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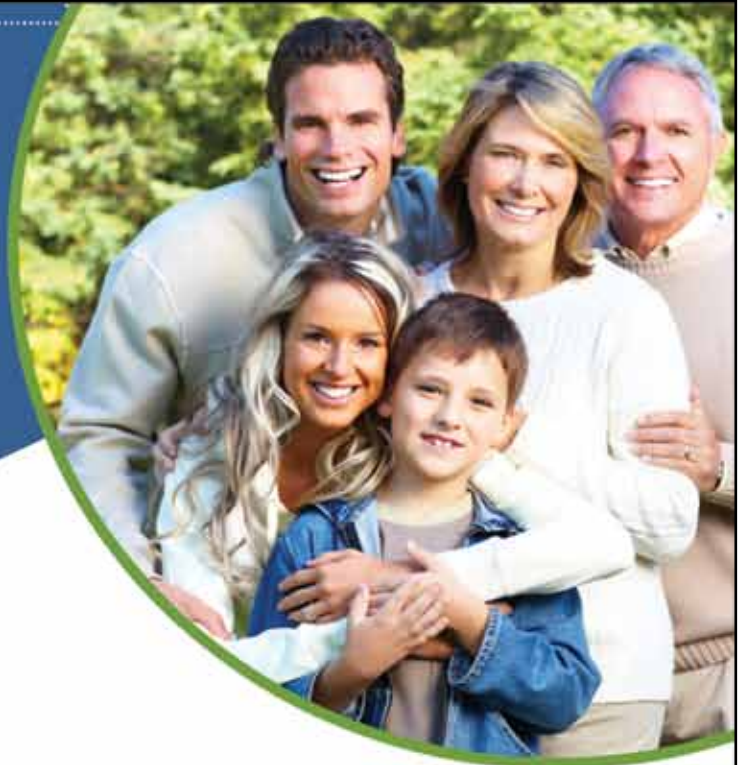


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Their legacy lives on in their words.

Senior Perspectives has recently lost three amazing writers. Isabelle Huddlestun, Al Schneider and Chuck Stafford have written for *Senior Perspectives* for many, many years. They will be missed by us all!



**Charles
"Chuck"
Stafford**

March 24, 1936 to January 12, 2015

Chuck, a U.S. Army veteran, was an outdoor writer for both *Senior Perspectives* and the *Ludington Daily News*. He is known well for his articles and photos of Michigan lighthouses. He enjoyed fishing and even wrote a book on walleye fishing.



**Isabelle
Elizabeth
Huddlestun**

February 14, 1923 - February 1, 2015

Isabelle was an active homemaker, served as a past board member for Angell and Roosevelt Schools, was a past PTA participant, Den-Mother for Boy Scouts, a Girl Scout Leader and was Past President of the "Blue Star Mothers." She loved to travel, especially enjoying New York, San Diego, Hawaii and Mexico.



**Albert
"Al"
Schneider**

January 26, 1926 to January 26, 2015

Al served his country as a U.S. Marine in WWII and enlisted in the U.S. Air Force, where he began a career in weather/climatology that extended over 30 years. Upon retirement, Al turned his attention to writing, focusing on political and social commentary, short stories, and vignettes.

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I walked into my local grocery store yesterday, four days after Christmas...two days before New Year's Eve, in Michigan; holiday candies were 50% off, bins of jellied cranberry sauce On Special, and other satisfying signs of a busy abundant season coming to a close. Christmas! So much like taking a trip: happy to travel and experience some time away from home and then so very happy to come home again. Or like having family or friends as house guests; what fun! I am so delighted to have them come and then so relieved to reclaim my space when they make their exit.

Such a happy, family filled Christmas was mine and now I was content to think about celebrating a quiet New Year's and then packing away the Christmas ornamentation and beginning my annual re-do of my living décor; moving a chair, changing a table around, maybe a new sofa cushion or two, refreshing my living environment, refreshing my life. Amaryllis and paper whites will replace the poinsettias and I will revel in soft white candles in silver containers on the kitchen counter. Long winter evenings lie ahead with good books and cuddly throws.



BY
ROLINA
VERMEER

But there, just a few days after Christmas, I was jarred by the display greeting me as I entered the grocery store! It was a Twilight Zone moment, an out of time and out of context moment and it took me aback! Oh my! It was disconcerting and disturbing in every way!

From My Perspective

Normally I would have been delighted by such a display of pink and yellow softness and cheer, but no, no, no! I was not ready for the pastel paper-

wrapped pots of pink tulips and yellow daffodils! The meek-looking spring flowers pre-empted my beloved paper whites and later the pansies and small pots of primroses. Later, much later, will come the glorious tulips and the serious hyacinths and the jaunty daffodils! But between Christmas and New Year's, I was amazed to NOT enjoy these harbingers of spring and hope and renewal. I needed my soft slumbering time, the comfort of the regal amaryllis and the delicate paper whites. And I needed the time to enjoy them; to recognize and acknowledge them every day for the short time they bloom in my freshly unornamented and homey space.

Life in order, proper timing, winter before spring, children outliving their parents, sunflowers in August and tulips in May; a time for every season.... But life is not always lived by such conventions. I sent her favorites, tulips, to my sister for her birthday in December. I eat raspberries all year long. And a dear friend embraced her eternal reward leaving her still youthful parents to grieve the loss. Not exactly the order I expected for her life.

It may well be that life is one mixed-up heartache after another, and its disorder and chaos defy my simple longing for predictability and its comfort. I do hold out for a better view, a God's eye view, knowledge that all is well and all manner of things will be well, and that spring does come and the abundant seasonal flowers will once again delight my senses!

But frankly, from my perspective, amaryllis and paper whites should not be skipped over as I try to race towards spring and the happiness of living life in full bloom!

Rolina Vermeer is the Activity Director at Four Pointes Center for Successful Aging in Grand Haven MI. She earned her BA in Art History & Painting from Hope College.



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Trains, Large and Small



BY
JERRY
MATTSON

If you have an interest in railroading, visiting the Muskegon Historical Railroad Society (MHRS) at 561 Western Avenue downtown Muskegon is a must. The Society was established in December of 1982 and has been at its present location, on the second floor of the Muskegon Heritage Museum building, ever since. The 70-member organization maintains, and is continually updating, the O, HO and N gauge model railroad layouts housed in three separate rooms.

The HO layout includes likenesses of the Padnos recycle yard on Ottawa Street and the North Muskegon refinery, while other city and county scenes are under construction. This layout employs a spiral track section the trains use to move between two levels.

The N is the smallest scale layout, so much more detail can be built into a reduced space. A lot of work lies ahead for the artists who donate time to these miniature construction projects.

zines, videos, and other documents and a large meeting room. Members enjoy trips to see trains in other cities, cookouts, an annual picnic on the nearby LST 393, a newsletter and guest speakers. (For more information search www.mhrs-online.org)



The MHRS has many old railroad photographs on the walls, including several of Pere Marquette rolling stock in action. A 1947 photo shows a train at the Muskegon Union Station. Another shows a 1930s era "Rail Inspector" automobile



said John Rockcole, MHRS president. "New members of any age are welcome and the cost is only \$30 a year."

Some members build "modular units" which include a section of rail and buildings or landscape on a two feet by four feet piece of plywood. Built to specifications, they can easily be attached to other units to create an "instant" layout. These units can be brought to other club meets, assembled and enjoyed by model railroaders from different parts of the state or country.

Modern layouts are high-tech, with sound added. This ranges from a simple horn to the roar of the engine as it builds up speed to voices of conductors or engineers. It's a long way from a child yelling "choo choo" as a model train runs around a small track on the floor!

Away from MHRS headquarters, members have taken on other projects including painting the caboose at Hot Rod Harley Davidson. They also prepared an operating G-scale railroad at the 2014 Festival of Trees at the Muskegon Museum of Art. The



The O, and largest, scale has its layout in a room nearly 60 feet long. Although there are always little things to do, this layout is essentially complete. The local themed layouts end in the nearby cities of Conklin, Fremont and Lowell.

The facility has a small lounge where videos may be viewed on a flat-screen TV, a library with books, maga-

modified to run on the rails. There are also display cases filled with railroad memorabilia for people to appreciate.

Model railroading is not inexpensive, and the hobby has almost joined the land of "Big Boy Toys." However, one night there were two ninth grade boys operating the O system. They had been involved with model trains for about 10 years, starting at age four.

