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# Senior Perspectives

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JANUARY | FEBRUARY 2023

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(L-R) Writer & Designer - Jay Newmarch, Writer - Rolina Vermeer, Senior Resources' Amy Florea and Andrea Douglas

Writer - Jackie Lindrup, Photographer - Glenn Rutgers and Editor Michelle Fields



## Letter from the Editor

BY  
MICHELLE  
FIELDS

The writers, staff and contributors of Senior Perspectives newspaper got together in December for a holiday open house and presentation of the 2022 North American Mature Publishers Association awards. The talented writers and contributors of Senior Perspectives newspaper won 16 awards in excellence. These winners include:

- 1st Place Travel Column - Jay Newmarch *"The Graying Globetrotter"*
- 2nd Place Feature Writing - Jackie Lindrup *"The New Baby and the Hurricane"*
- 2nd Place Briefs/Shorts - Rolina Vermeer *"Cardinal Connection"* and *"Missed Lipstick"*
- 2nd Place Senior Issues - Holly Lookabaugh-Deur *"How to cope with COVID-19"*
- 2nd Place Best Overall Use of Photography - Glenn Rutgers
- 2nd Place Self-Promotion/ Awards - Letter from Editor
- 3rd Place Column Review - Tricia McDonald *"Authors of West Michigan"*
- 3rd Place Editorial/Opinion - Michelle Fields *"Be Your Own Health Advocate"*
- 3rd Place Self-Promotion - Letter from Editor



Writer- Holly Lookabaugh-Deur and Michelle Fields



Distribution Specialists Denny and Mary Austin



Communications Director Lisa Tyler and Copy Editor Bonnie Borgeson

### Additional Categories

- 1st Place Best Use of Color
- 1st Place Overall Design
- 1st Place Best Single Ad – Black and White
- 2nd Place Table of Contents
- 2nd Place Annual Resource Guide or Directory
- 2nd Place Design - Senior Resource Guide or Directory
- 3rd Place Best Single Ad — Color



(L-R) Nicole and Distribution Specialist Jimmy Epplett, Jay Newmarch, Network Manager Cathay Thibdaue and Lisa Tyler



Writer - Clif Martin (right) and guest, Kimberly Moon

Michelle Fields has been with Senior Resources of West Michigan for 13 years. She has been the Editor of Senior Perspectives since 2012 and the Publisher since 2015. Michelle can be reached at [Michelle@SeniorResourcesWMI.org](mailto:Michelle@SeniorResourcesWMI.org).



Writers Jerry Mattson and Joel Dulyea



Writers (L-R) Joe Stapel, Keith Sipe and Photographer Glenn Rutgers



Writers Louise Matz and Janet Hasselbring



Pam Curtis, CEO

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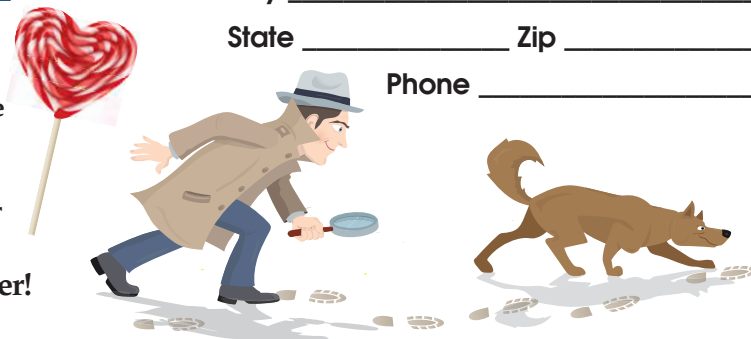
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**NOV/DEC WINNER: RICK NELSON OF MUSKEGON**  
The Christmas stocking was found in the Graying Globetrotter story on page 14



BY  
HEATHER  
WALKER

# New Year, New Habits, *Healthier You!*

The New Year is here, bringing another season of New Year's resolutions and working to make yourself better. This is a great time to start putting new habits into place. While it is not an easy task, and it takes dedication and repetition to make these new routines stick; all you can do is try your best to be better than you were the day before.

There are many great habits that you can work to put into practice that can make a great impact on your overall health. One that has many great health benefits is making it a point to move more consistently. This can allow you to lose weight, improve your heart health, decrease joint pain, and just help yourself feel better all around. Get up and walk around the block, or even just to the end of the driveway when you first start. But stay consistent and eventually it will become something that you do without thinking about it; you may even look forward to it. You can try to tie these new habits you want to build in with tasks you are already doing and that can make it much easier.

For example, if you go get the mail every day; instead of just going straight to the mailbox, walk a little farther and then pick up the mail on your way back. When it comes to movement, it is important to start with small increments, you don't want to overdo it and end up hurting yourself; that will set you back in the long run.

Now that the holiday season is over, it can be a wonderful time to make those changes you have been meaning to make in your life. You can make small adjustments in your diet and limit or eliminate processed foods which can decrease the inflammation in your body and allow you to improve your energy, feel better, and even lose weight.

It is a great time to start making healthier food choices. This takes more planning, so here are some tips to help make it easier. First, plan out meals for one full week at a time. Planning allows grocery shopping to be easier since you will know what you need for the week, and it helps to hold you more account-

able to your choices since you have committed to your plan by purchasing the food you need. Second, make sure you include plenty of fruits and vegetables as well as healthy protein and fats into your meals when planning your meals. Third, is to think about healthy snacks; some ideas are vegetables with hummus or an apple with peanut butter. Finally, get the unhealthy food out of the house; if food you don't want to eat is too readily available, you will have trouble making the smarter choice. Therefore, if you eliminate that option, you are more likely to be successful in your health journey.

With all these small changes, you can drastically improve your health and wellbeing. Take some time to think

about what you can do in your life to become a better version of yourself. Surround yourself with friends or family members to join you in this journey. When you have a tribe of people around you, you are more likely to succeed!

*This information is not intended to treat, cure, or diagnose your condition. Consult with your doctor or pharmacist before using any new medication or supplement.*

*Heather Walker is a clinical pharmacist with Home-Town Pharmacy, specializing in Functional Health and Wellness. For more information, visit [www.hometownpharmacy.com/functional-health](http://www.hometownpharmacy.com/functional-health).*



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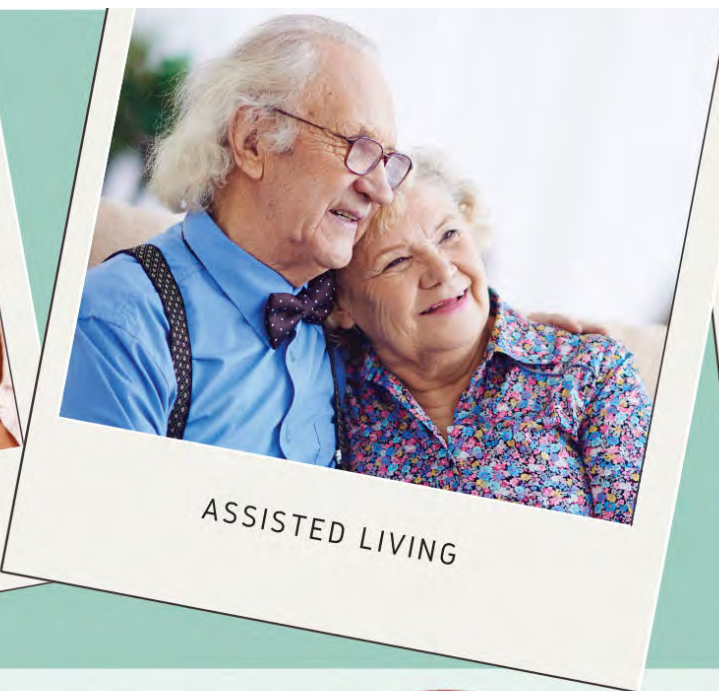
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BY  
KEITH  
SIPE

I remember the first time I met my future wife Pam. I was three months old and was up in front of church with my dad, who was holding me at the time. I remember looking over and seeing Pam, who was being held by her dad, and she was a beauty. I winked at her and she smiled back at me. It was love at first sight, even though we were so young. It's a story that I shared with my children. I don't think they really believed me, but I was there and my memory was great at three months.

During the years we were growing up, Pam and I would see each other in church from time to time, and it was mostly small talk. One of Pam's memories of me was that I used to chase her around church and hit her with a book. I don't remember doing that, but I'm sure it was true. Over the years of being in church together, I remember having her mother for a teacher in one of the youth classes that the church offered.

I still remember the 1955 brown Chevy station wagon that the Schutters drove to church each Sunday. Also, I remember climbing the stairs to the first floor, into the sanctuary; Pam's parents would be sitting in the back pew. Each and every Sunday, I would find them sitting in the same pew. They got there early enough to sit anywhere they wanted, but it was always the same pew in the back.

My family would make a turn to the right before entering the sanctuary, taking the steps up to balcony where we would sit each Sunday. I always said to Pam, "That is where the cool people sit."

For years as kids we would see each other in church, but it wasn't until our senior year, at a youth group gathering, when I really had a chance to talk with Pam. Pam was the president of the youth group and one of the youth leaders wanted me to feel welcomed that evening. So, Pam was asked to talk to me at the party to make me feel welcome.

I didn't go to many church youth functions at the time, for I had a motorcycle and I loved to ride every moment that was

## Keith's World Pam

available. But, for some reason I went to the church youth bowling party on a Saturday night. It was that evening that I met the most wonderful girl I could ever have imagine. My life changed forever. We talked most of the evening and I asked if I could take her home from the youth gathering. I must have said something right for I convinced her that she would be safe with me



taking her home. During the next couple of weeks, I wanted to ask her out on a date, but I just didn't have the courage to do so. I knew I was out of my league with this girl, but I had to take a chance to see if she would go out with me. Finally, after a couple of weeks I gathered up enough strength and courage to ask her out. I was sure she would say no and I didn't want to be turned down. But to my surprise she said yes. I was the happiest guy on the face of the earth. I had a date, and she had said "yes." I was so happy and excited.

