good! There will be a big tent in the parking lot with vendors for a festive time. For more information check out next month’s Stroll Oakhurst or call (248) 929-0024.

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SOCIAL MEDIUM MAKES A DIFFERENCE

After meeting Andrea over the summer, I knew her message and what she is accomplishing nearby was worth sharing with all of you. In fact, some of your kids have already found this hidden gem for kids who find creativity and community at SOCIAL MEDIUM.

ANDREA SMITH-KNIEPER, LMSW

My name is Andrea Smith-Knieper. I am a social worker, mother, step-mother, and the Executive Director of Social Medium. This non-profit was a long term dream of mine, and I'm thankful everyday that it is now a reality. My husband Dan and I created Social Medium, and I couldn't have done it without him and his unwavering support. We moved to Clarkston in 2014 because of the school system and access to nature, and we stayed because of the friendly people we've met along the way.

What types of services or programs do you offer?

Social Medium was originally created for teenagers in the 10th - 12th grade, but as time has gone on, we've seen the need for positive spaces for more and more groups of people. We've expanded our regular schedule to include 6th grade and up. We also have a moms' group, a support group for therapists, community game night for ages 18 and older, a crochet club, adult drop-in art days, and a self-care focused wellness group. We

do lots of special events for our 6th-12th graders throughout the year in addition to our regular sessions. We also have a space we rent out for events and classes.

What's your role in this cause and how long have you been involved?

I am a Licensed Master Social Worker and worked for over a decade in hospice care, so I am very aware of how important positive social relationships are. Social Medium actually started as just a daydream, while wandering around a foreign city many years ago. It stayed a dream for several years after that, but I couldn't shake the feeling that this would be a positive addition to our community. After a lot of thought and research, my husband Dan and I decided the best way to see if it would work would be to give it a try. So, in 2022 we took a leap of faith! We found a small unit available to rent on Dixie Highway and officially created Social Medium. I am the founder and Executive Director. For a small, relatively new non-profit organization, that means I do a little bit of everything! A few volunteers have found us along the way to help, but Social Medium still relies on me to make things run the way it's intended. None of us are paid; the amount of planning and work and sweat that goes into every day at the studio is because we love this community and believe in what we're building whole-heartedly.

What inspired you to dedicate your time and effort to this cause?

I was licensed as a social worker before my children came into my life, so I thought I would know how to get support for my family if and when we needed it. I was wrong! It turns out that receiving the correct support when and where you need it isn't as straightforward as I thought. Plus, sometimes the exact thing you need doesn't yet exist! Watching my own children and how they experienced life made it clear to me that sometimes people need more than what is offered. I wish a place like Social Medium had existed when they were growing up, both for them and myself! I'm so passionate about Social Medium because I've seen firsthand how difficult teenage years can be for kids and families alike, and if I can help even one family have a positive experience with these difficult times then this will all be worth it.

What challenges, if any, have you encountered along the way, and how did you overcome them?

Our first space was very small, which we quickly outgrew, and it was clear we needed a bigger space. Looking for a location with room to grow that fit all our requirements as individuals but also as a non-profit organization was not an easy thing to do. That process tested our determination and stretched our patience, but

it ended up to be worth it in the end. For us, our current building was the kind of place that made us say "well, it has good bones...". That is to say, it was love at first sight. What an adventure we've had renovating it! Transforming this space has and continues to challenge us, but we're very proud of how far we've come. We're looking forward to the future as our needs and the needs of the community continue to evolve. Our current challenge is finding enough helping hands to make more dreams a reality in this space, and we're always very grateful for anyone who volunteers their time and effort to help make Social Medium a place to serve a wide variety of people and needs.

In what ways have you seen your efforts positively impact the community?

We've seen many positive changes since opening our doors in 2022. We've seen plenty of specific actions among individual students; for example, a student that had not previously been invited to friends' houses was invited to a sleepover with new Social Medium friends, and a student that had previously been homeschooled at their own request decided they felt brave enough to try attending their local school with friends made at Social Medium. We have also seen many broad positive changes as well. We have seen quieter and more withdrawn students find each other and work together on projects, and we've seen louder more boisterous students pay attention to their surroundings and self-regulate so that people at the next table feel respected. Many, many new friends have been made at Social Medium, even when someone may have previously felt that they didn't fit in anywhere. Every day, students are spending time at Social Medium, spending very little time on their personal electronics, and connecting with "their people" that they didn't know before. What started as a daydream all those years ago is bringing people together and strengthening our community, and I'm proud to say it has even grown beyond what I imagined it could be.

