

Senior Perspectives

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Soul Food

Reflections upon how spiritual growth improves our health



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

Spiritual
Director for
LifeCircles-PACE

We now have passed the winter solstice, December 21st, which marks the shortest day and longest night of the year. For some, this loss of light can be troubling, bringing on what caregivers call Seasonal Affective Disorder, or SAD. We are encouraged to increase our surroundings with added light sources to ease this affect. I am one of many in North America who loves spending time in the warmth and glow of campfires and fireplaces.

This past September, on my fall adventure in Pukaskwa National Park near Marathon, Ontario, I endured two storms which blew off Lake Superior, knocking out power at the camp twice. The first storm carried on through two nights, and the full day in-between!

Spruce trees were falling everywhere, but the wind and rain muffled their crashing sounds. Those who remained at camp weathering the storm discovered the results in the morning light. As one who claims a life of faith, I was moved to meditate on how often stories reflect how the light of God's power and love came to those who cry out in their suffering and darkness.

Throughout the ancient stories of people who sought to live a more meaningful and fulfilled life, teachings were revealed by those who had endured suffering or trials, by faith. Slaves that were set free in Egypt wandered 40 years through the desert to find the Promised Land. King Solomon said "The Lord has said that he would reside in thick darkness (2 Chronicles 6:1)." On January 6th we remember the Magi who journeyed through many nights in desert lands, guided by a star to the place where Christ was born.

My family loves to laugh, as well as tell stories of past experiences. We remember together both the times of great joy and the times of great sadness,



even darkness. My wife and I went through five pregnancies which only produced two healthy boys. We had two miscarriages. Our last child, Julia, was born terminally ill and lived only 4.5 months, dying on Valentine's Day 1991. Losing Julia was a time of darkness in our family. We found courage through a pastor-friend of ours who counseled us during our early miscarriages. He told us, "Go ahead and get angry with God; he is big enough to take it!" The love of God has indeed shined through our darkest times and brought us healing. Our renewed joy and laughter are truly signs of blessing. We envisioned God walking with us and crying with us through our darkest times. (See Psalm 139:1-18)

There's a book dating back to the 14th century, written by an anonymous author, entitled *The Cloud of Unknowing*. (My sense of humor says that alone is funny). In it is written: "Try as you might, this darkness and this cloud will remain between you and your God. You will feel frustrated, for your mind will be unable to grasp him, and your heart will not relish the delight of his love. But learn to be at home in this darkness. Return to it as often as you can, letting your spirit cry out to him whom you love. For if, in this life, you hope to feel and see God as he is in himself, it must be within this darkness and this cloud."

Soul Food is written by the Rev. Gil Boersma, M.Div., BCC; a retired pastor with extensive experience in healthcare chaplaincy. He continues to pursue experiences and education to deepen his spiritual life, and he practices Spiritual Direction with individuals and groups upon request. He can be reached by sending a text to - or calling (231) 557-5640.

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Linda S. Kaare



BY
KEITH
SIPE

Keith's World Camping Remembered

It must have been the early 1950's, maybe 1953, when my parents and I went across Lake Michigan on the *Milwaukee Clipper*. It was a tent camping trip and my parents' tent was small, about 9x9. I remember that it had a small window in the back and my dad and I went into town looking for a hardware store that carried isinglass. The isinglass slid into a sewn-in frame pocket. On the outside of the tent was a flap that could be drawn closed if needed.

It was the same tent we used when we travel to Texas in the summer of 1957 to see my dad's brother



Bob. The second night of the trip we camped somewhere in a Kentucky valley state park. That night when I was running into the tent I fell on a metal stake which cut my knee. My mom put salve of some type on it with gauze and that white tape that I can't remember the name of. It came in a white spool with a red cross on it. I do remember that it was very painful. I had to walk like Chester from the

TV Western "Gunsmoke."

That night would be the last night we ever slept in that tent. I remember a few years later I buried that tent in the back yard of my folks' house on Holton Road.

My dad had a great story he told about that night in Kentucky. It rained hard and fast as we slept in the tent. My mother, dad, sister and I were asleep on air mattresses. As my dad was sleeping, he eventually moved his arm to his left and it splashed on water, awakening him. One of the lines he would share over the years, "The air mattresses we were



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sleeping on were about to float out the tent door." We all had to move to the car to sleep, using the front and back seats of our red 1957 Oldsmobile. Everything was soaking wet--the blankets, towels, sheets, pillows, just everything.

I remember stopping at a roadside park to dry out on the warm, sunny summer morning that followed that wet night. My mom put up a clothes line and dad hung all the wet things on the line to dry. Oh yeah, they also spread many items on the car-- what a sight that was! It seemed we were there a long time.

The rest of the trip to Texas and back home, we stayed in motels. My dad never slept in that tent again. Matter of fact, when we returned to Muskegon, within a week my parents were the proud owners of a 20 foot Holly trailer. After buying the trailer, they decided to make a quick stop at home to throw a few things in the trailer and then headed straight for Pioneer Park to camp. They pulled the trailer right next to my aunt and uncle's trailer for the week.

Those were surely great times. As I remember it, the cost of camping was 75 cents a night and if you wanted electric it was one dollar.

So camping was established early in my life, and now my daughter and her husband have a trailer and so do my son and his wife. Oh wait, my son's trailer was lost last winter when we had all that snow. They had it stored for the winter and the roof collapsed onto the trailers in storage. His trailer was a total loss. But I'm sure it won't be long and they will be camping once again.

My wife and I have always camped in a tent. But it has been a couple of years since we used the tent. Not sure what the next step will be, maybe a trailer or better yet a cheap motor home. For now, our daughter invites us to spend a couple of weekends camping with them in their trailer.

You may reach Keith at rightseat635bg@gmail.com. Keith enjoys writing, photography, fly-ing, cooking and living in the downtown Muskegon.

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The Risks of Living with Hearing Loss – Untreated

*If you, like me, are hearing impaired,
And you, like me, have not really cared;
Consider this: today you may be feeling sane,
But your hearing loss is affecting your brain.*

BY JANET HASSELBRING
GUEST WRITER

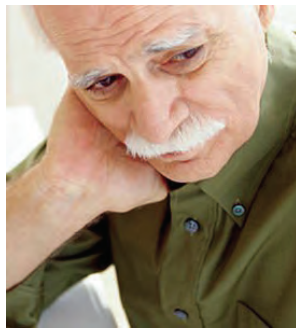
If you have a hearing loss, you're not alone. Hearing loss is one of the most prevalent chronic conditions affecting older and middle-aged Americans today. And, the majority of those with hearing loss do not use hearing aids.

Count me in. Approximately 7 or 8 years ago, I suffered what felt like a stroke at the time but turned out to be an immune system dysfunction, leaving me with a 90% hearing loss in my right ear. Steroid injections restored about 40% of that loss. Here I must interject that, while I do have a hearing loss, my husband maintains my problem is not with "hearing" so much as with "listening." Though I tried hearing aids for a time, I was so disenchanted with their complexity, ringing, and ineffectiveness, I threw them away. Since then I've become acclimated to the loss, and though my husband thinks I don't "listen" well, I think I've adjusted quite well.

