

**FREE PUBLICATION** **FREE PUBLICATION** **FREE PUBLICATION** **FREE PUBLICATION**

# Senior Perspectives

LAKESHORE EDITION

A FREE PUBLICATION  
BROUGHT TO YOU BY:



SeniorResources  
*Our Name. Our Focus.*

JANUARY | FEBRUARY 2021

Page 4 – Senior Perspectives Awards ■ Page 5 – Country Dairy Goes to Africa  
Page 16-17 – Game Pages ■ Page 30 – Understanding Ageism



PAGE  
**06**



PAGE  
**13**



PAGE  
**28**

## JANUARY | FEBRUARY 2021 ■ WHAT'S INSIDE THIS ISSUE

- |   |  |  |  |   |
|---|--|--|--|---|
| <b>04</b> It's Awards Time<br><i>by Michelle Fields</i>               | <b>10</b> COVID Vaccines Coming<br><i>by Lisa Tyler</i>            | <b>14</b> New Year's Resolution<br><i>by Gil Boersma</i>   | <b>20</b> Inauguration Parade<br><i>by Joel Dulyea</i>     | <b>25</b> Making it a Good Day!<br><i>by Rolina Vermeer</i> |
| <b>06</b> Country Dairy Goes to Africa<br><i>by Janet Hasselbring</i> | <b>10</b> Cathy's Cooking Corner                                   | <b>15</b> Little Libraries<br><i>by Jerry Mattson</i>      | <b>22</b> Social Security Q & A<br><i>by Vonda VanTil</i>  | <b>26</b> Forest Bathing<br><i>by Jackie Lindrup</i>        |
| <b>08</b> A Long London Weekend<br><i>by Jay Newmarch</i>             | <b>11</b> Create a Smart911 Profile<br><i>by Christine Wistrom</i> | <b>16</b> Game Page  | <b>23</b> Winter Is Wonderful!<br><i>by Louise Matz</i>    | <b>28</b> A Red Convertible<br><i>by Keith Sipe</i>         |
| <b>09</b> Grandma's Stars Keep Shining<br><i>by Nancy Abiade</i>      | <b>12</b> Lock Down Fitness<br><i>by Holly Lookabaugh-Deur</i>     | <b>18</b> Travel to Happiness<br><i>by Tricia McDonald</i> | <b>24</b> Varicose Veins<br><i>by Tarin Paparella, DPM</i> | <b>30</b> Understanding Ageism<br><i>by Lisa Tyler</i>      |
|   | <b>13</b> The Price of Fame<br><i>by Clif Martin</i>               | <b>19</b> Benefit Verification<br><i>by Vonda VanTil</i>   |  |   |

### EDITOR & PUBLISHER

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

### GRAPHIC DESIGN

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

### COPY EDITOR

Bonnie Borgeson



#### ON THE COVER:

Photo by Dana Fields, Options Counselor at Senior Resources

### WRITERS

Nancy Abiade  
Gil Boersma  
Joel Dulyea  
Michelle Fields  
Janet Hasselbring  
Dick Hoffstedt  
Jackie Lindrup  
Holly Lookabaugh-Deur  
Jerry Mattson  
Louise Matz  
Clif Martin  
Tricia McDonald  
Jay Newmarch  
Tarin Paparella, DPM  
Keith Sipe  
Joe Stapel  
Cathay Thibdaue  
Lisa Tyler  
Vonda VanTil  
Rolina Vermeer  
Christine Wistrom

### MEMBER OF



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

560 Seminole Rd., Muskegon, MI 49444

**231-739-5858**

[www.SeniorResourcesWMI.org](http://www.SeniorResourcesWMI.org)

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

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

To advertise in upcoming Senior Perspectives publications, contact:

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

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

Enjoy Senior Perspectives Online  
at [www.SeniorResourcesWMI.org](http://www.SeniorResourcesWMI.org)



Like us on Facebook!

[www.facebook.com/SeniorPerspectives](http://www.facebook.com/SeniorPerspectives)



Pam Curtis, CEO

**SENIOR RESOURCES  
BOARD OF DIRECTORS**

Chairperson..... Kathy Moore\*  
Sec./Treas..... Mike Koppenol

**MUSKEGON COUNTY**

Kathy Moore                      Dr. Aruna Josyula  
Joshua Reece                     Sherry White

**OCEANA COUNTY**

Martha Meyette                 Ron Rash

**OTTAWA COUNTY**

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

\* Board members who also serve on the Finance Committee

**PROGRAM & PLANNING  
ADVISORY BOARD**

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

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

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

# Support to be a more Confident Caregiver

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

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



24/7 Support

888-247-5701 | hom.org

1930 E. Apple Ave., Muskegon

Our State. Our Town.



Our Hospice.

A member of the **northstar** Care Community

Sponsored by



# I Spy

*It's easy!*

Simply find the Snowman (Not Cover Photo) 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 Snowman (Not Cover Photo)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

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

**NOVEMBER/DECEMBER WINNER: MARILYN DEUR OF NEWAYGO**

The Running Turkey was found on page 23 in the book club story.

# Letter from the Editor

## It's Awards Time!



BY  
MICHELLE  
FIELDS

I am delighted to share that NAMPA (North American Mature Publishers Association) announced that Senior Perspectives Newspapers received seven National Awards in Excellence during the 2020 National (Virtual) Convention this past October. NAMPA is the only non-profit association of senior/boomer publications, with a membership covering 38 states and two provinces in Canada.

Senior Perspectives submitted several entries this year in various categories. All entries were independently judged by the prestigious University of Missouri School of Journalism, widely considered one of the top journalism schools in the country. Awards were presented in a wide variety of categories, including writing/editing, design, advertising, content, concept, photography, and website excellence.

### This year's Senior Perspectives winners are:

- 1st Place Joe Stapel, How-To Feature Article
- 2nd Place Janet Hasselbring, Personal Essay Article
- 2nd Place Tricia McDonald, Column Review Articles
- 2nd Place Glenn Rutgers, Best Overall Use of Photography



### Other awards included:

- 1st Place Best Black and White Ad
- 1st Place Color Ad
- 2nd Place Best Use of Color



Tricia McDonald



Glenn Rutgers

This year's Senior Perspectives Annual Fall Harvest left us in a bit of a predicament. In years past, an informal event provided the entire staff of Senior Perspectives a chance to get together and enjoy warm cider and pumpkin donuts, and a time to present that year's awards. However, 2020 has been a bit unpredictable, and the pandemic caused two cancellations and generated a different type of gathering. With social distancing and face coverings in place, this year's event consisted of curbside pick-ups and front door deliveries. Even though it wasn't our normal get-together, it was wonderful to see almost everyone.

Not all attendees could be pictured this year, but I'll squeeze in as many as possible.

Wishing our readers, a safe, healthy and happy New Year!

*Michelle Fields is the Editor & Publisher of Senior Perspectives newspapers and has been part of the Senior Resources team since 2009. She enjoys fishing and camping with her husband Mike and GSP pup Tigo.*



Far left: Joe Stapel  
Left: Janet Hasselbring

Clif Martin



Dick and Shirley Hoffstedt



Gil Boersma



Joel and Merijo Dulyea



Keith and Pam Sipe



Jerry Mattson



Louise Matz

# Bayview Tower APARTMENTS

**Elderly Community ~ 62 years or older**

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

Rent based on income

**Office: 231.726.6984**

TTY 711

**Fax: 231.726.4356**

864 Spring Street, Muskegon, MI 49442

Bayview@imsteam.net

Equal Housing Opportunity



**Reside.  
Reflect.  
Relax.**

1 Bedroom  
Apartments

Assisted Living  
& Memory Care  
Now Open

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

Call Today to  
**Schedule Your Tour!**  
231.798.2220



Check us out online at [rlmgmt.com](http://rlmgmt.com)



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

# Moo! Country Dairy Goes to Africa



BY  
JANET  
HASSELBRING

November 2011. “Wendy, do you know a dairy farmer we could send to Uganda to look at a situation there?” the voice asked. “Well,” replied my brother, “I know only one. That’d be me.”

That phone conversation with Martin Mutuku was the beginning of Country Dairy’s nine-year partnership with Partners Worldwide, an organization that connects profes-

sionals with people in similar businesses in developing countries.

Wendell Van Gunst was a perfect choice. Retired after 44 years as owner of Country Dairy (May 1964-December 2008), a four-generation dairy farm in West Michigan, he was struggling. “I still love this business. What am I going to do?” He couldn’t imagine a future without some kind of meaningful work.

When he accepted Mutuku’s invitation to visit Uganda, he’d already made visits to India and Kenya. He was struck with the masses of people and debilitating poverty everywhere.

In his book, *A Path Marked Out, A Farm Boy’s Journey to find God’s Path*, Wendell chronicles the founding of Country Dairy, Michigan, and Country Dairy, Gulu, Uganda (CDGU), and the challenges faced along the way.

A CDGU Advisory board was formed and in February 2012 Wendell made his first trip to Uganda. What he found was a dairy industry that had collapsed during the reign of Idi Amin and 20 years of civil war under



Ugandan women carrying water.

Joseph Kony and the Lord’s Resistance Army, when soldiers kidnapped boys and conscripted them into the army. Often they would corral families into grass huts and order their sons to set the hut ablaze. He met Tonny, CDGU’s future manager, who, with his brother, narrowly escaped a raid.

That August land was purchased and by July 2013, in less than one year, the barn and silo were finished and the first modern dairy set-up in Uganda was in place. The building site was leveled, using a WWI bulldozer! Pouring the cement foundation was a community affair.

All day long, women carried well water in jugs on their heads, others pounded rocks into little pieces, trucks



Wendell with Tommi, the farm manager.

unloaded piles of sand, and women - yes, women! hauled finished batches to the building site in wheelbarrows. The foundation had to fit exactly the steel frames being shipped from America. When the containers arrived, the contents were so jumbled, Wendell likened sorting them out to doing a jigsaw puzzle. The different electrical current in Africa frequently burned up their tools. The bricks they made for the foundation of the bunker silo were so huge, they produced only two a day, 100 in two months.

Next was planting crops, so cows could be purchased.



Ugandan kids watching the cows.

Filling the stalls with cows was the most emotional moment for Wendell. By January 2018, they had 22 cows. The first milking called for a celebration!

