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SEPTEMBER | OCTOBER 2021

Page 4 – Ask the Editor Q&A ■ Page 11 – Happy Birthday Medicare
Page 16 & 17 – Game Pages ■ Page 33 – Caregiver Overload



SEPTEMBER | OCTOBER 2021 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | |
|---|---|---|--|--|
| 04 Ask the Editor Q&A
by <i>Michelle Fields</i> | 11 Happy Birthday, Medicare!
by <i>Vonda VanTil</i> | 16 Game Page | 23 Plantar Fasciitis
by <i>Dr. Tyler Claveau</i> | 28 Beaver Island
by <i>Keith Sipe</i> |
| 05 Try to Remember
by <i>Gil Boersma</i> | 12 Wise Sayings
by <i>Clif Martin</i> | 18 Get Your Kicks on Route 66
by <i>Jay Newmarch</i> | 24 Volunteering around Town
by <i>Jackie Lindrup</i> | 30 An Enriching Experience
by <i>Tricia McDonald</i> |
| 06 Medicare Plan Review
by <i>Cheryl M. Johnson</i> | 13 Triple MahJongg
by <i>Louise Matz</i> | 19 Access Social Security Online
by <i>Vonda VanTil</i> | 26 Trailer Tales
by <i>Jerry Mattson</i> | 31 Cardinal Connection
by <i>Rolina Vermeer</i> |
| 08 The Best of Bosses
by <i>Dick Hoffsteadt</i> | 14 Let's Try This with Michelle | 20 Dog Years
by <i>Joel Dulyea</i> | 27 National Library Card Month
by <i>Mallory Metzger</i> | 32 Tribute to a Hospice Worker |
| 10 Senior Perspectives Recipes | 15 Social Security Q&A
by <i>Vonda VanTil</i> | 22 Safe Dining
by <i>Joe Stapel</i> | | 33 Caregiver Overload!
by <i>Christine Wistrom</i> |

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
Elizabeth Carlson
Dr. Tyler Claveau
Joel Dulyea
Michelle Fields
Dick Hoffsteadt
Cheryl M. Johnson
Jackie Lindrup
Clif Martin
Jerry Mattson
Louise Matz
Tricia McDonald
Mallory Metzger
Jay Newmarch
Keith Sipe
Joe Stapel
Vonda VanTil
Rolina Vermeer
Christine Wistrom

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231-739-5858

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Michelle Fields

Editor and Publisher of Senior Perspectives

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JULY/AUGUST WINNER: CONNIE LESLIE OF GRAND HAVEN
Uncle Sam was found in the travel story on page 19.

Ask the Editor Q&A



BY
MICHELLE
FIELDS

As the Editor of West Michigan's largest mature newspapers, I thought it might be informative to share a few of the most frequently asked questions that I receive from our readers.

Question: I just picked up my first copy of *Senior Perspectives Lakeshore*. How often is it printed?

Answer: *Senior Perspectives Lakeshore* and *Senior*

Perspectives of Kent County newspapers are free, bi-monthly publications brought to you by Senior Resources of West Michigan, an Area Agency on Aging. In 2018, Senior Resources launched a second publication, *Senior Perspectives* of Kent County partnering with the Area Agency on Aging of Western Michigan in Grand Rapids. As stand-alone publications, both feature local writers, interest articles, programming and local events. Both publications are printed in January, March, May, July, September, and November.

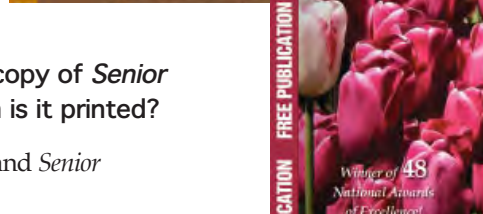
Question: I noticed on the cover that you've won awards. What were they for?

Answer: Yes, the staff, photographer and volunteer writers at *Senior Perspectives* have won 48 national awards over the past years. These were received from:



North American Mature Publishers Association – NAMPA
Senior Perspectives is a member of NAMPA. Senior Perspectives writers and staff have received 41 National Awards in Excellence.

National Mature Media --
Senior Perspectives Newspapers have received a total of 7 awards from the Annual National Mature Media Awards held annually in Chicago.



Question: I'm a snowbird and go to Florida in the winter. Is there a way to view *Senior Perspectives* on-line?

Answer: Yes. You can view current and past issues of *Senior Perspectives* on-line on their Area Agency on Aging websites.

- Senior Perspectives Lakeshore at <https://seniorresourceswmi.org>
- Senior Perspectives of Kent County at <https://www.aaawm.org>

Question: Where can I pick up a copy of *Senior Perspectives*?

Answer: Our distribution sites include senior centers, libraries, pharmacies, specialty stores, private apartments, independent living facilities, skilled nursing facilities, beauty salons, financial institutions, hospitals, DME providers, Senior Neighbors locations, adult day centers, assisted living facilities, physician's offices, dentist's offices, therapy centers, non-profit organizations, legal offices, churches, and grocery stores throughout Ottawa, Muskegon, Kent and Oceana counties. If you need help finding a location, shoot me an e-mail at SeniorPerspectives@SeniorResourcesWMI.org with your name and address, and I'll send you the

closest distribution site. If you know of a location that would like to offer *Senior Perspectives* newspapers, please let me know this as well and I can get them on our distribution route.

Question: How can *Senior Perspectives* newspaper be FREE? What's the catch?

Answer: There's no catch. *Senior Perspectives* newspapers will always be a FREE publication to our readers, thanks in part to our amazing advertisers and Senior Resources of West Michigan. But I also want to mention our incredible volunteers. These include our talented volunteer writers, photographer Glenn Rutgers and my go-to copy editor Bonnie Borgeson. Without their amazing talents, *Senior Perspectives* wouldn't be the same.

Michelle Fields is the Editor & Publisher of Senior Perspectives Lakeshore and Senior Perspectives of Kent County. Michelle has been a part of Senior Resources of West Michigan since 2009. She enjoys gardening, fishing with husband Mike & their pup Tigo and spending time with her family.

Michelle can be reached at Michelle@SeniorResourcesWMI.org

If you have a question, you can submit them to SeniorPerspectives@SeniorResourcesWMI.org. If you would like to advertise in *Senior Perspectives*, please contact Michelle at 231.733.3523



Soul Food

Try to Remember

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

In his song “Try to Remember,” Josh Groban captures a theme of reaching the maturity that often helps a young man or woman find another human soul who seems to fulfill a dream or desire for a relationship, one that brings deeper meaning than can be found alone. However, in our lives there are also adventures and dreams that can come true for an individual, that deepen one’s understanding of how work or one’s chosen education can give an individual a value beyond money and status. The meaning and symbolism of October is prosperity. The changing of the tree leaves to an abundance of color does not discourage us but rather inspires us to enjoy creation and be thankful for all of our blessings.

How is your life going? Have you fulfilled your hopes and dreams? Or are you struggling to find fulfillment like you used to find easily when you were younger?

Do you wish someone, or something, would surprise you, so life would become an adventure like it used to be?

Historically, individuals and families moved to where new job opportunities had been created, or when overwhelming climate changes like the Dust Bowl forced individuals and families to set off to find a better life, bringing courage to strike out with hope and faith.

As a senior, one might think it’s too late to be adventurous, that life is what you made of it, and now you just have to make the best of it because you are not young anymore. However, I say our faith informs us



that once there was a creator, after which came the redeemer and now, we have the sustainer to nurture, sustain, and heal our lives, not just to be blessed, but to be a blessing to others. There are lots of needs to serve right where we live. So let us seek good health so we can be good servants, and let God have all the glory. And don’t worry, he’s got this!

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



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BY
CHERYL M.
OLSEN

Medicare Minute

Yearly Medicare Plan Review

Medicare Open Enrollment is October 15 - December 7

During Medicare Open Enrollment you can decide to stay with your current plan or make a change that will take effect for the new upcoming year.

Medicare is stronger than ever with better choices and lower costs. Each year brings new health plan and prescription drug coverage choices. So, look at your current health and prescription drug coverage every fall, and make sure your plan's still right for you. The Medicare Plan Finder makes it easy to compare coverage options and shop for plans.



You can also review:

- An estimate of your yearly out-of-pocket costs.
- Quality and customer service ratings from current plan members.
- How to utilize the proper pharmacy to ensure the lowest cost for your medications.

MMAP counselors can help you:

1. Understand new health care options.
2. Compare and enroll you in Medicare Prescription Drug Coverage
3. Identify if a Special Program could benefit you.
4. Provide unbiased information.
5. And most important of all, counseling assistance is FREE!

Ask yourself: *Is my plan right for me?*

You may be able to find plans in your area that:

- Cost less.
- Cover your drugs.
- Let you go to the providers you want, like your doctor or pharmacy.
- Offer extra benefits that Original Medicare does not cover, like vision, hearing, dental, prescription drugs, or extended coverage when you travel.