That first date went very well and we talked the whole evening. She captured my heart right away and I wanted to see her as much as possible. We fell in love and started seeing each other the next couple of years. After high school I joined the U.S. Air Force and left for basic training at Lackland AFB in Texas. I had some concerns when I left that I might lose Pam while I was away. She was attending Muskegon Junior College and there were many better looking and smarter guys also attending college with her. It was a scary time for me, to say the least. After basic training I was able to come home for ten days. It was then when I found the courage to ask her hand in marriage. She accepted and I cannot say how excited I

was. We were married two years later and she joined me in Wichita, Kansas, where I was stationed at McConnell Air Force Base. A year later, I was transferred to RAF Upper Heyford, England, for the remainder of my time in the Air Force, and Pam was able to come with me.

After the Air Force we lived in Muskegon and raised our two children, Brian and Mindy. What a wonderful life together! I can't believe that I was to be able to spend it with such a beautiful and wonderful person as Pam. It was in the fall of 2021 when she became sick and passed away, the day after my 73rd birthday and one week before Pam's 73rd birthday. My life was changed forever. My heart is broken and I find it difficult each day to move on without her. But, the memories I have of the life with her is what keeps me going. She made me a better person!

I had over 51 wonderful years of marriage with Pam. I couldn't have asked for anything better. I still love her deeply. Her final resting place is at Fort Custer National Cemetery. When my time comes, I will be with her again, forever.

*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 in Muskegon.*







BY  
CLIF  
MARTIN

## Martin's Meanderings

# Making the Move

As of the first day of twenty-three, I am ninety-three. I'm not all that interested in playing the age card as the grand old man of this publication. But I'll do it if it causes somebody to stop to see what a superannuated nonagenarian geezer might have to say. (A writer will do whatever it takes to snare a reader.)

The big new thing in my life is the move to a senior apartment. I like it. I like it a lot. There was no great pain in leaving the family home. My son has it now, with the hope of keeping it in the family for a long time. And, I save a ton of money not owning a house.

My new residence is in one of the older senior apartment complexes without an elevator. I waited several months for a ground floor place. Most of my neighbors are younger than I am. They are friendly and pretty quiet. Best of all, there is no social director dedicated to keeping me forever young, vital and active. I just want to sit in my nice living room, think beautiful thoughts and write goofy things on Facebook. I can look out the window at trees I can't identify. If you are a tree person, come on over and tell me what they are. Several neighbors have cute little dogs that like the trees.

If you are thinking of making the move, check out what's available. There are high class luxury places with more amenities than anyone can use and low-income subsidized apartments that offer what I call pretty good living.

With a tip of the hat to fellow geezers and geezerettes as well as those forever young, vital and active seniors, I thank you for reading. It's you and me in twenty-three.

*Clif says his next column might be about hot dogs if the juke box in his head drops the needle on "Frankfurter Sandwiches" from 1927.*

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# Senior Perspectives Cooking Corner



BY  
JEANETTE  
HALES

## Huevos Rancheros (Ranch style eggs)

**Ingredients:**  
Tortilla  
2 tablespoons oil  
1-2 eggs  
1 tablespoon salsa

**Directions:** Heat oil in pan at medium heat. Once warm, place whole tortilla in pan with oil. Pan fry until golden brown. Once golden brown, remove from heat and place on plate. In leftover oil, cook egg over easy. Place cooked egg on top of tortilla. Add salt and salsa on egg as desired. Ready to eat!

Jeanette Hales is an RN Supports Coordinator at Senior Resources of West Michigan.



BY  
ANDREA  
VANCE

## Anytime Ham and Cheese Scrambled Egg Cups

**Ingredients:**  
12 eggs  
½ cup milk  
½ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon garlic powder  
¾ cup shredded cheddar cheese  
1 cup cubed or diced ham  
2 green onions diced (optional)

**Directions:** Whisk the eggs in a large bowl. Add milk, salt and pepper. Stir in ½ cup of cheese, ham and green onions, mixing well. You can use a silicone or metal muffin pan. Spray muffin tins with nonstick cooking spray. Place 1/3 cup of egg mixture in each muffin tin cup and sprinkle with remaining cheese

Bake at 350 degrees for 25 minutes. (When fully-cooked, eggs will pull away from the pan.) If not quite done, bake an additional 5 minutes. Store individual servings in refrigerator or freezer. Good for 1 week in refrigerator or up to 3 months in freezer.

To reheat in microwave, place individual egg cup on plate and cover with paper towel or a bowl. Heat for 30 seconds if refrigerated or 1 minute if frozen

Andrea Vance is a Data Operations/Billing Coordinator at Senior Resources of West Michigan.

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## Quick Beef Stroganoff



BY  
CATHAY  
THIBDAUE

### Ingredients:

- 1 (8 ounce) package egg noodles
- 1 pound ground beef
- 1 small onion, finely chopped
- 1 teaspoon paprika
- 1 tablespoon Worcestershire sauce
- 1 package fresh mushrooms
- 1 (10.5 ounce) can condensed cream of mushroom soup
- ¾ cup of beef broth
- 1 packet dry ranch seasoning mix
- ½ cup sour cream
- Salt and ground black pepper to taste

**Directions:** Sauté ground beef and onion in a large skillet over medium heat until browned and crumbly; 5 to 10 minutes.

At the same time, fill a large pot with lightly salted water and bring to a rapid boil. Cook egg noodles at a boil until tender yet firm to the bite, 7 to 9 minutes. Drain and set aside.

Drain and discard any fat from the cooked beef. Stir condensed soup, paprika, Worcestershire sauce, beef broth, mushrooms, and ranch dressing into the beef. Simmer for 10-20 minutes, stirring occasionally.

Remove beef from the heat. Add egg noodles and stir to combine. Stir in sour cream and season with salt and pepper.

*Cathay Thibdaue is the Network Manager at Senior Resources of West Michigan.*

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BY  
CHRISTINE  
WISTRUM

# Fall

I miss autumn. It is one of my favorite times of year with the changing colors of the trees and the crisp, cool air. However, I'm not writing

about the beauty of fall as a season, but rather the danger of falling. Every second of every day, an adult 65-years old or older falls, and one quarter of those falls will result in that individual needing additional care. In the United States the cost to our health system from falls amounts to 50 billion dollars each year. As the population ages and we have more people living longer, there will be more falls occurring. Falls have become the leading cause of injury and death for older Americans.

For the elderly, measures to prevent falling become a priority because the outcomes are often so poor. First, there is the embarrassment that comes from a fall. We don't like sitting or lying on the floor – that's what children do and where they play, not adults. Oftentimes we cannot get up unaided. That increases our feelings of being dependent on others. Many of us will stop doing activities that we feel put us at risk, like taking a walk outside, for fear of slipping on the ice or tripping. But that can have unintended consequences. When we don't exercise like we used to it can cause us to lose flexibility, muscle strength and muscle tone. That actually puts us at risk of falling more often.



We are also afraid of falling because of the likelihood that injury will result in hospitalization and open the door to being admitted to a nursing home. Most of us want to age at home, not in a nursing facility, so falling poses a greater risk of sending us down a path we don't want to travel.

Obviously, the best solution is to not fall in the first place. Steps to prevent falls are a crucial part of any solution, but each person should be evaluated as an individual with person-centered planning taking place.

There are many steps one can take to reduce the risk of falling. These include increasing exercises that promote better balance, using mobility aids like canes, walkers and wheelchairs, and reevaluating each individual's needs as they change over time. Some solutions are simple, like increasing the lighting in the room. Some are more complex, like changing floor surfaces and the height of furniture. What's important is that we recognize the risks that falls pose and take steps to prevent them from happening.

Taking a tumble can be a life-changing event. For a list of fall prevention tips, please contact Disability Network Lakeshore at 616.396.5326.

*Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. Please contact DNL with questions or concerns about disabilities or for more information about Smart911 or creating an emergency preparedness plan.*

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BY  
JOEL  
DULYEA

# Groceries



Usually, there is not enough time to see all the people we would like to see while visiting a distant destination. That was true for both Merijo and me when we traveled to Michigan during our years of employment in Maryland. It is still true for us now that we periodically travel from Michigan back to Maryland, as we recently did.

In preparation for the trip there are two questions we ask ourselves before departure. At our destination, who do we inform about our visit? And who do we not tell? It's a worrisome task. It is impossible to see everyone that we'd like to see -- those with whom we worked, worshipped, entertained, and hung out with. During our most recent trip the timing worked to our advantage.

In Catonsville, Maryland, we attended a worship service and retirement luncheon of a pastor dear to us. We sang once again with the church choir for the service. The luncheon brought us together with a congregation of friendly faces, including an older couple who became our "adopted parents."

We stayed with best friends who moved from Maryland into a new house in Gettysburg. Their two daughters and our daughter grew up alongside each other from infancy to adulthood. Each year we shared Thanksgiving Day with them. On Valentine's Day we dined with a group of other transplanted people at a French restaurant. In the fall, the annual pork barbecue was held beneath the white pine trees of the church in Laurel. We were surprised to learn the 40th anniversary of the Pig Picking would take place while we were there. When we exited our car, old friends surfaced from the gathered picnickers to merge in stride toward

us, all meeting us with where-have-you-been-so-long greetings.

Merijo wanted to see her former dentist and see the house where we lived. Then she wanted to shop at the neighborhood grocery store for Berger Cookies and UTZ potato chips -- unavailable in Michigan unless you use Amazon online. She dislikes using credit cards and prefers real people at the grocery checkout line.

There was no time to see the dentist. The cherry tree that spread shade during hot summer days and carpeted our lawn with white blossoms in late spring was missing from our old front yard. It was a deflating moment for both of us, a metaphor for what seemed lost to us since we moved. Merijo said, "It's not our house. It was our house but no more."

We drove to the grocery store and collected packages of Berger Cookies and UTZ Potato Chips to share back home. Merijo perked up when she recognized a checkout clerk with red hair, "I remember you!" Regina, responded, "I remember you too! You pushed a shopping cart with your little blond-haired girl seated in it." Jenni, the clerk at the adjacent aisle, remembered us as well. Robin, another customer who worked at the commissary at Fort Meade, recognized us. It was a delightful moment woven together by ordinary circumstances.

Merijo is out grocery shopping at Meijer and I'm home at my desk asking, "Why do I worry so much? What if we can't see everyone? There is a



Top: Merijo with Regina.

Bottom: Jenni, Regina, Robin with author.

good chance we'll see who we need to see." I continued to work on a story entitled "Groceries" for *Senior Perspectives*. I promised to send copies of the story to three checkout clerks in Maryland.

