

FREE PUBLICATION FREE PUBLICATION FREE PUBLICATION

Senior Perspectives

LAKESHORE EDITION

A FREE PUBLICATION
BROUGHT TO YOU BY:



SeniorResources
Our Name. Our Focus.

*Winner of 48
National Awards
of Excellence!*

MAY | JUNE 2021

Page 4 – Oceana County Council on Aging ■ Page 10 – Recipe
Page 16 & 17 – Game Pages ■ Page 23 – Talking Books



PAGE
12



PAGE
18



PAGE
28

MAY | JUNE 2021 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | |
|-----------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------------------|
| 04 Oceana County Council on Aging
by Lisa Tyler | 10 Senior Perspectives Recipes | 18 Night at the Hollywood Bowl
by Jay Newmarch | 24 Diabetes and My Feet?
by Jan Smolen, DPM | 30 The Rusty Rooster
by Jerry Mattson |
| 06 Eight Tips to Avoid Scams
by Joe Stapel | 11 Spring! Let's Get Moving
by Christine Wistrom | 20 Living Room
by Joel Dulyea | 26 Creating Connections
by Tricia McDonald | 31 Happy Cooking
by Rolina Vermeer |
| 08 The Springtime of Life
by Gil Boersma, M.Div | 12 Won't You Be My Neighbors?
by Jackie Lindrup | 22 Down a Rabbit Hole with Winston Churchill
by Janet Hasselbring | 27 MMAP News
by Cheryl M. Olsen | 32 The Role of the Hospice Chaplain
by Curtis Freed, MA, BCC |
| 09 Bug House Square
by Dick Hoffsteadt | 15 Social Security Q & A
by Vonda VanTil | 23 Free Talking Books
by Sax Mahoney | 28 British Accents & More
by Keith Sipe | 34 Quotes that Stick
by Louise Matz |
| | 16 Game Page | | | |

EDITOR & PUBLISHER

Michelle Fields
michelle@seniorresourceswmi.org
231-733-3523

GRAPHIC DESIGN

Jay Newmarch
CRE8 Design
CRE8creative@gmail.com
269-345-8845

COPY EDITOR

Bonnie Borgeson



ON THE COVER:

Glenn Rutgers
softglowdigital.com
gmrutgers@yahoo.com

WRITERS

Gil Boersma, M.Div
Joel Dulyea
Curtis Freed, MA, BCC
Staci Gerkin
Janet Hasselbring
Dick Hoffsteadt
Jackie Lindrup
Jerry Mattson
Louise Matz
Sax Mahoney
Tricia McDonald
Jay Newmarch
Cheryl M. Olsen
Keith Sipe
Jan Smolen, DPM
Joe Stapel
Cathay Thibdaue
Lisa Tyler
Vonda VanTil
Rolina Vermeer
Christine Wistrom

MEMBER OF



560 Seminole Rd., Muskegon, MI 49444

231-739-5858

www.SeniorResourcesWMI.org

- An Area Agency on Aging
- An Equal Opportunity Employer
- Serving Muskegon, Oceana and Ottawa Counties
- United Way Community Partner

Senior Perspectives accepts advertising simply to defray the cost of production and distribution, and appreciates the support of its advertisers. The publication does not specifically endorse advertisers or their products or services.

To advertise in upcoming Senior Perspectives publications, contact:

Michelle Fields
Editor and Publisher of Senior Perspectives
(231) 733-3523 or toll free 1-800-442-0054
michelle@SeniorResourcesWMI.org

No part of this publication may be reprinted or otherwise reproduced without written permission from the publisher.

Enjoy Senior Perspectives Online
at www.SeniorResourcesWMI.org



Like us on Facebook!

www.facebook.com/SeniorPerspectives

Senior Perspectives Newspapers have won
48 National Awards in Media Excellence!



Pam Curtis, CEO

**SENIOR RESOURCES
BOARD OF DIRECTORS**

Chairperson.....Mike Koppenol
Vice Chairperson.....Sherry White
Secretary / Treasurer Lesa Jordan

MUSKEGON COUNTY

Mary Boyd Dr. Aruna Josyula
Kathy Moore* Joshua Reece Sherry White

OCEANA COUNTY

Martha Meyette Ron Rash*

OTTAWA COUNTY

Tricia Bush* Lesa Jordan*
Mike Koppenol* Dr. Madelon Krissoff
Neal Miller Candy Kraker Tom Reinsma

* Board members who also serve on the Finance Committee

**PROGRAM & PLANNING
ADVISORY BOARD**

Barb Boelens Allendale
Kathy Hanes..... Allendale
Cheryl Szczytko..... Caledonia
Rolina Vermeer Grand Haven
Bill Van Dyke..... Holland
Diane Cunningham Muskegon
Al Calderon..... Muskegon
Dave Rush..... Muskegon
Anne Henion.....Oceana
Peter Theune Spring Lake
Gary Scholten..... Zeeland

Our mission is to provide a comprehensive and coordinated system of services designed to promote the independence and dignity of older persons and their families.

This agency does not discriminate against, exclude from participation or deny benefits to any eligible recipient of services on the basis of race, color, national origin, age, sex or handicap.

**Support to be a more
Confident Caregiver**

If you're caring for a loved one with a serious illness and want to keep them at home, Hospice of Michigan can help.

Hospice of Michigan's expert team provides guidance, training and emotional support to help you be a more skilled and confident caregiver at home.



24/7 Support

888-247-5701 | hom.org

1930 E. Apple Ave., Muskegon

Our State. Our Town.



Our Hospice.

A member of the **northstar** Care Community

Sponsored by



Page # where you found the smiling sun

I Spy

It's easy!

Simply find the smiling sun in this edition.

List where you spotted it, clip and return this form for the chance to win a \$20.00 gift card to Meijer!



Phone _____

Name _____

Address _____

City _____

State _____ Zip _____

Return to: Senior Perspectives, I Spy, 560 Seminole Rd., Muskegon, MI 49444

MAR/APR WINNER: TAYLOR HUSTON OF COOPERSVILLE

The shamrock was found in the story found on page 12.



Oceana County Council on Aging

New Facility Takes Inspiration from Area Farms

BY
LISA
TYLER

The Oceana County Council on Aging has been serving older adults for almost 50 years; for the past year, their services have been offered through their beautiful new facility at 4250 W. Tyler Road in Hart. I was fortunate to get a tour of the OCCOA offices recently, and I was truly impressed by the beauty, farm theme, and attention to detail.



flashing, rustic barn wood, stone, and unique light fixtures. Bacon made the lights himself, and his wife Ginny, who works at the Council, made a quilt hanging behind the reception desk. His touches are throughout the building; he is a talented photographer and handyman with an eye for the artistic touches.

Senior Perspectives Editor & Publisher Michelle Fields and I were greeted by Executive Director Kathleen Premer and board members Ron Rash and Doug Bacon. Rash is the president of the board (and also a board member of Senior Resources), and Bacon is a newer board member who was the volunteer project manager before joining the OCCOA board. His touches are felt throughout the building, and he was happy to show off the many features of the facility.

The farm theme starts at the entrance, where a large tractor stands just behind the sign. As you head down the driveway, the large red pole barn structure with a flat wrap-around porch is surrounded by acres – 23 to be exact – of property.

Upon entering the barrier-free building, I was struck by the metal



In addition to volunteering as project manager, Bacon also designed several additional light fixtures, and is working on some more additions – a silo on the end for employee entrances, a window that was donated as a decorative addition to the front, a storage building, and a handmade large wood conference room table. Down the road, they hope to add community gardens, walking trails, and a BBQ pit.

The main room has several televisions, a large stone fireplace using local stone and a local stone mason, barnwood and tin from a donated local barn, sliding barn doors, and ceiling fans that resemble windmill blades. There are three smaller rooms off the main area that have separate doors but can also be opened up to combine the areas. All of the

utilities are located upstairs, in order to maximize floor space.

The commercial kitchen allows them to prepare meals for curbside pickups during COVID, and congregate meals once they are allowed again. There is a large serving area available for rentals; they hope the building will be used for weddings, show-



ers, graduation parties, and more. Anyone interested in renting the building should contact Premer at 231-873-4461.

While the building hasn't been used to its fullest capabilities due to the pandemic, those who have seen the facility have been impressed, Premer said. "People loved it and a lot of people were coming" before COVID forced them to shut down the inside activities, she said.

Bacon won't take all of the credit for the building's design and look. He explained that many people had input, saying that "they handed people a paper for ideas" and "came out pretty close" to including most of those ideas in the finished project. The project came in under the \$1.5 million budget, due to some significant donations of materials for decorating.

"It turned out nicer than even I thought it was going to," Bacon said. "There was a lot of input. The seniors were in awe when they first saw it."

Premer agreed. "There were a lot of new faces when we first opened, and they keep coming."

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



Bayview Tower APARTMENTS

Elderly Community ~ 62 years or older

**Now accepting applications
for 1 & 2 bedroom apartments
for immediate move in.**

Rent based on income

Office: 231.726.6984

TTY/TDD 711

Fax: 231.726.4356

864 Spring Street, Muskegon, MI 49442

Bayview@imsteam.net

Equal Housing Opportunity



**Reside.
Reflect.
Relax.**

1 Bedroom
Apartments

Assisted Living
& Memory Care
Now Open

*The desire of Retirement Living is to honor God
by providing the elderly with a lifestyle that values
their identity, their independence and their dignity.*

Call Today to
Schedule Your Tour!
231.798.2220



Check us out online at rlmgmt.com



5425 Chestnut Dr. • 1/2 mile east of Lakes Mall on Sternberg Rd.

Senior Safety & Security

Eight Tips on How to Avoid Scams



BY
JOE
STAPEL

1. Never send money orders, prepaid cards, or gift cards to people you do not know. Legitimate companies and the government do not ask for payments this way.

2. If someone from a company tells you over the phone that your computer has a virus or needs protection, take it to a trusted computer repair shop to verify this fact. Do not agree to give access to your computer.

3. If you get a call or email claiming a loved one needs emergency money, call the loved one before sending any money in case the request is a scam.

This scam has many different versions. One may be that they are in jail and they need money for bail. A recent scam is that they have been arrested for breaking into the Capitol building and need money for bail. The caller may say that they will have someone else come on the phone and advise you that they can send a courier to pick up cash from you if that would make it easier for you. If they do make that offer, tell them that would be great and ask what time you can expect the courier; making sure they allow you time to supposedly go to the bank and get some cash. When they give the time, immediately call 911 and ask them to send an officer and then explain the situation to them so they can make arrangements to be close by so they can possibly meet the courier at the door for you.

4. Never give out your personal information including your Social Security number, credit card number, or bank account numbers to anyone that you do not know, even if they claim to be with a company you know--like your bank, for example.

5. If your bank or credit card company calls you and asks you to confirm or provide personal information like account numbers, Social Security numbers, or your date of birth, just hang up and call the company back at a phone number you have obtained from a reputable source and verify the call.

