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Senior Perspectives

LAKESHORE EDITION



JANUARY | FEBRUARY 2020

Pg. 3 – Letter from Editor ■ Pg. 6 – The Caboose

Pg. 24 and 25 – Game Pages ■ Pg. 33 – Hide Valuables in Plain Sight

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PAGE
06



PAGE
19



PAGE
27

JANUARY | FEBRUARY 2020 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | |
|---|--|---|---|---|
| 03 Letter from the Editor
<i>by Michelle Fields</i> | 11 Labyrinths: Peace of Earth
<i>by Janet Hasselbring</i> | 19 Cathay's Cooking Corner | 26 Final Gifts
<i>by Curtis Freed, MA, BCC</i> | 31 Cervicogenic Dizziness
<i>by Holly Lookabaugh-Deur</i> |
| 06 The Caboose
<i>by Jerry Mattson</i> | 12 How to Cook a Car
<i>by Tricia McDonald</i> | 20 Luggage
<i>by Rolina Vermeer</i> | 27 Time by the Big Lake
<i>by Keith Sipe</i> | 32 Social Security Q&A
<i>by Vonda VanTil</i> |
| 07 Pam Curtis Distinguished Alumni Award | 14 A Century Ago - 1920
<i>by Dick Hoffstedt</i> | 21 Soul Food
<i>by Gil Boersma, M.Div</i> | 28 New Zealand
<i>by Jackie Lindrup, RDH, M.Ed.</i> | 33 Hide Valuables in Plain Sight
<i>by Joe Stapel</i> |
| 08 5 things about Senior Resources
<i>by Lisa Tyler</i> | 15 Aretha!
<i>by Joel Dulyea</i> | 22 Social Security and Women
<i>by Vonda VanTil</i> | 29 Martin's Meanderings
<i>by Clif Martin</i> | 34 Muskegon Genealogy
<i>by Delicia Eklund</i> |
| 10 And then the Birds Came
<i>by Louise Matz</i> | 18 Foot & Ankle Myth Busters!
<i>by Tarin Paparella, DPM</i> | 23 Service Dogs
<i>by Christine Wistrom</i> | 30 Ask the Provider
<i>by Mercy Health</i> | |
| | | 24 Game Page | | |

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Letter from the Editor

One Amazing Service!

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BY
MICHELLE
FIELDS

I began as the Housing Coordinator through the MI Choice Waiver Program when I started with Senior Resources of West Michigan over 10 years ago. Much has changed with my career path transitioning from Housing to becoming the Editor and Publisher of the Senior Perspectives newspapers, but I will never stop singing the praises of the amazing services of the MI Choice Waiver program. What is this program about? Do you or a loved one find it difficult to remain independent while living at home, with family or at a senior living community or

have concerns about your ability to stay at home due to poor health? If so, the MI Choice Waiver program might be able to help. Senior Resources has helped thousands of area seniors through our Waiver community-based programming. This program allows individuals, 65 years old or disabled who meet financial and medical criteria, to access services in the community along with receiving support in their own home or other residential setting. The program includes prescreening, assessments, care planning and in-home services.

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Pam Curtis, CEO

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NOV/DEC. WINNER: MARGE ALEX OF MUSKEGON HEIGHTS
The Tom Turkey was found on page 23 in the maze story.

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BY
JERRY
MATTSON

The Caboose

Most people do not have a full-size caboose in their back yard, but Jerry Tyler does. His, built in 1890, has been there for 34 years.

Jerry grew up in Muskegon near the railyard. He could see the trains from the family home, which included a bakery. As a youngster, Jerry sometimes took a paper bag of donuts to the crews. This often resulted in the tour of an engine or a short train ride. "As a kid, the railyard was my playground," he said.

He has been involved with railroading most of his life, and worked for Grand Trunk Western Railroad for 10 years. He began working on the railroad when he was 20, in 1955. In June of 1964 he was promoted to Locomotive Engineer. The locomotives were then steam powered but were being replaced by diesels. Fewer crew members were needed for diesels, so at age 29 he was laid off.

He has some exciting, if not fond, memories of being on the rails. As a teenager, he and a couple buddies decided to hop a train for a short, two-mile, ride into Muskegon but ended up in Grand Rapids. They hitch-hiked home the next day. Another time, not yet an Engineer, he drove three engines away from a burning building and successfully drove across a main street to save the equipment.

If collecting Lionel and Marx model trains and having a caboose was not enough, his most unusual collection may be recorded train sounds.

He got these by taping the train sounds as they passed near his home.

His caboose was moved in 1975 from the Browne-Morse Company yard, where it had been for 15 years. The 21-ton car, with the inside stripped clean, was moved with a semi and lowboy trailer. It was positioned on a short set of rails. The work on the caboose then began.

It took him five years to restore the exterior and even longer to get the essential interior appointments.



He also restored a caboose in Coopersville. Jerry was very busy for a few years. He worked at a tool shop in Muskegon all day, then drove 35 miles to work on the railcar for a few hours, returning home to work in his basement machine shop.

Jerry owned the Coopersville caboose for eight years, then sold it to a railroad museum in Sara-



nac where it still remains.

"From scratch," he built two 1:48 scale models of the cabooses he restored.

Over the years, he helped restore six other cabooses. Some of these had extra pieces he needed for his own. He got most of the things on the company's required-items list for a caboose. These included a stretcher, mounted near the ceiling, three cots for the conductor and two brakemen and warning flares and flags to be used up-rail if the train was stopped. Nearly all items had the company initials on them, discouraging theft. A hand saw, hatchet and hammer were kept behind a glass panel for the same reason. There had to be a good reason for anyone to break the glass.

In all his years working on the rails, he only made one trip in a caboose. I told him that surprised me, as he had one in his back yard. He replied, "It would be too much work to get an engine down here."

Jerry has had three train rides in his life. One was a family outing on the Coopersville-Marne Railway Bunny Train. Another was a round trip from Sault Ste. Marie, Ontario, Canada, to Agawa Canyon. The third was from Tokyo, Japan, to see Mt. Fuji and return. As Fuji was shrouded in fog that day, he never saw it.



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Senior Resources' CEO Pam Curtis Receives Ferris State University Distinguished Alumni Award

Pam Curtis, CEO of Senior Resources of West Michigan, was one of four recipients of the Ferris State University Distinguished Alumni award recently.

The Ferris State University Distinguished Alumni Award is given to people who demonstrate leadership and service to their profession, community, service organizations, and alma mater. Curtis graduated from FSU in 1986 from the College of Arts and Sciences with a degree in social work. She has worked for Senior Resources since 1990 and was named CEO in 2009.



Under Curtis's leadership, Senior Resources has grown from a staff of 35 to more than 100, and from a budget of \$10.2 million in 2005 to \$25.7 million in 2018. Under her leadership, Senior Resources has received CARF accreditation, four National Association of Area Agencies on Aging Achievement Awards, and numerous media awards for the Senior Perspectives newspaper.

"It is humbling to reflect on how you got where you are," Curtis said. "I certainly would not be where I am without Ferris. I'm thankful for the social work program that provided me with the skills to not only be a good social worker



Pictured left: Andy Young, President of the FSU Alumni Association. Pictured right: David Eisler, Ferris State University President.

but a good leader - skills like active listening, critical thinking, communication, emotional intelligence and empathy. I use those skills every day and not just at work. Ferris provided me with the right skills and the confidence to use them."

Curtis is a longtime member and past vice chair of the Social Work Advisory Board at Ferris State University. She is a member of Muskegon Rotary, past president of the Area Agencies on Aging Association of Michigan, secretary of the National Association of Area Agencies on Aging board of directors, and has presented at several national conferences. She was a finalist for the 2018 ATHENA of the Lakeshore Award.

Curtis is a graduate of Holland High School, the daughter of Richard and Florence Van Haver of Holland. She has two daughters, Allyson and Shelby, and lives in Spring Lake.



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560 Seminole Rd., Muskegon, MI 49444**

FREE INFORMATION FREE INFORMATION FREE INFORMATION

Five things you may not know about Senior Resources



BY
LISA
TYLER

1) Senior Resources leads a public awareness initiative, Dementia Friendly Muskegon. People with dementia sometimes need help going about their daily lives and feeling included in their communities. Dementia Friends works to give people an understanding of dementia, and the small things they can do to make a difference. It may be helping someone find something in a grocery store, or spreading the word about dementia on social media or to friends and family - every action counts!

The Dementia Friends program focuses on five

key messages that we believe everyone should know about dementia. You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with changes in thinking and memory. You do not need to be a dementia expert to become a Dementia Friend, nor do you need to know someone with dementia.



dementia-friends/. Volunteers are also available to offer group sessions at organizations or businesses. For more information, contact Lisa Tyler at ltyler@seniorresourceswmi.org, or call 231-733-3509.

There are monthly Dementia Friends sessions offered in Muskegon, at Tanglewood Park, 560 Seminole Road, Norton Shores. You can register at <https://www.eventbrite.com/d/mi--muskegon/>



Lisa Tyler

2) Care Connections Companion Care Program is a private pay program offering personal, non-medical companion care to give the support and companionship needed to maintain independence in the comfort of an older person's own home.



