

Senior Perspectives

LAKESHORE EDITION

A FREE PUBLICATION
BROUGHT TO YOU BY:



SeniorResources
Our Name. Our Focus.

JANUARY | FEBRUARY 2019

Page 5 – Senior Perspectives' Awards ■ Page 10 – Team Senior Resources
Page 18 – Conquering Arthritis ■ Page 24 – Game Pages ■ Page 30 – Ask the Vet

FREE PUBLICATION FREE PUBLICATION FREE PUBLICATION



JANUARY | FEBRUARY 2019 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | | |
|--|--|---|--|--|---|
| 5 Letter from the Editor
<i>by Michelle Fields</i> | 10 Walk to End Alzheimer's
<i>by Michelle Fields</i> | 16 Social Security Q&A
<i>by Vonda VanTil</i> | 20 Lessons from Norway
<i>by Jackie Lindrup</i> | 27 You Decide
<i>by Tricia McDonald</i> | 31 Practicing Gratitude
<i>by Kim Kroll</i> |
| 6 Keith's World
<i>by Keith Sipe</i> | 12 Traveler Tales
<i>by Jay Newmarch</i> | 17 MMAP Minutes
<i>by Robbi Juergens</i> | 22 Can We Nest Here?
<i>by Janet Hasselbring</i> | 28 Self Care for the Caregiver
<i>by Sarah Nestell, BSW and Nancy Abiade, LMSW</i> | 32 Soul Food
<i>by Gill Boersma, M.Div, B.C.C.</i> |
| 7 Fire Safety
<i>by Christine Wistrom</i> | 14 Like Visiting a Different Country
<i>by Louise Matz</i> | 18 Conquering Arthritis: Part I
<i>by Holly Lookabaugh-Deur</i> | 23 Special License Plates
<i>by Jerry Mattson</i> | 29 Martin's Meanderings
<i>by Clif Martin</i> | 33 Ask the Provider
<i>by Joel Phillips, DO and Gerald Harriman, DO</i> |
| 8 Mixed Seasons
<i>by Joel Dulyea</i> | 15 Foot & Ankle Care
<i>by Dr. Jan Smolen</i> | 19 Beware of Social Security Scammers
<i>by Vonda VanTil</i> | 24 Game Page | 30 Ask the Vet
<i>by Dr. Eric Peterson</i> | 34 Muskegon Genealogy
<i>by Delicia Eklund</i> |
| 9 A Caregiver's Perspective
<i>by Rolina Vermeer</i> | | | 26 Reading is My Life's Passion
<i>by Dick Hoffstedt</i> | | |

EDITOR & PUBLISHER

Michelle Fields
231-733-3523
or 1-800-442-0054
michelle@seniorresourceswmi.org
SeniorPerspectives@srwmi.org

GRAPHIC DESIGN

Jay Newmarch
CRE8 Design, LLC
269-345-8845
jaynewmarch@gmail.com

COPY EDITOR

Bonnie Borgeson



ON THE COVER:

Glenn Rutgers
softglowdigital.com
gmrutgers@yahoo.com



WRITERS

Gil Boersma
MaryAnn Boyer
Joel Dulyea
Delicia Eklund
Michelle Fields
Janet Hasselbring
Dick Hoffstedt
Robbi Juergens
Kim Kroll
Jackie Lindrup
Holly Lookabaugh-Deur
Clif Martin
Jerry Mattson
Louise Matz
Tricia McDonald
Jay Newmarch
Dr. Eric Peterson
Jessie Riley
Keith Sipe
Dr. Jan Smolen
Cathay Thibdaue
Lisa Tyler
Vonda VanTil
Rolina Vermeer
Christine Wistrom

MEMBER OF



advocacy | action | answers on aging

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 of the 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



Did you know that Senior Perspectives has a Facebook page?
Like us! www.facebook.com/SeniorPerspectives



Will I outlive my savings?

Don't let fear stop you from planning.
The earlier you start, the more options
you have, and the more you can protect.

Join our **FREE** LifePlan™ Workshop

**Limited space available.*

UPCOMING LOCAL WORKSHOPS

Tuesday: **January 15**, 6:00 PM – 8:00 PM (Holland)
Thursday: **January 24**, 10:00 AM – 12:00 PM (Holland)
Friday: **January 25**, 2:00 PM – 4:00 PM (Norton Shores)
Wednesday: **February 6**, 6:00 PM – 8:00 PM (Norton Shores)
Friday: **February 8**, 10:00 AM – 12:00 PM (Holland)

CARRIER LAW

WORKSHOPS LOCATIONS:

HOLLAND – 12330 James St., Suite B-10
NORTON SHORES – 131 S. Seaway Drive

To reserve your seat or to request a
FREE info packet, call **(616) 361-8400**
or visit **DavidCarrierLaw.com** today.

FREE INFORMATION
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 advertisers.

- | | |
|--|---|
| <input type="checkbox"/> Bayview Towers, Pg 8 | <input type="checkbox"/> Metron of Lamont, Pg 19 |
| <input type="checkbox"/> Chestnut Fields, Pg 21 | <input type="checkbox"/> Oceana County MCF, Pg 35 |
| <input type="checkbox"/> Christian Care , Pg 31 | <input type="checkbox"/> Parkwoods Apt., Pg 17 |
| <input type="checkbox"/> Christian Haven, Pg 22 | <input type="checkbox"/> Robbinswood/NorthCrest AL, Pg 17 |
| <input type="checkbox"/> Christian Manor, Pg 30 | <input type="checkbox"/> SHAWL I & II, Pg 12 |
| <input type="checkbox"/> Cottages at Martin Lake, Pg 32 | <input type="checkbox"/> The Cove/Lakewoods, Pg 9 |
| <input type="checkbox"/> DaySpring, Pg 20 | <input type="checkbox"/> Trinity- Skilled Nursing Facilities, Pg 12 |
| <input type="checkbox"/> Heritage Senior Properties, Pg 11 | <input type="checkbox"/> Trinity-Sanctuary at the Oaks, Pg 33 |
| <input type="checkbox"/> MediLodge of Holland and The Shore, Pg 18 | |

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

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



Pam Curtis, CEO

SENIOR RESOURCES 2019 BOARD OF DIRECTORS

Chairperson..... Kathy Moore
Vice-chairman..... Ken Uganski
Sec./Treas..... Mike Koppenol

MUSKEGON COUNTY

Ron Giza Kathy Moore
Joshua Reece Ken Uganski
Sherry White

OCEANA COUNTY

Tami Ballantyne Martha Meyette

OTTAWA COUNTY

Tricia Bush Kathy Hanes
Lesla Jordan Mike Koppenol
Candy Kraker Tom Reinsma
Dr. Gary Robertson

2019 PROGRAM & PLANNING ADVISORY BOARD

Barb Boelens Allendale
Kathy Hanes..... Allendale
Cheryl Szczytko..... Caledonia
Rolina Vermeer Grand Haven
Bill Van Dyke..... Holland
Diane CunninghamMuskegon
Al CalderonMuskegon
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.

If you have a discrimination complaint, please contact Senior Resources of West Michigan, 560 Seminole Rd., Muskegon, Michigan, 49444, phone 231-733-3523 or 1-800-442-0054.

I Spy

It's easy!

Simply find this snow globe 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!



Page # where you found the snow globe

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

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

LAST WINNER: Stacey Williams of Whitehall, MI
The dementia logo was found on page 6 in the ping pong story photo.

Letter from the Editor

The National Award-Winning Senior Perspectives



BY
MICHELLE
FIELDS

Annually, mature publishing organizations have competitions where senior newspapers can go head-to-head against other publications throughout the country. Senior Perspectives entered two such competitions in 2018. They are the North American Mature Publishers Association and the National Mature Media Awards.



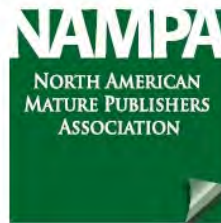
The first competition entered was the *National Mature Media Awards*. This competition is the nation's largest annual awards program that recognizes the best marketing, communications, educational materials and programs for adults age 50 and older. Using a rating scale of 1 to 100, a panel of national mature market experts judge the entries based on format, content, creativity, relevance and overall quality. Judges' scores are totaled and averaged. Gold, Silver, Bronze, and Merit certificates are awarded by Division and Category based on these averaged scores. Hundreds of organizations enter the competition each year including retirement communities, government agencies, financial institutions, media, Area Agencies on Aging, hospitals and health-care systems, AARP, Blue Cross Blue Shield Plans, Mayo Clinic, the National Institute on Aging, and the Veterans of Foreign Wars.

Senior Perspectives received five awards for the 27th Annual National Mature Media Awards in July. The winners were:

- Gold - Dr. Oluwatoyin Thomas, *Your Aging Parents and Cognitive Impairment*
- Gold - Diane Jones, R.N., *Diabetes Travel Tips for Your Summer Adventures*
- Gold - Dr. Aruna Josyula & Angela Green, *Managing Your Medications: The Basics*
- Bronze - Holly Lookabaugh-Deur, *Undetected Post-Concussion Symptoms*
- Bronze - Dr. Aruna Josyula, *When Is It Time to Give Up Your Car Keys?*



Senior Perspectives Writers and Staff (L-R) Rolina Vermeer, Jerry Mattson, Dr. Thomas, Michelle Fields, Dr. Josyula, Jay Newmarch, Jackie Lindrup, Glenn Rutgers, Lisa Tyler, Richard Vanderputte-McPherson, Pam Curtis and Dick Hoffstedt.



The second competition was with the *North American Mature Publishers Association (NAMPA)*. NAMPA is a non-profit association for publishers of local and regional senior publications. For the 2018 NAMPA Awards, the School of Journalism of the University of Missouri, located in Columbia, Missouri, performed the judging of the entries submitted by NAMPA members. Senior Perspectives' winners were:

- Glenn Rutgers, 1st Place - Best Use of Photography
- Jay Newmarch, 1st Place - Travel Column
- Holly Lookabaugh-Deur, 2nd Place - Senior Issues
- Michelle Fields, 2nd Place - Briefs and Shorts
- Jackie Lindrup, 2nd Place - Travel Column
- Diane Steggerda, 3rd Place - Column Review
- Rolina Vermeer, 3rd Place - Personal Essay
- Jay Newmarch, 3rd Place - Travel Column

- Honorable Mention Writers:
Jerry Mattson
Dick Hoffstedt

- Other awards included:
1st Place - Best Single Ad, Black and White
1st Place - Best Use of Color
3rd Place - Annual Resource Guide
3rd Place - Table of Contents
3rd Place - Best Single Ad, Color



Annual Resource Guide, Andrea Douglas, Kim Vazquez, Lisa Tyler



Dr. Thomas, Fields and Dr. Josyula



Travel Column winners, Jackie Lindrup, Michelle Fields, Jay Newmarch and Pam Curtis



Two-time winner, Holly Lookabaugh-Deur



Rolina Vermeer



Jerry Mattson



Dick Hoffstedt



Glenn Rutgers



Our copy editor, Bonnie Borgeson. Without her editing expertise, these awards might not have been possible.

Flying has always been one of my passions and I was fortunate to have been able to fly.

Recently, I had the opportunity to meet with Marge Beaver, an experienced pilot for many years. Marge has over 7000 hours of flying time. She has flown to almost every state and even Canada.



BY
KEITH
SIPE

Let me share with you some of her interesting stories, which all started for her in her late 40s.

It was a flight in a commercial plane where she found her interest in flying. Marge just couldn't get over the excitement of that day. And when the opportunity came up for a flight in a small plane, she took it. It was a Tomahawk plane at Executive

Air. After that flight she found her love for flying, and it didn't end there.

Marge joined a flying club, and while flying she thought it would be great to take some photos, so she started taking and selling photos of the area. When Marge shared her photos, she found that club members were not authorized to use the plane for any sales work of this sort. That was when she decided she needed her own plane.

It didn't take Marge long until she found a plane in Oklahoma, a 1972 Cessna Cardinal 177, so she flew to Oklahoma. Marge knew she would need to check the plane over and make sure she would be satisfied with the purchase. When she got there, she found that there was no one available to mechanically check over the plane. Marge looked the plane over and after being somewhat satisfied, she and the seller took the plane up. I think she already made up her mind that this was the plane for her, since she only bought a one-way ticket. She knew!

Marge started taking aerial photos of many things she found an interest in, such as the fire at Bil-Mar Foods. She took many photos and was able to sell them. Companies hired her to fly and take high altitude aerial photos for mapping and other business uses. This would take her on many journeys throughout the United States.

While visiting Marge in her home, I noticed many of her photos on the walls of her living and dining rooms. Beautiful photos of the fall colors around the state, along with summer photos

Keith's World Marge Beaver



of the shoreline of Muskegon.