"We would like to draw more families to the hobby,"

large, and durable, G scale trains are built to be operated either indoors or outside.

If you have an interest in any aspect of railroading and want to find out more about the MHRS, the building is open Tuesday evenings from 7 to 9 and Saturdays from 10 to 2. Stop by. They will be glad you did and so will you.

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

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Your Choice, Your Hospice Care



BY
MARY ANNE
GORMAN

Although hospice care has been a benefit of the Medicare program for over 30 years, many people have questions about how hospice programs are funded and what services are provided. Given that there are now more hospices to choose from in most communities, patients and families also wonder what they should consider when choosing a hospice for their care. Here are some helpful questions to ask.

What services does the hospice program provide?

- Are home health aides readily available to provide personal care?
- Are volunteers available to visit? To provide respite?
- If treatments such as radiation and chemotherapy are needed for symptom control, does the hospice provide this therapy?
- How are families involved in the patient's care?
- If this hospice program is chosen, how soon can services start?
- Who do you call if you need assistance on evenings or weekends?

What is the role of the hospice physician?

- Will he or she work with the patient's physician to provide care?
- Will the hospice physician make home visits if the patient is not able to visit his/her regular doctor?

How is hospice care paid for?

- Ask the hospice to explain what Medicare or your health insurance covers and what, if any cost, you will incur.
- Who handles the paperwork for the insurance billing?
- If you are without health insurance or the means to private pay for your care, does the hospice have community support/charity care funds to cover your care?

Where does the hospice provide care?

- What facilities does the hospice use for inpatient care? For respite care?
- Does the hospice have an inpatient residence?

How does the hospice monitor quality?

- How does the hospice measure their quality and "customer" satisfaction?
- How does the hospice manage pain and other symptoms?
- Will this hospice program honor an advance directive?
- If the patient or family is unhappy with any aspect of the program, what will be done to address the problem?



Does this hospice program provide any support to the family after the patient dies?

- What is included in the bereavement services offered by the program?

Later this year, Medicare will begin collecting quality outcome and satisfaction measures on hospices. This data will be

publicly reported at CMS.org. Consumers will then have an additional opportunity to compare hospice providers' performance.

More information on hospice care is available at www.nhpc.org and www.mihospice.org. Information visits about Harbor Hospice services are available by calling 231-728-3442 and on our website at www.harborhospicemi.org.

Mary Anne Gorman is the Executive Director of Harbor Hospice in Muskegon and surrounding counties.

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My job assignment is to facilitate services for older adults whose health and activity levels have declined. As Evergreen's resource coordinator, I'm the starting point anytime someone inquires about home-delivered meals, an in-home aide, or attendance at our adult day center. It's also my privilege to provide information about other agencies' services throughout a two-county area.

I remember the day John and Anna approached my office, accompanied by their out-of-state daughter Laura, visiting for Christmas. As I watched their last few steps, my guess was that Anna's Parkinson's disease was the issue. I readied myself to answer the likely questions about an in-home aide who could assist with housecleaning or bathing. Then I saw the look on Anna's face, specifically, the look in her eyes.

True enough, Parkinson's was the issue but not its physical effects—instead, its cognitive effects, the dementia that all too often creeps into the disease's final stages. I recognized in Anna's eyes the telltale mix that's so characteristic of various forms of dementia. I saw the confusion, the quickened effort to acclimate, the anxiety.

After getting Anna's walker, John's cane, and everyone's winter wraps comfortably situated near their chairs, our conversation began. According to Laura, her father had downplayed her mother's severe cognitive decline in weekly phone conversations; but this visit made it clear how challenging his caregiving responsibilities had become.

John's response was so typical of our community's predominant culture: "It's re-

There's a Look



BY
JUDY
BROWN

ally not so bad, and we've managed. The only thing that might help would be if I had a couple hours off every once in a while. What does that cost?"

I couldn't keep from smiling at the 74-year-old Dutchman's determination to appear strong and self-sufficient. After all, his audience was his wife, his daughter, and a stranger. He believed in working hard, fulfilling his responsibilities, minimizing hardships, making his own way, and, above all, maintaining privacy.

As we talked further, tears pooled in John's eyes. He confessed that Anna's advanced dementia drained his energies every waking minute. Also, he wasn't getting sufficient rest because of irregularities in her sleep patterns. Their daughter Laura was assessing the situation accurately. Her dad needed some relief, or he would buckle under the load of his good intentions.

I always find it heartwarming to share that our center and our community has services that provide assistance and respite for caregivers such as John. The same is true in other communities. He didn't want much—maybe two or three hours from an in-home aide or a day of attendance for Anna at the day center once a week.

As we discussed these and several other possibilities, I could see the weight of worry begin to lift, both for John and his daughter. At one point he reached over to squeeze his daughter's hand and say, "The hope of having your mother at home with me for more time is the best Christmas gift anyone could give me."

As John, Anna, and Laura bundled up to leave, I wanted to say something to John about my certainty of God helping him. Before I managed the opportunity, he turned to me and whispered, "I'm going to take good care of my bride as long as God enables me to do it safely."

In that instant, I saw a look on John's face, specifically, a look in his eyes. With a slight twinkle but mostly with a steadiness that only love and time can put in place, I saw a look of utter devotion which assured me that he, his wife, their daughter, and God were going to walk the dementia path together and were going to be all right. My agency is honored to join their journey.

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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Reflections

"The Lone Eagle"

Do you remember in the early thirties when all the newspapers were full of the news of the Lindbergh baby kidnapping? I remember my parents talking about it in hushed voices. I guess they didn't want us to hear about it and didn't think we would understand what had happened. Well, any child who heard his or her parents speaking in low tones would know that this must be something of interest.

Anyway, Charles Lindbergh took off alone from Roosevelt Airfield in Long Island, New York on May 20, 1927 in his single engine airplane "Spirit of St. Louis" and landed in Paris, France 33 hours 30 minutes later. I am quite sure that I saw his plane in either Greenfield Village or at the Museum of Air and Space in Washington, DC. I don't remember which one as this was a while ago.

He was the first person to fly solo from New York City to Paris and he won the Orteig Prize of \$25,000.00. The prestige that came with it was the honor of a ticker tape parade in New York City. He was awarded the Distinguished Flying Cross and a Medal of Honor by President Calvin Coolidge and the French Legion of Honor by the President of France. The "Lindy Hop," a dance craze, came about during this time. A song titled "Lucky Lindy" and aviator caps also became popular. Today hats are still fashioned in this style. I know I bought this type of hat for my sons Wayne and Darrell when they were small. Today they are made of washable fabrics instead of leather.



BY
ISABELLE
HUDDLESTUN



After his famous flight Lindbergh was asked to tour the U.S. to promote aviation. At that time he visited 48 states. He met his wife-to-be in Mexico, where her father was U.S. ambassador. Her name was Anne Morrow.

Sorrow followed when the Lindberghs' 20-month-old son was kidnapped in 1932. After extensive searches, the child's body was found only a few miles from his home. I believe Bruno Hauptmann was convicted and executed at this time. The young family was devastated and moved to Europe to seek a quieter life and to be left alone to grieve.

Later in life Lindbergh became interested in medicine when a sister-in-law developed a fatal heart condition. He worked with a Nobel Prize winning French surgeon on research to repair human hearts and invented a pump that would later make heart surgery possible. And he won a Pulitzer Prize for his autobiography, *The Spirit of St. Louis*.

Charles Lindbergh passed away in 1974 when he was 72 years old. He is buried on one of the Hawaiian Islands. He and his wife were loved there by the people. I wanted to visit his grave site while my husband and I were there on a trip, but as usual, no time to go. It wasn't on our group's itinerary.

Isabelle enjoyed reading best-seller books, her grandchildren, writing, live theater and living in the country.