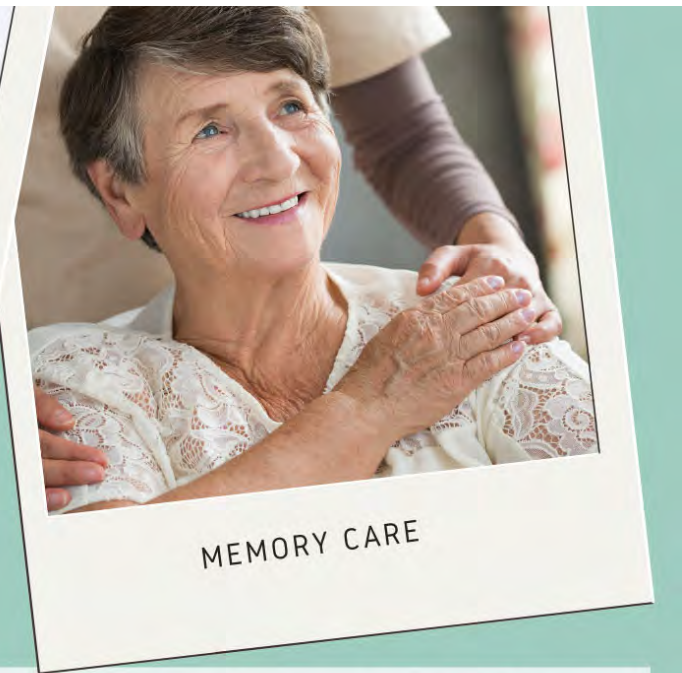
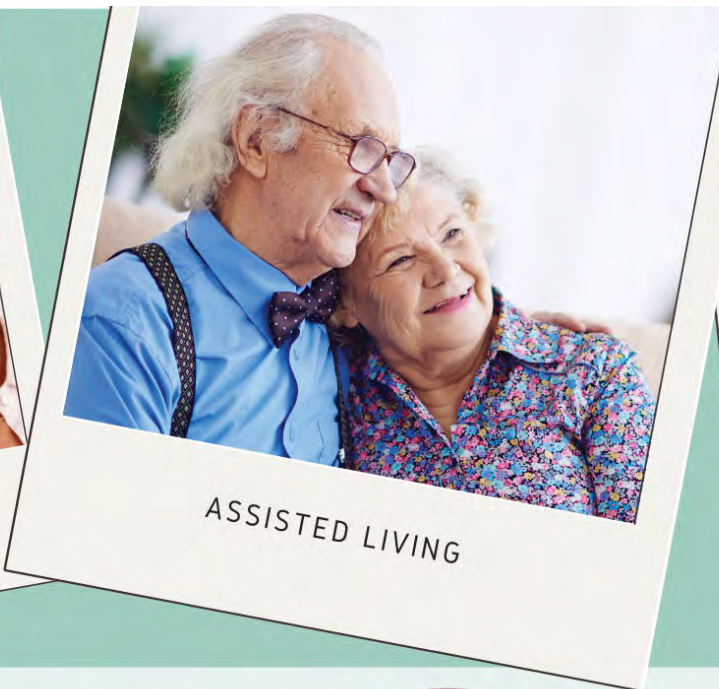
A dairy processing plant from Israel was installed and in time a yogurt-making operation was added. Now half of the milk output goes into yogurt. Labeling, marketing, and distributing are challenging since there’s no grocery system in Uganda.

Remembering how his dreams of owning a dairy farm came true with help from family and friends, Wendell was committed to helping others realize their dreams. In 2015, CDGU built a school where aspiring farmers learn about modern dairy practices and watch them put into action, in the barn.

CDGU has won national awards, hosted thousands of visitors, trained over 3,000 dairy farmers/managers, and inspired hundreds of students on field trips. It currently employs fifty and has a staff of 20, representing 200 households. It’s a pillar of the dairy industry not only in northern Uganda, but in entire East Africa, helping its people rise from the ashes of war, poverty, abduction, and massacre.

Wendell recalls the words on a plaque that hung on a wall in our home: “Only one life will soon be past. Only what’s done for Christ will last.” He no longer has to wonder about what to do in retirement. God marked out his path.

*Janet lives in MI with her husband, Don and Welsh terrier, Maggie May. Jan drags herself off the tennis and pickleball courts occasionally to write. Her book series, Tales from Pelican Cove, features wild/shorebirds from FL and beyond, and a second series, Country Dairy, describes life on her family farm, in West MI, in the 1930s, when her parents lived and worked on the land. Her piano gets lonely because she chooses to whack fuzzy yellow balls and noisy popping pickleballs instead of tickling its ivories.*



## Village at the Pines

Grand Haven

(616) 846-9000

## Village at Park Terrace

Muskegon

(231) 755-6560

## Village at Appledorn

Holland

(616) 392-1700

## Waverly Meadows

Holland

(616) 392-8246

## Village at Rosy Mound

Grand Haven

(616) 935-2220



## Railside Assisted Living

Byron Center

(616) 878-4620

## Sheldon Meadows Assisted Living

Hudsonville

(616) 662-8191

## Appledorn Assisted Living

North & South - Holland

(616) 393-0828

## Seminole Shores Assisted Living

Norton Shores

(231) 780-2944

## Grand Pines Assisted Living

Grand Haven

(616) 850-2150

[www.HeritageSeniorCommunities.com](http://www.HeritageSeniorCommunities.com)



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

TRS  
Dial 711

# The Graying Globetrotter

## A Long London Weekend



BY  
JAY  
NEWMARCH

In 2018, I found myself with an opportunity to visit London, England, in early June. I was able to purchase a reduced-price ticket on KLM and did a little online research to find a small boutique hotel. I prefer to have some of the amenities of a major hotel, but without the impersonal, crowded atmosphere.

I found a small hotel in a row house in Pimlico. A London neighborhood, Pimlico is a residential area outside of London proper, but still close enough to many things you'll want to see. The Eccleston Square Hotel is located just a short distance from Victoria Station where you can catch a bus, train or access the London Underground.

I landed in London late at night and had booked a driver ahead of time. He was unfamiliar with the hotel, but with a little work we found it. I climbed into one of the most comfortable hotel beds I've ever had and went instantly to sleep. The next morning, I knew I had chosen well. It was great to wake up in a quiet neighborhood, grab breakfast and then walk a couple of blocks to Victoria Station.

And, bonus, the hotel gets its name from a private garden square across the street from the hotel. While the garden is only accessible to owners who have property surrounding the square, because the hotel is family owned, they have a key which guests can use to gain access. As if the neighborhood wasn't quiet enough, you can wander the private garden and find a nice place to sit and relax.

Fun fact, London covers more than 45 square miles, but the actual City of London is only 1.1 square miles. If you stay in any of the surrounding neighborhoods, it's entirely possible to walk to most destinations. Partner that with an Underground or bus pass and you can get anywhere you want to. It can seem daunting, but by the second or third day, you'll feel at home. In fact, on my third day, I was actually approached and asked for directions. The fun part was that I was actually able to give them!

On my treks from my hotel, I'd head out in different directions, depending on what I wanted to see. One mile in one direction took me to the Knightsbridge area. Home to high-end shopping, restaurants, stately Victorian homes and garden squares, it's a great place to gawk. I had purposely



headed that direction to celebrate my birthday with a trip to the Victoria & Albert Museum. The museum itself is a crown jewel. I was told that it was built for Queen Victoria to house all of her wedding gifts. It's something to see.

In the same area is the famous Harrod's department store. Even if you don't plan on doing any shopping, be sure to visit. An incredible piece of architecture with amazing design inside. I was definitely out of my element, but it was worth the trip. I even decided to dine at one of their restaurants. They have several with price points at all levels.

I had planned on visiting Buckingham Palace, but found out on my first day in London that I had arrived just ahead of the Queen's yearly Trooping the Colour birthday celebration. While her actual birthday is in April, the monarch's birthday is always celebrated in June as the weather is more

conducive to outdoor events. Well, that day was just beautiful. I left the hotel early and walked to the palace, which was just under a mile walk from my hotel.

Trooping the Colour is a highly choreographed production. Military on horseback, guards marching in unison and the royal family on display. It's quite something to behold and many do. I decided to arrive early in the morning to take in the area and find my place. There were already crowds lining Buckingham Palace and the Mall. The royal family leave Buckingham Palace and, by horse-drawn carriage, travel down the Mall to inspect the troops. I watched as Duchesses Camilla and Kate left the palace, then Meghan Markle, along with Prince Harry, made her first of only two appearances at the Trooping of the Colour. Lastly, the queen, alone in her open carriage, headed down the Mall. After quite a wait, everyone returns to the Palace, including the troops, culminating with the royals on the balcony of the Palace watching a flyover of military planes and jets. What luck that I happened to be there that weekend!

The Mall runs alongside St. James's Park. After the Trooping of the Colour, with massive numbers of people attempting to get out of this small space, I headed for the park. I had enjoyed its quiet serenity the day before. That day, however, it was swarming with people. But using it to head away from the crowd worked like a charm. I was able to head over and out into one of the surrounding and much quieter neighborhoods.

While that's hard to top, London is a great city to visit. In all directions, there's history to see. I took in all of the famous sites like Piccadilly Circus, Trafalgar Square, Big Ben and Westminster. Tower Bridge, an old Victorian Bridge is further down the River

Thames. I actually took the underground to Monument station to London Bridge from which you'll get a spectacular view of Tower Bridge. That reminds me, make sure to take a cruise down the Thames. It's a great way to really take in some of the great London architecture from a different vantage point.

While I had close to four days in London before heading out to explore the south of England, it was not nearly enough time to enjoy all that London has to offer. I definitely plan on returning at some point to resume my tour.

*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.*



# Grandma's Stars Keep Shining



BY NANCY  
ABIADÉ  
LMSW

While serving as a Hospice Social Worker, I often asked patients if they had any unfinished business (emotional or physical). In July of 2019, a patient named Judith Knowles told me that she had a quilt top made by her grandmother, Ethel Mae Bloomfield Burwell in the late 1940s or early 1950s.



The photo is of Ethel (born in 1894) and her daughter, Norma Knowles 1926, Judith Knowles 1945 and Ellen Todl 1946.

Judy's star-pattern quilt top was made from scraps, and she recalled that the black polka dotted material was used to make pajamas for her and her sister and the gingham material was used to make an apron.

The quilt top lay unfinished for many years until Judy's sister, Ellen Todl, decided to finish piecing it. I first met Judy in 2017 when she was Ellen's caregiver until Ellen's death in February 2018. At that time, I had no inkling that just more than a year later, Judy would become my patient as well.

Judy never married and Ellen's daughter, Christy, became her caregiver. Judy stated that her final wish was to have her grandmother's quilt bound and quilted. I explained that my mother, Ruth Snyder, was part of a quilting group at her church, Smithville Mennonite Church in Ohio. Despite moving to assisted living, my 88-year-old mother continued to participate in the monthly quilting group. Their elaborate quilts are donated to the Ohio Mennonite Relief Sale, an annual auction that raises thousands of dollars for world hunger.

Judy was delighted and asked that the quilt be quilted, bound, and then donated to the relief sale. Christy was in agreement with the gift.

I took the quilt top to my mother who took it to the church, and they finished it just before COVID started. The pandemic caused the sale to be held online, ending on October 3, 2020. Judy's quilt Under the Stars sold for \$800.