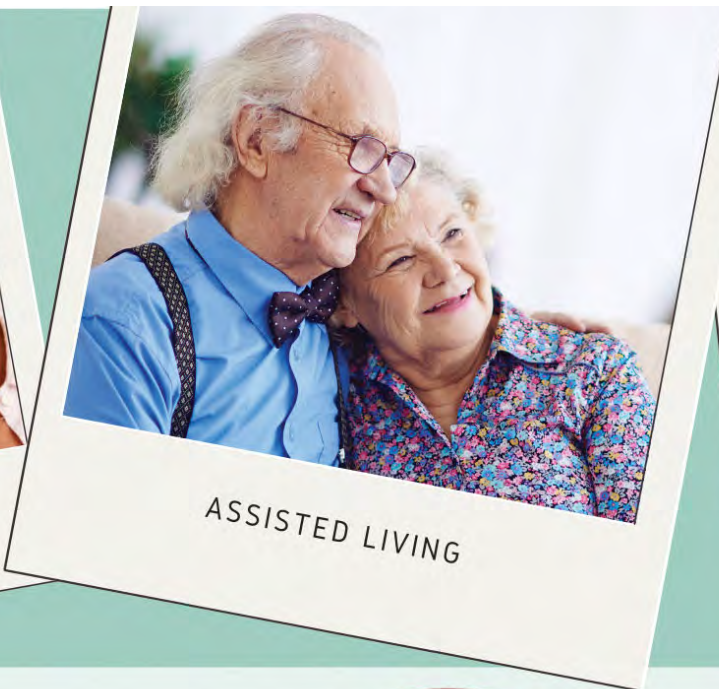
Remember, during Medicare Open Enrollment you can decide to stay in Original Medicare or join a Medicare Advantage Plan (like an HMO or PPO). If you are already in a Medicare Advantage Plan, you can use Open Enrollment to switch back to Original Medicare.

If you would like to make an appointment to review your Medicare coverage, please contact your local MMAP (Medicare/Medicaid Assistance Program) office at 231-733-3572 to speak with a certified counselor.

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



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BY
DICK
HOFFSTEADT

The Best of Bosses

It doesn't matter whether the boss is either right or wrong. The only thing that matters is that the boss is always the boss.

My career as a tool and die designer and a tool engineer put me in positions where I reported to about a dozen bosses over the years. Sometimes there were four bosses over me in just one company, because they would come and go.

There were very good bosses, and there were some that were simply terrible. So, who was the best boss that I ever had? That's easy. It was me.

For almost 10 years, I was a self-employed tool and die designer and working for myself was the best. It required discipline to get up each morning and go to work in my office which was in my house. How nice on a snowy morning to walk just a few steps to my drawing board. The name of my company was "Cumberland Engineering Service," which came from the area in Des Plaines, Illinois, where my office was located. Being my own boss was the best job I ever had.

My future profession did not manifest itself during high school. I still enjoyed the feel of writing but took no drafting at that time. I wasn't sure all through high school what I wanted to pursue after graduation. Just a few months before that special day, I decided to go to the University of Illinois at their Chicago branch at Navy Pier and enter their mechanical engineering school. I was probably influenced by my dad, who had been a tool and die maker and now owned a tool and die business.

At the University of Illinois, I took my first drafting class. I was hooked. What you could do with a pencil and a sheet of paper was incredible. The rest is history. I made my living with the two of them. The paper was important, but the pencil was the key. It had to fit my hand just perfectly. At first, they were wooden...the old Ticonderogas and also Eberhard Fabers, Mohegans and Castells. Later came the automatic pencils with the three-jaw chuck that allowed you to choose whatever lead was the best. Now I could choose from Staedtler-Mars or my favorite, Koh-I-Noor, which premiered at the 1893 Columbian Exposition in Chicago. It was advertised as "a silken touch as light as a butterfly." That was important, the touch. If it didn't feel right in your hand, it wouldn't lay down the right kind of line on the drawing.

I did put down many lines with that right hand of mine...straight and curved. There were countless shapes and miles and miles of lines. My left hand was also important. It held the T-square steady; it moved the elbow drafting machine just right, and it put the track and scales exactly where the right hand wanted them. The two had to work in perfect harmony. Like a musician or a skilled surgeon. It was art and science coming together in my hands.

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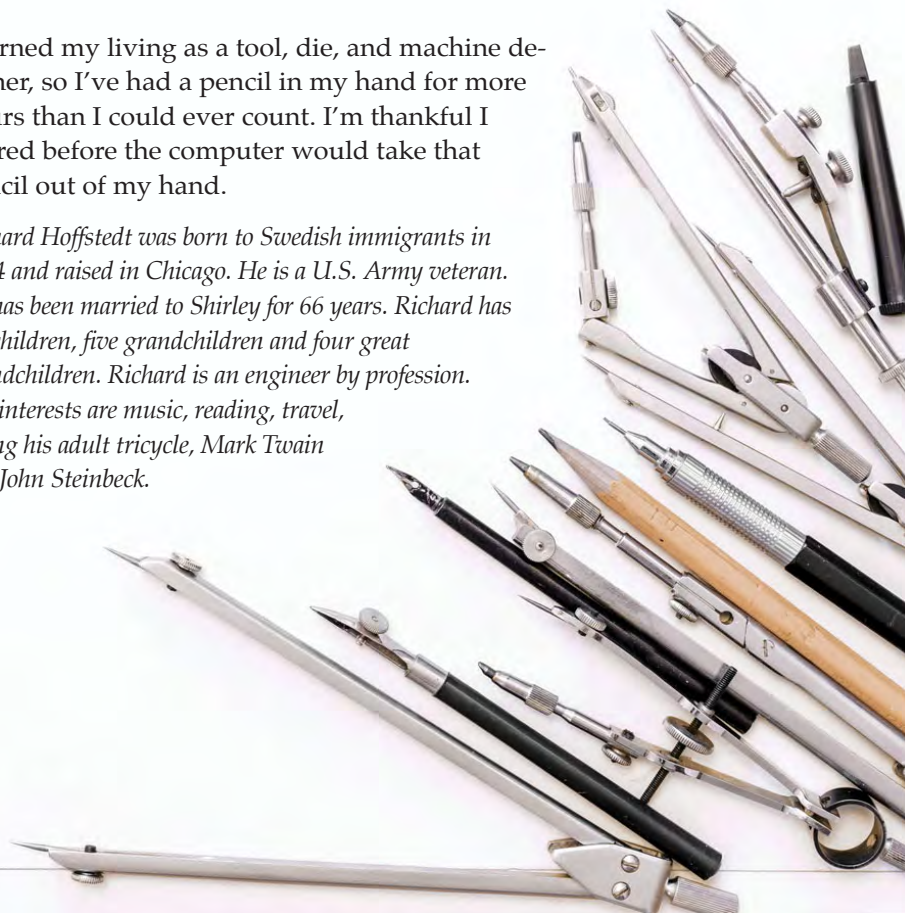
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I earned my living as a tool, die, and machine designer, so I've had a pencil in my hand for more hours than I could ever count. I'm thankful I retired before the computer would take that pencil out of my hand.

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



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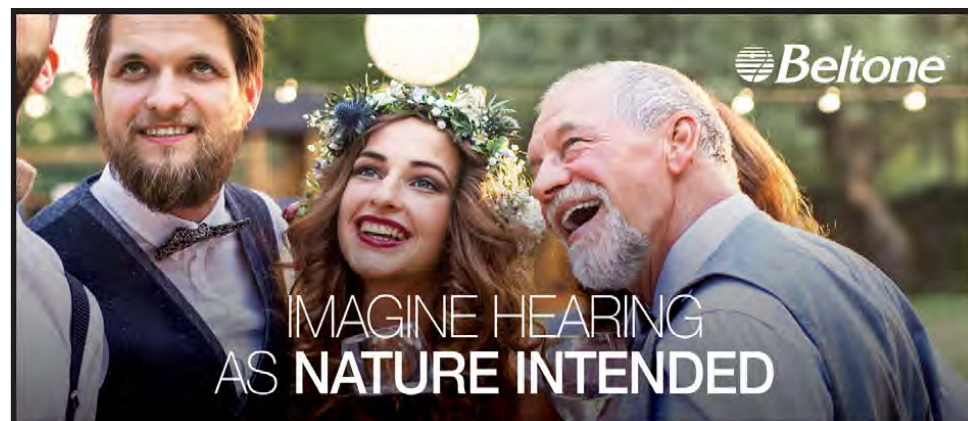
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Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Homemade Broccoli and Cheddar Soup

4 tablespoons butter
1 small onion diced
3 tablespoons flour
½ teaspoon nutmeg
1 clove garlic
1 cup half-and-half
2 cups chicken broth
2 cups coarsely chopped broccoli florets
1 carrot, chopped
2 cups shredded mild or sharp Cheddar cheese
Salt and ground black pepper to taste

Melt butter in a large pot over medium-high heat; add garlic and onion and sauté until tender, about 3 to 4 minutes. Whisk in flour, nutmeg and continue to stir until mixture turns golden brown, about 5 minutes. Slowly add half-and-half to garlic and onion mixture, stirring until mixture is smooth. Add chicken broth; season with salt and ground black pepper.

Reduce heat to medium-low and simmer mixture until thickened, about 10 minutes. Add broccoli, carrot. Simmer until vegetables are tender yet crisp, about 20 minutes.

Reduce heat to low. Add Cheddar cheese to soup and cook, stirring occasionally, until cheese melts, about 5 minutes

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
ELIZABETH
CARLSON

AAAWM Eats

Save the Herbs!