I found her own books of aerial photos of Michigan on a table in her living room. One was a book with aerial photos of all the lighthouses of Lake Michigan and Lake Huron. In the book I

found photos of lighthouses in summer, along with winter photos of lighthouses with the ice climbing up the side. I asked if these books were for sale and she said they were. I thought they would be a great gift to someone. She not only has produced all these books of aerial photos, but also many matted prints of Muskegon and many other places.

Marge actually does her own printing of photos using a 44" printer. She maintains a web site (www.photography-plus.com) where you can find out all the information about her photos. Marge also does power-point presentations. I went to one a few years ago with a friend and really enjoyed the presentation.

She said she flies from the right seat. Normally the pilot sits in the left seat, but not Marge -- she finds it is better for her in the right seat. The left seat was removed and that is where one of her cameras is positioned. She also has the ability to take photos from her side window which she can open.



Back in 2009, I was able to fly to Oshkosh in my friends' plane. I heard that if you ever fly your own plane in to Oshkosh, Wisconsin, during the EAA Fly-in (Experimental Aircraft Association) event, you should have someone with experience to help you with the landing process. Marge told me she flew in to Oshkosh by herself at least 12 times and sold her photos from her booth at the event for many years. I was very surprised and impressed when Marge said she flew in to Oshkosh on her own.



There is no vocal communication between the pilot to the ground. There is a wagon on the ground with the air traffic controller who is giving the commands. All the pilot does is tip the wings to acknowledge the commands. There are two runways at Oshkosh, one is "east and west" and the other is "north and south." Planes are coming in in all directions.

It was a very exciting time for me to visit with Marge Beaver in her home. To see all her work all in one place was very impressive. Check out her web site for yourself and pick up one of her works. Oh, by the way, don't tell Marge, but I'll let you know a little secret...she is 83 and still putting air under her wings.

*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.*

Note from Copy Editor Bonnie Borgeson: 'I have two of her books, Above the North and Above West Michigan. My sister has her lighthouse book. Her pictures are gorgeous and you'll start noticing them on walls all over town in restaurants and offices. She was a speaker at a Friends of Art meeting at the Muskegon Museum of Art last year and showed many of her aerial photos.'

Fire Safety



BY
CHRISTINE
WISTROM

Most of us try to keep fire safety in mind when we are cooking or working around our homes, but sometimes it helps to stop and take a closer look at how well prepared we really are. You probably feel confident if you have a fire extinguisher handy in your kitchen. Did you

know that many people with disabilities are unable to pull the pin out of their fire extinguisher? If you have muscle weakness, or arthritic hands, pulling the pin out so you can use your extinguisher may be impossible. Fire fighters may suggest you leave the pin partially pulled, but that can cause the extinguisher to prematurely discharge and when you need it, it may not work. So, if you have a fire in your home, what can you do? As with most fires, your best bet may be to call 911 and go outside.

Two out every five home fires reported take place in the kitchen. Ninety percent of kitchen fires are from cooking mishaps,

most often caused from unattended cooking equipment. If you have a kitchen fire, try to smother it by tossing a damp cotton towel on it, or throwing a box of baking soda on it. Many people keep an open box of baking soda in their refrigerator to deodorize it. If the soda is easily accessible, it may save the day, but do not substitute flour, sugar or baking powder. Baking soda has bicarbonate in the soda that releases carbon dioxide that will smother the flames.

Some other tips include using a timer when you leave something on the stove, not wearing full, dangling sleeves while cooking, and keeping all flammable items away from your cooking area. If a fire starts in your microwave, turn off the power and keep the door closed until the fire goes out. Do not use the microwave again until it is checked by a professional repairman.

If you have a grease fire, do not try to put it out by pouring water on it. This could cause a fireball to develop. Also, do not try to toss the burning pan into the sink as you may drop it and burn yourself. Instead, turn off the heat and place a lid on top to suffocate the flames.



The best way of responding to a fire is by preventing it in the first place. Be sure you have a smoke detector on each floor of your home, and make sure it is in working order. Place one near the kitchen, and another by your bedroom or sleeping area. Replace the batteries at least once a year. If you use a space heater, take care not to overload the electrical circuits, and keep your living area clutter-free and well illuminated. If you use a wheelchair, make sure there are two wheelchair-accessible exits available. A bit of common sense and some advanced preparations can make fire safety a reality.

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



Turning 65?


We can help you find a health and dental plan that's right for you...

FOR MORE INFORMATION CALL:
Joe Austin | 616.895.5846
6355 Lake Michigan Drive | Allendale, MI
Office hours: M-F 8am - 4:30pm




**OTTAWA COUNTY
FARM BUREAU®**

Wonder Aimlessly.



**HACKLEY
Public Library**

Everything Imaginable.



316 W. Webster Ave., Muskegon MI 49440
hackleylibrary.org • 231-722-7276



Senior Millage Activities in Full Swing!

Call (231) 733-8643 to reserve your spot

MCC Lakeshore Fitness Center

Senior Aquatic Classes

Starting January 8, every Tuesday & Thursday from 2:00-3:00 pm.

Senior Friendship Dance Day

Friday, February 15 from 2:00-5:00 pm.

Orchard View Community Education

Pickleball

Every Thursday from 4:30-6:00 pm. 3 courts available with one designated for beginners. Equipment is supplied.

Tanglewood Park

Identity Theft Presentation

Thursday, January 10 from 1:00-2:30 pm

In-Home Care & Senior Residents Presentation

Friday, February 8 from 10:00-11:30 am

Made Possible By:



Mixed Seasons



BY
JOEL
DULYEA

It was a transcendent moment that spring day in April 2018, but not for any special reason or accomplishment. It occurred while Merijo and I answered winter's demand to shovel our driveway. The task might have been easier if I was a better prognosticator and not stowed away the snow blower too soon. After two hours of shoveling wet and heavy snow, arms tired and back sore, the special moment occurred. I turned to see my wife dressed in black jeans, maize and blue jacket, stocking cap and white mittens. Wielding a red-handled shovel, with which she cleared snow from the driveway, she paused, lifted her face to the sky, and with a breath from the depths of her lungs lamented, "OK, isn't it time for winter to stop?"

April had deceived us with sunshine enough to melt snow and convince brown patches of turf, shadowed with green whiskers, to unite into the remembered backyard of warmer temperatures. In anticipation of spring's imminent return, our spirits were on the rise. But winter ignored our calendar. I pulled the curtains open to greet with a groan another morning of winter on spring's door step.

It was a day to endure; a day to remain couched inside with a book beside the fireplace, sheltered from unwanted visitors that ignored boundaries. Sleet slapped our wooden deck with applause, gleeful to linger. Snow blanketed the bed of daffodils, tulips, and grape hyacinth, prolonging their slumber, delaying their blossoms. Hail mimicked our wire-haired dachshund, tapping at the sliding glass door to be let in. It was a time to hole up and wait for warmer temperatures, but Heidi had an appointment with the veterinarian.

Later during the morning, Merijo called

from the vet's office to tell me she nearly got stuck at the end of our driveway. With shovel in hand, I traipsed in boots and warm clothing to the end of the driveway and shoveled. Twenty minutes later Merijo returned with Heidi and slid into our garage on her third attempt. She then joined me to remove snow from the driveway. Once she started, she wouldn't stop, so neither would I.

Thirteen years ago, Merijo couldn't walk. Scoliosis caught up with her, leaving her bedridden. Eight months after her surgery, she returned to work with two titanium rods holding her spine as straight as the surgeon could make it. She has strength enough for her physical needs now. Enough to shovel snow.



Her back bone inspires me. Shoveling snow. In that mundane occurrence, when Merijo directed her rhetorical question heavenward, was a coagulation of our life together. Overlapped layers of shared memories melded into a moment. The benefits of our marriage filtered into consciousness; the recognition of love in full maturity.

Merijo crafted a glass jar with the label "Good News" and has placed it in the kitchen. We deposit written messages of meaningful events during the year and read them to each other on New Year's Day 2019. Upon one note was an early valentine message scribbled after a cold winter's day in the spring of 2018: "I shoveled snow with the one I love, the one who loves me."

Joel Dulyea is a United States Army retiree who loves to sing with his wife Merijo, go on dates with his daughter and spoil his wire-haired dachshund, Heidi.

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

TYT 711

Fax: 231.726.4356

864 Spring Street, Muskegon, MI 49442

Bayview@imsteam.net

Equal Housing Opportunity





A Caregiver's Perspective



BY
ROLINA
VERMEER

I have a little basket next to my bed... near the head of the bed where I can reach down and easily put my searching hand on the book I want. The books are neatly lined up by size, spine up, titles

easily read and identified. The basket holds seven or eight slim volumes or three seriously substantial books. While my bookshelves are on overload, this basket will not allow me to mindlessly stack all the books I think I need to read sometime soon. There would be mountains! As it is, my immediate reading looks like this: One book club book, a book or two for my spiritual development reading, a highly recommended book which would have been borrowed from a friend and a book sale or garage sale book I could not pass up. That's the short list. Throw in a couple more I need in the queue for reference or inspiration and I have a full basket! I read them all, usually reaching for whatever captures my attention at the moment. But sometimes I'll read the book that allows a healthy mental escape or one that bolsters my sagging psyche. I'm so grateful for book sales and my library card!

I come from a family of readers. Mom

and Dad read the Bible together at the end of every day. While growing up we rarely watched television but in the evening, we could all be found reading quietly somewhere. Dad read European history and philosophy books, *Time* magazine, the local newspaper and the *Wall Street Journal*. (I always liked to give dad a book at Christmas and would share some of my favorite authors. He was a good sport and read most of them, although after the third Gabriel Garcia Marquez novel, he requested a moratorium on my gift books. I think they were just a little too fantastic for his literary taste.)

Mom's reading material could be summed up in three categories: Women's magazines, the local newspaper and a "nice" novel. It was not easy to give her a book. I thought she was a borderline Harlequin novel reader (I just couldn't) but to her credit, it was a step up to her criteria for a "nice" book. A book too clean and devoid of a little angst and titillation were not interesting to her either. A little bit of naughty behavior buried in the book did have its appeal. She especially liked epic historical romances, or books about small town life and love.

"The Great American Read," a recent PBS quest for America's most loved books, put the *Outlander* series at the top, second to *To Kill a Mockingbird*. Mom would have read the entire *Outlander* series. I'm sure of it!

I chuckle when I think of mom's "nice" books. She couldn't tell me exactly what that meant but my guess is that she wanted to read something that captivated her and kept her interested with a great story line, well developed characters and most importantly, a happy ending. Happy endings were the measurement of a great life and I'm convinced she more than mastered the happy ending!

Quite soon, a larger book basket may be found next to my bed.

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

Family serving families
with clinical excellence and
compassionate care.



The Cove at Lake Woods

Assisted Living

- ▶ Four private room sizes with kitchenettes
- ▶ Suites, and large rooms for couples
- ▶ 24-hour staffing
- ▶ Three delicious meals and snacks, breakfast served in-room
- ▶ Beauty/barber shop
- ▶ Podiatry, vision, dental, pharmacy, lab and X-ray services available

Lake Woods

Nursing &
Rehabilitation Center

- ▶ 24-hour nursing care
- ▶ Physical, occupational and speech therapy
- ▶ Post-surgical and wound care
- ▶ Short-term and long-term care
- ▶ Restorative nursing



1750 Vulcan Street, Muskegon, MI 49442 | (231) 777-2511

www.peplinskigroup.com



Passionate People. Compassionate Care.

Team Senior Resources Raises Awareness for the Alzheimer's Association



Senior Resources CEO Pam Curtis and daughter Shelby



During the Walk, participants were given flower pin-wheels with the various meanings; Blue — I have Alzheimer's. Yellow — I am supporting or caring for someone with Alzheimer's. Purple — I have lost someone to Alzheimer's. Orange — I support the cause and a vision of a world without Alzheimer's.



Senior Resources' HR Director Nicole Epplett with husband Jimmy and son Cam

By Michelle Fields

The Walk. Annually, the Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. In September, the staff at Senior Resources of West Michigan and Agewell Services joined with the local Alzheimer's Association and others during the walk at Heritage Landing in Muskegon. With 61 teams and over 400 participants, the local Michigan Great Lakes Chapter raised \$66,752.72.