Mike Fields

Trained companion care providers come to the home of an older adult and spend time with the person doing activities s/he may enjoy, such as puzzles, gardening, cooking, walking, or more. Transportation may be available. No medical activities are involved. We are always looking for people who'd like to be part-time companion care providers, too! For more information about this program, contact Mike Fields at 231-733-3530. You can learn more through this short video: <https://www.youtube.com/watch?v=NOLzKzmsuBA>.

3) Our Nursing Facility Transition program is available to residents of nursing facilities, on Medicaid, who would like to return to their home, move in with family members, find an apartment or choose another living option. Support and services needed after the person

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moves may be available for those who meet functional and financial guidelines. Nursing facility residents may request transition services for themselves, or a referral can be made by any concerned individual, such as a family member, friend or social worker. To qualify, a person must be a current nursing home resident and have active or pending Medicaid in Michigan. A nursing home social worker can also make a referral to Senior Resources. A transition navigator will contact the individual or authorized representative and schedule an in-person visit. For more information, contact a long-term care Options Counselor at 231-733-3585 to make a Nursing Facility Transition referral. All calls are confidential.

4) We have a variety of caregiver support services, and a full-time staff member devoted to this important topic. Virginia Vazquez facilitates several caregiver support groups, leads evidence-based classes, and is available to assist caregivers with their needs. We offer a monthly newsletter, Caregiver Link; caregiver support



Virginia Vazquez

groups in Muskegon, Oceana and Ottawa counties; classes such as Savvy Caregivers and Powerful Tools for Caregivers; Project Lifesaver, a partnership with the sheriff offices in all three counties that helps find people who have wandered; and more. Call Virginia at 231-733-3531, or our options counselors at 231-733-3585 for more information about any of our caregiver support services.

5) Our Long-Term Care Options Counselors are a vital resource in understanding the various choices available for long-term care, including the MI Choice Medicaid Waiver program. Our options counselors listen to a person's story and needs, offer and explain different services and programs, and help make a plan. The goal is to link people to programs and services to help them stay in their home as long as possible. One of those programs is the MI Choice Medicaid Waiver program, for eligible adults to meet income and asset criteria. They receive Medicaid-covered services when they medically qualify for skilled care, but prefer to stay in their own home. Services may include community living supports, adult day care, chore services, personal emergency response systems, home delivered meals, supports coordi-



Dana, Pam, Cindy and Deb

nation, and more. Call our Options Counselors at 231-733-3585 to learn more about Waiver and other services available.

Lisa Tyler is the Communications Director at Senior Resources. She stays busy with her husband and two children – Nick, a senior at MSU (her alma mater), and Hannah, a freshman at Hope College. She also is president of the MAISD board of education, chairs the Muskegon advisory committee of Kids' Food Basket, and is a member of the Muskegon Rotary Club.



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BY
LOUISE
MATZ

And then the Birds Came

During the spring and summer months we enjoy the activity at two hummingbird window feeders – one in the living room and one in what we call the “sunroom.” The tiny birds entertain us all day. Because they come right to the window, we feel as though they are household pets. When the last hummer has headed south, the feeders are removed and stored for the winter.

While having our morning coffee a week or so later, I commented to my husband Tom how much I missed the hummingbird visits. Like a lightning bolt, it suddenly struck me that perhaps there were other window bird feeders that could be used for our winter birds. Google sent me to Amazon where I settled on one that I thought would be perfect for the sliding windows in our sunroom. (Only \$12.95!) It arrived in three days and we put it up immediately.

Then, we waited. It took about a week. Naturally, the fearless chickadees came first. A few days later we saw a tufted titmouse, a nuthatch, a sparrow. After a couple weeks, the cardinals and blue jays joined the party.

Placement of the feeder is perfect, easily visible from the kitchen, dining area, and my husband’s favorite chair in the living room. **A month later...** the avian restaurant is thriving. The birds come on a regular basis even if someone is standing within inches of the feeder. Again, we have “household pets.”

Golf, gardening and grandchildren were primary interests of retirement for Louise. Her interests have since expanded to include walking, biking, pickleball and mahjongg. Reading and travel are also high on her list. She and her husband both enjoy bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys.

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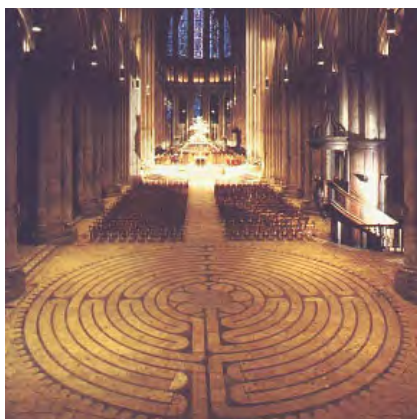
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*The labyrinth awaits the sojourner – almost calls her (my) name – Will you enter my simple boundaries and journey my paths One Step at a Time?**

Friday morning, July 1967.
Chartres Cathedral, France

My friend, Judy, and I are in Paris, second stop on our European tour. We flew over the English Channel from London on Wednesday and today we're touring the Cathedral. 90.5 km southwest of Paris. Chartres Cathedral is a marvel of Gothic architecture, constructed over 26 years beginning in 1145. It's now a UNESCO World Heritage Site.

Our tour ends in the nave where chairs have been removed revealing mammoth concentric circles set in the floor radiating out from a center – the Chartres labyrinth. We stand spellbound. Before today I didn't even know what a labyrinth was, but it seems it's our lucky day. The famous labyrinth is usually covered up and obscured by chairs; however, it's uncovered and made available to tourists only on Fridays, between 10 a.m. and 1 p.m. from the end of Lent to All Saint's Day, November 1. And,

voila, a miracle! And we just happen to be here!

The guide invites us to walk the labyrinth, but first gives us a history lesson: In Greek mythology, the Labyrinth was an elaborate confusing structure designed and built by the legendary artificer Daedalus for King Minos of Crete at Knossos. Its function was to hold the Minotaur, the monster eventually killed by the hero Theseus.

Today, however, labyrinths are unicursal, i.e. having only a single, non-branching path, which leads to the center, then back out the same way. They're ancient symbols that relate to wholeness, combining the imagery of the circle and the spiral into a meaning but purposeful path. Unlike mazes, which are puzzles (we'd learned about mazes the hard way at Hampton Court in London - see my article "A 'Maze' ing" in the Sept/Oct issue), labyrinths have long been used as meditation and prayer tools, representing a journey to our own center and back again into the world.



Because of the cathedral's impressive size, its labyrinth should be equally grand, and it is – at 42' in diameter, it's the largest in the world. A cross as the starting point in construction gives the labyrinth its distinctive Christian meaning, which is why pil-



BY
JANET
HASSELBRING

grims have been making the journey to Chartres for hundreds of years. Visitors can walk a labyrinth in any way and for whatever purpose they choose; however, today we're invited to join the pilgrims in our group, there on a spiritual quest.

Our guide explains the "Palms" approach:

1. Palms down – enter the labyrinth and walk to the center with palms down to center your thoughts and release any conflicts, issues, or concerns you are experiencing.
2. Palms up - walking out from the center with palms up to receive strength and guidance from God.
3. Palms together – as you leave the labyrinth and reenter the world, turn to face the center with palms together in a prayerful end to your walk.

We began to walk the sacred space – receiving, releasing, and reentering – a deeply spiritual experience I will never forget.

Since that day, I've walked labyrinths - formal and informal, inside, outside, grand and simple - in churches, a friend's backyard, alongside a mountain path, on the edge of a beach, shrouded by trees deep in the woods, in a lavender garden, sometimes with the palms approach and other times simply a scenic walk. The experience is embodied in the words of a poem (at right).

Note: if you'd like to visit a labyrinth, the closest one is the Lavender Labyrinth at the Cherry Farm Market in Mears, MI. The lavender was severely damaged by the polar vortex of 2019, but should be back in full bloom in 2020.

Janet lives with her husband, Don and Welsh terrier, Maggie May. Jan drags herself off the tennis court to write - her book series, Tales from Pelican Cove and Country Dairy. Her piano gets lonely because she chooses to whack fuzzy yellow balls instead of tickling its ivories.

One Step at a Time....

*Straight ahead, yet winding and crooked
The curled road beckons to be trod –
reinforcing the uplifted
blessing the downtrodden
Maybe tears, maybe joy, maybe peace
One Step at a Time.*

*All who are heavy laden, come stand at the gate
All who are fragmented, place one foot down
and the other in front
All who find wonder in the commonplace,
Come travel the narrow rows
One Step at a Time.*

*Give up your burdens, your middle of the night
worries
Lay a care on a silver craggy rock as you pass
and move on to the next,
the monotony will soothe you
One Step at a Time.*

*Moving inward,
The trail winds in and out
Muscles untensing,
The walker's job seems easy,
The cares tumble down
and hit the ground with imagined force
lightening the load on contact
One Step at a Time.*

*Step 48, step 49, many more to go
while curling toward center like
a snail into its shell
Motionless as last,
a wooden cross is sighted,
God's presence overhelm
and envelopes the inner sanctum-
His peace now a cloister
on the journey half over
One Step at a Time.*

*The pause to discover
new perspectives to ponder
fresh eyes, lightened heart
the world is a wonder
with steps unencumbered
the pilgrimage rewinds
One Step at a Time.*

*The breathing is slower,
the feet touch down lower;
and easier on the road well-worn
The unknown, now familiar
the end is the beginning
the sad is now glory
All happening unexpectedly
One Step at a Time.*

*A twist inward
A transformation outward
A fresh view from fatigued eyes
All part of a simple design
of much complexity
with the whole greater
than the sum of its steps
All the while traveling
One Step at a Time.*

**(One Step at a Time, Suzanne Moody)*



BY
TRICIA
McDONALD

Authors of West Michigan How to Cook a Car

How does a career in automotive sales and marketing lead to owning a restaurant and pursuing cooking? Don't look to Author Howard Norris for the answer. Although the subject was his intent in writing his memoir/cookbook, his writings had a different idea.