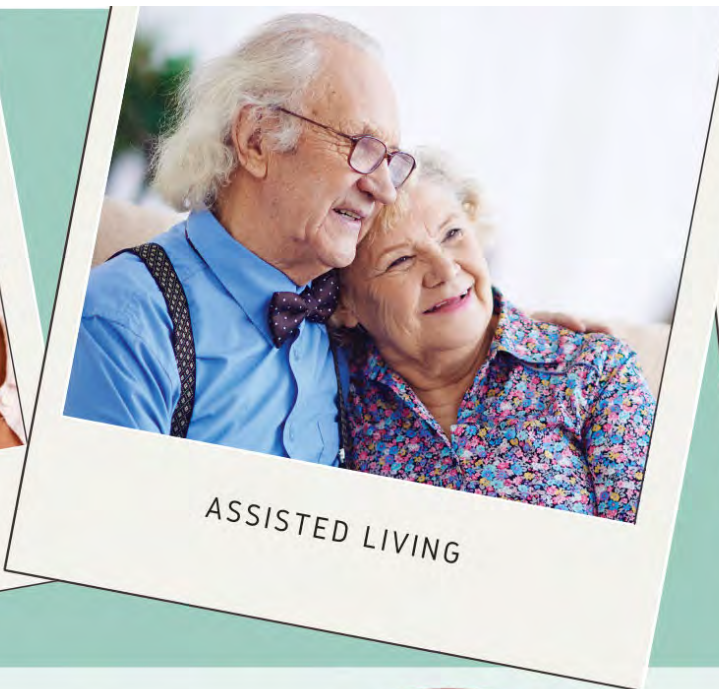
6. Ask for written materials before you commit yourself to any sales offer. Also, check with someone you trust for their thoughts on the validity of the offer.



7. Before you send any money, check out the company and its offer with the Attorney General's Office and/or the Better Business Bureau.

8. Walk away from a deal if you are being pressured to make an immediate decision.

Joe Stapel has a degree in Criminal Justice from Ferris State University. He has worked full and part-time as a police officer for 3 different agencies in Muskegon County. He also was a Licensed Private Investigator in the State of Michigan for 9 years. Joe worked for the Meijer Corporate Loss Prevention Department in Grand Rapids for 28 years as a Security Officer and as the company's first Safety Specialist. He worked for Baker College of Muskegon as the Campus Safety Director for 11 years with a staff of 27 armed officers and 8 dispatchers. Joe held the position of Ordinance Enforcement Officer for Laketon Township in Muskegon County for 3 1/2 years.



Village at the Pines

Grand Haven

(616) 846-9000

Village at Park Terrace

Muskegon

(231) 755-6560

Village at Appledorn

Holland

(616) 392-1700

Waverly Meadows

Holland

(616) 392-8246

Village at Rosy Mound

Grand Haven

(616) 935-2220



Railside Assisted Living

Byron Center

(616) 878-4620

Sheldon Meadows Assisted Living

Hudsonville

(616) 662-8191

Appledorn Assisted Living

North & South - Holland

(616) 393-0828

Seminole Shores Assisted Living

Norton Shores

(231) 780-2944

Grand Pines Assisted Living

Grand Haven

(616) 850-2150

www.HeritageSeniorCommunities.com



Come home to Michigan's premier, family-owned senior living communities.

TRS
Dial 711

Soul Food

The Springtime of Life



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

What can we learn from springtime? For me it is a season of beauty and inspiration, even though I have long suffered from allergies and asthma! As we recall the arctic blast which swept south this past winter, many of us wondered if spring was going to be delayed this year! Is the earth shifting on its axis or what!?

I am not one to prejudge anything or anyone. I have learned to live day by day with openness and trust. This does not mean I have no plans, or that I do not make a schedule. I endured two seizures in 2019 which has given me memory issues; you should see my calendar -- it's covered with corrections!!

What I have learned from "spiritual formation" is that discernment of truth and help with decisions can develop anytime, no matter what comes along which

distracts, or inspires, or confuses, or makes me laugh. In the big picture of life we are never in control. Think of life this way: Did you choose when to be born? Of course not! Will you choose when to die? You'd better not!!

Life is a gift full of treasure, even when it brings challenges. We may think our work or schedule determines the value of what each day brings, such as what we get paid or how much we have spent. What I want to share with you is that there is much more going on than sleeping or working, eating or cleaning, talking or listening, traveling or staying home. Each of us can be part of a family, even if we live alone. Each of us can be inspired, even if our lives seem dull or boring. Each of us can receive help, even if we can't afford to pay, just by being kind and respectful.

What the four environmental seasons teach those of us living around the Great Lakes is to be open and aware of our surroundings. To some extent we can be pre-

pared, but the seasons offer us challenge, preparation, awareness, and inspiration. You may have a favorite season because of a certain outdoor activity. For me, the season of Spring offers the sprouting of new vegetation bringing bright colors and new life. It invites us to get outside with friends or family, even if just for a drive, and brings pastimes like fishing, planting flowers, a family picnic, you name it!

Springtime refreshes my spirit and reminds me that the creation, and the Creator, desires each of us to be open to change, growth, and receiving the gifts of the Spirit. Opportunities present themselves to us to be a servant to others who are struggling to see any good in life, perhaps because of their present loss or their human suffering. You may indeed be "the gift" of understanding or compassion that someone you know, or someone you meet today, desperately needs. If you are thinking of that person right now, give them a call, and let the Spirit guide you.

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

Are you caring for a family member with a chronic illness and need to talk?

Meetings are currently being held Virtually
Join us for the Caregiver Support Group Every
Friday from 1:00-2:30p.m. via Zoom



Facilitator, Virginia Vazquez

All sessions are drop-in, so you can attend all or choose topics that are of interest to you. Please call Virginia at 231-733-3531 for information.



Brought to you by your friends at:

SeniorResources
Our Name. Our Focus.



www.SeniorResourcesWMI.org

9 OUT OF 10 SENIORS Prefer Senior Perspectives Over Skinny Dipping!

View Senior Perspectives online at www.seniorresourceswmi.org



Bug House Square



BY
DICK
HOFFSTEDT

Upon entering college at the University of Illinois at Navy Pier in February of 1952, my major was pre-engineering. My classes were mostly technical, but the school required that you also had to have four semesters of rhetoric, which was the study and art of writing and speaking well. This subject was a total mystery to me. My first impression was that I wasn't going to like it. Me? Write stories?

The course started out slowly with the professor assigning short story ideas to get us started. Things went along fairly smoothly, but liking it was still difficult. My mid-term grade was only a C-plus. Not terrible, but not up where I wanted it to be.

Then came an assignment for the last half of the semester which would be due a week before the end of the term and would count for half of our final grade. We were told to roam around Chicago and find something out of the ordinary then write a 1,000-word essay pertaining to it. Uh, oh! Could I do it?

While in high school, I went on a field trip to a place called the Newberry Library, which was only 1½ miles northwest of Navy Pier. It was an independent research library specializing in the humanities. Across the street to the south of the library is a one-square-block called Washington Square Park.

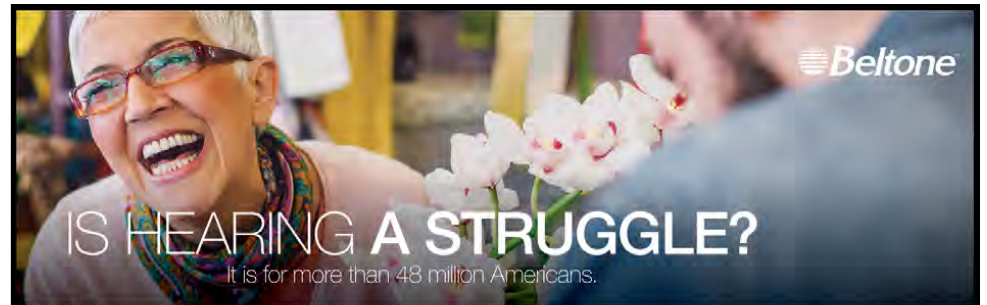
The park had a more distinctive, slangy nickname that has stuck to it since around 1910, and that is "Bughouse Square." It was an open forum that allowed anyone literally to get up on a wooden soap box and espouse any cause they wanted others to hear. Many talked at the same time as others did. Subjects ranged from atheism to extreme religiosity, and politics went from extreme right to extreme left. At that time (1952) it was the most celebrated outdoor free-speech center in the nation. Heckling was standard. Sometimes there would be as many as two thousand people in the park. In 1991, it was added to the National Register of Historic Places.

My roaming around Chicago to find an out of the ordinary subject for my 1,000-word-essay for my Rhetoric class had come to an end. And I found it only because of a high school visit to the Newberry Library.

Now that I knew what my essay was going to be about, I needed to spend as much time as possible in the park, watching and listening to the various speakers. It was the spring semester so the weather was fairly decent for outdoor activities. No planning was involved; it was totally spontaneous. It was entertaining but sometimes quite boring. Much of the dialogue was interactive. Some speakers were a little balmy while most made total sense. Even Carl Sandburg, Richard Wright, Saul Bellow, Clarence Darrow and Studs Terkel would stop by.

I now had a ton of material for my article and worked hard on it. I handed it in on time and received a resounding A for my efforts. I still enjoy writing thanks to good old "Bughouse Square."

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 65 years. Richard has six children, five grandchildren and four great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.



IS HEARING A STRUGGLE?
It is for more than 48 million Americans.



A revolutionary new
hearing solution
from Beltone

Limited
Time
Offers

Introducing the all-new Beltone Imagine:
a revolutionary new hearing aid that's raising the standard for hearing solutions. You'll feel empowered and confident in any environment knowing it's groundbreaking features are all tailored for you - and you alone.



A truly tailored
hearing solution

**\$1000
OFF**
A SET OF THE
LATEST
TECHNOLOGY

Expires 6/30/21

Tailored Sound: Beltone Imagine uses the uniqueness of your ear to deliver sounds exactly as nature intended.

Tailored Connectivity: Beltone Imagine keeps you connected to all your favorites - take a call or listen to music directly through your hearing aids.

Tailored Care: Every hearing aid comes with BelCare - a lifetime of care and protective. Available only with Beltone.

Tailored Design: A fully rechargeable solution with beautiful colors to match your skin or hair tone, and a design that's ergonomic and virtually invisible.

BOOK A
FREE
HEARING
EVALUATION

Expires 6/30/21

1-800-522-9588

Beltone Imagine™



MUSKEGON • 843 W. Summit • (231) 755-3920 • 1-800-522-9588

FREMONT • 108 S. Stewart • (800) 522-9588

JENISON • 640 Baldwin • (616) 457-0028

HOLLAND • 533 Michigan Avenue • (616) 394-0577

LUDINGTON • 239 N. Jebavy • (231) 843-3039

Also serving Manistee, Shelby, Hart, Montague, and Tri-Cities

*Call for more details. Cannot be combined with other offers, coupons or insurance plans. Previous purchases excluded. Participation may vary. See locations for details. Benefits of hearing instruments may vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation and proper fit. Beltone Hearing Care Centers are independently owned and operated. Participation may vary. © 2019 All rights reserved. Beltone is a trademark of GN Hearing Care Corporation.



Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Grandma's Carrot Raisin Salad

- 4 cups shredded carrots
- 1 ½ cups raisins
- ¼ mayonnaise
- 1 shredded or diced apple
- 3 tablespoons Vanilla Greek yogurt
- Salt and pepper to taste
- ¼ tsp of cider vinegar

Mix the first 4 ingredients. Stir in enough yogurt and vinegar to reach desired consistency. Add salt and pepper to taste. Refrigerate until serving.

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



BY
STACI
GERKEN

AAAWM Eats

Hummus Pasta

This dish uses hummus to make a quick and easy sauce. Serve with grilled chicken and roasted veggies to make a complete meal.

