

FREE PUBLICATION FREE PUBLICATION FREE PUBLICATION

Senior Perspectives

LAKESHORE EDITION

A FREE PUBLICATION
BROUGHT TO YOU BY:



SeniorResources
Our Name. Our Focus.



*Winner of 48
National Awards
of Excellence!*

JULY | AUGUST 2021

Page 4 – Letter from Editor ■ Page 12 – One Day U and Trualta
Page 16 & 17 – Game Pages ■ Page 26 – The Porch Swing



PAGE
08



PAGE
18



PAGE
34

JULY | AUGUST 2021 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | |
|---|---|---|---|---|
| 04 Letter from the Editor
<i>by Michelle Fields</i> | 12 One Day University, Trualta
<i>by Lisa Tyler</i> | 20 Swimming Lessons
<i>by Joel Dulyea</i> | 26 The Porch Swing
<i>by Jerry Mattson</i> | 30 Authors of West Michigan
<i>by Tricia McDonald</i> |
| 06 MMAP News
<i>by Cheryl Olsen</i> | 14 Michelle's Try This
Experiments | 22 Senior Safety & Security
<i>by Joe Stapel</i> | 27 Check Your Social Security Benefits
Claim Online
<i>by Vonda VanTil</i> | 31 I Missed Lipstick!
<i>by Rolina Vermeer</i> |
| 08 Sam's Last Ride
<i>by Dick Hoffsteadt</i> | 15 Social Security Q&A
<i>by Vonda VanTil</i> | 23 Social Security Advanced
Designation
<i>by Vonda VanTil</i> | 28 Top Dogs | 32 What Do I Do with My Stuff?
<i>by Nancy Abiade</i> |
| 10 Senior Resources Recipes | 16 Senior Resources Game Pages | 24 Foot & Ankle Surgery
<i>by Tarin Paparella</i> | 28 A Start of a Good Thing
<i>by Keith Sipe</i> | 34 The Genius of My Place
<i>by Janet Hasselbring</i> |
| 11 A Volunteer Opportunity
<i>by Louise Matz</i> | 18 The Graying Globetrotter
<i>by Jay Newmarch</i> | | | |

EDITOR & PUBLISHER

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

GRAPHIC DESIGN

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

COPY EDITOR

Bonnie Borgeson



ON THE COVER:

Glenn Rutgers
softglowdigital.com
gmrutgers@yahoo.com

WRITERS

Nancy Abiade
Joel Dulyea
Michelle Fields
Staci Gerken
Janet Hasselbring
Dick Hoffsteadt
Jerry Mattson
Louise Matz
Tricia McDonald
Jay Newmarch
Cheryl Olsen
Tarin Paparella
Keith Sipe
Joe Stapel
Cathay Thibdaue
Lisa Tyler
Vonda VanTil
Rolina Vermeer

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

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

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

To advertise in upcoming Senior Perspectives publications, contact:

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

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

Enjoy Senior Perspectives Online
at www.SeniorResourcesWMI.org



Like us on Facebook!

www.facebook.com/SeniorPerspectives



Pam Curtis, CEO

**SENIOR RESOURCES
BOARD OF DIRECTORS**

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

MUSKEGON COUNTY

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

OCEANA COUNTY

Martha Meyette Ron Rash*

OTTAWA COUNTY

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

* Board members who also serve on the Finance Committee

**PROGRAM & PLANNING
ADVISORY BOARD**

Barb Boelens Allendale
Kathy Hanes..... Allendale
Cheryl Szczytko..... Caledonia
Tom ReinsmaGrand Haven
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

Visit us at our new location!

1675 E. Mt. Garfield Rd.
Suite 175
Muskegon, MI 49442

A member of the **northstar** Care Community

Sponsored by



I Spy

It's easy!

Simply find the Uncle Sam 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 Uncle Sam

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

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

MAY/JUNE WINNER: SANDI RUTKOWSKI FROM MUSKEGON

The smiling sun was found in the story found on page 31.



Letter from the Editor

1966 Edition of Birds of North America



BY
MICHELLE
FIELDS

My favorite book? That's an easy question. It's my copy of the 1966 edition of *A Guide to Field Identification: Birds of North America*. It's tattered, frayed and has seen its better days, but I prefer to call it a well-used hand-me-down that brings a smile to my

face every time I pick it up. I should get a newer edition. One whose pages don't fall out every time I open it, but it wouldn't be the same. You see, it was also the favorite book of my Grandpa, Victor Haas.