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Martin's Meanderings

Grinding My Axe

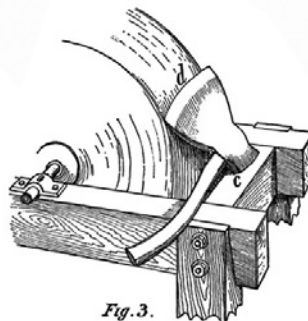
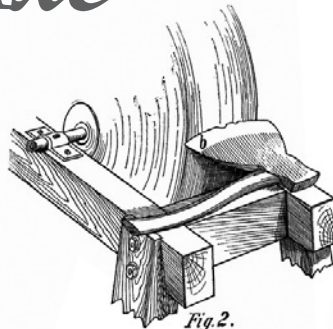


BY
CLIF
MARTIN

Benjamin Franklin gets credit for the phrase about grinding an axe, meaning to have a selfish reason for saying or doing something. We all do it. I have done my share of it in this fine publication. You may consider the following a commercial for a couple of fellow axe grinders who wrote some good stuff here. I do hope you save your copies to read again and share with others.

Kelly St.Martin's article in the November/December issue, "Let's Talk Turkey" was not about Thanksgiving. It was about end of life issues and how very important it is to talk about it and plan for it before it happens. Kelly works at Harbor Hospice. She knows a lot about dealing with death.

Get a good estate planning lawyer. Be sure that you and your loved one make your personal wishes known, not just about who gets what in your will. It's very important to have an advance



directive that says what kind of medical treatment you want if you become very seriously ill. What kind of final arrangements fit your needs and beliefs? Funeral homes will help you to spell it out and get it arranged. The time of a death is the worst possible time for a family to deal with these questions and decisions. Tanglewood can refer you to agencies and people that will help.

Another issue that makes me grind an axe is hearing loss. I live with it and it gets me steamed up like no other infirmity. Guest writer Janet Hasselbring's article about it is on page 6 of the January / February 2015 issue. In big blue letters at the top of the page it reads "The risk of living with hearing loss – Untreated." She met a woman now on her 60s who has been hearing impaired since childhood. That began her own journey to better hearing.

Hearing loss is one of the least understood, most frustrating and debilitating things that can go wrong with the human body. Learn about it. Ask people who wear hearing aids where they got them and how they work. Hearing aids are very costly. But do not let that stop you. Most hearing professionals offer financing. If that's what it takes, go for it.

I wish you happy ranting and axe grinding during 2015. Stay tuned for mine.

Clif says he was the first baby born in Macomb County in 1930. He's on Facebook, writes blogs and pops off about all kinds of things. His e-mail is janman30@yahoo.com

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Getting married is usually quite easy to do...no pop quizzes, no SATs, and no psychology tests, although they should probably be a pre-requisite for marriage. Today, the only thing that might be considered is a pre-nuptial agreement.

When Shirley and I were married in 1955, the only things we needed were a blood test, a three-day pass, and a license. The blood tests were easy. Uncle Sam popped for mine.

I was in the army at the Aberdeen Proving Grounds in Maryland, and she was home in Norridge, just outside of Chicago. Since I was scheduled to be shipped to Germany, we decided to get married before that instead of waiting almost two years until I got out. We were thinking of all the extra money we would get with a marriage allotment, but that's another story. It was a spur of the moment decision that left both families scurrying to put the whole thing together in two weeks' time.

I was spared all that commotion. All I had to do was get home on time. I

A Very Special April Getting Married



BY
DICK
HOFFSTEDT

was told by my first sergeant that leave time was out of the question since I was still in the second phase of my army training. My only hope was a three-day pass, which actually ran from after training on Friday (retreat) until taps on Sunday evening. Also, the only pass available was for a maximum of 150 miles from post. That meant I could go as far as New York City and Philadelphia to the north and Baltimore and Washington, D.C. to the south. Our wedding and reception were to take place in Chicago...850 miles away. I applied for and got the 150-mile pass. I bought my round-trip ticket and simply waited for that fateful Friday. Technically, I was going to be AWOL (absent without leave) on the day I was to be

married. But when you're only 20 and in love, there aren't any obstacles that can't be overcome.

On the home front, the obstacles were different. Shirley, my bride-to-be, was doing her best to plan a memorable wedding. All seemed to be going well except for one thing...the license. Cook County law required both parties to be present. Impossible! So, Shirley, my dad, and the Lutheran minister who was going to marry us, all went down to the county court house in downtown Chicago to see what could be done. They were finally allowed a meeting with the county clerk. He was adamant; no groom, no license. My dad motioned the county clerk over to a corner of the room and some green backs found their way from my dad's wallet to the county clerk's pocket. The minister saw what

was happening, so he turned and pretended to be reading the bulletin board. Shirley was just happy to see that the license had been issued.

I arrived at Midway Airport around midnight, and since no one was sure whether I'd be there, I was on my own to get home. A cabbie would only take me so far. I found myself at Cicero and Madison avenues at 1 a.m. on my wedding day. I stuck out the old thumb (which I had done a lot of) and soon had a ride with a guy heading up to Wisconsin for a weekend of fishing. What luck! He drove me right to my parent's home where I sacked out until mid-morning. My folks had not even heard me come in.



After all this, the April day was beautiful, the wedding and the reception came off without a hitch. But, in all the hub-bub, we had not thought about getting a room somewhere for our wedding night. We had two choices, stay overnight at Shirley's folk's home (her niece was also staying there.) or take our chances on the road. Wanting some privacy, we chose the latter. In the mid-fifties, motels

were not abundant, so we drove, and we drove, and we drove, all the way out to the Fox River. Nothing! Finally, on our way back, we found some cabins after midnight and were able to rouse the proprietor. From this time on until the sun came up is censored.

The very first breakfast we had as man and wife was spent with Shirley's folks and her niece. There were some sly glances but no questions. They were great.

Sunday evening I was back on the plane and was back in my bunk before taps and bed check. I had pulled it off. Shirley was back to work on Monday morning and when asked what she did over the weekend she replied, "I got married."

So, don't you wonder what happened to the county clerk? If you take a look at the right-hand side of our marriage license, you will see a very familiar name, Richard J. Daley, later to become mayor of the great city, Chicago. By the way, my name was forged. I still question, "Are we really married?"

Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He has been married for almost 60 years to the same woman – Shirley. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and one great grandson. Richard is an engineer by profession. His interests are music, reading, biking, kayaking, water color painting, Mark Twain and John Steinbeck.



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For the Birds

Quirks

BY
JANET
HASSELBRING

Quirks -- peculiar behavioral habits, as defined by Webster. Now be honest. If someone is described as quirky, wouldn't that conjure up flattering images to you? Not to my husband, it doesn't. He's a CPA -- a financial wizard, who likes life to be neat and orderly. To which I respond (do I sound defensive here?), "how dull, 'how dreary, how public like a frog.'" He's not convinced. (Good thing opposites attract.)

One of my quirks, (according to my husband), is my system of filing. My life is an accumulation of heaps and mounds. Filing cabinets are not useful to me. I like my stuff out in the open, not stored away out of sight, because out of sight is out of mind and if I can't see my stuff, I might forget about it. The thing is, I can always find what I'm looking for (this irritates, him no end), because I alphabetize my heaps. Then there's the issue of time. He feels a need to be on time, but when we're scheduled to be somewhere, I get this energy burst (like on the day I delivered my babies) and bustle about doing little odd jobs around the house or running errands on the way. I think it's a waste of time to be early. Being fashionably late is my way -- it's well, fashionable. Another quirk, (couldn't he call it an interesting character trait?), is how deftly I can flit from one topic of conversation to another. My children, having more experience with my foibles, have learned to follow me as I switch from one subject to another, but my husband can't keep up and it rattles him. Funny, how I know exactly where I am in our dialogue and he's hopelessly lost. I'm sure he could name more of these interesting character traits, but you get the idea.

Seven years ago, my husband and I started migrating south for the winters. That's when I began writing a series of children's books which portray nature and wild/shorebirds from Florida and beyond. I think I find birds interesting, because, in the research for my books, I've discovered birds have quirks, too! Kindred spirits!

In one of my books, *Presley's First Day of Fishing*, Presley, a fledgling brown pelly, puts a little "quirky" twist into his dive just before he hits the water. How cool is that! In another tale, *Ossie the Brave Fish Hawk*, Ossie, an osprey, after catching a fish, turns it around in his talons to make his flight more aerodynamic. Quirky! Laughing gulls sit on pelicans' heads attempting to steal their fish and blue wing teals can spring into flight from a standstill. Birds called dabblers upend with tails in the air and nibble food off the bottom of a cove or pond. Mimi, a Northern Mockingbird can mimic any sound she hears, even a cell phone!