*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 and dotes on his granddaughter.*



BY  
JAY  
NEWMARCH

## The Graying Globetrotter

# Weekend in Washington

Getting away, really getting away, doesn't always mean flying off for a week or two. Sometimes, it is simply a matter of hitting the open road. Such was the case with a recent long weekend to Washington, D.C. With only three days, we wondered if a trip to D.C. was biting off more than we could chew. However, if you make the road trip part of the fun, your long weekend is really only limited by how far you can go in conjunction with what you want to see once you get there.

For anyone who has ever visited Washington, D.C., you are well aware that you can't possibly cover all there is to see in a week, or two, or even more. So, there was no expectation that we would or could see everything we wanted. We just picked a few options, purchased a couple of things that topped the list, and bought some tickets. Once we knew what we wanted to see, we reserved a hotel that would allow us easy access. We were ready to hit the road.

Quick tip. Unless you've got your heart set on a specific hotel, search an online site like hotels.com and narrow your search by price and location. Once you've narrowed to a few, use the hotel website or call the hotel to confirm their best offer. You might find an even better deal.

With snacks and beverages in tow, we hit the road very early on Friday and headed east. The trip is over 650 miles and would take 10 hours nonstop from Grand Rapids to Washington. While nonstop was not an option, we planned on making minimal stops for fuel, to stretch our legs, and to grab some food.

We made quick progress through Michigan to Ohio and then into Pennsylvania.

The trip through Pennsylvania itself does take some time, but the rolling hills provide some beautiful scenery. We then entered West Virginia and, realizing that neither of us had ever been in the state, broke into a resounding, if somewhat off tune version of John Denver's "Take Me Home, Country Roads." We were excited to see a corner of the state and were proud that we remembered, with a few halting moments, the lyrics to the early '70s classic!

West Virginia gave way to Maryland and then Virginia. It was early evening when we found ourselves on the outskirts of D.C. We stopped at Della J's, home of some of the best southern comfort food I've ever had. Thanks, Google!

We arrived at our hotel in D.C. at about 10 p.m., settled in and readied ourselves for a full day on Saturday.

Up early the next morning, we grabbed a quick breakfast at a coffee shop next to the hotel and headed off to our scheduled morning tour of the Spy Museum. With a collection including an Aston Martin DB5 from James Bond's Goldfinger, it was certain to be a fun time. It was. Filled with a great balance of history, spy gear, stories, and hands-on fun, the museum is a great choice.



Next, we grabbed some lunch next to the Tidal Basin and then worked it off by taking a paddleboat ride. A great way to get an equally great view of the Jefferson Memorial, the Washington Monument, and the Martin Luther King, Jr. Memorial. It's great exercise and a value at only \$18 an hour.

From the Tidal Basin, it's a quick walk to the Washington Memorial, the reflecting pool, Lincoln Memorial, and a view of the Ellipse and South Lawn of the White House.



Just east of the Washington Monument was our next stop, the Smithsonian National Museum of American History. The museum offers galleries filled with a great collection of items from our history. The museum covers all aspects from transportation, business, finance, fashion, communication, entertainment, and modern culture. One trip won't cover everything.



Making our way back down the National Mall to our hotel, we were able to walk through the Fiesta DC, a Hispanic festival of music, dance and food.

After a rest in our room, we had a very nice dinner at a French restaurant, Bistro Bis. From drinks, food, to atmosphere, it was all top notch.



The next morning we had reservations for breakfast at the Doyle Hotel's Pembroke restaurant at Dupont Circle. We had a table facing the circle. A great place to people watch as I indulged in the best, most elaborate avocado toast I have ever had. After breakfast, we visited Kramers Book Store, a Washington institution. If you like old-fashioned tightly packed bookstores, Kramers will be a treat. Carrying a pile of books back to the car, we finished our quick trip to Washington D.C. and headed west toward Michigan.

*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.*



BY DEBRA S. CARLISLE SMITH

# Caregiver Insights

I became a caregiver for my husband Dixon in 2005 when he was diagnosed with a rare lymphoma. Here is my story.

with Dixon having cancer and trying to care for him, I felt guilty if I thought about myself. Rev. Shirley went on to advise me to eat healthily, get enough rest, and try to find little distractions. Her advice put a whole new perspective on things. This was a huge wake-up call for me.

Every day there were several appointments at the clinic. On week five, Dixon had very intensive chemotherapy sessions. At that point, I knew he would likely become quite frail. I needed to stay healthy. I immediately thought about small changes I could make. I also thought about ways I could look for little distractions, especially while Dixon was resting. I made a list:

1. I could lose myself in the bookstore for an hour.
2. I could go and get pancakes.
3. I could get a few short walks in.
4. I could sit outside and just breathe in the fresh air.
5. Distractions...hmmm...Of course! The most obvious distraction was humor. It was right in front of me all the time!

I felt better already. Having a plan that was sensible, somehow calmed me. Each day going forward, I built in a couple of items from my list. I looked forward to “my time.” It was as if I had been given permission to take care of myself. I am forever grateful to Rev. Shirley and her timely advice.

According to National Alliance for Caregiving and AARP. (2015) more than one third of caregivers are 65 and over.

*Debra S. Carlisle Smith currently works for AgeWell Services in Senior Transportation. She lives in North Muskegon with Dixon (in remission for 7 years) and her dog Joey. Debra became passionate about a writing a humorous book to give caregivers a brief distraction. Chortle (Page Publishing, 2022) is dedicated to caregivers.*

*A member of White Lake Michigan Toastmasters Club for eight years, Debra discovered she loved writing about true experiences and weaving them into humorous stories.*

*“As soap is to the body, so laughter is to the soul.”  
— A Jewish Proverb*

*For more info,  
<https://seniorresourceswmi.org/caregivers-newsletter/>*

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# The 525,600 Moments of 2023!



*“Every moment is blessed because  
it’s unfolding in front of you.”*

(Rent-“Seasons of Love”)

Scenario I: You are running late for a speaking engagement. The driver in front of you is creeping. She’s actually going the speed limit, but you’re in a hurry. Can’t pass because it’s a busy two-way street. You hug her bumper, trying to hurry her along. How are you doing? Scenario II: You’ve just spent two hours and big bucks having your hair done. You walk outside and it’s started to rain. The wind is howling. How’re you doing? Scenario III: Ever since you married him, your husband slurps his soup and clicks his teeth with his spoon.



BY  
JANET  
HASSELBRING

How’re you handling it?

Each of us will experience 525,600 moments in 2023. How can we make them blessed and not annoying and irritating?

First, we must accept that life is not okay. And, we are not okay. It’s what we do about not being okay that’s the problem. Let’s admit it: we try to make the outside world fit our limited view of what will make us happy and fulfilled, while, at the same time, avoiding things that keep us from feeling okay. Hey, the universe has been around for 13.8 billion years. Life is going to happen. Even rare happy moments are fleeting and they can be harmful if we cling to them, thinking we’ll be happy if we can just make that same thing happen again. Futile!

**We cannot change the world. Actually, nothing from the outside has anything to do with us.**

If we are powerless to change the outside, the only thing we can change is the way we interact with the



world on the inside. But guess who lives inside? We do! And, we’re in charge!

**Life is not bothering us. We are bothering ourselves about life. We spend needless energy manipulating the world, trying to make it fit what we think will make us okay.**

Watch yourself as moments unfold and notice how

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they bother you. Step back and detach yourself from what's happening. Become the "watcher" as stuff comes in from the outside and hits the thoughts and emotions you've stored from the past. You are not your thoughts and emotions – you are the One beyond them; the One that is always okay.

Challenge yourself to get through an entire day without letting anything bother you. At first this may seem uncomfortable and difficult. Of course! Learning anything new is difficult, that's why we learn scales before learning Beethoven's "Moonlight Sonata" and we run short distances before signing up for a marathon, etc.

**Make working with yourself, every moment, be your most important job. This is the spiritual journey.**

Start with the moment in front of you right now: the low-hanging fruit:

Pretend the slow driver is your elderly mom. Now you're happy she's driving slowly! Ditch your umbrella and scarf and become a wind-blown demon. Ask your husband if he could stop slurping or excuse yourself during the soup course. Being okay



with things doesn't mean we don't try to change them. We do what we can reasonably and then let them go. (The Serenity Prayer)

Helpful hints: Reset your "I'm okay with this" button several times during the day. Use gimmicks and reverse psychology in difficult situations, e.g., tell yourself, "I love the sound of slurping soup!" Gain perspective by remembering that while you are the most remarkable being ever created, you're still just a speck on a ball flying around in space.

**"Earth is where souls are meant to evolve." (Gaia) Every time we're okay with something we grow spiritually.**

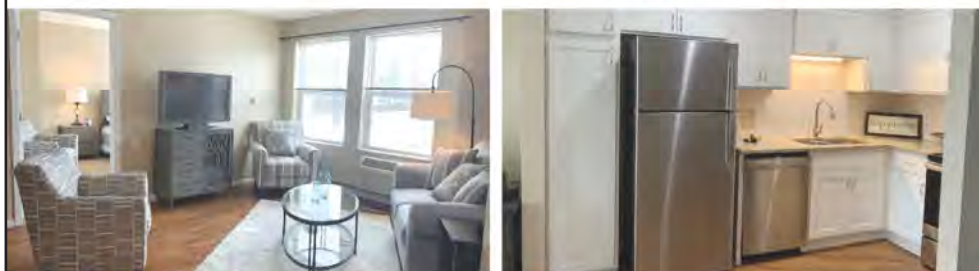
So, what will we do with our moments of 2023? We can continue to dump our problems on the world by manipulating it to fit what we think will make us okay or we can be done with our personal stuff and experience joy, clarity, and freedom. Become givers, not takers!

Source: Michael Singer, *Weekly Talks* – <https://tou.org>  
Listen to "Seasons of Love," from *Rent*

Janet lives in west MI with her husband, Don, and Welsh terrier, Snack. Jan drags herself off the tennis and pickleball courts occasionally to write. Her writings include *Tales from Pelican Cove*, a series of books featuring wild/shorebirds from FL and beyond, *Country Dairy*, which describes life on her family farm, in west MI, in the 1930's, when her parents lived and worked on the land, and *Tweets*, A Twitter Feed of Short Stories and Articles. Her piano gets lonely because she chooses to whack fuzzy yellow balls and dink pickleballs instead of tickling its ivories.