When I was a child, I thought my Grandpa Haas



knew everything about wildlife. He knew every bird, fish, animal, and reptile that occupied our Great Lakes state. I just assumed he was born a Wildlife Superhero with the keen ability to identify anything that inhabited Michigan's waters and woodlands. In actuality, Grandpa Haas studied biology at college and began working as a Forest Park Officer in 1948 as the State Park Manager of Indian Lake State Park, Palms Book State Park, Big Springs Kitch-iti-ki-pi, and a couple other smaller area parks.

As a child, I wanted to spend every school vacation in the U.P. visiting my grandparents, who lived on Gooseneck Lake in Manistique, Michigan. I remember one summer, there seemed to be more birds than usual, (or maybe I was inadvertently becoming more perceptive of my surroundings), but the most beautiful bright blue and black bird landed outside their kitchen window. I turned around and asked my Grandpa what kind of bird that was. He answered, "An Indigo

Bunting." Fifteen minutes later, another unfamiliar bird landed just outside their dining room slider. I asked my Grandpa again, what type of bird is that? He answered. I'm guessing it was at this point he became tired of answering my bird questions, so he sat me down at the dining room table and showed me his bird book. Before he even opened it, I knew immediately it was his book. HAAS was written on the top of the front cover, and VICTOR J HAAS was stamped on the bottom of the book. Was this his Wildlife Superhero Manual?

He spent the next hour with me studying the layout of the book, teaching me how to use the index and mapping, and understanding the topography of a bird so I could identify them better. While going through the book with him, I noticed feathers he had collected and stuck between the pages for future reference. He also wrote little notes next to the various birds he spotted, with the date and location where he spotted them. And this book was well traveled. Not only did he use it for Michigan birds, it traveled with him on his many trips. I could see he spotted a Mountain Chickadee at the Grand Canyon and a Rufous-Sided Towhee in the Florida Everglades.

Even though I lost my Grandpa in 2010, I keep this well-used hand-me-down bird book on my office desk next to my binoculars. I use it regularly, and I don't mind having to put the pages back in to the binding after every use, because it's like I'm bird watching with him every time I pick it up.

Michelle Fields is the Editor and Publisher of Senior Perspectives newspapers. She enjoys camping, bird watching and fishing with her husband Mike and their pup Tigo.

Left: Forest Park Ranger, Victor Haas, my Grandpa, pictured here in 1949. Next page: My Grandpa pictured with my family during a family vacation to Florida in 2008 L-R Mike, Zach, Vic, Jake & Me.