Senior Resources was privileged to partner with the Alzheimer's Association again in 2018. The Walk to End Alzheimer's is a major project of the Senior Resources' Community Outreach Committee, led by Abbey Gannon. The Alzheimer's Walk is an annual event at Senior Resources, which has raised monetary funds and awareness through a variety of fundraisers including "Casual for a Cause" days, 50/50 drawings, dine-out events, bake sale and other events. "The Senior Resources and Agewell team raised \$4962.71 for the 2018 Walk to End Alzheimer's," said Abbey Gannon, who leads the Senior Resources team efforts. She was thrilled with the results. "We surpassed our goal, both monetary and in number of people who walked with us."

In early November, Erin Murphy, Special Events Coordinator for the Alzheimer's Association Michigan Great Lakes Chapter, presented Team Senior Resources and their newspaper, Senior Perspectives, with a plaque recognizing their team efforts and media sponsorship.

Community Partner of the Year. The Alzheimer's Association's "An Evening of Thanks" was held at Fricano's Restaurant in downtown Muskegon on Nov. 13. Senior Resources of West Michigan was presented the 2018 Community Partner of the Year Award, graciously accepted by Pam Curtis. "This award would not be possible without all of the hard work and efforts of the entire Senior Resources team. I see our partnership with the Alzheimer's Association as a two-way street, helping those affected with Alzheimer's and their families better utilize all services available in our area," stated Curtis.

Right, Senior Resources CEO Pam Curtis and the Alzheimer's Association's Community Engagement Manager, Tim Breed
Below, Senior Resources' Michelle Fields, Abbey Gannon, Pam Curtis, Amy Florea and Mike Fields.



Members of Team Senior Resources/Agewell



Senior Resources Walk Coordinator Abbey Gannon (left), Erin Murphy (center) and Senior Resources CEO Pam Curtis (right).

For more information regarding caregiver support groups and Dementia Friends® contact Senior Resources at 231-733-3585. www.SeniorResourcesWMI.org. Find out more about the Walk to end Alzheimer's at www.ALZ.org.

Your Home for Today... and Tomorrow



LIVE A LIFE OF JOY

at West Michigan's Premier, Family-Owned
Independent & Assisted Senior Living Communities

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) 846-9000

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

TRS Dial: 7-1-1



www.HeritageSeniorCommunities.com



Traveler Tales

Berlin. Cosmopolitan, Complex and Ever Evolving.



BY
JAY
NEWMARCH

Industry, order and process lie side by side with the beauty of nature. While that's a good summation for Germany, it is far too simplistic. There's so much more to a country that once controlled most of Europe and then was broken into pieces after World War II. That division, especially the competition between east and west, is still very visible. Nowhere more than in its capital of Berlin, our first stop in Germany.

We arrived in Berlin midmorning and immediately began to explore. Berlin is a thoroughly modern city with an underlay of ancient buildings and, of course, evidence of the long divide between east and west. As the boundary between east and west

Berlin follows the Spree River, we found ourselves constantly moving back and forth between what was the east and west sides of Berlin.

Our apartment hotel was just blocks from the main Berlin railway station (Berlin Hauptbahnhof), so we chose to use that as the spoke of the wheel from which we investigated the city. Both the S-Bahn (the above ground train or subway) and the U-Bahn (below ground subway) are located at the Hauptbahnhof, as are rental car depots. As is the case with many other large cities around the world, you are never without modes of trans-

portation. There are trains, trolleys, buses, taxis, Uber and bicycles to choose from. And, never forget your best and most reliable mode of transportation, your feet.



This first day, as it would be a relatively short one due to our long flight, we focused on radiating out on foot and taking in the sites. It's always a great way to get your bearings and set the stage for the rest of your stay without wearing yourself out. After a transatlantic flight, I prefer to keep myself moving, even though my first inclination is to hit the bed and sleep. That being said, be realistic. You've probably been up nearly a day, so you don't want to plan too much.

We walked the couple of blocks to the railway station and took our time taking it all in. We figured out where we would collect our rental car

in two days, walked the four level mall, gathered items for our apartment and grabbed a coffee. It's great fun to slowly wander the neighborhood and just people watch. Travel can be so hectic and schedule oriented. Allow yourself time to start slow and take in the people, the sites and the feel of the place you're visiting.

That evening we enjoyed a great German dinner at Schnitzelei, a perfect neighborhood restaurant. It's not a place that we would have wandered into on our own, but one of the individuals at our hotel recommended it. The recommendation was spot on.

The next morning we really spread our wings with a Berlin Wall bike tour that took us through many spots important to the east/west history of the Berlin Wall. I was amazed

Get Better. *Go Home.* Rehabilitation & Wellness



SANCTUARY AT McAULEY

Muskegon • (231) 672-2578
SanctuaryatMcAuley.org

SANCTUARY AT THE PARK

Muskegon • (231) 672-2202
SanctuaryatthePark.org

- Physical, Occupational, and Speech Therapy
- Spiritual Care
- State-of-the-Art Rehab
 - > Joint Replacement
 - > Post-Operative Care
 - > Cardiac & Stroke Rehabilitation

Affiliated with
 **MERCY HEALTH**

TrinityHealthSeniorCommunities.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.





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



at how pieces of the wall still exist, albeit in very small sections. One intact area of the wall has been turned into a linear memorial with a museum at one end. It is quite arresting to see the wall and no man's land and to imagine this meandering throughout Berlin. In fact, there are construction cranes dotting areas all along the Spree River. Our guide explained that these former no man's land areas on the

East German side of the Spree River are being gobbled up by investors for both commercial and residential development.

We biked past symbols of both east and west superiority -- buildings meant to represent each side's dominance over the other. The TV tower with observation deck is the highest structure in Berlin and was constructed by the East Germans to demonstrate their technical prowess. In reality, with the large flight of East Germans to the west, they found themselves unable to complete construction. They had to bring in Swedish technicians to finish the tower. The tit for tat continued throughout the Cold War. The west built a giant mall right on the border in sight of the tower. It was meant to show East Germans all of the shopping options they were missing in the east.



In the center of Berlin is the Memorial to the Murdered Jews of Europe. The memorial is both stark and graphically powerful. 2711 concrete slabs of differing heights span the site. There are undulating walkways that weave in between the slabs. At one moment you are standing above a slab and then find yourself deep within a series of towering slabs.



As Berlin has a long history of both successes and struggle, the visit can be somber and powerful. But Berlin's ability to reinvent while not forgetting is admirable. We were able to spend a lighter moment celebrating their love of Currywurst at the Currywurst Museum. Light and fun, it ended with a tasty sample of the aforementioned treat.

Both old and new, there is much to see and enjoy in Berlin. It is a beautiful city with generous, friendly people. You'll be moved by its history and historic architecture while being mesmerized by the thoroughly modern, hip and casual feel of today's Berlin.

When we picked up our rental car and hit the autobahn toward Dresden, I made a promise to return and uncover even more unique sites in this fascinating city.

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.



Short Term@ Home Rehab



Skilled Nursing



Social Work



Aid Services



Community
HOME HEALTH CARE SERVICES



CommunityPACE
At Home, INC. A Program of All-Inclusive Care for the Elderly

The Home Care Advantage Bring Wellness Home

Community Home Healthcare has been providing high-quality home health care & therapy to some of the most under-served populations in Michigan for nearly 40 years. We're dedicated to patient outcomes even when getting to the patient's home is very difficult.

As an agency, we operate in a positive, collaborative way.

Your Doctor prescribes home care and therapy.
Our staff comes directly to you at your home.
A customized plan is made with your wellness in mind.

HELP starts with a phone call 800-689-6675

www.communityathome.com



Like Visiting a Different Country

Have you ever spent any time in Michigan's Upper Peninsula?

I don't mean just across the bridge to St. Ignace or even Sault Ste Marie. What I mean is turning west on Hwy 2 after you cross the bridge and driving 100-400 miles. The culture change is like being in another country. You'll visit towns like Engadine, Gulliver, Manistique, Gladstone, Escanaba, and Bark River.

The first thing you'll notice is all the signs for "Pasties." A little research tells me that when the Cornish came to the copper mines of the Upper Peninsula, they brought with them a lot of mining knowledge which the other ethnic groups did not have. The other ethnic groups looked up to the Cornish and wanted to emulate their mining successes. Many Cornish practices were then copied by the other ethnic groups, including the pasty as the standard lunch for miners. The pasty became popular with these other ethnic groups because it was small, portable, very filling, and could stay warm for 8-10 hours. As evidenced by roadside signs, restaurants and fundraisers, the pasty is still very important in the UP.

My husband and I have been hunting in the UP for over twenty years. Following are a few other observations that tell us we're not in Kansas anymore:

- In addition to pasties, smoked fish and jerk are two other food favorites specific to the UP.



BY
LOUISE
MATZ

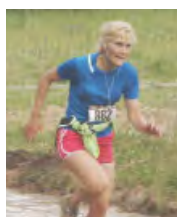
- We call them Yoopers. They call us Trolls.
- Politicians talk a lot about not sending any UP money "below the bridge."
- You need to look hard for a Detroit Lions fan. Green Bay Packers are the adopted favorite in the UP. Walk in to any bar or casino showing the football games and you'll find yourself seriously outnumbered by Green Bay fans.
- UP natives wear a lot of camo clothing, and they wear it everywhere, even in church.
- Seems everyone living here has a tractor, a snowmobile or a four wheeler.
- Fall color is spectacular. Cell phone service is spotty.
- We saw a poster promoting a healthy lifestyle. It pictured a mother and daughter enjoying archery target shooting outdoors. Can't say I've ever seen anything like that "below the bridge."
- Yoopers are friendly and helpful. We had the misfortune to have a flat tire on one of the back roads and three vehicles stopped to offer help.

Do I recommend a trip to da upper peninsula? Ya, you betcha!

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



Foot & Ankle Care



BY
DR. JAN
SMOLEN

Question: I have diabetes and was just informed I have neuropathy. What is neuropathy?

Answer: Peripheral neuropathy is a complication of diabetes. It is a deterioration or degeneration of nerves, which can show symptoms of numbness, tingling, burning, shooting pain and muscle weakness. A person can have one or more of these symptoms. The nerves in the feet and legs show these symptoms first because they are the longest nerves in the body and are more susceptible to damage.

Question: Having diabetes and neuropathy, what can I do to protect my feet?

Answer: There are several things you can do to keep your feet healthy:

- Bathe and shower regularly
- Check your feet at least once a day. If you can't reach them ask someone to check your feet for you or use a mirror to check for blisters or scrapes that may have occurred during the day
- If you notice a scrape or blister, wash it immediately with soap and water and apply either triple antibiotic or bacitracin antibacterial ointment
- Have a first aid kit in your home with the following:
 - o Sterile gauze
 - o Antibacterial band-aids
 - o Antiseptic wound spray such as Bactine, Triple Antibiotic ointment, or Bacitracin ointment



- Wear socks and shoes that fit well, and remember to keep a thumb's width between shoe and end of toes
- Wear diabetic socks. These can be found in many stores.
- Keep your blood sugar in control
- Eat fresh! Vegetables, fruits, nuts, whole grains, low fat dairy, beans and lean meat are always good choices. Try to stay away from packaged food.
- If your Doctor prescribes medication for your blood sugar, take it as directed.
- The B vitamins, B-6 and B-12 play an important role in nerve health.
- Stop Smoking. Smoking causes your blood vessels to constrict. This can cause decreased circulation to your feet and your nerves may get less blood and can lead to more pain.

- With your physician's permission, do some form of exercise 4-5 days per week for 30 minutes. Join a Silver Sneakers Program at your local gym. Go for a walk or hike. Even 10-15 minutes is beneficial. Join a yoga or zumba class. Get a friend to start exercise with you.

Have fun with it and don't forget to laugh.

Jan Smolen DPM is board certified by The American Board of Podiatric Surgery and is a Diplomat of the American College of Foot and Ankle Surgeons. She works at Shoreline Foot and Ankle Associates in Muskegon, Michigan. She enjoys running, hiking and kayaking with her husband Ron and watching their 3 children play sports.



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



Question: I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).



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

Answer: It depends on your date of birth. If you were born before 01/02/1954 and your spouse is receiving Social Security benefits, you can apply for retirement benefits on your spouse's record as long as you are at your full retirement age. You then will earn delayed retirement credits up to age 70, as long as you do not collect benefits on your own work record. Later, when you do begin receiving benefits on your own record, those payments could very

well be higher than they would have been otherwise. If your spouse is also full retirement age and does not receive benefits, your spouse will have to apply for benefits and request the payments be suspended. Then you can receive benefits on your spouse's Social Security record.

If you were born on or after 01/02/1954, and you wish to receive benefits, you must file for all benefits for which you are eligible. The Social Security Administration will determine the benefits you are eligible for and pay you accordingly. For individuals born on or after 01/02/1954, there is no longer an option to select which benefit you would like to receive, even beyond your full retirement age. Widows are an exception, as they can choose to take their deceased spouse's benefit without filing for their own. For more information, please visit www.socialsecurity.gov.