©Lawrence M. Monat 2013

Osprey attacking an Eagle.

One day, while walking around Pelican Cove, our winter home, I noticed a male Yellow-crowned Night Heron transfer a twig from his beak to his shebird's, whereupon she stuffed it down into a heap (ahem), yes, a heap of twigs that had the makings of a nest. I've also noticed that birds flit about too -- yes, flit and they are very busy and energetic. I've pointed out these traits to my husband, but he's not impressed. No matter. Welsh terriers are a rare breed, I remind him and I need to write my sister. Why? You know she had shoulder surgery yesterday. Let's see now, in which heap did I put her address?

Janet Hasselbring lives in Spring Lake, MI with her husband Don and Welsh terrier pup, Maggie May (of Rod Stewart fame). They winter in Pelican Cove, Sarasota, FL. Janet is the author of a series of children's books, Tales from Pelican Cove, which portray wild/shorebirds of FL and beyond; a series about Country Dairy, which includes a pictorial memoir of life on her family farm (present day Country Dairy) in the 1930's when her parents lived and worked the land; and a memoir of her mother and her life on the farm, entitled, "In the Garden."

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Ask the Doctor

Understanding Geriatric Care



DR.
ARUNA
JOSYULA



DR.
OLUWATOYIN
THOMAS

Q: What is Geriatrics?

A: Geriatrics is a branch of medicine focused on providing medical care for older adults. The medical community is now recognizing that medical care cannot be one-size-fits-all, especially when caring for older adults.

Q: Why is there a specialized branch of medicine for older adults?

A: Older adults tend to have multiple health issues, usually three or more, such as high blood pressure, diabetes, heart disease, or Alzheimer's disease. Caring for these individuals can be complicated. For example, choosing medications can be more difficult because a medication used to treat one problem can worsen another, or can interact with other medications and cause side effects. Specializing in geriatrics helps a health care professional become more educated and sensitive to the unique needs involved in caring for older adults.

Q: Who can provide geriatric care?

A: Most internists and family physicians provide geriatric care because they take care of the majority of older adults. Geriatricians are internists or family physicians that are board-certified and have received additional training (fellowship) and cer-

tification in geriatrics. Other health care professionals, such as psychiatrists, nurse practitioners, physician assistants, nurses, physical and occupational therapists, and pharmacists, can also have specialized training in geriatrics.

Q: What does comprehensive geriatric care comprise?

A: Specialized care of older adults can occur across multiple settings and locations including outpatient offices, hospitals, skilled nursing or assisted living facilities, and the home. Geriatric care usually consists of a team-based approach. The care team can include, but is not limited to, a geriatrician, nurse, nurse practitioner, physician assistant, social worker, pharmacist, nutritionist, physical therapist, occupational therapist, and speech therapist. This team focuses on evaluating medical, social and emotional needs, with special emphasis on common problems in older adults, such as memory problems, falls, incontinence and multiple medications. The ultimate goal of this care team is to help older adults age gracefully.

Q: If I have a geriatrician, do I still need to see my family physician or internist?

A: As mentioned above, geriatric care occurs across multiple settings. In the office, a geriatrician can provide services both as consultant and as a primary care provider. The needs of the community and the patient largely determine what type of services a geriatrician will provide. There needs to be a discussion between the patient, his or her physician, and the geriatrician to determine what will be in the patient's best interest.

Q: Who should see a geriatrician?

A: Anyone 65 years or older could benefit from a consultation with a geriatrician. A consultation should also be considered if you have any of the following: multiple medical problems, medications, or memory issues. A consultation can also be helpful if family members or friends caring for older adults are under considerable stress.

You can submit your questions to Mercy Health Physician Partners Geriatrics ~ Ronald D. Rop, M.D.; Douglas Hall, M.D.; Oluwatoyin Thomas, M.D.; and Aruna Josyula, M.D. You can learn more about MHPP Geriatrics of Muskegon by visiting MercyHealthPhysi-

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BY
MIKE
SIMCIK

Turning 40



In March of 1984, I was turning forty and about to embark on the biggest and riskiest project of my life.

My wife and I had bought a run down, out-of-business, historic hotel that needed a lot of TLC and a ton of money. The first year, I commuted one hundred ninety miles from my job north of Chicago, Illinois, to West Michigan on the lake. The second year was exhausting but I followed my plan as if it was carved in stone.

Not many years before this project began, my family took a trip out West, stopping at a famous place called Wall Drugs. There I purchased a pair of custom cowboy boots, which I wore as often as I could, except when I was doing oily factory work. After I moved my family to the old hotel in Michigan, I forgot where I even put those boots –probably they were buried in some old cardboard box.

On the day I turned forty years old, my parents, living in Arizona, sent me a large box containing a brand new triple X Stetson beaver rancher's hat. It fit me perfectly. It was my father's idea and, I found out later, it cost him \$250.00. After a bit of effort, I found my leather cowboy boots. I put on my Stetson hat, boots, and new goose down jacket. I felt like a million bucks after taxes.

Next, my son David and I went to a K-Mart store in Holland to pick up a few things for my wife. I came across a bargain bin in the fishing department with some cheap plastic baits that were marked down. There, I noticed the ugliest-looking, green plastic jointed lure I had ever seen. Since it was my birthday, I bought that ugly

lure, because any salmon that saw it would want to kill it on sight. My logic was soon to be tested.

David and I picked up our fishing poles at home and headed for a place called Hamilton's Dam. Fishermen lined both sides of its banks, with each man hoping to lay into the proverbial "monster fish." My thirteen-year-old son wandered towards the spillway to try his luck, while I picked out a different spot, trying not to get in the way of others.

As I stood on the muddy edge of the water, proudly sporting my birthday duds, I tied on my ugly green K-Mart bait. Then I made a heroic cast out to the water. It barely had a chance to sink below the water surface, when a 20-pound rainbow trout, with my ugly bait in its mouth, launched its entire body out of the water. The battle lasted 20 minutes. Men left and right of me cranked their rods in to give me room to fight that behemoth trout.

Of all the dumb things I have done my life, because we were in such a hurry to go fishing that day, I forgot to bring a net with us. My son came running when he saw what was happening and I yelled out that we didn't have a net. Dave stepped into the frigid water up to his knees, got behind the fish, put his arms slowly into the water and, barehanded scooped the fish onto shore.

The feelings of joy and victory swelled within us. We listened to the fishermen cheering us on, as if I carried a football for a touchdown. I knew we would have to leave quickly, as son David was freezing wet.

I can still relive that moment, feeling seven feet tall, with both feet slightly above the ground, proudly holding that trout. "Turning Forty Years Old" can be great. Thanks for the birthday, Dad.

Mike Simcik is a 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 rods, fishing, shooting clay sports, golfing and writing essays. Mike and his wife are celebrating their 45th anniversary.

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All the Right Moves!

PART 3



BY HOLLY
LOOKABAUGH
- DEUR

President of
Generation Care

Part III of All the Right Moves will focus on the secret to success with stride length, balance, and even preventing arthritic pain in your hips and back. Your SADDLE BAGS, the muscles on the “outside” of the hip – your ABDUCTORS – are critical to keeping a level pelvis in all we do.

To re-cap: Strength is the foundation of independent function. Without key muscle ability, we can’t do other good

things for our heart and lungs or our balance, because we are unstable and unable to support ourselves. Part I: QUADRICEPS – key muscle in the thigh; Part II: The GLUTS – your primary butt muscle. And now we move to the hip.

The three-part series of “All the Right Moves” focuses on the KEY muscle groups essential to function, why they matter, and how to know where to start based on what you can do right now. Today! As with all exercise programs, if you are unsure of your health or you are in a complicated health state, of course check with your doctor or physical therapist first. The exercise approach that will be used in this series is based on function, and using your own body and gravity to progress the movements. You do not need to join a gym or buy things to move better, efficiently, safely, and MORE in your life.

CRITICAL MUSCLE GROUP #3: YOUR HIP ABDUCTOR!