- | | |
|---------------------------------------------------------|-------------------------------------------------------|
| 8 oz pasta noodles (spaghetti, linguini, or fettuccini) | 1/4 tsp black pepper |
| 1/2 cup hummus | Pinch of salt |
| 1/2 cup pasta water | Large handful of washed spinach or other leafy greens |
| 1/4 tsp garlic powder | Optional add-in: Sun-dried tomatoes |

1. Cook pasta noodles according to directions on package. When draining the pasta, reserve 1/2 cup of pasta water for sauce. Place noodles in an empty bowl or plate and reuse the pan for the sauce below.
2. Over medium heat, add hummus and reserved pasta water to the empty pan. If you forget to save this, you can also use fresh water. Mix until they have combined.
3. Add in garlic powder, black pepper, leafy greens and sun-dried tomatoes (if using). Mix to combine, stirring occasionally until the greens are wilted—this usually does not take more than 1-2 minutes.
4. Add the noodles back into the pan and mix until the sauce has coated the noodles. If the sauce feels too thick, add more water to thin.
5. Garnish with crushed red pepper or more black pepper and enjoy!

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

Spring!

Let's Get Moving



BY
CHRISTINE
WISTROM

I can feel spring in the air already! The days are getting longer and we're starting to see some sunshine again. That is most welcome!

It also means it's time now that I stop procrastinating and start increasing my exercise. This past

year has been difficult for all of us, and after moving my work to my home, I find I'm not getting the exercise I did while I was at the office. I was getting up often to run to the printer while I was at the office. I also had to walk down the hall to the file cabinets, to the storage area, and to the kitchen. Now those things are all right next to me. It's time to add some focused exercise to my routine so I don't backslide anymore.

When I was going to college learning about the aging process, one of the standard witticisms they taught was "if you don't use it, you'll lose it." By that they meant that you had to keep doing what you could do, or you would lose the ability to do it. Exercise is like that too, but fortunately, you can always start again and, although you will have lost some muscle, you should be able to regain most of it back.

Exercise is good for you too, and not just physically. Exercise increases the

endorphins our brain produces making us feel better. A good example of that is the "runner's high" that joggers get. You may start out hating what you're doing, but most often, as you go on, you'll start to feel much better. That's the endorphins kicking in!

Exercising will help you sleep better, reduce feelings of depression, help you feel better overall, and it may even help you think more clearly. There are studies being done that suggest that exercise helps your brain change focus from one topic to another with more ease.

Exercise can also help those of us who are disabled. While we may have to make some adjustments in what we do and how we do it, it can help us do more! It can strengthen your muscles and improve your balance. If you spend most of your time in a chair, you can still exercise. It's one of the few things you can do anywhere, anytime, and it doesn't have to cost a lot of money.

When you are thinking about what exercise or exercises to do, don't limit yourself to just one. Think about doing different exercises to increase strength, flexibility, endurance and balance. Add a bit of exercise in each day, and try to increase what you do a little at a time. Listen to your body as you exercise, and if you are feeling pain, dizziness, pain or pressure in your chest, or heartburn, then slow it down. A good rule is to start slow, then build

up to where you want to be. Be sure you're drinking enough fluids as you exercise, too, to prevent dehydration. If you have any questions about what you can and can't do, talk to your healthcare provider.

Spring is a time when we are ready to start new projects. This spring, consider starting a new exercise plan.

For more information, please contact Disability Network/Lakeshore at 616-396-5326.

Chris is an advocate for the elderly and a certified dog trainer who works at Disability Network/Lakeshore in Holland, Michigan. Current interests include assistive technology, veterans' issues, emergency preparedness planning and service dog training.

FREE INFORMATION FREE INFORMATION FREE INFORMATION

Mail Us for FREE Information

For free materials on local housing opportunities, contact us! Let us know who you would like to hear from and we'll provide your information to those

<input type="checkbox"/> Bayview Towers, Pg 5 <input type="checkbox"/> Chestnut Fields, Pg 5 <input type="checkbox"/> Heritage Senior Properties, Pg 7 <input type="checkbox"/> Robbinswood/ NorthCrest AL, Pg 12 <input type="checkbox"/> DaySpring, Pg 18 <input type="checkbox"/> The Oaks, Pg 21 <input type="checkbox"/> The McAuley, Pg 21	<input type="checkbox"/> Christian Haven Home, Pg 23 <input type="checkbox"/> Mission Point, Pg 24 <input type="checkbox"/> SHAWL I & II, Pg 27 <input type="checkbox"/> Christian Care, Pg 28 <input type="checkbox"/> Park Woods Apt., Pg 28 <input type="checkbox"/> Darley Village, Pg 29 <input type="checkbox"/> Christian Manor, Pg 31 <input type="checkbox"/> Oceana County MCF, Pg 35
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please mail form to: Senior Resources, Attn: Community Living,
560 Seminole Rd., Muskegon, MI 49444

FREE INFORMATION FREE INFORMATION FREE INFORMATION FREE INFORMATION FREE INFORMATION

Won't You Be My Neighbors?



BY JACKIE
LINDRUP
RDH, M.Ed.

I have lived in Muskegon for over 35 years. I enjoy reminiscing about what used to be where, what stores used to exist that have been gone for years (think Doo Drop, Etterman's, the downtown mall with Steketee's and that

Greek restaurant up the escalator on the second floor).

When I was raising kids, I was not a part of a neighborhood association because I had cheerleading practice, tumbling, hockey, baseball, choir practice and my own professional organization meetings to attend. Now that I am retired, I find great joy in learning more about my adopted city of Muskegon, and pay attention to the new buildings, fundraisers, non-profits, politics and most of all, enjoy participating in representing my neighborhood by being on their board.

After Tom and I moved to the Pere Marquette Beach area of town and bought a condo because we loved to walk by the lake, I was asked to attend BBNA board meetings as a representative from HarbourTowne. Little did I know that actually I was a part of the BBNA neighborhood, because all the little neighborhoods of Beachwood, Bluffton, HarbourTowne, the new Docks development and the Sappi development all comprise the BBNA, or Beachwood Bluffton Neighborhood Association. And the Lakeside neighborhood, right next door, has a neighborhood association, too.

Once I knew I was a part of this extended neighborhood, I got excited! Here are some of the things I have gotten excited about over the past few years:

- We have a couple who organize clean-ups each summer at Pere Marquette Beach. It's a morning work session where people fill pails with cigarette butts, plastic straws, styrofoam cups, plastic bags and all sorts of trash found on the beach. What a great service and a fun event!



robbinswood
assisted living community



northcrest
assisted living community

Welcome to Robbinswood & Northcrest Assisted Living Communities, where professional care and personal caring meet. We balance autonomy with supervision for each resident and work to make sure care extends beyond just health.

Robbinswood and Northcrest are both in a residential setting which provides personal care services, 24-hour supervision and assistance, activities and health-related services designed to minimize the need to relocate.



Robbinswood | 1125 Robbins Road | Grand Haven | 616.842.1900
Northcrest | 2650 Ruddiman Drive | Muskegon | 231.744.2447

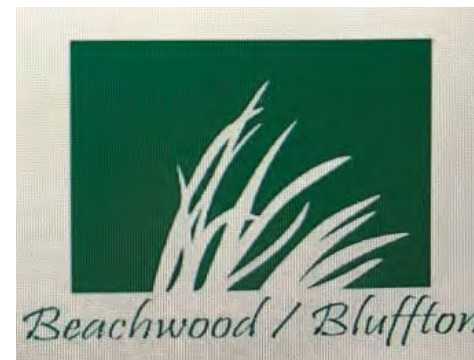
- We have people who keep the containers for doggie bags full of used Meijer bags, both at the Boardwalk and at the Dog Beach. In case you don't know, the Dog Beach in Muskegon is famous and listed online! People come from all over Michigan to enjoy a designated part of the beach with their dogs.



- BBNA has been working with the City of Muskegon to install locally designed and manufactured blue bike racks at strategic places on the channel and at the beach. A bike repair station and water station to refill your water bottles will be installed in front of the

bathhouse this spring.

- We supply luminaries to neighbors on Christmas Eve and this year a few areas in HarbourTowne began this BBNA tradition.
- There is an ice rink in Beachwood Park, a busy pickleball court in the spring, summer and fall that was funded by BBNA, Dumpster Days for getting rid of unwanted items, and recently snow plowing of the walking path through Beachwood Park for winter walking.
- A recycled sailboat was recently installed and decorated with lights by neighbors to welcome visitors at the "Sherman Triangle" entrance into the Beachwood neighborhood.
- There is a new "sled lending library" by the sledding hill, full of sleds to use and return!
- We have a printed walking map of the area and a newsletter that is distributed to all BBNA neighbors quarterly.



Upcoming projects include repainting the blue Boardwalk at Pere Marquette, restoration of the Bluffton Nature Trail along Lakeshore Drive, creation of a new adult Fitness Trail near the pickleball court in Beachwood Park, a new mural painted on the Torresen building by a BBNA board member and her grandchildren, and ongoing BBNA fundraisers of tee shirts, sweatshirts, caps, art prints, local history books, and hot off the press, big 12" metal medallions that say Pere Marquette, and small metal earrings with the new logo.

Many of us are also advocating for a

proposal called Sunset Ovals to create a "natural look remodel" of the charter park at the Ovals, which will include dune habitat restoration, universally accessible boardwalk, sunset observation deck, bird and nature watching look-outs, Pigeon Hill Pavilion for weddings, ceremonies and gatherings, a hammock park and more.

I love being a part of this busy neighborhood! Won't you join your neighborhood association? Help create progress, community and make some new friends!

Jackie Lindrup RDH, M.Ed. is a retired registered dental hygienist who lives in HarbourTowne in Muskegon, Michigan with her husband Tom. She provides dental seminars for W. Michigan dental professionals and is board president of the local non-profit Volunteer for Dental. She can be reached at jackielindrup111@gmail.com

LAKESHORE
HOME HEALTH CARE SERVICES, INC.

Quality care for those you care for!

Lakeshore Home Health Care Services, Inc. provides a professional and cost effective alternative to extended nursing home care or a prolonged hospital stay. Lakeshore provides a quality and caring staff to meet the needs of our clients by providing services for them in the comfort and security of their own homes. Lakeshore provides the following services:

- ▶ Personal care – Hygiene, bathing and dressing assistance
- ▶ Companion Care
- ▶ Meal Planning and Preparation
- ▶ Housekeeping
- ▶ Laundry
- ▶ Errands and Shopping
- ▶ Respite for Caregivers
- ▶ Medication Set-ups by an RN

MUSKEGON REGIONAL OFFICE
Phone 231.728.4353 Ext. 3102
Fax: 231.728.4370
www.lakeshoreservices.net

Help us crown a winner in our
dog beauty contest!



You could win
a gift basket!

Thank you to our team members who submitted photos!



To vote please cut & mail to:

Contest @ LifeCircles, 560 Seminole Rd. Muskegon, MI 49444

Your First & Last Name

Street Address

City State Zip

Name of most
beautiful dog!

Phone Age

Only one entry per household.

By entering, I agree to be contacted by LifeCircles.

You could win a basket
+ \$25 gift card!



Have you gotten your
COVID-19 vaccine yet?
WE CAN HELP.



Now is the time to get your COVID-19 vaccine.

All three vaccines are safe and effective. We all need to do our part to build community immunity.



Need help scheduling your appointment?

Call 2-1-1 (press 5).

Available 24 hours a day, 7 days a week.



Register online:

- At your local health department or hospital.
- At Meijer or Rite Aid.

Learn more at Michigan.gov/COVIDvaccine.

Spread Hope
NOT COVID



Question: How do I earn Social Security credits and how many do I need to qualify for benefits?