Or so I thought until I met Ellen Haggarty. I met Ellen in Sarasota, Florida, a couple of years ago. She has been severely hearing impaired since she was 4 and has experienced over 60 years of hearing aid technology and coping strategies. Ellen is currently the Chair of the Rotarians for Hearing Action Group. She knows what it means to be able to hear and now is committed to sharing what she has learned about hearing loss with people, especially children, around the world. (Ellen traveled to Australia this summer for the Rotarians.)

I asked Ellen to share her experiences with a group in Florida for whom I plan events. As Ellen and I discussed possible ideas and venues for sharing her work with Rotarians for Hearing Loss, I mentioned my own loss and how I was coping with it (by doing nothing). What she told me then was downright frightening: untreated hearing loss is linked with accelerated brain tissue loss and dementia, among other things.

Results of a study conducted by Johns Hopkins Hospital corroborated Ellen's findings. The study found that although the brain tends to shrink with age, its shrinkage



seems to increase in older adults with hearing loss. Because the brain is not receiving auditory stimulation from the deficient ear, it atrophies and can lead to cognitive impairment and Alzheimer's disease. Again, it was found that the strain of decoding sounds

over many years may overwhelm the brains of those with hearing loss, leaving them more vulnerable to dementia.

The research had more to say about the social, psychological and functional effects of hearing loss; however, I'd heard enough. The bottom line? DON'T LIVE WITH HEARING LOSS!

Now, I'm spreading the word. If you are hearing impaired or know of someone who is, seek help.

As for me, this summer I had my hearing reevaluated and am now using a new and improved hearing aid. So, now that I can hear, you're probably thinking my listening has improved. Not according to my husband. He's looking into "listening" aids.

Leo Linck, Jr.
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Cold Weather Can Be Dangerous

For many of us living in Michigan, winter is a welcome season, but extreme cold weather can be dangerous. Older people, their families, and friends should keep alert for frostbite and hypothermia risks.



BY
PAM
CURTIS

FROSTBITE

Frostbite is the freezing of body parts exposed to the cold, resulting in the destruction of body tissue. Body parts most likely to be frostbitten are your nose, cheeks, ears, toes and fingers.

Symptoms include:

- “Pins and needles” sensation followed by numbness.
- Frostbitten skin is hard, pale, cold, and has no feeling.
- With more severe frostbite, the skin may appear white and numb (tissue has started to freeze).
- When skin has thawed out, it becomes red and painful (early frostbite).
- Very severe frostbite may cause blisters, gangrene (blackened dead tissue), and deep tissue damage in tendons, muscles, nerves, and bone.

Prevention:

- Keep your skin dry. Wet skin freezes quicker than dry skin.
- You should also wear a warm hat that covers your ears, gloves or mittens, dry socks, and dry shoes or boots that protect your feet against cold and dampness.
- A scarf or ski mask will also help protect your face.
- Don’t touch metal or wear jewelry outdoors in the cold. Metal conducts cold, thus increasing your chances of frostbite.
- If you suspect frostbite, seek emergency medical care immediately.



HYPOTHERMIA

- Hypothermia is the loss of core body heat due to exposure to the cold. It is a life-threatening condition that may be caused by short exposure to extreme cold or prolonged exposure to mild cold.

Symptoms:

- The muscles are often stiff, particularly in the neck, arms, and legs. Stiffness may be accompanied by trembling, sometimes limited to only one side of the body or one arm or leg.
- Shivering is another sign that the body is having trouble keeping warm. Shivering response is frequently diminished or absent in older adults. The fact that an older person is not shivering in a cool or cold environment does not GUARANTEE that the person is not cold.
- The face is sometimes puffy or swollen. This can be an important sign, especially when found in conjunction with cold skin and signs of confusion.
- Persons may have problems walking and maintaining balance. Look for poor coordination and jerky movements.
- Breathing and heart rate: These are slowed at low body temperatures. In severe hypothermia, they may be very difficult to detect.
- Skin: The skin is cool or cold to the touch. Pay special attention to the stomach, lower back, arms, leg, hand, and feet. Skin color is usually pale, but may also have large, irregular blue or pink spots.
- Consciousness: Consciousness is depressed as the body cools. Some hypothermia victims will have body temperatures as low as 80 degrees, yet still be conscious. Remember that “conscious” and “mental clarity” are two different things. A person can be “conscious and reactive” and yet still be confused, disoriented, and in a hypothermic state. The level of consciousness is not a reliable indicator of the victim’s condition.
- Confusion: One of the first indicators of hypothermia is a growing mental confusion. As body temperature falls, confusion becomes more pronounced. Memory loss and disorientation may also occur.
- Attitude: As body temperature falls, apathy often becomes apparent. The person loses interest in what is happening and often will be lethargic about taking steps to reduce his danger. Behavior changes may also include irritability, hostility, meanness and aggression.

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Here are some tips for preventing hypothermia during the cold weather season:

- You are more likely to rapidly lose body heat when your clothes are wet.
- Wear dry clothing when working outdoors.
- One of the best ways to prevent cold-related injuries is to wear the right clothing outdoors.
- It's better to wear several layers of clothing than a single heavy coat or jacket. If possible, wear a thin layer next to your skin such as polyester or polypropylene. This will help keep the heat close to your body. Wear this under a warm layer of clothing such as wool under an outer jacket that repels water and cuts the wind.
- Drink plenty of water to keep from getting dehydrated.
- If possible, do some of your outdoor work during the warmest part of the day.
- Avoid sitting still outdoors for long periods of time. Take adequate breaks from the cold.
- Avoid alcohol, cigarettes, coffee and other drinks with caffeine. Smoking decreases circulation; alcohol increases the rate at which your body cools.
- Stay in good physical shape.

It is important you know what to do to reduce your risk of cold-related injuries. When in doubt, seek medical help immediately.



PREPARING FOR A WINTER STORM

At Home:

- Keep handy a battery-powered flashlight, National Oceanic and Atmospheric Administration (NOAA) weather radio and portable radio, extra food (canned or dried food is best), can opener, and bottled water (at least 3 gallons per person).
- Make sure each member of the household has a warm coat, gloves, hat and water-resistant boots. Ensure that extra blankets and heavy clothes are available.
- Keep on hand items for infant, elderly or disabled family members.
- Keep on hand items for your pets. Animals feel the effects of wind chill. Be sure to have suitable shelter with food and water.
- Be aware of potential fire and carbon monoxide hazards if you plan to use an emergency heating source such as a fireplace, wood stove or space heater.

Outside:

- Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snow. Sweating could lead to chill and hypothermia, and abnormally low body temperatures. Cold weather also puts extra strain on the heart, so the elderly and those with heart conditions should be especially cautious when out in the cold.
- Walk carefully on snowy, icy sidewalks.
- Wear loose-fitting, lightweight warm clothing in layers, with a waterproof outer layer. Wear a wool hat and mittens.
- Keep your clothes dry. Change wet socks and clothing quickly to prevent loss of body heat.
- Understand the hazards of wind chill. As wind speed increases, heat is carried away from a person's body more rapidly which could lead to severe hypothermia.

AUTOMOTIVE PREPAREDNESS:

- Be sure the vehicle is winterized by late fall. This includes having the proper mix of antifreeze and water in the cooling system, topping off the windshield washing solution, and checking the tire treads. Have a mechanic check the belts, hoses, tires, battery, and coolant.