(AKA your saddlebag area)

The muscle group on the outside of the hip – primarily the gluteus medius -- is perhaps the most overlooked, important functional muscle in our lower extremity chain. The action of the muscle is primarily to abduct the hip, or move your leg from midline out to the side – like you would move making angels-in-the-snow. This muscle group is a key stabilizer and supporter as we bal-

ance, walk, change direction and maneuver obstacles, as well as for stepping up and down (the opposite leg is stabilizing with this muscle.) Key functional moves supported by this muscle group include:

- Essential for all mobility: while stepping, this muscle group keeps the pelvis steady on the opposite side. If you notice someone “waddling” or shifting their trunk right and left, it is usually because of weakness in this muscle group. If the pelvis is dropping, physical therapists call this a positive “Trendelenberg” test.
- A foundation of strength for walking: if you are unstable in your pelvis, you will take shorter, shuffling steps so you spend less time on one leg.
- Keeping your balance: when your hip abductors are strong, you can incorporate two key recovery strategies automatically – the hip strategy and the step strategy – without thinking about it or feeling unstable. Strong hips = strong balance.
- Climbing stairs, stepping up over a curb, and controlling getting in and out of a car -- anytime you have uneven weight on one leg, hip abductor strength is critical
- Both standing and any activity where you need to move quickly and safely
- Hip Abductor – “saddlebag” -- strength plays a KEY ROLE in promoting good walking posture and stride length, preventing falls, and stabilizing the leg as you walk
- **IMPORTANT!** Hip abductor strength has been researched and determined to be critical in preventing advancing arthritis of the low back, hip and even the knee! Hip angle is supported by muscle pull and strength, and it is proven to be effective in warding off the need for total joint replacements. And if you DO need a new hip or knee, every doctor and physical therapist will 100% support having these critical muscles as strong as possible before your surgery. So start now!

So how do you work on hip abductor function? Test yourself first. Can you lie on your side and lift your entire leg off the bed so your thigh doesn’t touch -- repeatedly, 12 times, without rest or ache? KEEP IT STRAIGHT AND DON’T CHEAT! If so, BRAVO! Choose one of the four levels of exercise below based on how well you did with this simple activity.

Level 1: If you struggled to lift your leg off the bed one time, you may have weakness in your gluteus medius. If this exercise was a struggle, start by lying on your back. This eliminates gravity. Practice bringing your leg out to the side – as

far as you can go. Move like a windshield wiper or lie you did when you were a kid making angels in the snow. Do one at a time. Sometimes it is helpful to put a garbage bag on the bed under your heel so you can glide smoothly across the surface without rubbing your heel. When you can do 12, go to level 2!

Level 2: Stand at the counter and hold on lightly with your hands for balance. Stand tall (no bending forward!) and swing your leg out to the side and then go back to the starting, standing position. You can swing it out to the side using a little momentum but when your leg is out as far as it can go (try not to bend your knee!), try to hold it in the air for 2-3 seconds before dropping it. When you can do this 12 times without rest and you can hold it for a count of 2-3 during each backward swing, time for level 3!

Level 3: Back to lying down – on your side this time. The top leg will be the exercising leg. Keep your knee straight and bring your leg towards the ceiling – STRAIGHT UP. Pretend a string is attached to your ankle bone. Lift it as high as you can – do 12 on each leg. If you can do that, you are ready for level 4.

Level 4: You are ready for some hard work! And you don’t need weights. Start standing, holding onto a back of a chair or counter for balance if needed. Side step a comfortable distance to the right. Shift your weight to the right leg and lift the left leg out to the side. It kind of looks like a side step windshield washer move – step, shift, LIFT leg. Try doing this for 30 seconds or until you feel some quaking/shaky going in that muscle. Your muscle is tired when you hit that level. Rest and repeat one more time! *Note: if you have quad weakness, too, which is often the case, your thigh muscle may fatigue more quickly than your saddlebag muscles. Also, if you have moderately severe Osteoarthritis, this might not be comfortable. Doing this exercise in a warm water pool is an awesome way to exercise a hip without the stress and strain of bearing weight.

Don’t be discouraged if everything seems hard or confusing – call me for a free demo at the office any time. Sometimes it is easier to see and feel things rather than read about them. Also, muscles need time to re-group, so be sure to keep a day between strengthening workouts for muscle recovery.

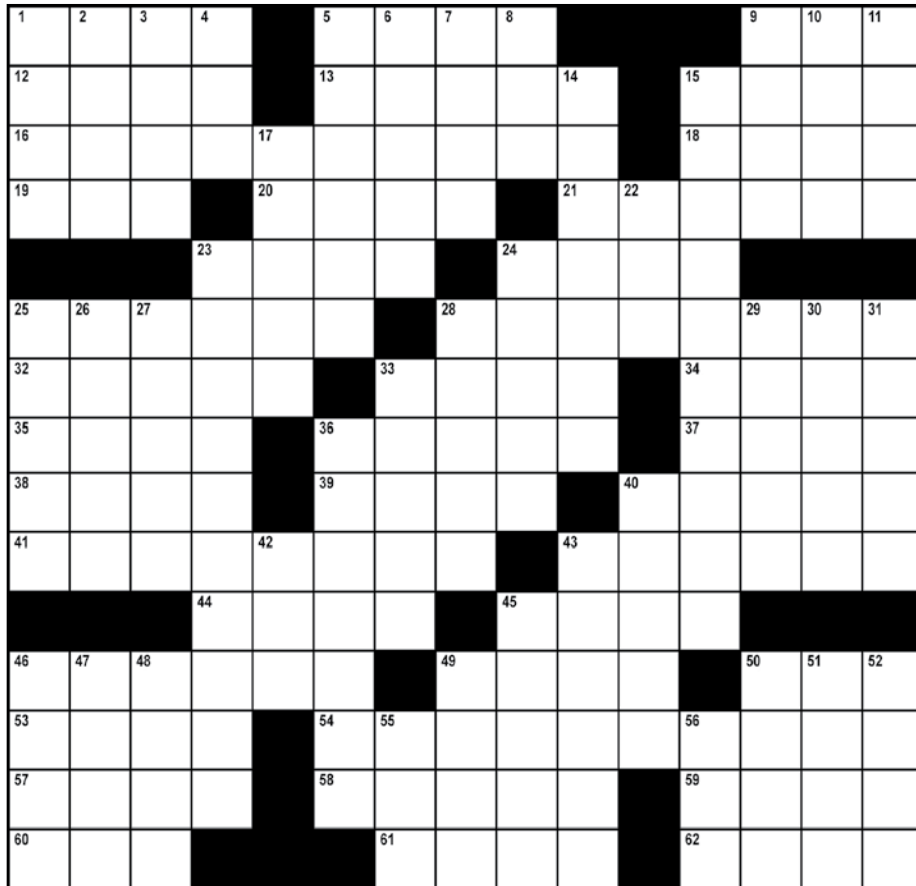
Remember, it is ALL ABOUT JUST MOVING. So keep tuned into this column, and we’ll keep moving together!

Holly is a Board Certified Geriatric Clinical Specialist and Physical Therapist and owns Generation Care, PLC. All questions and comments to hollyld@generationcare.org.

