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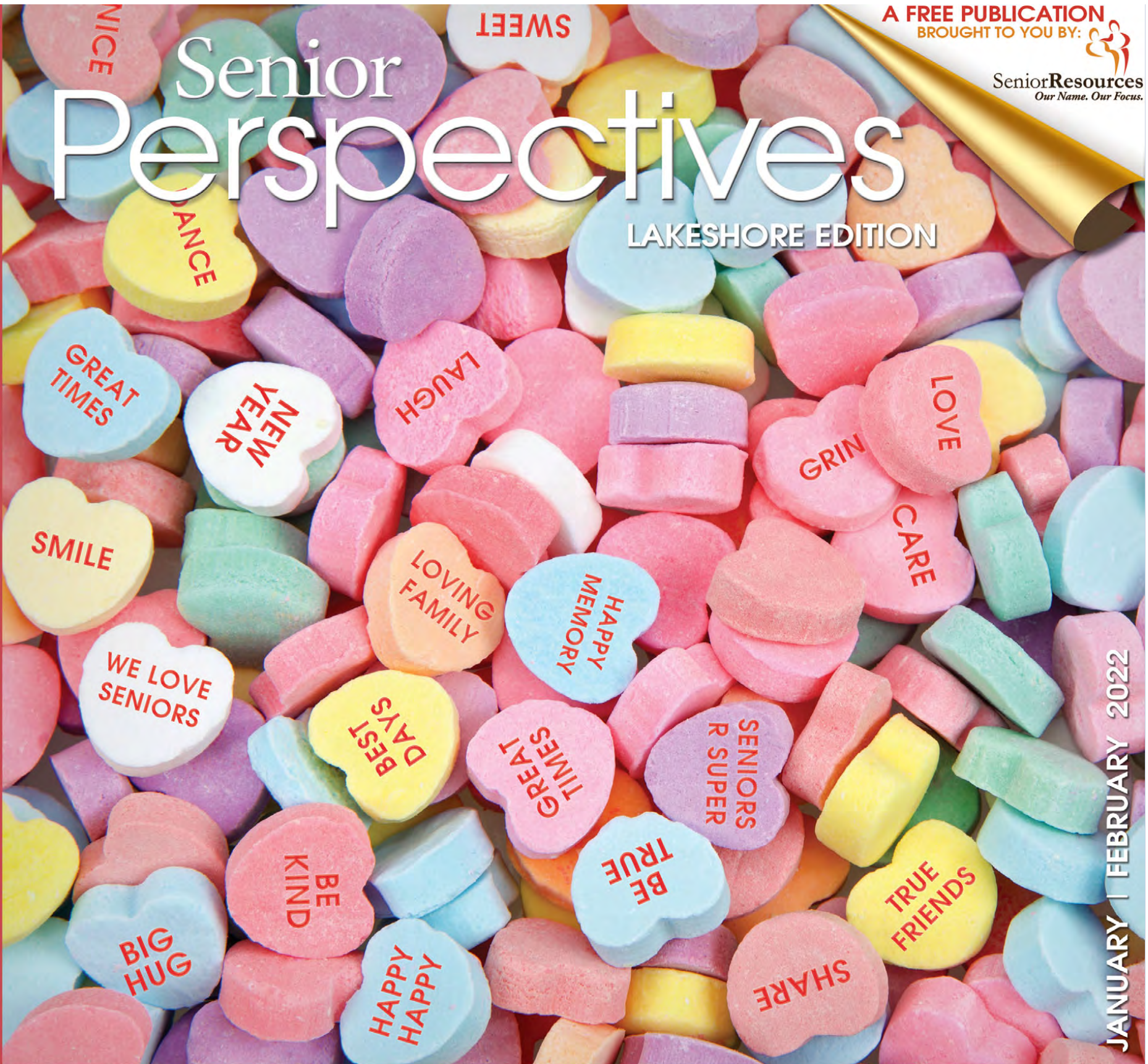
Senior Perspectives

LAKESHORE EDITION

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JANUARY | FEBRUARY 2022

Page 6 – Primary Care at Home ■ Pages 16 & 17 – Game Page
Page 20 – New Year, New Feet ■ Page 28 – My Grandparents of Fremont



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SENIOR
PERSPECTIVES

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NOV/DEC WINNER: CHAR GONZALEZ OF MUSKEGON
The Santa cookie was found in the NAMPA in California story on page 5.



Letter from the Editor



BY
MICHELLE
FIELDS

Awards, Awards and more Awards

The North American Mature Publishers Association (NAMPA) announced their 2021 Awards in Excellence winners this past October. The NAMPA entries were independently judged by the prestigious University of Missouri's School of Journalism, widely considered one of the top journalism schools in the country. Awards were given in a wide variety of categories, including general excellence, writing/editing, design, content, concept, photography, and website excellence. Due to our increased circulation, Senior Perspectives newspapers were bumped up a division to reflect our growth over the last year. Senior Perspectives won 13 awards this year. In November, we were able to get together and present awards to this year's winners.



1st Place Lisa Tyler (right) for *"Understanding Ageism is the Key to Combatting It"* and 2nd Place Michelle Fields (left) for *"It's Awards Time"*



1st Place Holly Lookabaugh-Deur (center) for *"Complete Recovery from COVID-19"*



1st Place Cindy Hogg (Kent) for *"Family Legacy"* and *"Great State of MI"*



2nd Place Emily Armstrong (Kent) for *"Going Virtual"*



2nd Place Jay Newmarch Overall Design



2nd Place Bonnie Borgeson Table of Contents

2nd Place Best Use of Color

Advertising and Self Promotion Categories:

1st Place Black & White Ad *"9 Out of 10 Seniors Prefer Senior Perspectives Over Lima Beans"*

2nd Place – Best Single Ad-Color *"Women with Dog-Beacon Hill at Eastgate"* - Ashley Edwards

2nd Place Self-Promotional Ad- *"9 Out of 10 Seniors Prefer Senior Perspectives Over Skinny Dipping"*



1st Place Lousie Matz (center) for *"Winter Wonderland"* and *"Fishing for Seniors"*



Mary Lou, Glenn and daughter Rachel



Suzette and Jerry



Mike Fields, Michelle and Pam Curtis



Louise, Michelle, Copy Editor-Bonnie and Jackie



2nd Place Glenn Rutgers- Best Use of Photography



Joel & Merijo and Jerry & Suzette



BY
LISA
TYLER

Primary Care at Home program revives the house call

Primary Care at Home, a program of Senior Resources, provides a variety of services to older adults who need in-home primary care. In addition to enhancing the quality of care for patients and supporting caregivers, home-based medical care can significantly reduce medical emergencies and missed appointments, and better control of chronic conditions. Home-based medical care also helps alleviate stress and other challenges for everyone involved in a patient's care.

Home Based Medical Care or the "house call" concept is not new. It used to be common for physicians to make house calls, showing up with their iconic black bags. In the 1930s, 40% of health care was delivered in the home. Over time, patient care moved to physician offices, clinics, hospitals, and emergency departments. *Primary Care at Home* brings back that home visit.

"We're able to help identify other needs that might not be seen in a physician's office," says *Primary Care at Home* Nurse Practitioner Laura Maclam. "We're able to get to know our patients, see them in their own environment, and hopefully help identify ways for them to be better advocates for their own health."

Modern technology makes a difference. Electronic medical records allow access to patient charts virtually anywhere. Blood and lab tests can be done in the home in minutes and taken to a lab. Portable x-rays and ultrasound services are now available the same day in your home. Home-based medical care offers benefits to many. For home-limited patients, it provides improved quality of life and comfort. Many



providers feel that home-based primary care brings compassion and meaning back to their medical practice. For family caregivers, it brings support and peace of mind. Caregivers often say that it is very reassuring to know that a caring home-based medical care provider is just a phone call away, versus having to call 911.

Primary Care at Home has a team approach that includes Nurse Practitioners, a medical director, pharmacist, case management, registered nurse, medical assistant, and licensed counselor. The plan may include case management carried out by the Senior Resources team, and/or remote patient monitoring, among other home and community-based services. The nurse practitioners visit patients in their homes and have ample time to create a care plan with them to address their chronic conditions and health concerns. An emphasis is placed on completing advance care planning, addressing behavioral health issues, medication reconciliation and pharmacy review, as

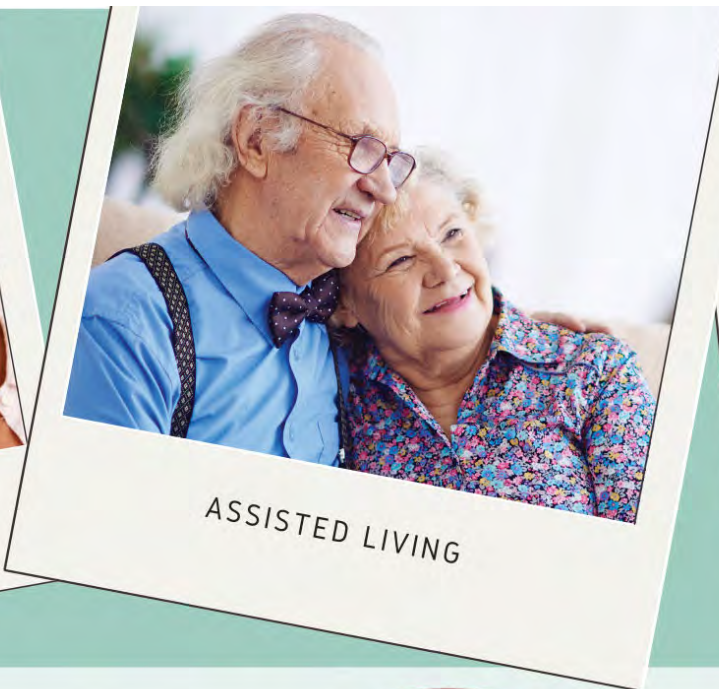
well as preventative services.

"We are looking for ways we can identify and care for the whole patient, not just their medical needs - that is extremely important to us," said Maclam, the nurse practitioner. "We want to communicate with you and your family. It's not just taking care of the individual, but it's identifying what's important to you, as well as other people that you identify as important in your life."