Answer: We use your total yearly earnings to figure your Social Security credits. The amount needed for a credit in 2021 is \$1,470. You can earn a maximum of four credits for any year. The amount needed to earn one credit usually increases each year when average wages increase. You must earn a certain number of credits to qualify for Social Security benefits. The number of credits you need depends on your age when you apply and the type of benefit application.

No one needs more than 40 credits for any Social Security benefit. You can read more about credits in How You Earn Credits at <http://www.ssa.gov/pubs>. For more information, visit our website at <http://www.ssa.gov>.

Question: If I receive Supplemental Security Income (SSI) disability benefits, what is the effect on my benefits if I work?

Answer: In most cases, your return to work would reduce your benefit amount. Unlike Social Security disability, there is no “trial work period” for people who get SSI disability benefits. Reporting wages each month helps us pay the correct amount of SSI. Timely reporting may also prevent you from owing us money or may allow us to pay a higher amount. We have several publications about SSI, including Reporting Your Wages When You Receive Supplemental Security Income, available at <http://www.ssa.gov/pubs>.

pubs. Note that there are other work incentives that can help you return to work when you receive SSI. You can read about them in What You Need To Know When You Get Supplemental Security Income (SSI), also available at <http://www.ssa.gov/pubs>. For more information, visit <http://www.ssa.gov>.

Question: What is the average Social Security retirement payment that a person receives each month?

Answer: The average monthly Social Security benefit for a retired worker in 2021 is \$1,546.80. The average monthly Social Security benefit for a disabled worker in 2021 is \$1,278.18. As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work).



BY
VONDA
VANTIL

Question: I recently retired and am approaching the age when I can start receiving Medicare. What is the monthly premium for Medicare Part B?

Answer: In 2021, the standard Medicare Part B premium for medical insurance is currently \$148.50 per month. Some people with higher incomes must pay a higher monthly premium for their Medicare coverage. You can get details at [HYPERLINK "http://www.medicare.gov"](http://www.medicare.gov) or by calling 1-800-MEDICARE (1-800-633-4227) (TTY 1-877-486-2048).

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.



Alzheimer's isn't stopping — **neither are we.** Through the Alzheimer's Association Walk to End Alzheimer's®, we raise critical funds for dementia care, support and research. Join us in the fight against this devastating disease.

Register and receive updates about this year's Walk to End Alzheimer's® at alz.org/walk or **800.272.3900**.



SCRABBLE[®] G R A M S

Hasbro and its logo, SCRABBLE[®], associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2020 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

A ₁	A ₁	E ₁	O ₁	M ₃	S ₁	F ₄	RACK 1
A ₁	E ₁	Y ₄	R ₁	T ₁	D ₂	H ₄	RACK 2 1st Letter Triple
A ₁	A ₁	A ₁	T ₁	T ₁	T ₁	R ₁	RACK 3
A ₁	A ₁	E ₁	T ₁	N ₁	G ₂	P ₃	RACK 4
A ₁	O ₁	Y ₄	T ₁	C ₃	B ₃	B ₃	RACK 5 Double Word Score

PAR SCORE 260-270
BEST SCORE 333

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com 11-01

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

Senior Resources

G	
A	P
M	A
E	G
	E

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

Sponsored by



Boggle[®] BrainBusters!

B	U	P	H
W	O	I	S
G	O	K	E
A	G	L	M

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

By David L. Hoyt and Jeff Knurek

O	D	L	G	C
K	E	R	O	N
A	C	L	I	P
D	I	Z	V	P
N	H	S	R	E

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SEVEN METALS in the grid of letters.

6-28-20

JUMBLE

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

ROSYR



©2017 Tribune Content Agency, LLC
All Rights Reserved.

BREYR



TIEPOC



BETead



Ans. here: “ - - ”

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



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

Check out the new, free JUST JUMBLE app

JUMBLE

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

NIHYS



©2017 Tribune Content Agency, LLC
All Rights Reserved.

VEGAL



TRIBET



GRETER



“ ”

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



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

Check out the new, free JUST JUMBLE app

Game
Page
Answers
on Page 31

Exceptional care
begins with
a call to
Harbor Hospice.



231.728.3442
HarborHospiceMI.org

HARBOR
HOSPICE

HOSPICE
HONORS
2020 Award Recipient



The Graying Globetrotter

Night at the Hollywood Bowl

BY
JAY
NEWMARCH

Sometimes it's the artist, sometimes the venue, but it's doubly special when both are iconic symbols. That was the case last fall when I was able to take in a concert with The Who at the Hollywood Bowl.

I have always wanted to see The Who in concert but was unable to attend when they were performing in our area of the country. Looking over the concert date options, I noticed that they would be performing at the Hollywood Bowl. With planned vacation on the calendar in October, I took it as kismet, bought the tickets, and planned the trip to California.

Tucked into Bolton Canyon in the Hollywood Hills, the Hollywood Bowl is quite literally just minutes away from the noise and confusion of a major metropolis. But, due to its location, it feels miles away at the same time. As you can see in the Adobe stock photo at the top of the next page, it's like an oasis from the traffic and lights of the "big city,"

The Hollywood Bowl officially opened in 1922 as a community space, hosting school groups, services and speakers. The bowl has had a few permutations over the years, some of the revisions due to bad sound, bad design, or both. Interestingly, Frank Lloyd Wright, Jr. designed both the second and third versions of the Hollywood Bowl while working in the studio system in Hollywood.

His first version, which borrowed heavily from southwest design, had a stair-stepped pyramidal shape. While it is considered by some to have had the best acoustics of any of the band shells that came to fruition, it was not popular with the public. In fact, it was torn down after just one season. Stepping back into the fray, Wright designed the next version using the concentric circle design that is still in use today. Unfortunately, the wooden



design was not maintained and it, too, had to be demolished.

The next version, designed in 1929 and the one most of us are familiar with, was in use through 2003. The current Hollywood Bowl was built in 2004. A larger version of the previous one, the latest amphitheater interestingly incorporates a number of features from several of the past band shells. In 2018, Rolling Stone named the Hollywood Bowl as one of the 10 best music venues in America. I have to agree; it was quite an experience.





Have you heard about DaySpring's Special?

Assisted Living Savings!

\$1,000 Move-in Special

**OFF 1ST MONTH'S STAY AT
ONE OF OUR 3 ASSISTED LIVING**

• DaySpring • Agape Home • Agape Home at Blueberry Fields

New residents only. Expires 7/1/21. Must present coupon at admission.

Contact DaySpring at **(231) 780-2229**
www.dayspringseves.com
 572 Lake Forest Lane, Norton Shores, MI 49441



"Serving Older Adults with God's Love"



The seats I was able to acquire weren't the "box" seats that line the center of the bowl, but instead were bleacher-style seats off to the side. When reserving, they looked like they would be good, but I was a bit concerned about the location. I was pleasantly surprised that the seats offered an incredible view of the stage. And, even though the venue was much larger than I pictured, it had an overall intimate feel.

In pre-COVID days, the food options were plentiful. There were any number of restaurants inside the bowl that offer all sorts of fare. One option offered a complete picnic dinner delivered to your seat. That option might be a bit more awkward in the "cheap" seats, though. The box seats offer more space to accommodate picnic-style dining.

We settled in with drinks and food and waited for the concert to begin. With the warm southern California breezes and a festive atmosphere, the wait



seemed very short. It was fun just to talk, dine and people-watch.

The concert itself was just great, as I had expected. Enjoying it with the addition of a full moon and strobes lighting the sky made it all the more special. I also found that the normal enthusiasm I have come to expect from Michigan crowds is no less on the West Coast. The Who regaled us with encores as the concert crowd howled for more.

All in all, the experience was beyond my expectations and I was very happy that I had chance to take in a concert at the Hollywood Bowl. One downside to the experience that has since turned into a funny story, was what happened after the concert ended. The casual ambiance of the evening suddenly turned into a mad crush as all of those in attendance scrambled to exit. It was a melee.

On our way out of the venue, we had called an Uber. Seemed like a simple thing until you witness the traffic jam of Ubers and Lyfts trying to enter, in combination with the hordes of people trying to find their rides. There seemed to be no system to speak of. Long story short, we had a number of Ubers bail on us, giving up as they got close to the bowl and struggled to gain entrance. With one dying phone and crowds dwindling, we finally found an Uber driver who persisted. He was one of the most personable and patient drivers I have encountered. His friendly manner turned around the situation. Of course, we rewarded him handsomely.

In a funny coincidence, months later on the season finale of *Better Things*, based in Los Angeles, the lead character, Sam, takes her daughter and a friend to a Los Angeles Dodgers game. After the game, they struggle to get a ride as traffic snarls outside the stadium. Their dilemma mirrored ours and made me realize that this is sometimes just part of the experience. Don't let either our

real experience or the fictional one depicted in *Better Things*, keep you from experiencing the Hollywood Bowl for yourself!

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

Hackley Public Library

Discover What We Offer Today!



Bestsellers | DVDs
Programs | Free Wi-Fi
Computers & Internet Access

Don't forget Digital Resources!

Using Hoopla, OverDrive/Libby app, and RBDigital, download titles for free with your library card.

eBooks | Audiobooks | Movies | & More




316 W. Webster Ave. | Muskegon, MI | 49440
hackleylibrary.org | 231.722.8000 | askus@hackleylibrary.org



24-Hour
Emergency Service

Oxygen • Nebulizer • CPAP & BI PAP Supplies • Hospital Beds
Wheelchairs • Walkers • Diabetic Shoes • Commodes • Enteral Feeding
Canes • Ostomy • Wound Care • Urological Supplies & Much More
We also offer a large selection of daily living aids & bathroom aids at a competitive price

231-924-4040

16 E Sheridan St • Fremont, MI 49412
Located Downtown between the
Post Office and Library
Fax 231-924-4060

or

231-737-7070

2440 Glade St • Muskegon, MI 49444
Located in between Hackley and
Sherman Blvd.
Fax 231-737-7060

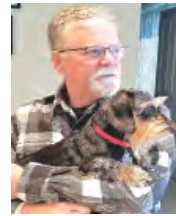
FREE Delivery!
We bill primary &
secondary insurance.

www.air-caire.com

**Healthcare
QUALITY**
ASSOCIATION ON ACCREDITATION



Living Room



BY
JOEL
DULYEA

Merijo and I rearranged our furniture. The task seemed like a good idea. I wanted a more esthetic arrangement (whatever that means), while Merijo wanted foot traffic detoured from a well-worn part of the living room floor. We both wanted to disguise the spots discolored by our aging dog, at least until the carpet can be replaced.

With ruler, pencil, and graph paper, we outlined the room and the furniture to scale. Next, we cut from the graph paper the couch, chairs, and tables, then placed them onto the room layout. Framed photographs would be moved too, and lamps, and the television. The corner fireplace remained in place, as did the arch-shaped stained-glass window, which hung in front of our picture window. It is a replica of a stained-glass window installed at the pinnacle of the wall above the choir loft in our church in Baltimore.

We've been married over four decades, so one may think that for us to move furniture would be an easy task to complete. But no; what she wants there, I want here; what I want there, she will not have there. After all these years, our negotiations continue. I suspect that during this time of Covid-19, without the usual social connections that spice up our life, we just needed any kind of change; not a big difference, just a tweak, a new wrinkle, something

Everyone welcome!