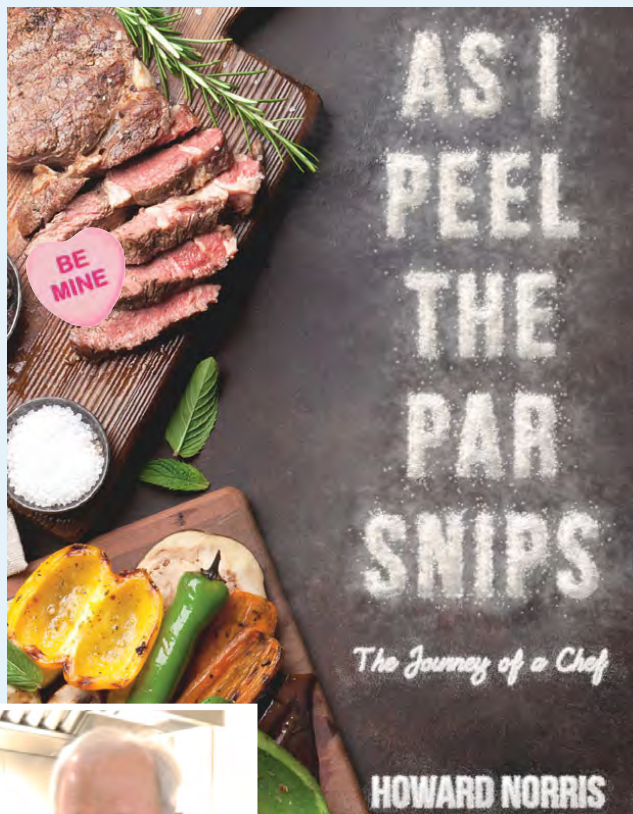
Howard would write when an idea or memory would strike, often in the middle of the night or early morning. The emotional ones got his immediate attention. However, those memories were not about auto parts. They were about his mother. "Memories of my Mom are with me always," he said. "A little expression, a positive attitude... are just a few of the reasons that inspire me."

As he continued to write, he realized his story wasn't about his automotive career at all. It was about his mother and how she had taught him to appreciate fresh, home-cooked food and make it the "right way."

As I Peel the Parsnips is that story. Part memoir and part cookbook, it is about how food influenced him from childhood to adulthood. "Making good food from scratch was a way of life that held great memories."

Howard grew up in Pennsylvania, moved to Michigan to start a sales career for Uniroyal, took some cooking classes for fun, fell in love with cooking, retired from the auto industry and bought a restaurant—The Artisan Cooking School in Grand Haven, Michigan. When he bought Artisan, he didn't know the challenges of owning a restaurant. He believes this was a good thing. "It meant I had to do it right. I was living my dream and loving it." When his daughter-in-law bought the restaurant from him, he knew the timing was right for him to write his story.

As I Peel the Parsnips is not only filled with heartwarming memo-



ries. It has over a hundred photos and delicious recipes from a great chef, along with a very special section of his now-deceased mother's favorite recipes written in her own handwriting. Through the recipes in this book, Howard has "bridged the gap between the professional chef and the home cook."

In connection with his book, Howard now works on a blog (nor-riskitchenllc@gmail.com/doitfor-flavor.com) where he continues to share photos and recipes, along with little secrets that make cooking easier and tastier. Hardly an evening goes by without him snapping a photo of what he is serving for dinner.

When asked what advice he would give to new writers, a thought came to him in the middle of the night. "Stop trying to become a writer. Be yourself, tell your story and you will become a writer," Howard said.

Tricia L. McDonald is an internationally published author, public speaker and writing coach. Her Life with Sally series: Little White Dog Tails, Still Spinnin' Tails, Waggin' More Tails, and Princess Tails are compilations of stories chronicling life with her miniature bull terrier.

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A Century Ago – 1920

BY
DICK
HOFFSTEDT

This first issue of 2020 made me think about what it was like 100 years ago. What was happening in 1920?

It began the “Roaring 20’s” with new styles everywhere such as Art Deco with bold, brash colors and geometric designs. It ushered in the Jazz Age, with a new style of music that some thought would corrupt our young people. It was the age of the Flapper. Women could now vote, shorten their skirts and bob their hair like never before. They began to smoke and drink just like the men did. Night clubs began popping up everywhere where men and women could go and dance the night away to the latest rage, the Charleston. The radio took over as our favorite form of mass media for news and entertainment. There is no doubt that 1920 was the “cat’s meow!”

Other changes were beginning in 1920. On the 10th of January, the League of Nations was formed, but America refused to join. We wanted no part of Europe after the war to end all wars.

Woodrow Wilson was our president. but was incapacitated due to a stroke suffered in October of 1919. His wife, Edith, served as a de facto president until March 4, 1921.

On January 2, 1920, the White House ordered Attorney General Mitchell Palmer of the Department of Justice to capture and arrest suspected radi-

cal leftists so they could be deported. They were considered communist sympathizers after the Russian Revolution in 1917. They were called the Palmer Raids and were very controversial. These events led to the formation of the ACLU, founded on the 19th of January with Helen Keller as one of the founders.

On the 16th of September, America experienced its worst terror attack up to that time. It happened on Wall Street in New York City when a bomb went off, killing 38 and injuring hundreds. The bombing was never solved, but it was thought



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that immigrant anarchists were to blame.

The League of Women Voters was founded on the 14th of February in Chicago.

For the first time in our history, our population exceeded 100 million. We were also more urban than rural for the first time.

Two significant amendments to our Constitution were ratified in 1920. It is rare that two ratifications can occur in the same year.

On January 17, 1920, the 18th Amendment, which brought us prohibition of alcoholic beverages, was passed. Prohibition also gave us Al Capone and his gang of smugglers as well as four new phrases. First there was “bathtub gin” which was home made. Then there were the “moonshiners,” who made liquor out in the woods and bottled it in Mason jars. Both of these led to the start of “speakeasies,” where you had to know a secret password to get in and be served “boot-leg liquor.” All it did was increase our crime rate.

On a more positive note, the 19th Amendment was ratified on the 18th of August, giving women the right to vote.

1920 was a period marking a turning point in our culture and state of affairs. A watershed year indeed!

Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 64 years. Richard has six children, five grandchildren and three great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.

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Aretha!



BY
JOEL
DULYEA

Over a lifetime most of our days are lost to memory. However, due to extraordinary circumstances some days and some moments remain with us. Of course, the nation marks the anniversary of tragic events that affect us collectively, as well as historic anniversaries such as the Fourth of July. As for individuals, we remember birthdays, wedding anniversaries and other days that carry personal significance. The day I remember for the purpose of this story was February 25th, 1998.

The Army Field Band and Soldiers Chorus were on tour in Charleston, South Carolina, to perform for the American Choral Directors Association Conference. After a rehearsal in the Gaillard Auditorium, I met with five army colleagues, including our commanding officer, at a restaurant in Charleston's historic district.



My enthusiasm for the rehearsal precipitated a left-handed gesture that knocked an expensive glass of wine into my lap. A very kind waitress brought water to the table and helped me attempt to remove the stains from my shirt and pant leg. Too embarrassed to walk out the front of the hotel past customers, I slipped out the side door with two of my friends.

We didn't want the night to end. The headiness of working with a great conductor carried our conversation to a table-for-

three at a bar called Sticky Fingers. A television was mounted high on a wall opposite us; the station tuned to the Grammy Awards. Our table was set with appetizers and red wine and we were engrossed in conversation when the sound of an orchestra began. The music was a familiar introduction to an aria closely associated with the

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world renowned Italian tenor, Luciano Pavarotti. The sound was magnetic. It gathered my attention - my entire being in anticipation of the great tenor.

Then something unusual happened. My eyes deceived me. Pavarotti should have been at the microphone, but he was not standing there. Instead it was Aretha Franklin at the microphone, in front of the orchestra. I was shocked. What! It can't be! With eyes and ears held captive by Aretha, I jerked up and away from my seat, while the appetizers and wine swept into the laps of my colleagues and onto the floor. Aretha Franklin, Queen of Soul; known for many hits including "Think," "Respect," and "A Natural Woman." Aretha Franklin! She was filling Radio City Music Hall with a glorious, matchless rendition of her friend Luciano's signature song - in his native language. Luciano Pavarotti was too sick to perform. At the last minute, and without a rehearsal, The Queen of Soul sang "Nessun Dorma"! The Italian lyrics translate into English, "None shall sleep." I was so awake to the moment that I stood absorbed before the television, mouth agape, oblivious to my friends and the waiter as they cleaned up the mess I made. I'm still embarrassed about that one day, but grateful for the forgiveness from my friends.

The bill was on me.