- Keep the fuel tank near full, as low fuel levels can cause condensation to form, degrading fuel quality and possibly causing the fuel line to freeze. Additionally, gas stations may be closed during a severe winter storm, so it is wise to fill up if storm warnings are being broadcasted.
- Your car should always be equipped with emergency supplies. Keep the following items stored in a portable container:

- * A small battery powered radio and extra batteries
 - * Flashlight with extra batteries
 - * Cellular phone
 - * Windshield scraper
 - * Jumper cables
 - * Fire extinguisher
 - * Maps
 - * Shovel
 - * Blanket and extra clothes
 - * Flares
 - * Bottled water and non-perishable, high energy foods (granola bars, canned nuts, raisins, hard candy, trail mix, peanut butter and crackers)
 - * First aid kit
 - * Tire repair kit and pump
 - * Tow chain or rope
 - * Phone book and phone list
 - * De-icer and extra antifreeze
 - * "Call Police" or other "Help" sign

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Martin's Meanderings



BY
CLIF
MARTIN

Martians & Motorcycles



Grandson Alex knows more about Disney and Warner Brothers cartoons than anybody. When he showed up wearing a Foghorn Leghorn hat I liked it so

much that that he got me Marvin the Martian. More appropriate than he knew. When I was a deejay in Flint I got fan mail addressed to Clif Martian.

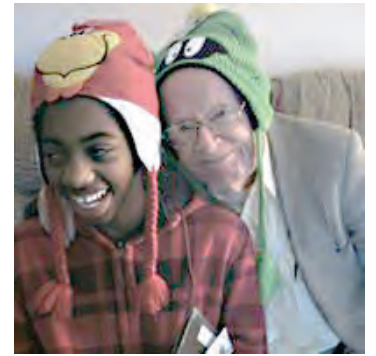
When I wore Marvin to the Hairport on Grand Haven Road, where Tanya Long cuts my hair, she told me that Marvin is her favorite cartoon character. When she said she had a Marvin the Martian cup that got broken I decided to get her a new one. I didn't know which of the several designs had been hers so I chose one that was colorful. Wonder of wonders, it was the same one that she had!



What does this have to do with motorcycles? Tanya rides one. It's a beautiful Cobalt Blue 2000 Harley Road Glide. She

is one of thousands of bikers who transform downtown Muskegon's main street into "Steelhorse Alley" each July. Lots of them are women. There's even a "Miss Bike Time" Contest. Last July's event brought over a hundred thousand spectators and almost as many motorcycles. If you spot Tanya down there on her blue baby next summer, tell her you like Marvin. She'll be your friend forever. Give you a good haircut, too.

Clif's column in the next Senior Perspectives will be about the other "Moon River."



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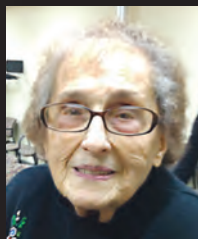
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Reflections Salt in Manistee



BY
ISABELLE
HUDDLESTUN

I had lived with-
in twenty five
miles of Manistee
all of my life until I
married and moved to
Muskegon. I never did real-
ize that Manistee was a very
important town and had a thriv-
ing salt industry. Remember "Morton
Salt--When It Rains It Pours"? I'll tell
you the story and how it all came about!

In 1870 Manistee was a booming lumber town. Lumberman Charles Reitz was a partner in the Reitz brothers sawmill firm. In 1879 state geologist Dr. C Rominger arrived in Manistee and told the locals that he believed there was a large vein of salt underneath the town. So they decided to drill for salt. After much money and months of work, salt was found at the depth of 2,000 feet. In 1880, water, steam and air were pumped under the ground to make a connection with the salt. Evaporation had to take place to make a salt that could be packaged.

Other lumber barons of this period were interested and were anxious to get in on this deal. Within the next decades they were producing a million barrels of salt a year. Manistee became popular in promoting salt baths for people suffering from different health problems. I believe it was mainly for arthritic problems. Warm salt baths were thought to stimulate the body's system. I can just imagine how it would dry out the skin. It sounds very uncomfortable to me. By 1910 most of the sawmills connected to lumbering days

were closing. In 1922, a large salt factory was opened on 5th Street. In 1930, it was purchased by the Morton Salt Company, a name we all recognize. Remember the little umbrella girl on the package? She made her debut in 1914. Every few years the little umbrella girl would have a change in clothing. The famous slogan, "When It Rains It Pours," will always be remembered. They were talking about the ease that the salt would flow out from the package.

Manistee still houses one of the evaporation plants used in the production of salt. Morton Salt has a hundred employees in the Manistee area. When I was a high school student at Custer High School we took a bus day trip to the salt plant. I remember most the huge piles of white salt. We were given salt pellets for a souvenir. I had mine in a little bottle for many years. These pellets were usually given to factory workers in the summertime. The workers would sweat and lose their body salts and this type of pellet would renew their salt balance. My husband worked at Shaw Box Crane as a young man and he took the pellets.

For years I had some cute plaques on my kitchen wall of the little Morton Salt girl. I suppose they were given away or lost over the years. Morton Salt still manufactures salt products for water softening, food products and agricultural products. I guess we never think of the simple uses of salt, so close to home in its origins.

Isabelle enjoys reading best-seller books, her grandchildren, writing, live theater and living in the country. She can be reached at Senior Perspectives, 560 Seminole Rd., Muskegon, MI 49444

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CHANGE THE WAY YOU AGE!

By Sharon TerHaar, Executive Director of AgeWell Services of West Michigan

I am not sure who to credit the quote "Live your life, forget your age!" As I get closer to the "golden years" I embrace this concept.

As we age, I believe we do become wiser. We realize that each day on this earth is a gift, each life experience and relationship impacts our well-being. I want to be here a long, long time but I want to enjoy the time I have.

It is never too late to make changes. All our life we plan to eat better, exercise more, relax more and yet we all know there are many things we pay the price for because we didn't follow that advice. AgeWell Services programming includes all of the keys to assist you to age healthier and enjoy those golden years.

We are different. We are not a fitness club. We don't consider ourselves a senior center. We are more like a social, health and activity center. When we asked people to describe their experiences here, the two most common words used were "fun" and "life-changing."

AgeWell Services at Tanglewood Park is here for anyone 50-plus. It is time to make ONE change in your life. Put us on your schedule, drop in and begin to do something new whether it is physical, social, intellectual, nutritional, or spiritual. We have many exciting things planned for the upcoming year.

Let us help you change the way you age and maximize your potential! Stop in and take a tour and if you toured before, come back. We are continually adding new activities and programs. "We don't stop playing because we grow old; we grow old because we stopped playing," said George Bernard Shaw. Come play with us.

P.S.: Remember, the Tanglewood Café is open Monday through Friday for breakfast and lunch. It is soup season!

Look for updates and even more events on our Facebook page, AgeWell Services at Tanglewood Park, or our website at AgewellServices.org. You can also call the Wellness office at (231) 733-8643 for more information, or call the Café directly at (231) 733-8644.

Check out AgeWell on Facebook! Are you getting the AgeWell weekly e-newsletter from us? If not, sign up at www.agewellservices.org.



Danny & Carolyn

BY
WEBB
SCRIVNOR

Danny, or Daniel Smith, met Carolyn Jones while in the eleventh grade. Or was it she who met him?

Danny was standing by his locker, getting out some books. A feminine voice behind him said, "You must be the new kid on the block."