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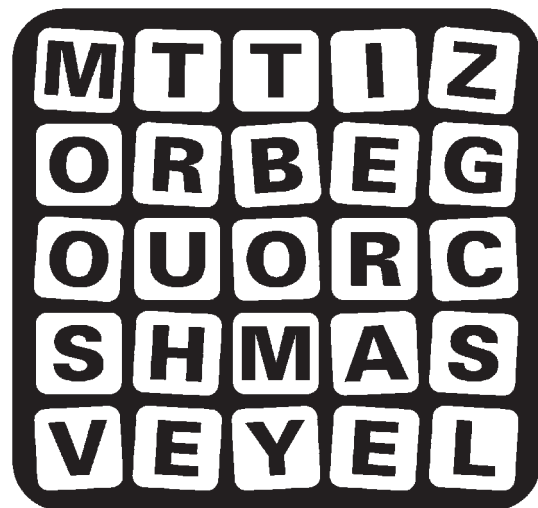
			5	1		7	
1	6		9	7			
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2			4	3			8
	8	3		5			
	1					6	
			7	6		1	9
	2		8	5			



Game Page  
Answers  
on  
Page 39



By David L. Hoyt and Jeff Knurek



3-13-22

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

### BOGGLE POINT SCALE

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

### YOUR BOGGLE RATING

- 151+ = Champ
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- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

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A <sub>1</sub>	A <sub>1</sub>	Y <sub>4</sub>	K <sub>5</sub>	P <sub>3</sub>	C <sub>3</sub>	D <sub>2</sub>	3rd Letter Triple	
A <sub>1</sub>	A <sub>1</sub>	S <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	V <sub>4</sub>	S <sub>1</sub>		
A <sub>1</sub>	A <sub>1</sub>	O <sub>1</sub>	Y <sub>4</sub>	M <sub>3</sub>	N <sub>1</sub>	T <sub>1</sub>		
A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	K <sub>5</sub>	P <sub>3</sub>	C <sub>3</sub>	Double Word Score	
A <sub>1</sub>	I <sub>1</sub>	Y <sub>4</sub>	L <sub>1</sub>	K <sub>5</sub>	T <sub>1</sub>	C <sub>3</sub>		

PAR SCORE 280-290  
BEST SCORE 349

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association [info@scrabbleplayers.org](mailto:info@scrabbleplayers.org). Visit our website - [www.scrabbleplayers.org](http://www.scrabbleplayers.org). For puzzle inquiries contact [scrgrams@gmail.com](mailto:scrgrams@gmail.com)

07-17

### Game Page Sponsor



# JUMBLE

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

TICPH  
 ○ □ ○ □ □ □

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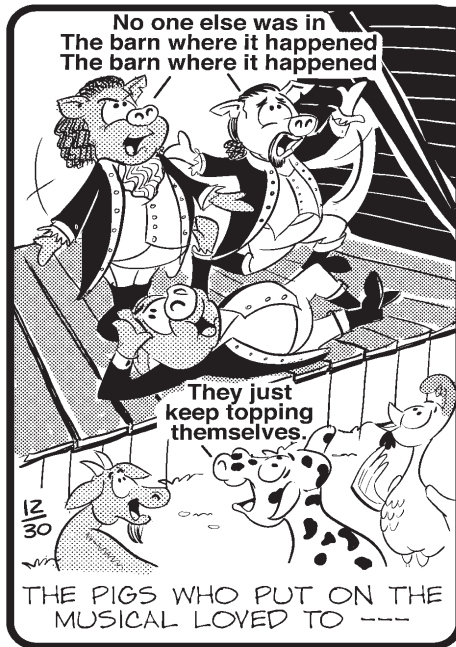
Print your answer here:

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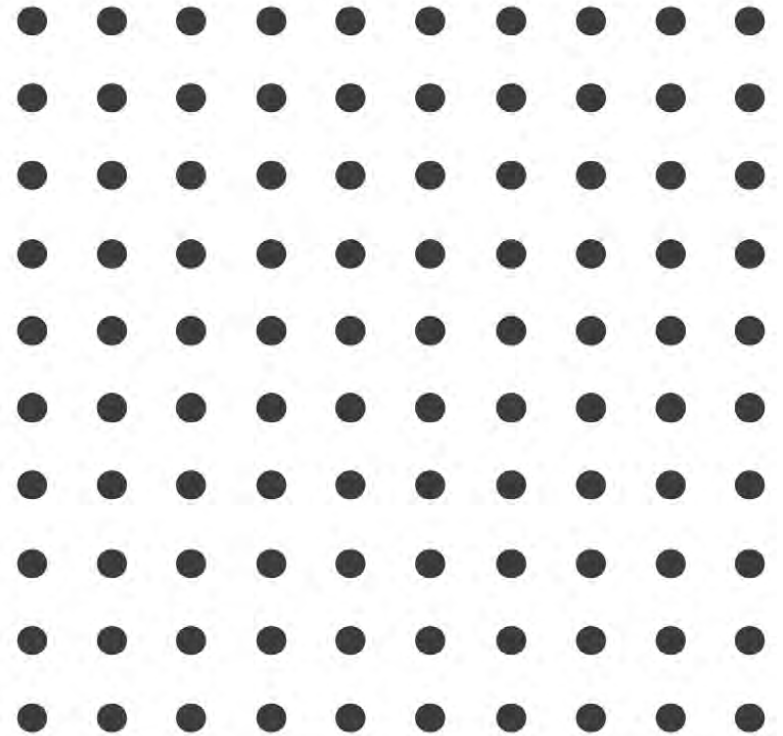
## THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



Check out the new, free JUST JUMBLE app

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

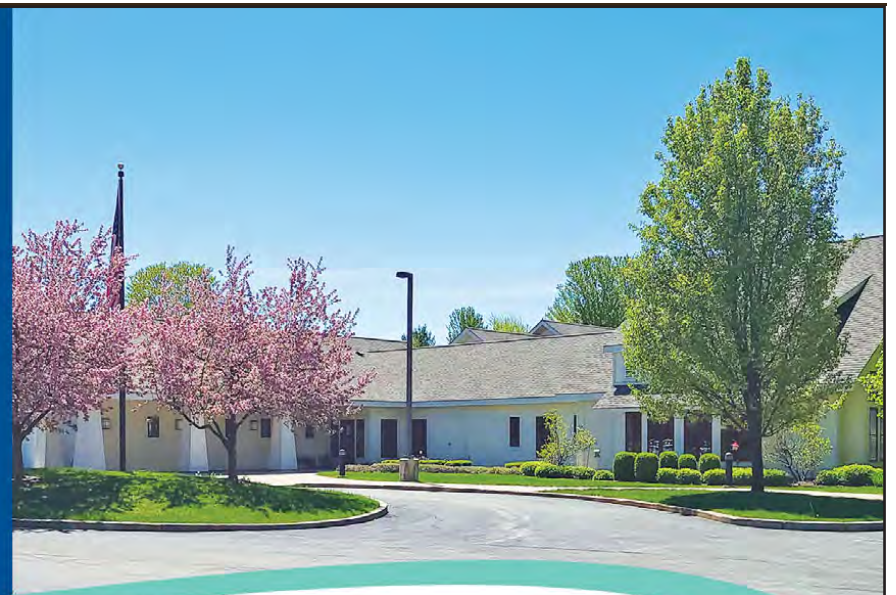
# DOTS and BOXES



Dots and boxes is a simple game with a simple goal: whoever "owns" the most boxes at the end of the game wins. You and your opponent take turns drawing horizontal or vertical lines to connect the boxes. When someone draws a line that completes a box, you write your initial inside to win the box.

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# Have You Heard the Latest News?



BY  
DICK  
HOFFSTEDT

Today's news is everywhere. It's mostly on TV, but also radio, newspapers, magazines and even on your cell phones.

Let's go back and look at a short history of how our ancestors got their news. The Greeks, Romans and Egyptians scribbled

messages to each other on clay tablets and papyrus scrolls. Permanent information was carved into stone walls called hieroglyphics. Paper was invented and led the Asians to tinker with woodblock printing for the masses.

Then in the 1400s, Johannes Gutenberg came up with a printing press that used moveable cast metal printing blocks. Because of the Gutenberg printing press, newspapers flourished dramatically in early nineteenth-century America. During this era, there were about 900 newspapers in the U.S.

Then around 1895, something spectacular happened. The Italian inventor Guglielmo Marconi built the equipment and transmitted electrical



signals through the air from one end of his house to the other. It was the dawn of practical wireless telegraphy or as we know it today...the radio.

Radio began to evolve through the early part of the 20th Century. In 1920, the first radio broadcast came from KDKA in Pittsburgh. It aired the results of the presidential election by using a telegraph ticker tape machine.

Only a few people in the eastern states heard the broadcast because radios were not a common item yet.

Radios were more abundant in the 1930s and brought news of the impending war. FDR's "Fire-side Chats" were also very well received throughout his presidency. During WWII, my dad listened to Edward R. Murrow from London and that even got me, a ten-year old, interested in what was going on. I started looking at the combat maps every day in our local newspaper. History in the making.

Then came TV. In the 1950s, TV was novel enough that it was considered to be entertainment. In the 1960s and 1970s, TV newscasts were becoming more "serious" featuring more "hard news" with less entertainment mixed in. I began to like the no-nonsense newscasters like Walter Cronkite who was on CBS for 19 years (1962 to 1981) and Huntley/Brinkley who were on NBC for 14 years (1956 to 1970.)

I now watch news sparingly. There are too many ads and too much kibitzing between hosts and guests and also between hosts and other hosts on the same network. I won't even mention social media. I would like to see a return of newscasts in the style of Walter Cronkite and Huntley/Brinkley.

*Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 67 years. Richard has six children, five grandchildren and five great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain, and John Steinbeck.*

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## *Volunteer - Vicki Pentecost's Story*

Vicki is a seasoned veteran with Foster Grandparents. A Muskegon resident, married 50 years with four adult children, Vicki worked full-time at Brunswick Corp. for many years while also serving as an ordained minister in her church. "I just love kids," she says. "I was used to relating to teenagers because of the ministry I'm in. But a friend encouraged me to try mentoring youngsters, and though it was challenging at first, I got the hang of it." Vicki's approach is simple: "It's all about loving on them where they're at and encouraging them." It also involves listening, she says. "Sometimes at recess, they'll come sit with you and talk to you and they have something on their heart they need to share. You pick up on clues, and sometimes determine they're sad about something. Some of them come from a difficult place. You can tell." According to Vicki, many of her students enjoy reading with the Foster Grandparents. Most teachers go the extra mile to provide books in the classroom, so it's natural for Vicki to spend time alongside kids who need a little extra help. "For kids, the formative years are so important. They need a head start, and I'm grateful to be a part of that."

*Volunteers Needed! Foster Grandparents serve as role models and mentors for young students and help guide them toward higher academic achievements.*



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# Milestone Birthday Traditions



BY  
LOUISE  
MATZ

It's always interesting to hear about family traditions, especially for the holidays. In my family we have a tradition for milestone birthdays. Coming from a family of six girls might have contributed to this tra-

dition. It began about 20 years ago when the youngest sister wanted to celebrate her 50th in a big way because she wanted to make sure all the sisters would still be alive and able to attend. The idea caught on fast. It begins with the birthday girl. She creates the plan and agenda and then invites all the sisters plus their daughters. Over the last 20 years, we've enjoyed some great activities and made some interesting memories. Perhaps

you'll enjoy reading about them and maybe get some ideas for making memories of your own.

Our tradition journey began with a summertime 5-day birthday celebration. The birthday girl rented a large house in Boyne City. The agenda included beach time, renting bikes in Charlevoix and biking around the lake, visiting a lavender farm, Young Americans dinner show at Boyne Highlands, Mass at St. Matthew's in Boyne City, pickleball, and zip lining.

A few years back I wrote an article in Senior Perspectives about my sister June and her 80th birthday celebration. Her one-day agenda was a bike hike around Muskegon Lake. We began our trip at Pere Marquette Park and biked around

the lake to Bear Lake Tavern for lunch. I remember we required a few more rest stops on the way back. We returned exhausted but proud of ourselves for making the trip and we were more than



ready to relax and enjoy dinner, cake and libations.

My 70th birthday plan was a weekend in Chicago. The agenda included Millennium Park, an evening dinner show at Tommy Gun's Garage, Mass at the cathedral, and an afternoon theater production of "The King and I."

For my Florida sister's 75th birthday, she planned a big party at her house and several of us flew down to be there, adding a few days to enjoy the Florida sun.

When my 75th came around, daughter Melissa offered her Thompsonville cabin on the Betsie River for a long weekend. The plan included a winery visit; the hiking trail, alpine slide and lunch at Crystal Mountain; and relaxing in our chairs and bathing suits in the Betsie River. Fun around the campfire was a big part of the celebration, topped off with Sunday morning Mass at a very charming little church.

Another sister planned one of her milestone birthday celebration with a week at The Villages in Florida. As you might surmise, her birthday is in January! I missed that one, but I'm told everyone had a great time.

After a couple milestone celebrations by the sisters, the tradition was adopted by the younger set. Three of the close-in-age nieces celebrated their 50th birthdays by planning a long weekend in Boston. They did a great job of planning for our group of 13! We stayed at the La Quinta Inn in the city of Somerville just outside of Boston. It was a very convenient complex with shopping, restaurants and a train station nearby. Transportation was part of the adventure. We used the train and Ubers! We walked the Freedom Trail, rode the Hop On Hop Off bus through Boston, visited the Sam Adams Brewery, purchased a cannoli from Mike's Pastry, did some shopping, checked out the harbor

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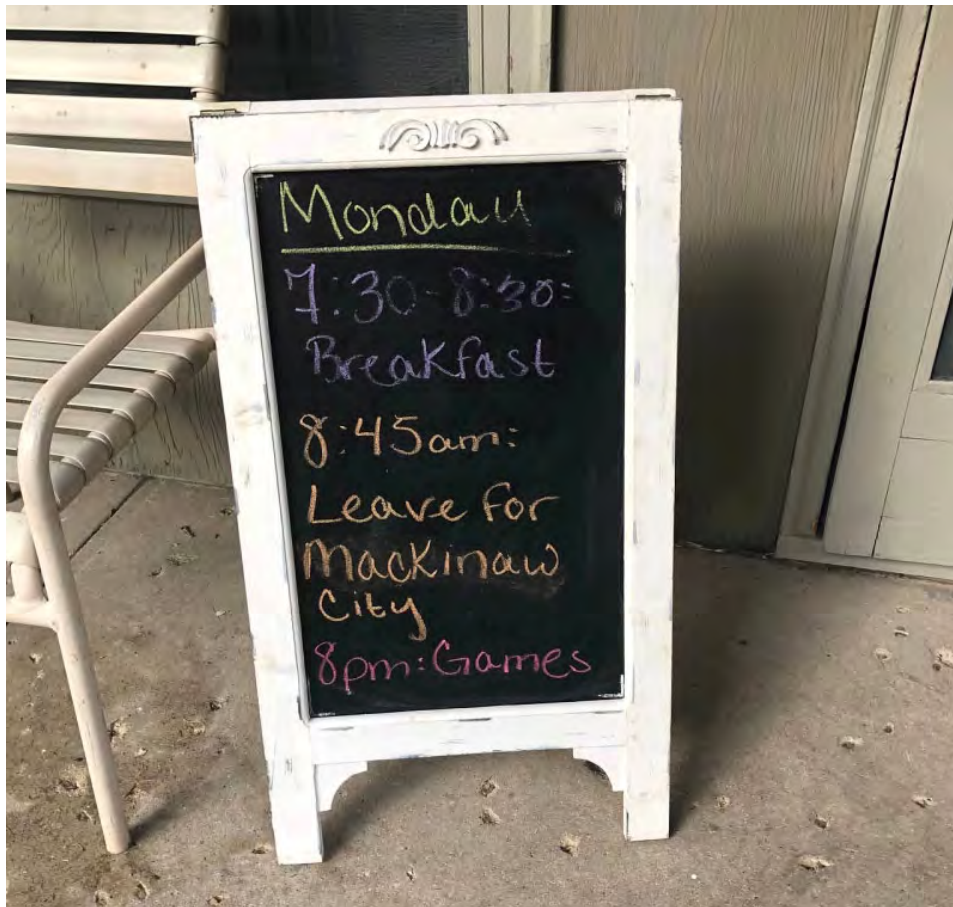
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and lunched on one of the best lobster rolls ever!

The oldest niece and her daughter, with birthdays the same month, celebrated their milestone birthdays together with shopping and dinner in Traverse City and a scenic wine and brew tour in Traverse City and Leelanau.

Because some milestone birthdays were missed during Covid, my daughter Melissa and sister Laura planned a make-up trip to New York City. Both of these gals had been there several times and created a very professional tour for the group, dotting all the I's and crossing all the t's. Another trip that I had to miss, but they kept me so informed and in the loop that I felt I was enjoying all the stops along the way.

This past year was another 5-day celebration planned by the youngest. She chose a Harbor Springs Resort for our lodging. The agenda included a

welcome party, time around the pool, a visit to a lavender farm, a day on Mackinac Island, Cross in the Woods Shrine and doll museum in Indian River, Young Americans dinner show at Boyne Highlands, lunch at Leggs Inn in Cross Village, including the tunnel of trees. Most evenings were topped off with fun around the campfire where we also could view a chalkboard of our plan for the next day.

Over the span of 20 years, these milestone celebrations have given us some very special memories and nourished our family bonds.

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



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# Social Security Benefits Increase in 2023



BY  
VONDA  
VANTIL

Approximately 70 million Americans will see an 8.7% increase in their Social Security benefits and Supplemental Security

Income (SSI) payments in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal my Social Security account. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account to opt out by changing your Preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or



email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. You needed to have created one by November 15, 2022 to receive the 2023 COLA notice online.

“Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned,” Acting Commissioner Kilolo Kijakazi said.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under “Message Center Preferences” to receive courtesy notifications.

You can find more information about the 2023 COLA at [www.ssa.gov/cola](http://www.ssa.gov/cola).

*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)*





BY  
JOE  
STAPEL

# Keep Valuables Safe

*This is an update of an article that was published in 2020. The updated information is from the writer.*

Now, more than ever, it is important that valuables are kept protected. The object of hiding personal items in your home or your vehicle is to make it harder for an intruder to find anything of value. The intruder wants to get in and get out as quickly as possible. They will look in all the regular places where people hide things hoping to find something of value and then quickly leave.

An intruder will not spend a lot of time searching for valuables. So, your job is to make it harder for them to find your personal valuables.

It is most wise and highly recommended that you keep cash and valuables in a bank or a credit union in an account or in a safety deposit box, especially any cash or coin collections which many seniors have at home. Many of us prefer to have some cash available to pay for food deliveries, for example, or our valuable collectibles around for our pleasure. If this is you, then maybe you should consider a home safe. There are many different types of home safes for sale. The best option is a safe that is fireproof and very heavy.

Places where you should NOT hide cash or valuables. These are the most common places someone robbing your house will look:

- Under a mattress
- Inside a pillowcase or under a pillow
- In a cookie jar or sugar container
- In a dresser drawer
- Under a bed
- Behind a mirror or picture
- Inside of a coffee can
- Under cushions in a chair or sofa
- In a cereal box or container
- Under the back of a toilet

## **NEW ideas of where to hide items of value:**

- Living room end tables. Small bags of cash or keys can be taped or Velcro to the underside of the table.
- Under your favorite lounge chair. Again, attach a bag to the underside using Velcro or duct tape.



- In a coat closet where jackets, gloves, scarves, or winter hats are kept.
- In the basement or garage where you keep containers of nuts and bolts, nails, or screws. Place a bag with small valuables in one of the cans and then cover the bag with the hardware.
- Inside record album covers is a great place to hide important documents.
- On hooks behind large tools such as hammers or wrenches This is also a good place to hide an extra house key.
- You can also purchase Hidden Stash items online.

To help remember where you hide items, send an email to yourself with the subject things to do around the house, or place a generic note in a book.

Most of all, just remember to keep your valuables safe and do not share the locations with anyone. Stay safe.