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



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JANUARY | FEBRUARY 2020

17

SENIOR PERSPECTIVES - LAKESHORE



BY TARIN PAPARELLA, DPM

Foot & Ankle MYTH BUSTERS!

I'm sure you've seen ads on the internet or television discussing diagnosis and treatment of foot and ankle problems, but these are typically inaccurate or incorrect. Here are some common myths that should be put to rest!

My doctor told me I have heel spurs so that must be why the bottom of my heel hurts.

False. Heels spurs are usually the body's way of reacting to a tight plantar fascia, which is a thick ligament that runs from the heel to the ball of your foot. The constant tugging on the heel bone causes the bone to grow in the direction of the pull, which means the spur runs parallel to the ground. Most people think the spur points straight down into the ground because it feels as though they are stepping on something sharp. This sharp pain on the bottom of the heel is due to an inflamed plantar fascia, NOT the spur!

My callus will go away if I trim it down.

False again! Calluses develop in areas of increased pressure, so the body's natural response to that pressure is to grow thicker skin to try to protect itself. One particular bone in your foot is likely more prominent than the others so there is more pressure in that area. It is unlikely your callus will go away unless you fix the bony bump causing the pressure.

My podiatrist can fix my Achilles tendon or broken ankle.

True! Your podiatrist may be trained to perform major foot and ankle reconstruction surgeries. Procedures include Achilles tendon repairs, fixing ankle fractures, or even replacing your ankle joint. Traditionally podiatrists have been known to cut toenails and treat minor foot conditions; however, our training has now evolved to include significantly more complex procedures. So if you have those problems, think about contacting your podiatrist first!

My parents' nails were deformed and discolored as they aged, and now so are mine; it must be genetic or age related.



Another false statement. Fungus and trauma are the two most common causes of thick, yellow, misshapen, and brittle nails. Unless there is a history of hitting the nail or dropping something on it, it's most likely a fungal infection. There is no reliable test to determine whether the cause is fungus or trauma. If permanent damage has occurred to the cells where the nail grows from, the nail will likely grow out always looking deformed no matter what the cause. Age usually is not a factor, but we do notice that fungus is more prevalent in older patients.

If I tape or pad my bunion or hammer toe using a splint, it will eventually straighten out.

False. Taping your hammer toes and splinting your bunion will only hold them in position while you are wearing the tape or splint. When you remove them, your foot goes back to having the deformity, even if you wear the devices for long periods of time. Hammer toes and bunions can only be corrected with surgery.

Tarin Paparella, DPM is trained in both forefoot and rear-foot reconstructive surgery, correcting conditions such as bunions, flatfeet, and traumatic injuries. She is physician at Shoreline Foot & Ankle Associates with offices in Muskegon, Fremont, and Ludington. www.shorelinefaa.com

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Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Stuffed Pepper Soup

- | | |
|-----------------------------|--------------------------------|
| 1 lb. lean ground beef | 1 (16 oz) can crushed tomatoes |
| 2 Tbsp olive oil, divided | 1 (15 oz) can tomato sauce |
| 1 tsp salt | 3 (14.5 oz) can beef broth |
| 1 tsp ground black pepper | 2 tsp Worcestershire sauce |
| 1 sweet onion finely diced | 1/2 tsp dried basil |
| 1 chopped red bell pepper | 1/4 tsp dried oregano |
| 1 chopped green bell pepper | 1/2 cup uncooked rice |
| 2 cloves garlic, minced | |

In a large pot cook lean ground beef, stirring occasionally to break up beef, until browned. Drain beef and transfer to a plate lined with paper towels; set aside. Add olive oil to pan. Sauté onion, garlic, green pepper, and red pepper in oil until just tender. Do not brown. Stir drained cooked beef into vegetables. Stir in uncooked rice. Add crushed tomatoes, tomato sauce, beef broth, Worcestershire sauce, basil, oregano, salt, and pepper. Bring just to a light boil, then reduce heat to low. Cover and simmer, stirring occasionally, for 30 minutes. Freezes well.

Cathay is the Network Manager, Certified HIT Security Administrator and Certified HIPAA Security Professional Accelerated at Senior Resources of West Michigan. She also enjoys boating, fishing and spending time with her family.

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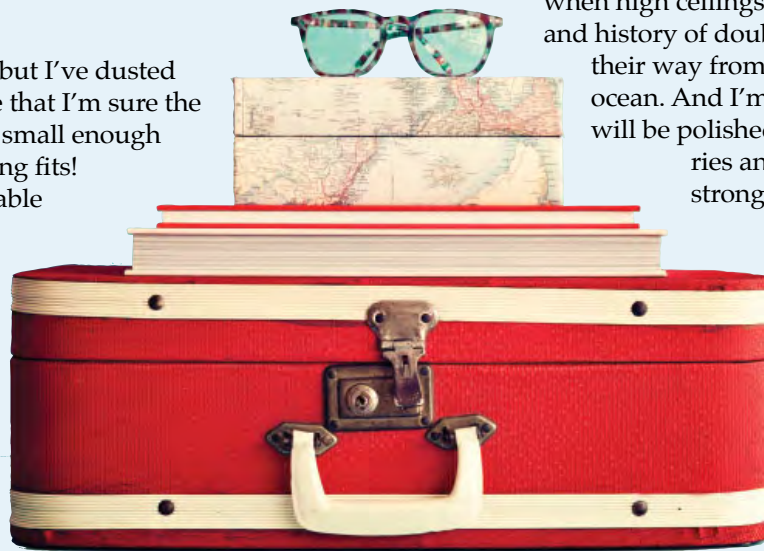
BY
ROLINA
VERMEER

I am practice-packing for a birthday trip to visit friends overseas. I always over pack and drag stuff around that I never wear and then drag it back home again, holding my breath, hoping I can get everything in my bag and still have it come under the weight limit imposed by the airlines. This time, I am determined to be realistic and pack only clothing items I know I will actually wear. Repeat wearings are not only allowed but encouraged. A few scarves will help stretch my fashionista persona and tuck

nice into corners of my luggage. The extra shoes (just in case...) will have to come along, but I know this time of year I will wear the same comfy leather boots I wear everywhere anyway. Two pairs of earrings and an added necklace and I think I'm ready!

I don't leave for a couple of days but I've dusted off my good old carry-on, the one that I'm sure the airlines will no longer think of as small enough to actually carry on, and everything fits! Imagine that. Fifty pounds allowable has been pared down to 35 pounds. A rather small bag for a two-week trip. I'm fairly pleased with myself.

Of course, my mom is the one who taught me how to pack. "Roll everything" and tuck into corners and into the extra shoes. These days zippered



packing sacks make for a more organized packed bag and a better inspection experience when having to expose your dresser drawer to a customs agent! But I still roll everything and I am amazed at how much I can actually pack into such a small bag.

My mother's big old leather luggage from years ago now sits in storage, filled with velour draperies my Dutch grandmother sent to me more than 40 years ago because she knew I would do something with them. And I did! I had them remade for a high-ceilinged home I lived in all those years ago...with tall windows that easily accommodated the richness of those heavy draperies. Parting with them is something I haven't yet accomplished, even though I haven't used them for years. So much attachment to the generations of women in my family who knew how to "make do" and do it beautifully. And now the luggage in which they are stored is precious, too.

Oh my.... How we carry all these luscious stories and scenarios in our hearts and bring them into consciousness when packing a suitcase! I'd like the younger women in my family to enjoy a connection to the women to whom they are genetically linked.

I'm hoping one of them will experience a time in her life when high ceilings and tall windows beg for the warmth and history of double-sided velour draperies that found their way from a historic family home across the ocean. And I'm hoping Mom's old leather luggage will be polished and repurposed, filled with memories and strength from another generation of strong, creative women. We'll see. Meanwhile, I'm enjoying making new memories with friends and family "in the old country." And I've packed everything I need in my carry on. Imagine that!

Rolina Vermeer has won several national awards for her essays celebrating the life and inspiration of her mother.

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“Do to others as you would have them do to you.”

BY GIL
BOERSMA,
M.DIV.

It's time for New Year's resolutions, isn't it? The big confession from me is that this past year I have had trouble forgetting the words or actions from others that have hurt me most. I have done a lot of walking and thinking with my dog, Pastor. (Yeah, no kidding!) To "pastor" means to gather and to feed. Appropriate for my dog, an Icelandic sheepdog. I found him here in Michigan on a working farm, sheep and all.

Thankfully, the Spirit came through with an admonition for me, words like these: "So, what are you going to do about it." (i.e. New Year's resolution) Well, the best thing we can do about our troubles, and care for our spirit at the same time, is to pray for the thing, or the challenge, or

the person whose words or actions have most troubled us. It is amazing how this approach can remove your burden and prepare you for renewed friendships, or bring wisdom for future encounters for the days ahead.

It is true, we may never discover how our prayers and actions changed things in the lives of others, especially since as "seniors" we all are closer to the end of our journey on earth. However, I'd like my journey to continue in this life, and in the life to come. I'd like to be a blessing to the people, animals, and creation I meet. How about you?