Turning around, he gave her the inspection from dark red hair to bright white Nikes before he said, "Not that it's any of your business. Don't tell me you're on the reception committee. If you are, they must be desperate for volunteers." He turned around, closed his locker and headed down the hall toward the steps to the second floor.

Glad he hadn't ignored her, she followed him. "Not very sociable, are we?" she said.

"Not if you are an example of sociable. You've done your bit, now why don't you cry off and report to your boss?"

"I don't have a boss," she told him. "I do it on my own, but other people—nice people—are thankful to be greeted. Not a grunt like you."

He reached the top of the stairs, counted rooms, looked at his schedule and walked to an open door and stopped. He looked back and she was still standing there, and she had a big grin on her face. He had to admit she was pretty to look at.

"Oh, don't tell me you're one of those genius nerds? You guys give me a pain, always thinking you're so much better than we are."

"Maybe we are," he quipped. Then he entered the room.

"I'll be here after class." She didn't know if he had heard. She thought to herself that he was the most interesting of the three new students. The other two had thanked her for her greeting and shook a friendly hand. Then this guy—Daniel Smith—seemed to have gone on the attack for some reason. He wasn't bad-looking, either.

They didn't have any classes together, although she could have tried harder to get better grades. She just didn't like the pace of those "special classes" that were supposed to meet the needs of the students. Carolyn preferred a less tense atmosphere.

She was surprised, then, when she walked into the choir room and saw Danny signing in with the director, Marvin Sims. She went to stand just back of him. As he finished, she said, "Well, look who's here. Didja miss me?"

"Like a thorn in my side," he answered before he walked up the choir room steps to sit with the tenors.

There were introductions by Director Sims, and welcome to the new member, and joy expressed that he was a much-needed tenor. As the rehearsal proceeded, Carolyn couldn't help but hear his voice. A magnificent voice that he controlled to blend into the other voices. Director Sims was delighted, and she wasn't far from overjoyed herself. Still, she couldn't let him get the best of her now. As the rehearsal ended, she walked right up to him and said, "So, Caruso, where did you borrow the voice?"

"Nowhere you would recognize," he said.

"You guys in those special classes," she said, "are always putting us down. Why don't you act like a human being for a change?"

"We do," he said.

"Do not."

"Do, too."

And the minor insults continued until they left the building, and the typical school bus at the curb waited as Danny entered and sat down near the back. Other students nodded to him, but he was new and hadn't formed any friendships yet. It gave him time to think about Carolyn Jones and her persistence. He sensed that she actually liked being with him and used the arguments as a way of keeping in touch. He admitted that he liked having her around. His own mixed-up life was enough to send anyone underground. Maybe he could enjoy life for a change.

For the most part, the arguing continued through the rest of the year. Only June and the end of the junior year put a stop to it. Then, Carolyn didn't learn of it until September when Danny didn't appear for his senior year. His father, it seems, had become a partner in a store thirty miles away. It sold marine items—clothing, boats, fishing gear, and so on. She was really disappointed, but she was still on the welcoming committee, and one of the new students had an interesting attitude. He didn't argue, though.

The years passed by, as the saying goes. Carolyn's mother was a partner in a bakery, which Carolyn ran after her mother retired. Danny didn't care for the marine store, so he opened an electronics store. Danny, at sixty-seven, had retired two years ago and now stood at the entrance to the dining room at the Prometheus Retirement Village, checking the menu on the door.

"Well, well, well," began a voice behind him, "who do we have here? You look like an updated version of Danny Smith."

Danny's heart jumped. He turned around and sure enough, there stood Carolyn, a little older but her, sure enough. He motioned to a table and they sat down.

"I guess you didn't like me very much in high school, and you must have known when I opened the electronics store," he said.

"You didn't beat a path to my bakery, either."

"And whose fault was that?" he asked.

"Yours, no doubt," she said.

"Was not."

"Was, too."

So the arguing began again. At one point after they had ordered breakfast, Carolyn had left her hand on the table, fingering her silverware. Danny reached over and meshed his fingers with hers. "Carolyn," he asked, "can't we let bygones be bygones and carry on a normal conversation without all the arguing?"

With a mischievous grin, and a twinkle in her blue eyes, she answered, "No way." And squeezed his hand.

Webb is a former music teacher, former editor of Pennsylvania Poets, a free-lance writer and author of the novel Drako.

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Let Us Salute You



If there are entitlement generations within American society, I have very few dealings with them in my job assignment. As the Resource Coordinator for Care Services of Evergreen, I work primarily with people in their 60s, 70s, 80s, and 90s. These generations, born in the 1920's through the 1950's, are not prone to "expect" assistance. To the contrary, they're at the far end of the spectrum and are likely to resist receiving help from programs offered by government or other agencies.

There's an independence and a work-ethic dignity about these folks that causes them to prefer meeting their own needs or going without rather than "receiving something for nothing" from others. Oh, don't get me wrong; there are exceptions! Occasionally, I encounter presumption, demands, and ingratitude that are nothing short of astonishing. However, part of the reason such individuals startle me is because they're the exception rather than the rule.

As much as I admire the self-reliance of today's older adults and recognize that this quality has strengthened families and communities for decades, it can result in a stubbornness that makes it terribly difficult to bless these wonderful people! Sometimes society is saying, "We're offering this assistance as a way of honoring you because of what you've done for us and how much you mean to



BY
JUDY
BROWN

us." In other words, it's a salute, not a handout. And, as such, perhaps it should be accepted.

Care Services of Evergreen and other agencies throughout West Michigan provide numerous services that are partially or entirely subsidized by a variety of public and private funds. This includes home-delivered meals, in-home aides, care coordination, day centers, equipment loan programs, caregiver support groups, caregiver training classes, Medicare/Medicaid counseling, health clinics, congregate meal sites, food pantry options, and much more.

What makes a person "deserving" of these benefits is nothing more than needing the service while being unable to provide it without undue hardship. The same is true when an older adult needs help from a relative or friend to balance a checkbook, run errands, maintain their home, etc. If these tasks pose a struggle, that's reason enough for someone to lend his or her strength to ease the hardship.

After all, hasn't this precious person spent a lifetime lending strength in the direction of others? It's no wonder that society and individuals want the opportunity to say "thank you" by returning the goodness. I hope they're allowed the joy of doing this. Chances are, the size of their gesture will never come close to matching the size of the older adult's contribution to our lives and our world.

Judy Brown is the Resource Coordinator for Care Services of Evergreen in Holland. You may reach her at 616-355-5118 or jbrown@evergreencommons.org

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Gotta Love Those Pills!

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Why can't all of them be coated? Who wants to taste them?

Before you taste them you need to get them in your mouth. How are you going to do that if you continuously drop them? Think I'm kidding? I have one pill that almost requires bifocals to see. Worse yet, my clumsy fat fingers can't pickup just one. Guess that's okay though. What else is the floor for? At my age, who can reach the floor? Maybe I need a table.

Did somebody just suggest throwing them away? That gets expensive! Who's going to replace the lost pills that fell on the floor? Who's going to clean the pills that hit the floor? Do I use a pill planner? Yes, but I get those screwed up pretty often. It's an interesting concept, but pill taking doesn't seem to agree with me. How about a what? A battery operated pill dispenser? How does that work?

I see. You open the device and place the pills into individual slots by



BY
GREG
HOADLEY

day and you receive the pills you need as the internal clock dispenses them. Hmm. How many pills does that thing hold? Two weeks? Fourteen days of meds being given correctly? Let's backtrack a bit here. Where's the place to explain how you get the med bottles open?