Fresh herbs are a great way to add flavor in your favorite dish, but can be hard to come by in cooler seasons. Whether you grow your own herbs at home or tend to have extra that aren't being used, this recipe is an easy fix to help save your herbs for later use in soups, salad dressings, scrambled eggs, or any skillet dishes.

Herbs of your choice.

- Examples include: spinach, mint, parsley, basil, oregano, chives, garlic and more.

Ice cube trays.

- Silicone trays work best for removing the cubes but regular trays also work

Olive oil

Plastic wrap

1. Wash herbs and let dry completely.
2. Mince herbs with a sharp knife.
3. Fill the ice cube tray with 2/3 herbs and 1/3 olive oil.
4. Cover the ice cube tray with plastic wrap or a lid.
5. Freeze cubes for 24 hours or until solid. The

olive oil will turn a creamy yellow color after solidifying.

6. Save cubes for later and enjoy in your favorite dishes in the winter! The cubes can be stored in the ice cube tray for 2-3 months if covered by plastic wrap, or they can be stored in a plastic or reusable freezer safe bag for 3-6 months.

Tips for freezing garlic:

- If making cubes of just garlic, add desired amount of minced garlic and fill with oil until the cube is half full, otherwise you may have too much oil when using it in a recipe.
- You can combine garlic and spinach or garlic and other herbs together in an ice cube for more flavor!

Elizabeth Carlson is a Clinical Dietetics graduate student at Grand Valley State University. She received her Bachelor's degree in Clinical Exercise Science and hopes to work as a Registered Dietitian in the near future. In her free time, Elizabeth loves to spend time outside with her dogs, playing volleyball with friends or hiking with her boyfriend.

Happy Birthday, Medicare!

This past July marked the 56th anniversary of Medicare. Did you know you can apply for Medicare online even if you are not ready to start your retirement benefits? Applying online can take less than 10 minutes. There are no forms to sign and we usually require no additional documentation. We'll process your application and contact you if we need more information.



BY
VONDA
VANTIL

Knowing when to apply for Medicare is very important. You have a limited initial enrollment period to apply. If you miss the initial enrollment period, you may have to pay a higher monthly premium. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday. Visit www.ssa.gov/benefits/medicare to apply for Medicare and find other important information.

Some Medicare beneficiaries may qualify for *Extra Help*

with their Medicare prescription drug plan costs. To qualify for *Extra Help*, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia. Read our publication *Understanding the Extra Help With Your Medicare Prescription Drug Plan* for more information at www.ssa.gov/pubs/EN-05-10508.pdf.

The official Medicare website at Medicare.gov offers many online services where you can find answers to these questions:

- What does Medicare cover? www.medicare.gov/what-medicare-covers
- Where do I find forms for filing a Medicare appeal? www.medicare.gov/claims-appeals/how-do-i-file-an-appeal
- How can I let someone speak with Medicare on my behalf? www.medicare.gov/claims-appeals/file-an-appeal/can-someone-file-an-appeal-for-me
- What do Medicare health and prescription drug plans in my area cost, and what services do they offer?

www.medicare.gov/plan-compare

- Which doctors, health care providers, and suppliers participate in Medicare? www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers
- Where can I find out more about a Medicare prescription drug plan (Part D) and enroll? www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage
- Where can I find a Medicare Supplement Insurance (Medigap) policy in my area? www.medicare.gov/medigap-supplemental-insurance-plans

Please share these helpful resources with friends and family today.

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

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Martin's Meanderings Wise Sayings



BY
CLIF
MARTIN

At age 91.5, I should probably be saying some wise things to our younger generations. So, here are a few gems I've heard along the way. Some are fresh out of the oven and others are only half baked.

- Women take things pretty seriously. Men do not take things seriously enough. Women and men are basically incompatible.
- What a strange feeling when you watch your adult offspring go through the same parenting traumas, tragedies and triumphs that you lived with when they were young. You can laugh, cry, remember or try to forget. Or just pray a lot.
- It gets easier to deal with apparent paradoxes. Two ideas that seem to totally contradict each other. I love the old gospel song, "His eye is on the Sparrow and I know He watches me." At the same time, I am not all that important in the grand scheme of things and the world will get along quite well without me. I don't find a big paradox there.
- Everything matters when you are young. There are things you must take seriously to live a productive life. When you get way up in years you remember the often-quoted line, "Ultimately, nothing matters." Supposedly those words were first spoken to the dying President Woodrow Wilson by an unnamed aide. Whoever said it, it's an interesting idea to think about.

The word "legend" is tossed around pretty loosely. I am a 91-year-old legend from writing in this publication for 20 years and flapping my lips on the radio for almost 50. Anybody can be a legend. It's easy. Just be old or dead.

If you have nothing better to do, stay tuned for more Martin Meanderings and further philosophical foolishness.

*You can find Clif on
Facebook as Clif
Walter Martin.*



Triple MahJongg



BY
LOUISE
MATZ

Really? “Triple” MahJongg? If you think Siamese mahjongg is crazy, you can stop reading right now. If you tried it and love it, read on.

One afternoon early this year, three of us were about to begin our weekly afternoon of Siamese mahjongg. Two of us were present and laid out two sets of mahjongg tiles in preparation for the game. The third party arrived and stayed only long enough to say she wouldn’t be playing today. Seeing our disappointment, she remarked, “Sorry, perhaps you could go for “three” mahjonggs instead of two (haha).”

The original game of mahjongg calls for the game to end when one of the players has a mahjongg. If you’re not familiar with the game, a mahjongg might compare to a completed poker hand, or canasta, etc. Siamese mahjongg has recently gained popularity.

It’s the only way they play the game in Key Colony Beach, Florida, where we usually spend the winter. Siamese mahjongg requires two mahjonggs to end the game and is played with two sets of mahjongg tiles. It’s usually played with three or four players, although there is a version where two people will play with one set.

On that fateful afternoon referenced above, we decided to try one game requiring three mahjonggs. It was pretty easy because we had two full sets and only two players.

The following week we had three players and tried it again. We all complained about concentration, complication, and brain pain. BUT, at the end of the afternoon, despite our complaints, we felt like we made a discovery. We were hooked. When our fourth player re-joined the group, there was no question of what version we would play. We were committed. Happily, she soon fell in love with it, too.

The strategy demands your undivided attention. With 41 tiles, you can easily plan your first mahjongg. In planning mahjongg number two and three, it takes a little more brain power. For instance, if you are using four or five flowers in your first mahjongg, you may want to select a hand

that doesn’t require flowers. Although there are 16 jokers available, if you have few or none,



you may want to go for a singles and pairs hand. After all, there are eight of each character available. And, if you have several jokers, you’ll probably select a quint hand. The value of the hands you select is especially important.

Mahjongg is designed to be played for money. It’s not “big bucks,” but a value is assigned to each hand. The final value of a mahjongg ranges from 25 cents to \$2.00. The value assigned by the national MahJongg League official card indicates the difficulty of the hand. So, if you have two high value hands when a player produces a triple mahjongg to win the game, you may actually come out ahead!

Obviously, the timing of exposing a mahjongg is also a big decision. If possible, a player usually tries to withhold the mahjongg until it is jokerless, as the jokerless hand is of higher value. However, if her opponents are exposing mahjonggs, she may become nervous and decide to expose.

One caveat: we’ve discovered it’s imperative to “count our tiles.” Somehow, it happens to everyone. After two mahjonggs have been exposed, we realize there’s an extra tile or we’re short a tile. Of course, that negates our hand and prevents us from winning.

If your mahjongg group is looking for a little more excitement and brain exercise, I suggest you give it a try. Basically, the rules are the same as Siamese mahjongg; but juggling three hands is quite the challenge. The time flies as your concentration is so intense.

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.

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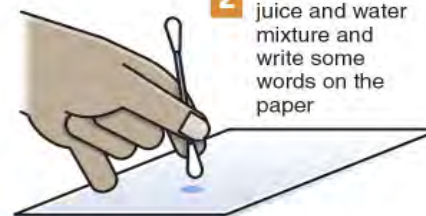
Try This

Invisible messages

Here's how to write a message that can only be read by a person who knows the trick to making your words appear.



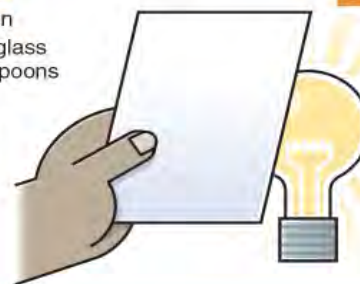
1 Squeeze lemon juice into water and mix



2 Dip swab into juice and water mixture and write some words on the paper

You'll need

- Half of a lemon
- Cup or small glass with four tablespoons of water in it
- Cotton swab
- White paper
- Electric lamp
- Milk



3 Let the paper dry well
Show it to someone and ask if he or she can see a message on it



4 Hold paper close to light bulb to heat it

Can you see the writing now?

What happened?

Lemon juice is clear, but it contains chemicals that contain carbon

The chemicals break down easily when they are heated, and the carbon makes them turn a dark color



Repeat the experiment, and write with milk on the paper

Does it become visible when heated?

Source:
"Simple Science Experiments With Everyday Materials"

Graphic: Helen Lee
McCormas, Paul
Trap, TNS

Question: I will rely on Medicare when I retire. Can you explain the different parts of Medicare?