How can others in your community get involved?

We are always looking for caring adults to help with all the work that goes into making this the welcoming space that it is. There are opportunities to work directly with the kids, but if that isn't your style, there are plenty of behind-the-scenes tasks available, big and small (cleaning, organizing, building maintenance, grant / donation seeking and more). Reach out to see where your skills may fit!

If donating time isn't a possibility for you right now, you may consider helping financially. We seek out sponsors to aid in keeping our session fees low (\$10 per student for an average visit of 3 hours, including snacks, drinks and supplies). We never turn away students due to their financial situations, so sponsorships play a huge role in helping us stay that way! As a 501(c)3, we are happy to provide documentation for tax purposes. We are also currently seeking a heavy duty sewing machine for student use.

Our website is www.socialmedium.studio. You can also find us on Facebook and Instagram. Email is the best way to get in touch as communications are only handled by me, and never during student sessions or special events. Reach out at socialmediumclarkston@gmail.com



My daughter, Lily, absolutely loves Social Medium. She has been attending for several years, even before Andrea moved into her beautiful new studio. It has been so exciting to watch the space grow into what it is today. Andrea has created a warm, welcoming environment that encourages creativity, exploration, and connection. Lily loves the variety of activities, the friendships she has made, and having a space where she can explore so many different forms of art. Every time she comes home, she's excited to share what she's created. Social Medium is truly a special place, and Andrea's passion shines through in every detail.

—LAUREN BORDES, OAKHURST MOM

CAN YOU PROVIDE AN OVERVIEW OF THE SOCIAL MEDIUM'S MISSION?

On paper, it's easiest to say that Social Medium is a community center primarily for teenagers, with a focus on art as a mental health support. And it is! But it's also so much more. Our mission is to provide a welcoming "third space" for teenagers, where they can be themselves. Our rules for guests have very little to do with what they choose to create or do while visiting, and are instead focused on maintaining a supportive and respectful space for everyone.

SMILE



Fall In Michigan Is Simply The Best

The once-a-year color change. Cider and donuts. The smell of burning leaves in the air. And that magical golden light that shows up a few hours before sunset.

BY KASEY BLANCK, RESIDENT PHOTOGRAPHER

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 - You just need "that one picture" for your holiday card
 - Location and theme is already decided. EASY!
- Full sessions might be the better call if:
- Your kids are shy and need a little extra warm up time
 - Location, theme and date are in your control
 - You want a full mix of posed and unposed images
 - Grandparents, cousins, etc. are joining this time around

There is no wrong decision. We will get beautiful photos of your family either way.

Contact Kasey at kasey@blanckcanvas.com to grab your fall date!



It's no surprise that fall is the most popular time for outdoor family photos.

RESET THE FOUNDATION

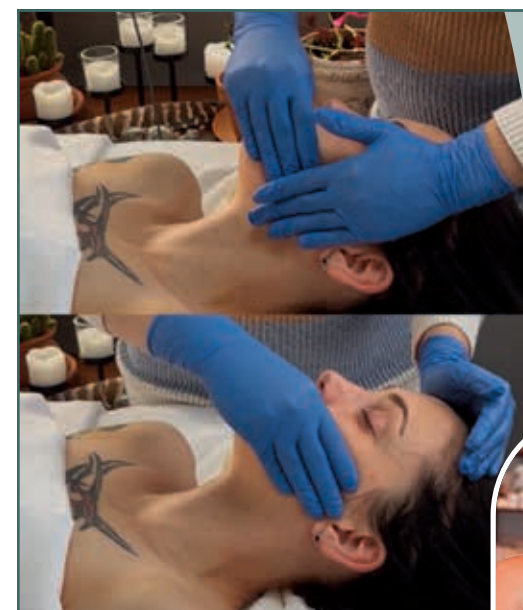
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COURAGE AND LIGHT

The shift from August to September is upon us! Which means changes in routines, and greater consistency as the school year kicks off.