Yeah I think I'm getting it.

Can someone please send me a four year old?

Greg is a former managing editor of a college newspaper, an amateur genealogist, and a want to be freelance writer.



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Seniors on



BY
JERRY
MATTSON

When deciding on a vacation, most retirees would not have an 18-day, 5,000 mile road trip high on their list. Driving an older vehicle might drop the idea farther down in the rankings. Several Michiganders did, however, make such a trip last fall.

On October 9, 2014, my wife, Suzette, and I left Joliet, Illinois,

on a Route 66 Motor Tour with about 30 other vehicles heading to California's Santa Monica Pier, the Mother Road's official end. Most of the participants on this 11-day event were retirees.

We drove our 1939 Plymouth hot rod powered by a Chevrolet V-8. With all vehicles welcome, they ranged from 70 years old to brand new. One man covered much of the route on his 1960-era Cushman Eagle motor scooter.

For us, the trip started out with some excitement as Sue accidentally dropped her purse near the BP gas pumps at our first fuel stop on Whitehall Road. We discovered the loss in Grand Haven. Our daughter made a phone call to the station and let us know they had it. Our return trip then became less stressful. Fortunately, an honest young man had turned it in. We left a reward for him and restarted our journey.



A special set of Route 66 road maps (\$10) was very helpful. In addition to eight separate state maps, with highlights noted, there were also written instructions, such as: "Continue on the I-55 frontage road through Funks Grove to McLean. Entering town, curve right onto Carlisle, left on Main St., then right on to US 136. Just before the RR tracks, turn left ..."

There was no excuse for missing an important sight or getting lost along the way.

Steve Wild, 50, drove while his mother, Ruthann, 77, rode in the 1961 Chevrolet Impala four-door she bought new. It had 54,000 miles on it when they left Ann Arbor.

We enjoyed many towns along the way. Pontiac, Illinois, has several near-by museums, including one featuring Pontiac and Oakland automobiles. In Winslow, Arizona, they combined Route 66 and the reference in the Eagle's hit song "Take It Easy" to make a "corner" attraction downtown. (Well I'm standin' on the corner in Winslow, Arizona, such a fine sight to see. It's a girl my Lord in a flatbed Ford slowin' down to take a look at me.) In Kingman, Arizona, over 40 local customs and hot rods were on display. Oatman, Arizona, had nearly 30 donkeys roaming among the tourists. And, finally, Santa Monica, California, where eight of Sue's family members joined us.



Jan Miller, 73, from Ovid drove the tour in her peach -- don't call it pink, 1947 Oldsmobile convertible.

Many restored gas stations, a motorcycle museum, a nearly mile-wide meteor crater, neon-adorned vintage motels and old-fashioned stores were also visited by many.

Frank and Lola Castle of Brighton, 78 and 75, cruised in their 1972 Olds 442 convertible. Along the route, they celebrated their 58th wedding anniversary.

Overall, our trip went well. I had to replace the worn-out alternator in California and the broken throttle cable in Oklahoma. In Winslow we went looking for ice cream in a place with "The Scoop" on the front window. No treats there; it was the local newspaper



office. I discovered that opening a Pepsi with a normal turn of the cap in a high-altitude area results in a mess. I also reached age 70 during the tour.

If you want to try this next year, search Route 66 Motor Tour on the internet for information.

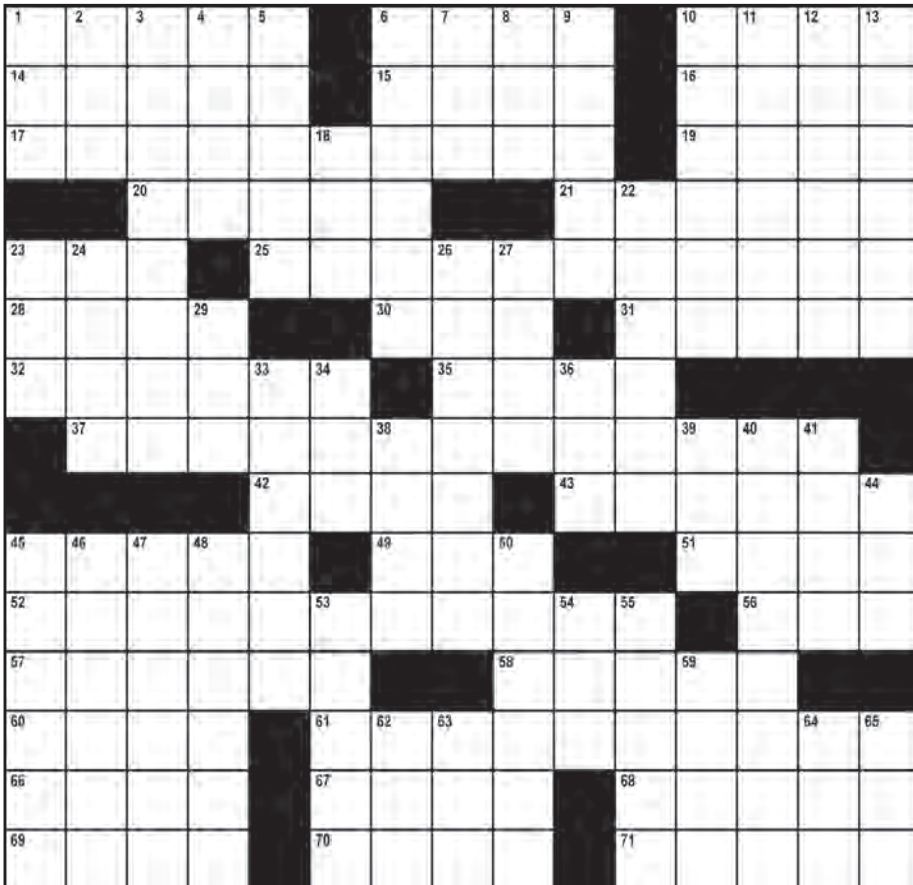
We won't be there. Driving Route 66 is now off our "bucket list."

Jerry, a Ford Motor Company retiree, has had many stories published in newspapers and magazines. Besides freelance writing, he enjoys working on old cars.

Senior Perspectives



Answers on Page 27



MAKE YOUR POINT By Roger D. Ellis, edited by Timothy E. Parker

ACROSS

1. Allow to attack
6. Frizzy coif
10. A throne has one
14. 1777 battle site near Philadelphia
15. Kind of prize
16. Machu Picchu dweller
17. Endangered hooter
19. Greek God of war
20. Potter ovens
21. Science of light and vision
23. Org. for dentists
25. With an extremely swelled head
28. Loud noises
30. Capture, as a burglar
31. Run off and form a union
32. American Indians of Nebraska
35. Word with "landing" or "second"
37. Delicious freshwater fish
42. Primary color in photography
43. Blue "Yellow Submarine" villain
45. More than sufficient
49. "Every dog has ___ day"
51. Bitty biter of a boxer
52. Necessity

56. Met murals, e.g.
57. Kind of mask
58. "I, Robot" author Asimov
60. Full of calories
61. Place to sign
66. Genuine, in Germany
67. Music's Clapton or Carmen
68. "Li'l" Capp creation
69. Fawn's moms
70. Hyphen's cousin
71. Gog's companion