Full service *public* library

MUSKEGON AREA DISTRICT LIBRARY
LIBRARY FOR THE VISUALLY & PHYSICALLY DISABLED

- High demand large and regular print books & DVDs
- Public computers, WiFi, copier & fax
- Reading materials in audio format & adaptive technology
- Listening equipment loaned to user
- Curbside service, holds pick-up
- Convenient location, relaxing and spacious design
- 24/7 online digital resources

Visit **madl.org** for more information

4845 Airline Road, Unit 5 • Muskegon, MI 49444 • 231.737.6310 • madl.org

The Michigan Long Term Care Ombudsman Program strives to improve the quality of care and quality of life experienced by residents who reside in licensed long term care facilities. Ombudsmen advocate for the resident in the facilities, guided by the wishes of the resident. All services are provided under strict confidentiality. Ombudsmen cannot share information about the resident or the resident's concerns without the resident's permission.



Your Local Long Term Care Ombudsman is Cindy Evertsen

Phone: (231) 733-3595
Fax: (231) 733-3581
560 Seminole Rd.,
Norton Shores, MI 49444

Email: cevensen@seniorresourceswmi.org

Call for Free and Confidential Help



to stir spirits, something to push back on four walls closing in.

Early the next morning, I settled into my chair at a new location in the living room, facing the fireplace. I liked the new place with the different configuration of furniture. The timing of the rearrangement brought a surprise. The rising sun had intersected our dirt-streaked picture window to pierce the stained glass that hangs in the re-arranged room. Morning light enflamed the dove of peace and brought to the room a sense of newness and thankfulness.

The warm, strong light of late March brought two squirrels to our deck in a frisky dance as noisy as an Irish stepdance and as hurried as Keystone Kops. White-breasted nuthatches waited until afternoon to peck upside-down at the feeder. Sunshine grew longer, sending snowmelt into creeks and rivers. New tree buds pushed out last year's hanger-on-tenants of trees, to join the carpet of dead leaves on the forest floor. The month of April brought showers, then May bloomed flowers. The Master of exterior design rearranges our world with each season, setting the angles of sunshine and moonlight to reveal the widest spectrum of colors. Memories of a silvery shadowed forest under a full moon in winter are shelved now. Spring brings frisky squirrels, resurrected colors, and renewed spirit.

May is here now. The light shone through our window and enflamed the dove of peace. It seems the Master of design arranges living room without distinction between exterior or interior.

Our wedding anniversary month, June, will be here soon. There are chores to do, the windows need washing.

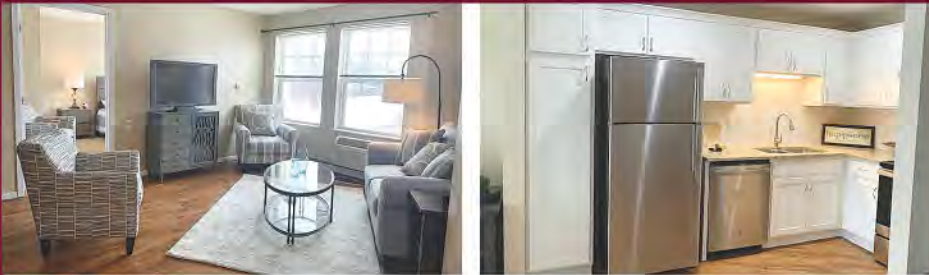


We agree, there is no need for negotiation.

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. Thanks to our sister-in-law, Linda, for replicating the stained-glass window.

The Oaks

Exceptional, All-Inclusive Independent Senior Living



- Chef-prepared meals
- Weekly housekeeping
- Utilities included
- A robust social and activity calendar
- Walking trails & private gardening areas
- Personal care services available
- Transportation

The Oaks

MERCY HEALTH
SENIOR COMMUNITIES

Call Today! 231.672.2796



Get Better. Go Home.



The McAuley, specializing in your **Rehabilitation needs** with an expert therapy team to include physical, occupational and speech therapy, integrated with our **professional nursing staff and on-site physician.**

State-of-the-art **rehab gym** and equipment: Joint replacement, orthopedic fracture program, post-operative care, cardiac, stroke and neurological recovery, and IV therapy.



231.672.2578

The McAuley

MERCY HEALTH
SENIOR COMMUNITIES



BY
JANET
HASSELBRING

How Does Your Garden Grow?

Down a Rabbit Hole with Winston Churchill

I'm having tea in my garden with Winston. We're chatting about writing strategies that make his books and speeches famous. I'm a bit surprised he accepted the invitation, though I suspect he

was keen to meet my new Welshie, Clementine—he's partial to the name because that's the name of Lady Churchill.*

Winston loves gardens. He was captivated by the tranquility of Chartwell, on Kent's western boundary. When he put down roots there in 1922, it became his spiritual home. Looking out over the Weald of Kent he remarked, "I bought Chartwell for this view." When *Country and Duty* called him away, as they frequently did, he fretted, "A day away from Chartwell is a day wasted."

I refill his coffee mug and offer him another scone. It's a humble offering, for if he had his druthers, he would chase his hearty breakfast with a whiskey and soda, to moisten his throat, and then head back to bed with a cigar to work until noon.

His food quirks are legendary, his convalescent diet calling for champagne, oysters, and mouthfuls of steak. Once he threatened to go to Chartwell alone. When Clementine reminded him it was closed and there would be no one to cook, he boasted, "Then I shall cook for myself. I can boil an egg. I've seen it done." (He didn't go.)

Winston perks up when I promise Country Dairy ice cream later. "Wonderful," he purrs, "Cream coats the sheaths of the nerves."

My garden is alive with color, bursting with Winston's favorite flowers and shrubs. He lights a cigar and we get to the literary task at hand:

1. Use four alliterative adjectives.

"...answer with a sullen, senseless, solid, stupid, NO," he smiles mischievously, recalling one of his speeches. "Now these freesias—fresh, fragrant, flirtatious, fantastic. And the anemones—alluring, attractive, azure, abundant." He perches on my wall, noting that he built garden walls at Chartwell.



2. Use one-syllable words.

He looks lovingly at a row of dahlias. "Fair, fine, fresh, frail," he announces. "The hyacinths—blue, bold, bright, brash."

3. Anaphora—use of the same words or phrases in successive sentences.

Suddenly Winston stands, thrusts out his chest, and thunders: "Our aim? Victory! Victory at all costs; victory in spite of all terror; victory however long and hard the road may be...."

I am spellbound, silent, lost in history. After a time, Winston stirs, casting off the spell, and sits down. "Imagine these tulips braving the forces of nature," he whispers. "We will stand in the storm; we will stand in the rain; we will stand in the wind; we will not be flattened."

4. Use of obscure and archaic words.

"When I see lords and ladies snoozing during my speeches, I use words like 'benignant' and 'snoozery' to wake them up." He takes a hefty chomp on the fast-dwindling cigar. "I'm awed by the fantasticalnesses of your garden," he smiles. "That'll get their attention."

5. Chiasmus—a figure of speech in which the grammar of one phrase is inverted in the next.

"In one way you're right, and in another, you're wrong"—one of my favorites," he chortles. He peers about. "Every garden has a snake, but not every snake is in a garden." I nod in approval, sneaking a surreptitious glance about the garden. I've never seen a snake here.

But he's beginning to tire. It's time for ice cream. He relinquishes his cigar for a bowl of Grandpa's Vanilla. All is quiet except for the occasional tweet of a bird and the click of the spoon on Winston's teeth as he luxuriates with his cream. Clemmie lies at his feet.

He licks the bowl clean, looking disconsolate. I'm tempted to offer seconds but Lady Churchill has made it clear that Winston is getting chubby. Accepting his fate, he grudgingly surrenders the bowl. "Ahhhh," he sighs, "Simply delightfululicious!"

**Churchill's two great loves were brown miniature poodles named Rufus and Rufus II (the II was silent). Once, when Rufus (I) accompanied Churchill to Buckingham Palace, he started padding into the Cabinet Room. "No Rufus," chided Churchill, "I haven't found it necessary to add you to the War Cabinet yet." At Chequers, Churchill covered the poodle's eyes when watching the scene in Oliver Twist, in which Bill Sykes attempts to drown his dog, Bullseye, saying, "Don't look now, dear. I'll tell you about it afterward." Rufus (II) reportedly had breath like a flamethrower, but he still ate with the family in the dining room, on a Persian rug, served by the butler. When his "darling Rufie," his "closest confidant," who heard everything, died in 1962, he was buried at Chartwell next to his beloved predecessor, Rufus (I). ("The Ten Most Famous Dog and Owner Combinations in History," *Country Life*, Elwes)*

Janet lives in West Michigan with her husband, Don, and Welsh Terrier, Snack. She loves singing, biking, swimming, hiking, doing therapy work with Snack, playing bridge, Scrabble, and Mahjonn, and is a tennis and pickleball junkie. She drags herself off the court occasionally to write. Her piano gets lonely because she chooses to whack fuzzy yellow balls and noisy popping pickleballs instead of tickling its ivories.

Free Talking Books



BY
SAX
MAHONEY

What is a talking book? It is an audio player and cartridge mailed for FREE to qualified users who reside in Muskegon or Ottawa Counties by the Muskegon Area District Library for the Visually and Physically Disabled (LVPD). This completely FREE program is federally and state funded.

You qualify if you are legally blind, have a visual disability that stops you from reading standard print, have a physical disability that makes holding books and turning pages difficult, or have a reading disability.

So, what exactly do you get with the program? Well, we send an audio player and talking books to your house Free through the easy-to-use mail. The player is about the size of a hard cover book and has large colored buttons of different shapes that are easy to distinguish. The player can charge from the wall via a cord and has up to 29 hours of battery life. You can keep the player for as long as you need it or until you need a replacement.



What kind of books are available? The Talking Books program has over 100,000 titles to choose from, including some of the newest titles, of all genres and age levels. The book cartridges are about the size of an index card and are mailed individually in hard plastic cases. We can put multiple books on a cartridge, perfect for series or vacations. When you sign up, you tell us your author and genre preferences, which then help us select books for you. You can also contact the librarian and request specific titles and authors. When you are done, you simply put

the cartridge back in your mailbox to return.

With magazines and downloadable books via smart device apps as well, we offer a customizable way for anyone to enjoy reading. We want to make sure that we tailor our service to meet your needs so that you can have the most enjoyable experience possible. If you would like more information about the LVPD Talking Books program, please contact us at 231-737-6310 or email the librarian at sma-honey@madl.org. Please let us know if you or someone you know is interested in this program. We work hard to embody the NLS motto, "That All May Read."



"Everyone here knows each other; it's like a home, an extended family.
There's a lot of love."

Marilyn, Resident

Call Sue at 616-842-0170 for more information.



Affordable Independent and Assisted Living

704 Pennoyer Ave., Grand Haven | www.christianhavenhome.org



Volunteer FOR DENTAL



is a program that provides free basic dental services
when you volunteer hours at local non-profits.
Help your smile and help your community!

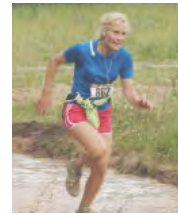
Call
231-773-1360
for eligibility!

31 E. Clay Ave., Muskegon, MI 49442
volunteerdental.org

Get
Started
Today!



Diabetes and My Feet?



BY
JAN
SMOLEN, DPM

The feet start to show complications of diabetes early, and they can be a warning sign of uncontrolled blood sugars. For example, neuropathy, which is loss of sensation, is a common symptom which leads to a diagnosis of diabetes. The average length of time between the onset of diabetes and the diagnosis of diabetes is 6.5 years. A diagnosis of diabetes is done with a few blood tests, an 8-hour fasting glucose, and a 2-hour glucose tolerance test.

PAD, which is peripheral artery disease, or decreased circulation, is also a common complication of diabetes. It shows signs in the feet with thin shiny skin, no hair, cool temperature of the toes, and cramping in the legs (like a charley horse) when walking or sleeping. If you are experiencing these symptoms talk to your health care provider about getting arterial vascular testing.