Senior Perspectives



Answers on Page 27



RHYME ON SIGHT By Rob Lee, edited by Timothy E. Parker

ACROSS

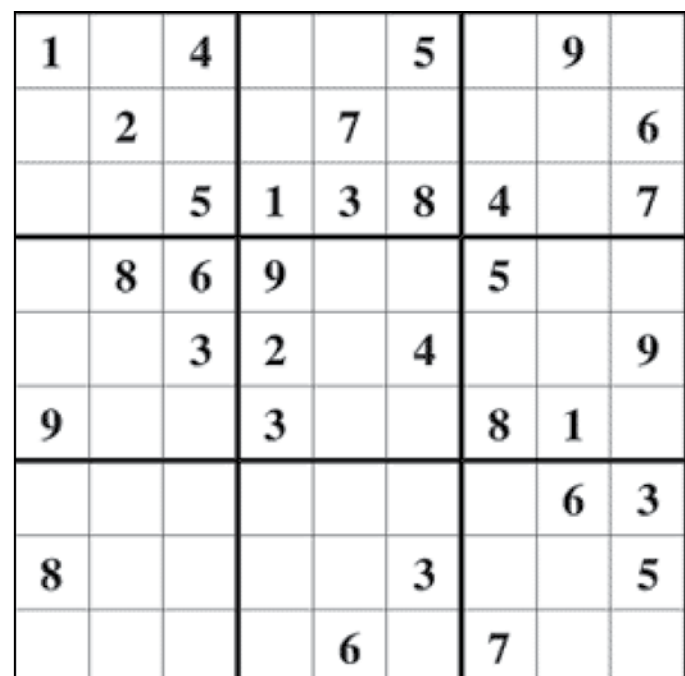
1. Not quite decided
5. "A ___ Shade of Winter"
9. "Now I ___ me down to sleep..."
12. Soft drink flavor
13. Word on a wanted poster
15. They're rolled on tables
16. One of many seen in stopped traffic
18. Geometric calculation
19. It may be heard after littering
20. Several Monopoly props.
21. Capital of Saudi Arabia
23. Brownish songbird
24. 2.2 pound unit
25. Brass and bronze
28. Casual
32. Friendship
33. For the taking
34. Cold war-era alliance
35. Court garment
36. Practices, as a trade
37. Word with "curtain" or "fist"
38. Work on the batter
39. Scottish miss
40. Getting on in years
41. Calamine lotion target
43. Canyon comebacks
44. A dichard may not give one
45. Purebred's opposite
46. Jamaican music genre
49. Bell or shell precede
50. Photo ___ (press events)
53. Salt Lake City's home
54. Human inheritance
57. Fit of bad temper
58. Tree that provides wickers
59. Sheltered, nautically
60. Consume
61. Al la ___ (with ice cream)
62. Witches' brew ingredient
15. When to call me?
17. More than punctual
22. 1969 Nobel Peace Prize gp.
23. Leak proof
24. Cap settings
25. Alligators' haunt
26. Overdo it onstage
27. Second-longest human bone
28. March 17th marchers
29. "Brothers" arcade game
30. Make recompense
31. Suit sizes for the tall
33. Gordon of space
36. Medical test control substance
40. Caan job?
42. Basic makeup stuff
43. 31-card game
45. Didn't just check
46. Bit of chicanery
47. Volcano seen by Sicilian sailors
48. Canter or gallop
49. Three-piece ensemble
50. Admire amorously
51. Brow-wiping utterance
52. "Don't dele"
55. Real attachment?
56. Fleming the writer

DOWN

1. Warhead weapon, briefly
2. "Golf ball coming"
3. Diamond irregularity
4. Asian milk source
5. Bisects
6. Completely unfamiliar
7. Turns on a jagged course
8. Yes, in "Fargo"
9. Former capital of Italy?
10. Breezed through, as a test
11. "___, right!" ("I bet!")
14. Bitter conflicts

FLOWERS!

- | | | | |
|------------|------------|-----------|------------|
| Anemone | Boronia | Hyacinth | Spring |
| Aster | Buttercup | Lilacs | Star Gazer |
| Azalea | Carnation | Lily | Sweetpea |
| Bellflower | Daffodil | Narcissus | Tulip |
| Bluebell | Delphinium | Peony | Waxflower |



Pushing a wheelchair... How hard can it be?



Could this be an important skill for you? One never knows when you might be called upon to maneuver someone in a wheelchair. Recently, a very important person in my life needed me to assist in getting him to a doctor's appointment in a Grand Rapids hospital complex. Because this VIP was weakened from a recent surgery, we made use of one of the wheelchairs available at the complex.



BY
LOUISE
MATZ

If you've never had the opportunity to assist someone in a wheelchair, let me tell you it's not quite as simple as you might think. The first time I was amazed at how much strength it took! Well, guess what? After straining down two long hallways, I figured out that I forgot to release the brake!

The next challenge, at least for me, was to judge the

location of the footrests. I happen to be a bit vertically challenged. So, when I'm behind a wheelchair, I can't even see the footrests, much less judge their location. After crashing into a couple of doorways and incurring the wrath of the wheelchair rider, I learned to move more slowly and cautiously.

And, did you know there is a proper way to put a wheelchair in an elevator? You and I walk in facing the elevator and turn around after we're inside. Try that with a wheelchair!

Most wheelchairs fold up for easy storage. Great idea! Perhaps this will be my next wheelchair lesson.

Golf, gardening and grandchildren were primary interests at retirement. Since that time, her interests have expanded. Having more time to read and to travel is high on her list. She also discovered pickleball and MahJongg. She and her husband can now spend more time together bow hunting for deer in the Upper Peninsula, hunting turkeys and fishing in the Florida Keys.

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White Lake Area Business Expo Slated for March 14, 2015



A first-hand look at the diverse products and services offered by many of White Lake's businesses will be available to the public March 15 at the White Lake Community Business Expo at the Whitehall High School.

What is a Business Expo?

"It's an excellent opportunity for area merchants and service providers to showcase 'what they do' to people in our area," said Amy Van Loon, executive

BY
AMY
VAN LOON

director of the White Lake Area Chamber of Commerce. "We have a vibrant business community that has much to offer to residents, visitors and to each other. They have a lot to be proud of!"

The Expo, presented by the Chamber and free to the public, will be held in conjunction with the popular, annual Rotary Pancake Breakfast at the White-



hall High School, 3100 White Lake Drive. Hours of the Expo are 8 a.m. – 12:30 p.m.

Area businesses can reserve an 8'x10' Expo booth with all amenities provided including full pipe and drape for \$150 for Chamber members and \$200 for non-members. Sponsorships also are available that offer enhanced visibility, product give-away opportunities and publicity for businesses. 2015 sponsors are Scheid Plumbing Heating & Cooling, Carmichael Heating & Air Conditioning, Redi Rental, Home Services of White Lake and White Lake Assisted Living.

For additional information or to request an application to reserve a booth, contact the White Lake Area Chamber of Commerce at 893-4585 or visit www.whitelake.org

Photos courtesy of Jerry Grady

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Juniata/Milwaukee Clipper



BY
KEITH
SIPE

The boat looked somewhat familiar to me when I first saw the picture a few years ago. After doing a little research I found a very interesting and familiar boat.

The *Juniata* was built in 1904 at Cleveland and was launched on December 17th at the plant of the American Shipbuilding Company. The 361-foot ship was built as a combined passenger and package freight steamer. Her speed was about 18 mph.

There are many interesting things about the *Juniata* during its 111 years. The Pennsylvania Railroad carried freight and passengers on her until 1915. The owner, Pennsylvania Railroad, sold the *Juniata* to Great Lakes Transit Corporation due to government regulations, and for 20 seasons she carried passengers on the Great Lakes. After the Chicago World's Fair in 1937, the *Juniata* was laid up.

The *Juniata* sat idle in Buffalo until she was sold in 1940 to be rebuilt and used as a passenger ship on Lake Michigan. She was modernized at the shipyard of the Manitowoc Shipbuilding Company. On June 3, 1941, the *Juniata* made her maiden voyage from Milwaukee to Muskegon, under a new name -- The *Milwaukee Clipper*. She could carry up to 900 passengers and 120 automobiles in the summer. The *Milwaukee Clipper* was also called the "Queen of the Great Lakes." The *Clipper* had between 105 and 109 crew members and around 55 who took care of the passengers.

During WWII the *Clipper* carried defense materials between Muskegon and Milwaukee.

The 1970 season for the *Milwaukee Clipper* was one of her greatest years of business, but strange as it might be, she stopped running the following year. Plans to use



the newer and larger *Aquarama* to replace the *Milwaukee Clipper* failed due to dredging issues in Milwaukee.

In 1977 the *Clipper* was purchased by Chicago interests and was anchored at Navy Pier. In December of 1983 the *Milwaukee Clipper* was listed on the National Register of Historic Places, and in May 1989 the ship was designated a National Historic Landmark. In another year the ship was sold again, but this time to Hammond, Indiana. After a few years in Hammond she was sold in December 1997 and came back to Muskegon.

Today you can find the *Milwaukee Clipper* at the end of McCracken at Lakeshore Drive, at the old Grand Trunk Ferry dock.

Looking back to 1954, my family took a trip across Lake Michigan to Milwaukee on the *Clipper*. My parents had a blue 1953 Oldsmobile which my mother's parents and my cousin traveled

in. It wasn't the best weather to cross Lake Michigan but it was a great adventure. The boat seemed so big to me -- and what an adventure this was going to be, to cross the biggest lake ever and on the *Milwaukee Clipper*.

My dad worked driving "big rig" tanker trucks for many years. One of his destinations was the Mart Dock to deliver oil for the *Clipper* when it was docked in Muskegon at the Mart Dock. I found this second picture from an old post card we have.