BY BRANDON AND KATLYN BOUCHER, HEALING PRACTITIONERS



The hope that Michaelmas brings, is to keep your inner light strong as we go towards the shorter and dark days autumn and into winter.



faces, the villagers began to smile and the renewed light warmed each villager's heart deep within and they felt the lightness again. The villagers came out from their homes, gathered together and created a feast- a festival in gratitude to St. Michael and to their own courage and light. This is called Michaelmas.

WE'D LOVE TO HEAR FROM YOU!

Do you have a reflection to share or inspiration that this brought you? Email Katlyn at Katlyn@unityhealingmi.com or Brandon at Brandon@unityhealingmi.com



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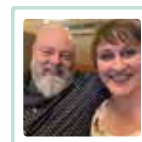
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Something I have always enjoyed about September is how it naturally supports us in creating greater order in our lives and makes way for balance as we look to the fall equinox- the day where the light of day and dark of night are in perfect balance before the days begin to grow shorter.

In certain traditions, there is a celebration on September 28th to celebrate St. Michael, or Archangel Michael, slaying the dragon. The story goes that far far away, there once was a village filled with people who smiled at one another, sang songs as they went about their day, or even hummed as they looked at the trees and the birds. This was the way for this cheerful town.

Until one day, a dragon, mostly unseen but mostly felt, entered the town and as it sauntered it struck fear into each person until the people stayed in their houses more, the singing dimmed to silence, and they no longer looked at one another let alone smiled. This was not how this town once was, and after some time the people started to miss how they were but were still so afraid. In their own ways, they each called out to St. Michael to come, bring his light and give them courage! St. Michael listened and saw this village. He brought his light like the sun, and slayed the dragon that weighed the town down.

As if masks were falling from their

GATHER CANDLES

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This month we take time to thank our Pawsitive Pet Sponsor, Pet Wants. If you love reading this feature every month and have a pet of your own, what's keeping you from sharing them in an upcoming issue of Stroll Oakhurst? Our pets bring out the best in all of us! Reach out at (248) 459-1713 today.

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A BIG SPONSOR SHOUT OUT to Joe and Areej Alnaraie, owners of Pet Wants Clarkston. Over the summer, you may have seen their float in the Clarkston 4th of July parade. If you like to shop local on the weekends, you probably saw them at the Clarkston, Oxford or Ortonville Farmers Markets. Their storefront is usually filled with pups and people restocking food and healthy treats too. Did you see them at the Clarkston Food Truck Rally too! Pet Wants loves to give back to the community and recently sponsored the SCAMP Walk 'n Roll Dog Contest and the Independence Parks and Rec Coach Pitch Ball Team. I would imagine you may have seen them all over town. Thank you Pet Wants Clarkston for being our *Stroll Oakhurst* Pawsitive Pet Sponsor TOO!



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Starting Middle School and Joining the Dance Team

BY VALENTINA MONTANO, JUNIOR RESIDENT WRITER



It's back-to-school time and this year is extra exciting because I'm starting middle school! I have a mix of emotions. I'm excited to meet new teachers, make new friends and have more freedom at school, but I'm also a little nervous because everything will be new. Even though it feels like a big change, I know it will be a great!

One of the things I'm looking forward to the most is being on the school dance team. I have always loved dancing because it's fun! I can't wait to learn new routines, perform at school events and cheer on our teams! Being on the dance team will also teach me great skills like teamwork, dedication, and responsibility. I know it will take a lot of practice, but I'm ready to work hard!



Starting middle school is a big deal, and I hope to make the most of every opportunity. I want to challenge myself, join activities and make alot of new friends! I know there will be some hard things along the way, but I know I will get through them and that this school year will be one of the best years yet. I'm excited to start!

Being on the dance team will also teach me great skills like teamwork, dedication, and responsibility.