Judy died just days after donating the quilt. My own mother died in September, 2020. I smile when thinking of these two women meeting now over this precious starry gift.

*Nancy Abiade LMSW has been a social worker for Harbor Hospice serving the Poppen Residence, assisted living, and home patients and families for over seven years. She previously worked as a skilled nursing facility, hospital, and geriatric day care social worker. Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being. For almost four decades, Harbor Hospice has provided compassionate end of life care for terminally ill patients and their families, addressing medical, emotional and spiritual needs regardless of ability to pay. Serving residents of lakeshore West Michigan, their team of professionals and volunteers connect patients and families with resources to align their goals of comfort and improved quality of life.*

## Senior Housing Association of White Lake

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



SHAWL I  
225 South Hall Street in Whitehall



SHAWL II  
8363 Cook Street in Montague

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

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

Samaritas™



Phone 231.894.9464 TTY: 1.800.649.3777 • Email: [jtiet@Samaritas.org](mailto:jtiet@Samaritas.org)

# COVID Vaccines Coming ... Eventually



BY  
LISA  
TYLER

By now, you may have heard that vaccines for COVID-19 are available and are being distributed. As of our press date in mid-December, Michigan had developed a plan for prioritizing and distributing the vaccine; that plan will likely be updated frequently, so check back in our March/April Senior Perspectives for more information. The following information is from the Michigan Department of Health and Human Services (MDHHS).

Michigan received a limited amount of vaccines in mid-December. Those receiving the vaccines first will be health care providers, essential workers, and vulnerable populations (i.e., adults 65 and older and those with high risk medical conditions). Later

distribution will be coordinated through local health departments, and eventually doctor's offices, clinics, and pharmacies, as supplies increase.

There will not be fees for the vaccination, and no cost sharing from insurance plans. The vaccine doses are paid with U.S. tax dollars, and providers agree to administer the vaccines regardless of insurance coverage or ability to pay. They may charge administration fees, which will be reimbursed by the patient's insurance or the Health Resources and Services Administration's Provider Relief Fund.

More than one dose of the Covid-19 vaccine will be required. All but one of the vaccines

currently in Phase 3 clinical trials need two shots to be effective. It is important to get both doses within the required time frame to ensure the best protection from the virus. MDHHS will use a variety of ways to notify you of your second dose, including reminder cards and text messaging reminders. The second dose must be from the same vaccine manufacturer; it is best to follow up with the same provider who gave you your first vaccine.

Some people are concerned about the safety of the vaccine. The approval process is the same as for proven vaccines; the same processes are in place to ensure the safety of this new vaccine. Scientists had already started research for coronavirus vaccines during previous outbreaks of related coronaviruses, so they had a head start for rapid development.

For more information, visit these websites: [https://www.michigan.gov/documents/coronavirus/COVID-19\\_Vaccine\\_Public\\_FAQ\\_FINAL\\_710077\\_7.pdf](https://www.michigan.gov/documents/coronavirus/COVID-19_Vaccine_Public_FAQ_FINAL_710077_7.pdf), and [https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_103214--,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_103214--,00.html).



BY  
CATHAY  
THIBDAUE

## Cathay's Cooking Corner



### Quick Chicken

- 2 tablespoons olive oil
- 1 package (6-8) chicken tenderloin strips
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 tablespoons chopped fresh basil, divided
- 3 tablespoons honey
- 3 tablespoons balsamic vinegar, or more to taste
- 2 cloves garlic, chopped
- 1/4 cup chicken stock

Heat olive oil in a nonstick skillet over medium-high heat. Season chicken with salt and pepper. Add to skillet and cook until no longer pink in the center. Remove chicken and place on a plate. Add garlic to skillet and cook for about 30 seconds. Add the honey, chicken stock, balsamic vinegar, and half of the basil; stir. Bring mixture to boiling, stirring, for one minute. Add chicken back to mixture and cook for one more minute. When serving, garnish with the rest of basil. Serve over rice or pasta, or with a side salad.

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



BY  
CHRISTINE  
WISTROM

# Do Something Smart for Yourself: Create a Smart911 Profile

If you don't do anything else for yourself this year, perhaps

you'll consider creating a Smart911 Profile. Smart911 is a program for anyone who wants first responders to have up-to-date, accurate information about them in the event of an emergency. You decide what information you want entered into your Smart911 Profile. Then, if a call goes out, your information is automatically pulled up so the dispatcher has it on hand immediately and can relay it to first responders. You create your profile with as much or as little information as desired.

Smart911 is a national service, so your Smart911 Profile travels with you and is visible to any participating 9-1-1 center nationwide.

Your Smart911 Profile can include information about:

- The people living in your household
- Phone numbers associated with your family
- Pets, service animals, and livestock
- Medical conditions and allergies
- Medications and medical equipment
- Property details, layout, and utility information
- Vehicle descriptions
- Emergency contacts

You can create your Smart911 Profile by going online to [www.Smart911.com](http://www.Smart911.com). It helps if you have the following information to enter into your profile before you start:

- Blood type
- Allergies
- Medications (not specific names, but types of medications such as beta-blockers, etc.)
- Others who live in your household
- Pets (names, species, and how many)
- Detailed directions to your home
- Any other information you want first responders to know

It takes approximately an hour to complete your profile, and if you're not good on the computer, it may take some persistence. If you'd like help entering your information into your profile, Disability Network/Lakeshore is available to help! Please call 616-396-5326 and ask to speak to Chris.

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




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

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



**Affordable Independent and Assisted Living**  
704 Pennoyer Ave., Grand Haven | [www.christianhavenhome.org](http://www.christianhavenhome.org)

**FREE INFORMATION    FREE INFORMATION    FREE INFORMATION**

## Mail Us for FREE Information

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

<input type="checkbox"/> Bayview Towers, Pg 5	<input type="checkbox"/> Mission Point, Pg 21
<input type="checkbox"/> Chestnut Fields, Pg 5	<input type="checkbox"/> Park Woods Apt., Pg 25
<input type="checkbox"/> Heritage Senior Properties, Pg 7	<input type="checkbox"/> Christian Care, Pg 25
<input type="checkbox"/> SHAWL I & II, Pg 9	<input type="checkbox"/> The Oaks, Pg 27
<input type="checkbox"/> Christian Haven Home, Pg 11	<input type="checkbox"/> The McAuley, Pg 27
<input type="checkbox"/> Robbinswood/ NorthCrest AL, Pg 14	<input type="checkbox"/> Darley Village, Pg 29
<input type="checkbox"/> Christian Manor, Pg 18	<input type="checkbox"/> DaySpring, Pg 30
	<input type="checkbox"/> Oceana County MCF, Pg 31

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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

**FREE INFORMATION    FREE INFORMATION    FREE INFORMATION    FREE INFORMATION    FREE INFORMATION**



BY HOLLY  
LOOKABAUGH  
- DEUR

# Surviving and Thriving: Lock Down Fitness

As we all continue to modify our lives in the current pandemic, our mental and physical health have adapted to the unpredictable and restricted lifestyle that is our “now.” The “temporary” adjustments have turned into an exhausting battle and fear of what our new normal may look like. At the time of this writing, we have experienced a new surge in West Michigan, and there is no defined light at the end of the tunnel.

After that cheerful introduction (!! let’s move ahead. With renewed restrictions and social isolation intensity, let’s focus on two primary objectives in the “lock down” environment

- Fortification of our immune system
- Staying as fit as possible

For the purposes of brevity, this article will not repeat the emphasis on cleanliness, masks, social distancing. You know what to do.

How do we strengthen our immune system? Beyond the obvious steps of maintaining an annual flu shot (and other necessary vaccinations), an annual physical and preventative screenings recommended for your age, what can you do on a daily basis to rejuvenate and maximize your natural protection against harmful bacteria and germs?

- **Eat lean protein at every meal.** Because antibodies are made of protein, this is a natural choice to facilitate building as many antibodies as you can without sacrificing muscle. There is no one magical food to fend off disease, but protein is a solid choice—lean cuts of pork, beef, and vegan choices of beans, soy and seafood. Oysters and crab contain zinc, a mineral that boost production of white blood cells, which identify and fight infection throughout the body. Food high in protein and magnesium such as almonds and cashews are boosters for the immune system.
- **Remember Five Alive.** Remember the goal of five servings of fruits and vegetables a day! Embrace this and focus on vitamin A, C, and E-rich choices. Vitamin A (dark greens, carrots) helps white blood cells directly and regulates the immune system. Citrus fruits (lemons, oranges) and peppers and broccoli are rich in vitamin C, instrumental to absorbing iron and a direct assist to the immune system. Vitamin E is particularly

helpful against flu and respiratory illness (maybe COVID?). Nuts and seeds are a good source of Vitamin E and other essential amino acids. No specific recommendations for supplements will be made here. Please discuss anything you might want to ingest outside of everyday foods with your physician or health care provider.

- **Continuous movement and activity.** It’s good to be outside, and, if you are social distanced, without a mask—so boost ALL of your systems by scheduling 10-15 minutes several times a day. Total your walks to 30 minutes for the best benefit. Consider interval walking: 1 minute of super-fast walking followed by 2 minutes of normal-paced walking for the best aerobic benefit. Interval walking is one of the fastest methods of improving your aerobic capacity. By boosting your circulation, your body will actually release hormones that will help detect germ invaders more quickly. Moderate exercise is best. Severe and prolonged activity—like running a marathon—can temporarily lower your resistance to infection. But do get moving!
- If you are fearful of exposure leaving the house... you can get moving to this level without feeling like a crazy person walking in circles. Find a step or a flight of stairs to get started.

With one or two steps: Step up and down with one foot, then the other, then two steps down as fast as you can for 30 seconds, followed by one minute of “regular” stepping pace. Try to do a total of 8-10 minutes. You will feel it.

With a full flight of stairs available: Try this. Go up the stairs as fast as you can (Hold on to a railing but don’t pull yourself up. Cheating!) and then nice and slow paced on the way down. Try it for 2 minutes, work up to 5 minutes; you are a champion at 8-10 minutes. Your heart will be pumping! A recent study demonstrated that stair climbing on a regular basis was one of the best predictors of longevity, low fall risk, and great bone density.

- **Embrace something new.** Sounds a bit far-fetched? Activating different aspects of your brain actually CAN boost your immune system, through the release of specific hormones that control catabolic (breakdown) and anabolic

(build-up) metabolism. Great time to learn a new language, practice cooking skills, learn to knit, take an online geography class (a lot of countries have changed names since we were in school!) Bottom line: build your brain; build your immune system. Stress, which everyone is feeling right now, directly releases chemicals that aggravate inflammation. New cognitive activity can combat some levels of stress (not all) and help keep inflammation at bay.