Answer: The different parts of Medicare cover your specific needs. There are four parts, all of which work in tandem to deliver healthcare services:

- **Part A** (hospital insurance): Helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay), some home health care, and hospice care.
- **Part B** (medical insurance): Helps pay for doctors services and many other medical services and supplies that hospital insurance doesn't cover.
- **Part C** (Medicare Advantage plans): If you have Medicare Parts A and B, you can join a Medicare Advantage plan. Private companies offer Medicare Advantage plans, which are approved by Medicare. These plans generally help you pay the medical costs not covered by Medicare Part A and B.
- **Part D** (prescription drug coverage): Helps pay for medications doctors prescribe for treatment.

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

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



BY
VONDA
VANTIL

are limited, your state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resources that apply. Contact your state or local medical assistance, social services, or welfare office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227), and ask about the Medicare Savings Programs. If you have limited income and resources, you also may be able to get help paying for prescription drug coverage under Medicare Part D. Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) or visit any Social Security office. Also, see our publication, Medicare, at www.ssa.gov/pubs/10043.html. For even more information, visit www.ssa.gov.

Question: I have medical coverage through my employer. Do I have to take Medicare Part B?

Answer: You are not required to take Medicare Part B if you are covered by a group healthcare plan based on either your employment or the employment of a spouse. When your coverage ends, you may contact Social Security to request a special enrollment for Medicare Part B. We will need to verify your coverage through your employer in order for you to be eligible for a special enrollment. For more information, visit www.medicare.gov.

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

Question: Is it true that if you have low income you can get help paying your Medicare premiums?

Answer: Yes. If your income and resources

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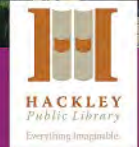
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A ₁	I ₁	I ₁	N ₁	L ₁	V ₄	L ₁	RACK 1
A ₁	E ₁	O ₁	W ₄	J ₈	N ₁	B ₃	3rd Letter Triple RACK 2
U ₁	U ₁	T ₁	R ₁	N ₁	B ₃	N ₁	RACK 3
I ₁	C ₃	G ₂	H ₄	N ₁	R ₁	T ₁	RACK 4
I ₁	O ₁	U ₁	L ₁	R ₁	T ₁	M ₃	Double Word Score RACK 5

PAR SCORE 210-220
BEST SCORE 276

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**

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						5	
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Senior Resources

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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.

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- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
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- 9+ letters = 15 points

YOUR BOGGLE RATING

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

By David L. Hoyt and Jeff Knurek

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C	R	E	M	Y

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Game Page
Answers
on Page 31

10-18-20

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JUMBLE

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ASUPE

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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.

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JUMBLE

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BEAVO

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The Graying Globetrotter

Get your kicks on Route 66

BY
JAY
NEWMARCH

What can a Google search get you? Well, in my case, an unexpected mid-summer road trip. Having been curious about the history of Route 66 for some time, I began investigating the origins of the road from its starting point in downtown Chicago.

There's quite a bit to find online and it spurred on a desire to take that road down memory lane. At least through Illinois. We decided to start our trip from the start – a Route 66 road marker in downtown Chicago – and wind our way down to St. Louis, traversing the entire length of Route 66 in Illinois.

Route 66 started to take shape in the late 1920s with a plan to have a highway that ran from Chicago to Los Angeles. The route became increasingly popular in the '30s, due to the route it took through the U.S. As the Dust Bowl of the Depression era ruined farmland and farming on the plains, Route 66 became the route of choice for families headed west to California in search of agricultural jobs.

With many early roads made of gravel or dirt, Route 66 became the first highway to be completely paved in 1938. The highway really took on a life of its own in the 1950s with the increase in road travel by families. The road, connecting small towns

and communities along the length of its nearly 2,500 miles, became a marketer's heaven as roadside attractions sprang up to lure travelers to stop and spend money. Some of those still remain along the route, and it was my intention to check out those along the way in Illinois.

Some portions of Route 66 remain intact. Others have been gobbled up by newer highways or rerouted and abandoned. Part of my homework was to track our travels as closely as possible from our starting point in Chicago to our end point as the road crosses the Mississippi River into St. Louis.

The toughest part was winding our way out of Chicago. I had our street route planned out, but it can be difficult to find intersections and make the turns when appropriate. There are signs along the way that designate Route 66, but you cannot count on having a sign to guide you at every turn.

Another wildcard is that over the course of its history, Route 66 was realigned a number of times. We thought that once we reached Joliet we'd be home free. Well, you'll be cruising down Route 66 and suddenly there's a marker announcing some of these redirects. If you follow



them, suddenly you're off down a country road which will EVENTUALLY bring you back to the main route. Some of these are pretty darned rugged and narrow. One stretch in southern Illinois was a brick road through farm fields. A little *Wizard of Oz*-like! These reroutes are fun to see, but a workout for your suspension and my

travel companion's patience. At one point, as dusk arrived and the gas tank was below a quarter, I was banned from taking any more of these rural excursions.

We spent our first afternoon in downtown Chicago, enjoying Navy Pier and a trip down the Chicago River. After a good sleep and a hearty breakfast, we were



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ready to find the mile marker, the official starting point of Route 66.

Our route took us southwest out of Chicago through Cicero, Bolingbrook, Romeoville and into Joliet. Once you get down around Braidwood, you're basically mirroring US-55. Most of the time, you feel like you're on a third lane of the expressway. However, as you near the small towns, the old route takes you right through town while US-55 skirts around. It's basically a sad example of why many of these towns have gone from boom to bust. Route 66 connected them and literally drove traffic through the towns, while the modern expressway directs traffic around and away from these towns.

Along the way, we stopped to see the Gemini Giant, a large fiberglass astronaut at the entrance of Wilmington, Illinois. The Gemini Giant started life as a muffler man, but was purchased and brought to Wilmington in 1960 and retrofitted into the astronaut. The muffler in his hands was transformed into a spaceship. It became and has remained the mascot for the Launching Pad drive-in restaurant.

We also saw a giant Paul Bunyan statue outside Atlanta, Illinois, that was built to hold an ax. His ax has been replaced by a giant hot dog. If you see it, you'll notice that Paul is holding a hot dog in a manner you've never seen a hot dog held. We read on the marker that these "Paul Bunyans" were purchased and placed around the country. In fact, we saw another on our way back through Indiana. That Paul

was holding a muffler.

What I enjoyed most were the portions of Route 66, the Mother Road, that were original. You can drive on a portion of the original paved Route 66 outside Atlanta. It's amazing to see and think how revolutionary it was to travel on a paved highway, even if it is incredibly narrow!

Another section was dead man's curve, a stretch of Route 66 that you can drive on and experience the tight corner which led to many a crash. In fact, it mentions a farmhouse that was hit over and over until the stretch of road was rerouted to eliminate the tight curve and the multitude of accidents.

If you have some time on your hands and enjoy this type of history, I'd definitely recommend this for a fun, slow-paced trip. Just be open to stopping along the way whenever you see something that interests you.

I would like to eventually continue my travels down Route 66 through Missouri, Oklahoma, Texas, New Mexico, Arizona and California. However, having mapped this first segment through Illinois, I think I'd join modern civilization and get the app that helps map your way along the route. There's a small cost, but I believe it would probably help to keep the journey on track.

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

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BY
VONDA
VANTIL

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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.

Dog Years

Karen posted a picture of Cassidy, the family Irish Setter, on Facebook, with a heartbreaking message, "This little lady gave us 15 years of her life but today we had to say goodbye to her."



BY
JOEL
DULYEA

Bob and Karen, their two children and two dogs, Cassidy and Ruby, lived next-door to us in a suburban home south of Baltimore. A wood retaining wall, topped with a shadow box fence, separated our yards. Of the two dogs, we met Ruby the black Lab first. She was there when we moved in.

Though we could not see each other, Ruby knew when each of us was in our respective back yard. With snout pushed as far as possible between the overlapped boards, her audible sniff was the signal, "I'm here! Pay attention to me!" Her side of the fence was higher ground, so we mutually admired each other and communicated face to face. Three sniff-touches of my palm and a wet lick affirmed my identity. She pulled back from the tight gap of the fence to look me over with both eyes, or perhaps just to pose and confirm, "It's me!" To see that sloppy-smile, tail-wagging dog was a happy occasion.

Cassidy did not run in her back

yard, she glided over and around it and up the back rise where she had access to the roof of a tool shed built into the side of the hill. In profile, her silky, chestnut red hair shimmered. She looked regal, a monarch surveying our yard with no need to lower herself to the neighbor's level. She was to be admired from a distance, a beautiful dog,



When our two wire-haired dachshunds came to live with us, we had a ramp made ready for them so their little legs could carry them from the deck down into the backyard. West-

erly winds carried an introductory scent of Heidi and Gretel through the fence. There was sniffing and snorting from the other side before Cassidy and Ruby appeared on the roof to get a look at the new neighbors. Ruby cocked her head side to side with curiosity. Cassidy seemed indignant. "Who were these interlopers?" It is ironic that Heidi, who bullied Gretel, was easily scared and agitated in the presence of other people and dogs, while Gretel was protective of her family and her territory. Gretel barked aggressively when introduced to Ruby, who may have insulted Gretel with a yawn. Heidi refused to meet the neighbors. She escaped my arms to run up the ramp and scratch the door to be let in.