Primary Care at Home is an excellent choice for older adults who need a new primary care provider, who feel they don't have enough time in an appointment, or who are unable to see their current primary provider due to lack of transportation, after hours issues, or no available appointments. To qualify for the program, an older adult must be enrolled in Medicare, have at least one chronic health condition, have a qualifying insurance or private pay.

To learn more about *Primary Care at Home*, call 231-737-4041. *Primary Care at Home* is a program of Senior Resources, through funding from the Michigan Health Endowment Fund.

Lisa Tyler is the Communications Director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, a junior at Hope College, and Nicholas, a graduate of MSU. Lisa is also an alumnus of MSU, loves scrapbooking and travel, and being involved in her community. She is treasurer of the Muskegon Area Intermediate School District Board of Education, chair of the Kids' Food Basket Muskegon advisory committee, board member for CALL 2-1-1, and a member of the Muskegon Rotary and Greater Muskegon Service League.



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The Graying Globetrotter

Yes, it was the “Wright” Trip!

BY
JAY
NEWMARCH

Tucked in the hills southwest of Pittsburgh is a burgeoning homage to the legacy of Frank Lloyd Wright called Polymath Park. It amazes me when I get a chance to see someone’s kernel of a dream grow into something much greater than even they may have imagined. I think Polymath Park is a good example.

It all began in the 1960s when two families commissioned a protege of Frank Lloyd Wright, Peter Berndtson, to design and build two summer homes on 130 acres of farmland. Berndtson thought the two homes were the start of a Usonian style community, but the two families that had commissioned him had different ideas. Once the homes were built, they decided to keep their land private and pristine.

Jump forward 40 years when Tom and Heather Papinchak bought a modern home in Acme, Pennsylvania. The home happened to be next door to the Balter and Blum homes that were designed by Berndtson. In 2003, the Papinchaks had an opportunity to purchase the Balter and Blum homes

and preserve the homes and land from development.

In 2006, the fledgling community grew by one with a dismantled Frank Lloyd Wright house, the Duncan house, which was originally located in Lisle, Illinois. The home had been taken apart and stored in shipping containers. The original plan to reconstruct it fell through and the Papinchaks came to the rescue. Tom wasn’t sure what he had gotten himself into, but over nine months, he and his four-person crew reconstructed the home, piece by piece.



Three homes strong, Polymath Park became a reality in 2007. Visitors would be able to tour the homes and even stay the night in one of them if they wanted. The

tours helped educate visitors and guests about Usonian homes, a Wright concept that was meant to offer his designs to average families at a low price point. It never quite took off, as the homes didn’t turn out to be quite as inexpensive as Wright had planned. Still, there were, are, examples spread across the country, some still serving families while others face the wrecking ball.



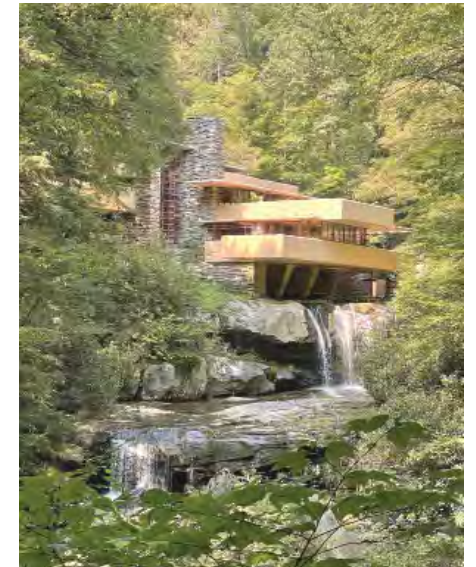
Such was the case in 2016 when the Mantyla house in Cloquet, Minnesota, was nearing a fateful point. The “Grand Usonian” home had been built for the Lindholm family and was currently owned by their grandson, Peter. The home had been on the market for some time, being swallowed up by encroaching businesses. Far from the family retreat it had once been, it faced an uncertain future. The Papinchaks stepped forward once again and saved the home from the wrecking ball.

Tom and his team painstakingly took the home apart, numbering every piece. And, once again, a Frank Lloyd Wright

home traveled to Polymath Park in shipping containers. Once on site, it was reconstructed on a specially chosen spot on the 130-acre park.

How did I end up visiting and staying in the Mantyla house? Well, thanks to a segment on CBS Sunday Morning, I became aware of Polymath Park and the journey the Mantyla house had taken from its original home in Minnesota. Listening to the story of Peter and Julene McKinney and their steps to save the home that had always been in their family intrigued me.

I wanted to visit both that particular house and Polymath Park. I immediately got online and reserved the first available reservation, which happened to be September 12. A trip to Pennsylvania took shape. In addition to Polymath Park, I had always wanted to visit Fallingwater, another Frank Lloyd Wright



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house. The house was designed for the Kaufmann family, owners of Kaufmann's Department Stores which got its start in Pittsburgh in 1871. Fallingwater was their summer home. Well, Fallingwater just happens to be a mere 20 miles from Polymath Park.

While I realize that not everyone is a fan of Frank Lloyd Wright, if you are, you couldn't plan a nicer odyssey than a trip to Pennsylvania. It's not a bad road trip from Michigan and the scenery in western Pennsylvania is beautiful. Just make sure you like driving up steep hills and down the other side. Kind of like a roller coaster. In the valleys, you'll find beautiful farmland, forests and streams.

In one of those wooded settings was Fallingwater. We were unable to get tickets to tour the inside of the home as tours during the pandemic are limited. However, you can get tickets to view the exterior and grounds. As you have access to outside patios and entrances, you're able to do some peeking and

get a great view of the home as it was designed and built atop a stream and pond. Quite a sight. The trails around the home are also a treat.

And, any sadness about not getting inside Fallingwater soon abated when we got to Polymath Park and took possession of the keys to Mantyla for the night. As a Wright geek, I can't even put into words how exciting it was to literally live in one of his homes for one day.



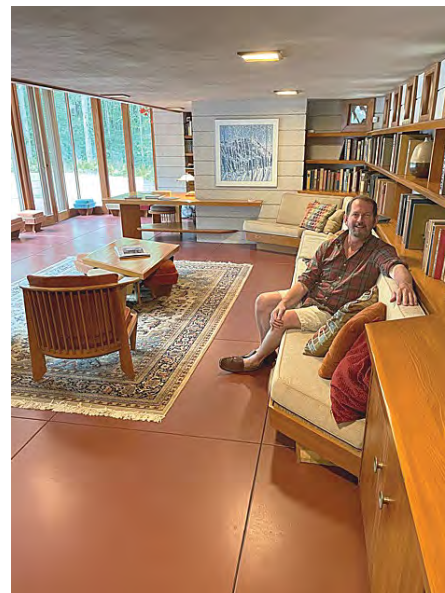
No doubt, his designs are eccentric. We were told on the tour that if he was forced to go taller, he would also go narrower. As Mr. Lindholm was quite tall, the doors and passages in the home are taller, but also narrower than normal. Some doorways are so narrow that you have to turn sideways to enter. I always laughed that in my Mom and Dad's home, the hall closets had such narrow doors. Well, the bathroom door in the Mantyla home was no wider than the



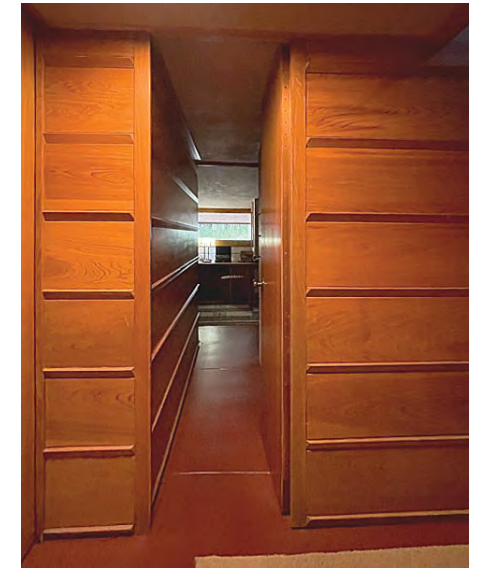
hall closet door at my parents' home!

Still, while not always practical, the design is incredible. The use of stone, concrete, wood and windows is something to behold. He is big on reveals. For instance, you enter a rather dark, enclosed entryway that features a wall of bookshelves and built in seating. A low ceiling which gives it a cozy, nook-like feeling. Then you turn the corner and the ceiling vaults upward and you're facing a complete wall of vertical windows and glass doors. Like performance art!

There are closets and shelves EVERYWHERE. I'm so jealous and determined to add even more into my home. When Mrs. Lindholm said she needed more storage space in the kitchen, he added a second set of cabinets on top of the first set, filling the vaulted ceiling. Maybe not practical, but she couldn't complain



that she didn't have storage space. We ate dinner at Treetops, which is the old, modern home that the Papinchaks had previously lived in. Dinner, like everything at Polymath Park, is well thought out and an incredible experience. You can tell that everyone who works at Polymath Park loves what they are doing and want to make sure you enjoy your stay -- no, your experience.



A trip to Polymath Park is definitely an experience. Thank you, Sunday Morning, for introducing me to this gem of an experience.

Jay Newmarch is a marketing professional and graphic artist living in Kalamazoo, Michigan. Jay designs the Senior Perspectives publication for Senior Resources and is an avid traveller who takes every opportunity to visit different corners of the world.



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Cathay's Cooking Corner

BY
CATHAY
THIBDAUE

Grandma's Vinegar Pie

Ingredients:

2 cups sugar
3 tablespoons all-purpose flour
1 teaspoon vanilla
1/2 teaspoon ground nutmeg
1/2 cup butter, cubed
2/3 cup cider vinegar
4 cups of hot water
Pastry for double-crust pie

Directions:

Preheat oven to 450°. Whisk together sugar, flour and nutmeg; set aside. On a lightly floured surface, roll one-third of pie dough to a 1/8-in.-thick circle; cut into 2x1-in. rectangular strips. Evenly scatter a deep 12-in. ovenproof casserole with half the strips, sprinkle with half the sugar mixture. Dot with half the butter. Repeat with second half of strips, sugar and butter.