These two complications also increase the risk of ulcers on the feet. Ulcers are open sores of full skin thickness. The opening in the skin increases risks of infection,

WHO IS MISSION POINT HEALTHCARE SERVICES?

Mission Point Healthcare Services is a full service health care management company located throughout the Detroit-Metro, greater Grand Rapids and Northern Michigan regions. **Mission Point** operates and manages twenty (20) fully licensed, skilled nursing care facilities consisting of over 1,690 skilled nursing beds. **Mission Point's** services offered are physical rehabilitation, skilled nursing care, wound care, hospice care, Alzheimer's and dementia patient care, tracheal and enteral services, transitional rehabilitation services and short-term respite care. **Mission Point** provides health care services to senior citizens and elderly patients as well as other patients requiring specialized nursing care.



With 20 facilities across the state, we are never far away.
Delivering Excellence. Every Life. Every Moment. Every Day.

Our Services:

- Short-Term Rehab
- Skilled Nursing
- Long-Term Care
- Hospice Care
- Respite Stays
- Cardiac Rehab Services
- Stroke Rehab Services
- Private & Semi-Private Rooms

We are proud to offer short and long term care with a dedicated, professional staff whose goal is to assist you or your loved one to reach the highest level of independence as quickly as possible. Each patient will have individualized goals to help them return to their prior level of function and to return home safe and independently.

For more information or to schedule a tour, please contact us at:

Western MI—616-957-3957
Eastern MI—248-577-2632
Northern MI—906-482-6644
info@missionpointhealthcare.com

missionpointhealthcare.com



which can lead to loss of digits, the foot or the leg. If you notice an ulcer or open sore/blister, stop what you are doing and wash it immediately with soap and water and apply bacitracin ointment and a band aid or sterile gauze. Then call your health care provider and get an appointment.

Here are some tips to aid in the healing of ulcers:

- Do not put pressure on the ulcer area or walk on the foot with the ulcer more than you need to.
- Use a cane, crutches, a walker or a wheelchair.
- Do not get your ulcer wet in the shower or bathtub. Cover it with a large band aid or use a plastic bag and keep the foot out of the shower or bathtub.
- Clean the ulcer with sterile saline or with Dial soap and water. Use a shower chair to reduce falls.
- Elevate your feet when you are sitting.
- Be open to having a homecare nurse assist you with dressing changes. This can speed healing, teach you dressing techniques, and aid in diabetes education.
- If you are doing your own dressing changes wear gloves and do not touch the ulcer with your bare hands.
- Take antibiotics as prescribed. Ask the pharmacist about taking a probiotic with the antibiotics.
- Try to eat as healthy as possible. One half of your plate should be vegetables. Limit bread, crackers, cookies and sweets. Limit or stop drinking

regular pop and drink more water.

- Limit fruit intake. When you do eat fruits eat them with nuts, cheese or peanut butter. This keeps blood sugar spikes down.
- Know your blood sugar numbers. Know your HbA1c. It should be under 8 to heal. 6-7 is better.
- Ask your health care provider about protein shakes such as Premier to aid in healing. They have 1 gram of sugar and high protein.
- Get your Vitamin D level checked. Low levels contribute to slow healing.
- Another way to stay active and lower blood glucose is to do chair exercises such as leg lifts, 25-50 ankle pumps, and 25-50 arm circles. Try to do this 2-3 times per day.
- Get a mirror and check over your feet two times per day.

Treating an ulcer can be overwhelming. If you are unsure about something call your health care provider. Ask questions and take notes when your doctor is giving instructions. The goal is to get you healed and back to your life.

For further information on diabetes, visit the American Diabetes Association online at www.diabetes.org

Sources: Diabetes Care 2014.

Jan Smolen is a Physician at Shoreline Foot and Ankle Associates, Muskegon and New Era locations. She is board certified in foot surgery by the American Board of Surgery and is a fellow of the American College of Foot and Ankle Surgery.

Hello, it's me! (or is it?)

This picture may have caught your eye and made you smile, but scammers are no laughing matter! They will play on your emotions by pretending to be your grandchild in trouble or danger.



Be suspicious when you receive a phone call where a "grandchild" calls you from a far away location and:

- says, "It's me" or "It's your grandson" or "It's your favorite grandchild"
- is in some trouble or some type of distress.
- asks for money to be wire transferred.

The best thing to do is hang up and check in with a family member who would know the whereabouts of your grandchild.

SafeSeniors
Educate. Advocate. Seek Justice.

Stay Informed.
Stay Safe.

SafeSeniors identifies and seeks justice for older adult victims of abuse, neglect, and financial exploitation. If you suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.

For more information:
www.safeseniors.info

AgeWell
SERVICES

Muskegon County
Senior Millage

SeniorResources
Our Name. Our Focus.

Who can help keep you safe at home?

Elders' Helpers
Live on your own with a helper in your home

* Celebrating 20 Years *

CALL TODAY - 616.401.9140
348 S Waverly Road, Suite 22, Holland
www.eldershelpers.com



BY
TRICIA
McDONALD

Authors of West Michigan Creating Connections

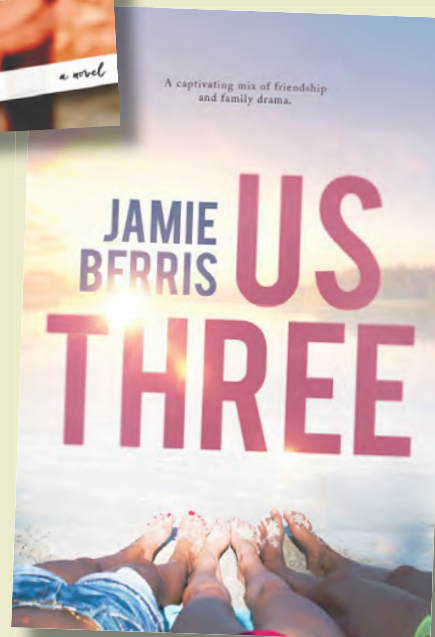
Imagine completing a significant accomplishment that will positively affect the rest of your life but telling no one. Not your closest friends. Not your parents. Not your siblings. Not even your spouse.

This is what author Jamie Berris did when she completed her first novel. She told no one. “I was embarrassed to mention I had written a book,” she stated. Thankfully for Jamie’s readers, she overcame that fear and has written four fiction novels, two of which are published. *Whispering Waves* was published in 2016 and *Us Three* in 2019.

For Jamie, writing is a “primal need,” a creative outlet she cannot ignore. Her books are more character-driven than plot-driven, and she looks forward to escaping with her characters and telling their stories. “Neglecting to write would be like cutting myself off from oxygen,” Jamie said with humor.

A creative writing course in college planted a “voice in my head that never stopped nagging me to write.” She listened to that relentless voice and started writing as a secret hobby during nap time when her oldest child was a baby, and she was pregnant with her second child. Having four children over twelve years, she wrote whenever she could “hide from them.” Sometimes she had to put her writing on hold for months at a time. “Babies will do that, suck enormous amounts of energy and time out of a mom,” she said, “not to mention eat and poop constantly!”

Jamie takes writing routine advice with a grain of salt. “Don’t overthink it.” She said the most important thing is to be consistent and write something. It took her ten years to share her writing with a large audience, and she urges writers not to make that same mistake. “Some people will love my writing, some will hate it, plenty fall in the middle, and that’s okay,” she stated.



Born and raised in West Michigan, Jamie married her teenage sweetheart, Jason. Together they have Alex (18), Tori (16), Cole (10), and Miya (7). With an active family that loves to spend time on the water, Jamie is grateful for the memories they have created over the years. Whether it is chasing waterfalls, exploring caves, whale watching, or hiking, their time together is priceless.

Through it all, Jamie makes time to write. Her current work-in-progress is her hardest yet most rewarding venture, a non-fiction book on the lesson of life lessons. “Instead of creating the story we want to live, we get stuck in the story of our pasts or the stories

other people write for us,” Jamie said. Just as her fictional characters reflect and grow from their life lessons, Jamie wants to write her own authentic story. She will feature those life lessons on her blog at www.jamieberrisbooks.com.

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

The Bookman is excited to continue featuring authors living in our Greater Lakeshore Neighborhood. Contact The Bookman to purchase and read the author’s books.



Jamie Berris



MMAP News

BY
CHERYL M.
OLSEN

Did you know you automatically qualify for free preventive visits when you have Medicare?

Understanding what coverages are included in your Medicare plan can help you better understand your options and help you take advantage of preventive care health services that help lead a healthier life.

“Welcome to Medicare” preventive visit:

During the first 12 months that you have Part B, you can get a “Welcome to Medicare” preventive visit. The visit includes a review of your medical and social history related to your health. It also includes education and counseling about Preventive Services, including certain screenings, shots or vaccines (like flu, pneumococcal, and other recommended shots or vaccines), and referrals for other care if needed. When making your appointment, let your doctor’s office know that you would like to schedule your “Welcome to Medicare” preventive visit. You pay nothing for the “Welcome to Medicare” preventive visit if the doctor accepts the assignment.

Yearly “Wellness” Visit:

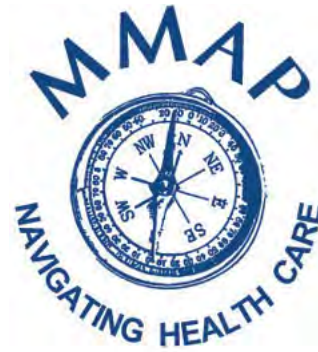
If you have had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update your personalized plan to prevent disease or disability based on your current health and risk factors. Your provider may also perform a cognitive impairment assessment to look for signs of Alzheimer’s disease or dementia and check for depression or other mood disorders. The yearly “Wellness” visit is not a physical exam. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. This will help develop a personalized prevention plan. When you make your appointment, let your doctor’s office know that you would like to schedule your yearly “Wellness” visit. You pay nothing for the yearly “Wellness” visit if the doctor accepts the assignment.

IMPORTANT: If your doctor or other health care provider performs additional tests or services during either of these visits that Medicare does not cover under the Preventive Visit or Wellness Visit, you may have to pay coinsurance, and the Part B deductible may apply.

Whether you have Original Medicare or Advantage Medicare, Part B of Medicare is the portion that covers preventive care. Understanding the preventive services covered by Medicare is an important way to manage your health as well as to avoid health problems and save money on your health insurance costs by avoiding larger medical problems down the line.

A list of Preventive Services covered by Medicare can be found in the Preventive Services section of your Medicare and You 2021 Book, pages 30-51. www.medicare.gov/medicare-and-you A covered preventive service will have an apple next to it.

Cheryl is the Medicare/Medicaid Assistance Program (MMAP) Regional Coordinator for Muskegon, Oceana and Ottawa Counties. MMAP is a free state-wide service that can help you make informed health benefit decisions and explain your options. MMAP counselors can answer your questions about Medicare, including those about preventive services. The number below will connect you to a counselor at the MMAP office that serves your community. 231-733-3572.



Find us anytime at www.SuperiorMonument.com

Let us help you design your own Cemetery Monument or Marker

Traditional, custom, cremation or bronze – together we can create a meaningful memorial.

354 Ottawa St.
Muskegon, MI
Corner of Business 31
and Marquette



Muskegon/Whitehall
231-728-2211
Grand Haven
616-844-1700

FREE CONSULTATIONS

LOCALLY OWNED AND OPERATED

Orchard View Senior Citizen Program

Open to All Area Seniors!