Pictured, top: The Juniata in Houghton, MI, 1905, loaded copper. Below: The Milwaukee Clipper cruising Lake Michigan.

You may reach Keith at rightseat625bg@gmail.com Keith enjoys writing, photography, flying, cooking and living in downtown Muskegon



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Social Security

Questions & Answers



BY
VONDA
VANTIL

Social Security
Public Affairs
Specialist

QUESTION: I'm creating my budget for 2015. How much will my benefit increase at the beginning of the year?

ANSWER: The monthly Social Security and Supplemental Security Income benefits for nearly 64 million Americans will increase by 1.7 percent in 2015. This annual cost-of-living adjustment (COLA) is tied to the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. This New Year, you can enjoy your COLA starting in January. Read our press release at www.socialsecurity.gov/news/#!/post/10-2014-2.

QUESTION: I'd like to change the healthcare coverage that I signed up for through Healthcare.gov. How can I do that?

ANSWER: The open enrollment period for Affordable Healthcare coverage takes place from November 15, 2014 to February 15, 2015. During this four-month period, you can enroll in a new plan or change current plans using the Affordable

Care Act's Marketplace. To continue health coverage in 2015, simply renew the current health plan, or choose a new plan through the Marketplace between now and February 15, 2015. Once the open enrollment deadline passes, the only way to get coverage for 2015 is to qualify for a "Special Enrollment Period" due to a qualifying life event as specified by Healthcare.gov. You have four months to decide what type of coverage you want, but the sooner you act, the sooner you will enjoy the security of affordable healthcare. Find out more about Healthcare.gov's open enrollment period at www.healthcare.gov.

QUESTION: I went back to work after retiring, but now the company I work for is downsizing. I'll be receiving unemployment benefits in a few weeks. Will this affect my retirement benefits?

ANSWER: When it comes to retirement benefits, Social Security does not count unemployment as earnings, so your retirement benefits will not be affected. However, any income you receive from Social Security may reduce your unemployment benefits. Contact your state unemployment office for information on how your state applies the reduction to your unemployment compensation.

QUESTION: I plan to retire in spring of 2015. How soon can I file for my Social Security benefits?

ANSWER: You can file four months before you plan to receive benefits. Go ahead and apply now if you plan to retire when winter's frost finally lets up. To apply, go to www.socialsecurity.gov/applytoretire. Applying online has never been easier—you can do it from the comfort of your home. All you need is 15 minutes and Internet access.

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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- Perhaps your loved one has been placed in a care facility, but still depends on you for care.
- Maybe you are somewhere in between.



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Meeting dates and discussion topics:

- Thursday, April 2, 2015 *Resources for Caregivers*
- Thursday, April 16, 2015 *Caregiver Self-Care*
- Thursday, May 7, 2015 *Reducing Caregiver Frustration and Anger*
- Thursday, May 21, 2015 *Ambiguous Loss and Grief*
- Thursday, June 4, 2015 *Reducing Worry, Anxiety and Depression*
- Thursday, June 18, 2015 *Being Proactive and Planning Ahead*



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BY
CECE
RILEY

During the fourth quarter of 2014, Muskegon County met the national unemployment average of 6.1% and surpassed the state average of 7.4%. Data collected by Muskegon Area First, Muskegon County's economic development corporation, shows that nearly \$200 million in projects were completed or announced during 2014. This is on top of ongoing economic development projects that total more than \$250 million.

"This is a great time to be an economic developer," Muskegon Area First President, Ed Garner, recently told a group of Muskegon County business leaders. "These numbers indicate that our community is growing and all of the manufacturing jobs lost during the Great Recession have been recovered, with several major companies exceeding 2008 employment levels."

Downtown Muskegon Now Director Jonathan Seyferth agrees. "During our 2014 fiscal year we not only celebrated the grand opening and continued success of Muskegon's new downtown Farmers Market, but also welcomed three new restaurants to the downtown area," says Seyferth.

Michigan Works! Muskegon-Oceana recently published a new Hot Jobs list showing which careers are in high demand on a local level. "Employers are still looking for mid-level skilled trade jobs and individuals with more than a high school diploma and less than a college degree," said Brittany Lenertz, Michigan Works! Muskegon-Oceana Community Relations Manager. To help local employers fill these positions, Michigan Works recently helped local businesses secure \$385,000 in training grants. "We were able to coordinate skilled trades training for nine area employers to train a total of 427 incumbent workers and 60 new workers," Lenertz added.

Check out the area's in demand jobs online at:
<http://www.miworksmo.org/pdfs/hotjobs.pdf>

Cece Riley is the Communications Director for the Muskegon Lakeshore Chamber of Commerce. The chamber takes a long term view of community growth and prosperity and works closely with the county economic development corporation, Muskegon Area First, to drive economic growth along the Lakeshore.



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- Specialized support groups, facilitated by trained individuals, for caregivers and others dealing with the disease

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If you have questions about the tax check off, Alzheimer's disease, or the work of the Alzheimer's Association, please feel free to call our Helpline at 800 272 3900, email MICheckOff@alz.org or visit the Alzheimer's Association website at www.alz.org/gmc.

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Soul Food

Reflections upon how spiritual growth improves our health



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

With the vernal equinox on March 20th, we officially begin the spring and summer seasons; oh yeah! The earth comes alive and for many of us it reawakens our senses and renews our spirit. Our family and friends who have retreated from the winter cold and snow begin to return from their southern homes. Maybe you are one of these snowbirds.

During these next couple months, many will enjoy the rich and wholesome religious season of Easter. The spiritual formation concept which it represents is regeneration, making its placement in spring so meaningful because of the renewal of life, with all its rich colors and beauty.

Simply put, regeneration is a teaching about spiritual rebirth or second birth; or generally speaking, a teaching about spiritual renewal. What often is missed in our yearning for a renewed desire for living, or a restored relationship with God or other loved ones, is that spiritual renewal is not so much dependent upon what we do (our efforts, our rituals, or our words) as it is on our faith and trust in what God wants to do. He is able to accomplish so much if we

step aside and let him! A little humility goes a long way. We simply cannot accomplish much of anything on our own strength and intelligence, when considering matters of eternity. I love how Pierre Teilhard de Chardin put it: "We are not human beings having a spiritual experience. We are spiritual beings having a human experience." His words are reflective of 1 Corinthians 13:12-13 (in the New Testament): "For now we see in a mirror, dimly, but then we will see (understand) face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love."

How we choose to think, act, and speak to those we see will reflect the faith and trust we have in God; or not. Love is always the way that opens our relationships to the power of God to heal and renew, bringing to life all beauty and hope. Are you seeing the colors brighter and clearer? Do you smell the sweetness of renewal and hope? Isn't it wonderful? It was always there! That is why many say "God is good – all the time; and all the time – God is good!"



Jesus answered, "Very truly I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

(The Gospel of John 3:5-8 NRSV)

May you and yours have a truly happy and blessed Easter. Sincerely, Gil

Soul Food is written by 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 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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The Pianist