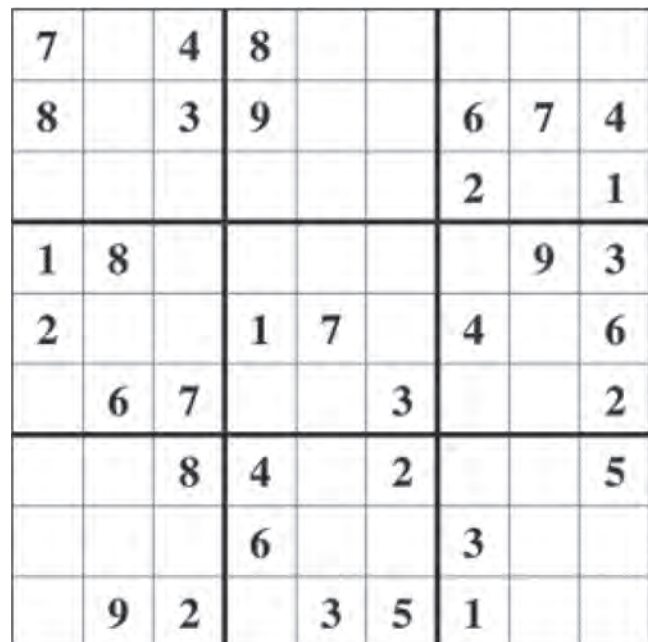
DOWN

1. CD's predecessors
2. "The Raven" writer's monogram
3. Caught a few Z's
4. High (prefix)
5. Ring championship
6. Makes the house bigger
7. Rock's ___ Fighters
8. Boarding-pass word
9. DuPonts acrylic fiber
10. Gap-related
11. Fermi or Caruso
12. Shrinking polar covering
13. Do some grapplin'
18. A connected twin
22. Capitol of South Dakota
23. Ruckus

24. Adjusts for romantic effect, as lights
26. Color used in four-color processing
27. Not yet up
29. Pronoun for ship
33. Give in, as to a demand
34. "Lucy in the ___ With Diamonds"
36. Dough dispenser
38. Place to hibernate
39. Blockhead
40. Starting to remove a sneaker
41. Bleacher feature
44. "___, drink and be merry"
45. Cherish
46. 1970 and 1986 World Cup host
47. Mind
48. Christmas adornments
50. Knit or purl
53. Broke off, as a relationship
54. Find a function for
55. Address for a gentlewoman
59. Jessica of "Fantastic Four"
62. Man-mouse filler
63. "Whether ___ noble..."
64. "Classical" opening
65. Unit of work

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| New Years | Hockey | Washington | Glove |
| Blizzard | Ice Skating | Cupid | Scarf |
| Sledding | February | Love | |
| Winter | Groundhog | Heart | |



GIVING Back

A year ago I heard noted physician, author and university professor, Dr. Sherwin Nuland speak on the topic of aging. At the time, Dr. Nuland,



BY
MARY ANNE
GORMAN

was 82 years old and showing no sign of slowing down. He was still teaching at Yale, travelling across the country giving lectures and living a full life enjoying children and grandchildren.

He made a good case for keeping our brains alive through physical and mental exercise. Nothing earth shaking there. But his emphasis on the link between caring for others and continuing health into our later years struck a chord with me.

Dr. Nuland spoke of agape - the Greek word for love in the oft quoted scripture verse, "So faith, hope and love abide, these three; but the greatest of these is love." He was referring to love of others in one's community. Dr. Nuland believed that living well, while aging, requires a spirit of continuing to act for the good of others.

I know firsthand that this is what the hospice movement is all about. Creating a caring community is at the core of our mission and our sense of responsibility for those in the community who need our care.

This is the kind of love that hospice volunteers in particular offer our patients and families. Many of them have experienced agape when their own loved ones were in hospice. They realize how enriched their lives can become by caring for our patients and caregivers.

I didn't know it at the time of his talk, but Dr. Nuland was battling prostate cancer. He passed away last spring but by all accounts lived a very full life, enhanced by his belief that caring for others contributes to a sense of purpose and will add years to your own life.

That's my personal resolve as well - to keep giving back and caring for my community. I am confident that the experience of caring for others will continue to bring me a measure of satisfaction and contentment and perhaps a longer life!

Mary Anne Gorman is the Executive Director of Harbor Hospice in Muskegon, Michigan.



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Green Island Light

2476 GPS 45° 03' 3"N 87 29' 5"W

BY
CHUCK
STAFFORD

Green Island lies southeast of Menominee, Michigan. The original light lies in ruins on the Southeast corner of the island. It was established in 1863 and replaced in 1956. A modern light

with an inscription of NR on a skeleton tower stands 80 feet tall and has a range of 10 miles.

The area gained prominence in the 1850's as a result of increasing maritime commerce in Green Bay. Lumbering activities were increasing at Menominee. The lighthouse reservation was purchased from a Samuel Drew, and work on the Green Island station began in 1862.

The lighthouse consisted of a two-story cream city brick building as well as the keeper's quarters. The white square wooden tower was mounted on the ridge at the east end of the roof. Samuel P. Drew exhibited the light on October 1, 1863.

Receding lake levels caused the Green Island Light Station to run dry in 1893. The well was deepened to a depth of 20 feet. Two additional landing cribs were put in place and the old boat ways were replaced.

A 1902 winter ice storm wrecked havoc on shoreline structures. The boathouse was rebuilt and a boat track was laid. The winter of 1905 saw destruction again, and after temporary repairs to the boat ways they were upgraded to iron.

Through the years the Drew family became well known for their acts of heroism.

Over the years since 1956, without supervision and maintenance vandals, and a resulting fire, destroyed the roof and all wooden structures. Without the protection of the roof, the walls have crumbled to the deteriorated condition seen today.

The remains of the keeper's quarters and oil house, along with the modern light, must be seen from the water or by air.

The island is three miles southeast of Menominee.

Having been associated with the out-of-doors all his life, mainly through the efforts of his parents, it was only natural that Chuck Stafford became an outdoor writer and photographer. He has been associated more than 45 years in television, magazine, and newspaper writing.

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A Letter to John Steinbeck

Dear John,

We've never met, but I feel as if we are old friends. I was first introduced to you over sixty years ago in my high school English class. The teacher was a Native American from Oklahoma. Every year she held a writing contest with the prize being a classic novel, which she bought out of her own pocket. In my junior year, I won her award and immediately read the book.

The book was *The Grapes of Wrath*. The Joads and their journey to find what they thought would be the land of milk and honey was incredible. Your description of Tom and Ma Joad were so vivid. Tom had such a strong and passionate mother. To her the family was everything, and she extended that meaning of family to include all human kind. You wrote "maybe all men got one big soul and everybody's a part of." Your character argues that mankind as a whole is more important than any one individual.

There was Lenny and George, a most poignant pairing of two souls, and Doc, Suzy and the inhabitants of that sardine packing community where you spent much of your time as a young man and viewed personally the itinerants living in those pipes. You made me laugh and cry...sometimes at the same time. Then came the Hamilton and Trask families that you said were based on your own family. I could feel the pain of Cal and Aron and their relationship with their parents. My daughter has honored me by naming her firstborn son, Caleb Aaron, after these two boys.