Roll remaining two-thirds of pie dough to a 1/8-in.-thick circle. Place over filling, pressing against sides of skillet or casserole. Cut a slit in top. Add vinegar to hot water; slowly pour vinegar mixture through slit. Liquid may bubble up through crust; this is normal. To catch spills, line oven rack with foil.



Bake until crust is golden brown, about 1 hour. Cover edge loosely with foil during the last 15-20 minutes if needed to prevent overbrowning. Remove foil. Cool on a wire rack.

Cathay is the Network Manager, Certified HIPAA Security Professional, Certified Medical Practice Security Professional, Certified PCI-DSS Security Compliance Professional, Certified Healthcare Cybersecurity Professional, and has a Certificate of Leadership in Healthcare Management Proficiency at Senior Resources of West Michigan. She also enjoys boating, fishing, and spending time with her family.



BY
STACI
GERKEN

AAAWM Eats

One-Pan Salmon and Veggies

Ingredients:

12-16 ounces of salmon
1 red pepper
1-2 heads of broccoli
2-4 Tbs of olive oil
1/2 of a lemon (optional)
Black pepper
Garlic powder
Salt
Crushed red pepper seasoning or flakes (optional)

Directions:

1. Preheat oven to 400°F
2. Spray bottom of casserole pan with non-stick cooking spray or drizzle with olive oil to prevent the fish from sticking to the bottom. Place fish on one side of the pan and wash your hands.
3. Wash veggies. Cut broccoli into chunks and the red pepper into strips or chunks. Place them on the other side of the pan.
4. Drizzle veggies and salmon with olive oil and lemon juice, and sprinkle with desired spices. I typically use the black pepper, garlic powder, salt, and the crushed red pepper flakes above.
5. Cook for 20-25 min., stirring the veggies half-way through, or until the salmon reaches 145F internal temperature. Another way to tell when salmon is done cooking is when it flakes and the middle has turned from red to pink.
6. Serve with rice and enjoy!



4. Drizzle veggies and salmon with olive oil and lemon juice, and sprinkle with desired spices. I typically use the black pepper, garlic powder, salt, and the crushed red pepper flakes above.
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6. Serve with rice and enjoy!

Staci Gerken is a Registered Dietitian and the Nutrition Contract Administrator at the Area Agency on Aging of Western Michigan where she works with congregations and home delivered meal partners in a nine-county region.

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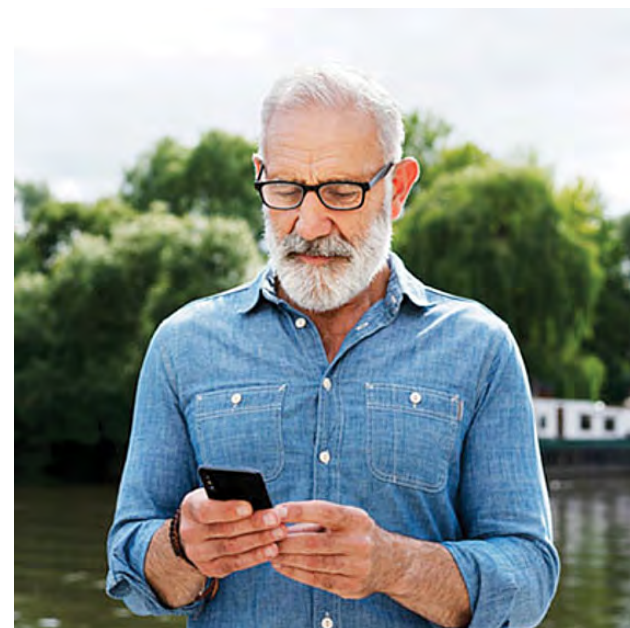
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www.ssa.gov/myaccount.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

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Martin's Meanderings On the Radio



BY
CLIF
MARTIN

This one is for our readers who are well-seasoned enough to remember when radio was a big thing. A big piece of furniture in every living room. It might even interest the younger folks who ask "What did you look at while you listened to the radio?"

Radio's highest ratings were in the 1947-48 season, just before TV came along. Radio stars and their sponsors moved to the new medium, leaving radio to reinvent itself. Here are the shows that grabbed those ratings.

On Monday night the *Lux Radio Theater* had the best ratings. You ask, "You listened to movies on the radio?" We did. It was on radio from 1934 to 1955 with radio versions of all the great films. It often ended with one of the female stars letting us know it was Lux Soap that kept her skin looking so radiant.

Fibber McGee and Molly kept us laughing for decades every time a ton of junk fell out of the hall closet. We knew it was coming but it was still funny. Bob Hope followed Fibber and Molly on Tuesday night.

We loved Edgar Bergen and Charlie McCarthy. I have heard those who grew up with TV say that Edgar was not a great ventriloquist because he moved his lips. Wrong! He knew how to use radio to create a real, live character. Nobody has done it better. Charlie wasn't a wooden dummy when we listened. He was a real, smart-alec kid, determined to give Bergen a bad time.

Jack Benny still has an active online fan club. His famous fake feud with Fred Allen was great fun. Allen wasn't exactly a comedian. It was his wit and his cast of characters that made us laugh. He took us down "Allen's Alley" to chat with Titus Moody, the perfect New Englander, Pansy Nussbaum, the Brooklyn Housewife and Irish Ajax Cassidy, who complained that he was not long for this world. There's one resident of that alley who lives forever with a different name. The blustering Southern Senator Beauregard J. Claghorn invented the phrase "That's a joke, son." The character was so popular that Warner Brothers turned him into Foghorn Leghorn.

I'll save other big radio stars for another time. There's good news for you if you're thinking it might be fun to hear some of those old shows. It's easy to find them on the internet.

Clif says he will be a happy old man if even one person shares his appreciation for Irving Berlin.



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The Little Things that “Make My Day”



BY
LOUISE
MATZ

What are “the little things” that delight you? Most of us agree about our major blessings: health, love, faith, family, safety, education, our country, a job, etc. But how often do we think about the little things that bring a smile, warm our hearts, or “make our day.”

Everyone is unique in this regard. What little things give you comfort or make your day? Here are a few of mine:



Morning coffee – both the smell and the flavor, but also just holding that cherished cup in my hands. I savor every drop and delight in the moment.

A warm blanket - Have you ever been a patient in the hospital? And, have they at some point given you a heated blanket? Such a little thing, but what a delight. I can still bring up the pleasant, cared for feeling that swept over me.

A kind person - An unexpected kindness always “makes my day.” The other day a lovely lady insisted I go ahead of her in line as I had only a couple things and she had many. How about when you’re stuck in traffic and some kind soul waves you through?

Garbage day - This might be my “little thing” uniquely. We used to live in a neighborhood where each household selected their own garbage service.

The streets were constantly decorated with trash containers. Now I live in a condo complex and all garbage containers go out for pickup on the same day of the week. So, every garbage day makes me smile, knowing there will be a full week before I see the trash containers again.



Football - My husband would probably call it a “big thing” but he gets a real high when his favorite team wins a football game. I’m guessing many of us get a thrill from a good sports game or an exceptionally good movie or book.

Mahjongg - Playing mahjongg is one of those little things for me. It’s both challenging and social. I can lose myself in the game. It’s mesmerizing. I even like the feel of the tiles!

Grandkids - When one of your kids or grandkids

shows up at your door unexpectedly? Does that bring a smile? It sure makes my day.



Great Lakes - Every time I drive to Lake Michigan, it takes my breath away and I think how blessed I am to live so close. During the time when Covid had us all sequestered, my husband and I took a drive to Lake Michigan nearly every day. And, we weren’t the only ones, especially during sunset.

Sunshine - The sunshine makes me smile, but then so does a beautiful snowfall.

Here are a few “little things” from family and friends:

Black raspberries on a bush behind my condo. I delight in eating a few berries every day - Ron Stolzman

A rainbow, especially at the end of a rainy day - Jason Balavitch

My puppy kissing my face to wake me up in the morning - Molly Kidner

My dad taking my phone call and taking time to cheer me up when I’m feeling down - Olivia Balavitch

A compliment on my outfit - Peyton Balavitch

Being surprised to find that my daughter was using her time creatively rather than wasting it - Melissa Balavitch

When someone comments on reading my article in Senior Perspectives – Louise Matz

Louise has been writing for Senior Perspectives for over ten years. She enjoys family time, reading, walking, biking, and golf. Pickleball and mahjongg have been added to the list since retirement. She also loves to join her husband for turkey hunting and fishing in the Florida Keys.

Fill out, clip and share your opinion with us.
You could win \$100, \$75 or \$50 Meijer Gift card.

Please check all that apply.

I am a:

- Person age 60+
- Caregiver for an older adult
- Provider (providing professional services for an older adult)
- Person with disability
- Grandparent raising grandchild(ren) (age 55+)

Please indicate your county of residence:

- Muskegon
- Ottawa
- Oceana
- Other: _____

Your current living situation:

- Single Family Home
- Condo
- Senior Living Facility
- Apartment
- Living with family/friend

Does any disability, handicap, or chronic disease keep you and/or your spouse or partner from fully participating in work, housework or other activities? (Check only one)

- Yes, myself
- Yes, my spouse or partner
- Yes, both me and my spouse or partner
- No

How often do you go online to access the Internet?

- Daily
- 3-6 days/week
- 1-2 days a week
- Once every few weeks
- Never go online

Would you be interested in using a web-based system to video chat with friends and family?

- Yes
- No

Are you able to go shopping, visit the doctor, run errands, etc?

- Yes
- No

If yes, do you:

- Drive yourself
- Walk
- Have others drive you
- Taxi/Uber
- Public transportation
- Special transportation service, such as one for seniors or persons with disabilities

How frequently do you interact with your friends, family or neighbors in your community?

This interaction could be by phone, in person, email or social media (such as Facebook).

- Daily
- Weekly
- Monthly

On a scale of 1-4 how important do you think it is for seniors to have access to the following services?