One day, Merijo had let the girls outdoors before she was to leave for choir rehearsal. Suddenly, a loud screech came from the back yard. With a television remote in

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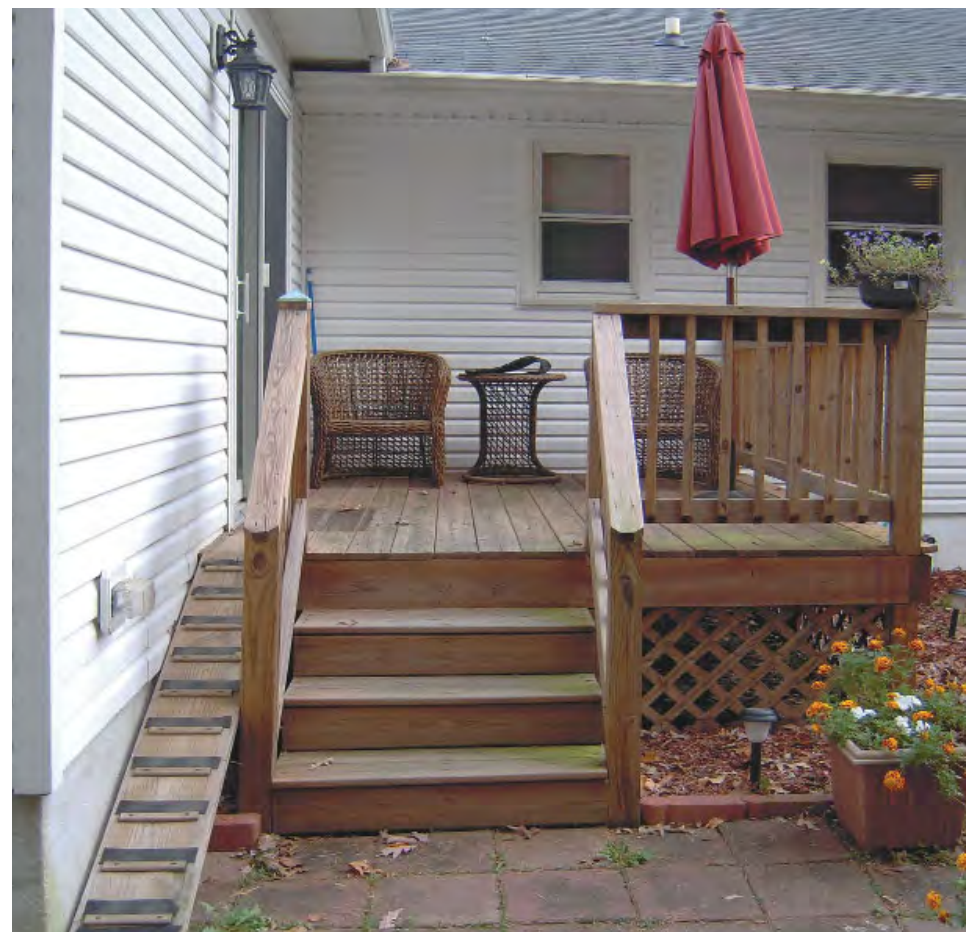
hand, she rushed outside just as Heidi darted past her, up the ramp and through the open door into the house. From the top step of the deck, she saw Gretel struggling to free herself from a raccoon which had grasped her hindquarters. Our little hero was saved when Merijo beat the raccoon off from Gretel with a television remote control. Fortunately, she was not injured badly, just a few scratches. Gretel that is. Merijo's rescue of Gretel brought a series of anti-rabies shots.

Gretel and Heidi moved with us to Michigan. Their companionship helped us through multiple transitions including retirement and an uprooting relocation. Heidi is 15 years old. Her face has grayed over time as Cassidy's and Ruby's have done. Gretel's color was always gray. She left us four years ago; we still miss

her. We remember all our dogs and all the goodbyes. The dog years provided us both companionship and unconditional love. Their names are etched in memories that give reference to our life at different times and in different places.



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



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BY
JOE
STAPEL

Senior Safety & Security

Safe Dining

Have you ever been out to dinner and someone started choking?

I have. That evening 21 of us, all over 70, were celebrating birthdays of three of the group. We were in a private room of a local restaurant, as we tend to talk a lot and would likely disturb others around us. We had started with dinner when I heard one of the ladies loudly say, "He needs help!" My wife pointed and said, "He's choking."

I got up quickly and went to him and asked if he was indeed choking. He was holding his hands on his throat (universal sign for I am choking and need help) and nodded as I placed my hands around his stomach, thumbs in, just below his ribs.

I gave him two very good stomach thrusts (he is a big guy), and after the second thrust, out came a piece of steak. It was such a relief to see the object come out. I could feel and hear his breathing start and he relaxed.

It happened so quickly. I reacted as I had been trained many years ago when I worked in Meijer Corporation's Loss Prevention Department. I also trained others for many years on CPR, AED, and the Heimlich maneuver. All those years and this was the first time I ever had to do it in an emergency.

Afterwards, he said to me "Joe, I knew I was in trouble and could not breathe so I put my hands to my throat showing I needed help, but no one reacted until you came over from the end of the table." I asked him if he was OK and if he was sore at all. He said no. I told him that if he had any problems at all that he should go to the emergency room. He said he felt OK and thanked me.

Twenty-one people sitting at that table and only two of us reacted. I think most were not sure if

he was seriously choking or not, and some were probably frozen in their chairs and did not know what to do.

Twenty-one people and only two reacted. We need to change that.

We need as many seniors as possible to know how to do the Heimlich maneuver. You never know when it is going to be your turn to help one of your friends in an emergency, and you want to be ready.

When food or another foreign object becomes stuck in the airway it can cause choking. Choking prevents oxygen from getting to the lungs and the brain. Lack of oxygen to the brain for more than four minutes may cause brain damage or death. It is important for all adults to recognize and know how to handle choking at home and in public places.

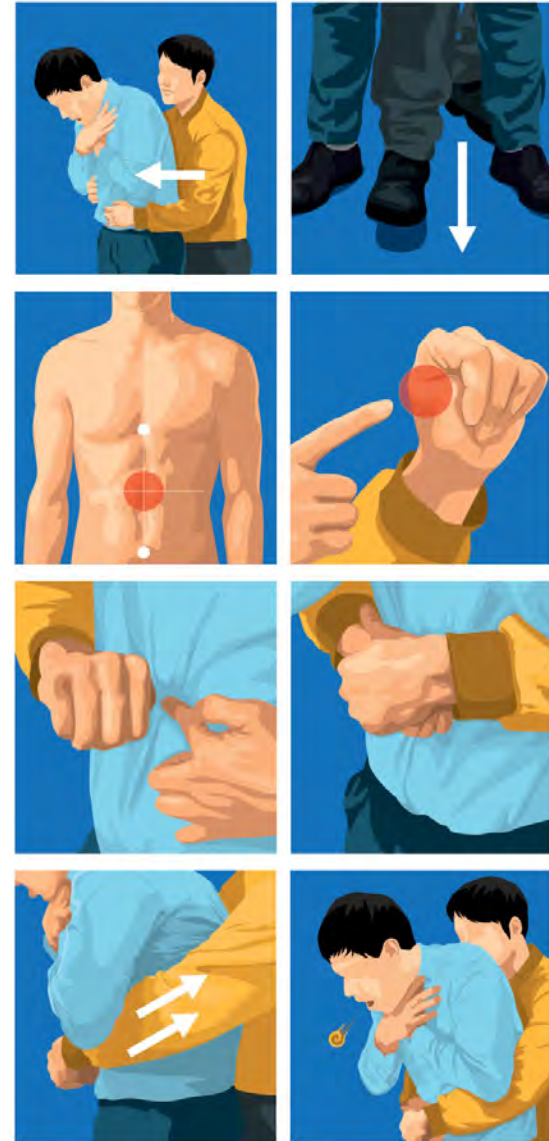
So, what do you do to learn how to handle choking?

The best way is to take a course where they teach CPR and the Heimlich Maneuver. An alternative is to go online and print out the directions. Learn how to do it on yourself over a chair if you are alone.

How can you as an adult prevent choking? Follow these precautionary measures:

1. Cut food into small pieces, especially meat.
2. Chew food slowly and thoroughly. Extra care is needed if you wear dentures.
3. Avoid excessive laughing and talking while chewing and swallowing.
4. Avoid excessive intake of alcohol before and during meals.

Stay safe, my friends.



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

Plantar Fasciitis –



BY
DR. TYLER
CLAVEAU

Has it Slowed You Down?

Have you ever woken up in the morning and stepped out of bed only to be met by a sharp, shooting pain in the heel of your foot? If this sounds like you, then you may be suffering from a very common condition known as plantar fasciitis. Approximately, 2 million patients a year are affected by this condition, and many more go undiagnosed.

On the bottom of your foot there is a broad, dense ligament that runs from the heel of your foot into your toes; this ligament is known as the plantar fascia. The plantar fascia serves some very important purposes: it supports the arch of the foot, assists in shock absorption, and aids in propelling your body forward. Repetitive stretching and tearing of this ligament can irritate and inflame the fascia, causing you pain. Symptoms of plantar fasciitis can be broad but almost always involve sharp pain to the bottom of your heel. Typically, the pain is worse with the first few steps in the morning or after a period of rest, but improves as you get up and start moving.