I'm always amazed at how little people know of your non-fiction writing, especially your time with the New York *Herald Tribune* as a war correspondent during WWII. You slogged through North Africa and Italy with the ground troops, and you also flew with a B-17 bomber crew on training missions. Both of these stories became published books. You also wrote from Viet-Nam where both your sons were serving in the military. Then there was that terrific book about your nation-wide travels with your dog, Charley. You always did consider yourself a reporter more than anything. Your novels were reporting about things in your mind's eye.

You left us in that tumultuous year of the assassinations and convention riots in Chicago. I don't know if you got to see that your boys came home from that horrible war, but they did and were not harmed physically but were emotionally affected, and they both wrote about their experiences.



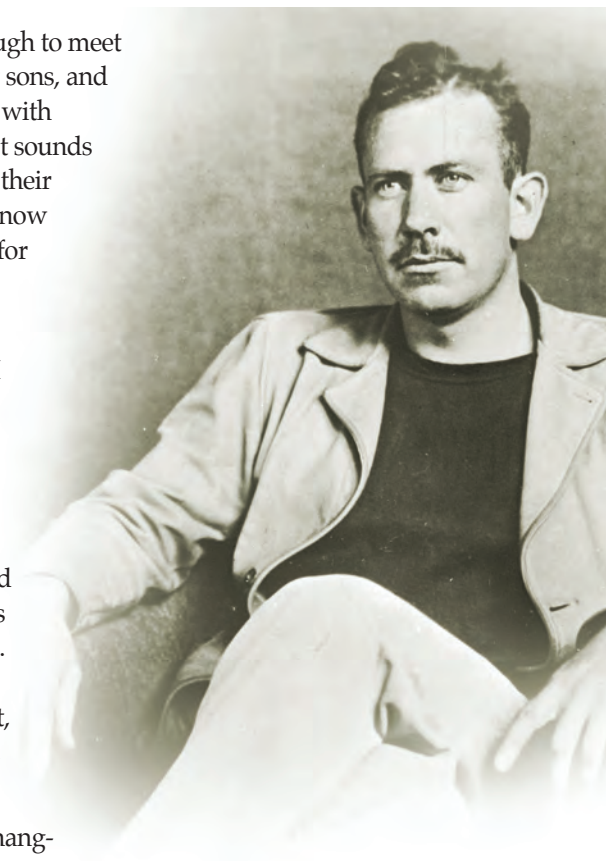
BY
DICK
HOFFSTEDT

I have been fortunate enough to meet your wife and one of your sons, and they have both regaled us with anecdotes from your life. It sounds like an incredible life, and their stories just helped me to know you better...I thank them for that.

I want to tell you about a small writer's group that I belong to. We write about our families, friends and others we have met along our journey through this great mystery. We don't get published, but you said that getting published was secondary to the writing... writing was everything. If someone wanted to read it, that was icing on the cake.

Can I choose one of your books as my favorite? It changes from time to time. They move me in different ways for different reasons. You are in my thoughts, especially with your birthday coming up on February 27. As always, you are in my thoughts. I'll write again.

Your Friend,
Richard A. Hoffstedt



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Social Security



BY
VONDA
VANTIL

Social Security
Public Affairs
Specialist

Questions & Answers

QUESTION: I am about to retire, but I still have a young child in my care. Will I receive additional benefits for the child I care for?

ANSWER: When you qualify for Social Security retirement benefits, your children may also qualify to receive benefits. Your eligible child can be your biological child, an adopted child, or a stepchild. In limited circumstances, you may also get benefits for a dependent grandchild. To receive benefits, your child must be: unmarried; under the age of 18; between 18 and 19 years old and a full-time student (no higher than grade 12); or 18 or older and disabled from a condition that started before age 22. You can read more about planning for a disabled child's care here: www.socialsecurity.gov/retire2/yourchildren.htm

QUESTION: I haven't received my Social Security Statement in the mail the last few years. Will I ever get one again?

ANSWER: In September 2014, Social Security resumed mailing Social Security Statements to workers ages 25, 30, 35, 40, 45, 50, 55, and 60 who aren't receiving Social Security benefits, and who don't have a my Social Security account. Rather than once every five years, those over age 60 will receive a Statement every year. Instead of waiting to receive a mailed Statement once every five years, we

encourage people to open a my Social Security account at www.socialsecurity.gov/myaccount so they can access their Statement online, anytime.

QUESTION: My spouse and I have been married for over 30 years and we are about to retire. Will there be any reduction in benefits because we are married?

ANSWER: None at all. We calculate lifetime earnings independently to determine each spouse's Social Security benefit amount, and couples aren't penalized because they are married. When both spouses meet all other eligibility requirements to receive Social Security retirement benefits, each spouse receives a monthly benefit amount based on his or her own earnings. If one member of the couple earned low wages or failed to earn enough Social Security credits to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse. Learn more about earning Social Security credits by reading our publication, How You Earn Credits, available at www.socialsecurity.gov/pubs.

QUESTION: A few years ago, I lost my Social Security card. Now my credit report shows that someone might be using my Social Security number. I'm afraid they might ruin my credit. What should I do?

ANSWER: Identity theft and fraud are serious problems, not just for you, but for the financial integrity of our agency. It also puts our national security at risk if someone dangerous is using your number to obtain other forms of identification. It's against the law to use someone else's Social Security number, give false information when applying for a number, or alter, buy, or sell Social Security cards. Keep in mind, you should never carry your Social Security card with you. If you think someone is using your Social Security number fraudulently, you should report it to the Federal Trade Commission (FTC) right away. You can report it at www.idtheft.gov or you can call FTC's hotline at 1-877-IDTHEFT (1-877-438-4261) TTY: (1-866-653-4261).

Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp St NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov

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- Maybe you are somewhere in between.



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Meeting dates and discussion topics:

- Thursday, January 8, 2015 (2nd Thurs) *Resources for Caregivers*
- Thursday, Jan 22, 2015 (4th Thurs)..... *Caregiver Self-Care*
- Thursday, February 5, 2015..... *Caring for a Person with Dementia, AD*
- Thursday, February 19, 2015..... *Legal and Financial Issues for Caregivers*
- Thursday, March 5, 2015..... *Talking with Health Care Providers*
- Thursday, March 19, 2015..... *Tips for Reducing Stress*



Can't attend every meeting? Drop-ins are always welcome!





BY
ROLINA
VERMEER

From My Perspective

It's probably safe to say, with all the dire predictions for the upcoming winter weather outlook, that by the time you read this we will be deep in snow. Last year was such a very long winter and many were the groans and moans about the endless cold and endless falling snow. Winter weather was such a dominant subject that we didn't really believe summer had arrived until well after Independence Day celebrations and summer fireworks had claimed the night sky. Now here we are again...another Michigan winter. The holiday luster and twinkle lights reflected in the snow have come and gone. All the romantic notions of good books and fireplaces and hot chocolate somehow do not compensate for the frigid temperatures and the ceaseless aggravation of trying to navigate the unforgiving elements. Every day is cold. Every day seems drab and gray. Day after day after day!

But look at it this way: We are on the home stretch! My husband says, "Every day is another day closer to spring!" I've never felt that to be much comfort, but its true...and with the constant snowfall, the winter days really are beautiful! The occasional bright sunny winter day is stunning in its ability to raise up our serotonin "happiness" levels and put the same joy and bounce in our step as a balmy spring afternoon. Cold, clear winter nights give us breathtaking starry skies! Standing in the cold, under the inky star-filled sky, I marvel at the sense of connection I feel to the universe, to eternity, to that inner knowledge that, "all is well, and all shall be well and all manner of things shall be well." (Julian of Norwich) And it shall. Even in a Michigan winter.