Vonda VanTil 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



BY
VONDA
VANTIL

Question: I'm trying to figure out how much I need to save for my retirement. Does the government offer any help with financial education?

Answer: Yes. For starters, you may want to find out what you can expect from Social Security with a visit to Social Security's Retirement Estimator at www.socialsecurity.gov/estimator. The Financial Literacy and Education Commission has a website that can help you with the basics of financial education: www.mymoney.gov. Finally, you'll want to check out the Consumer Financial Protection Bureau, which offers educational information on a number of financial matters, including mortgages, credit cards, retirement, and other big decisions. Visit the Consumer Financial Protection Bureau at www.consumerfinance.gov.

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

A graphic showing three stylized houses in blue and red, with red windows and doors.

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

MMAAP Minutes

Original Medicare and Medicare Advantage Providers



BY
ROBBI
JUERGENS

Depending on how you get your Medicare coverage, you have different considerations when choosing health care providers. Today we will learn about the factors you should consider to get the coverage you need at the lowest cost.

Know the different kinds of Original Medicare Providers.

If you have Original Medicare and after you have met your deductible, your Part B costs can vary depending on the type of provider you see. There are three kinds of billing agreements that physicians, medical equipment suppliers, and other Part B providers can have with Medicare. They are called participating provider, non-participating provider, and opt-out agreements.

- **To pay the least for services, see a Participating Provider when possible.** Participating providers

accept Medicare and always take assignment. Taking assignment means that the provider accepts Medicare's approved amount for health care services as full payment. The good news is, the vast majority of providers are participating providers. These providers are required to bill Medicare for care you receive. Medicare will process the bill and pay your provider directly for your care. If you see a participating provider, you are responsible for paying a 20% coinsurance for Medicare-covered services.

- **Non-participating providers accept Medicare but do not agree to take assignment in all cases.** They may do so only on a case-by-case basis. Non-participating providers can charge up to 15% more than Medicare's approved amount for the cost of services you receive. This is known as the limiting charge. This means you could be responsible for up to 35% of Medicare's approved amount for covered services instead of 20%.
- **Opt-out providers do not accept Medicare at all and have signed an agreement to be excluded from the Medicare program.** Medicare will not pay for care you receive from an opt-out provider except in emergencies. These providers can charge whatever they want for services, but they must follow certain rules to do so. An opt-out provider must give you a private contract describing their charges and confirming that you understand you are responsible for the full cost of your care and that Medicare will not reimburse you.

Understand the kinds of providers in a Medicare Advantage Plan.

If you have a Medicare Advantage Plan, your plan must cover the same health care services and items as Original Medicare, but can do so with different costs and restrictions. Each type of Medicare Advantage Plan has different network rules. A network is a group of doctors, hospitals, and medical facilities that contract with a plan to provide services. There are various ways a plan may manage your access to specialists or out-of-network providers. For example, if you see a provider who is outside your plan's network, you may have to pay a higher copayment or coinsurance charge than you would for an in-network provider. You could also be responsible for paying the full cost of your visit out-of-pocket, depending on what type of Medicare Advantage Plan you have. Remember that your costs are typically lowest when you use in-network providers and facilities, regardless of your plan. It is important to note that not all Medicare Advantage Plans work the same way. Make sure you understand a plan's network and coverage rules before enrolling. If you have questions, contact your plan for more information.

Robbi Juergens is the Regional Coordinator for Medicare/Medicaid Assistance Program for Muskegon, Ottawa and Oceana Counties 1-800-403-7174

*Medicare Minute November 2018



PARK WOODS

APARTMENTS

A 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 at:

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)


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

Conquering Arthritis:

Part I



BY HOLLY
LOOKABAUGH
- DEUR

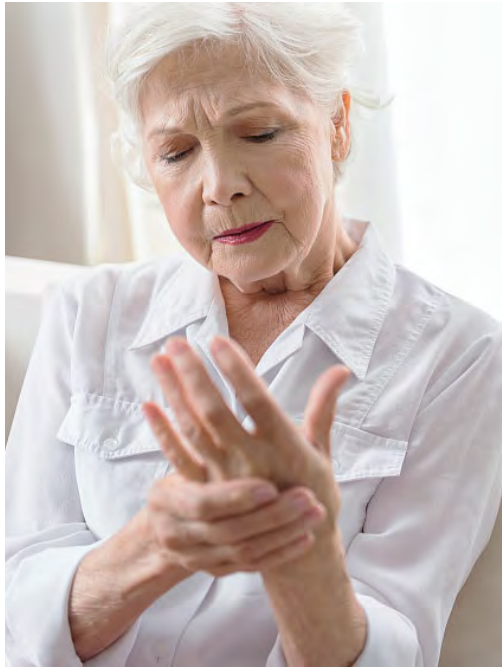
Are aches and pains a normal part of growing old? I am asked this complicated question often. The answer is just as complex! If we can better understand “aches and pains” as they relate to movable joints, the picture of normal vs. abnormal joint health becomes more clear.

There are three primary types of joints in our bodies. Joints form in areas where two different bones come together. Some joints— called **SYNOVIAL** joints -- are freely movable and they are connected and secured by ligaments (bone to bone),

tendons (end of a muscle connected to a bone), soft tissue and fascia, and are encapsulated by a membrane (capsule) that secretes synovial fluid to lubricate the joint. Examples of these joints are knees, hips, shoulders, elbows, and finger and toe joints. The ends of the bones are covered with pressure-sensitive, articular cartilage (hyaline) that protect the bones, absorb shock, and allow for smooth movement between the ends of the bones. Other types of joint categories are **FIBROUS**, which are non-movable joints, such as between the puzzle pieces that fit together perfectly to form the skull. A semi-movable joint category is the **CARTILAGENOUS** joint—such as between the vertebrae in the spine.

Let’s focus on the freely moving joints – our synovial joints. There are many factors that can contribute to aching or painful synovial joints. A few of the normal changes from aging of the musculoskeletal system – our bones, muscles and joints - include the following:

- Reduction in protein synthesis
- Reduction in size and number of muscle fibers, particularly in the lower limbs
- Reduction in muscle growth
- Reduction in the ability of muscles to repair themselves
- Replacement of active muscle fibers by non-contractile fibrous tissue
- Reduction in the number of motor neurons and deterioration of neuromuscular junctions



- Increase in fat deposition at the expense of lean muscle tissue
- Accumulation of lipofuscin (an age-related pigment)
- Reduction in blood flow to the major muscle groups
- Decreased bone density
- Replacement of the elastin component of soft tissue (the ability to stretch and flex) with more restrictive and rigid tissue fiber called collagen
- Gradual deterioration and “wearing” patterns in hyaline cartilage of joints

While this might all sound a bit bleak, believe it or not, we can age **WITHOUT** pain while all of these changes are happening!

Problems arise when an excessive, disproportionate amount of joint destruction occurs, causing inflammation and nerve ending irritation. **ARTHRITIS** is one cause of joint deterioration. While there are several types of arthritis, one of the most well-known and widespread types is osteoarthritis – “osteo” (refers to bone). “Arth” (means joint) and – “itis” (inflammation). Osteoarthritis affects millions of people, and once the anatomical changes occur, they cannot be reversed. The good news is that there are ways to prevent and minimize the impact of arthritic changes, keeping us active, functional and living life to its fullest.

Stay tuned for the next issue where we will explore how to balance the following management strategies for the top areas impacted by osteoarthritis: the spine, hips, knees, and hands.

Top strategies:

1. Specific exercise strategies – for hands, knees, hips, and spine
2. Rest vs. unloaded movement
3. “Over the counter” and natural solutions
4. Nutrition – how diet really make a difference with joint inflammation
5. Eastern medicine strategies
6. Invasive interventions: Injections and surgical interventions

Holly Lookabaugh-Deur is a physical therapist with 39 years of experience and the president of Generation Care. She is a board certified Geriatric Clinical Specialist and special certifications as an edema specialist in oncology rehabilitation, wound care, and as a certified exercise expert for aging adults.

Specializing in Short-Term Rehab



**MEDILODGE
AT THE SHORE**

900 S Beacon Blvd, Grand Haven, MI 49717
P: 616.296.7300 | F: 616.846.0971
www.MediLodgeatTheShore.com



**MEDILODGE
OF HOLLAND**

1221 E 16th St, Holland, MI 49423
P: 616.396.7095 | F: 616.396.7157
www.MediLodgeofHolland.com

Recover. Rejuvenate. Revitalize. Return Home.

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



Beware of scammers pretending to be from Social Security

In the digital age, frauds and scams are an unfortunate part of doing business online. During the holiday season, Social Security has traditionally seen a spike in phishing scams, and we want to protect you as best we can.



BY
VONDA
VANTIL

We urge you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over

the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your Social Security number (SSN), on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your So-



cial Security number is at risk of being deactivated or deleted. The caller then asks you to provide a phone number to resolve the issue. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

Remember, only call official phone numbers and use secured websites of the agencies and businesses you know are correct. Protecting your information is an important part of Social Security's mission to secure today and tomorrow.

Vonda VanTil 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@

Make Metron of Lamont Your Choice



'Rehab to Home' Therapy Programs
Respite Care & Long Term Skilled Nursing
Therapy Program Services
including Physical, Occupational and Speech
Therapy with weekend appointments available

Private Rooms
with bedside view of
the Grand River



www.metronhealth.com

13030 Commercial Street • Lamont, Michigan 49430 • 616-677-1243

Conveniently located halfway between Grand Rapids and Muskegon

Healthy Living

Brought to you by Metron of Lamont

How to store herbs & spices

Proper storage helps keep dried herbs and spices flavorful.

WHERE AND WHEN

- Store in dark-colored containers rather than clear ones
- Keep them in a cool place away from the stove
- Herbs and whole spices should last about two years, ground spices, about a year.

Source: University of Nebraska Cooperative Extension, TNS Photo Service.





BY JACKIE
LINDRUP
RDH, M.Ed.

Lessons from Norway

From people in Oslo, Bergen and Alesund

Reading my travel journal reminded me of some interesting things we learned from the people we met during our travels in Norway. The trip began in Oslo with plans to meet Tom's relatives first. Next we took the "Norway in a Nutshell" train across Norway from Oslo to Bergen and drove to the northern resort town of Alesund. We found Norwegians full of helpful hints about their way of life, their government, education and how to survive Norway and travel economically.

We flew into Oslo to meet Tom's relatives. Jarle picked us up at the airport and easily found our Airbnb. We had found it online in the same neighborhood as Jarle's family just three blocks away from his house. What we didn't know was the Airbnb apartment was up five flights of stairs! Sverre, our landlord, was a tall lanky 30-something who happily opened the door and helped us lug the suitcases upstairs. That night we were invited to dinner to meet Jarle's family. We had a magnificent home cooked meal of boiled shrimp, steamed lobster, fresh baked bread, and salad. Jarle is a producer of high end car ads in Norway, and had just landed a big Peugeot contract. His wife Anastasia is Russian, studying linguistics, and they have a 5-year-old son in kindergarten. Jarle's older daughter Ebba told us that her college tuition is free but staying in the dorm is not.

Sverre, our Airbnb landlord, works as a mechanical engineer in the oil business doing strengths planning and making valves secure at the "bottom of the sea" 1,000 meters deep. He said that Norwegians have absolute trust in their government to invest the money it makes from their vast oil fields



wisely and make lots of money for the people to share. He also told us the government regulates all wine and liquor sales and keeps prices of personal cars, fuel and alcohol high to curb use! While in Oslo we also enjoyed the fabulous more touristy trips to the opera house where we walked across the roof, the Heritage Museum with Stave church built in the 1300s, the Viking Ship Museum and an amazing sculpture park, all within reach of our apartment by foot, ferry or train!

We left for Bergen via the Rick Steve's "Norway in a Nutshell Train" starting with a high speed train, changing to a narrow gauge train, through beautiful valleys to the tops of mountains, switched to a ferry to travel through a huge fjord, then hopped onto a bus through more mountains, onto another high speed train into Bergen. From the Bergen train station we

learned another lesson after rolling our suitcases uphill over cobblestone streets to find our Airbnb a mile away. Call a cab!

A note in the margins of my journal says "For 100 kr (\$10US) I could buy a hat or a beer." What? To explain this, the next day in Bergen we took another ferry ride through more beautiful fjords and got off for an hour in the tiny town of Balestrand. I shopped for a Norwegian hat for Tom. I couldn't believe the hat was the same price as a beer in the cooler! \$10!! I bought the hat.