- Extra boost needed? Learn something new with a fun friend over the internet or phone or however works best for you. Laughing is a POWERFUL anti-inflammatory buster and immune system booster!
- **Get your vitamin D levels checked.** About 50 nmol/L is generally enough to maintain overall health; less than 30 nmol/L is too low for most people. New research suggests vitamin D could boost immune response, and too-low levels may be linked to an increase in seasonal colds and flu. Many of us are deficient in vitamin D, which we can get from the sun and very few foods. Talk to your doctor; you may need a supplement to boost your numbers.
- **Sleep.** The current levels of sleeplessness that we may be experiencing really take a toll on our systems. By staying in high alert, without time for regeneration of cells, we are primed for infection, disease, and common everyday ailments. Sticking to a schedule, keeping your home cool at night, no electronics in the bedroom, no caffeine after 5 p.m.—use whatever methods you need to be sure to get your eight hours.

Our mental and physical health levels are both under attack right now. Inactivity, stress-eating, over-drinking to medicate ourselves, and sleeplessness are a constant battle. It will take diligence to stay healthy during this pandemic. It would be great if hoarding toilet tissue would help, but it doesn’t. Write things down, little day-to-day things that keep you on track, and post it on your refrigerator. You may feel alone, but you aren’t. The world will open up again. Focus on good memories, maintaining friendships and activity, and take the time to do some home cooking. 2021 will be better!

*Holly Lookabaugh-Deur is a Board Certified Geriatric Clinical Specialist and Physical Therapist GCS) and a Certified Exercise Expert on Aging Adults (CEEAA). She currently works as the Director of Clinical Services for Ivy Rehab Network, a rehabilitation organization with 229 clinics in 11 states. She has been a part of the Senior Perspectives writing team since 2016.*

## Martin's Meanderings

# The Price of Fame



BY  
CLIF  
MARTIN

What could turn a sweet old guy like me into a cranky sourpuss curmudgeon? It was early August, and we had a bit of a cold snap. I was trying to get warm. My tendency to get cold might be a throwback to the strange promotions and appearances I got into when I was a big radio star.

Have you been in a doghouse on the ice? There I was on frozen Anchor Bay of Lake St. Clair over on the Southeast side

of Michigan. As far east as you can go without getting wet or being in Canada. It was an annual fishing event. My job was to sound warm and friendly for the vast WDOG listening audience. I told them to come on down, cut a hole on the ice, drop a line and pull out a big fish. There was a Miss WDOG but she was not there to keep me warm. Most fortunately, the ice held up and I am here to tell the tale.

WDOG is now "Big Dog Radio" in Allendale, South Carolina. I don't know if they have the Doghouse or ice to park it on.



From Southern Michigan to North Montana. In radio you go where there is a job. The dry cold wasn't that bad. But Midge and I had a rattlesnake to deal with. So, it was back to Michigan as far west as you can go without getting wet. High humidity but no rattlers in the yard.

February. 20 degrees. Downtown Muskegon. Playing a calliope on a pickup truck.

An annual winter thing which I think they still do. The only song I remember playing is "Here Comes the Showboat." It just seems like that's what calliopes are for.

Summer in Michigan was warmer but no kinder. I found myself in a media putting contest. That has something to do with golf. First and only time on a golf course. Apologizing to one of the LPGA ladies who asked what I was doing there. Thank goodness there's no photo of me swinging a putter.

Oh, the terrible price of fame.

*Clif says he is grateful for the old timers who remember his good radio days and forget the bad ones.*



**Belton**

IMAGINE HEARING AS NATURE INTENDED



A truly tailored hearing solution

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

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

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

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

Visit [Beltone.com/Imagine](https://www.beltone.com/Imagine) to learn more

**Many Hearing Healthcare options available!**

- In person
- Curbside
- Telehealth
- Clean environment following CDC guidelines to keep you safe.

\*  
**Call 1-800-522-9588**  
to schedule an appointment today!

**Limited Time Offers**



**\$1000 OFF**

**A SET OF THE LATEST TECHNOLOGY**

Expires 2/28/21



**BOOK A FREE HEARING EVALUATION**

Expires 2/28/21

**Belton Imagine™**

**Belton**

**80 YEARS**  
1940  
2020

[beltone.com](https://www.beltone.com)

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

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

**JENISON • 640 Baldwin • (616) 457-0028**

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

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

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

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



## Soul Food

# New Year's Resolution

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

I find the tradition of making a New Year's Resolution a thoughtful idea but hard to keep. However, if you are inspired, as in a spiritual awakening, it would not matter what day or month it was, you would have great motivation to follow through. If you have great courage, just do it! If you want to seek a special friend or relative with whom to share the inspiration, in order to get some feedback before starting, go ahead. Keep in mind, the Spirit has given you a personal direction, and therefore the Spirit will be with you for guidance every day, and your faith will grow step by step.

If you are unfamiliar with the inspiration I have shared above, you can look for books or other teaching material that introduces "spiritual formation." If you have a relative or a special friend with whom you love to discuss just about anything, meeting with them may be a better start.

Walking is a great interruption from quiet reading or television at home. I often see a lady who uses a walker with wheels taking long walks in our neighborhood. I know you will be reading this article in the winter, and the icy side-

walks are something to avoid. However, when they are dry, and if you have good footwear, it can be very refreshing, especially if the sun is out! My wife and I do not have a fenced-in yard, so I have to take my dog for numerous walks daily, and he loves the winter! I often walk on the terrace (where the grass grows between the sidewalk and the street) when I am wearing hiking boots in the winter; it's much more comfortable.

Do you struggle with decisions? Have you been feeling discouraged about your life, or concerned about relationships for which you have been praying? If you can still walk, and the weather looks sunny; put on good walking shoes/boots plus your winter clothing and take a walk outside. Notice how it helps your mood, clears your mind, and inspires you about decisions which need to be made. The walk does not have to be long and walking regularly will lift your spirit. Wear your mask for your safety, and the air you breathe will be warmer. Peace be with you.

*Rev. Gilbert Boersma, BBA, MDIV, is an Elder in the United Methodist Church, and a retired board-certified chaplain.*

*His wife Sara is retired from Muskegon Community Mental Health and offers counseling privately, part-time. Their two sons, one daughter-in-law and four grandchildren also live in Muskegon. Gil offers "spiritual direction" for those who have interest. You may contact him by email: boersmagil71@gmail.com*



## Gift Cards are for gifts, not for scammers!



Watch out for calls, texts, and emails from scammers pretending to be the IRS, your bank, or companies like Apple or Amazon. They will tell you a story about an unauthorized order or an unpaid fee and claim that a gift card is the only way to resolve the situation. **DON'T BELIEVE THEM!**

A reputable company, bank, or government agency will never ask you to buy gift cards to pay fees or resolve a billing situation. Hang up the call, ignore the text or email, and report the scam to the FTC at ReportFraud.ftc.gov or call 877-382-4357.

**SafeSeniors**  
Educate. Advocate. Seek Justice.

Stay Informed.  
Stay Safe.

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

For more information:  
[www.safeseniors.info](http://www.safeseniors.info)



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

# Little Libraries



BY  
JERRY  
MATTSON

I chose the one in Whitehall located near the Chamber of Commerce building at the south end of the causeway to Montague. I picked up two books there and left three of mine. The ones I got were both writing related. *The Cutaway* by Christina Kovac was about crimes covered by a TV news crew. The other, *The Boys on the Bus*, was about the press covering presidential campaigns during the 1960s and 1970s. Different times and places, but both worth reading.

This Little Free Library was maintained by the Lions Club. To find one near you, go online with [littlefreelibrary.org](http://littlefreelibrary.org) and search by city or zip code. The map for Muskegon had 20 locations. I clicked on a couple of them and a photo of the little library showed

In May of 2020, about three months into the pandemic, I ran out of books to read. With the public libraries and Goodwill stores closed, along with no yard sales being held, my sources for used books had dried up. I had seen stories on the Little Free Libraries in the area, but never visited one. Now was the time.

up along with the latitude and longitude for its location. I guess that lets you find it with a GPS, which I haven't tried yet.

The second one I visited was the Rocket Exchange Library located at the east (garden supplies) end of the North Muskegon Meijer parking lot. Here, I picked up *Power and Empire*, a Tom Clancy book, written by Marc Cameron. This was a fat paperback with 627 pages, but with many businesses closed I had the time.

I visited little libraries six times and found something worthwhile on three visits. Ruling out Reader's Digest Condensed Books, children's books and romance novels, my choices were sometimes limited. I did end up reading books I would not have normally selected, but the situation forced me to try something new.

*The Pines*, by Blake Crouch was a pretty quick read while *The Dante Club* by Matthew Pearl was not. I put this

one aside while I read another book, then had to start again, rereading about 30 pages.

The non-fiction book *Bloody Falls of the Coppermine* by McKay Jenkins covers the murder of two Catholic priests in the Arctic barren lands of Canada's Northwest Territories in 1913. Two Eskimos were charged in the case and had to be transported hundreds of miles south to face a trial in Edmonton, Alberta. Nothing happens quickly and outcomes are unpredictable in this book.

Book sources are now back open, but that does not mean I will never visit a little library again. I keep a few books in my car for trading stock. If the spirit moves me, I'll stop again. Sometimes the adventure starts with the selection of a book from the limited supply. Think of these little libraries as rest stops for traveling books. I read *On Dangerous Ground* by Jack Higgins and found "Brown Memorial Libr. P. O. Box 24 East Baldwin, Maine 04024" rubber-stamped on its last page.

*Jerry enjoys reading non-digital books and has been reading about one each week for the past few years. Some he keeps, but most he donates to libraries, both large and small, or to Goodwill stores.*



Find us anytime at [www.SuperiorMonument.com](http://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

Preserving the memories. Honoring the life. Remembering the love.