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. | Muskegan, MI 49442



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

One call, One Connection

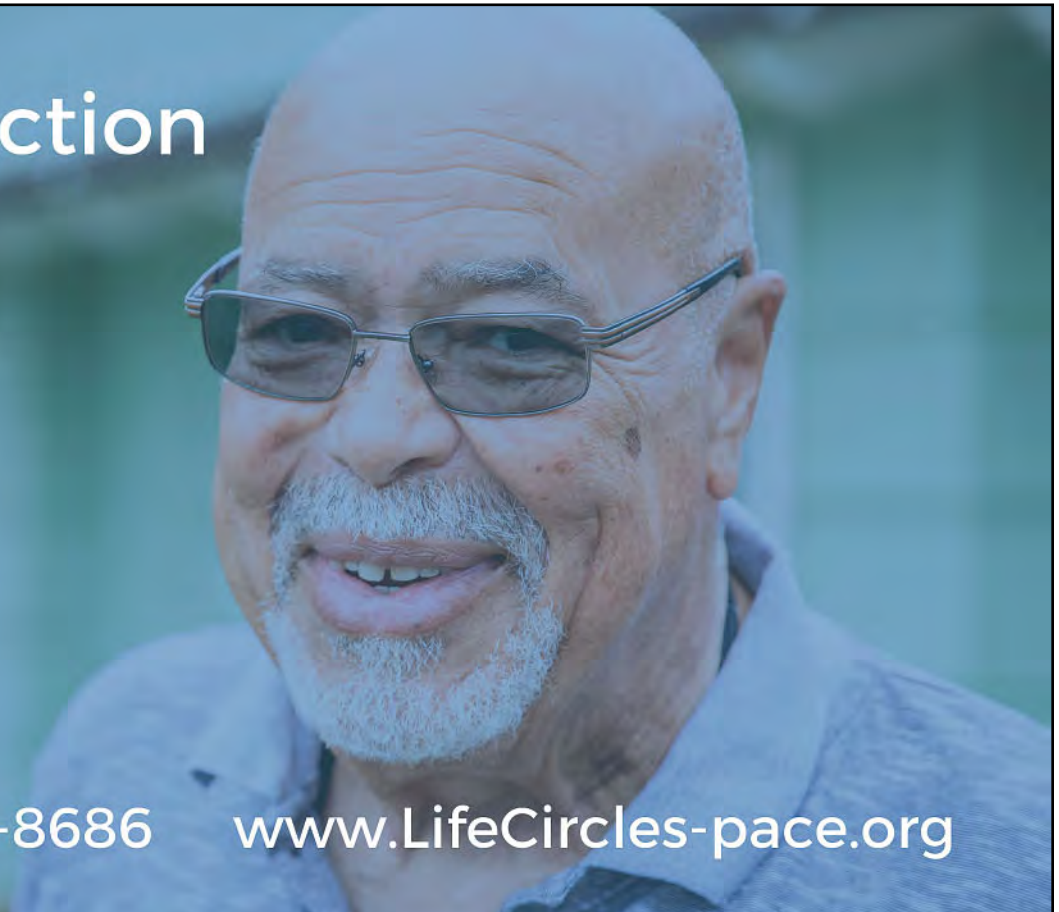
Provides & Coordinates

- In-Home Care
- Physical Therapy
- Medical Care
- Transportation
- Medication Assistance
- Caregiver Support
- And much more



231-733-8686

www.LifeCircles-pace.org





BY
CHERYL M.
OLSEN

Be a MMAP Volunteer

Do you want to become part of a dynamic and supportive team helping seniors and people with disabilities save money and access benefits? If so, the Michigan Medicare/Medicaid Assistance Program (MMAP) is looking for someone just like you to volunteer!

Volunteers in the past have included teachers, human resources managers, financial and banking representatives, accountants, business owners, etc. Your area Medicare/Medicaid Assistance Program is seeking people who like to explore new opportunities, are familiar with computers, and are interested in meeting and helping others.

Q: What is MMAP?

A: MMAP's Mission is to educate, counsel and empower Michigan's older adults and individuals with disabilities and those who serve them, so they can make informed health benefit decisions. It provides objective and confidential health benefits counseling services and is not affiliated with, nor does it receive funding from, the insurance industry.

Q: I don't know much about Medicaid or Medicare.

A: Your area MMAP team would provide you with an orientation and a three-day training. Job shadowing opportunities and ongoing training courses are available. You will learn to navigate the available resources to assist people in selecting Part D plans and Medicare Advantage plans. Volunteers will receive hands-on-training and mentoring from their MMAP coordinator and fellow team members. Volunteers can be confident knowing they will always have support on local and statewide levels because they are part of a growing team of dedicated members.

Q: Who would I be able to help?

A: Our MMAP volunteers serve Muskegon, Oceana and Ottawa Counties.



The Volunteer Opportunities include:

- MMAP Counselor: Help beneficiary apply for and access public benefit programs – educate.
- Medicaid Specialist: a special designation of counselors who can assist with Medicaid issues.
- Counseling Mentors: Special designation of counselors who mentor new counselors.
- Community Educators: Organize and take part in community outreach and education events. Conduct presentations and distribute information at social events.
- Program Support Technician: General office help, data entry or supportive activities.

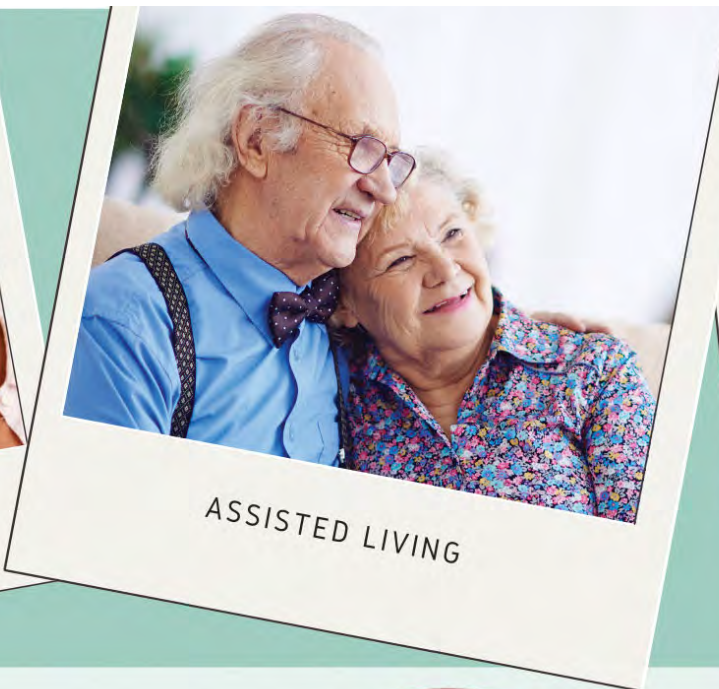


Q: Where would I do my volunteering?