- 1 = Very important
- 2 = Somewhat Important
- 3 = Neutral
- 4 = Not Important

- Adult Day Services – community based supervised care for older adults
- Affordable Housing for Seniors
- Caregiver Training and Support Groups
- Congregate Meals – meals offered at community locations
- Fitness Activities - Specifically geared to older adults
- Health and Wellness programs - Classes in areas such as nutrition, chronic disease management, weight control, balance etc.
- Home Care Services - Including respite and personal care and housekeeping
- Home Delivered Meals – Nutritious meal delivered to your home
- Home Repair Service – help with minor home repair
- Life Enrichment Activities – Art, travel, educational opportunities
- Seasonal Services - Lawn maintenance or snow removal
- Service Navigation - A service that guides seniors to find and access health and supportive services
- Telephone or home visiting for older adults
- Transportation - For non-medical rides
- Transportation - To medical appointments

Please indicate gender:

Male Female

Age: _____

What is your race and/or ethnicity?

Entries are due by March 15, 2022

Name: _____

Phone: _____

Please return completed entry form to:

Senior Resources
Attn: Amy Florea
560 Seminole Rd.
Muskegon, MI 49444



You are never too old to try something new. Try this fun experiment with your neighbor, friend or grandchildren.

Try This

Colors in colors

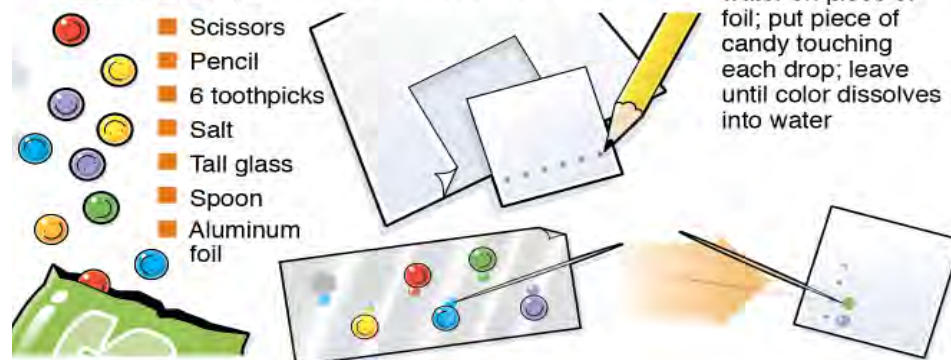
How to take apart the colors used in candy.

You'll need

- Pieces of candy that come in different colors (one of each color)
- Coffee filter paper
- Scissors
- Pencil
- 6 toothpicks
- Salt
- Tall glass
- Spoon
- Aluminum foil

1 Cut paper into a square; draw six dots 1/2 in. (1 cm) from edge

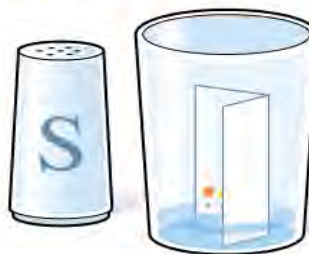
2 Put six drops of water on piece of foil; put piece of candy touching each drop; leave until color dissolves into water



3 Use toothpick to transfer small drops of water from foil to dots on paper; use clean toothpick for each color; repeat three times for each color; let dry

4 Stir pinch of salt into half a glass of water; pour out all but 1/4 in. (5 mm)

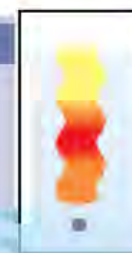
5 Fold paper and stand it in water; do not let water touch dots



What happened?

Salt water climbs the paper, and dots of color spread upward with it

Colors like orange and green may separate into the colors they are made of (yellow, red and blue)



Graphic: Staff, Tribune News Service

Question: I'm 65, not ready to retire, but I want to apply for my Medicare coverage. How can I do that?

Answer: The easiest and most convenient way is to apply online. Use our online application to sign up for Medicare. It takes less than 10 minutes. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. You'll receive your Medicare card in the mail. It's convenient, quick, and easy. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Get started today at www.ssa.gov/benefits/medicare.

Question: When a person who has worked and paid Social Security taxes dies, are benefits payable on that person's record?

Answer: Social Security survivors benefits can be paid to:

- A widow or widower—unreduced benefits at full retirement age, or reduced benefits as early as age 60.
- A disabled widow or widower—as early as age 50.
- A widow or widower at any age if he or she takes care of the deceased's child who is under age 16 or disabled, and receiving Social Security benefits.
- Unmarried children under 18 or up to age 19 if they are attending high school full time. Under certain circumstances, benefits can be paid to stepchildren, grandchildren, or adopted children.
- Children at any age who were disabled before age 22 and remain disabled.
- Dependent parents age 62 or older. Even if you are divorced, you still may qualify for survivors benefits. For more information, go to www.ssa.gov.

Question: I lost my Medicare card. How can I get replacement?



Answer: The easiest and newest way to get a replacement Medicare card is by using your my Social Security account. Go to www.ssa.gov/myaccount for more information on how to create an account. You also can get a replacement Medicare card by calling us toll-free at 1-800-772-1213 (TTY 1-800-325-0778). Keep your card in a safe place. You don't want anyone getting hold of your Social Security number. They could steal your identity.



BY
VONDA
VANTIL

Question: I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: How are my retirement benefits calculated?

Answer: Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are first adjusted or "indexed" to account for changes in average wages since the year the earnings were received. Then

we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our Retirement Estimator, which offers estimates based on your Social Security earnings. You can find the Retirement Estimator at www.ssa.gov/estimator.

Question: I'm trying to figure out how much I need to save for my retirement. Does the government offer any help with financial education?

Answer: Yes. For starters, you may want to find out what you can expect from Social Security with a visit to Social Security's Retirement Estimator at www.socialsecurity.gov/estimator. The Financial Literacy and Education Commission has a website that can help you with the basics of financial education: www.mymoney.gov. Finally, you'll want to check out the Consumer Financial Protection Bureau, which offers educational information on a number of financial matters, including mortgages, credit cards, retirement, and other big decisions. Visit the Consumer Financial Protection Bureau at www.consumerfinance.gov.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

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The advertisement features a photograph of a modern, single-story apartment building with a covered porch and an American flag. The text is arranged in a clean, professional layout with a mix of bold and italicized fonts. A logo for 'Chestnut FIELDS' is positioned in the lower right, and contact information is provided at the bottom.

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□ □ □ □ □ □ □

A₁ E₁ I₁ L₁ G₂ R₁ F₄

□
RACK 1

□ □ □ □ □ □ □

A₁ I₁ U₁ C₃ L₁ N₁ T₁

□
RACK 2

□ □ □ □ □ □ □

A₁ E₁ O₁ H₄ K₅ T₁ C₃

Triple
Word Score

□
RACK 3

□ □ □ □ □ □ □

E₁ E₁ I₁ L₁ T₁ S₁ P₃

2nd Letter
Double

□
RACK 4

□ □ □ □ □ □ □

U₁ U₁ F₄ L₁ G₂ L₁ N₁

□
RACK 5

PAR SCORE 255-265
BEST SCORE 341

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE[®] Players Dictionary, 5th Edition. **SOLUTION TOMORROW**

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com 06-20

			5	7	1		3	
	7					2	9	
8				2		5		
			6					3
	4		8		7		1	
7					3			
		6		1				4
	8	1					7	
	2		3	8	9			

Senior Perspectives

G
A
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E

		2	7	5		9		
9	1			3				5
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		9						4
	3						1	
1						8		
5			3		9			
8				7			5	9
		3		4	5	2		

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B U P H
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BOGGLE
POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE
RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek

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G L R I D
Q U E N H
M T V O E
Y E C A R

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Answers to Last Sunday's Boggle BrainBusters

Game
Page
Answers
on Page 35

2-28-21

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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

CIPYK

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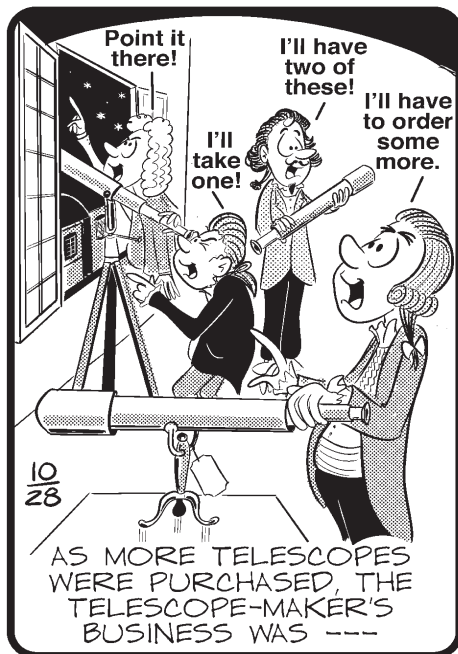
ROGPU

SMULSE

MENOYK

Answer here:

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

HNOYE

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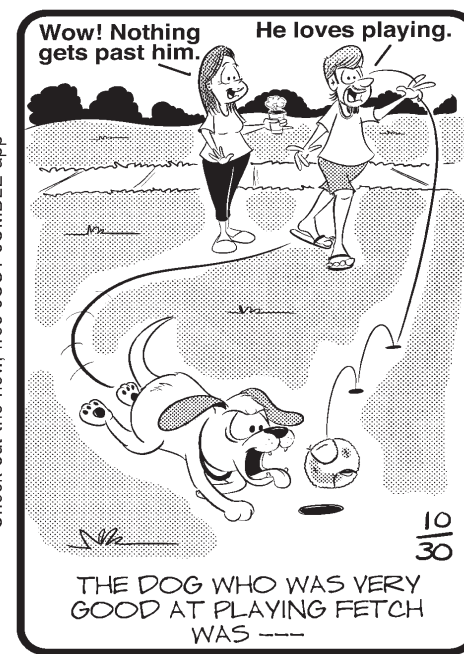
NUYNB

COTKEL

COSLIA

Answer here:

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Draining the Swamp in 2020



BY
JANET
HASSELBRING

I used to make frivolous New Year's resolutions, like memorizing Liszt's "Liebstraum," getting a 10,000 Fitbit count, qualifying for the Boston Marathon, and hiking Grand Canyon's Nankoweap Trail, with its eleven miles of waterless exposure and trails just inches from deadly drops. But this year I'm getting serious: I've resolved to "omit useless words." It's a challenging, even an altruistic, resolution, since, if I'm successful, I'll drain the swamp of verbosity and spare readers unnecessary wordiness and verbiage. And, if good writing mimics speaking, I'll spare them garrulousness as well.