**Superior Monument**

FREE CONSULTATIONS

LOCALLY OWNED AND OPERATED

**AIR-CAIRE** Home Medical Equipment & Supplies

**24-Hour Emergency Service**

Oxygen • Nebulizer • CPAP & BI PAP Supplies • Hospital Beds  
Wheelchairs • Walkers • Diabetic Shoes • Commodes • Enteral Feeding  
Canes • Ostomy • Wound Care • Urological Supplies & Much More

We also offer a large selection of daily living aids & bathroom aids at a competitive price

**231-924-4040** or **231-737-7070**

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

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

**FREE Delivery!**  
We bill primary & secondary insurance.

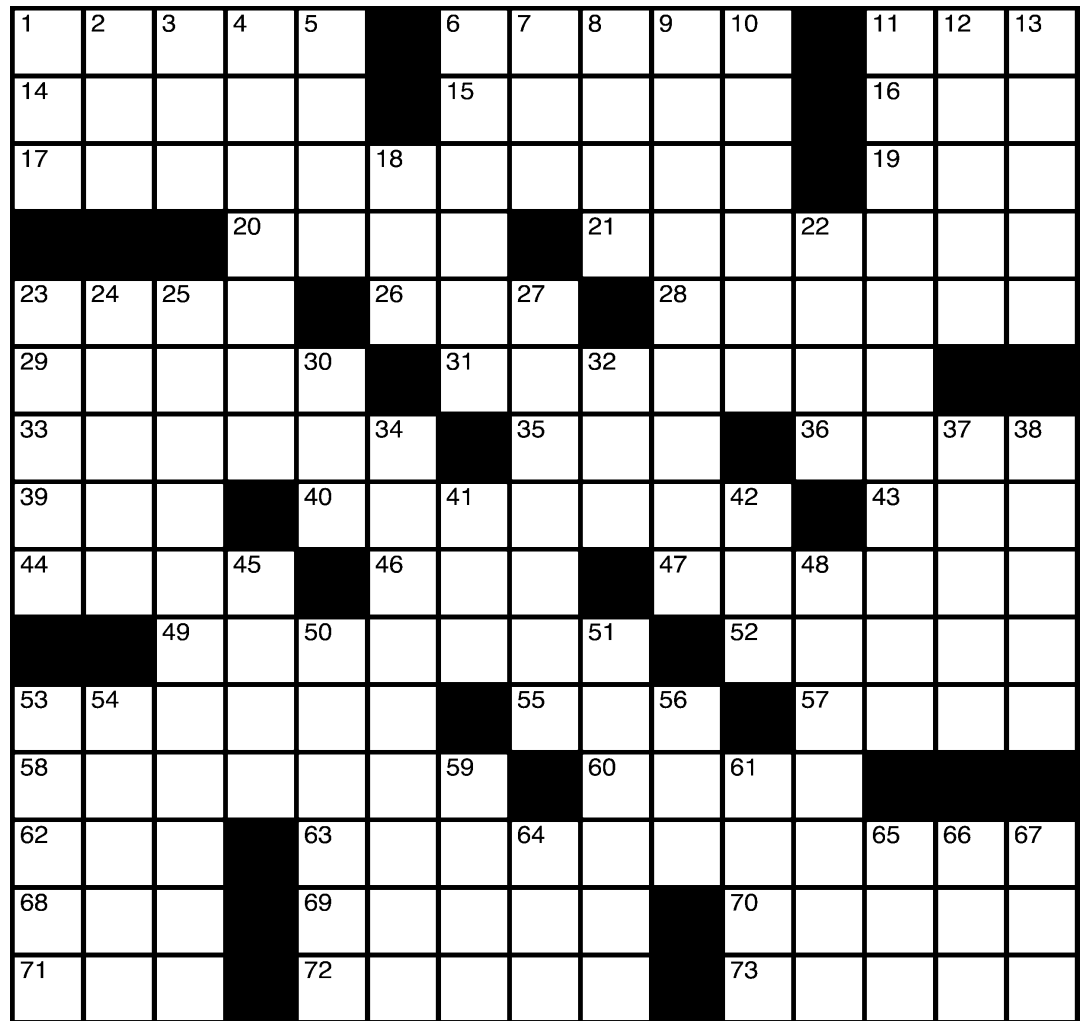
[www.air-caire.com](http://www.air-caire.com)

Healthcare **QUALITY**  
ASSOCIATION ON ACCREDITATION

**ACROSS**

- 1 Seminary book
- 6 E-cigarette output
- 11 Media-monitoring org.
- 14 \_\_\_-proof: easy to operate
- 15 How the cheese stands, in a kids' song
- 16 "\_\_\_ be in touch!"
- 17 \*Fruity ice cream treat
- 19 Be litigious
- 20 Grandstand group
- 21 Cough syrup, e.g.
- 23 Chad or Rob of movies
- 26 Practical joke
- 28 Lacking a downside
- 29 Immobile
- 31 Chafing result
- 33 Smart set member
- 35 "Great Leap Forward" Chinese leader
- 36 Storybook fiend
- 39 Upside-down sleeper
- 40 Fixed, like the ends of the answers to starred clues
- 43 Put a jinx on
- 44 Messy roomie
- 46 Nourished
- 47 House speaker Nancy
- 49 Luggage tie-on
- 52 Shops with slicers
- 53 Gondolier, e.g.
- 55 Deviate from a course, at sea
- 57 MASH shelter
- 58 Declares to be true
- 60 Carpentry wedge
- 62 Nautical pronoun
- 63 \*Knock one out of the park
- 68 Afternoon social
- 69 Chopin piece
- 70 Marble mineral
- 71 Write "mispell," say
- 72 "Jurassic Park" critters, briefly
- 73 Well-known

- 12 Crossword hints
- 13 Checkout worker
- 18 "Life of Pi" director Lee
- 22 Common jazz combo
- 23 Tree branches
- 24 Shaq of NBA fame
- 25 \*Won 10 in a row, say
- 27 2/2/20, for Super Bowl LIV
- 30 Many coll. lab instructors
- 32 Roll of bills
- 34 Egyptian queen in Tut's time
- 37 Amber, for one
- 38 Be
- 41 Like fresh nail polish
- 42 \_\_\_ XING: crosswalk sign
- 45 Restrain, as one's breath
- 48 Captive's plea
- 50 Worked together perfectly
- 51 Serious cuts
- 53 Keep moist, as turkey
- 54 [none of the above]
- 56 Grinch victim
- 59 Zap with a Taser
- 61 Somali-born model
- 64 Pointless bother
- 65 Squeal on the mob
- 66 Rugged vehicle, for short
- 67 "Game of Thrones" patriarch Stark



(C) 2020 TRIBUNE CONTENT AGENCY, LLC.



**DOWN**

- 1 Highchair wear
- 2 Wash. neighbor
- 3 TSA checkpoint container
- 4 Shoes sans laces
- 5 Sicilian volcano
- 6 Seven Sisters college
- 7 Tyrolean peak
- 8 C-SPAN figures, informally
- 9 French crockful with a cheesy crust
- 10 Captured back
- 11 \*Place for rural anglers

**JUMBLE**

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

HURES  
 ○ ○ ○ ○

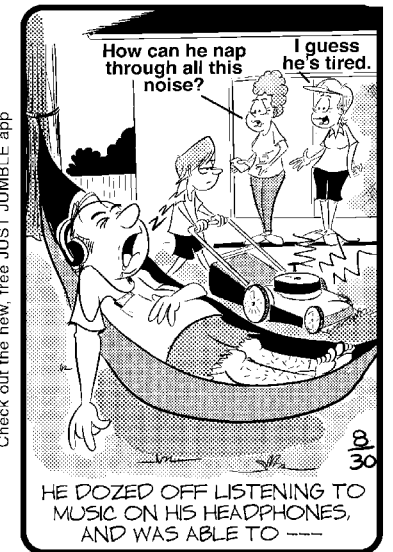
LEYID  
 ○ ○ ○ ○

GUNLEP  
 ○ ○ ○ ○

DSOETD  
 ○ ○ ○ ○

○ ○ ○ ○ ○ ○    ○ ○ ○ ○ ○ ○

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

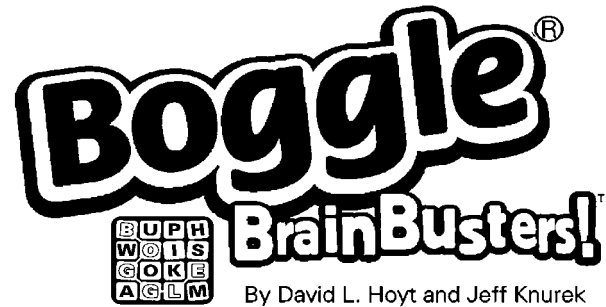


HE DOZED OFF LISTENING TO MUSIC ON HIS HEADPHONES, AND WAS ABLE TO ---

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



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



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<sup>®</sup>  
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<sup>®</sup>  
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 FIVE-LETTER MAMMALS** in the grid of letters.

---

---

---

---

BOGGLE is a trademark of Hasbro, Inc.  
© 2020 Hasbro, Inc. Distributed by Tribune Content Agency, LLC. All Rights Reserved.

Senior Perspectives Game Page Answers on Page 31

Most trusted, most utilized hospice care provider on the lakeshore.

Your Journey. Your Terms. Our Expertise.

**231.728.3442**  
[HarborHospiceMI.org](http://HarborHospiceMI.org)

**HARBOR HOSPICE**  
**HOSPICE HONORS**  
*2020 Award Recipient*

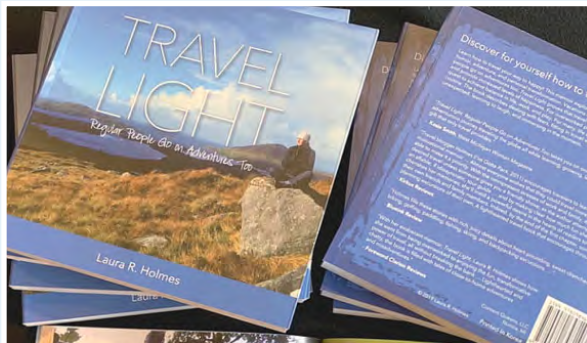


# Authors of West Michigan Travel Your Way to Happiness

BY  
TRICIA  
McDONALD

Are you looking for something healthy for your long-term health and short-term happiness? According to Author Laura Holmes, taking a bonus vacation will accomplish both. However, if you aren't able to take that vacation, her book *Travel Light* may be the next best thing.

In this memoir, Holmes explores the lighter side of travel with doses of humor, adventure, and personal transformation. Destination stories include Italy, Spain, France, Alaska, Arizona and the author's home state of Michigan. *Travel Light* proves that travel and new experiences can provide increased levels of happiness.



Holmes describes herself as an author, adventure traveler, volleyballer, biker, hiker, golfer, paddler, and yogi. Add to that list co-owner of FineLine Creative, a marketing and communications company, and her phrase "I prefer life NOT on the couch" makes total sense.

As an ambassador for increasing travel dosage, not work hours, Holmes believes individuals can succeed in their work lives and still travel often. She shares her travel stories to encourage others to see the importance of a life-work-play balance. "Many people are stuck in a routine, or work too much." She believes vacations need not be exclusive to the wealthy, and her stories prove that regular people go on adventures, too.

Her travel journaling began on a trip to Tanzania in 2001, and she has been writing about her adventures since. "I wanted to preserve my trip memories, so writing them down seemed the best way to keep the experiences alive." To share these stories with others, she decided to put them together into book form. Her first memoir/travel book, *I've Gotta Pack*, was published in late 2011. *Travel Light* was released in January of 2020.

The ideas and storylines for her tales reveal themselves while participating in outdoor and adventurous activities. Often they are in the form of a funny incident, weather gone wrong, an unexpected twist of events, or something a companion does or says. That companion is often her husband, Josh Watson. They were married in 2016, and it was then that the Adventures of Holmes & Watson began. As they both enjoy mountain biking, hiking, golfing and camping, they weave these activities into their trip and vacation planning. Both are native Michiganders and love to explore their home state, as well as taking trips elsewhere.