Jennifer Montano

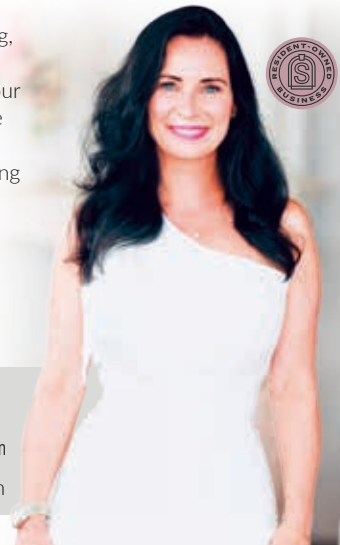
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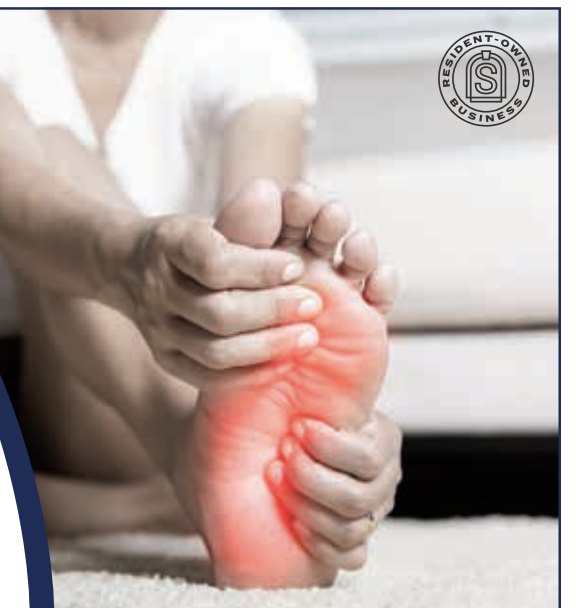


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Building Health Through Understanding

My journey into health and wellness began through personal loss and my own search for answers.

BY CHAELYNNE AUGUST, INTEGRATED HEALTH PRACTITIONER



In 2020, my dad was diagnosed with cancer and passed away just four months later. By conventional standards, he was considered healthy, and I struggled to comprehend how something so serious could seemingly come out of nowhere.

As I began digging deeper, I learned that our bodies often whisper long before they scream. Looking back, I could see years of symptoms that had been viewed as separate issues instead

of connected pieces of a larger picture. Even worse, many of his symptoms were treated like problems to suppress instead of signals that deserved further investigation into why they were occurring in the first place. That realization completely changed the way I understood health.

This knowledge also gave me the courage to seek answers for my own health. Despite dealing with persistent symptoms, I was repeatedly told that everything looked normal. But after what I had learned, I knew there had to be more to the story. That's when I discovered integrative health and functional lab testing.

My hope is that through August Alchemy, I can help others uncover those hidden connections sooner and build lasting health through understanding. Reach out to me today at chaelynn@augustalchemyco.com

For the first time, I uncovered the root causes behind what my body had been trying to tell me and was able to address them at their source. Today, I live a healthy, balanced lifestyle without relying on extreme restrictions because I

understand my body. That understanding has been incredibly empowering, and it became the foundation for August Alchemy.

With a master's degree in science and years spent working in scientific research, I was trained to ask questions, analyze data, and look for patterns. Today, I combine that scientific foundation with advanced training as an Integrative Health Practitioner to help others better understand what their bodies are communicating—because I believe education and understanding empower people to make informed, confident decisions about their health.

I never want someone to lose a loved one because the messages their body was sending went unrecognized, nor do I want people to spend years believing they simply have to live with symptoms because they're told everything looks normal.

Monday, September 21, 2026

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JAIME PENNINGTON, OWNER AND HELPER



1. DECLUTTER FIRST

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2. TIDY UP DAILY

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3. SORT, EDIT, STORE

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There For You

Please welcome AnnaMaryLee to Stroll Oakhurst. Each month she'll share information that will encourage peace of mind - something we can all benefit from every day of the year.

BY ANNAMARYLEE VOLLICK, GUIDING LIGHT DOULA SERVICES

ANNAMARYLEE'S NATURAL INCLINATION toward care and understanding led her to this sacred path, where she provides comfort, guidance, and support to those nearing the end of life, helping them navigate their final journey with peace and dignity.