You see, when I started writing for *Senior Perspectives* in 2015, I fell in love with writing short articles and stories. I never looked back.

Writing the short story provides an outlet for the constant stream of ideas flow-

ing through my head – thoughts about gardening, birds, memories of life on the family farm, travels, and observations generated by books and poems I'm reading.

Writing gives me a sense of wonder and respect for words.

Emily Dickinson writes:

"A word is dead

When it is said [written]

Some say.

I say it just

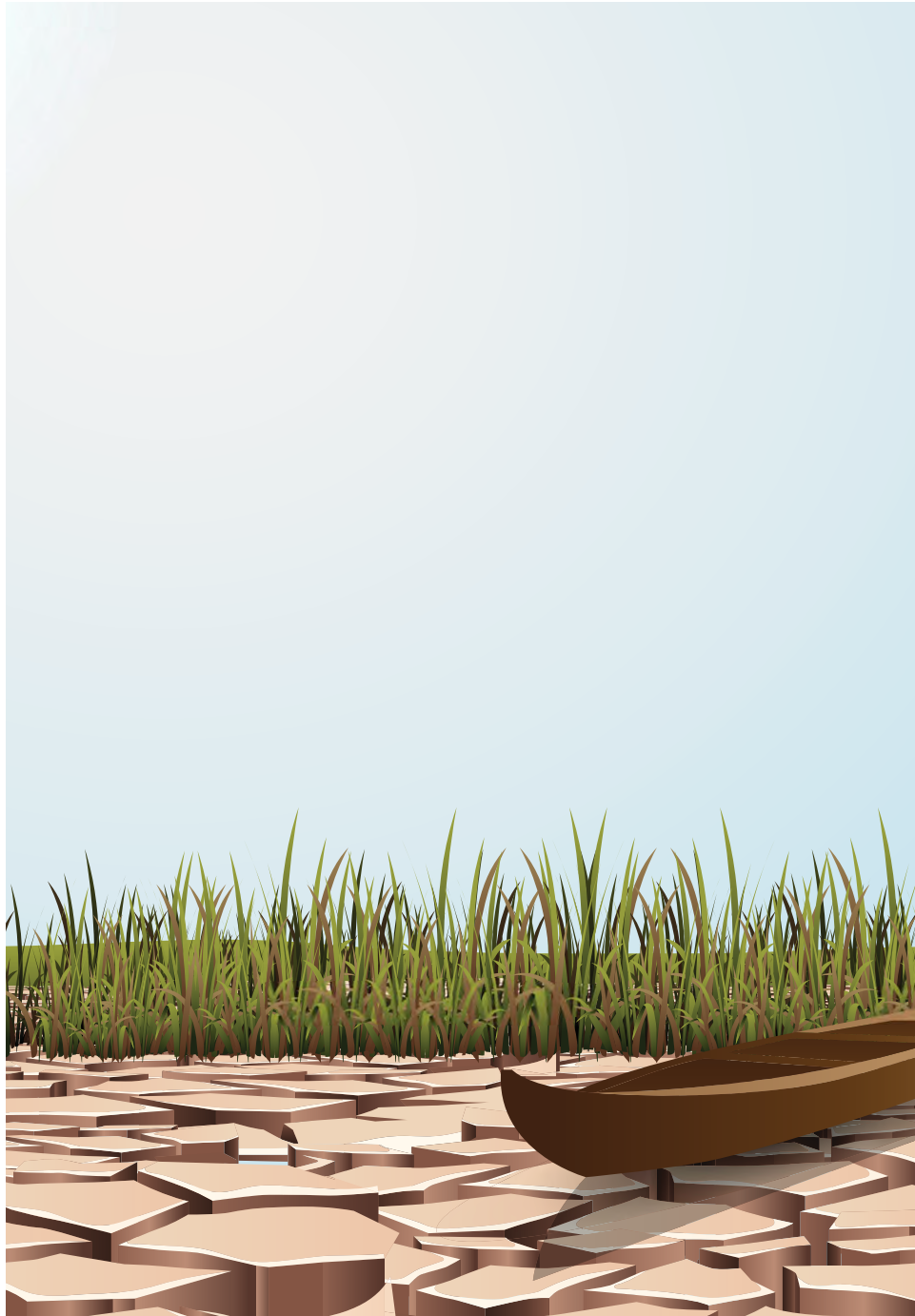
Begins to live

That day." (addition mine...)

"Dipping her pen in a dark inkwell, Dickinson wrote words. A word, say the name of a flower-like 'rose,' became a construct – part memory, part imagination. Imbedded in a poem, with meter and rhyme, words became like the petals of a rose, each different but creating a rhythm and a symmetry." *Emily Dickinson's Gardening Life*, McDowell

But that's only part of a writer's task.

Stephen King wisely noted, "To write is human; to edit divine." The writing gods



Hackley Public Library

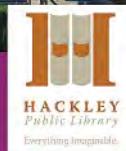
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knew what they were doing when they decreed a word limit for the short story. We writers are notorious for falling in love with our words, and when writing a first draft, we're encouraged to get our ideas down without worrying about counting or editing them.

Then comes the fun part! Paring several hundred words from a story may be a challenge, but it's the most enjoyable part of writing for me.

"Rule Seventeen. Omit needless words!" cautioned Wm Strunk, Jr. (*The Elements of Style*) He said it three times to make the case for cleanliness, accuracy, and brevity in the use of English. Strunk's pupil and admirer, E.B. White, whose writing (*The New Yorker*, *Charlotte's Web*), was known for its ease and clarity, wrote a Fourth Edition of Strunk's work, which has become every serious writer's bible. White describes the professor's dedication to his own rule:

"In the days when I was sitting in his class, he omitted so many needless words, so forcibly and with such eagerness and obvious relish, that he often seemed in the position of having short-changed himself – a man left with nothing more to say, yet with time to fill, a radio prophet who had out-distanced the clock. He got out of this predicament by a simple trick: he uttered every sentence three times! Delivering his oration to his class, he leaned forward over his desk,

grasped his coat lapels in his hands, and in a husky, conspiratorial voice, muttered, 'Omit needless words. Omit needless words. Omit needless words.'" (*Elements of Style*, 4th Edition)

Senior Perspectives editors enforce word limits, forcing me to use Rule Seventeen, sparing readers "needless words" in the hunt for simplicity and clarity.

E.B. White puts it best: "Strunk felt that readers were in serious trouble most of the time, floundering in a swamp and that it was the duty of anyone attempting to write English to drain this swamp quickly and get the reader on dry ground, or at least throw a rope." (*Elements of Style*, 4th Edition, White).

I've finished writing, but as usual, the word count is over the limit. Yeah! On to my New Year's resolution!

(Excerpted from *Tweets*, by the author)

Janet lives in MI with her husband, Don and Welsh terrier, Snack. Jan drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild/shorebirds from FL and beyond; Country Dairy, which describes life on her family farm, in west MI, in the 1930s, when her parents lived and worked on the land; and Tweets, A Twitter Feed of Short Stories and Articles. Her piano gets lonely because she chooses to whack fuzzy yellow balls and popping pickleballs instead of tickling its ivories.



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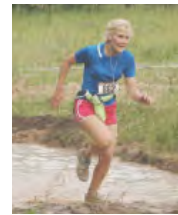
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New Year, New Feet!



BY
JAN
SMOLEN, DPM

Tips to overcome common foot problems that occur in the winter.

Cold injury, also known as Pre-Frost Bite, Pernio, or Chilblains: Exposure to cold temperatures can cause the capillaries (very small blood vessels) in the toes to spasm and close, which can then cause redness, pain, itching, sometimes blisters and ulcerations (open sores). Cold injury can occur even running errands or going grocery shopping. If your feet become damp they are more prone to cold injury. You can prevent this by wearing warm, thick socks and closed toed shoes or boots that fit well. Try to avoid wearing dress socks or nylons. If you must, then change into warm cozy socks as

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soon as you get home. If you don't have numbness in your feet you can use toe warmers. You can find them in the sporting goods section of the store.

Xerosis (Dry Cracked Heels): Dry cracked heels are common in the winter, especially in construction workers and people who exercise outside. The cracking can become so severe they bleed and fissure. I encourage my patients to change their socks two times per day. Apply a thick cream in a jar such as vitamin E cream, coconut oil, Bag Balm or even Aquaphor. Do this daily for 7-10 days. If the cracks are really bad, cover with Saran Wrap and socks after applying the skin cream. Use a fingernail file or a ped egg and file heels weekly. If your heels are bleeding, apply triple antibiotic ointment and call your health care provider if they don't heal or you notice redness.

Foot and ankle injuries from falling on ice: The fear of falling on ice can be debilitating and affect a person's mental outlook. Avoid injuries from falls by wearing non-slip tennis shoes or boots that fit correctly. Use a walking stick, cane, or walker. Always take your cell phone with you. Have someone else shovel and salt your sidewalks and driveways. Find a safe place, such as your local school or a mall, to walk for exercise.

Gout: I usually say to myself "tis the season for gout" from Thanksgiving through the New Year's holiday. People tend to indulge in rich foods, alcoholic beverages and get dehydrated during the holidays. Gout is an increase of uric acid in the bloodstream. Symptoms include redness, pain,

and swelling that can occur in the big toe joint and lesser digits. The pain is sometimes described as "I can't stand the sheet to touch my foot."

Gout also occurs on other areas on the foot, even the Achilles Tendon. Gout can affect any joint but is more common in the foot because the uric acid crystals deposit in joints that are cool in temperature. A uric acid level over 6.0 is gout.

Things you can do to prevent gout include: Drink plenty of water. Limit your alcohol intake. Limit your intake of foods rich in purines such as processed meats, nuts, oatmeal, asparagus, Brussels sprouts, tomatoes, spinach, anchovies, mussels, scallops, sardines, haddock, codfish, trout, bacon, turkey, veal, venison, and organ meats.

If you think you have Gout contact your healthcare provider. There are medications available for treatment.

In closing, I try to embrace the Winter and the New Year with a positive attitude. I sit and enjoy the sun when it is shining. I learn new hobbies. I try new recipes. I write letters that I put in the mail instead of email. I write a new list of goals such as having great looking feet for sandal weather.