When not in the book-writing process, Holmes

writes monthly travel/lifestyle blogs to stay engaged with her audience. She hopes to become an influencer in the travel blogging industry by offering her writing services to destination or tourism marketing organizations to promote their area.



In these days of restricted traveling, taking a vacation through the stories in *Travel Light* might be just the thing to bring some happiness into your life.

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

*The Bookman is excited to continue featuring authors living in our Greater Lakeshore Neighborhood. Contact*

## Christian Manor Apartments

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

*You'll love our friendly and courteous staff.*

Rebecca DeHoog -  
Property Manager

Samaritas



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



## Hackley Public Library

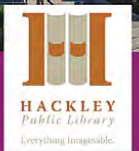
Discover What We Offer Today!

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

Don't forget Digital Resources!

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

eBooks | Audiobooks | Movies | & More



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

# Get your new standardized benefit verification letter online



BY  
VONDA  
VANTIL

If you receive a Benefit Verification letter, sometimes called a “budget letter,” a “benefits letter,” a “proof of income letter,” or a “proof of award letter,” we have good news for you! A new standardized Benefit Verification letter is now available when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

In addition to name, date of birth, and the benefits received, the new Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit to you as proof of income for loans, housing assistance, mortgage, and other verification purposes.

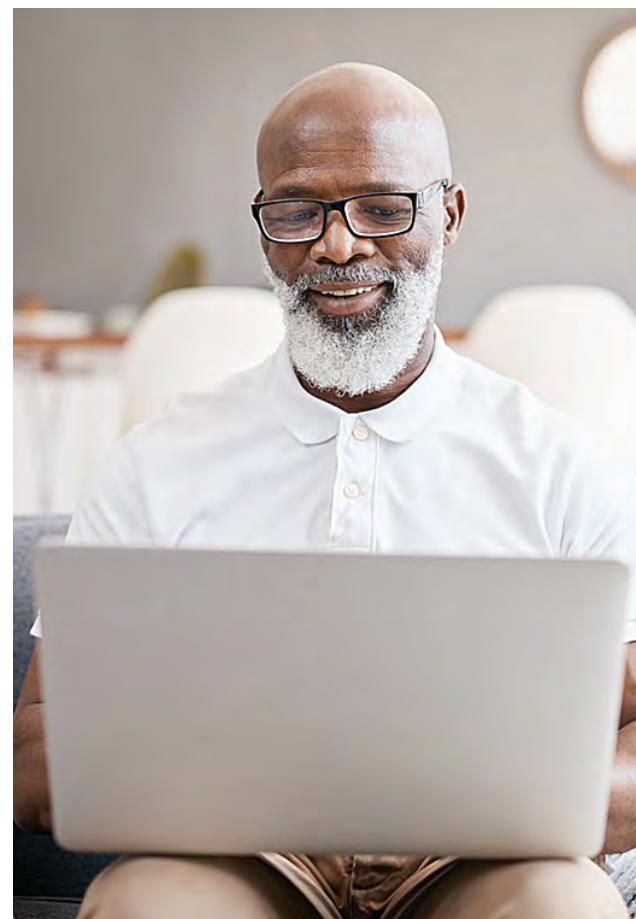
The same standardized letter is also available if you need proof that you do not receive benefits, or proof that benefits are pending. If you are an individual

representative payee, you can use the my Social Security Representative Payee portal to access the same standardized Benefit Verification letter online for your beneficiaries.

This new standardized Benefit Verification letter is another example of our commitment to improve our service to you.

No matter how you request your letter, whether calling our National 800 Number, your local office, the Interactive Voice Response system, or online with your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount), the Benefit Verification letter now contains a seamless look.

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



**NOW ACCEPTING NEW PATIENTS - NOW ACCEPTING NEW PATIENTS**

## Enhanced Care Services ...at home!

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



Dr. Marcela Novakosky

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

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



Our Services Include:

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

**WE PARTICIPATE WITH MOST INSURANCE PLANS**

SeniorResources   
Our Name. Our Focus.

Home Visits and Telehealth Visits are now Available

**NOW ACCEPTING NEW PATIENTS - NOW ACCEPTING NEW PATIENTS**

# Inauguration Parade



BY  
JOEL  
DULYEA

Cold weather is what I remember most about the inaugural parades in Washington, D.C., on January 20th after a presidential election. In 1985, on that date, President Ronald Reagan was sworn in for his second term in office. Temperatures hovered near zero degrees, so the inaugural parade was canceled for the second time in the 20th century. There was no parade for Franklin D. Roosevelt's fourth

inauguration due to rationing of gas and lumber during the Second World War. I was disappointed that President Reagan's parade was canceled, and the United States Army Field Band would not be marching. I returned my trumpet to the supply sergeant.

On January 20th, 1993, William Jefferson Clinton took the oath of office. Nearby, on The Mall, civilian and military participants in the inaugural parade

had gathered. Members of the Field Band, myself included, left the warm confines of Fort Meade at 0430 hours (4:30 a.m.) to be processed through security in Arlington. After the security check we were cleared to reboard our buses and proceed to The Mall where we shivered in the cold until the parade started. The Army Band, "Pershing's Own," the first band on the parade route, escorted the President from the Capitol Building to the White House reviewing stand. With the President in place, we stepped to the cadence of drums from 4th Street onto Pennsylvania Avenue to lead the parade of military and civilian personnel from every state and territory of the United States. We would not stop marching until we passed the White House reviewing stand and reached heated buses staged to pick us up in Georgetown.

Depending on what the temperature was (always cold), the Field Band had a special composition written by our chief arranger, Sergeant Major Ken McCoy, that could be played if necessary. If a valve

stuck on a trumpet, that is, if it froze in the cold, a player could still perform the "Freeze March" without use of valves. During an inauguration rehearsal, I tried with some success to play two notes, in tempo and in tune. A Sergeant Major marching behind me heard what I did. He barked at me, "Don't play that trumpet!" I was a substitute for a real trumpet player who was unavailable. If supply is going to give me a trumpet, I want to say I played for an inauguration.

I missed the 41st President's inauguration but marched in President George W. Bush's second inaugural parade. After 9/11, security was extraordinarily tight. The cold was worse because we stood in the shadow of the National Gallery of Art waiting for the President to leave the Capitol Building Luncheon for the White House reviewing stand. We were prepared with Under Armour and hand warmers. During the test run before inauguration day, young recruits to the military lined both sides of Pennsylvania Avenue and 15th Street. Veterans of the Field Band carried extra hand warmers to share with unprepared young servicemen and servicewomen.

On January 20th, 2009, President Barack Obama's inauguration was incredible, and cold. It was also electrified by the largest crowd I witnessed on a January 20th in Washington, D.C.

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

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



Facilitator, Virginia Vazquez

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

Brought to you by your friends at:

SeniorResources  
Our Name. Our Focus.



[www.SeniorResourcesWMI.org](http://www.SeniorResourcesWMI.org)

*Who can help keep you  
safe at home?*

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

*Celebrating 20 Years*

**CALL TODAY - 616.401.9140**

348 S Waverly Road, Suite 22, Holland  
[www.eldershelpers.com](http://www.eldershelpers.com)

Returning to January 20th, 1993, my candidate for president lost the election. George H.W. Bush was leaving D.C. in a Marine helicopter that lingered as he surveyed the crowd in a farewell to the people whom he served as President. As the helicopter navigated toward Andrews Air Force Base, I was overwhelmed by symbolism in the architecture, in the layout of the city, and in the peaceful transfer of power.

On January 20th this year, if circumstances allow, I hope to watch the televised broadcast of the Inaugural Parade. I will look for familiar faces marching in The Field Band and see young service men and women standing along the parade route and hope they are warm. I once was a young soldier who marched in celebrations of this Great Nation's peaceful transfer of power.

I'd learn to play the trumpet if I could do that again, even in the cold.

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



## WHO IS MISSION POINT HEALTHCARE SERVICES?

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



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

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

Western MI—616-957-3957  
Eastern MI—248-577-2632  
Northern MI—906-482-6644  
[info@missionpointhealthcare.com](mailto:info@missionpointhealthcare.com)

### Our Services:

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

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

[missionpointhealthcare.com](http://missionpointhealthcare.com)



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

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

**Question:** If I retire at age 62, will I be eligible for Medicare?

**Answer:** No. Medicare starts when you reach 65. If you retire at 62, you may be able to continue medical insurance coverage through your employer or purchase it from a private insurance company until you become eligible for Medicare. For more information, read Medicare at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs), or call us at 1-800-772-1213 (TTY 1-800-325-0778).

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

**Answer:** You are not required to take Medicare Part B if you are covered by a group healthcare plan based on either your employment or the employment of a spouse. When your coverage ends, you may contact Social Security to request a special enrollment for Medicare Part B.



BY  
VONDA  
VANTIL

We will need to verify your coverage through your employer in order for you to be eligible for a special enrollment. For more information, visit [www.medicare.gov](http://www.medicare.gov).

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

**Answer:** The easiest and newest way to get a replacement Medicare card is by using your my Social Security account. Go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) for more information on how to create an account. You also can get a replacement Medicare card by calling us toll-free at 1-800-772-1213

(TTY 1-800-325-0778). Keep your card in a safe place. You don't want anyone getting hold of your Social Security number. They could steal your identity.

**Question:** I'm 65, not ready to retire, but I want to apply for my Medicare coverage. How can I do that?

**Answer:** The easiest and most convenient way is to apply online. Use our online application to sign up for Medicare. It takes less than 10 minutes. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. You'll receive your Medicare card in the mail. It's convenient, quick, and easy. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Get started today at [www.socialsecurity.gov/benefits/medicare](http://www.socialsecurity.gov/benefits/medicare).

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

# LAKE SHORE

HOME HEALTH CARE SERVICES, INC.

*Quality care for those you care for!*

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

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

MUSKEGON REGIONAL OFFICE  
Phone 231.728.4353 Ext. 3102  
Fax: 231.728.4370  
[www.lakeshoreservices.net](http://www.lakeshoreservices.net)





# Winter Is Wonderful!



BY  
LOUISE  
MATZ

I love a fresh snowfall, especially the wet snow that sticks to all the trees. It's a beautiful sight. The ground is covered with a clean, white blanket. The trees are dressed for a wedding. And, if a cardinal shows up against that white backdrop, it's pure eye candy! What's not to like?

Winter cold causes us to cherish a hot drink. It suggests we sit by the fireplace and read a book. Winter

cold invites us to stay in bed a few extra minutes in the morning. It encourages us to enjoy home-made soup, a hot toddy, and other comfort foods. Winter turns off the sunlight early, making us feel perfectly justified to retire to bed at 7:00 p.m.! Again, what's not to like about



winter? No yard work. No sunburn. No mosquitoes. No beach sand. No ants.