While there are many causes of plantar fasciitis, the most common appears to be biomechanical in nature. Individuals who excessively pronate, or roll their feet inward while walking, are at a higher risk to develop plantar fasciitis. Other common causes include: flatfeet, high arches, tight or short Achilles tendon, obesity, long distance running, being on your feet for long periods of time, and even pregnancy.

If it sounds like you may be suffering from plantar fasciitis then it may be time for you to make an appointment with your local podiatrist. Your doctor will



likely examine your foot to determine where the pain is coming from and then perform an x-ray. Often, the x-ray may show that you have what is referred to as a heel spur. A common misconception is that this is what is causing your pain, but actually the heel spur is often the result of the pull of the plantar fascia and is very unlikely to be the cause of pain.

Luckily, plenty of treatment options exist to combat this condition. First, your doctor will likely teach you stretching techniques to help stretch out the plantar fascia on a daily basis. Along with the stretching exercises, its very common to start wearing orthotics in a good supportive shoe to help support the plantar fascia throughout the day. Occasionally, if the pain persists your doctor may provide a small injection of low-dose steroid into the plantar fascia to relieve pain and inflammation. Other treatment options exist as well such as: anti-inflammatory medications, ultrasound therapy, physical therapy, and night splints. Very rarely, some patients may require surgery to release the plantar fascia and remove the tension from the ligament. But rest assured, there is an answer to relieve your pain!

Dr. Tyler Claveau is trained in both forefoot and rearfoot reconstructive surgery, correcting conditions such as bunions, flatfeet, and traumatic injuries. He is physician at Shoreline Foot & Ankle Associates with his office in Ludington. www.shorelinefaa.com



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Volunteering around Town



BY JACKIE
LINDRUP
RDH, M.Ed.

What does volunteering mean to you? To me in retirement, it's all about helping out. In the non-profit world, I volunteer as board president at Volunteer for Dental, a local non-profit that offers free dental care for those who volunteer first at an organization for a certain number of hours. In this same program, volunteer dentists provide the dental services and receive no payment. They

are rewarded by the thankfulness of the patients and by knowing they have helped someone by using their expertise. Often the entire dental office feels that way!

How can you help in your community or your neighborhood? Here are some examples I have found where volunteers were needed for projects recently:

- At Pere Marquette there is an Adopt-a-Beach beach clean-up, a monthly event from April through Sep-

tember, where you pick up trash on the beach and put into a bucket. As you pick up each piece you categorize it and write it on a tally sheet. At the latest beach cleanup, 37 volunteers picked up 5,006 pieces of trash, weighing 74.5 pounds! You can register at Greatlakes.org for the next one if you want to help.

- The Muskegon South Pierhead lighthouse along the Muskegon channel is looking for volunteers to help with tours on Monday, Friday and Saturday from 1-5 p.m. When Tom and I volunteered several years ago on Friday afternoons we met people from all over the world! Did you know that Michigan has the most lighthouses of any state in the U.S., with 124?



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□ Volunteers in my neighborhood recently finished a project painting the boardwalk railing at Pere Marquette beach, which had begun peeling and was looking very neglected. When professional painters bid on the project, the bids were up to \$20,000, which was not in the anyone's budget. But everyone wanted to get this project done! Ultimately a coordinated effort was made. The City of Muskegon bought the paint and neighborhood volunteers primed and painted the entire boardwalk railing bright blue over several weeks. It was fun, satisfying and looks beautiful, all for the cost of the paint and the hours volunteered to paint it! An added plus was that lunch was offered to the volunteers, another collaboration which included the neighborhood association and a helpful donor!



□ My husband Tom is interested in bicycling in Muskegon and is a member of the Friends of the Berry Junction Trail, who help maintain the trail's condition and keep it safe. A future project is the beautification of the trail with art sculpture. The first sculpture on the trail was donated by a family to honor the enthusiasm of their brother, an avid cyclist who

regularly rides 50 miles a day on the Berry Junction Trail. Tom is also part of the Muskegon County Bicycling Coalition, a group of volunteers who work with the city to make the roads safer for bicyclists. Both groups are looking for other volunteers to give input and help with projects. They have Facebook pages you can connect with.



□ If you are interested in a community bike ride join the "Muskegon Roll On" Monday nights that meets at the Farmers' Market beginning at 6:30 p.m. This bike ride is run by volunteers Ray and Melanie, who make it fun and map out the route ahead of time.

They teach bike safety to the group at the beginning of the ride so everyone is aware of the rules of the road, and they provide a short talk on the history of Muskegon along the route. Past topics have included neighborhood murals, the history of the oldest cemetery, and the evangelist Jim Bakker who lived in several houses in downtown Muskegon. At the end of the bike ride, you can choose to meet for a beer at Unruly Brewery near the Farmers' Market.

Keep your ears open, talk to your friends and get a group together to volunteer! It's amazing what we can accomplish working together! Do you have a passion or a talent to share? Paint a boardwalk, volunteer to get your dental care, clean a bike trail, beautify your beach, teach people about

your lighthouse, lead a bike ride! Have fun, help your community and Watch Muskegon Go!!!

Jackie Lindrup RDH, MEd lives in Harbour Towne and is a member of the Beachwood Bluffton Neighborhood Association board. She is a retired dental hygienist, chairs the Volunteer for Dental board, enjoys the beach, pastel painting, playing golf and traveling. She can be reached at jackielindrup111@gmail.com



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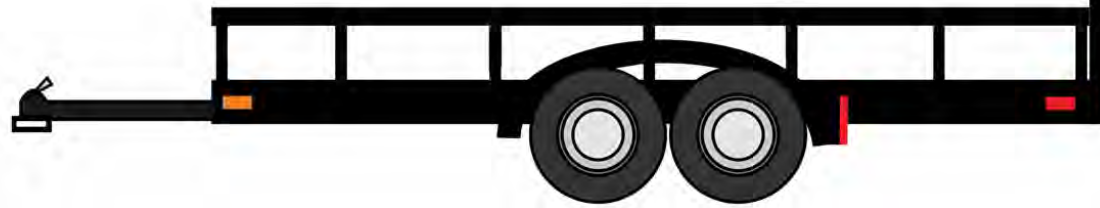


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Trailer Tales



BY
JERRY
MATTSON

When a dog wags its tail, it's happy. The tail never wags the dog, but if it could, the dog would probably not be pleased. While towing a trailer, sometimes the trailer wags the towing vehicle. This never makes the driver happy. At times, I have been that driver.

About midnight, on I-75, my friend Tom and I were heading south from Auto City Speedway in Flint pulling a trailer and racecar. Traffic was light and all was good. We were in the center of three lanes about five miles south of town. A tractor-trailer was in the slow lane and a car was a hundred yards or so ahead of the truck. Just as we passed the truck something happened. Suddenly the tail was wagging the dog. Then we were weaving across two lanes of the highway. I began imagining us in a roll-over. Spare parts, tool boxes and a cooler were all unsecured in the back and if tossed about inside the van could cause human damage. What could have happened? A broken trailer axle? Did a wheel come off?

While slowing down, the wagging decreased and finally stopped. I could now keep the van in one lane and all seemed fine, so we continued on.

"I know what happened," I told Tom. "That

truck hit us."

Back in Rochester, with a flashlight, we saw black tire marks on a hubcap and scuff marks on a tire and the fender. The next day I bought and installed two amber clearance lights on each side of the trailer.

Lessons learned: Make sure your trailer can be seen at night, from the side as well as the rear. As a driver, I never again pulled in behind someone passing me until I was sure nothing was being towed. Maybe that is something at least one semi-truck driver also learned.



Another towing tale was on a moving day. An assortment of household and garage items filled my van and were piled high and strapped onto a two-wheel trailer behind us. From Romeo to I-69 all went well.

On the freeway, about five miles later I felt,

and heard, something unusual. I looked in the outside mirror and saw the trailer out of shape, then we heard a muffled thump. This trailer wagged, but the dog was too big this time. I pulled off the road.

The trailer coupler had come off the ball and the tongue had gone under the truck. The receiver had punched a hole in the plywood front of the trailer. This was lucky as the safety



chains had come off and the trailer would have been free to go anywhere if not impaled on the hitch. I moved the van forward, detaching it from the trailer. The coupler looked OK and I was able to lift it over the ball again.

In all the years I'd hauled things, this was the first time that had happened. I know the safety catch was in the proper position when we left home.

A Phillips screwdriver became a temporary pin held in place with a Vise Grip.

It wasn't long until we started passing some vehicles that had gone by us at the scene of our morning excitement. Some may have seen the makeshift repair and had gotten a chuckle out of that, perhaps recalling their own trailer tales. Lesson learned: Always use a bolt or pin to ensure the trailer safety lock stays in place.

Jerry has had other towing incidents that could have turned into major accidents, but none did. Now, his greatest concern is keeping a tarp secured over a yard of topsoil for a five-mile trip.

September is National Library Card Sign-up Month



By Mallory Metzger

You can get a library card anytime during the year, and it's absolutely free! Did you know that September is **National Library Card Sign-Up Month**? This annual event is to encourage people of all ages to get a library card of their own.

Your library card can take you on one adventure after another, for your whole life! Libraries strive to be one of the greatest resources available for their community. They offer information, inspiration, and knowledge, encouraging patrons to break through barriers and embrace new things.