In Bergen we spent time walking along the wharf area, which featured the catch of the day eaten for dinner outside in heated tented areas. We could split a plate of salmon,



mashed potatoes and salad for about \$12.50. Of course a beer was another \$10 if we chose! We also used the nearby Starbucks during the day for a restroom break, to drink coffee, use the wifi and write our postcards. While shopping in Bryggen, the Old Town just beyond the wharf, we were advised to spend at least \$300 kr at a time (\$30 US) to qualify for a spe-



"Serving Older Adults With God's Love"

We'd love to hear from you, call today!

231-780-2229

www.dayspringserves.com

572 Lake Forest Lane - Norton Shores, MI 49441

Let us serve you...

Experience loving care and warm companionship at any of our **Assisted Living Residences.**

We love caring for your loved one in their home with our **In-Home Care personal care assistants.**

Enjoy a break from caregiving while your loved one enjoys participating at one of our **DayBreak Adult Day Services Locations.**

Care-free living with new neighbors and friends at our **Independent Living Apartments.**



cial receipt for a refund at the airport. What a fun incentive to shop!

Tom's cousin had recommended we visit his favorite resort town in Norway, Alesund. We rented a car in Bergen and drove the 268 miles in 8 hours, heading north via a narrow two lane road, took multiple ferries, and drove through several 5-mile-long tunnels through the mountains. We drove upward, winding in sharp curves past lakes full of chunks of ice and small glaciers with 6-foot-thick walls of blue ice! Then at the top we looked down into fjords miles deep. Hiking huts had grass growing on the roofs and houses were painted either yellow or red. Alesund is at the latitude of Alaska, Iceland and Greenland. The hotels in Alesund were very pricey at \$250US, so when planning our trip we booked another Airbnb. This one was the lower level of a large suburban home. We had a living room, bathroom and bedroom for about \$75 a night.

Christian, our Airbnb host, told us they rent out their lower level to earn money to buy a summer home in France, and take their three boys there to vacation. He baked us a loaf of bread one night and spent a few minutes chatting with us. His wife is a school nurse and he is in IT sales for big companies such as HH (Helly Hansen). He mentioned that if he gets injured or can't work the government pays him 80% of his wages for two years! Tom needed to replace shoes that were killing his feet! We each bought



black athletic shoes to fit in more with the Scandinavian style. The shoes were comfy and purchased at a discount sporting goods store in a local mall for about \$39 each! Another way we economized in Norway was shopping at local grocery stores where we bought yogurt and berries for breakfast, bread and cheese for sandwiches, apples, cookies, coffee, tea, and beer to keep in the room. We learned that in Norway everyone packs a lunch! Several foods we found on ferries, like open faced shrimp or salmon sandwiches and skinny foot long hot dogs wrapped in bacon, were absolute favorites!

What we loved about being travelers in Norway, besides the incredible beauty of the land and the wonderful public transportation they enjoy, was how the people treated us like family!

Jackie Lindrup is the director of Volunteer For Dental, a new non-profit in Muskegon, MI which provides dental services for low income uninsured residents who volunteer hours as payment. She also provides local dental seminars for dental professionals through Dental Seminars and Consulting PLLC. Jackie is a 2018 NAMPA award winner for travel writing (North American Mature Publishers Association – serving the Boomer and Senior Markets). Jackie enjoys combining her love of travel and

anything dental by participating in dental conferences around the world. Please email her at jackielindrup111@gmail.com.



**Reside.
Reflect.
Relax.**

1 and 2
Bedroom
Apartments

Independent
and
Assisted Living

*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



**Chestnut
FIELDS**

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

2018-2019 SEASON
WEST MICHIGAN
CONCERT WINDS



**Winners and
WINDS
PRESENTS
THE GREATEST
SHOWMEN:**

Musicians from Grand Haven
and Fruitport High Schools
and Youth Soloist
Competition Winners.

SUNDAY, FEBRUARY 24, 4:00 PM
FRAUENTHAL THEATER IN MUSKEGON

WEST MICHIGAN CONCERT Winds

Gail A. Brechting Conductor & Music Director
www.WMCW.org



Adults, \$10; Students, \$2
Tickets Available at the Frauenthal box office,
online at www.frauenthal.org or call 231-727-8001

“Can We Nest Here?”

A Tale of Acceptance and Belonging*



BY
JANET
HASSELBRING

“Dear world,
‘Can we nest here?
Raise our young, sing our song?
We don’t just want to fit in,
The missus and I want to belong.’
Regards, Mr. Limpkin”

(Introduction, *Can We Nest Here?*)

There it was – book 7, in the Tales from Pelican Cove series.

I published book 6 in March, 2017. I thought it would be my last. If the writing gods saw fit to send me another idea, I’d consider it – otherwise I was done. Voila! Enter the limpkins and author/researcher Brené Brown. A coincidence? Were the writing gods stirring?

I’d included the limpkins in two of my previous books, albeit somewhat ungraciously – they were shunned because of their raucous screams (used for jungle sound effects in Tarzan films and for the hippogriff in the film, *Harry Potter and the Prisoner of Azkaban*).

That was before I read Brené Brown’s work on vulnerability, acceptance, and belonging. Brown, research professor at University of Houston, notes: “True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging does not require you to change who you are; it requires you to be who you are. It’s not the belonging that comes with just joining a group. It’s not fitting in, pretending, or selling out because it’s safer. It requires us to be vulnerable, get uncomfortable, and learn how to be present



with people without sacrificing who we are.” (Schawbel Interview, 2017)

Her work gave me an idea. If anyone needed acceptance and belonging, it was the limpkins. I’d make it up to them for my unflattering depictions and use them as heroes in a book. Their story would help convey these lessons to children.

All books in the Tales series are based on personal experiences. The research provides me with interesting facts and helps determine the direction and flow of the story. It often presents challenges as I strive to keep the story factual.

What I learned: Limpkins nest in the winter; the male builds the nest before pair-bonding with a mate; they feed almost exclusively on apple snails; they build nests in a wide variety of places.

My story bubbled and boiled along. To portray as many shorebirds, in addition to the main characters, the limpkins, as possible, I included the white ibis, the oystercatcher, snail kites, red-eyed vireos and the cowbird – birds that either lived and nested near the cove or had a diet similar to the limpkins.

The story begins with the limpkins foraging for food and their pair-bonding ritual; however, since the male builds the nest prior to mating, I used flashback to allow Mr. Limpkin to recount, for the missus, his rejections by the white ibis, the oystercatcher, and the snail kites (three, the number of completeness). Then the reader is brought back, once again, to the shell path.

The limpkins leave for home, but sadly, they have none. Suddenly they hear a bird’s song. It’s the red-eyed vireo. The missus puts it together. Their nesting problem is solved! Finally, a place they belong!

*“In the branches of a live oak
The limpkins built their nest.
The vireos had no interest in [apple] snails
And they warbled all night – without rest!” (Ibid)*



Imagine my delight to learn the cowbird, a pesky parasite, sneaks more eggs into red-eyed vireos’ nests than nests of any other bird. But not this year! The limpkins scared them away with their “krowwing!” It was the perfect ending – not only do the limpkins belong, they’re valued!

“True belonging does not require you to change who you are; it requires you to be who you are.” (Brown)

**Can We Nest Here?* available Spring 2019

Janet Hasselbring is a retired educator and musician. She resides in Spring Lake, MI with her husband and Welsh terrier, Maggie May. They winter in FL, where she is inspired to write her children’s books, featuring the wild/shorebirds of FL and beyond. She has also written a series about her family farm, *Country Dairy*. For musings on her mother visit <https://janethasselbring.com/blog/> or janhasselbring.blogspot.com

Library for the Visually and Physically Handicapped

Featuring talking books!

madl.org

Muskegon Area District Library

Call 231.737.6310 for information and application or go to www.loc.gov/nls

Trusted for Generations

Friendly and welcoming. Tasty home cooking. One of the best values in the area.

Call Sue today at 616-842-0170 for a tour and see why we’ve been Trusted for Generations.

Christian HAVEN

Affordable Independent & Assisted Living

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



BY
JERRY
MATTSON

Special License Plates

When they first became available in Michigan, in 1973, they were known as Vanity Plates. I suppose you only got one of those if you were vain enough. Maybe one of these two dictionary definitions of vanity could apply: "inflated pride in oneself or one's appearance" and "a fashionable trifle or knickknack." By the time I bought mine, they were Personal Plates and I did not have to feel vain when buying them.

I have had some fun reading others' plates. My cousin had ILBCNU on her car. That one was easy to figure out. Others may be confusing or just make no sense to someone not fully tuned-in to today's world.

In 2001, my friend Lee Ekblad and I drove cross country in his 1935 Ford in The Great Race. Preparing

for the event, we thought a special plate would be in order, so he got 2SWEDES for the car. One of the first people to see the car after the plate was mounted was his niece. "What does 25 Wedes mean?" she asked.

My wife, Suzette, and I spend a lot of time riding in our 1939 Plymouth hotrod which resembles a 1950s



era dirt-track racecar. A friend and I picked #42 for the car, the same number singer Marty Robbins used when he raced in NASCAR. As another nod to him, my plate is DVL WMN. One of his hit songs, and the name painted on one of his early race cars was Devil Woman. My wife is often questioned on what she did to deserve the recognition. Whoops.

Not all personal plate applications are approved. A screening process weeds out those deemed offensive by the DMV. If someone lodges a complaint about a plate, it can be recalled by the state. As of June

2017, over 300,000 personal plates were being used in Michigan, and 27,401 were on the denied list. In Canada DVL WMN is banned according to a short piece titled "Restrictor Plates" in the May 18, 2009 *Auto Week* magazine. It stated that an application for a plate like mine was rejected along with 17 others including: FLOR-IT, RACE2WN and DEMON. How about that, eh?



My other personal plate is FUN48F1. This is on our modified 1948 Ford F-1 pick-up hot rod.

At a car show, I saw MRSOBER on a plate at the rear of very large 4 X 4 pickup. The owner was also very large, about six-foot four, and looked like Mr. Clean. I asked him, "Who is Mrs. Ober?" In no uncertain terms, he let me know that it was Mr. Sober. Oops. That was a little too personal, I guess. Later that summer, I saw him and the truck again. I did not mention his plate, but I did notice a white dot of paint after the first R.

Rather than making a guess, the safest, way to find out what a plate stands for is to just ask, "What does your plate mean?" WHITISIT

Jerry enjoys writing stories about mechanical things, especially cars and auto-related items. He has many Michigan license plates mounted on the walls of his shop, the oldest from 1931.



Let us look into your hearing...

- Free Hearing Screenings • Free Demonstrations
- Free Clean & Checks • Latest Hearing Technology
- Tinnitus Relief • 0% Financing Available