So, is there anything wrong with winter? **Only that it is far too long!**

November and December are great months for winter. They fit well with our Thanksgiving and Christmas holidays. Of course we want snow for Christmas. But three more months is overkill. We can do without it. Most of us will come down with a bad case of the "Februarys."

If you can't travel to a warm destination, here's my first recommendation for a cure: Select four vacation spots, one for each week in February. Then select a day to spend immersed in that vacation spot. Pick up a book

or brochure at the library or at a travel agency or go on line. Spend the day checking out the highlights of the area and choosing what you would do if you were there. You could invite a friend or a family member to join you either personally or remotely. You may even want to take photos and share with others.

My second recommendation is similar. Most of us have enjoyed many vacations and most of us have oodles of photos. Select one of those trips. Dig out the photos. Notify people that you will be re-taking the trip on a particular day. Would they like to take the trip again with you? Use Zoom, or Facebook, or other options to review and share the memories of this trip. What did you enjoy the most? What would you do differently? Would you go back again? I guarantee it will be uplifting and afterwards you will be ready to select your vacation trip for the next week.



After four weeks of "vacation trips," the "Februarys" will be behind you. The worst of winter is over. Next comes March with a few inspiring hints of spring. Congratulations, you made it through another Michigan winter!

*Louise has been writing for Senior Perspectives for over ten years. She*

*enjoys family time, reading, walking, biking, and golf. Pickleball and mahjongg have been added to the list since retirement. She also loves to join her husband for turkey hunting and fishing in the Florida Keys*



# Varicose Veins

## How to tell and what can be done



BY TARIN  
PAPARELLA,  
DPM

A common cause of leg swelling is varicose veins with venous insufficiency. Veins are part of the blood flow system that carry deoxygenated blood from the tissues back to the heart and lungs to pick up new oxygen. Arteries are vessels that carry oxygenated blood from the heart and lungs to the tissues. As we age, the valves in our veins begin to wear out, and it's the valves

that help prevent backflow of the blood as it moves against gravity from the legs back up to the heart. Bad valves allow the blood to pool in the veins, causing swelling. The more fluid or venous blood sitting in our legs, the more swollen they appear. Over time the veins take on a twisting worm-like shape, blue in color, and that is what we call varicose veins. These veins are near the surface of the skin because they are part of the superficial system. There is also a deep venous system, but these typically do not cause problems.

Another thing to look for is brown patches of pigmentation on your skin called hemosiderin deposits. The iron in your bloodstream leaks out of the veins when the blood pools and deposits in the skin, causing discoloration. This discoloration is usually permanent. A similar concept is your skin turning a dark color when you have a bruise after an injury. However, bruising goes away as the body reabsorbs the iron. This does not happen in venous insuffi-



ciency because the blood continues to stay pooled in the legs. In severe venous insufficiency, the legs may become so swollen the skin can no longer stretch enough to accommodate the swelling. Clear fluid then begins to leak out of the skin causing an open sore or ulceration.

But good news! There are treatment options for this condition, with the mainstay being compression therapy. Compression socks come in over the counter (15-20 mmHg) or prescription strength (greater than 20 mmHg). You can have open toe or closed toe, knee high or thigh high. Some have zipper or Velcro closures. However, those are typically not covered by your insurance and are difficult to find. You should consult with your family doctor before trying compression socks because it is dangerous to wear them with certain health conditions.

Unna boots are also an option but will need to be applied by your podiatrist or wound care specialist. Unna boots are medicated compression wraps worn for about four days to reduce swelling. They are one of the most common treatment options for patients with open ulcers on their legs due to venous insufficiency.

Other treatment options are vein stripping or sclerosing procedures, which can be performed by a vascular surgeon. Obtain a referral from your family doctor or podiatrist for a consultation. Further testing is needed to see if you are a candidate for these procedures.

*Dr. Tarin Paparella is trained in both forefoot and rear-foot reconstructive surgery, correcting conditions such as bunions, flatfeet, and traumatic injuries. She is physician at Shoreline Foot & Ankle Associates with offices in Muskegon, Fremont, and Ludington. [www.shorelinefaa.com](http://www.shorelinefaa.com)*

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

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

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

**\$15 per hour - partial or full days**

**616-846-5720 ■ [www.thelittleredhouse.org](http://www.thelittleredhouse.org)**

Care    Compassion    Support    Peace of Mind

**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](http://www.orchardviewce.org)**





BY  
ROLINA  
VERMEER

# Making it a Good Day!

Last year was a tumultuous year. Every New Year, especially this one, is welcomed with the promise of better days ahead. Looking back, I know most of us have done our best to count our blessings and realize all the ways life is still good for us. And that's good! Still, we all crave "getting back to normal."

There's the rub, as the bard would say. My doubts are that we will ever have the life we had before the global pandemic, the politicizing of almost everything and the insecurity that comes with both. Those of us with positive, upbeat attitudes are exhausted and the negative nay-sayers have exhausted everyone around them and themselves as well.

So, I resolve, in this New Year, to light a candle every day to remind myself to intentionally send out hope and compassion and love into the world. It's very powerful! Even as I write these words, my spirit lifts and I shift into a gentler, kinder frame of mind.

My mother's early life was not easy, living through the five horrific, hungry years of the Nazi occupation of her birth country. After the war, she was challenged to learn a new language and new way of life in a country foreign to her as she and my father emigrated to the United States. But she found her way and created the best and most beautiful life she could.

My mother's outlook, her language and her daily mantra came from the Psalms: **This is the day the Lord has made; let us rejoice and be glad in it! Psalm 118:24** In her last years, as dementia and physical limitations took hold of her, this verse came easily to her lips. I watched carefully as she navigated difficult moments and confusing situations and came to rest in that verse. I believe it soothed her spirit and wrapped her in a special kind of peace and love.

Mom was a big fan of David Hartman. Remember him as a host of Good Morning America? At the end of every episode, as he signed off for the day, his send-off was, "**Make it a good day!**" I had occasion to speak with him and tell him how my mother had raised us with that attitude and he was delighted to hear it! Empowering us was his goal, he said. Rather than passively taking what the day doled out, empowering ourselves to make it a good day might net more significantly positive results!

I think he's right. I know my mother thought so.

In that spirit, I am going to light my candle every day and enter this New Year with the empowering spirit of making each day a good day and rejoicing and being glad in it.

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



## PARK WOODS APARTMENTS

### 62+ SENIOR APARTMENT COMMUNITY

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

For more information contact our office

# 231.773.3234

800.553.0300 Voice/TTY



924 Shonat St. | Muskegon, MI 49442



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



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

## Dedicated to Serving Seniors for Over 100 Years!

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

### Assisted Living

Call  
Michele  
today for  
a tour!

[www.ChristianCareLiving.org](http://www.ChristianCareLiving.org)



# Our version of Japanese “Forest Bathing”



BY JACKIE LINDRUP RDH, M.Ed.

Tom and I have never been wildly enthusiastic outdoor people until this past year. Just being outside in nature lately has given us the feeling of such security and peace during this pandemic, that we can't wait to get out into nature again! Forest bathing is a Japanese term for nature therapy. Pursuing our nature therapy has had us exploring Hoffmaster State Park's many trails, walking through the woods of Beachwood Park, and watching the leaves change in our favorite “local” spot Duck Lake State Park. This is a great place to hike and kayak. First, let's talk about hiking.

parents as an alternative to swimming in the Big Lake. Our favorite hike in Duck Lake State Park starts at the far end of the parking lot and follows the north shore of Duck Lake. From the parking lot we walk the paved sidewalk until we see a low entrance into the woods near the water's edge. Traveling along that hidden path is nature at its best, with the water on our right and the woods on our left. We walk past the public beach and then find the path begin again near the lake. We continue hiking and move back into the woods from the lake when the path disappears due to mushiness and high water. Luckily, there is the middle



Did you know there are at least three different hikes in Duck Lake State Park? The highest is located up behind the picnic area pavilion and runs along a ridge. The second is taking a sidewalk which may have been a road back when this was a Boy Scout Camp. The sidewalk begins where the parking lot ends. The hike we like best runs right along the water's edge. Duck Lake is a small lake, locally famous for the shallow waters, sandy beach and channel leading out to Lake Michigan. It's perfect for young children to wade and splash in with their

*Everyone welcome!*

**Full service public library**

**LOVE**  
MUSKEGON AREA DISTRICT LIBRARY  
LIBRARY FOR THE  
VISUALLY & PHYSICALLY  
DISABLED

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

Visit [madl.org](http://madl.org) for more information

4845 Airline Road, Unit 5 • Muskegon, MI 49444 • 231.737.6310 • [madl.org](http://madl.org)

**Volunteer FOR DENTAL**

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

Call **231-773-1360** for eligibility!

31 E. Clay Ave., Muskegon, MI 49442  
[volunteerdental.org](http://volunteerdental.org)

Get Started Today!

path sidewalk to continue on when the water is high. Remember to wear a neck warmer to pull over your face when you pass other hikers or have a mask in your pocket you can put on quickly to protect yourself and others as you pass by them during this crazy time. We have loved the safety and reassurance of being on the lake or in the woods, getting exercise and enjoying the peace. We now understand the Japanese term “forest bathing” which means spending more time around trees.

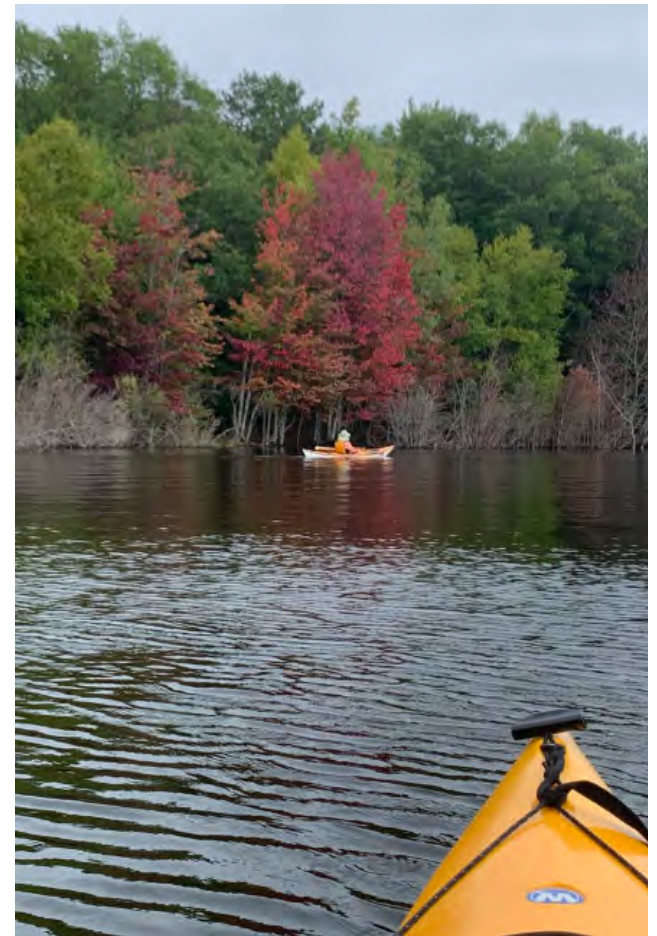
We also love to kayak around Duck Lake. There is easy access to the boat launch located at the end of the parking lot. If we only have an hour to spend, we can paddle to the end of the lake and back in just about an hour. One side of Duck Lake is residential and one side is state park. Tom usually asks if we are going to do the “cottage tour” (to check out the beautiful homes and the landscaping) or paddle the wild state park side! Regardless of which side we start on, when we get to the end of the lake, we always watch out for the family



of swans who guard the far end of the lake and give them plenty of space! We recently discovered several hidden beachy areas along the shore of the state park and thought it would be fun to have a picnic there. So, the last time we went kayaking we remembered to pack sandwiches, drinks and two camp chairs, found the spot we had discovered was uninhabited (bingo!) and successfully pulled out our kayaks and set up our own private lunch site! Happily we can enjoy Japanese “forest bathing” whether hiking or kayaking! Spending more time around trees is good for our mental health, helps boost our immune systems and reduces depression. What an antidote to a pandemic!!!