Barack Obama moved to the South Side of Chicago after college. "I spent month after



month working with church folks who simply wanted to help neighbors who were down on their luck—no matter what they looked like, or where they came from, or who they prayed to. It was on those streets, in those neighborhoods, that I first heard God's spirit beckon me." (taken from *Barack Obama - His Essential Wisdom*, Fall River Press, NY, 2016, p. 110)

Rev. Gilbert Boersma, BBA, MDIV, is a retired United Methodist pastor and board certified health-care chaplain, living with his wife Sara, in Roosevelt Park. Sara is retired from Community Mental Health and offers counseling privately, part-time. Their two sons and three grandchildren also live in Muskegon.

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Three reasons why Social Security is Important for Women



BY
VONDA
VANTIL

In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history. Yet, on average, women face greater economic challenges than men in retirement.

Nearly 55 percent of the people receiving Social Security benefits are women. Women generally live longer than men while often having lower lifetime earnings. And women usually reach retirement with smaller pensions and other assets compared to men. These are three key reasons why Social Security is vitally important to women.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work cred-

its, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If you're eligible and apply for benefits on more than one work record, you generally receive the higher benefit amount.

The sooner you start planning for retirement, the better off you'll be. We have specific information for women at www.socialsecurity.gov/people/women. Email or post this link to friends and family you love.

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



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BY
CHRISTINE
WISTROM

Service Dogs: Making Life Easier

I love dogs! If the number of Americans who own a dog is any indication, a lot of other people feel the same. According to the 2017–2018 National Pet Owners Survey, over 60 million Americans owned one or more dogs. That’s a lot of tail wagging!

As an Independent Living Specialist, I field a lot of questions about assistance dogs. Assistance dogs include emotional support, and therapy dogs as well as service dogs. Many people tell me their dog is a service dog, but when questioned, it turns out they have a therapy dog or an emotional support dog, not a service animal. So, what’s the difference?

Emotional support dogs bring their owners great comfort during times of emotional distress, however, they are not specifically trained to do anything to help their owners live independently. They are not covered by the ADA laws. The dogs are prescribed by a licensed mental health profes-

sional, and primarily work with a single individual rather than groups of people.

Therapy dogs are trained to work with groups of people, bringing comfort and acceptance, but are not trained to do anything to diminish a disability. These are the dogs that visit nursing facilities and hospitals. They are required to have a good temperament and to enjoy interacting with people.

Service dogs are recognized by the Americans with Disabilities Act as being an assistive technology item that allows the handler to live more independently; they are not considered pets. While they may also provide emotional comfort, a true service dog must be trained to perform a specific behavior that mitigates the disability of the owner.

So, how might a service dog help you? Dogs are so smart and can do so much! They can open and close doors, and block people from crowding you if you have PTSD. They can pick up objects you’ve dropped on the floor, or step on a button that will call 911 when you’re in trouble. They can help keep your balance as you walk up and

down stairs. They can go into a dark house, check to see no one is there, and turn on the lights. Some service dogs can recognize if you are going to have a seizure, or when your blood sugar is dropping. Some can help pull a person in a wheelchair, stop repetitive behaviors in autistic children, push a button to call the elevator, or wake you from a nightmare. It is absolutely amazing what these dogs can do!

Not every dog can be a service dog. It takes a steady, gentle temperament, the desire to help, and a nature that is willing to serve. The dog must also be able to perform the task you require. For more information about choosing or training a service dog, please contact Disability Network/Lakeshore at 616-396-5326.

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



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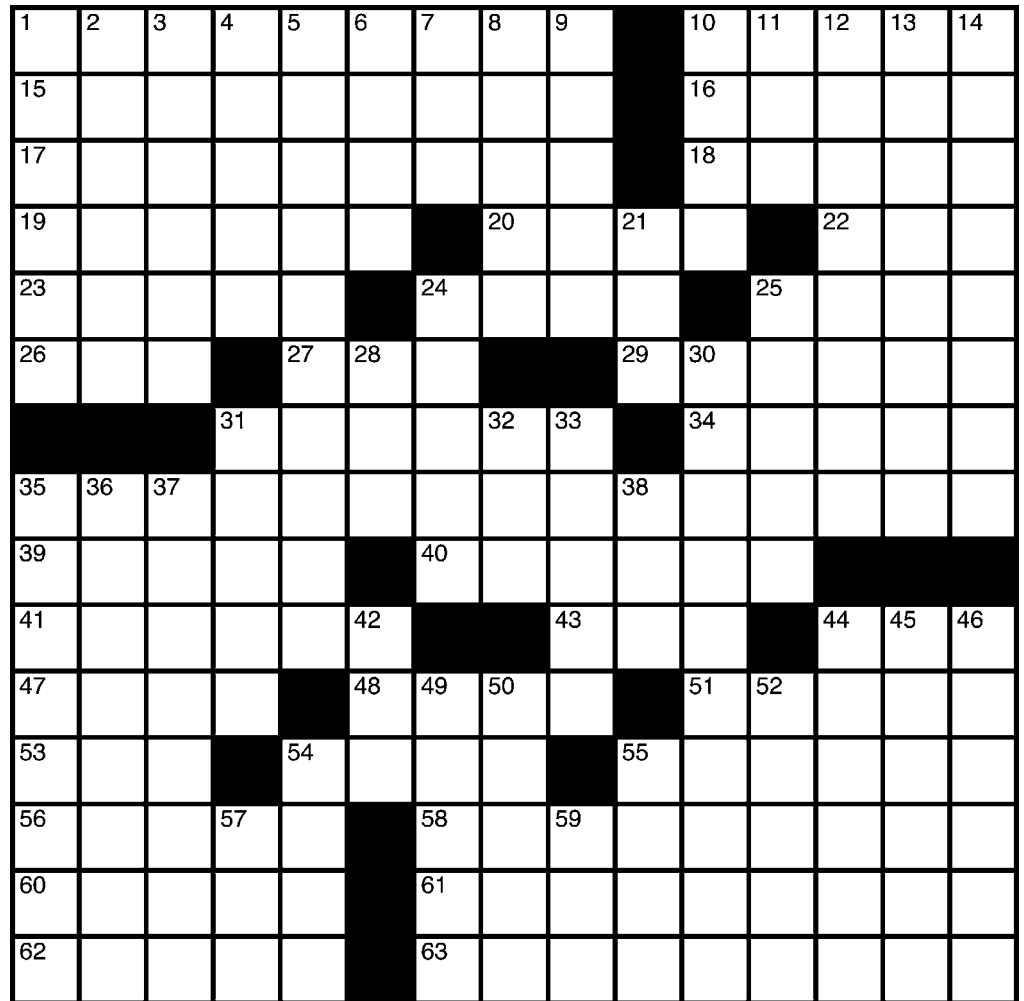
ACROSS

- 1 Money-saving characters
- 10 Complaints
- 15 Fade
- 16 Pitfall! platform
- 17 Hunt object
- 18 For real
- 19 "Break Free" singer Grande
- 20 Benihana founder Rocky —
- 22 USN officers
- 23 Early 20th-century first family
- 24 Wine commonly served chilled
- 25 Institute in whose logo the first letter is a stylized question mark
- 26 Snorting scene
- 27 Hosp. test
- 29 Flier with a large bill
- 31 Most Hong Kong Airport travelers
- 34 "Fab!"
- 35 Movie with the subtitle "Dawn of Justice"
- 39 First-stringers
- 40 Greetings from American Greetings
- 41 Showtime title vigilante
- 43 BBC World Service alternative
- 44 Loyal follower?
- 47 Enemy of un rat-n
- 48 Part of un drame
- 51 Grapevine planter?
- 53 2012 British Open champion
- 54 Work on a bone
- 55 "Time, Love and Tenderness" singer
- 56 More ready, in a way
- 58 Weathering
- 60 Duck
- 61 Refreshing espresso drink
- 62 Software giveaways
- 63 Historic sewer

DOWN

- 1 Kilt features
- 2 Find really funny
- 3 Harden
- 4 Used for a rendezvous
- 5 Classic access provider
- 6 "Around the World in 80 Plates" co-host Cat
- 7 Red state verb
- 8 Big name at the Musée d'Orsay

- 9 Rye blight
- 10 Denpasar's island
- 11 Dog days in Haiti
- 12 Big bird watcher
- 13 Quiche cousin
- 14 Audits
- 21 Parts for a model
- 24 Tequila plant
- 25 Court figures
- 28 Blood
- 30 Sale restriction
- 31 REO Speedwagon guitarist Dave
- 32 Situation Room gp.
- 33 Sophisticated
- 35 Nagged
- 36 Completely dominated
- 37 Cellphone annoyance
- 38 Expert
- 42 Took off
- 44 Completely
- 45 Dark drafts
- 46 Tours relatives
- 49 Suriname native
- 50 Now and again?
- 52 "Enigma Variations" composer
- 54 Hurdles for srs.
- 55 eBay action
- 57 Tokugawa shogunate capital
- 59 Crime solver: Abbr.