Like most local libraries, Hackley Public Library (HPL) was built for the community, to serve as a public library and reading room. Even though HPL has transformed throughout time, with the addition of modern conveniences and new resources, the charm of this historic library remains, and the goal to provide for the community carries on. HPL is here because of our community, and the library thrives because of the community.

The possibilities are endless at your local library. When visiting HPL, you can access public computers, printing/copying, and Wi-Fi. Hotspots are also available to bor-

row from the library. Thousands of materials are at your fingertips! You can browse a diverse collection of books, including fiction, nonfiction, large print, audiobooks, graphic novels, comics, and more. DVDs are plentiful, with movies, TV series, and documentaries, just to name a few. You can discover the latest magazines at the library and check out new music from a vast CD collection. Through digital resources, such as Hoopla and OverDrive/Libby, you'll have access to an incredible assortment of eBooks, audiobooks, movies, and music. Borrowing materials, both physically and digitally, is FREE – all you'll need is a library card, which is simple and free to get!

HPL is thrilled to offer a variety of programs throughout the year, with events geared toward youths, teens, and adults. If you're interested in Story Times or take and make crafts, music performances or special topic programs, we've got you covered!

Whether you come to browse books, use public computers, find answers to questions, or details on programs, we hope you'll come back again and again.

Mallory Metzger, Marketing and Program Coordinator with Hackley Public Library. Hackley Public Library is located at 316 W. Webster Ave. in downtown Muskegon, across from Hackley Park. hackleylibrary.org facebook.com/HackleyPL 231-722-8000

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BY
KEITH
SIPE

Keith's World

Beaver Island

I have been researching the history of Beaver Island and found some very interesting events that happened many, many years ago. Over time, Beaver Island has become a special place for me and got me thinking of this project

A friend of mine owned an airplane, and we flew together for many years. We made a few trips to Beaver Island, and finally decided to camp at one of the airports there, the southern airport (KSJX). We camped in a tent behind the airport office, by the woods. We set up camp, found some wood



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for a campfire and had foil dinners which we had made ahead of time. For breakfast, we planned on eating at Paradise Bay Coffee Shop, across the street by the entrance to the airport. Another time, on a beautiful October Saturday, we took our wives to Beaver Island for a picnic.

Beaver Island first appeared around 11,000 years ago, towards the end of the last Ice Age. Since then, Beaver Island has changed in surface area due to the rise and fall of the lake, currently 375 feet.

It was at its lowest level about 8,000 years ago and stayed that way for 4,000 years. During this low lake level time, Beaver Island, as well as the other islands in the area, were attached to the mainland of Michigan. You could actually walk from the northwestern side of Michigan to Hog Island, Garden Island and then onto Beaver Island.

When the lake rose around 30 some feet above its present level most of Beaver Island was under water, with the exception of the central plateau. Then it dropped

around ten feet to a smaller version of today's levels. The lake level is somewhat shallow between Hog Island and the Wilderness State Park area. The depth is around 35 feet to 40 feet. The general shipping lane of Lake Michigan will take loaded south-bound ships to the west side of Beaver Island. A few ships return empty and sometimes will take to the eastern side of the islands.

I found this information amazing – how the levels of Lake Michigan have changed over thousands of years. For me, it helps to understand how the world is ever changing, it isn't going to be the same forever. Your lake, hill, river or whatever, where you live, will not necessarily continue to be what it is presently. There really isn't any normality in our world. Our time here on earth is like a grain of sand on



Paradise Bay Coffee, on Beaver Island, October 10, 2011, took our wives for a picnic.

I enjoy the journey I take in researching projects. There are many roads on my journeys. There are times the journey might not have the most exciting end for me, but I always remember that each trip was still exciting and maybe... "out of this world."

Keith may be reached at right-seat625bg@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

the largest beach. We are here for a very short time. Who knows, maybe Grand Rapids will be on the shore of Lake Michigan in a few thousand years. Or maybe people will be able to travel to Milwaukee on land. In my opinion, you might be correct with either answer.

Opposite page: Our camp site on Beaver Island, dated July 9, 2004. Beautiful summer days.

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BY
TRICIA
McDONALD

Authors of West Michigan An Enriching Experience

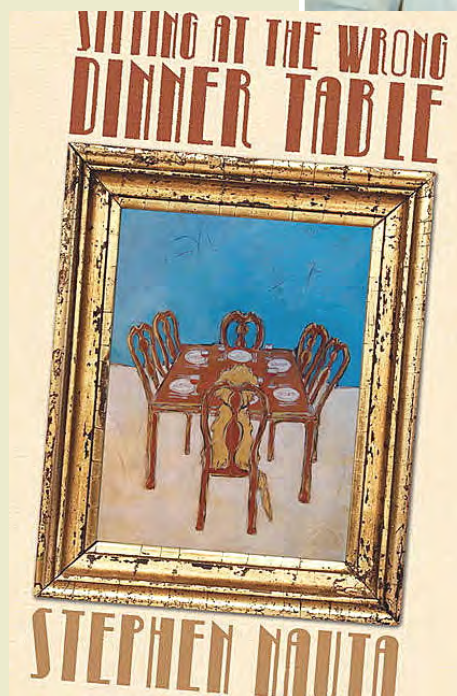
Percolate. That's what Author Stephen Nauta does when he has an idea for a book. Instead of outlining, he allows the idea to percolate before he puts pen to paper, or fingers to keyboard. "I have a general idea of where the book is going, but I don't get very specific."

When he began writing his novel, *Sitting at the Wrong Dinner Table*, Stephen thought he knew the ending, but the story took on a life of its own. The novel stewed in his soul for a long time and his need to put it on paper grew for 10 years. Once he started writing, he couldn't stop and four months later he had a 700 page manuscript. His wife, Jan, would read several chapters at a time as he wrote them. She would ask what was going to happen next and he would try to tell her where he was headed. When the story didn't end up there, he stopped predicting.

Stephen doesn't consider *Sitting at the Wrong Dinner Table* autobiographical, yet he did use what he's lived and experienced in the creation of the story. "In hindsight, I worked out a lot of my own stuff in this process." The novel was influenced by his 10 years of experience as a minister and his 20 year career as a clinical social worker in private practice. The backstory of *Sitting at the Wrong Dinner Table* is the story of Stephen leaving traditional church and faith behind. "It was a long struggle for me to break free from the chains that bound me to the church."

His next two books, *Help! There Is a Dragon in my Head* and *My Dragon Breathes Fire*, were written in collaboration with Jan, who has a 40-year career as a social worker. Utilizing a method she developed to help kids and adults overcome anxiety, these books are for anyone struggling with anxiety or an inner critical voice. The books help readers understand where the voice comes from and how to overcome "the dragon in their head."

Since Stephen has a personal connection to all his books, both kids' books have therapists as major characters. In *Help! There Is a Dragon in My Head*, the female therapist is Jan, and in *My Dragon Breathes Fire*, the male therapist is Stephen. "I think the male therapist is a bit cooler than me, and probably is able to say and do things I've only thought about saying." Not surprising, there is an eccentric therapist in *Sitting at the Wrong Dinner Table* who is



not based on either of them. However, she might be Stephen's "alter ego."

Growing up in the Dominican Republic for his first 18 years as a missionary child, Stephen has adopted Lake Michigan as his own freshwater ocean. He is active in boarding, sailing and biking. "I'm good at playing." Writing another novel is in the works for Stephen, as he would like to experience the process again. "Writing is one of the most enriching experiences I've ever been involved in."

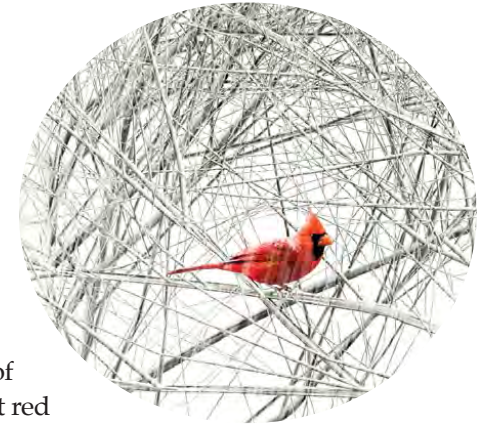
Tricia L. McDonald is an internationally published author, public speaker, and writing coach. Her new middle-grade book, The Sally Squad: Pals to the Rescue, was published in March 2020. Her Life With Sally series (four books) is a compilation of stories chronicling life with her miniature bull terrier,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

Contact The Bookman to purchase and read this author's book. The Bookman is excited to continue featuring authors living in our Greater Lakeshore Neighborhood.



BY
ROLINA
VERMEER

Cardinal Connection



Though they do quite well feasting on plenty of summer bugs and berries and woodland treats, my husband still feeds the

birds all through the season. It's such a pleasure to watch them rotate through our variety of feeders even though they must share a little with the invader squirrels. The squirrels are annoyingly greedy and somewhat destructive but so much fun to watch! However, the birds really do rule. And this year we have had an amazing variety of birds!

I never realized there are so many different kinds of woodpeckers, and the birds flashing a touch of yellow or orange have been prolific! Blue jays are regulars and I now know they have quite a thrilling trilling song as well as the harsh caw caw of their crow relatives. So many singing finches, yellow and red, and a few cooing doves and sweet chickadees come by as well. Nuthatches are new to us this year. I'm not too sure of them. They don't hang around long and I wonder where they go.