**Receive up to over 50% OFF MSRP
on a new pair of digital hearing aids!**



Muskegon Hearing & Speech Center

1155 East Sherman Blvd.
Muskegon, MI

231-760-8054

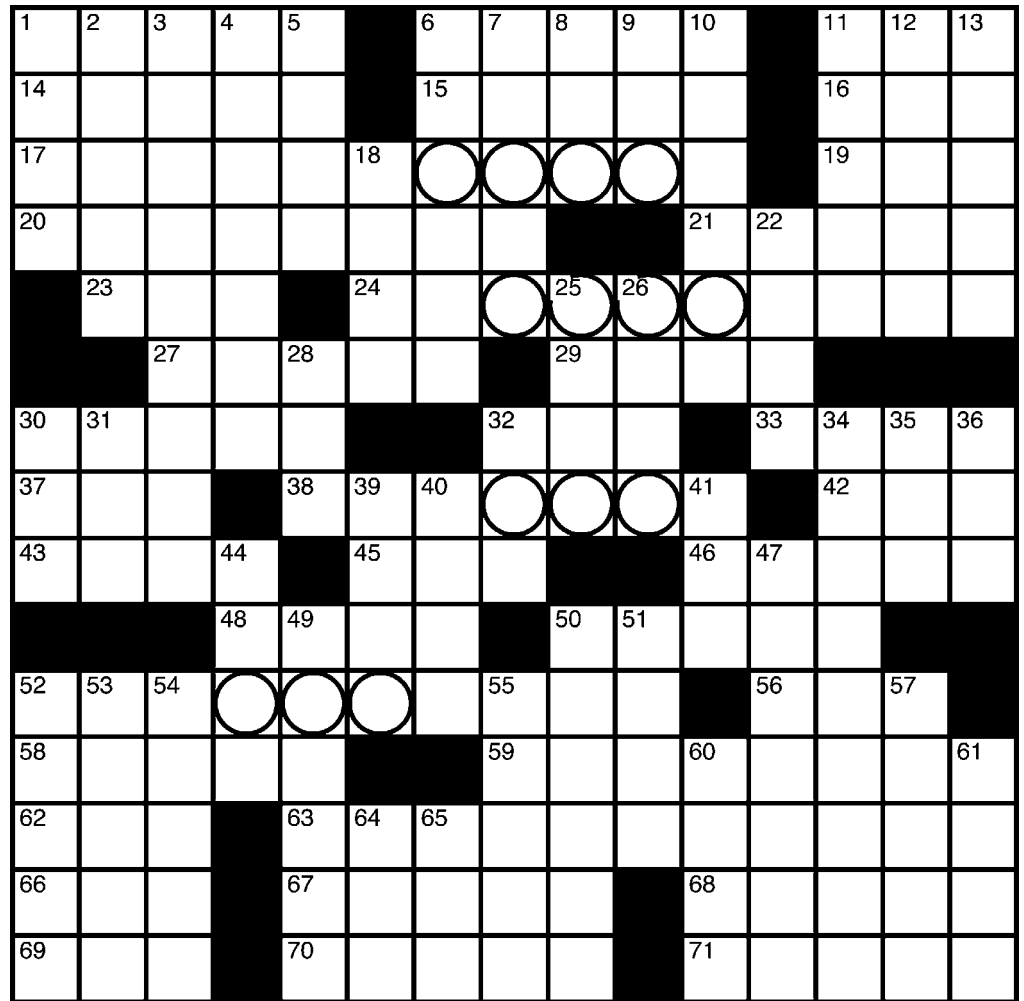
www.hearinghealthusa.com

Michelle Giddings, BC-HIS, Board Certified Hearing Instrument Specialist #1379

ACROSS

- 1 Divers' destinations
- 6 Japanese cartoon art
- 11 "Shoot!"
- 14 Send to cloud nine
- 15 Sir Arthur __ Doyle
- 16 Traffic court letters
- 17 Spread some gossip
- 19 Chow fixer?
- 20 Emphatic affirmation
- 21 Paperless tax return option
- 23 Original "Veronica Mars" ailer
- 24 Hybrid toaster oven snacks
- 27 Surrealism pioneer Max
- 29 That being the case
- 30 "... Mr. Tambourine Man, __ song for me"
- 32 __ standstill
- 33 Birch or beech
- 37 Buns and flips
- 38 He has a nest at 1231/2 Sesame Street
- 42 Actress Gardner
- 43 Racing legend A.J.
- 45 "Later!"
- 46 Absolute
- 48 Sharif of "Doctor Zhivago"
- 50 Prophets
- 52 Stayed on
- 56 Dutch banking giant
- 58 Homeric epic
- 59 Philips electric toothbrush brand
- 62 "Teen Wolf" network
- 63 Young player on the rebound ... or, in another way, what each set of circles in this puzzle represents
- 66 Iron source
- 67 Go off-script
- 68 Mix
- 69 Baby goat sound
- 70 Like mosquitoes
- 71 In disarray

- 12 "Peachy"
- 13 Windy weather fliers
- 18 Arms-akimbo joints
- 22 Arch site
- 25 Oft-baked pasta
- 26 Miles away
- 28 Arrest
- 30 Adobe file format
- 31 Head of a pub?
- 32 Prez on a fiver
- 34 Rodent-eating reptiles
- 35 Day before a big day
- 36 Shucker's unit
- 39 Letter-shaped beam
- 40 Pita sandwich
- 41 Deserving
- 44 Frat party wear
- 47 Barely flow
- 49 Wild
- 50 Hoity-toity
- 51 Flamboyant Dame
- 52 Handmade bleachers sign
- 53 Hyper
- 54 Skin "Creme" in blue tins
- 55 Workout buff's motto opener
- 57 Impish looks
- 60 SALT weapon
- 61 Whirlpool
- 64 Metered praise
- 65 Portland Timbers' org.



(c)2018 TRIBUNE CONTENT AGENCY, LLC.

DOWN

- 1 Second try
- 2 Philanthropist Yale
- 3 "No sweat"
- 4 1862 Tenn. battle site
- 5 Match makers?
- 6 Nailed the test
- 7 Brand for serious last-minute preparation
- 8 Italian food ending
- 9 Tarnish
- 10 Comes in
- 11 Pain reliever sold in Liqui-Gels



JUMBLE

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

CUJIE
 ○ □ □ ○ ○ ○
 ENVTE
 □ □ ○ ○ ○ □
 CLORSL
 ○ □ ○ □ □ □
 LIFTEL
 □ □ ○ □ □ ○ ○

©2014 Tribune Content Agency, LLC All Rights Reserved.

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



Check out the new, free JUST JUMBLE app

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

Ans. here: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

Boggle BrainBusters Bonus

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

Find AT LEAST SIX U.S. STATES in the grid of letters.

*you matter
because you are you,
and you matter
to the end of your life.*

- Dame Cicely Saunders
Founder of Hospice Movement

HARBOR
HOSPICE

Harbor Hospice was the first in the region to offer professional hospice care and today remains the most trusted, most utilized hospice care provider.

1.800.497.9559
HarborHospiceMI.org

HOSPICE
HONORS
2018 Award Recipient

Reading is My Life's Passion



BY
DICK
HOFFSTEDT

Reading has been a most important part of my life. It began with getting my own personal library card in the Chicago Library System when I was ten years old. It was a small storefront building about three blocks from my house, but it held a world of magic. I could take home books for free, read

them and make sure they were back by the due date. If not, you were fined a penny a day for a late book. Did I ever pay a fine? I don't think so. I started reading as soon as I got home and made sure I finished on time.

So, what were my reading tastes as a young boy? They were adventure stories mostly, *Robinson Crusoe*, *Robin Hood*, and *Gulliver's Travels*. I never thought to determine if they were real or fictional tales. That came later.

High School English changed everything. I now became aware of the difference between fiction and non-fiction literature. Could made up stories (fiction) be as important as true (non-fiction) stories?

Let's start with non-fiction. My favorite is probably biographies and autobiographies of famous people. After all, history is a conglomeration of biographies. I love anything by Doris Kearns Goodwin such as *No Ordinary Time: Franklin and Eleanor Roosevelt - The Home Front in World War II*, and Robert Massie's *Nicholas and Alexandra*

and *Peter the Great*. Mark Twain's three-volume autobiographies are terrific.

I also enjoy books pertaining to music in all its various forms. It could be about famous composers or even the history of how every instrument came into being. Stories of Broadway and Hollywood musicals are most interesting. How about books on inanimate objects like *The History of the Pencil*? It's hard to believe how many books there are on so many unusual things.

I also love travel stories. Mark Twain's *Innocents Abroad*, *Following the Equator* and *A Tramp Abroad* are some of the best ever. He probably saw more of the world in the 19th Century than any other American. Who can forget that wonderful book about a man and his dog, Charley, travelling incognito around the United States in an RV to get the pulse of a nation in the 1960s.

Fiction is another story. I do like a sci-fi tale that has an element of possibility. I enjoy a good mystery like those by Dashiell Hammet, Henning Mankell or Agatha Christie. John Grisham's courtroom dramas hold a special interest for me.

The fiction I love best are stories about real people living real lives, especially stories about people of meager means struggling to rise above their position in this world to make a better life for themselves. *The Grapes of Wrath* by John Steinbeck is a perfect example of this kind of book. Another type of story is about people fighting prejudice and bigotry but who cannot



do it themselves. Two of the best, of course, are *Huckleberry Finn* and *To Kill a Mockingbird*.

I could go on for pages, but I think the reader knows enough now about my love of reading and some of my favorites. So readers, sit down and reflect on your favorites. You'll have fun doing it.

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 63 years. Richard has six children, five grandchildren and three great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck. This is Richard's 40th article for Senior Perspectives

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.

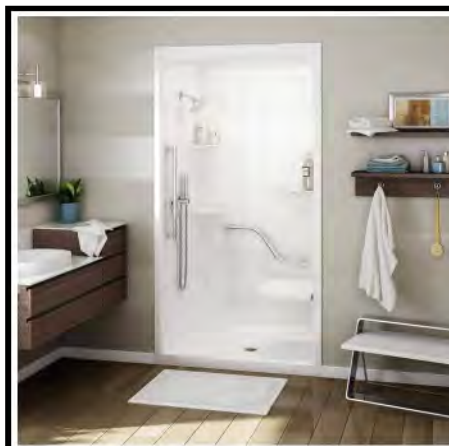
Grand Haven
1003A Beacon Blvd.
Corner of Taylor
and Beacon
616-844-1700



Muskegon
354 Ottawa St.
Corner of Business 31
and Marquette
231-728-2211

FREE CONSULTATIONS

LOCALLY OWNED AND OPERATED



Aging in place remodeling:

**Freedom to age gracefully
in your own home**

Specializing in barrier-free bathroom
& kitchen remodels. We are licensed
& insured with 17 years experience.
Call us to schedule a free estimate!

Sikkenga Construction

Contact us at 616-600-1936
www.sikkenga.construction.com

You Decide

“There is always a blueprint when a house is built,” Joe Roper said. “Would a builder start hammering studs



BY
TRICIA
McDONALD

together without a vision and plan for the finished product?” Common sense knowledge for a builder using hammers and nails. As an author, Joe embraces this knowledge using words.

In 2007, after graduating from GVSU, Joe wasn't sure what to do with himself. “My pillow lost its comfort and coffee had lost its flavor.” His sister suggested he write a book and although he had never considered writing anything for fun, he started writing *The Hunter Awakens*. As a reluctant reader, Joe hadn't discovered a love for reading until high school so he set out to write stories for his younger self. He wanted to write the book he always wanted, but never found. Ask any of his hundreds of young readers and they'll tell you he has written the books they have always wanted to read as well.

Born and raised on a dairy farm in Coopersville, Joe searched for buried treasure or Native American artifacts in the gully and fields surrounding his home. He used these memories as a premise for *The Hunter Awakens* and his entire series, *The Morus Chronicles*. The main character is a treasure hunter who becomes the centerpiece in the battle between Dark and Light. The series is written for tween/teen readers who enjoy fantasy adventure stories, however, many adult readers also pick up his books.

As a junior high school teacher, Joe works with the age group of his main readership every day and finds them to be the most fun to work with and write for. “I love the middle grade and young adult audiences.” He credits his students with presenting him with the opportunity to write fast paced books about self-discovery and finding one's place in the world.

When Joe starts writing, he works with a plan in place (an outline) and considers a writer as much a craftsman as an artist. He is quick to add that he never stays true to the outline as better ideas often present themselves. Joe's writing routine changes with the seasons as he and his wife are educators and have three small children. If he can manage it (and some days that is a big if), he carves out a little writing time every day. However, he has found that weekly quotas work better than daily quotas. He is a night owl and his advice to writers is to “give yourself grace when you fall asleep at the keyboard and miss a quota.” This sounds like it might be from personal experience.

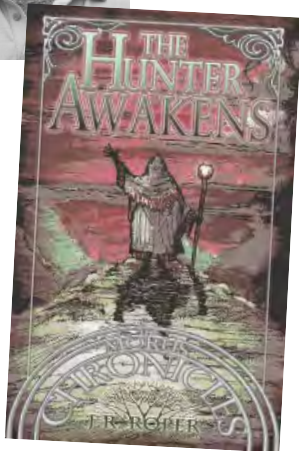
Joe is quick to encourage writers with sound advice. “You decide if you are a failure. No one else gets to make that decision. Keep working and keep improving.” I now have his advice taped to my computer screen so I am reminded of it daily. Joe also states that once he starts working, the inspiration comes, not the other way around.

“Remember, we all have the same 26 letters and punctuation to work with. You can do this

regardless of where you are starting from. Follow your passion.”

Joe's books include: *The Hunter Awakens* (2014), *Mel & the Black Rider: Short Stories from the Morus Chronicles* (2014), *The Spirit of Steel* (2014), *The Tower Below* (2016), and *The Silver Spear* (2017).

The Bookman is excited to continue featuring authors living in our Greater Lakeshore Neighborhood. *The Bookman* is owned by Alexa McGuinness.



Fill out, clip and share your opinion with us. You could win \$100, \$75 or \$50 Meijer Gift card.

Please check all that apply.

I am a:

- Person age 60+
- Caregiver for an older adult
- Provider (providing professional services for an older adult)
- Person with disability
- Grandparent raising grandchild(ren) (age 55+)

Please indicate your county of residence:

- Muskegon
- Oceana
- Ottawa
- Other: _____

Your current living situation:

- Single Family Home
- Condo
- Senior Living Facility
- Apartment
- Living with family/friend
- Other: _____

Do you intend to continue living in your current home for the next 5 to 10 years?