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



BY  
CURTIS  
FREED

# A Grief Observed - A Book Review

One of my favorite authors is C.S. Lewis. I have read a number of his books including *The Problem of Pain*, *Miracles*, and *Mere Christianity*. C.S. Lewis, who died in 1963, is still very popular

today. My kids have even read his classic children's series *The Chronicles of Narnia* that includes *The Lion, the Witch, and the Wardrobe*.

C.S. Lewis was a single man most of his adult life until he met an American divorcee from New York named Joy Davidman Gresham. Lewis began corresponding with Joy, who was separated from her abusive and alcoholic husband, author William L. Gresham. Like Lewis himself, Joy Gresham was a skeptic of Christianity if not an atheist at the time. She eventually converted to Christianity. Lewis invited Joy to London, and they were married in 1956 during her battle with cancer. The story of C.S. Lewis, his marriage to Joy Gresham and her eventual death is portrayed in the movie *Shadowlands* (1993) starring Anthony Hopkins as C.S. Lewis and Debra Winger as Joy Gresham. In the movie, Lewis gives us an excellent perspective on prayer in the midst suffering when he says, "Prayer doesn't change God, it changes me."

Lewis and Joy Gresham were married just four years. She died in 1960. The focus of *A Grief Observed* is on the grief and loss Lewis experienced after Joy died. He equated the loss of his wife like losing one's leg by writing: "the death of a beloved is an amputation." The book is based on the journal he wrote as Joy was battling cancer, which eventually led to her death.

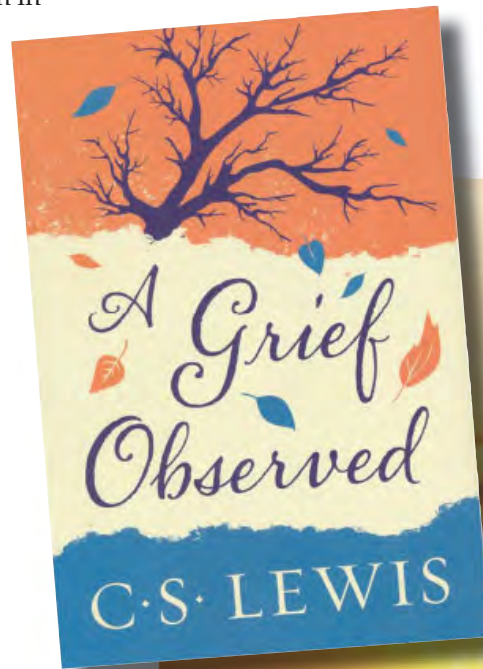
*A Grief Observed* reveals the many struggles and feelings of helplessness Lewis felt during his wife's decline and eventual passing. The feeling of helplessness is something each of us can relate to when we have had to watch a loved one die. Lewis questions the very nature of grief and if it is even possible to return to a sense of normal. In today's world, those who experience such intense grief, it is often re-

ferred to as "the new normal." He writes about how difficult it is to navigate through grief. Grief, Lewis writes, "is like a long valley, a winding valley where any bend may reveal a totally new landscape."

*A Grief Observed* details the anger, perplexity, and confusion Lewis directed

"We cannot understand. The best is perhaps what we understand least."

This book is worth reading. There are times when it is difficult to follow. Still, if you have experienced the loss of a close loved one, in reading the book, you will be able to identify with Lewis. Therefore, I highly recommend *A Grief Observed* by C.S. Lewis.



toward God after Joy died. The process of bereavement that Lewis experienced was a great challenge to his own faith. Such a loss can indeed result in a person questioning their own core beliefs about His character of love, comfort, and peace. Some who have read the book doubted how Lewis could be so despondent in his grieving. In my experience, questioning God can be a good thing in that it can only strengthen one's faith. In the end, Lewis realized we cannot even begin to understand why we or our loved ones can experience such intense suffering at times. Perhaps it is better that way. Lewis writes,

*Curtis Freed is a Spiritual Care Counselor for Harbor Hospice. He is a Board-Certified Chaplain (BCC) with the Association of Professional Chaplains (APC). He has worked as a hospice chaplain for 10 years. He is a graduate of Liberty University (1987) and Liberty Baptist Theological Seminary (1990).*

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**Question:** I receive retirement benefits, but I also still work. How much can I earn and still collect full Social Security retirement benefits?

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- In the year you reach your full retirement age: \$1 in benefits will be deducted for each \$3 you earn above a different limit, but we count only earnings before the month you reach full retirement age.
- Starting with the month you reach full retirement age: You will get your benefits with no limit on your earnings. Find out your full retirement age at [www.ssa.gov/pubs/ageincrease.htm](http://www.ssa.gov/pubs/ageincrease.htm).

**Question:** I want to make sure I have enough credits to receive Social Security retirement benefits when I need them. How can I get a record of my Social Security earnings?

**Answer:** The best way for you to check whether you have earned enough credits (40 total, equaling 10 years of work) is to open a free *my*



BY  
VONDA  
VANTIL

*Social Security* account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to review your *Social Security Statement* any time you want.

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- Get a letter with proof of your benefits if you currently receive them.

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- Accessing *my Social Security* is quick, convenient, and secure, and you can do it from the comfort of your home.

**Question:** What is the benefit amount a spouse may be entitled to receive?

**Answer:** If you are eligible for both your own retirement benefit and for benefits as a spouse, we will always pay you benefits based on your record first. If your benefit as a spouse is

higher than your retirement benefit, you will receive a combination of benefits equaling the higher spouse's benefits. A spouse generally receives one-half of the retired worker's full benefit unless the spouse begins collecting benefits before full retirement age. If the spouse begins collecting benefits before full retirement age, the amount of the spouse's benefit is reduced by a percentage based on the number of months before he or she reaches full retirement age. For example, based on the full retirement age of 66, if a spouse begins collecting benefits:

- At age 65, the benefit amount would be about 46 percent of the retired worker's full benefit.
- At age 64, it would be about 42 percent.
- At age 63, 37.5 percent.
- At age 62, 35 percent.

However, if a spouse is taking care of a child who is either under age 16 or disabled and receives Social Security benefits on the same record, a spouse will get full benefits, regardless of age. Learn more by reading our Retirement publication at [www.ssa.gov/pubs/10035.html](http://www.ssa.gov/pubs/10035.html).

*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).*

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BY  
TRICIA  
McDONALD

## Authors of West Michigan Standing Strong

Author Ross Beach often received suggestions that he write a book about the unusual life encounters he and his wife, Mary Evelyn (Inky), had experienced during their 47 years overseas. His answer was always the same. "I would jokingly tell them that I first needed a good title." A question he had been asked 50 years previous became the catalyst for his book title. "How can a seed die and yet produce many seeds?" The question was from John 12:24: "Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." The memory of that question and the verse was the nudge Beach needed to write his book, *Dying to Live*.

Beach started writing *Dying to Live* in October 2020 while he was in lockdown for Covid and found himself sitting alone in front of the computer. His wife of almost 60 years had died just six months earlier. His mind would wander back to meaningful Christian faith and commitment experiences he and his wife had shared working overseas as missionaries with The Evangelical Alliance Mission. The couple had visited 40 countries, lived in four countries, and been on special assignment in several countries. They had taught English and agriculture to many Koreans at Eastern Korea Christian University from 1969 to 1971. They were then transferred to Chad, Africa, where they applied their agricultural, community, domestic, and spiritual development efforts within a large growing Christian

community during many years of civil war.

Together they had faced life-threatening challenges and changes while standing strong in the face of confronting rebel soldiers, moving 220 tons of seed rice to 10,000 families in need, crossing the Sahara Desert by pickup, and dealing with cerebral malaria on three occasions. Beach wrote *Dying to Live* to honor his wife's important role as they worked together. He also wanted to share how God had responded in life-threatening situations during their work in Korea, Chad, Nepal, India, and Central Asia. Since they had kept letters, reports, and articles written about their community development work, he had the materials and memories at hand.

The theme throughout *Dying to Live* is reflective of the title. "The last two sentences of the book are, 'Dying to self was not a sacrifice. It has led to a life blessed by God,'" Beach said. "Without giving of self by faith, it is impossible to please God."

Beach was born in the Thumb area of Michigan and lived in Lansing during his university studies and while on furloughs during the 47 years of overseas ministry. When he and his wife retired, they wanted to be close to their daughter's family, so they settled in Spring Lake. After Inky's death, Beach and his daughter each sold their houses and purchased one together where they now live. "I believe that I got the better half of the deal as I get to watch my two grandchildren grow."

*Tricia L. McDonald is an internationally published author, public speaker, and writing coach. Her middle-grade book, The Sally Squad: Pals to the Rescue, was published in 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.*

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BY JACKIE  
LINDRUP  
RDH, M.Ed.

# What We Loved About *Ireland*

This past summer, my husband Tom and I traveled to Ireland for my international dental hygiene conference. We went a week early so we could explore Dublin. Our favorite experiences all centered on people, food, music, and pubs! An early highlight was a tour of Trinity College Dublin (built in 1592) led by a student. She was very entertaining, and we entered many historic buildings on campus including the Old Library which houses the Book of Kells.

We took a bus tour to Glendalough, a 6th century medieval town and cemetery and then Kilkenny, to see a castle and try a recommended restaurant. We also



traveled by train to Cork and then by bus to Kinsale, a beautiful boating community on the southern coast of Ireland where we had booked an Airbnb near the harbor. Our first morning there we took a walking tour of Kinsale, and in the evening found a busy outdoor pub with live music. We sat on a windowsill



and listened until a table opened up, then offered to share it with Jane and Ronan, a young vacationing couple from Dublin. While chatting with them, they found out we liked to hike. The next thing we knew they had invited us to meet them in

Howth, south of Dublin, to do the famous Cliff Walk! A few days later we took the train and met Jane and Ronan in Howth for an amazing hike in the cliffs overlooking the sea. In true Irish fashion there was a pub at the top of the cliff and one at the



bottom for welcome breaks during and after the hike!

One of my goals as I planned this trip was to visit a different pub every night. I had brought a long list of pubs to try, but as it turned out we found a couple we loved and returned to them again and again.