- Arts and Crafts Bazaar
- Bingo, Bridge & Euchre Groups
- Computers for Golden Agers
- Painting Classes
- Senior dinner and dancing
- AARP tax preparation site
- Orchard View Travelers
- Woodcarving Club



1765 Ada Avenue, Muskegon
231-760-1493
www.orchardviewce.org

Senior Housing Association of White Lake

Affordable Retirement Living for qualified individuals
62 years or older or those with impaired mobility



SHAWL I
225 South Hall Street in Whitehall



SHAWL II
8363 Cook Street in Montague

At SHAWL communities, our doors are open and our staff is ready to help you feel at home.

There are plenty of opportunities to get together with friends and neighbors. Many residents gather to play cards, chat over coffee in our spacious lobbies or participate in educational and recreational programs offered on site.

Samaritas™



Phone 231.894.9464 TTY: 1.800.649.3777 • Email: jtiet@Samaritas.org



Keith's World

British Accents & More



BY
KEITH
SIPE

On Facebook, I found a site about the "Five Most Terrible British Accents," the worst attempts by actors trying for a British accent. Made me think of the time when we lived in England, back in the early 1970s.

We rented a flat at "The Grange" which was a manor house in the village of Little Tew. It was a 9,000 square foot manor house, home of the

lord of the manor who owned hundreds if not thousands of acres of the surrounding area, as well as the nearby village in its heyday. In the photo above are my

wife Pam's parents, Sam and Mina Schutter, who came for a two week visit in 1972.

In 1957 new owners, Fred and Val Temlet, purchased the manor house and the five acres surrounding it for \$5,700 American. They lived there until Fred's passing in 2012 and Val passing in 2016. Between 2015 and 2018, it was sold for over three million American dollars.

There were over 30 rooms in this 3-story home, including the maid's quarters on the third floor and the butler's quarters on the first floor. There was a drawing room for high-style entertaining, and a music room with a fancy grand piano. Then the dining room, with the most elaborate fireplace that I had ever seen in my young years.

On the second floor was a ballroom, at times an area where the children of the manor would play. The space under the floor in the ballroom was filled with lime,

which kept the noise down on the first floor.

In the basement was a very nice wine cellar, where another friend named Martin kept his homemade wine.

Since the Temlet family were play writers, they decided to build a 74-seat theatre in place of the butler's quarters, pantry and carriage house.

This is where my story about British accents starts. It was the first time I had tried any acting. I could not master the accent or even come close, as my British friends commented. I was involved in two plays. *Beauty and the Beast* and *Hay Fever*. The one I'm going to focus on is *Hay Fever*, in which I was portraying Sandy Terrill, a boxer.

The cast was mostly the Banbury Cross Players of Banbury, England. They were all British, with one exception, and that exception was... me. I was the



**CHRISTIAN
CARE**

1530 McLaughlin
Muskegon
(Behind Goodwill off Apple Ave.)
231.777.3494

Dedicated to Serving Seniors for Over 100 Years!

- Private Resident Rooms
- 24 Hour Medical Staffing
- 3 Nutritious Meals Daily
- Daily Activities
- Laundry & Housekeeping
- Physical/Occupational Therapy
- Emergency Call System
- Medication Management

Assisted Living



Call
Michele
today for
a tour!

www.ChristianCareLiving.org



PARK WOODS

APARTMENTS

62+ SENIOR APARTMENT COMMUNITY

- Rent based on 30% of income (we deduct medical expenses)
- 24-hour emergency service
- Community room
- Resident activities
- Beauty salon
- Convenient location close to market, medical & restaurants
- On-site laundry facility
- Public transportation arrives at front entrance
- Heat & hot water included

For more information contact our office

231.773.3234

800.553.0300 Voice/TTY



924 Shonat St. | Muskegon, MI 49442

(Across the street from Beltline Plaza, follow signs to the office)





Left: Pictured is my wife Pamela, sitting by the evening fire in the dining room.

Right: Keith Sipe and Mary Timlin on couch.

Below: Here is a write up in the Banbury paper, mentioning my name and performance with the Banbury Cross Players.

My American English accent worked out great for everyone. The guy with a Michigan twist to the English language actually turned out to be quite a success and brought many laughs from the audience.

During the rehearsals there were many times we laughed and teased each other. Well, not me teasing anyone, I was



teased. That was when I found that the rehearsals were the best of times.

Another thing I learned is to be a “you-selver.” Such great memories from a time so long ago.



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.



An Active Aging Community for 55+



New Construction Now Complete!

The Darley Village cottages and apartments are designed and built around senior lifestyles and maintenance-free living with an expansive suite of community activities and amenities.

DARLEY VILLAGE AMENITIES & SERVICES

• Village Café open daily	• Community garden	• Laundry services available	• Fitness center
• Dining services available with our on-site chef	• Group events & local excursions	• Housekeeping	• Library & music lounge
		• Game room	• Social events
			• Theater room

Ask about our NEW construction special!

Located in Muskegon, just east of the Lakes Mall.

www.DarleyVillage.com

Call today 231-799-0077





BY
JERRY
MATTSON

The Rusty Rooster

The Rusty Rooster has been standing at various places in our home for the past seven years. It was a souvenir from a 2014 trip to Hawaii. It reminds me of that trip and how we got the bird. It was free, but we did not receive it as a gift.

We rented a condo for the 12 days we were spending in Kona. One day we found the walkway surrounding the second-level apartments stacked with household furnishings. An official-looking typed notice posted nearby stated that all the items were free to take. A handwritten note taped to the table said it and chairs were already spoken for. Lamps, occasional chairs, small tables, oil paintings, glassware and books were among the items available. And the rooster. My wife, Sue, pointed to it and said, "I want that."

The main body of the 14-inch-tall bird resembles a horseshoe. Even if it were real, it did not symbolize good luck here. Was there an eviction? What happened to cause these possessions to be where they were? I'm sure owning or leasing one of these units was not cheap. Did someone die or was there a bankruptcy? How did this bird end up in someone's hands in the first place? One can only



same. Are there any U.S. safety regulations to cover selling this as a piece of art? Was this hand-made in some cheap-labor country? Was it a do-it-yourself project? Was it done by some known artist, making it worth something? Did it even belong to the people whose condo was being cleaned out? One of the resort's employees could have taken something better and left the bird on the table.

We call it a rooster because of its comb, but it could represent any number of other exotic birds I suppose. It does not resemble Hawaii's state bird, the nene, however.

On the way home, packed among our clothes in a suitcase, the rooster passed another inspection. Maybe the metal bird looked dangerous on an X-ray, or

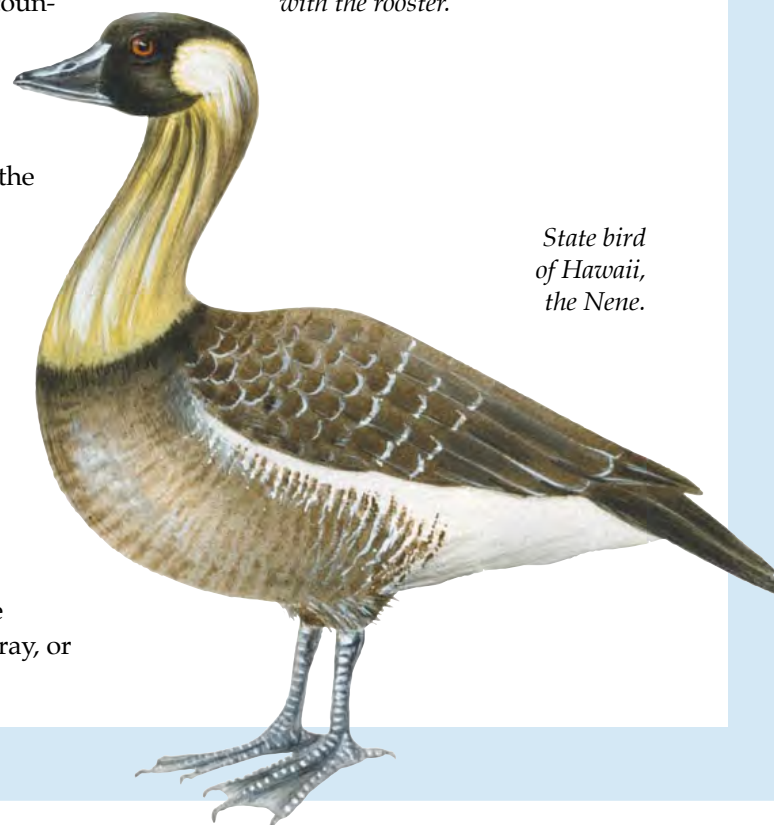
imagine.

This is not a toy. Someone could hurt themselves with it. The comb has sharp points, as do the beak and the four toes on each foot. This was not mass-produced, so no others like it will be exactly the

perhaps it raised someone's curiosity. Whatever the reason, at some point, airport TSA personnel went through our luggage.

Had the rooster not been adopted by us it may well have ended up in a trash dumpster. Seeing it pictured here, someone may think that option two would have been the better choice. The bird does have nice patina as some faded green color still exists along with the rust. If nothing else, there is now a good story to go with it. It will probably adorn a part of our home for several more years, but we must be careful when moving it to prevent scratching wooden surfaces. In any case, as the old saying goes, "Beauty is in the eye of the beholder."

Jerry finds a certain attraction to things that are free. If repair needs are found later, free can turn into a bad deal, but that wasn't the case with the rooster.



State bird of Hawaii, the Nene.



BY
ROLINA
VERMEER

Happy Cooking!

At this writing we have passed the one-year mark of navigating a global pandemic. A few of the changes we've experienced have exhausted us and we've accepted and accustomed ourselves to a few others. Most of us want to keep each other safe and also keep our freedom to move around without too much anxiety of the dreaded virus. So, we wear our masks, keep a "social distance" and limit our public gatherings. Restaurants have been closed to dining in or open only with limited seating. The easy lunch date or meeting friends and family for a meal have been hijacked in the name of safety. Therefore, I've been doing more cooking in this last year than ever before!

I confess, I've never been an enthusiastic cook. If I could have the wish list of a woman of great wealth, having a cook would be tops on the list! But here I am, having to plan ahead and be creative and drudge through the day-to-day responsibilities of putting a decent meal on the table. My husband deserves a good, healthy meal! If I was only feeding myself, I'm sure I would resort regularly to a sliced cucumber, a few wedges of cheese, and a handful of crackers with my daily glass of wine or cranberry juice. This year I have often stood in front of the opened, well stocked refrigerator and drawn a complete blank.

I have an incredible collection of cookbooks! They've been lovely and appreciated gifts and some were inherited from my mother. I thoroughly enjoy perusing their pages. I especially love reading recipes that are accompanied by a gorgeous photo! But sadly, that



wonderful feeling does not translate to my time in the kitchen. Most recipes include ingredients I don't have on my pantry shelf or are too hot and spicy for my husband's sensitive palate or just seem to take hours of prep work I am not willing to invest. I've even tried a crockpot cookbook. But by the time I think of putting something in the crockpot to miraculously appear for dinner, it's a half hour to dinner time and the opportunity has passed.

Saving the day for me was finding an award-winning chef, now in his elder years, navigating a daily two-and-a-half-minute presentation on social media, directly from his homey kitchen, encouraging reluctant cooks to relax. His quick demonstrations point out the delicious factor, easy substitutions, the store-bought factor to enhance the simplicity of meal

preparation, and his simple frugal ways of not wasting food! This is a chef who speaks my language.