Jan Smolen DPM is board certified by The American Board of Podiatric Surgery and is a Diplomat of The American College Foot and Ankle Surgeons. She is a physician at Shoreline Foot and Ankle Associates in Muskegon with satellite offices in New Era, Fremont and Ludington.

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Soul Food

To bring benefits to both the spiritual and economic life of the nation



BY
GIL BOERSMA,
M.DIV., B.C.C.

Presidents' Day 2022 comes on Monday, February 21st. The observed federal holiday for many Americans is still officially called Washington's Birthday. I learned that Congress has never declared a national holiday that is binding for all states. Each state has the freedom to determine its own legal holidays. "In 1968, Congress passed the Monday Holiday Law to provide uniform annual observances of certain legal public holidays on Mondays. By creating more 3-day weekends, Congress hoped to bring substantial benefits to both the spiritual and economic life of the Nation." (The Old Farmer's Almanac/ Presidents' Day 2022/ Presidents' Day History, Folklore, and more by The Editors. May 13, 2021)

I was impressed that Congress referenced the hope of substantial benefits to the "spiritual" along with the economic life of the Nation. Certainly, humanity will seek both tangible and intangible benefits for our lives

and our families. We indeed are the only living creature that seeks to know the creator, and we express how we have found faith that guides and strengthens our journey.

My column for *Senior Perspectives* is intended to offer food for one's soul. I have been sensitive to the spiritual side of life ever since I attended Sunday School as a child. I have gone on many retreats and attended summer camps that included prayer at mealtime, and some camps even had chapels; sometimes the chapel was simply there for anyone's use, anytime day or night. So, prayer has had a big influence on my life, and I have offered "Soul Food" as an article that may offer encouragement and possibly spiritual direction. The last thing I want to do is make someone uncomfortable.

May the light of God's love guide and bless your journey.

(John 4:24 reads: "God is spirit, and his worshipers must worship in the Spirit and in truth.")

Rev. Gilbert Boersma, BBA, MDIV, is an Elder in the United Methodist Church, and a Retired-Board-Certified chaplain. His wife Sara is retired from Muskegon Community Mental Health and offers counseling privately, part-time. Their two sons, one daughter-in-law and four grandchildren also live in Muskegon. Gil offers "spiritual direction" for those who have interest. You may contact him by email: boersmagil71@gmail.com



The Other Side of the Fence



at the sight of two palm trees that reached above the fence that separated our suburban Maryland back yard from Bob and Karen's yard. In normal circumstances, if such a thing as this new aberration appeared, I would have thought, "Those can't be real." After living there for a few years, we learned to expect otherwise.



BY
JOEL
DULYEA

There was October with Halloween and its antics. Karen provided candy for all costumed visitors who dared approach the front door to request, "Trick or treat." Bob, on the other hand, provided the tricks. He hid beneath a card table next to the sidewalk. The table was draped with black, orange, and white tablecloths that dressed it to the ground.

Unknown to the candy seekers, there also was a hole in the middle of the table through which Bob's head waited beneath the cover of a serving dish. Next to the cover a sign read, "Help Yourself." There were screams, as expected, but no loss of sleep. It was another year's Halloween night, so we didn't wonder about the sound of a chainsaw coming from the woods behind our houses. That was the night his teenage daughter and her girlfriends camped in a tent behind our back yards, in the woods. Bob cut short the girls' sleepover with an appearance straight from a horror movie.

There was that New Year's Eve party for which he fabricated a skeletal wooden frame covered with sheets of plastic to enclose and heat their backyard pool. A hot tub, framed nicely with a designed stone wall, was installed during the summer. The imported beach sand was an unexpected addition for that back corner. With tiki lights added, it made

a smaller version of Jimmy Buffet's Margaritaville. The lingering Christmas lights seemed at home. Elvis sang "Blue Christmas" on the boom box.

And then there was that fall of 2006. I stood in wonder at the sight that was stealthily built in the back yard. It was unexpected. We had been absent from home and missed the hammers and voices of another project. What now stood in the back yard was the answer to what I wondered back in July, "How are those palm trees going to survive winter?"

Bob's wife Karen had left with her mother for the weekend to attend a craft fair. She expected Bob would have installed a new storm door by the time she returned. Bob enlisted his son's help to build an enclosure for the palm trees, a plywood treehouse. They would use a space heater to keep them warm. Bob said, "When Karen called to see how the storm door project was going, she could hear the pounding of hammers in the background. I told her things were going well. When she came home, there was a storm – but no door."

Yesterday I called Bob to get more details for this story. Before we disconnected, he told me, "The stupidity continues. Can you believe this? We have two palm trees again. They are in big ceramic pots. We're going to lay them down in the garage to try and get them through the winter."

I hope Karen's car isn't parked in that garage.

Joel Dulyea is a United States Army retiree who loves to sing with his wife Merijo, spend time with his daughter and son-in-law, dote on his granddaughter and spoil his wire-haired dachshund, Heidi.

In the November/December issue of *Senior Perspectives*, you might have read about our former neighbors, the family that lived next door in the house with infinite Christmas decorations. Preparations for the holiday seasons were not the only time of the year that unusual activities occurred on the other side of the fence.

There was that summer of 2006. I stood in wonder



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The Eyes Don't Always Have It



BY
JERRY
MATTSON

Somewhere as a young boy, I heard the saying: "Don't believe anything you hear and only half of what you see." The older I get, the truer the second half of that saying seems to be.

Have you ever been driving on a highway and seen something black on the roadway ahead? You prepare to take evasive action or slow down if traffic appears in the opposite lane.

Once you get there, you find the "object" is a black tire mark on the road. Someone had "peeled out" or had a panic stop leaving the mark. A slight rise in the road made this look, from a distance, like something to avoid, but it wasn't.

How about seeing a non-moving fly, or some other small creature on the carpet? You slowly reach down with two fingers in attack mode. Got it. To make sure this thing will not bother anyone else, you squash it. Fingers are opened and the corpse drops into your other hand. Another fuzz-bug has been eliminated. The piece of lint goes into the trash.



Several years ago, I picked up a turkey at the local food market for our Thanksgiving dinner. Our daughter, son-in-law and their two children were our out-of-town guests for the day. While dishing out the dressing, our daughter, Michele, licked her finger.

"Mom, what did you add to make this so spicy?" she asked

"Nothing. I made it like I usually do."

We all sat down and soon had our plates full. After our first bites of meat, we all experienced burning tongues.

I went to the garage and located the mesh turkey covering and read the label. Near the bottom, I saw, in small red letters, the word Cajun and two small peppers. If only I'd seen that earlier.

The next day I went back to the store and told the manager about the ruined meal. He talked to some employees and then returned with a \$50 gift card. Someone had ordered six Cajun turkeys but only needed five. The last Cajun bird had been casually placed in the display case with all the regular ones. Lucky me.

Crossword puzzles can be fun, frustrating and educational. The Sunday L. A. Times one gets passed back and forth between me and my wife.

She said, "Here's one for you - Sound barrier breaker Chuck."

"Yeager," I answered.

"It's only four letters."

"I know it was one of the early astronauts. I can't remember a four-letter guy. Are you sure you are looking in the right place?"

"Yes, it's 67 down and there are four -- oops -- this is 57 down."

That's easy to do. The numbers are small and sometimes the scribbled answer to another clue covers part of them. What makes it worse is when your answer fits in the wrong spaces. I know because I've done that a few times. In fact, once earlier in that same day.

Avoiding black marks on the highway, killing lint balls and putting letters in the wrong place do not compare, in importance, with misreading a food label. I just have to keep my eyes open and slowly read labels and instructions all the way through.

By watching and reading more carefully, maybe I'll be able to believe half, or more, of what I do see.

Jerry feels that the effects of aging and reduction of vision is not a laughing matter. Although sometimes it does bring a smile to his face. Watch out for fuzz bugs.

PTSD and Cumulative PTSD

**“I CANNOT HAVE PTSD!
I WAS NOT IN THE WAR!”**

**“But Joe, you were an
EMERGENCY FIRST RESPONDER.”**



BY
JOE
STAPEL

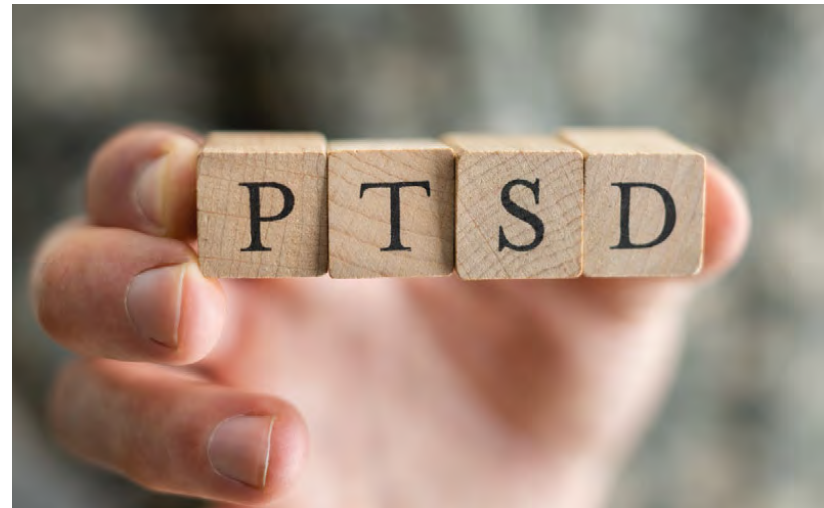
Those words changed my life at the age of 67! Forty-three years after I started as a police officer I was diagnosed with Cumulative PTSD (Post Traumatic Stress Disorder).

I always thought something was not quite right, but I never really knew what it was. I told the Veterans Administrator of my county that I assumed it was normal for police officers to be able to remember all their calls involving deaths or serious injuries. I was always able to remember all my bad calls or my calls that resulted in deaths. I have never in 43 years needed to check the files for my calls and the details of them because I could remember the details, the location, and what happened. The VA told me that this was NOT normally the case. Those words started my recovery and my ability to understand PTSD.

PTSD does not go away. It's a life sentence. But being able to understand it and live with it is an achievable goal.