A dear friend is visited regularly by a singular cardinal. It's rare for us to have one at our feeders. But when I'm on the deck at my friend's house, there is always a brilliant cardinal flitting from one bush to another, surrounding the expanse of her country acreage. She says it's her dear, departed husband who has come to say hello and give a blessing to our visit.



A cardinal sighting, in popular culture, brings to mind the spirit of someone dear to us and we assign that cardinal the heartwarming role of a sort of guardian angel. Somehow, we know instinctively that we are being comforted or advised or winked at... or maybe just reminded that life goes on and that dear loved one, now represented by the visiting cardinal, is still with us, still holding a special place in our hearts.

My mother had a small collection of porcelain birds. As she started to downsize a bit, she gave away her lovely birds, one by one, to visiting friends, a kind neighbor, her cleaning gal. Each grandchild was offered a choice of bird, if they wanted one, to set on a bookshelf or the window ledge in their dorm room at school. Mom chose mine for me. One afternoon she handed me her beautiful, treasured robin, whose perch was a music box. The music mechanism had been wound too tightly and would not play for me, but I loved it and placed the lovely porcelain figure on a side table in my living room.

I often wonder why our bird feeders do

not attract cardinals.

We've seen one or two flashes of their brilliant red through the summer, but they do not visit regularly. I was thinking of mom and the lack of cardinal visits as I ran her feather duster over the tables and lamp shades and over the soft colors of the porcelain robin. On impulse I picked up the figurine and turned it over to remind myself of the musical piece it had once played. There was no descriptive label. Ever so gently, I turned the little dial as if to wind it up and to my surprise, it cooperated and wound enough to play out the soft and sweet melody of "Somewhere in Time." I admit, I choked up a little and looked heavenward for a moment. This sweet little robin was my "cardinal" and I appreciated the quiet and affirming visit.

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



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**WHERE
THERE'S A WALK,
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END
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alzheimer's association

Tribute to a Hospice Worker

When it comes to death and dying
There's a special gift you share
One that Angels all admire
One that goes beyond just care

It's a gift of deep commitment
One that eases pain and fear
And alleviates the sorrow
When the hour of death is near

Yet this gift is more than comfort
More than others at its best
For it cradles every patient
Right up till their last request

In this gift you give compassion
Wrapped in dignity and love
And in honor of your calling
There's a tribute found above

As a tribute to your serving
All the care that you bestow
High above this earthly planet
Hangs a Hospice Worker Rainbow

And this rainbow graces Heaven
A reminder of your goals
"End-of-life-care" you excel at
It's your gift to human souls

To the soul of every patient
Every brother, Mom and Dad
Every household member present
Every heart that's feeling sad

To alleviate this sadness
That engulfs a grieving heart
Counseling and intervention
Set your professional skills apart

So within the skies of Heaven
Bows of silver dangle high
On a rainbow made of glory
That makes every Angel sigh

And upon each bow of silver
There appears a Hospice Worker's name
As an everlasting tribute
For the Heavens to proclaim.

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Caregiver OVERLOAD!



BY
CHRISTINE
WISTROM

Dealing with the COVID-19 crisis has caused tremendous stress for all of us, but it has been an especially difficult time for those who care for others. Caregiving is difficult even in the best of times, but

when we have the added anxiety of something as overwhelming as a pandemic, it becomes critical that we take proper care of ourselves.

Many people feel a sense of guilt when they do something for them-

selves. That attitude may come from the belief early settlers had, that time spent doing things other than work was time wasted. That wasn't really true then, and it's certainly not true now. Taking care of yourself is of utmost importance. If you don't take care of yourself, how will you last through the long-term commitment of caring for someone else? You can't care for someone else if you are exhausted all the time.

Some signs of caregiver overload include:

Never Enough Time -- do you feel there aren't enough hours in the day

to complete all the chores that need doing? Do friends and family members complain that they never get to see you anymore?

Increasing Stress -- you may feel like you're being bombarded by stressful events. It may even lead to insomnia or panic attacks.

Social Isolation -- you would love to spend time with friends or other family members, but you're just too exhausted.

Feeling Poorly -- your body is using a lot of little aches and pains to let you know it's not happy with your lifestyle.

So, that being said, this week, why don't you think of something nice you can do for you? Take some time to read that book you wanted to read. Or, maybe go out for dinner, or invite some friends in for a good chat. Whatever you want to do, if it isn't hurting someone else, and if it makes you feel good, do it! You have earned it; and furthermore, you'll

continue to earn it.

If you think you can't take any time for yourself because the person you're caring for isn't feeling well, or that it would make them angry, it's likely you're already exhausted and you really need some time to nurture yourself. If they don't like it, well, how much do you do that you don't like? Take some time for yourself; you've earned it! Do something for yourself today. In fact, do something for yourself every day. If you do, I bet you'll be a better caregiver for it.

Caring for someone else is hard work. You deserve a bit of pampering too. Go ahead...you'll both be better for it. Good luck, and stay well!

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

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Radical Curiosity: One Man's Search for Cosmic Magic and a Purposeful Life

By Ken Dychtwald, PhD

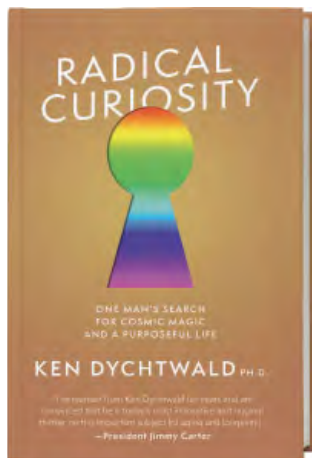
Excerpted from Radical Curiosity: One Man's Search for Cosmic Magic and a Purposeful Life by Ken Dychtwald, PhD, with the permission of Unnamed Press. Copyright © 2021 by Ken Dychtwald.

I vividly remembered a weekend in 1971 when I rode my motorcycle from Allentown, Pa., to visit my folks in their new home in Springfield, N.J. At that point, I had already tuned in, turned on and dropped out; grown my hair and beard; started wearing an earring and cultivated many viewpoints about life that were far more "alternative" to ones my father strongly held. He must have thought I had lost my mind — while I believed I was finding it.

Late that Saturday night in 1971, my mom had gone to bed and my father and I were arguing about something. He started barking at me with criticisms about my life and friends. I squared off with him, nose to nose. I felt:

"You don't know who I am — you don't get me!" I don't remember what we were fighting over, but I do remember it's the closest I'd ever come to telling him to go screw himself and punching him in the face.

So things wouldn't get completely out of control, I turned on my heels, went to the bedroom and slammed the door. Feeling I had to get out of there and not wanting to confront him again in the living room, I jumped out the bedroom window. Okay, it wasn't that high — maybe six feet above the ground. It was a dark and rainy winter night, and all I had on were my jeans, a T-shirt and a trench coat. With sheets of rain pouring down, it was going to take me about



two hours to ride my motorcycle back to my apartment in Pennsylvania.

As I careened down the highway, I was crying and furious. I was thinking, "The hell with you — I'm going to do what I'm going to do with my life." The road was wet

and slippery, and riding the motorcycle was a harrowing experience. Finally, at around 2 in the morning, I pulled off Highway 78 at the Fifteenth Street exit in Allentown and took the back road to my apartment. Exhausted, I parked my motorcycle in front.

Although it was pitch black, I noticed there was a car way down at the corner. It was moving slowly, but the lights weren't on. As I walked across the street to get to my apartment, I looked at this car as it was turning around. It was my dad. He had followed me all the way to Pennsylvania to make sure I was safe, and now he was silently turning around to drive all the way home.

Now nearly 50 years later, wanting to show him proper respect and kindness but not knowing how I should handle the situation with my dad nearing his death, I called one of my closest friends, Stuart Pellman, who was a bit older than me and had already dealt with the death of both of his parents.

He wisely told me, "Get one-on-one time with your dad and tell him everything you need to tell him. Even if he's unconscious, tell him you love him, ask him to forgive you for anything you may have ever done to trouble him. Tell him you forgive him for anything he might have ever done to upset you, and then tell him you'll always remember him."

And that's what I did.



Ken Dychtwald, PhD

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

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

Answers - Boggle Game:

MAY JUNE JULY MARCH APRIL AUGUST JANUARY

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

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

SCRABBLE G R A M S								SOLUTION
V ₄	I ₁	L ₁	L ₁	A ₁	I ₁	N ₁	RACK 1 =	<u>60</u>
J ₈	A ₁	W ₄	B ₃	O ₁	N ₁	E ₁	RACK 2 =	<u>77</u>
U ₁	N ₁	B ₃	U ₁	R ₁	N ₁	T ₁	RACK 3 =	<u>59</u>
G ₂	R ₁	I ₁	N ₁	C ₃	H ₄		RACK 4 =	<u>12</u>
T ₁	U ₁	R ₁	M ₃	O ₁	I ₁	L ₁	RACK 5 =	<u>68</u>
PAR SCORE 210-220							TOTAL	<u>276</u>

ANSWER - JUMBLE PUZZLE #1:
PAUSE SKUNK TATTOO WALLOP
They were able to get away from the porcupine because the porcupine was a —SLOWPOKE

ANSWER - JUMBLE PUZZLE #1:
ABOVE HEFTY ADRIFT WICKER
When asked if she wanted a ring made of gold or silver, she said —EITHER "ORE"



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