One favorite recipe is "Refrigerator Soup." I do this at least twice a month. I pull out all the bits of left over vegetables, pasta, rice or potato. I chop them up, adding some onion, garlic, a bay leaf or two and water and chicken stock. Left over tomato juice? Throw that in, too. A few left-over pieces of chicken or fish or beef? Chop and toss into the pot. Taste for seasoning (salt and pepper mostly) and let it simmer. I've been known to add a can of corn or beans to round out the layers of flavors. Of course, it never comes out the same twice and it never disappoints. We love soup any time of the year.

At the end of each presentation, my inspiring chef's parting words are "Happy Cooking!" and his presentations have made all the difference to me. I've discovered that my cookbooks can be entertaining and inspiring, but I don't really enjoy the stress of following a recipe. I've gained the confidence to toss a few simple things in a pan with the expectation that it will all turn out well. And now that I think of it, I think that is exactly how my mother navigated in her kitchen: Open the fridge. See what's in there. Pull out a few things and with some culinary creativity, a hot, well balanced and delicious meal always made it to the table in time to feed her family. My sister and I were reminiscing about Mom's mouthwatering pot roast, which neither one of us can duplicate. But truthfully, I don't think my mother made it exactly the same way every time. I'm fairly certain the main ingredients were consistent, and her seasoning was simple (salt and pepper!) and we relished it as if it was love on a plate. And it was! In her honor I will be brave and try it sometime soon, now that my Happy Cooking chef has given me the idea that however it turns out is just fine.

Rolina Vermeer writes regularly in celebration of the life and inspiration of her mother.

Helping adults age with dignity, one day at a time.

THE LITTLE  a non-profit 501(c)(3)
RED HOUSE INC.
ADULT DAY CARE SERVICES

We provide exceptional adult day care in a home-like, safe and welcoming setting with activities provided by professional and compassionate staff.

\$15 per hour - partial or full days

616-846-5720 ■ www.thelittleredhouse.org

Care Compassion Support Peace of Mind

Christian Manor
Apartments

An Independent & AFFORDABLE Living community for People 62 years and older or those with a Mobility impairment

You'll love our friendly and courteous staff.

Rebecca DeHoog - Property Manager

 Samaritas



1480 McLaughlin Avenue, Muskegon, MI 49442 • 231-777-3788





The Role of the Hospice Chaplain



BY
CURTIS FREED,
MA, BCC

Hospice is all about end of life care. When a patient is admitted to hospice, that person and their family receives expert medical care from the hospice physician, nurses, social workers, nurse aides, and bereavement counselors (grief support following the patient's death). The hospice team also includes a chaplain (referred to as the Spiritual Care Counselor).

So what does a hospice chaplain actually do? People ask me this very question when they learn that I am in this work. There is the perception that the hospice chaplain has an "agenda" that includes bringing in his Bible to the patient's home in order to "preach" at the patient and the family. I assure you the hospice chaplain is much more than that.

Hospice chaplains are valued for a number of functions they perform. They are often an advocate for the patient who cannot speak for him or herself. The hospice chaplain inspires hope by bringing a calming presence at a critical time when the family is saying good-bye to their loved one who is passing away. Maintaining a calm and comforting presence at an emotional time is essential.

**Recording & Protecting Your Most
Important Real Estate Records**

MARK FAIRCHILD
REGISTER OF DEEDS

Muskegon County
173 East Apple Avenue
Muskegon, MI 49442
724-6271

www.co.muskegon.mi.us/deeds

Enroll Today! **Muskegon County**
REGISTER OF DEEDS

PROPERTY FRAUD GUARD

WWW.CO.MUSKEGON.MI.US/DEEDS

Property Fraud Guard is a simple tool that helps you protect you or your business from becoming the victim of fraud. Fraud Guard notifies you, as a service free of charge, via email, when your name is on a document being recorded in the Muskegon County Register of Deeds. With Fraud Guard, you stay informed about how your name is used by others.

Enroll today at www.co.muskegon.mi.us/deeds

The hospice chaplain provides that calming presence by helping those who are grieving to identify means of coping and sources of support. Most importantly, the hospice chaplain validates and affirms the feelings of grief and loss with a non-judgmental listening presence. In doing so, he or she plays a critical part with the healing process when a loved one passes away.

The hospice chaplain works with patients and families of all faiths and religions to offer hope in place of helplessness. This may or may not include using a sacred text such as the Bible, prayer, performing rituals such as offering communion, baptism and anointing. Spiritual care is not limited to those who have a strong faith or church background. The chaplain also works with those who do not identify with a particular religion to help that person find purpose and meaning in their suffering. The chaplain is often called upon when the patient is fearful of dying, nearing death, or has died in order to provide support to family. They also can be called upon when a particular patient's pastor, priest or spiritual leader is unavailable.

Research supports the value placed on healthcare chaplains. In one study, 94% of patients surveyed at several hospitals in the Midwest indicated that a visit by the chaplain was important to them (*Journal of Religion and Health*, 2011). Physicians realize the value of chaplains, especially working with the elderly (*Journal of Primary Care & Community Health*, 2011). In another study, 41% of 3000 hospitalized patients desired a discussion of religious and spiritual matters with a chaplain, but less than half of those surveyed reported having one (*Journal of General Internal Medicine*, 2011).

Hospice chaplains are greatly valued and appreciated for a variety of reasons.

Most hospice chaplains I know love their work. I would like to conclude with this quote by the late Cardinal Father Joseph Bernadin:

"We are to do for one another what Jesus did: comfort others by inspiring in them hope and confidence in life. Our distinctive vocation...is not so much to heal better or more efficiently than anyone else; it is to strengthen their confidence in life. The ultimate goal of our care is to give those who are ill, through our care, a reason to hope."

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 9 years. He is a graduate of Liberty University (1987) and Liberty Baptist Theological Seminary (1990).

Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being. For almost four decades, Harbor Hospice has provided experienced, compassionate end-of-life care for terminally ill patients and their families, focusing on medical, emotional and spiritual needs regardless of ability to pay. Serving residents of lakeshore West Michigan, their team of professionals and volunteers connect patients and families with resources to align their goals of comfort and improved quality of life.

Learn more at HarborHospiceMI.org or by calling 231.728.3442 / 1.800.497.9559.

NOW ACCEPTING NEW PATIENTS - NOW ACCEPTING NEW PATIENTS

Enhanced Care Services ...at home!

**Do you have difficulty getting out to the doctor's office?
Need to find a new doctor?**



Dr. Marcela Novakosky

This program provides services for adults 60+ who might have difficulty getting to a doctor's office or medical appointment. Our in-home, stay safe care, offers a host of services in the comfort of your own home. We are available and accepting patients.

**For questions or to schedule a confidential home visit,
please call the Enhanced Care Team at 231-737-4041**



Our Services Include:

- Primary Care Physician and Nurse Practitioners
- Mobile X-ray, EKG and Laboratory Services
- After Hours Emergency Telephone Response
- Remote Patient Monitoring
- In-home Pharmacist Medication Review

WE PARTICIPATE WITH MOST INSURANCE PLANS

SeniorResources
Our Name. Our Focus.



Home Visits and Telehealth Visits are now Available

NOW ACCEPTING NEW PATIENTS - NOW ACCEPTING NEW PATIENTS



BY
LOUISE
MATZ

How about you? Do you have a small library of quotes that stick in your memory, popping up at appropriate (or sometimes inappropriate) times? Maybe, if you read through my mine, it will jog your memory. If you're like me, I'll bet each quote will take you

right to the identity of the person who put it in your memory.

“Nothing good happens after 10 p.m.”

This one was directed to our children by their father in their teen years. He used it often. Not likely I'll ever forget, nor will our kids. He also instilled a habit of promptness by using this type of phrase often: “Five o'clock means five o'clock! Not five minutes after five. Not even one minute after five.”

“Everything in moderation.”

This one came to me from my father who repeated it often. As I travel through life, I find it applies to so many aspects – foods we eat, exercise, drinking coffee or other beverages, playing, watching TV, spending, etc. The problems come when we overindulge.

“Ask forgiveness, not permission.”

This one is a favorite of my daughter Melissa. It speaks for itself.

“I don't feel bad when I'm late returning a library book. They need the money.”

This one came from my daughter Molly. I think of it every time I return a library book.

“Oh dear, bread and beer; if I wasn't married, I wouldn't be here.”

This silly little rhyme was a favorite of my mother. In particular, she would set up her ironing board on a summer afternoon, pour herself a beer, and approach

her basket of ironing with this jingle. I confess I've used it myself over the years, primarily when ironing or drinking a beer.



“Quotes That Stick”

“It doesn't pay to look too prosperous.”

This came from my father. My husband likes to use it whenever I ask him to change into something more suitable. My dad used it very conveniently, too.

“Yesterday is history. Tomorrow's a mystery. Today is a gift.”

My mother-in-law loved this one, repeating it often. As I age, I just want to reply “Amen” to this quote.

“People of integrity pay their debts without being asked.”

I passed this one to my children.

“Only boring people are bored.”

This one came from my father, too. My siblings and I learned responsibility early on. Among other things, we were responsible for our own entertainment or lack thereof.

“You can learn in spite of the teacher.”

This was a comment from my father whenever we complained about a teacher. No sympathy there.

“Put a bow on it.”

Daughter Melissa uses this idiom to indicate that a project must get completed. I like it because it promotes urgency, but with a positive note.

“My dad was Dave Ramsey before there was a Dave Ramsey.”

Another quote from Melissa. This one indicates the influence of her father when it comes to managing money.

Familiar quotes bring to mind so many meaningful life experiences, don't you think?

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

A Picture is Worth a Thousand Words

Memories!



231-873-6600

Oceana County Medical Care Facility
www.oceanamcf.org



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

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

JUMBLE PUZZLE #1:

SORRY BERRY POETIC DEBATE

The clever Hungarian exterminator named his new company - "BOOT-A-PEST"

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

JUMBLE PUZZLE #2:

SHINY GAVEL BITTER REGRET

The Alaskan fishing-boat captain was disoriented and need to get his - "BERING STRAIGHT"

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

SCRABBLE G, R, A, M, S.										SOLUTION
S ₁	E ₁	A ₁	F ₄	O ₁	A ₁	M ₃	RACK 1 =	<u>62</u>		
H ₄	Y ₄	D ₂	R ₁	A ₁	T ₁	E ₁	RACK 2 =	<u>72</u>		
R ₁	A ₁	T ₁	A ₁	T ₁	A ₁	T ₁	RACK 3 =	<u>57</u>		
P ₃	A ₁	G ₂	E ₁	A ₁	N ₁	T ₁	RACK 4 =	<u>60</u>		
A ₁	B ₃	B ₃	O ₁	T ₁	C ₃	Y ₄	RACK 5 =	<u>82</u>		
PAR SCORE 260-270							TOTAL 333			

Boggle Answers:

IRON ZINC LEAD GOLD
COPPER NICKEL SILVER



Estate Planning & Elder Law Begins With Understanding

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



Anna Urick Duggins
P (231) 722-5415

Long-Term Care Planning
Medicaid Planning
Veteran's Aid and Attendance
Wills and Trusts
Financial and Health Care
Powers of Attorney
Guardianships and Conservatorships
Trust and Estate Administration



Nicole M. Osborn
P (231) 722-5423

Wills and Trusts
Financial and Health Care
Powers of Attorney
Guardianships and Conservatorships
Federal Gift and Estate Tax Returns
Trust and Estate Administration



Visit 601 Terrace Street, Muskegon, MI 49440
Web www.parmenterlaw.com