Rolina Vermeer is the Activities Center Director at Four Pointes Center for Successful Aging in Grand Haven, MI fourpointes@fourpointes.org

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Winds of Passage

On a February day not long ago, I was in my living room looking out a large window overlooking Spring Lake. It was a typical winter day, with a partly sunny sky leaving a shadow on the snow from a small cloud that could not decide where it wanted to go, much like myself. The lake was frozen white and a swirling winter wind was picking up snow as it moved, dancing its way across the lake. That wind whisked me back to another time of youth, beauty, strength and mystery.

It was beginning to snow again, as large flakes gently fell like feathers turning into words on white parchment. My ink vessel and quill were once again full of life, hoping I could write something and make sense of it all.

I watched another breeze pick up more snow, as it moved across the lake again. This time, those winds of passage swept me away with it and I found myself on the deck of a gray Navy ship, as it cut through the azure blue waters of the Mediterranean Sea.

In October of 1968, I had been on temporary assigned duty from the NATO forces out of Naples, Italy. My ship was heading for the ancient islands of Malta, about 60 miles south of Sicily. It was in Malta that I met a young woman, Denise, and in a handful of days I found the courage to ask her to be my wife. I was not really prepared for a positive response. She answered, "Yes." That was the moment I took responsibility for another person for a lifetime.



BY
MIKE
SIMCIK

At the end of that week I had to return to Italy, then back to my home port at Charleston, South Carolina. While at sea, my mind had plenty of time to come up with a plan and somehow make it all work out.

The first thing needed to be done was to write to my parents. When Mom and Dad first read my letter about the upcoming marriage, they probably didn't believe me. I was sure they would be fine with it. I didn't know how to tell them the wedding was to take place seven thousand miles away. I knew they didn't have the money to fly overseas and I couldn't ask my future wife to be married away from her family and friends. How sad mom and dad were to miss the ceremony. We would just have to deal with my parents when I got back home.

A second job was necessary to raise money to take on my return trip to Malta, only six weeks from that time. I wasn't worried about people trusting me; someone was always willing to give me work. It was my great luck when I wandered into a restaurant off base that had just fired a cook. I explained my plight to the elderly owner. He looked at the picture of himself and wife on the desk, then offered me a job as prep cook for the next six weeks.

Later, I pulled a few strings which provided me with a free Army hop back to England, then an Air Force flight to Naples, Italy, and on to Valletta, Malta for the wedding.

The big day was here. Wearing a tuxedo, I stood in a small room, backstage of a fourteenth century stone church. I was with my best man and my future father-in-law, both of whom I barely knew, and the priest who was the uncle of my wife-to-

be. The four of us were making light humor as I listened to some fatherly advice. We were so carried away having fun that we lost track of time. A man rushed in saying they were all ready at the altar and we were late. Everyone was overwhelmed as the massive pipe organ played Mendelssohn's "Wedding March." I recall the decorative cathedral ceiling, flowers everywhere and the people dressed in their very best. It could only be compared to the royal wedding of Prince Philip and Queen Elizabeth II.

My wife and I flew into Virginia and then on to Charleston, South Carolina. My ship had been away from port, so I told the taxi driver to take us to the Charleston Arms Hotel downtown. He informed us that to get there we were going to be driving through the middle of a racial riot. That night the front door to our hotel was fire bombed. It was an interesting welcome home.

Forty five years had passed, but in a quiet moment as I stood in my living room looking out my window, it seemed as if it happened just yesterday.

How lovely. It began snowing again and the winds were still blowing snow around the lake. I soon realized the daylight was fading into night. But I was not concerned. Darkness is always followed by another sunrise.

A sudden chill crept into me as I stirred the fireplace embers and placed another log in the fire. I sat there a while and dozed off, waiting for the sun to rise again. It always does. I hoped the ink vessel would not yet run dry and my quill stayed sharp for a while longer. I could barely remember when time began, but I hoped it would not end anytime soon.

I wonder where the winds of passage will take me tomorrow.

Mike Simcik is a retired Navy Veteran, with a degree in Arts and Humanities. He rebuilt and owned Twin Gables Country Inn for seventeen years and owned five other businesses. He enjoys building bamboo fly fishing rods, fishing, shooting clay sports, golfing and writing essays. Mike and his wife are celebrating their 45th anniversary.

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Mah Jongg

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Craks and Bams and Winds and Dragons, oh my! These are the names of some of the tiles used in Mah Jongg.

Care to Charleston? When you play Mah Jongg, you do the Charleston every game.

The first step in learning to play Mah Jongg is to learn the names of all the tiles. That's right, we use tiles, not cards. A set has 152 tiles. There are three major suits numbered 1-9 and there are four of each number. So, each set has 36 Craks, 36 Bams (short for bamboo) and 36 Dots. In addition, there are 4 red Dragons, 4 green Dragons, and 4 white Dragons. There are 8 flowers and 8 jokers. There are 16 Winds: 4 North, 4 South, 4 East and 4 West. Sound a bit overwhelming? It's not.

Now, once you learn the tiles, you need to learn the possible hands. There are ten categories of possible hands. Each category lists at least seven possible types of hands. Many of the hands offer several different possibilities by using different suits. AND, these possible hands change every year as outlined in the Official Standard Hands and Rules of the National Mah Jongg League, Inc. Again, it sounds overwhelming, but it's not.

If you're at all interested, stop by Barnes & Noble on a Tuesday afternoon or stop by Traverse Pie Company on a Thursday afternoon and watch the game in process. It's a game best played with four people, but it can be played with three. You can start your own group or join one of the established ones in the area.



BY
LOUISE
MATZ



Photo caption: (L-R): Marcia Bonner, Rosie Johnson, Andi Kahn, Esther Ashley

Is it worth the effort? Absolutely! It's fun! It's a great brain exercise! And, it's social. You meet some wonderful people playing Mah Jongg.

Louise and her husband Tom love the outdoors. They are bow hunters and also love to fish, particularly in the Florida Keys. Louise enjoys spending time with her family, reading, traveling, and playing golf and pickleball.



Answers for Word Search , Crossword Puzzle and Suduko on Page 17

1	2	3	4	5	6	7	8	9	10	11	12	13
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14	P	A	O	L	I	D	O	O	R	I	N	C
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16	S	P	O	T	T	E	D	O	W	L	A	R
17	S	P	O	T	T	E	D	O	W	L	A	R
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9	5	6	3	4	7	2	8	1
1	8	5	2	6	4	7	9	3
2	3	9	1	7	8	4	5	6
4	6	7	5	9	3	8	1	2
3	7	8	4	1	2	9	6	5
5	4	1	6	8	9	3	2	7
6	9	2	7	3	5	1	4	8



Estate Planning begins with understanding

We understand that legal matters can be deeply personal and confusing. Our goal is to prepare an individualized estate plan that ensures your assets are handled in accordance with your wishes.

Our experience and compassion can help with:

- Veterans Aid and Attendance
- Probate Procedures
- Decedents Estates
- Guardianships and Conservatorships
- Wills and Trusts
- Medicaid Planning
- Powers of Attorney
- Elder Law/Long-Term Care Planning
- Estate Administration
- Estate and Gift Tax Returns



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