Many Seniors in the law enforcement field find themselves dealing with Cumulative PTSD. Cumulative PTSD is a result of traumatic events that affect the mental well-being of an individual. In fact, in most instances PTSD mirrors Cumulative PTSD. It is often difficult to know that Cumulative PTSD is the issue as opposed to PTSD unless the individual seeks professional treatment.

Cumulative PTSD occurs due to the buildup of traumatic events over time or on a daily basis. The symptoms and signs are almost identical to PTSD. However, the buildup of events can create major difference in recognizing and treating this condition.



All types of stress can affect First Responders. PTSD and Cumulative PTSD have the most impact and create the most potential for danger. There is no single event that causes Cumulative PTSD, it is a combination of stressful and traumatic events over a period of time.

PTSD may or may not be obvious, but Cumulative PTSD most likely will hide.

Unfortunately hiding too many of these events like I did, the weight of the suppressed emotions became too much to bear, and the symptoms of Cumulative PTSD began to appear.

If you feel that this may describe some of your symptoms, seek help right away.

Joe Stapel has a degree in Criminal Justice from Ferris State University. He has worked full and part-time as a police officer for 3 different agencies in Muskegon County. He also was a Licensed Private Investigator in the State of Michigan for 9 years. Joe worked for the Meijer Corporate Loss Prevention Department in Grand Rapids for 28 years as a Security Officer and as the company's first Safety Specialist. He worked for Baker College of Muskegon as the Campus Safety Director for 11 years with a staff of 27 armed officers and 8 dispatchers. Joe held the position of Ordinance Enforcement Officer for Laketon Township in Muskegon County for 3½ years.





BY
LISA
TYLER

Montague resident appointed to state advisory council on aging

Kenneth D. Mahoney has been appointed to the State Advisory Council on Aging by the Commission on Services to the Aging for a 3-year term. The Montague resident's term began June 1, 2021, representing Area Agency on Aging Region 14 (Senior Resources), covering Muskegon, Oceana, and Ottawa counties.

The State Advisory Council (SAC) members study aging issues, write reports, and make recommendations to the Commission on Services to the Aging. "We do a lot of research," Mahoney said. A topic is chosen for focus and the council members do research on that topic. A recent topic, which resulted in a report, was on aging in place.

SAC has 40 members working in subcommittees. Each member gets an assignment and is expected to do research, said Mahoney, who served as 14 years as Muskegon County commissioner in District 9.

"I'm looking forward to playing an important role in advocating for our area seniors in Western Michigan, and older Michiganders in general, on the State Advisory Council on Aging," Mahoney said. "The experience I had in supporting the Muskegon County Senior Millage, and then as a member of the Senior Millage Advisory Committee in Muskegon County for three years following its passage, has prepared me well for this new assignment."

Mahoney said he believes his knowledge of the area will be helpful. "Knowing a lot of folks and their

issues, I hope to help with policies and barriers. Transportation is a biggie." Advocating for improved policies at the state level will make it easier for older adults to remain in Michigan, he said.

The SAC committee members report to the Michigan Commission on Services to the Aging, which does policy suggestions for lawmakers. Mahoney said that process is what interests him. "To be a cog in that wheel, to help the process of aging in Michigan ... I see a lot of needs not being met. With the pandemic, folks got even more isolated. I think there are a lot of things we can do for seniors in the state. Medicaid – making it simple for everybody, transportation. How can you sort all that out, what's best for you?"

Other issues of concern to Mahoney include internet connections and social isolation. Along the lakeshore and in rural areas there are pockets of no broadband access. Talking about policies to expand broadband, Mahoney noted he has been working on this for a long time during his time on the county commission.

State Representative Terry J. Sabo (92nd District, Michigan House of Representatives) had endorsed



Kenneth D. Mahoney

Mahoney for the appointment. "I'm pleased with Ken Mahoney's appointment," Sabo said. "It's a certain benefit to our area seniors. Ken's years of experience representing White Lake area citizens on the Muskegon County Commission will be a great addition as the SAC members help to craft the State Plan on Aging. He knows the issues." Sabo added, "Ken will be an asset in sharing information with our local commissions and councils on aging and with our senior centers; in turn, he'll listen to their concerns and report to the SAC on local issues that affect older adults."

Lisa Tyler is the Communications Director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, a junior at Hope College, and Nicholas, a graduate of MSU. Lisa is also an alumnus of MSU, loves scrapbooking and travel, and being involved in her community. She is treasurer of the Muskegon Area Intermediate School District Board of Education, chair of the Kids' Food Basket Muskegon advisory committee, board member for CALL 2-1-1, and a member of the Muskegon Rotary and Greater Muskegon Service League.

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Keith's World

My Grandparents of Fremont, Michigan



BY
KEITH
SIPE

My grandparents (Pa and Ma, William & Elizabeth Ten Brink) owned an 80-acre farm on 72nd and Luce, south of Fremont on M-82. It had a long driveway that led up to the house and barn. There was a garage, tool shack, grainery, corn crib, another out building, and part of the old house where they lived prior to building a new house on the property. On the left, top, is a photo of my mom's family in front of the old house. From left to right are my uncle Tom, my mother Mildred, Ma Elizabeth, aunt Annie, Pa William, aunt Rose and uncle Adrian. The photo was taken in the middle 1940s I'm guessing.

During my childhood in the 1950s and 1960s, I made many visits to the farm in Fremont. I remember taking water out to Pa working in the fields harvesting, and playing in the barn



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and climbing over all those bales of hay that were stored there. We would walk across the big wide beams and sometimes even jump into the hayloft.

Pa would be milking the cows and I still remember him squirting milk into the mouths of the cats while he was milking. As the cows were standing in their stalls, attached to the wall was a metal bowl that Pa would fill with some grain for them to eat.

Along the side of the corn crib, there were a few of the old crank phones lying in the overgrown grass. Must have been at least six of them, just sitting there and I have no idea where they came from. The corn crib had two sides for corn and in the middle, room to park a flatbed trailer that was used in the fields to bring in the bales of hay.

The John Deere tractor was a two-cylinder, most likely was a 1952 model, and of course it was green. I still can remember hearing the John Deere from a distance making a noise like dut dut dut over and over as it made its way through the field. My older cousin Ed would get mad at the younger ones who called the tractor a "dut dut." Such wonderful memories.

Down the road on 72nd, to the east, was the town or village, hummm, not sure, of Bishop. Bishop was established around 1898 with a Post Office. There was a Christian Reformed Church located on Crosswell on the east side of the road. Bishop Creamery Company was on the north side of 72nd across from Dobbins Store, which years later became a restaurant where my aunt Annie worked.

Back in 1917, (before my time) the phone number for Bishop Creamery was 247-1L-1S-2L. That is one long ring, one short ring and 2 long rings. Haverman Bros. (they owned the Bishop Store), their phone number was 247-1S-2L, one short and 2 long. Most of the farms during that time had these farm lines. There would have been 10 to 20 customers, and sometimes even more, per line.

I remember when staying at the farm with my grandma and the phone would ring like that... long rings and short rings. I would run to the phone and my grandma would say, "That's not for me, it's for the Longenecker family across."

Far left, bottom, is a photo of my uncle Harold on his Indian motorcycle back in the 1940s. Year round he would ride that bike back and forth to Muskegon for work.

Far left, center, is a photo of me with my dog, and my grandparents Ma and Pa. Look at that radio in the background.

I was so lucky to be able to grow up with grandparents who had a farm. I can still smell the homemade bread my grandma made. When the water pump kicked on, the light would dim for a second. Getting a drink of water and tasting the iron while drinking...

The green 1953 Ford she drove, and I'll tell you, she didn't go over 45mph either. In the winter months or cold days, she would go down to the basement and stoke the furnace and maybe add some more coal.

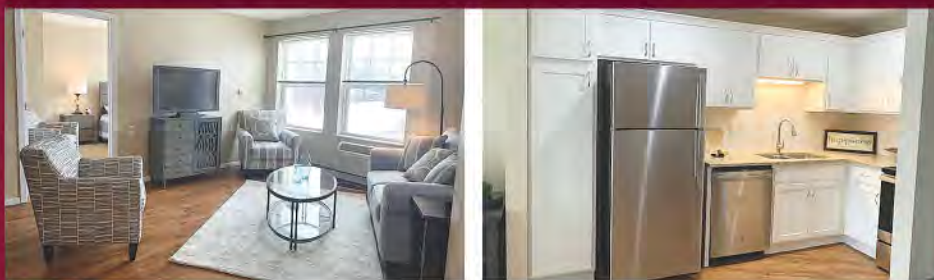
My grandma, Elizabeth Ten Brink, who everyone in the family referred to as "Ma" was a great grandmother! If I had one wish, it would be able to sit down and talk with her today. I was 17 when she passed away back in 1968. I still miss her to this very day. I have so much I want to share with her.

Oh, the wonderful times and memories from up on the farm in Fremont.

Keith may be reached at rightseat625bg@gmail.com Please drop him a note, he loves the attention, well, he would love to hear from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon

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The McAuley





BY
TRICIA
McDONALD

Authors of West Michigan History Lessons

What is passion? According to the Merriam-Webster dictionary, it is a strong feeling of enthusiasm or excitement for something. According to author Jules Nelson, passion is history. Not the kind you learn in history class by memorizing dates and names, but the history that brought our ancestors to where we are today. She questions what the pioneers had to deal with on their journey out west. What were the hardships they had to deal with in food choices, the changing of seasons, and even clothing?

Jules believes stories filled with this history can teach us so much more than just classroom information. "And if those histories are written into a novel that is too good to put down?" she asks. "Then so much the better for all of us."

Her passion for history was the basis for Jules' *Shadows of Home* series. *Shadows* is the first book in the series, and *Road Home* is the second. She is working on the final book in the series where the protagonist, Emma, is left behind to care for her farm and young family while the menfolk go off to war.

Infusing history into her stories is a way to illustrate to her daughter, nieces, and other young women the importance of women in history. "History books are full of what men were doing throughout history," Jules says. "But who was taking care of family and farm while the menfolk were exploring and protecting the country while at war?" Her novels show what life was like for the women left behind. "What would the world look like today if the women weren't working hard behind the scenes of history?"

When creating her stories, Jules thinks about how people would have felt in a particular place. "Every old barn I pass, every passage in a history book, would have me imagining people and places. Before I realized it, I had a whole new story born."