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JUMBLE

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

GNEUL

SLEWH

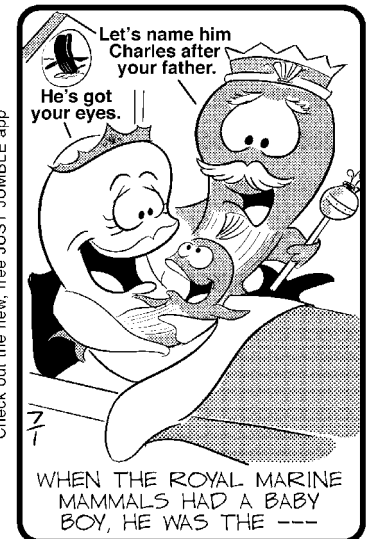
TACINP

ROLFAM

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Check out the new, free JUST JUMBLE app

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



WHEN THE ROYAL MARINE MAMMALS HAD A BABY BOY, HE WAS THE ---

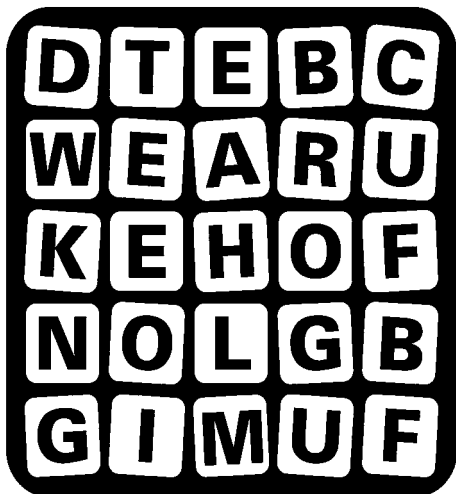
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

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_____	_____
_____	_____
_____	_____
_____	_____

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BY
CURTIS FREED,
MA, BCC

Final Gifts

Maggie Callanan and Patricia Kelly's book *Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying* is a very personal account of two hospice nurses' work with dying patients and their families. The authors have compiled a book in which they

share many in-depth encounters with patients in their care who are in the process of dying. According to its authors, the book is written to "family and friends, for healthcare workers, [and] for dying people." The personal accounts they share are both heart-warming and at the same time very sad.

Final Gifts has much to say about the dying process. I have never ceased to be amazed at what the dying teach us. Oftentimes attempts of dying people to describe what they are experiencing can be misunderstood, misconstrued, or even ignored all together. Those who are dying have something to say. The dying may have a life experience they need to share. It may be what the dying person needs in order to experience a more peaceful death. This may include the need for reconciliation with a family member or close



friend. In any case, the dying may have a message they must convey before their death is imminent.

As a hospice chaplain, I am often asked, "How do you work with dying people on a regular basis? Isn't it depressing?" It is true there are times when a hospice patient's death is very sad, especially if I have a special connection with that person. Nevertheless, hospice work is very rewarding. In fact, hospice work brings much gratification, fulfillment, and joy.

This may not even seem possible. The answer lies in that we have to recognize there are parallels between coming into this world and departing from it. Just as doctors and nurses work together to bring life into this world at birth, hospice works at the other end – to ease the transition from life to death.

As I read the book, I appreciated the many personal stories the authors shared that included reconciliation, forgiveness, and dying in peace. These are examples of the "final gifts" the authors refer to that the dying person gives to their loved ones before passing from this life unto the next. Not all the stories in the book ended on a positive note. Some concluded with bitterness and unresolved disputes. Still, it was these personal accounts that made the book even more interesting.

Let's face it. We do not always know what to say or do when a loved one is dying. The answer lies in learning to know what to look and listen for from the dying person. The book gives insight into these so-called "gifts" the dying are trying to send to those around them.

Curtis Freed is a Spiritual Care Counselor for Harbor Hospice. He is a Board Certified Chaplain (BCC) with the Association of Professional Chaplains (APC). Prior to joining Harbor Hospice, he worked as a chaplain at Mercy VNS & Hospice for 3 years. In addition, he worked as a chaplain for Spectrum Health at Butterworth and Blodgett Hospitals for 8 years. He is a graduate of Liberty University (1987) and Liberty Baptist Theological Seminary (1990).



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Keith's World

Time by the Big Lake

Lake Michigan, that is!



BY
KEITH
SIPE

There's a lot of enjoyment in spending time by the waters of Lake Michigan. In the early part of the year, January through March, the water has taken on a completely different shape, you might say. It's actually hard, it's frozen, and has taken on a shape of its own.

Parking by the Muskegon Water Filtration Plant, you can see the icebergs, and at times, they are so high you are unable to see the open waters. The beauty of the ice is that it has many different sizes and shapes. You may think it would be the same each year, and in some ways, it is, but in all actuality the shape of the ice changes as each year passes. For example, a couple of years ago there were the ice caves. I really don't remember off hand the last time I saw the ice caves. Maybe I wasn't paying much attention. I remember reading about the camera buffs who were out in force capturing the images in many different ways. Climbing over, around, under and in the caves. I like seeing the photos, but, it's just too cold and dangerous for me to climb around on the ice. Another thing I find interesting is that it seems the icebergs form overnight. I mean, you go to the lake and there's no ice, but the next day

there's ice all over. Did someone wave a magic wand and the ice forms immediately? Just saying. Then the time comes where I start to get a little tired of all the ice, cold, and snow. (That's the second day of winter.) I'm longing for the warmer summer days.

Just as fast as the ice came, it's gone, then April comes in with a little warmer weather. April through June days are here, spring is in the air (usually). I think at times, these three months seem to drag on and on, and you are saying to yourself, "Come-on warmer weather, where's the



70's?!" For the most part, everything is still without much color, just grey. The cover of snow is mostly gone and exposing some of the sins left during the winter months. Example: the toys, garden equipment and those stinking leaves that you didn't pick up last fall. Just a few days ago that stuff was covered with snow and out of sight, and of course, out of mind.

Spring is the best. It is the time of renewal. Flowers are beginning to take life. The trees are starting to lose their skeleton look with the birth of new leaves and color. The air is warmer, your attitude is changing and



you find there is a new "skip" in your "do da."

Then, finally, summer is here. The warmer air and days of sunshine that you have been longing for. The lazy, crazy, hazy days of summer are here and it is now time to head to the beach to soak up the sun. You find yourself sitting in your chair on the beach listening to the waves gently coming to shore. The cool breeze coming from across the waters of Lake Michigan. You are wishing this would last forever. ...

But soon that passes and before you realize it the trees are turning colors -- and they are beautiful. The air is a little crisper. School is back in session and occasionally you hear the sound of the people from Friday night high school football game cheering on their team. Yes, fall is here again, the leaves are falling and you've got to get up early Saturday morning to pick up the leaves. Yuck! The next thought that comes to mind is that you need to get the snow blower repaired.

But wait, you remember...you pile the kids into the car and head out to the water filtration plant. The fall storms are coming in from the lake. You've got to hurry, and if you are lucky you'll be able to find a parking place where the big waves of Lake Michigan clean your car one more time.

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

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BY JACKIE LINDRUP RDH, M.Ed.

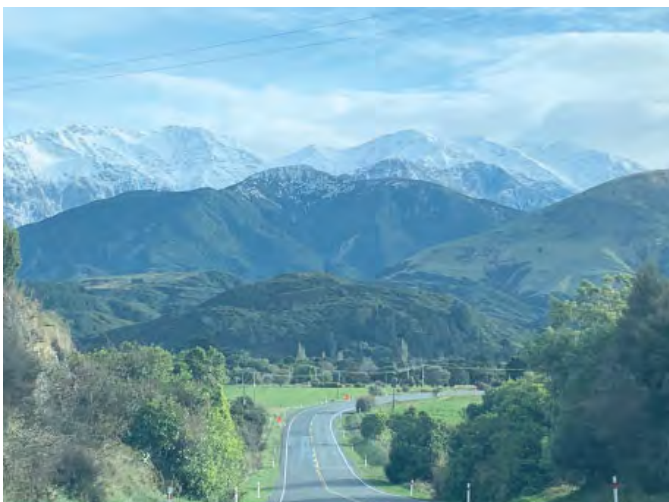
Traveling in My Golden Years

“Kia Ora from Aotearoa, the Land of the Long White Cloud”

Kia ora! Cheers and hello! We're home from our travels in New Zealand. It was 80

degrees in August when we left Michigan and 40 degrees in winter in the South Island when we arrived two days later. It was rainy and cold, with roses on the bushes and flowers everywhere! Since taking our trip we have spoken to many people about our adventures, and find there is a common theme we share about what impacted us most when we were in the South Island of New Zealand. Although our trip had some mishaps like lost luggage and snowed-in mountain passes, it's the people, the food, the amazing scenery, and the wine that we remember best!

We always mention the people first. The lovely, kind, warm and caring people on the South Island will help you with anything you need to find, know, fix, create or enjoy. We had an early taste of this kindness here in Muskegon, through our friend Ross who is from Dunedin, NZ and his wife, Barbara, who sat through many a dinner discussion coaching us with patience and kindness for almost a year prior to our travels. We were also lucky to get to visit their relatives in NZ over lunch in Blenheim. I got to talk dentistry with his cousin's husband, a dentist, who was excited by my



description of our Volunteer for Dental program in Muskegon, which he said he wanted to tell his dental group about there in New Zealand!



The food was wonderful! It was winter and the comfort food abundant. From lamb roast and mashed potatoes for dinner to 4" high veggie scones, fresh yogurt and berries, and poached eggs with orange yolks for breakfast! Our favorite NZ snack was a meat pie found at the local BP gas station. For about \$5 NZ (about \$3.25 US) we purchased a "lovely" meat pie about four inches around which filled us up like a meal. And the "Green Lipped Mussels" are fabulous and worth searching out!