*Jackie Lindrup is a retired dental hygienist who enjoys hiking, biking and generally being outside. She also loves to golf and shoot pool with her 96-year-old dad in Grand Rapids. She is the Director of Volunteer for Dental, a local non-profit which*

*helps uninsured Muskegon residents receive dental care through their volunteerism in the community. She can be reached at jackielindrup111@gmail.com.*



## The Oaks

Exceptional, All-Inclusive Independent Senior Living



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

The Oaks



Call Today! 231.672.2796



## Get Better. Go Home.



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

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



231.672.2578

The McAuley



## Keith's World

# Cold Winter Day and a Red Convertible



BY  
KEITH  
SIPE

It's cold outside, and your home is surrounded by snow, deep, deep snow, you know, that white stuff that keeps falling from the sky and never seems to stop. Something you cannot control. It's the middle of winter, what do you expect? Eh!

Just sit back and close your eyes for a moment (or two). Instead, imagine the blue sky outside your window, come on now, just relax, let your mind take control and put all that cold behind you. Let the warm rays of the sun coming through the window take over. Got it? You are in control, now get up from that comfy chair, pick up your keys to the red convertible waiting for you in your garage.

As you open the door from your kitchen to the garage, you are feeling the warm breeze coming through the open garage door. It is in the low 80s outside. You back your red convertible out of the garage to the warm rays of the sun, which is filling your heart for an exciting trip that awaits.

You find yourself heading east out of town on Apple Avenue for a full day of adventure. With the top and windows down, you notice in the rearview mirror your hair's blowing in the breeze. The road is all clear, and there are no other cars in sight. It just can't get any better, you think. You are not sure where you are going,



**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](http://www.co.muskegon.mi.us/deeds)**

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



**PROPERTY FRAUD GUARD**

**[WWW.CO.MUSKEGON.MI.US/DEEDS](http://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](http://www.co.muskegon.mi.us/deeds)**

but you know you are going to let fate take control today. Could this be an “anything can happen day?”

You notice a golf course on your right and decide to stop and hit a bucket of balls, which you’ve never done before. You smell the fresh cut grass, mowed a few minutes ago, and the warmth of the sun is still shining down on you. What a wonderful day it is!

Now it’s time to continue on your adventure, back into your red convertible and off you go. To your left you notice deer lazily enjoying the warmth of the day as they rest in the shade of the trees. What a beautiful day it is; everything is perfect!

A roundabout is ahead and you are not sure what direction is next as you enter. Exiting the roundabout, you realize you are heading north on M-37, with apple trees surrounding you. There are hundreds of beautiful, luscious red apples, just waiting for someone to pick and eat.

There is a bakery on the side of road and you decide to stop for a fresh apple fritter. After a quick stop, you are back in your red convertible, enjoying the fritter. With, of course, a cup of the best coffee ever.

Time has no control today, for it is warm, the sky is blue, the sun is shining, and the road belongs to you!

Further down the road, you pass a restaurant on your left and a grocery market on your right. You decide not to stop and onward you go. A few seconds pass and you can’t get the aroma of the ribs at the market out of your mind. The charcoal grill with ribs barbecuing took total control, and you turn around.

Traveling further north, at the top of a hill you put the red convertible in neutral and coast for over a mile to the traffic signal, and of course, it was to your advantage. The light is green, and you slip right by and continue coasting.



As you cross the Muskegon River, you decide to continue on up the road to “Who-Caresville.” Still no cars in sight, and the smile on your face is overwhelming.

A few more minutes pass, and you are in White Cloud and to your left is Sally’s, with those wonderful cinnamon rolls. The red convertible easily pulls into the parking lot, with your mouth watering for a freshly-baked cinnamon roll and bang, Michelle Fields grabs your collar and tells you, “Enough Keith, you’ve hit your word limit...”

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



# Darley VILLAGE

An Active Aging Community for 55+

## New Construction Now Complete!

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

### DARLEY VILLAGE AMENITIES & SERVICES

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

Ask about our **NEW** construction special!

Located in Muskegon, just east of the Lakes Mall.

[www.DarleyVillage.com](http://www.DarleyVillage.com)

Call today 231-799-0077





BY  
LISA  
TYLER

# Understanding ageism is the key to combatting it

Jokes about “senior moments.” Comments about two “old men” running for president or a virus that “only” affects the old and ill. Referring to some as “still” driving.

Most of us have done or said one of these things, or more. They are the more subtle forms of ageism. Many of us are aware of ageism in housing discrimination, forced retirements, and job demotions. We don’t necessarily think of those comments or jokes as ageism—but they are.

When COVID-19 was in its early stages in 2020, you may have heard that it “only affects the elderly and the ill”—a statement that those people are less valuable than others.

Ageist statements are concerning, but not at all unusual, according to Ashton Applewhite, author and speaker on ageism. She recently spoke to a virtual audience at the National Association of Area Agencies on Aging and said that almost everyone is ageist—“no judgment.”

Where it becomes concerning is when someone won’t use a walker or cane they need because of the associated stigma. When we do not realize that experience is an asset, not a liability, that is a problem, Applewhite said. We should realize what the true concerns are; it isn’t the wheelchair, it’s the stairs that don’t allow you access that are the problem, she said.

A poll earlier this year found that more than 80% of 2,000 U.S. adults aged 50 to 80 said they had experienced some form of ageism—messaging, portrayals of older adults as unattractive or worthy of ridicule, assumptions that they are technology-challenged or have poor memory, and more.

Also concerning was the one-third of respondents who indicated they have negative beliefs about aging. “They think that being lonely is an inherent part of aging, and that depression and worry are unavoidable and just a natural part of aging when research actually shows that they’re not,” said Julie Ober Allen, a postdoctoral research fellow at University of Michigan’s Institute for Social Research, which conducted the poll.

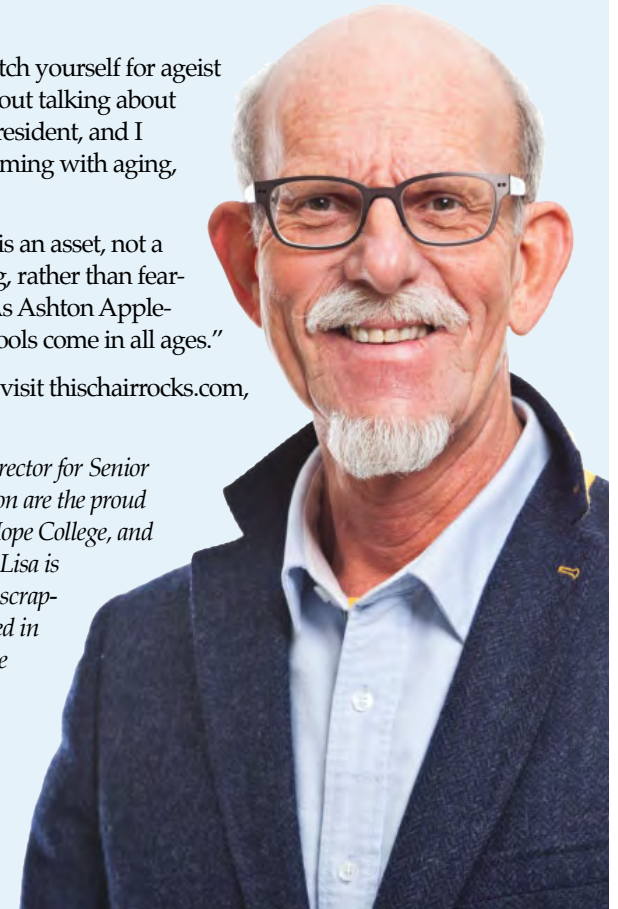
The good news? About 80% responded that they have a strong sense of purpose, and 2/3 said life after 50 is better than they expected. And older adults contribute a great deal to our country’s economy, and are a great resource in the workplace. They care for grandchildren, volunteer often, vote, and often work well into their “golden years.”

Help us reframe the message. Watch yourself for ageist language. (I know I was guilty about talking about two old white men running for president, and I have joked about memory loss coming with aging, although I should know better.)

A key message is that experience is an asset, not a liability. Fact-based views of aging, rather than fear-based, are healthier for all of us. As Ashton Applewhite reminded us in her talk, “Fools come in all ages.”

For more information on ageism, visit [thischairrocks.com](http://thischairrocks.com), or [oldschool.info](http://oldschool.info).

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



## Have you heard about DaySpring Services?

We offer faith-focused care solutions:

Three Assisted Living Residences:

DaySpring  
Agape Home  
Agape Home at Blueberry Fields



Apartments:  
Independent  
Living



Other Care Options:  
In-Home Care  
DayBreak Adult Day Services

Contact DaySpring @ (231) 780-2229  
[www.dayspringserves.com](http://www.dayspringserves.com)  
572 Lake Forest Lane, Norton Shores, MI 49441

  
“Serving Older Adults with God’s Love”

# 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 16 & 17

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

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

**Boggle Answers:**

TIGER WHALE HYENA OTTER  
DINGO ZEBRA

**Jumble Answers:**

USHER YIELD PLUNGE ODDEST

**ANSWER:**

He dozed off listening to music on his headphones, and was able to – SLEEP SOUNDLY



## Estate Planning & Elder Law Begins With Understanding

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



**Anna Urick Duggins**  
P (231) 722-5415

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



**Nicole M. Osborn**  
P (231) 722-5423

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



Visit 601 Terrace Street, Muskegon, MI 49440  
Web [www.parmenterlaw.com](http://www.parmenterlaw.com)