- Yes
- No

If yes:

- Do you plan to make any modifications to your home to help you age in place?
- Can you afford to make home modifications necessary to remain in your home?

Does any disability, handicap, or chronic disease keep you and/or your spouse or partner from fully participating in work, housework or other activities? (Check only one)

- Yes, myself
- Yes, my spouse or partner
- Yes, both me and my spouse or partner
- No

What is your race and/or ethnicity?

How often do you go online to access the Internet?

- Daily
- 1-2 days a week
- Never go online
- 3-6 days/week
- Once every few weeks

Would you be interested in using a web-based system to video chat with friends and family?

- Yes
- No

On a scale of 1-4 how important do you think it is for seniors to have access to the following services?

- 1 = Very important
- 2 = Somewhat Important
- 3 = Neutral
- 4 = Not Important

- Adult Day Services – community based supervised care for older adults
- Affordable Housing for Seniors
- Caregiver Training and Support Groups

- Congregate Meals – meals offered at community locations
- Fitness Activities - Specifically geared to older adults
- Health and Wellness programs - Classes in areas such as nutrition, chronic disease management, weight control, balance etc.
- Home Care Services - Including respite and personal care and housekeeping
- Home Delivered Meals – Nutritious meal delivered to your home
- Home Repair Service – help with minor home repair
- Life Enrichment Activities – Art, travel, educational opportunities
- Seasonal Services - Lawn maintenance or snow removal
- Service Navigation - A service that guides seniors to find and access health and supportive services
- Telephone or home visiting for older adults
- Transportation - For non-medical rides
- Transportation - To medical appointments

Are you able to go shopping, visit the doctor, run errands, etc?

- Yes
- No

If yes, do you:

- Drive yourself
- Walk
- Have others drive you
- Taxi/Uber
- Public transportation
- Special transportation service, such as one for seniors or persons with disabilities
- Other: _____

How frequently do you interact with your friends, family or neighbors in your community?

This interaction could be by phone, in person, email or social media (such as Facebook).

- Daily
- Monthly
- Weekly

Please indicate gender: Male Female

Age: _____

Entries are due by March 1, 2019

Name: _____

Phone: _____

Please return completed entry form to:

Senior Resources
Attn: Amy Florea
560 Seminole Rd.
Muskegon, MI 49444



Self Care for the Caregiver

Jon Kabat Zinn defines mindfulness as "Paying attention; On purpose, in the present moment, and non-judgmentally." What does mindfulness look like in a caregiver setting? It can be

as simple as pausing in the moment to reflect -- identify your emotions, put a name to them. How are your emotions influencing your body? Are you feeling tense? Is your heart racing? Are you lethargic or disengaged? Most importantly, ask yourself, how is this influencing my care for this person?

Practicing mindfulness and self-care as a caregiver is so important because it allows the relationship between caregiver and patient to



BY SARAH NESTELL, BSW



BY NANCY ABIADE LMSW

maintain the original familial roles that were in place before a diagnosis occurred. It helps to eliminate any tension or discord that results in a distant relationship regarding only healthcare

needs and concerns, which may be a consequence of caregiver burnout. While a person may become a caregiver for a family member, they can remain first and foremost a spouse, a daughter, a son, a mother.

Respite care can be utilized for scheduled breaks, but sometimes means aren't available to do so. Practicing mindfulness regularly encourages one to practice preventative self-care, which naturally replenishes a person's spirit before

they reach the point of burnout.

Many things make up the essence of who a person is; remember to explore all of the parts that feed into your spirit. Here are some ideas on how to practice self-care with minimal expense:

■ Physical

- Eat regularly (You deserve a healthy meal, not just quick snacks)
- Exercise (Use a DVD or do walking laps around the house)
- Get enough sleep/regular sleep (Nap when they do)
- Sit in the sunshine
- Keep your own doctor and dental visits (It is too easy to neglect your own health)

■ Psychological

- Read literature that is unrelated to caregiving (AARP has a good website)
- Practice receiving from others (Give specific tasks when friends say, "Let me know what I can do to help.")
- Take some time to partake in a hobby you enjoy (i.e. quilting, crafting, baking, etc.)
- Let go of guilt (Caregiving is the toughest job anyone can do. Give yourself grace if you find yourself cranky at times)

■ Spiritual

- Spend time with nature; enjoy a cup of coffee and watch the birds in the morning
- Pray or meditate

- Read caregiving devotionals (*Precious Lord, Take My Hand* and *Ambushed by Grace* by local author Shelly Beach are excellent resources.)

■ Emotional

- Re-watch favorite movies
- Allow yourself to laugh or cry
- Take time to be social; spend time with others whose company you enjoy
- Dinner club, book club, game night, etc. – weekly or monthly routinely scheduled time for fellowship in the company of great friends
- Play with children

Caregiving is an incredible gift that comes with many responsibilities. Take time to replenish yourself and let your cup overflow.

Sarah Nestell is a social work intern for Harbor Hospice. She is in an advanced standing clinical program, working towards her Masters of Social Work from Ferris State University. Prior to joining Harbor Hospice, she worked as a social work intern for Community Mental Health of Central Michigan – Osceola while completing her undergraduate degree.

Nancy Abiade LMSW has been a social worker for Harbor Hospice serving the Poppen Residence, assisted living, and home patients and families for nearly 6 years. She previously worked as a skilled nursing facility, hospital, and geriatric day care social worker.

24-Hour Emergency Service

AIR-CAIRE
Home Medical Equipment & Supplies

**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 or 231-737-7070

16 E Sheridan St • Fremont, MI 49412 | 2440 Glade St • Muskegon, MI 49444
Located Downtown between the Post Office and Library | Located in between Hackley and Sherman Blvd.

Fax 231-924-4060 Fax 231-737-7060

FREE Delivery!
We bill primary & secondary insurance.

www.air-caire.com

Healthcare QUALITY
ASSOCIATION ON ACCREDITATION



BY
CLIF
MARTIN

Martin's Meanderings

Poor Old Helen Trent

Helen Trent was the long-suffering heroine of radio's longest running soap opera. From 1933 to 1960, America listened as Helen longed for "Just a little love, a little kiss" from Gil Whitney. That old song introduced the program for over 7,000 episodes. It was sponsored by Lydia Pinkham's vegetable compound for "female complaint." The story was fiction, but there really was a Lydia Pinkham. Her compound contained a fair amount of alcohol.

Helen's problem was that she was 35, not a good age to be back in the day. The announcer tried to make the listening ladies feel better with, "And now, the Romance of Helen Trent, who, when life mocks her, breaks her hopes, dashes her against the rocks of despair, fights back bravely, successfully, to prove what so many women long to prove: that because a woman is 35 or more, romance in life need not be over, that romance can begin at 35." I didn't make that up. It's a transcript of the announcer's words.



Gil Whitney had been a brilliant and prominent attorney and a secret government agent. He broke poor Helen's longing heart when he married someone else. Helen was still 35 in 1960 when radio was being replaced by TV and sponsors moved to the new home entertainment medium.

The writers came up with a grand tear jerker to end Helen's story. Gil Whitney had finally decided that he loved her after all. Helen was on a balcony, waiting for that long-sought declaration of his love. The balcony collapses with a terrible crash. The last words spoken on one of radio's great daytime serials came from Gil. "Helen?...It's Gil...Helen!"

No love, no kiss for Helen from Gil Whitney. It still makes me teary. June 24th, 1960. The day that radio died with poor old Helen Trent.

This came from Clif's blog, "Burping Canary Feathers." It's about '30s and '40s pop culture, especially radio. It's on the internet at <https://canfeath.blogspot.com/>



NEW YEAR — NEW YOU!

Ring in the New Year with a Commitment to Better Hearing!

If you've been missing out on important moments and conversations with family and friends, it's time for a fresh start.

Beltone makes it easy for you to re-connect with:

- FREE** Hearing Screenings for you and your family
- FREE** Video Ear Inspections and
- FREE** Product Demonstrations

Or, if you currently wear hearing instruments that aren't performing as well as they should be, stop in for a **FREE** clean and check.



Virtually invisible.

**HEAR
BETTER!**



**FREE
HEARING
SCREENING**
Hear what you've been missing

Beltone Expires 2/28/19

\$1000 OFF
A SET OF
BELTONE'S LATEST
TECHNOLOGY

Beltone Expires 2/28/19

Call to reserve your appointment!

Beltone



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

GREENVILLE • 1810 W. Washington • 616-754-7122

BIG RAPIDS • 400 N. State Street • (231) 796-4606

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

GRAND RAPIDS • 6161 28th St. SE Suite 4 • (616) 464-1974

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

JENISON • 640 Baldwin • (616) 457-0028

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

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

Participation may vary. See location for details. Benefits of hearing aids 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. © 2018 GN Hearing Care Corporation. All rights reserved. Beltone is a trademark of GN Hearing Care Corporation.

Ask the Vet

Canine Influenza Virus



BY
DR. ERIC
PETERSON

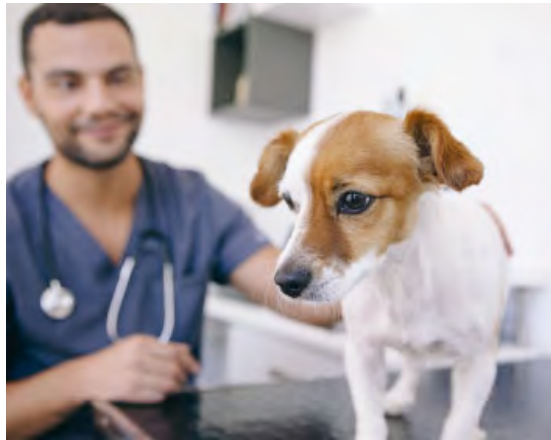
With the temperature starting to drop and friends, family, and coworkers coughing and sneezing we start thinking about trying NOT to get the flu! It turns out our dogs have their very own strains of the flu, too!

There are currently two types of canine influenza viruses (CIV) H3N8 and H3N2. While these sound similar to the types of flu

we can get, we cannot catch the flu from our dogs. CIV is fairly new to the State of Michigan, and since July 2018 we have had 160 confirmed cases state wide (last reported date 10/3/2018). CIV is a reportable disease, so if a veterinarian diagnoses a case of CIV, he or she must report it to the Health Department so that it can be tracked. Many diseases diagnosed by veterinarians are not reportable, so this makes CIV different.

CIV is a highly contagious respiratory tract infection and is frequently associated with the kennel cough disease complex. The CIV is spread in high population environments such as shelters, dog parks, dog beaches, kenneling facilities, boarding and grooming facilities. Spread of the virus occurs via aerosol transmission that can occur by direct contact (dog to dog) or indirect contact (on inanimate items such as doors, walls, plants, etc.). The virus can remain in the environment for up to 48 hours. Peak infections typically occur in the winter months but will also show up during summer and fall.

A dog can become infected within a few hours of exposure to the virus and can show illness within 2-4 days. Dogs with CIV typically cough and sneeze while having thick nasal and eye discharge. Most will be lethargic (slow and sluggish) and have a decreased appetite. Many will come down with secondary bacterial infections that will lead to green or yellow discharge too.



For most dogs, recovery will happen within 2-3 weeks, however some can battle lengthy infections requiring hospitalization. The occasional dog can have CIV and never show any signs (coughing, sneezing, etc.) while still being able to spread the disease. In rare cases, CIV can lead to death.

To help keep your dog free and clear of CIV, limit his or her exposure when an outbreak is present. If your area has CIV, keep your dog from going to places where they will encounter other dogs or where other dogs frequent. There is a safe and effective vaccine available from your veterinarian to

protect against both strains of CIV so that you can prevent your dog from getting sick. It is a vaccine that is recommended for dogs that frequently have high exposures to places where other dogs frequent.

If your dog is showing signs of respiratory disease (coughing, sneezing, eye or nose drainage) contact your veterinarian. For more information on Canine Influenza Virus (CIV) contact your veterinarian.

Dr. Eric Peterson is a North Muskegon High School graduate and has lived in Muskegon life-long. In 2003, he graduated from the College of Veterinary Medicine at Michigan State University. He currently owns and practices at Northside Veterinary Hospital and Holton Road Veterinary Clinic in Muskegon. He has been married to his lovely wife Marisa for nine years and together they have four wonderful children Charlotte age 7, Graham age 5, and twins Will and Penelope age 3.

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**

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

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

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

\$14.00 per hour - partial or full days

616-846-5720 ■ www.thelittleredhouse.org

Care Compassion Support Peace of Mind

Volunteer FOR DENTAL

Supporting healthy and productive lives through:

- Dental Information Center
- Dental Care Through Volunteer Service
- Community Education and Outreach

CALL (231) 766-7129 WEB volunteerdental.org



BY
KIM
KROLL

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” Ralph Waldo Emerson
What is Gratitude?