Even though it was cold, rainy and about 40 degrees, we enjoyed traveling around Christchurch on a City Bus Tour, a hop-on-hop-off style of travel, and also walked through their amazing Botanic Gardens, café and gift shop. In Dunedin, we loved the Ironic Café across from the train station and shopped downtown for required (per Barbara) merino and possum blend clothing. We needed another set of clothes when our luggage didn't arrive for the first five days! Because it was colder than usual, we also bought hats, gloves, wool socks and jackets. Luckily, we had taken out travel insurance for the first time, which re-

imbursed us for our new clothes and our future cancelled hotel rooms.

Our travel plans changed when the mountain pass to Milford Sound was snowed in. So driving to Queenstown, Fox Glacier and Milford Sound was out. We were sad, but relieved that we didn't have to drive into the mountains on icy roads on the wrong side of the road.

The rental car chains stayed in their original plastic bag. We were coached from afar that since we now had a few extra days, we should drive to Hamner Springs, a thermal spring resort in the mountains on our way north to Marlborough wine country. The drive into the mountains was spectacular, and since we were driving north, not west, no snow!

In Hamner Springs, we walked in an ancient forest and listened to strange, beautiful songs of the birds, jumped



into a thermal pool after renting costumes (bathing suits) and bought small gifts at a funky tea towel shop. Refreshed, we drove north to Blenheim for several days in Marlborough wine country. First, we boarded the Mail Boat in Picton for an all day cruise into the vast Queen Charlotte Sound to deliver mail, groceries and packages to people who live off the grid in these waters. The mail has been delivered this way there for over 150 years! We handed people their mail as the boat pulled up to their dock.

The South Island is famous for Sauvignon Blanc and Pinot Noir. We tasted wine in the Geisen, Cloudy Bay, Hunter and Allan Scott wineries while in the Marlborough region, as sheep grazed between the rows of vines outside. Another favorite, the Pegasus winery, had spectacu-

lar grounds outside of Christchurch on the drive back to the airport.

Unbelievably, everything I bought at the specialty shops while traveling, I could buy at the Christchurch airport! The merino possum blend clothes, tea towels, jewelry and tee shirts were all there! When you go, be sure to buy at least one merino wool and possum item to bring home to wear in our Michigan fall and winter. You will stay warm and cozy, while the Kiwis are swimming and basking in their warm summer weather. Kia ora! (hello, good bye, thank you!)

Jackie Lindrup is a retired dental hygienist who lives in Muskegon with her husband Tom. She is the director of Volunteer for Dental, a non-profit in Muskegon that offers free dental care for volunteer hours and a health education class. She is a 2018 NAMPA award winner for travel writing (North American Mature Publishers Assn. serving the Boomer and Senior Markets). You can reach her at jackielindrup111@gmail.com)



BY
CLIF
MARTIN

Martin's Meanderings Old Folks and Legend

As of the first day of 2020 I am 90. That's a lot of numbers and a lot of years. When you hit 90 you are a Nonagenarian. I really think they could have come up with a better word. "Octo" was OK. But the "Non" sounds like you're not much of anything anymore.

When your cat watches you crawl around on the floor, looking for your hearing aid and you get up with no problem, you feel pretty good. If it doesn't show up, you can try again later. There's nothing you need to hear anyway. It's time to lift Willie off of the bed so she can help you take on the day.



your offspring is trying to gaslight you. You lost your marbles and it's time to move into the old folks' home.

Back in October I was one of eleven long-retired local radio broadcasters who met for lunch. Several had been in Muskegon radio before I arrived here. I'm not sure how I got legendary status. I guess you become a legend when you are older than everybody else.

Clif has a photo of those once famous radio stars with their names here. <https://canfeath.blogspot.com>

You remove the couch cushion because that is where the TV remote lives. There it is, the lost hearing aid that you know you put on the bedside table! There are only two possible explanations. Willie put it there. Cats are sneaky. Or more likely, one of

Ask the Provider

Why You Should Know Your Pharmacist



BY ANGELA GREEN,
PharmD, BCPS



BY ARUNA JOSYULA, MD

Courtesy of Mercy Health

Question: Today's health care teams include many caregivers. How has the role of the pharmacist changed during the last decade or so?

Answer: The role of the pharmacist has changed in the last decade to include more focus on patient care. There are many practice settings where pharmacists care for patients,

such as in community pharmacies, hospitals, doctors' offices and clinics.

Many community pharmacists are now giving vaccinations in pharmacies and counseling patients about medications. Instead of only working in the pharmacy, hospital pharmacists now work with doctors and nurses on a patient's care team to help with questions about medications. They also dose certain antibiotics.

One of the places you will increasingly find pharmacists is in ambulatory care. Ambulatory pharmacists work in a doctor's office or clinic, and they help educate patients about their medications. Pharmacists also help patients learn about and manage their chronic diseases, such as diabetes. Other ambulatory pharmacists work in anticoagulation clinics to help manage patients taking blood thinners.

Question: Are today's pharmacists trained/educated differently than pharmacists who were in school in the early 2000s?

Answer: In 2000, the educational requirements changed for pharmacists and required all pharmacy students to complete a minimum 6-year program to receive their doctorate. Pharmacists continue to be trained on how to distribute medications safely, but now they are also trained to educate patients about medications and disease states, while also ensuring that medications are safe and effective. The educational focus has moved from dispensing medications to patient care.

Question: Who are the other members on a pharmacy team besides the pharmacist?

Answer: Pharmacy technicians are important members of the pharmacy team. They help to support the pharmacist, patient, and clinic, depending on their practice site.

You will find pharmacy technicians in hospitals, emergency departments, community pharmacies and clinics. They aid pharmacists, patients and the health care team by accurately filling prescriptions, collecting a medication list and contacting patients and insurance companies to help patients receive medications. Pharmacy technicians in Michigan will see their role expanding in the future.

Question: How do pharmacists and primary care physicians work



together to improve patient health?

Answer: An ambulatory pharmacist working in a primary care physician's (PCP) office plays an integral role in patient care. A PCP can comfortably refer his or her patients who do not have optimal control of various illnesses — such as diabetes, hypertension, high cholesterol or COPD — to an ambulatory pharmacist in their clinic. The pharmacist can then counsel patients about the disease process and lifestyle modifications, while also recommending appropriate medication management for these diseases.

For diseases such as osteoporosis, anxiety or depression, pharmacists can work with the physician to identify the best medication and monitor the patient as changes are made.

Ambulatory pharmacists can complete a medication review with patients in a relaxed atmosphere that allows patients to ask questions about their medications and their effects. After completing the review, the pharmacist can help create an individualized medication plan and monitor the patient (in person and/or via phone) as medication changes are made, so that each patient can take the safest and smallest number of medicines possible.

Question: What types of services does a typical pharmacy offer now that weren't offered in past decades?

Answer: Community pharmacies offer vaccinations and medication management, and some are offering testing for various diseases, such as diabetes, high cholesterol and certain infections, like strep throat.

Today's pharmacists play a crucial role in the health of patients by working in various settings to offer patient-centered care. Ambulatory pharmacists help patients manage certain chronic diseases, such as diabetes, chronic pain, osteoporosis, COPD, high blood pressure and high cholesterol. They work with physicians, care managers, nurse practitioners and other members of the health care team to care for patients. They ensure that the medications patients are taking are optimal for their particular circumstances and work to help patients meet their health goals.



BY HOLLY
LOOKABAUGH
- DEUR

Cervicogenic Dizziness: When Your Neck Makes You Dizzy

Have you ever turned your head a certain way and felt instantly dizzy or woozy...and then it goes away? Intermittent dizziness is one of the top reasons that people make a doctor's appointment, often fearing the worst, such as a neurological cause or even a brain tumor. More often than not, positional head turns and dizziness are caused by conditions such as cervicogenic dizziness or Benign Paroxysmal Positional Vertigo (BPPV) Our feature today will focus on cervicogenic dizziness – meaning the cause of the dizziness is actually due to a problem with the neck.



Cervicogenic (or Cervical) dizziness is a sensation that often accompanies some level of neck pain, leading to a feeling that the environment around us is spinning, or

we are spinning in a world standing still. Sometimes the sensation lasts just a few seconds. It can be severe, however, leading to a debilitating sensation of unsteadiness and disorientation, with nausea, impaired function and injuries from falls. There are several causes for cervicogenic dizziness: 1) Simple osteoarthritis between the vertebra (bones) of the neck can cause disruption of normal blood flow through the neck, aggravated by chronic postural faults; 2) partially blocked or reduced-flow arteries traveling from heart to the head through the neck can cause impaired blood flow to the inner ear/ vestibular system or even the brainstem, causing us to feel dizzy; and 3) advanced arthritis that causes boney changes – called Cervical Spondylosis- can cause

physical pressure on the spinal nerves or directly to the spinal cord that supply the vestibular system or the brainstem.

Dizziness from cervical causes can last minutes or hours. Sometimes the neck pain and dizziness escalate after exercise, rapid movement or even sneezing. So what are the most effective treatment approaches?

The key to long term resolution of this problem lies in clearly identifying the source. Symptoms of cervicogenic dizziness are very similar to BPPV but they require different treatments. If the dizziness is a result of neck issues, the focus of treatment should be to restore full, pain-free movement and blood flow, usually guided by physical therapy for alignment, posture, muscle and tissue lengthening and relaxation. BPPV – which we will discuss in the next article – stems from problems with the inner ear (very fixable!).