While working on the last book in the *Shadows of Home* series, Jules is also working on a new series she calls speculative fiction, or how she perceives the future. "For me, it is the flip side of historical fiction." In this series, she is applying history to the future and how she thinks it will turn out if we don't teach history to future generations.

Jules' own history involves marrying her husband, Chad, twenty-four years ago. They lived in Holland before moving to Missouri for work. Ten years later, they moved back. "Michigan is just home for us." With their two children, they spend their time swimming, hiking, camping, and kayaking. "We are outdoor people." When they're not outside, they are creators. Chad and their son create furniture, while Jules and their daughter love to make blankets and costumes.

Not to worry, Jules will also continue creating books. "The world is full of storylines," she says. "You simply have to rein them in and put them to paper."

Tricia L. McDonald is an internationally published author, public speaker, and writing coach. Her middle-grade book, The Sally Squad: Pals to the Rescue, was published in 2020. Her Life With Sally series (four books) is a compilation of stories chronicling life with her miniature bull terrier, Sally. Quit Whining Start Writing is a guide to help writers put away the excuses and get the writing done.

The Bookman is excited to continue featuring authors living in Western Michigan. Contact The Bookman to purchase and read this author's book.





BY
DICK
HOFFSTEDT

Two Causes for Concern

My military career was not particularly spectacular by any means. I had a great job as a company clerk of a very large Ordnance Field Supply company. If you want to

know what my job was like, watch Radar O'Reilly on MASH. Same job, different kind of company.

I was fortunate to when I served. I was drafted in 1954 for two years on active duty. It was just one year after the Korean War ended. I also had an obligation for six more years on inactive reserve status, which meant that I had to go back on quick notice if necessary. I still had to maintain all my gear, just in case. I didn't get my final Honorable Discharge until 1962 when the U.S. was starting to become involved in Vietnam. Talk about slipping an eight-year obligation in between two terrible wars that killed over 90,000 servicemen and women.

I said earlier that my service career was not spectacular, but there were two incidents during my two years on active duty that gave me the jitters. The first involved two islands off the coast of China near Taiwan (once Formosa) named Quemoy and Matsu. China sent 58,000 troops to Quemoy and 15,000 troops to Matsu. The U.S. Navy was called in to help evacuate people to safety on Taiwan. The crisis peaked on January 18, 1955. On January 29, 1955, President Eisenhower okayed the use of military force, if necessary. Secretary of State John Foster Dulles wanted to use atomic weapons against China,

but Ike put a stop to that. It was the worst crisis since the end of the Korean War. I was in my 5th or 6th week of basic training at Camp Chaffee, Arkansas, and the scuttlebutt was to pay attention to your training because in a few weeks we would be over there. A sigh of relief went through our company when the situation ended. I was a nervous wreck for about two weeks.



The second incident was the Suez crisis. It was called the Sinai War. From October 29, 1956, to November 7, 1956, France, the UK and Israel fought against Egypt. The problem started when President Nasser

nationalized the Suez Canal on July 26, 1956. Israel invaded Egypt while the UK and France bombed Cairo and sank ships in the canal to block passage of any ships.

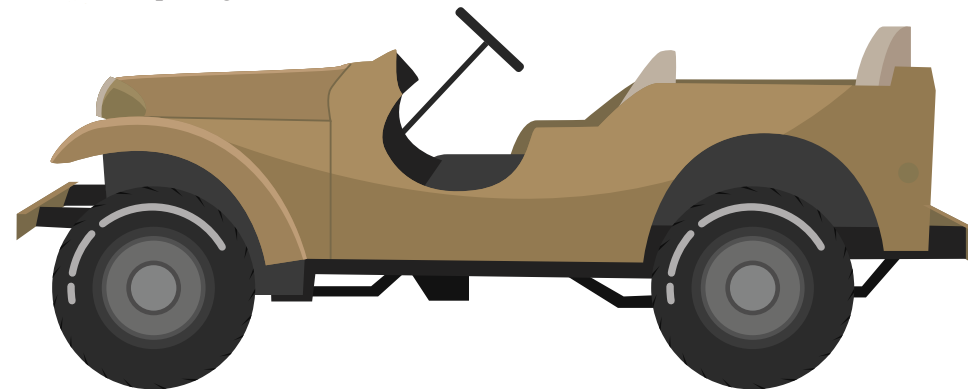
The U.S. was put on high alert and our company started drawing desert equipment with the rumor that we were headed for Egypt. Pressure in the U.N. by the U.S. and the U.S.S.R. forced France, the

UK and Israel to withdraw, which they did. Another crisis avoided.

Now, where was I during this crisis? I had just returned to camp from leave back home where our first daughter was born on October 17. I only had five weeks of active duty left, and here they were telling us that we might be extended for six more months. I was panicky but, like the first one, it too subsided. I got out on time.

Two concerns, but sometimes nothing beats plain, old, dumb luck.

Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 66 years. Richard has six children, five grandchildren and five great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.



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BY
CHRISTINE
WISTROM

Having a disability doesn't mean staying behind when it comes to going on vacation; with a little extra preparation, you should be good to go. The Americans with Disabilities Act laws aren't necessarily observed in other countries. Hotels in the U.S. are required to be ADA compliant, but that doesn't mean other destinations are. Be sure to check ahead and see what you're dealing with and what accommodations can be made if you need them.

If you need assistance, ask for it! Don't assume that others will understand your needs simply by looking at you. You may want to book your reservations over the phone rather than online as you'll be able to explain your needs directly rather than letting the person on the other end guess what you need. If you are blind, the airport will provide a guide to take you to your destination, or if you have mobility issues, they'll arrange for transportation to the aircraft, but they have to know you need it. They will also help out at the ticket counter, or in the baggage check area if needed.

Laws have recently changed that govern traveling with your service dog, so be sure to read through the U.S. Air Carrier Access Act. Recent law changes allow airlines to ban dogs that bark from riding...ever!

If you are traveling with a wheelchair on an airplane, let the cabin crew purser know prior to landing that you'll need your wheelchair to be waiting for you when you arrive. Check to see if an airport shuttle is available to take you from airport to hotel, and if it's capable of handling any equipment you're traveling with.

Bring extra medications along on your trip, as sometimes the physical stress of traveling can cause pain or discomfort. Include a copy of your prescriptions, and don't send your meds in your luggage; carry them with you. Keep meds in their original packaging and make sure they are clearly labeled to avoid problems at the gate. Bring the manufacturer's instruction sheet, too, as it lists ingredients and dosage. You may be required to prove the necessity of taking the drug, and the prescription label should suffice. If you must carry a liquid medication, be sure to follow the TSA rule limiting fluids to 3 ounces.

If you need to use a wheelchair, walker, cane, or other equipment, please do so! Often, people won't use assistive devices because they think it makes them look old. What really makes you look old is when you can't keep up with the rest of your group. Use your technology aids and enjoy yourself!

Traveling with a disability might pose a few challenges, but with a little forethought you'll be good to go. Remember, problems can arise on any trip. Prepare ahead of time to avoid as many as you can, then accept that some things are out of your control. With a little advanced planning, you should be able to avoid most problems and have a great time. Bon Voyage!

Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. Current interests include assistive technology, veterans' issues, emergency preparedness planning and service dog training.



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Veterans and active-duty military members: Social Security has your back



BY
VONDA
VANTIL

Every year in November, on Veterans Day, we honor the people who risk their lives to protect our country. Our disability program is part of our obligation to wounded warriors and their families. Social Security is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors web page, www.ssa.gov/woundedwarriors.

Our Wounded Warriors web page answers many questions commonly asked about Social Security, and shares useful information about disability benefits. On this page, you can learn how Social Security benefits are different from benefits available through the Department of Veterans Affairs and require a separate application. We also explain

how veterans can expedite the processing of their Social Security disability claims if they become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Active duty military service members who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits.



We honor veterans and active duty members of the military every day by giving them the respect they deserve. Please let these heroes know they can count on SSA when they need us most. They've earned these benefits! Our web pages are easy to share on social media and by email with your friends and family. Please consider passing this information along to someone who may need it.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

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Warning: The people having fun in these photos are NOT actors. They are actual residents and employees of Oceana Medical Care Facility!

**ANSWERS
FOR
GAMES
ON
PAGES
16 & 17**

Answers - Boggle Game:

EMU ROBIN EAGLE EGRET RAVEN HERON CONDOR

2	9	4	5	7	1	6	3	8
6	7	5	4	3	8	2	9	1
8	1	3	9	2	6	5	4	7
1	5	9	6	4	2	7	8	3
3	4	2	8	5	7	9	1	6
7	6	8	1	9	3	4	5	2
9	3	6	7	1	5	8	2	4
5	8	1	2	6	4	3	7	9
4	2	7	3	8	9	1	6	5

6	8	2	7	5	1	9	4	3
9	1	4	8	3	2	7	6	5
3	5	7	6	9	4	1	2	8
2	7	9	5	1	8	6	3	4
4	3	8	9	6	7	5	1	2
1	6	5	4	2	3	8	9	7
5	2	6	3	8	9	4	7	1
8	4	1	2	7	6	3	5	9
7	9	3	1	4	5	2	8	6

SCRABBLE GRAMS SOLUTION

F ₄	R ₁	A ₁	G ₂	I ₁	L ₁	E ₁	RACK 1 =	<u>61</u>
L ₁	U ₁	N ₁	A ₁	T ₁	I ₁	C ₃	RACK 2 =	<u>59</u>
H ₄	O ₁	T ₁	C ₃	A ₁	K ₅	E ₁	RACK 3 =	<u>98</u>
E ₁	P ₃	I ₁	S ₁	T ₁	L ₁	E ₁	RACK 4 =	<u>62</u>
L ₁	U ₁	N ₁	G ₂	F ₄	U ₁	L ₁	RACK 5 =	<u>61</u>

PAR SCORE 255-265

TOTAL **341**

ANSWER - JUMBLE PUZZLE #1:

PICKY GROUP MUSSEL MONKEY

As more telescopes were purchased, the telescope-maker's business was — LOOKING UP

ANSWER - JUMBLE PUZZLE #2:

HONEY BUNNY LOCKET SOCIAL

The dog who was very good at playing fetch was — ON THE BALL



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