We discovered O'Neills Pub on Pearse Street just around the corner from our hotel when we first arrived in Dublin. The handwritten sign in front listed food at 6 p.m. and live music at 9 p.m. Inside were an ancient carved wooden bar, granite-topped iron tables, and stained-glass windows. It was just 6 p.m. and we were hungry and tired from traveling. I

ordered Guinness stew, a hearty beef stew, and Tom had the seafood chowder. Both were served with dense Irish soda bread, a delicious, inexpensive dinner for \$8-10 a person. We were too sleepy to stay and hear the music that night but returned several times to hear the wonderful traditional music. Our favorite

pub in north Dublin was The Cobblestone. Jane and Ronan, the native Dubliners we met in Kinsale, were amazed that we had found this pub (recommended by our bus tour guide) which features shoulder to shoulder people, two busy bartenders and traditional music every single night but no

food. The rule was that you could not go outside with your drink, so everyone squeezes together inside standing or sitting at the bar drinking, listening to music and chatting. It may be the best kept secret pub in Dublin.

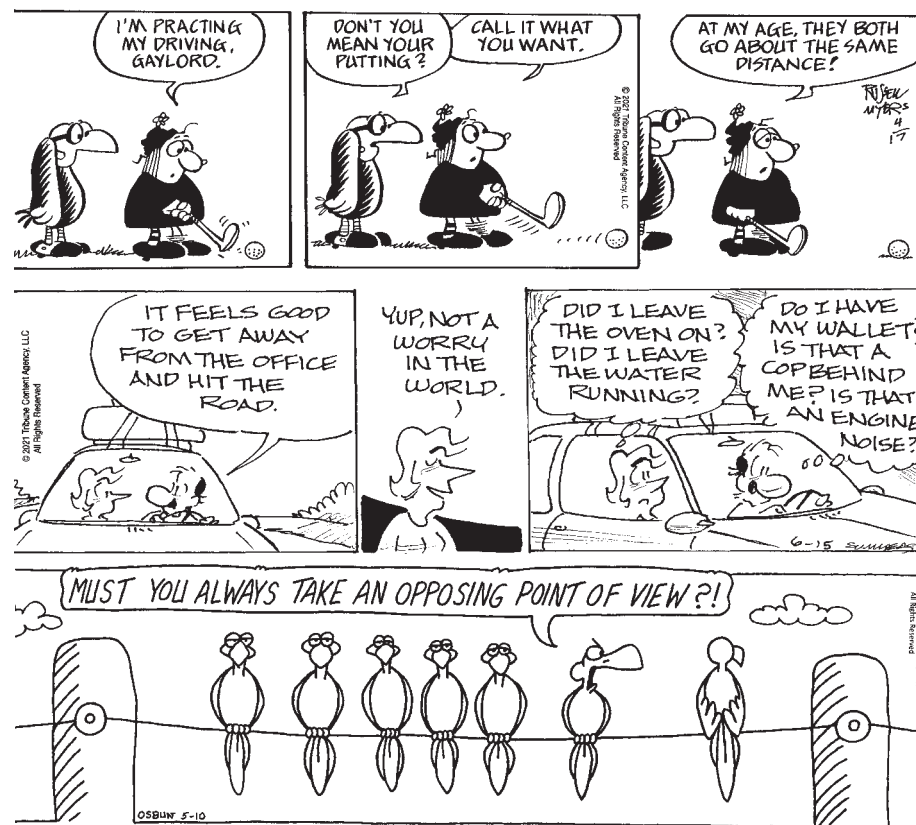
There were small grocery stores on each block which really helped us economize! We bought breakfast supplies and snacks to stock the hotel room fridge - yogurt in small containers, fresh cinnamon rolls, grapes and bananas, olives, crackers, cheese, salami and chocolate bars.

At the end of our trip, we called a cab to take us to the airport. Our driver was a 30-year veteran cabbie and as he drove us to the airport, he asked why we had visited Dublin. When he found out I had attended a dental conference he excitedly whipped out his phone to show me pictures of his son, 23, who had just had all his teeth cosmetically repaired in Turkey! The before and after photos of his son's dental work were amazing! His whole family is thrilled that his big spaces are gone and he looks like a movie star with all the new crowns and bridges! This friendly spontaneous nature of the Irish is what we loved most about visiting Ireland!

*Jackie Lindrup is a retired dental hygienist who lives in Harbour Towne with her husband Tom. Her favorite non-profit is Volunteer for Dental in Muskegon and her passions are dentistry and travel! To reach out please email her at jackielindrup111@gmail.com.*



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# Wind and Wave on a Sandy Palette



BY  
CINDY  
HOGG

I zipped up my lightly quilted vest against the November wind and headed out to the beach just before sunset because that's what I do, rain or shine, every season of the year. I am an inveterate beachcomber.

While it's true that our Great Lakes' beaches lack the pearly shells and varied finds of salt water beaches, there is no lack of other interesting finds. For one, I was overjoyed when I first discovered that the Michigan DNR allows each resident to collect 25 pounds of rocks every year. Imagine! I can have all the pleasure of picking up pretty pebbles and stones—and Michigan is known for its beautiful beach rocks—with none of the guilt engendered by “take nothing but photos, leave nothing but footprints.” I never do leave anything behind but footprints (so easy to see in the sand) but I have the full weight of the state government blessing my collection of our state's beautiful rocks.

As with shells, part of the attraction is the thrill of the hunt. When you set out, there is no guarantee that you will find much of anything, let alone something rare or unusually pretty. I remember researching what beaches

along the west coast of Michigan are best for finding rocks and sea glass and showing up at one highly rated beach to find it...completely bare. I asked someone on the beach if perhaps I was at the wrong place? They assured me this was the right beach and that when they had been there three days earlier, the beach had been covered in rocks. “It just depends on weather conditions and what the lake feels like giving up on any particular day,” they told me. I have had this experience repeated numerous times since then, so as I approach a beach, my heart always beats a little quicker. What will today be like – feast or famine? The unknown adds to the spirit of adventure.

On this particular November evening, unseasonably mild but quite windy, I am subtly conscious that I have no doubt already reached my 25-pound quota for this year. I am also conscious that bringing home any more rocks might strain my husband's patience with me! I have had a good run this summer, sharing rock and driftwood finds with my grandkids, painting rocks, and making rock sculptures for my garden. Still, the beach calls to me as the sun begins to slip lower in the sky. It's a lovely evening for just a stroll. No bucket, just my camera.



And tonight, I begin to see the wisdom in “take nothing but photos.” With no desire to bring anything tangible home, my hands empty, I am free to take images into my heart. I slowly become attuned to the artistry all around me, the way that wind and water transform the



landscape to reveal new dimensions of beauty in the “ordinary.” I have long thrilled to the way that waves transform the beach rocks. When they wash over a handful, the colors just “pop”!

But now I see the waves don’t limit their artistic touch to rocks and pebbles. They leave interesting patterns in the sand for the observant and attentive. Quick, enjoy their beauty, for soon another wave may come along and obliterate it! Among the interesting shapes and patterns I find a lobster, a scary mask with long straggly hair, and a young girl wildly dancing with joy.

The waves create beauty, but they also capture it. How often I have seen the sunset reflected like a rosy oil slick stretching from horizon straight to my feet. This evening, I notice the fire of the sun caught in the heart of each wave before it crashes against the shore in front of me. And as each wave licks the sand and then retreats ahead of the next, the newly-slicked shore grabs ahold of the sunset’s glory and reflects it back—just for a moment.

There is no absorbing of the sunset’s glory by the dry

sand but the wind is performing its own magic here. With delight, I notice that each blade of dune grass has become an artist’s brush in the hand of the wind. Beautiful etchings, mostly delicate circles and half-circles, are everywhere I look. Firmly rooted in the sand, the wind sways them back and forth in a gentle dance. I begin to wax philosophical, thinking something along the lines of how important it is for us humans to be rooted in something secure so we’re free to unleash our creativity...when I notice the design left by an oak leaf, “footloose and fancy free” blowing across the sand in front of me. I guess there’s that too!

As nature extinguishes the last of the stage lights, drawing a curtain across tonight’s show, my heart is full, even if my pockets are empty. Well, maybe not *completely* empty. Into one pocket I may have slipped a certain smooth, fish-shaped stone I want to share with my grandson.

*Cindy Hogg is a freelance writer who splits her time between her homes in Grand Rapids and Ludington. Her passion is travel, especially with her grandchildren. She is the founder of the blog skipgentravelguru.com.*



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# Holiday 'Just a Taste' Bake Sale

The team at Senior Resources held their annual Bake Sale to raise funds for the local Alzheimer's Association. At this fundraiser, participants had the opportunity to purchase one serving or "taste" for \$1.00 or six servings for \$5.00.

After the goodies were selected, a voting ticket was completed by each participant to vote for their favorite baked good.

## THE WINNERS OF THIS YEAR'S EVENT WERE:



1st Place  
Sarah LaRue  
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Butter Cake



2nd Place  
Kim Fleszar  
Italian  
Cream Cake



3rd Place  
Renae Gordon  
Cream  
Puff Dessert



Editor's Pick: "Thanksgiving Table"  
from Angie Puterbaugh



A total of \$176.00 was raised at this year's sale

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# Lost *and* Found



I was using my Stihl leaf blower to clean small pinecones and acorns from my driveway when a glint of something caught my eye. A few steps away, I reached down and picked up a large, gold colored hoop earring, about an inch and a half in diameter.

BY  
JERRY  
MATTSON

"No. That's not mine," said my wife.

Our daughter is the only regular female visitor at our home, and I got a similar reply from her.

Where could this have come from? It was not near the house where people get in and out of their cars, or delivery people hop out to deposit packages on our porch. It wouldn't just fly out an open window of a vehicle. There is a UPS driver who may have driven here with an open door on her truck, but she has not been here in a long time. Who else could it be?

Was someone walking on our driveway and had it come off? Could that have happened some night? I suppose, but who and why? There are no little kids around who may have been playing with some of mom's things. The mystery was a bit unsettling.

Someone was missing an earring and I had found it.