Research on treatments that are the most effective long term include manual therapy by a physical therapist, as opposed to medications to manage symptoms. For individuals suffering from dizziness after trauma, such as an auto accident with subsequent whiplash, a combination of causes needs to be carefully treated – both the neck, and the inner ear. In all cases, usually some fundamental balance and vestibular therapy is needed to re-boot and calibrate the natural balance reactions that prevent us from falling. With just a few treatments, not only can the sporadic dizziness completely resolve, but also balance and personal safety can be restored quickly. Seek professional diagnosis as soon as you notice symptoms, as they generally do not resolve without specific treatment.

As we age, we tend to lose cervical rotation and lateral bending – turning the head fully in both directions, and bringing the ear toward each shoulder. Keep full range of motion of your neck with 2-3 minutes of routine full, active range of motion every day. You can keep neck pain and stiffness at bay, as well as prevent cervicogenic dizziness episodes.



NECK STRETCHING (RIGHT AND LEFT)

About the Author: Holly Lookabaugh-Deur is a physical therapist, board certified in geriatrics and a certified exercise expert in aging adults. She is the founder and co-owner of Generation Care- Ioy Rehab Network organization in Muskegon, Grand Haven, and Grand Rapids, and serves as adjunct faculty at Central Michigan University. She welcomes new topics of interest and feedback on articles. Please send all comments to hollyld@generationcare.org.

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Question: How do I appeal a decision on my application for disability benefits?

Answer: When we make a decision on your application, we'll send you a letter explaining our decision. If you don't agree with our decision, you can ask us to look at your case again, or appeal it. You must appeal within 60 days from the date you get our decision letter. You can:

File a disability appeal online at www.socialsecurity.gov/benefits/disability/appeal.html and electronically provide documents to support your request, even if you live outside of the United States; or

Visit your local Social Security office.

For more information, call us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m. To learn more about Social Security's disability programs, visit www.socialsecurity.gov/disability.

Question: How can I become a representative payee?

Answer: If you know someone who receives Social Security or Supplemental Security Income (SSI), and who needs assistance managing their payments, contact your local Social Security office about becoming their represen-



tative payee. Go to www.socialsecurity.gov/payee for more information.

Question: I applied for Medicare benefits last week. How can I check the status of my application?

Answer: You can check the application status online with your personal my Social Security account at www.socialsecurity.gov/signin, but you must wait five days from the date you originally filed. If you are unable to check your status online, call us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m.

Question: I want to sign up for a Medicare Part C and D plan, but I'm not sure which plan I want. Is there a resource to help me find a plan?

Answer: Yes. Medicare.gov has an online plan finder and instructions available on how to use this tool. To access the Medicare Plan Finder, please visit www.medicare.gov/find-a-plan/questions/home.aspx.

Question: Can I delay my retirement benefits and receive benefits as a spouse only? How does that work?

Answer: It depends on your date of birth. If



BY
VONDA
VANTIL

you were born on or before 01/01/1954 and your spouse is receiving Social Security benefits, you can apply for retirement benefits on your spouse's record as long as you are at your full retirement age. You then will earn delayed retirement credits up to age 70, as long as you do not collect benefits on your own work record. Later, when you do begin receiving benefits on your own record, those payments could very well be higher than they would have been otherwise. If your spouse is also full retirement age and does not receive benefits, your spouse will have to apply for benefits and request the payments be suspended. Then you can receive benefits on your spouse's Social Security record. If you were born on or after 01/02/1954 and wish to receive benefits, you must file for all benefits for which you are eligible. Social Security will determine the benefits you are eligible for and pay you accordingly. For individuals born on or after 01/02/1954, there is no longer an option to select which benefit you would like to receive, even beyond your full retirement age. Widows are an exception, as they can choose to take their deceased spouse's benefit without filing for their own. For more information, visit www.socialsecurity.gov.

Question: I'm reaching my full retirement age and thinking about retiring early next year. When is the best time of year to apply for Social Security benefits?

Answer: You can apply as early as four months before when you want your monthly benefits to begin. To apply, just go to www.socialsecurity.gov/applytoretire. Applying online for retirement benefits from the convenience of your home or office is secure and can take as little as 15 minutes. It's so easy!

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

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BY
JOE
STAPEL

Safety and Security

How to Hide Valuables in Plain Sight

I highly recommend that you use a bank safe deposit box for safekeeping of any valuable items.

Having said that, we all like to have an emergency “stash” at home for extra check books, important papers, and such. If this is your preference, make sure it is a very sturdy safe attached to the floor or wall.

The object of hiding things in plain sight is not to make it easy for someone who breaks into your home to find your stash. Thieves do not want to spend much time in your home and will check the normal places first.

1. Under the mattress
2. Inside the pillowcase or under the pillow
3. In the cookie jar
4. In the sugar canister
5. In your underwear or sock drawer
6. Under the bed

Here are some ideas for you to think about trying.

Use any steel or aluminum can in your pantry. When preparing the ingredients from the can, remove the bottom from the can instead of the top. Clean out the inside then wash the can and let it dry. Now you can place money and jewelry in a plastic bag and place it inside the can. You can place a sponge or cloth in the bottom of the



can and then place it back in the pantry with the other cans.

Purchase a few plastic pen and pencil holders. You can use them in several locations. Place two strips of Velcro® on the back of the plastic holder. Next, go to a closet. Walk backwards into the closet and look up to the spot above the door that is not visible when standing outside looking into the closet. Using a step stool, place the other half of the two Velcro® strips to the wall and attach

the bag. Now you can place cash, papers, even jewelry in the pouch and no one will see it.

This same idea can be used under a kitchen drawer or under a kitchen/ dining room chair for quick access to cash. This is also a good idea for traveling if you do not have a room safe.

If you are a magazine reader and have a magazine rack, you can put cash in a baggie and tape it inside on a page. Then place the magazine back in the rack near the bottom.

An area that can be used in the basement or garage is a false electrical outlet box and a blank box cover. You can purchase these at any home improvement store. Some boxes come with the nails and are ready to be attached to a 2 by 4 stud in the garage or basement. Install the box and place whatever you want to hide inside the empty box. This is a great place to put house keys, etc. You can screw the cover on or use Velcro® to attach the cover.

Utilize a regular size flashlight that holds D-size batteries. Remove the batteries and place cash, keys, jewelry, etc. inside. Put the flashlight back into the junk drawer. Again, here is a perfect place to hide your valuables in plain sight.

I hope these ideas will help you protect your valuables. Please stay safe and secure until the next issue.

Sources used were my own ideas and experience.

Joe Stapel is a former police officer of 20 years full and part time. He was an Ordinance Enforcement Officer for a Local Twp. He was the first Corporate Safety specialist at Meijer Inc, retired State of Michigan licensed Private investigator, retired Campus Safety Director of a Western Michigan Business College, current member of Michigan Chiefs of Police and Michigan Fraternal Order of Police.

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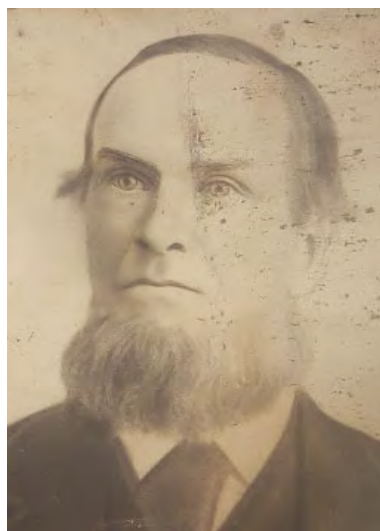
Do you recognize any of these people? Your help is needed!



BY
DELICIA
EKLUND

Hundreds of vintage photos are donated to the Muskegon County Genealogical Society (MCGS) that have limited, if any, information available.

This issue I have provided a photo of a Muskegon man that was found in a basement of a house being torn down by the city. We are not sure which house it actually came out of. It is in a neat frame. Looks to be from the late 1800's.



The second photo is of a small boy playing in front of a home. We have no information on this one. We would love to locate someone from the family and get the picture back to them! If you know them, please give me a call and let me know!

Senior Resources of West Michigan has partnered with MCGS to assist in identifying these photos. This is where you come in. Future editions of the Senior Perspectives will feature photos of individuals, families and places from the Muskegon and surrounding areas. We try to find families who have links to Muskegon.

I will give you the information that I received while gathering the photos from MCGS. If you can help to identify any of these individuals or know the family, please contact, or have them contact: MCGS Pictures, C/O HPL-Torrent House, Local History & Genealogy Dept. 315 W. Webster Ave Muskegon, MI 49440. Email us 1972mcgs@gmail.com

Delicia is a Quality Service Coordinator with Senior Resources. She grew-up in Norton Shores and loves everything history! She spends much time researching her own family, as well as local history. She loves spending time with her husband Andy, daughter Rowyn and son Alan. You can contact her at deklund@seniorresourceswmi.org or 231-733-3527.

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

Answers for Word Search , Crossword Puzzle and Suduko on Pages 24 & 25

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

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

Boggle Answers:

BEAR FROG HARE GOAT MINK
CRAB MOLE MULE NEWT DEER LION

Jumble Answers:

LUNGE WELSH CATNIP FORMAL

ANSWER:

When the royal marine mammals
had a baby boy, he was the –
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