BY
WEBB
SCRIVNOR

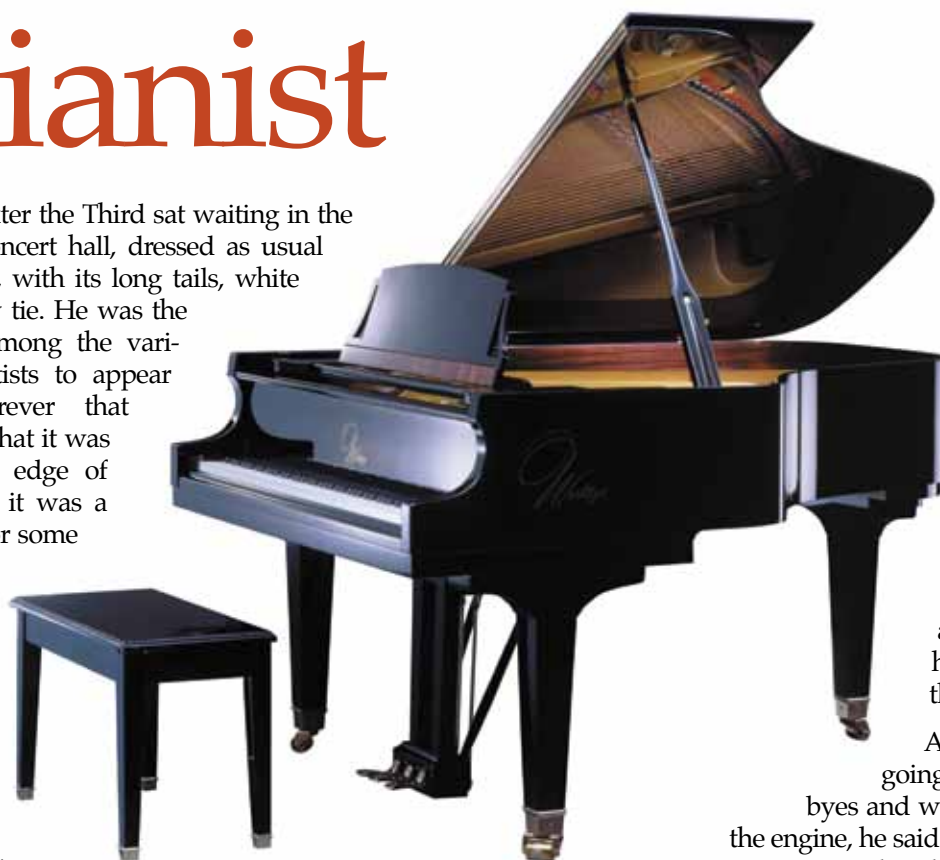
William Fitzroy Dexter the Third sat waiting in the green room of a concert hall, dressed as usual in his concert attire, with its long tails, white shirt and black bow tie. He was the last to be called among the various performing artists to appear this evening—wherever that was. He did know that it was somewhere on the edge of Michigan, and that it was a Christmas benefit for some children's hospital.

A jazz trio, a string quartet, and a barbershop quartet had preceded him. They had just entered the stage and would be a tough act to follow.

His brilliant blue eyes focused on the details of his performance tonight. He was to play one piece, and he had chosen Liszt's famous *Liebestraum*, and, of course, his special curtain closer. That had started long ago, when his father had first taken notice his son played very well for the age of five. His sister, Anne, complained, "Will, don't you ever play something nice and dreamy?" To which Will replied, "Like this?" And then he played Brahms' *Lullaby* in a simple version. As the years went by, he began to develop it as a "closer," using the original with a few of his own touches and made it a popular ending. So much so that audiences almost demanded it. So be it.

"You're up, Will," hailed his agent, Bob Holliday, as he walked into the room. Will motioned with his lifted hand that he understood, combed his fingers through his rich brown hair, and walked out of the room onto backstage, where the stage manager was waving him onstage, and an uncomfortable feeling followed him on. The piano had been moved from upstage to a position downstage center, just ten feet from the open curtain. As was his custom, Will did not acknowledge the applauding audience, but sat at the piano and began to play. The house became quiet as he continued to play, and he vowed not to leave them disappointed. The notes seem to flow from his fingers and onto the keyboard, and when he came to the cadenza, he improvised a most colorful interpretation. When he paused at the rest, there were a few hand claps, and at this Will smiled at the audience in an impish way before resuming. A small ripple of laughter let him know that some people knew what he'd done. Feeling this might well be the best he'd ever played this piece, he attacked the next section of high octaves with a flourish before improvising the final cadenza. This time, when he paused at the rest, no one clapped. He smiled at the audience and winked. The theme returned, with the sweetness of a lover and slowed little by little until it settled with a dramatic touch on the final A-flat chord.

There was a brief silence before the audience responded with a tremendous round of applause, which he acknowledged as he stepped around in front of the piano. He smiled a humble and boyish smile. He bowed his head one way and then another, but when the clapping failed to show signs of stopping, Will went back to the piano. The applause died off. With a dramatic wave of his hands over his head before lowering them to flip his tails, he sat and after a brief pause, began to play the *Lullaby*. The curtain began to close a little at a time. When he reached last line, the curtain was still open a yard but picked up speed as it closed on the last chord. He sat for a moment, listening to the muffled sound of applause. He never gave an encore. The speaker had stepped up to the microphone and Will decided it was time to leave, so he walked back to the green room to meet his agent.



"Well done, man," Bob said. "For a time there," he continued, "I thought you were going to tear the keyboard apart and toss it in the piano. That's the best I've ever heard you play it. The audience loved it."


Will smiled and nodded his head in agreement, and wrapped his cloak around his shoulders. "Good thing I wasn't playing more."

"You won't have to worry about that for a while," Bob said. "The holiday season always gives you a little vacation. I don't have anything for you to consider before the middle of January."

At that moment, Will knew what he was going to do. After they had said their last good-byes and were settled in Bob's car, before he started the engine, he said to Bob, "I can't do this anymore, and my vacation is going to be a long one."

To be continued. . .

Webb Scrivnor is a Navy veteran, the former Editor of Peninsula Poets, and author of the novel, Drako



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MMAP Minutes...



BY
VICKIE
DeCHENEY

Now that the holidays are over and we are back to our normal routines, here is something to keep in mind. Keep your "medical identity" safe. What is my Medical identity? That is your Medicare and insurance information.

Why should I be concerned about this? Scammers and fraudsters can use your medical information and sell it for a very hefty price. The AARP *Bulletin*, December 2014 issue has a good article about just that. The article explains that a person can use your medical information to falsely bill for costly tests and treatments under your name. Not only would this cause a fraudulent payment to be made, but if you actually needed that test Medicare would not pay for it because your Medicare record would show that you have had it done already.

So what can I do? Read your Medicare Summary Notice (MSN). This is a report from Medicare that tells you what medical needs have been billed to Medicare on your record. It tells you the date of service, the provider and what the service was. By reading these over you can then double check to be sure that it is correct. The same goes for Explanation of Benefit (EOB) notices. These are notices that those who have insurance other than Medicare or along with Medicare would get.

By safeguarding your medical identity, you can be an army of one against fraud. If you find errors in your MSN or EOB and need some help in correcting them, you can call the MMAP office. 1-800-803-7174. MMAP is a free service to Medicare beneficiaries.

Our MMAP services cover Oceana, Muskegon and Ottawa counties. MMAP stands for Medicare Medicaid Assistance program.

Vickie DeCheney is the Regional Coordinator for the MMAP program. Vickie has been the RC for 5 years since retiring from the State of Michigan Dept. of Human Services after 30 years of service. Vickie enjoys traveling and spending time at the cottage with her children, grandchildren, and Joe.



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

1	I	F	F	Y		5	H	A	Z	Y		9	L	A	Y				
12	C	O	L	A		13	A	L	I	A	S		15	D	I	C	E		
16	B	R	A	K	E	17	L	I	G	H	T		18	A	R	E	A		
19	M	E	W		20	A	V	E	S		21		22	I	Y	A	D	H	
						23	W	R	E	N		24	K	I	L	O			
25	M	E	T	A	L	S		26	I	N	F	O	R	M	A	L			
32	A	M	I	T	Y		33	F	R	E	E		34	N	A	T	O		
35	R	O	B	E		36	P	L	I	E	S		37	I	R	O	N		
38	S	T	I	R		39	L	A	S	S		40	A	G	I	N	G		
41	H	E	A	T		42	R	A	S	H		43	E	C	H	O	E	S	
						44	I	N	C	H		45	M	U	T	T			
46	R	E	G	G	A	E		49	T	A	C	O		50	O	P	S		
53	U	T	A	H		54	B	I	R	T	H	R		56	R	I	G	H	T
57	S	N	I	T		58	O	S	I	E	R		59	A	L	E	S		
60	E	A	T			61	M	O	D	E		62	N	E	W	T			

			D	A	F	F	O	D	I	L													
	B		E					S	C	A	L	I	L		B		S						
	O		L					A	E	P	T	E	E	W	S	L	T						
	R		A					S	T							U	A						
	M		Z					T		U						E	R						
	U		A					E		L						B	G						
	I	I	S					R							I		E	A					
	N	A	R	C	I	S	S	U	S						P		L	Z					
	I		I	E				B	E	L	L	F	L	O	W	E	R	L	E				
	H		N		W			H	Y	A	C	I	N	T	H				R				
	P		G					O							E	N	O	M	E	N	A		
	L									L	I	L	Y										
	E									F					P	E	O	N	Y				
	D									X													
															C	A	R	N	A	T	I	O	N
	B	U	T	T	E	R	C	U	P		W												

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



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