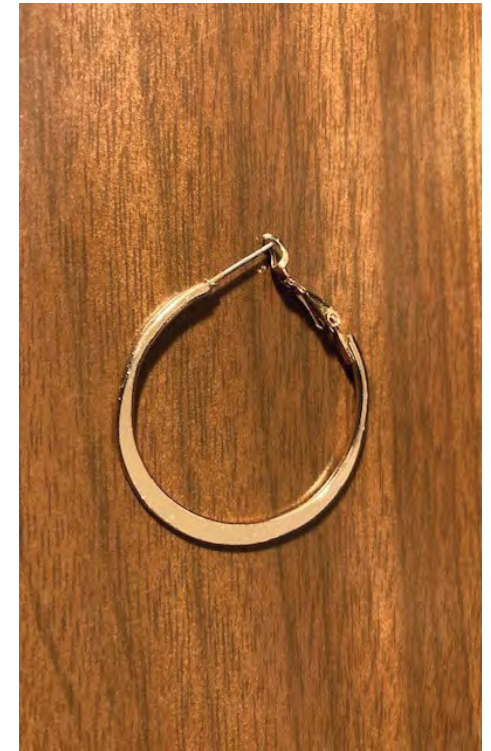
I wondered if a car or truck tire could have picked it up along the road somewhere and had dropped it in the driveway. Possible, but not likely. It was damaged, but not as if it had been repeatedly sandwiched between a tire and the roadway.

Then I thought maybe a bird had left the earring as a gift. From a web search, I found something interesting. Birds that have an attraction for things like jewelry and other items with reflective surfaces have done so because they are often found near food sources. In some cases, this is caused by an issue with the bird's eye called Uveitis. This disorder can cause irritation in the bird's eyes which causes them to become highly attracted to shiny objects. Many people may not know that there are certain kinds of birds that have a higher level of Uveitis. I am one of those people, as I had never heard of this issue.

Blue jays and crows are two of the seven birds, world-wide, identified by the website that are attracted to shiny objects. I found the earring a few yards from where I put corn out for the turkeys. The squawks and caws from the blue or black colored prime suspects are often heard near the feeding area.

I may not have been the first to spot the lost earring, but may have been the first to pick it up using fingers. That is just speculation on my part.

Perhaps someone in the neighborhood is wondering where they could possibly have lost this piece of costume jewelry.



*Out-thinking the squirrels, who also like sunflower seeds, has presented a challenge for Jerry who likes to watch the small birds visit their feeders. Another way he enjoys larger birds is on a plate during holiday dinners.*

## 9 <sup>OUT</sup> OF 10 SENIORS



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BY HOLLY  
LOOKABAUGH  
-DEUR

# The Apple of Your Eye

*"The eye is the window to our nervous system."*

This is quote from many scientists and physicians who correlate vision and physi-

cal changes in the eye as an important correlation to healthy aging. The aging eye is subjective to many changes to be sure, but the subtle changes only detected through expert exam are often overlooked. What does the eye tell us? Let's explore how the eye tells a story about overall health.

• **Vision refraction accuracy:** Our ability to clearly focus at all depths is the most obvious indication of changes in the eye. Presbyopia, or near sightedness, is a common occurrence that starts at around age 40 due to the overall change in the shape of the eyeball, easily corrected with glasses.

• **Eye diseases are more serious:** US adults

aged 40 and older are at greatest risk for eye diseases. About 6.5 million in that age group have vision impairment, including nearly 1 million who are blind. This number is increasing. The major causes of vision impairment and blindness in older adults are:

• **Glaucoma**—a group of diseases that damages a nerve in the back of your eye called the optic nerve. Glaucoma can affect one or both of your eyes. An ophthalmologist or optometrist will conduct a pressure test with a puff of air during your exam to assess for glaucoma. There is a hereditary risk factor associated with this eye disease

• **Cataracts**—a clouding of your eye's lens that affects over 24 million people in the United States. Surgical correction is routine, efficient and safe in the US.

• **Macular degeneration**—a slow break-

down of the light-sensitive tissue in your eye, causing loss of your central vision. People with MD have to learn compensatory strategies and how to use their peripheral vision to function as safely as possible.

The most common cause of vision impairment among adults over 40 is **Diabetic Retinopathy**, a common complication of diabetes in 1 of every 3 people challenged with diabetes. Early detection is critical, as the presence of retinopathy can impact the type and dosage of medications used to assist with diabetes management. Diabetic retinopathy is often a precursor to changes in sensation in the fingers and toes – numbness, tingling, burning – as peripheral nerve damage is occurring to high circulating blood sugar levels and small blood vessel damage. The eyes can often tell us what is coming.

What else can we learn from our vision

and eye exams?

1. **Eye movements** are all controlled by three of our cranial nerves, part of the peripheral nervous system. Problems with lateral movements of the eye, as an example, can provide a hint that a broader nervous system issue is occurring. An example might be that an adverse effect to chemotherapy as a part of cancer treatment or pressure from a growth or tumor somewhere along cranial nerves 4 and 6 is interfering with normal conduction of motor messages to the eye.

2. **Abnormal tear production or dry eye syndrome** occurs when the eye doesn't make enough tears to lubricate or nourish the eye. The content and volume of tears can be analyzed for potential corneal (outer layer of the eye) problems.

3. **Visual dependence for balance:** We balance ourselves in space with the perfect, unconscious coordination of three systems – our vision system, our proprioception system (tiny body sensors through our joints, skin and body), and our vestibular

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system, a sensitive canal system deep in our inner ears. As we age, we become more visual dependent to maintain our balance. Also as we age, our activities may limit moving the head (and inner ears) in all directions, and this disuse can cause the vestibular system to become sluggish or super sensitive to head position changes. Eye movements can be a component of finding that the vestibular system is a problem. For example, if the head is tipped in a certain direction, usually backwards, and we feel dizzy or the eyes rotate a bit without our control, that is a clear sign of a potential inner ear problem. This type of vestibular problem is readily treatable with a few sessions of physical therapy.

**4. Central nervous system problems:** If the eyes move in rotational or “dolls eye movements” – again, completely unconsciously – in response to specific movements, this sign can also be a strong indicator of a central nervous system (CNS) problem. The CNS consists of the brain and spinal cord exclusively. These types of eye movements are signs for immediate medical attention.

So, what does this all mean? Low or impaired vision are closely associated with social isolation, depression, dependence on others and safety concerns. The importance of an annual, comprehensive eye exam is the #1 message. Eye health can absolutely shed light on medical issues that may need a broader view and evaluation. Beyond a professional exam, there are key action items for each of us to maintain the best possible eye health.

**Action Item #1.** Keep moving. The greater our movement, the better the blood flow to our tiny vessels throughout our body is. Blood flow brings nutrients and removes waste products from our everyday metabolism. Keep the blood moving!

**Action Item #2:** When you are moving, turn your head, shift to focus on far away objects and side to side and up and down. If you feel unsteady doing this, practice these head and eye movements standing in one place – hold on to a chair or kitchen countertop for safety. The combined movement of your body with varying images and perspectives through your eyes forces

the re-calibration and sharpness of these important balance-regulation systems

**Action Item #3.** Eat nutrients that contribute to eye health. Treat your eyes from the inside out. Researchers have linked nutrients, such as **lutein and zeaxanthin, vitamin C, vitamin E and zinc**, to reducing the risk of certain serious eye diseases like age-related macular degeneration and cataracts. Green leafy vegetables, nuts and fruits are rich sources of these nutrients. Vitamin A is absolutely important to vision clarity and acuity as well. Be cautious with supplements. 80% of over the counter supplements do not have the claimed purity of content in the bottle as they are not a part of FDA regulation.

**Action Item #4.** Protect your eyes. Sunglasses are an obvious easy answer, but blue light is the type of light that comes from **cell phones, computers**, and most other **digital screens**. Prolonged exposure to this type of light can strain the eyes and **weaken different parts, such as the macula**.

**Action Item #5.** Use your eye muscles! With your head held still, move your eyes at different speeds to the full range to the right, left, up and down, as well as diagonal direction. Most people will feel tired with just five minutes of exercise. Seven or eight times in each direction at slow and fast speeds every other day should be an adequate dose to get those tiny muscles in tip top shape.

Most important: Pay attention to changes in vision clarity, spots and floaters in your vision, changes in color perception, as well as balance and other neurological signs. Bring these changes to your eye doctor or primary care physician. Use those “windows to your nervous system” to stay on top of your health!

*Holly Lookabaugh-Deur is a practicing physical therapist with over 40 years experience, a board certification in geriatrics and a certification as an Exercise Expert for Aging Adults. She is passionate about advocating for older adults and changing lives through education.*



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# Walk to End Alzheimer's

This past October, Team Senior Resources joined together for the 2022 Walk to End Alzheimer's at Heritage Landing in downtown Muskegon. Prior to this annual fundraising occasion, the Senior Resources team had several events to raise money. They held soda can drives, 50/50 drawings, and a hotdog roast, and they raffled gift baskets and sold Alzheimer's goodie bags. Their efforts raised a total of \$5,650.67. The amazing Team Captains for this event are Amanda Huntley and Julianna Katerberg. The Muskegon Chapter raised a total of \$63,930.



Group photo above: (L-R) Mike, Tigo (dog), Paula, Michelle, Amanda, Virginia Angie, Leon, Julianna, Mary, Steve and Bonnie.

Front Row: Avely, Caitlyn, Shannon, Meela (dog), and Caitlyn

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## ANSWERS FOR GAMES ON PAGES 18 & 19

### SCRABBLE G R A M S SOLUTION

D<sub>2</sub> A<sub>1</sub> Y<sub>4</sub> P<sub>3</sub> A<sub>1</sub> C<sub>3</sub> K<sub>5</sub> RACK 1 = 77

C<sub>3</sub> A<sub>1</sub> N<sub>1</sub> V<sub>4</sub> A<sub>1</sub> S<sub>1</sub> S<sub>1</sub> RACK 2 = 62

A<sub>1</sub> N<sub>1</sub> A<sub>1</sub> T<sub>1</sub> O<sub>1</sub> M<sub>3</sub> Y<sub>4</sub> RACK 3 = 62

P<sub>3</sub> A<sub>1</sub> C<sub>3</sub> K<sub>5</sub> A<sub>1</sub> G<sub>2</sub> E<sub>1</sub> RACK 4 = 82

T<sub>1</sub> A<sub>1</sub> C<sub>3</sub> K<sub>5</sub> I<sub>1</sub> L<sub>1</sub> Y<sub>4</sub> RACK 5 = 66

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### Answers - Boggle Game:

CAMEL LEMUR TIGER OTTER  
MOUSE MOOSE ZEBRA HORSE

### Answers - Jumble:

PITCH BURRO MIGHTY INFANT

The pigs who put on the musical  
loved to —  
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