Her calling as an End-of-Life Doula emerged from a lifelong fascination with the unknown, coupled with a strong desire to connect with people in their most vulnerable moments.

Driven by an insatiable curiosity about the mysteries of existence and the great unknown that lies beyond, she fosters an environment of acceptance and reverence, offering space for individuals to explore their emotions, fears, and hopes with unwavering support.



What truly sets AnnaMaryLee apart is her dedication to unity.

What truly sets AnnaMaryLee apart is her dedication to unity. She believes that the end-of-life experience is not just an individual journey but a collective one—where families, communities, and the spirit of togetherness play an essential role in creating a holistic, peaceful transition. She strives to weave these threads together, honoring the interconnectedness of all, and offering not just physical care, but emotional and spiritual support that nurtures the soul.

Through her work, AnnaMaryLee offers a safe space for reflection, healing, and closure, making sure that no one faces the end of life alone. Her approach is rooted in kindness, sensitivity, and a deep respect for each person's unique path, ensuring that each individual's final moments are met with compassion, understanding, and love.

AnnaMaryLee Vollick is a compassionate End-of-Life Doula, deeply dedicated to supporting individuals and families during one of life's most profound transitions. Guided by a profound empathy and love for others, her work stems from a lifelong commitment to the well-being of those around her. She received her certification as an End-of-Life Doula and Life Planning Specialist through The International Life Doula Movement.



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I provide calm, compassionate support for individuals and families navigating serious illness, caregiving, grief, and end-of-life.

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42 September 2026

STROLL Oakhurst 43

EUCHRE ANYONE? CHARCUTERIE?

This summer, there was a neighborhood Euchre party featuring a new mobile charcuterie, dessert and beverage business called Magdalena V's. We were all surprised to find out how much we enjoyed the meats, cheeses, crackers, spreads, fruits and chocolate on the cart - 4 points for sure!

I run across a lot of businesses, big and small, unique and different and every once in a while, a business that takes something ordinary and turns it up a notch. Charlene and Jack reached out to me early in June and we met at Honcho to introduce ourselves. Jack is a retired nurse and Charlene is a registered respiratory therapist. Soon enough, Charlene would like retire from the medical field so she can work full time with her newly formed business: Magdalena V's - a premiere mobile charcuterie, dessert, snack and beverage cart.

Of course, my head started spinning. I had to figure out a way to introduce their business to all of you. I asked them if they played Euchre and behold, they love to play. And, just like that, we arranged to have them set up their cart at the next Euchre night here in Oakhurst that I would be hosting in mid July.

They arrived a bit earlier than the others and set up one of two carts they have, seamlessly, as if they had done it many times before. I soon learned this was their first official gig, and while we had originally planned to set up outdoors



next to the pool with an umbrella, the smoke from the Canadian fires and the heatwave encouraged us to move inside. Magdalena V's as it turns out can be indoor or outdoor. She has an adorable umbrella or a beautiful canopy for outdoor venues.

I was able to select from a list of meats and cheeses, crackers, breads, spreads and of course, fruits, and desserts prior to the evening. As they unpacked and set up the cart, it became a beautiful display in a customized wooden cart adorned with iced pockets, serving boards, flowers - complete with little golden spoons and forks. Neighbors began to arrive and Charlene and Jack fit right in - just like

I said they would. Before beginning the first round of euchre, Charlene shared a bit about their story and then asked each of us what we would like to have from the cart. Some - or should I say most of us - came back throughout the night for seconds - and thirds.

By the time we began to play the last round, Charlene and Jack asked everyone to check under their chairs. She had taped a certificate for a free charcuterie board for one lucky winner. What a nice surprise!

Charlene and Jack became instant friends and I would encourage you to consider them for your next event whatever that may be. To learn more, please check out Magdalena V's on Facebook, Instagram and Linktree. You'll be glad you did!



Not only does Charlene do charcuterie carts but she does dessert carts with cannolis, mini cakes, mini pancakes as well.