The first thing many

of us may associate gratitude with is the act of saying “thank you.” I believe gratitude is an action but goes deeper than that. The benefits do not stop with the “thank you.” Instead, that is only the beginning. Gratitude is contagious, spreads when nurtured, and provides immense health and emotional benefits.

I would define gratitude as an emotion, a feeling; a state of mind that serves a greater purpose for our general well-being. Being grateful for the ordinary things and events in our daily life contributes in a profound and practical way to our well-being and happiness. If we go through our day’s activities without paying attention to what we are doing or feeling thankful for what is in front of us, we run the risk of not really experiencing them. It is important to be in the moment and take some time to be grateful. Gratitude creates a positive feeling, reduces stress and fosters happiness. Feeling grateful and expressing gratitude is “not just an emotional response or action” to an event or situation. It is a committed choice we make any given day to experience greater wellness and vitality in our lives. Scientific research supports that there are benefits to practicing gratitude. Listed below are a few research-based benefits:

1. Gratitude makes us happier.
2. Gratitude makes us healthier.

Practicing Gratitude

3. Gratitude helps us relax.
4. Gratitude makes us more optimistic.
5. Gratitude improves sleep.
6. Gratitude increases our energy level.
7. GRATITUDE MAKES US FEEL GOOD!

Research has shown that individuals who practice gratitude have less stress in their lives. Individuals who practice gratitude sleep better, exercise more, are sick less often and generally demonstrate a positive, more accepting, outlook on life. This is not to say that these individuals never experience disappointments, sadness, anger or pain. No one is immune to these feelings but adopting gratitude as a way of life allows us to experience these feelings, process them and grow from them.

Therefore, if gratitude has a positive effect on our wellbeing then the question is: How do I begin practicing gratitude? There are many ways to start creating the mindset of gratitude. You will need to find what works for you as there is no set protocol or magic button to push. Below are a few suggestions to get you started on the path of “practicing gratitude.” This list is by no means complete but is just a beginning.

1. Close your eyes. Take a few breaths -- all the way out and all the way in. Notice how your breathing takes care of itself. Commit to NOT taking this miracle for granted.
2. Every night before you go to sleep, take an inven-

tory of the things for which you are grateful. Write them down in a Gratitude journal. Keep the journal at your bedside so that you can refer to it whenever you need to be reminded of the things you have to be grateful for.

3. Engage in an act of kindness today.
4. Bring to mind someone for whom you are grateful. Savor this image or memory. Notice what happens in your emotions and body when you do this.
5. At any point during the day, reflect upon one important thing that you have learned in this day. Write down what you have learned.
6. Send a card or a note letting someone know you are thinking of them today.
7. Make a decision to see your most challenging moments today as opportunities.
8. Reach out to someone who you know is going through a difficult time. You do not have to have the right things to say, just connect in a meaningful way.
9. Give someone a grateful hug. Actually give a hug -- do not take a hug. Ask first.
10. Treat yourself! Often times we are so busy taking care of others that we forgot to take care of ourselves.

“Practicing Gratitude” is a conscious choice that takes commitment and effort. The benefits are immense. So today, make the choice to practice gratitude so you can experience greater wellness and vitality in your life. You are worth it!

Kim Kroll is from Four Pointes Center for Successful Aging in Grand Haven, MI. www.fourpointes.org

*Four Pointes Center for Successful Aging, 1051 S. Beacon Blvd. Grand Haven, MI 49417
<https://www.fourpointes.org/>*



CHRISTIAN CARE ASSISTED LIVING

1530 McLaughlin Ave. • Muskegon, MI 49442
P: 231-777-3494

NURSING CENTER, REHABILITATION AND MEMORY CARE UNIT

2053 S. Sheridan Dr. • Muskegon, MI 49442
P: 231-722-7165

ChristianCareLiving.org





Soul Food

What have you resolved to do or change in 2019?

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

What motivates most of us to change, is this: what we've been doing has left us unfulfilled most of the time. Or viewed another way: what we believe is true has not helped us avoid feeling lonely, even though we have been busy, or even though we reside in a retirement housing community.

Believe me, I have experienced both of the experiences above, and wish to share how my faith helped me to recover the joy of living. I return to my favorite subject, the Spirit of God. One can become confused about two related subjects in the Bible's New Testament: the fruit of the Spirit and the gifts of the Spirit. If something I write inspires you, drop the article and pick up your Bible or pray! Let the presence of the Spirit meet your need.

The fruit of the Spirit is described in Galatians 5:22-23 as "love, joy, patience, kindness, generosity, faithfulness, gentleness, and self-control." The *Dictionary of Christian Spiritual Formation* (2003 by The Upper Room Books) has this wonderful statement on p. 114: "The fruit of the Spirit is not works or deeds that we accomplish. Instead, the fruit is a collection of virtues that God cultivates within us as we mature in the Christian life. While some commentaries distinguish the fruit of

the Spirit from the gifts of the Spirit (1 Corinthians 12-14), they have many similarities: the greatest spiritual gift is love (1 Corinthians 13:13), and the first fruit of the Spirit is love (Galatians 5:22). The fruit of the Spirit is present in the life of the Christian, but it must always be understood as a gift to the community."

It saddens me when I hear a judgment from one church member about another church member. The Spirit has nothing to do with that! When people come together and pray, and one member prays for all and finds that their words come easy, people are blessed in just the way they needed to be. I have experienced this, whether I am leading in prayer or receiving a blessing. I must add: Wherever two or more gather in Jesus name, he is there also. People gathered to pray become the Church by faith; whether in a dedicated building, in a parking lot, at a grocery store, or in someone's home.

What I love about the fruit of the Spirit, which is available to all who believe, is that they give us inner strength and hope to manage the difficulties of aging. The person who has one or more of the fruits operating regularly in his or her life will offer comfort and friendship to those who come to serve their health-care, assisting their daily needs. Many of the servants and those offering administration in nursing homes or retirement homes bring a spiritual gift or the fruit of the Spirit to their work. When you have received a visit or care, and have noticed a person's gift or fruit, acknowledge it to them and give thanks.

Soul Food is written by Rev. Gil Boersma, M.Div., a Board Certified Chaplain and retired pastor with extensive experience in healthcare chaplaincy. He practices Spiritual Direction with individuals and groups upon request. Gil lives in Muskegon, the city of his birth, with his wife Sara, who achieved an MSW. They are blessed to have both of their adult sons also living nearby. Their oldest and his wife have 3 children for which all are grateful, including their younger son, now known as "Unkie."



A retirement home designed for optimal lake living, resident comfort, community and privacy.

- Five private suites
- Lake views
- Designed for singles and couples
- Individual climate controls
- Workout room and spa

Pick your suite and secure your space on the waiting list now!*

The Cottages at Martin Lake

3088 S. Van Wagoner Ave., Fremont, Michigan



Call to schedule a tour!

231-307-4567



TheCottagesatMartinLake.com

*Fully refundable deposit until construction is complete.



This is what retirement should look like.

*Retire to the Lake
and keep on Living!*

New Construction - Coming 2019

Ask the Provider

Understanding Palliative and Supportive Care

Courtesy of Mercy Health

Question: What is the purpose of Palliative and Supportive Care?

Answer: The purpose of Palliative and Supportive Care is to assist patients and caregivers, who are living with a long-term or advanced disease, with improving quality of life and ensuring that patients continue to find meaning and value in their lives.

Question: What is the main focus of Palliative and Supportive Care?

Answer: Palliative and Supportive Care focuses on:

- Examining the goals of care, taking into account the benefits, burdens and risks of treatment.
- Managing all of the patient's symptoms, which may include pain, depression, digestive issues and the impact of cognitive impairment on decision making.
- Addressing psychosocial stress that



BY
JOEL
PHILLIPS, DO



BY GERALD
HARRIMAN,
DO

the patient, caregivers or family members may be feeling caused by the illness or health care system.

- Dealing with financial, social and practical issues the patient and family are facing
- Caring for the human spirit — including any feelings of loss of purpose, as well as spiritual needs of the patient.
- Advanced care planning, so that future treatment plans are aligned with the patient's wishes.
- Transitioning to hospice care as the disease progresses to the end stages of life.

Question: How is Palliative and Supportive Care different from Hospice Care?

Answer: Hospice Care is an important subset of Palliative and Supportive Care that serves patients and their families at the end of life. Palliative and Supportive Care is not about the end of life, but life until the end. It helps patients with serious, advanced illnesses to live as well as possible for as long as possible.

One important difference between Hospice Care and Palliative and Supportive Care is that with Pallia-

tive and Supportive Care, patients will still see their specialists for their medical conditions, receive curative medicines and treatments, as well as undergo occupational or physical therapy as appropriate. Patients may receive the benefits of Palliative and Supportive Care for a brief period of time or years!



Graph to left: Palliative medicine can be provided to any patient with chronic disease, and it focuses on living well. Hospice is a form of palliative medicine specifically for patients with terminal disease at the end of life.

Question: Why do patients and families often hesitate when offered Palliative or Supportive Care?

Answer: Patients and their families may reject palliative care because they think it is the same as hospice care. People may mistakenly think that the patient is dying if palliative care is called in for a consult.

It is important to remember that Palliative and Supportive Care is recommended for patients with serious, complex, and long-term illnesses. It is not requested for patients who "are expected to die soon."

A recent pilot study of patients with serious neurological illness showed that receiving Palliative and Supportive Care early in their treatment was associated with a higher quality of life after 16 weeks than those patients not receiving palliative care as early.

In addition, there are numerous

medical studies in a variety of settings demonstrating the positive impact of Palliative and Supportive Care on not only the quality of life but the length of life.

Question: Can patients or their families request Palliative and Supportive Care?

Answer: Yes, on an outpatient basis, patients can ask for a referral from their primary care physician. On an inpatient basis, the referral would need to come from the patient's attending physician while being hospitalized.

Question: Does medical insurance cover Palliative and Supportive Care services?

Answer: Yes, Medicare and Medicaid provide reimbursement for the sub-specialty of palliative care. As we know, Medicare and Medicaid are the largest nation health plans driven by federal and state regulations.

Commercial insurance companies have different plans and coverage. For the most part, we have seen an increase in coverage of palliative care by private health insurance companies — for their sickest members.

At this time, the best advice we can offer is for you to check with your insurance provider for any details and requirements or restrictions regarding Palliative and Supportive Care before you ask for these services.

In Muskegon, Outpatient Palliative Care is now at Harbor Palliative Care 231.722.0382. In Grand Rapids, to contact the Palliative and Supportive Care team at Lacks Cancer Center, please call 616.685.5231.



SANCTUARY AT THE OAKS

Exceptional, All-Inclusive Independent Senior Living

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



Affiliated with Mercy Health

Part of Trinity Health Senior Communities,
a faith-based nonprofit senior living organization

(231) 672-2796

www.SanctuaryattheOaks.org

SPONSORED BY HOSPICE OF MICHIGAN

Your help is needed!

Do you recognize
any of these people?



SeniorResources 
Our Name. Our Focus.



BY
DELICIA
EKLUND

Hundreds of vintage photos are donated to The Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. I'm sure the families of the couples pictured below would love to have the photos in their home! We would love to get the

pictures back to them! If you know them, please give me a call and let me know!

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



I will give you what information I received while gathering the photos from MCGS. If you can help to identify any of these individuals or know the family, please contact, or have them contact: MCGS Pictures, C/O HPL-Torrent House, Local History & Genealogy Dept.

315 W. Webster Ave
Muskegon, MI 49440.
Email us 1972mcgs@gmail.com



Delicia is an Options Counselor with Senior Resources. She grew up in Norton Shores and loves everything history! She spends much time researching her own family, as well as local history. She loves spending time with her husband Andy, son Alan and daughter Rowyn. You can contact her at deklund@seniorresourceswmi.org or 231-683-2630

Our State. Our Town.

Our Hospice.

2016
HOSPICE
HONORS RECIPIENT



The sooner you call, the more we can help.

24/7 Support

888-247-5701 or hom.org

1930 E Apple Ave, Muskegon

A member of the northstar Care Community

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

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

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

Boggle Answers:

OHIO MAINE OREGON ALASKA
FLORIDA COLORADO

Jumble Answers:

JUICE EVENT SCROLL FILLET

Answer:

When the clown helped out
the ringmaster, he we a -
NICE JESTER



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

Veterans Aid and Attendance
Trust and Estate Administration
Wills and Trusts
Medicaid Planning
Financial and Health Care
Powers of Attorney



Nancy Ann Hornacek
P (231) 722-5406

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



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