Besides Euchre parties, Magdalena V's would be a great addition to a wedding, corporate events, garden or graduation party, baby or bridal shower or even a family reunion brunch or gathering on a Saturday afternoon. Not only does Charlene do charcuterie carts but she does dessert carts with cannolis, mini cakes, mini pancakes as well. Eventually, Charlene would like to offer 3rd shifters and patient families at the hospital she works at with delicious hot and cold food they can't find at that time of night. She is ready to follow her true passion and start a new chapter following in her mother's hostess footsteps: sharing good food and bringing people together, one event at a time.



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Legacy Through Generosity: Giving Back to the Communities We Call Home

BY MATTHEW DEFINIS, SENIOR MARKETING SPECIALIST, OXFORD BANK

For generations, wealth has symbolized not only prosperity but also responsibility. At Oxford Bank, we've had the privilege of walking alongside families who understand that true legacy isn't measured solely by what is accumulated—but by what is given, nurtured, and left behind for others.

In today's world, the call to give back is louder—and more important—than ever. As stewards of capital, our clients are uniquely positioned to make a profound and lasting impact on the communities they care about. Whether through philanthropy, volunteer leadership, or strategic community investments, giving back is more than charity. It's legacy-building.

WHY COMMUNITY INVESTMENT MATTERS

Communities shape us: our values, our relationships, our opportunities. Investing in them strengthens not just local economies, but the social fabric that allows all individuals to thrive. Education, healthcare, affordable housing, and cultural institutions all depend on visionary donors and engaged community members.

At Oxford Bank, we believe giving back is both a moral calling and a strategic opportunity. Philanthropic giving can offer tax advantages, strengthen family bonds, and build a legacy that transcends generations.

WAYS TO GIVE BACK — MEANINGFULLY

1. Family Foundations

Establishing a private foundation offers a structured, enduring way to manage charitable giving. Many Oxford Bank clients use foundations to involve their children and grandchildren in the grant making process, teaching stewardship and values along the way.

2. Donor-Advised Funds (DAFs)

For those seeking flexibility, DAFs provide an immediate tax benefit while allowing donors to recommend grants



over time. They're a powerful tool for those who wish to make a difference now while planning for the future.

3. Local Partnerships

Supporting community organizations, sponsoring local events, or funding small businesses through micro-loans or investment funds are meaningful ways to directly support the neighborhoods that matter most to you. Our very own Jeni Sherby, Branch Manager at the Clarkston branch, is a board member of the Clarkston Area Youth Assistance. This is one of many Oxford Bank engages with the communities we serve.

4. Strategic Volunteering

Time is one of the most precious gifts you can give. Many of our clients choose to serve on nonprofit boards, offer pro bono services, or mentor aspiring entrepreneurs. These contributions often prove just as impactful—and rewarding—as financial donations.

BUILDING A LEGACY TOGETHER

At Oxford Bank, we understand that wealth management and finances extends beyond portfolios and balance sheets. We help families define what wealth means to them—and how it can serve a larger purpose.

Whether you're looking to create a philanthropic plan, start a family foundation, or explore community-focused investment opportunities, our Wealth Advisory team is here to help you align your financial goals with your values.

Because at the end of the day, legacy is not just about what we leave to our communities—but what we leave in them.

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In 2024, Oxford Bank commemorated its 140th anniversary by donating \$150,000 and contributing 750 volunteer hours to local non-profits. These efforts benefited numerous organizations, including Food Gatherers, Habitat for Humanity Michigan, and Covenant House Michigan. The bank's team members participated in activities such as food collection drives and fundraising events to combat homelessness.



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resident business guide

If you are a business owner living in Oakhurst, you may list your business here. While the listing is free for all resident business owners, we encourage supporting Stroll Oakhurst as a valuable resource guide. Reach out at janalee.grainer@strollmag.com. Thank you.

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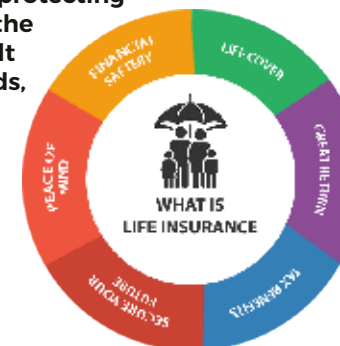
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