A: Most volunteers are given office space at an office close to where they live in Ottawa, Muskegon or Oceana counties. If you choose to become a MMAP Community Educator, you would be out in the community in senior centers, libraries, churches, etc.

If you would like to register for the Volunteer Workshop on July 15th at 3 p.m., please contact Cheryl Olsen at 231-733-3572.

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



Village at the Pines

Grand Haven

(616) 846-9000

Village at Park Terrace

Muskegon

(231) 755-6560

Village at Appledorn

Holland

(616) 392-1700

Waverly Meadows

Holland

(616) 392-8246

Village at Rosy Mound

Grand Haven

(616) 935-2220



Railside Assisted Living

Byron Center

(616) 878-4620

Sheldon Meadows Assisted Living

Hudsonville

(616) 662-8191

Appledorn Assisted Living

North & South - Holland

(616) 393-0828

Seminole Shores Assisted Living

Norton Shores

(231) 780-2944

Grand Pines Assisted Living

Grand Haven

(616) 850-2150

www.HeritageSeniorCommunities.com



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

TRS
Dial 711



Sam's Last Ride



BY
DICK
HOFFSTEADT

Sam came to live with us on a Christmas many years ago. He was a gift from our six children, and what a gift he was.

Sam was a great dog. He was a mix of sheltie and golden retriever, and as with all creatures, Sam had a couple of quirks. He was very protective of his territory but was very friendly once he got to know you. He loved riding in the car but would bark at anyone who crossed in front of him while stopped at a light or stop sign. If any of those people came over to pet him, the barking would stop and he'd be as friendly as could be.

Once in a while he would have a tendency to run out in the street to bark at passing cars. Not often, but enough to make us nervous. One day when he was quite young, he met his match. He got too close to a car, was hit slightly but enough to have his right front leg broken. He wound up with a splint on his leg from his shoulder down to his paw. This didn't stop him. He was still able to get around while it healed.

Our two boys were little and loved to kick a soccer ball around our backyard. Well, a third party joined them. Sam would hobble around with the boys, and when given the chance, would use his splinted leg to kick the ball away from the boys. He became as adept at soccer as they were.

WHO IS MISSION POINT HEALTHCARE SERVICES?

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



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

Our Services:

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

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

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

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

missionpointhealthcare.com



He also knew instinctively when I was ready to take him to the vet. He would vibrate constantly in the car all the way to his office. Along with his barking at strangers while in the car, a trip to the vet was not fun for him or me.

As he approached his 12th year, we began to notice certain problems, and the vet eventually gave us the sad news that Sam was terminally ill with cancer. I set up a date to bring Sam in for a peaceful end to a marvelous life. The morning that Sam and I set out for the vet's, he was totally calm and anxious to get in the car. He didn't vibrate at all. I left about 45 minutes before our appointment, which was really only five minutes away. I had decided to drive Sam around town while playing Dvorak's *New World Symphony* on the car tape deck. Sam sat quietly looking out the front window while we drove all through town and along the shore of Lake Michigan. Whenever we had to stop and people crossed in front of the car, Sam sat quietly without making a sound. The symphony ended, and we were there. He got quietly out of the car and went in eagerly to the vet's office. I said goodbye, hugged him as he wagged his tail, and I sat in the car for probably 15 minutes, sobbing.

I have often wondered if Sam knew it was his time to go. Is that possible? I often think of Sam's last ride.

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

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"/> Park Woods Apt., Pg 5 <input type="checkbox"/> Heritage Senior Properties, Pg 7 <input type="checkbox"/> Mission Point, Pg 8 <input type="checkbox"/> Christian Care, Pg 20 <input type="checkbox"/> The Oaks, Pg 21 <input type="checkbox"/> The McAuley, Pg 21 <input type="checkbox"/> Christian Manor, Pg 23 <input type="checkbox"/> SHAWL I & II, Pg 25	<input type="checkbox"/> Chestnut Fields, Pg 27 <input type="checkbox"/> Robbinswood/ NorthCrest AL, Pg 28 <input type="checkbox"/> Bayview Towers, Pg 28 <input type="checkbox"/> Christian Haven Home, Pg 31 <input type="checkbox"/> Darley Village, Pg 32 <input type="checkbox"/> Oceana County MCF, Pg 35
---	---

Name _____

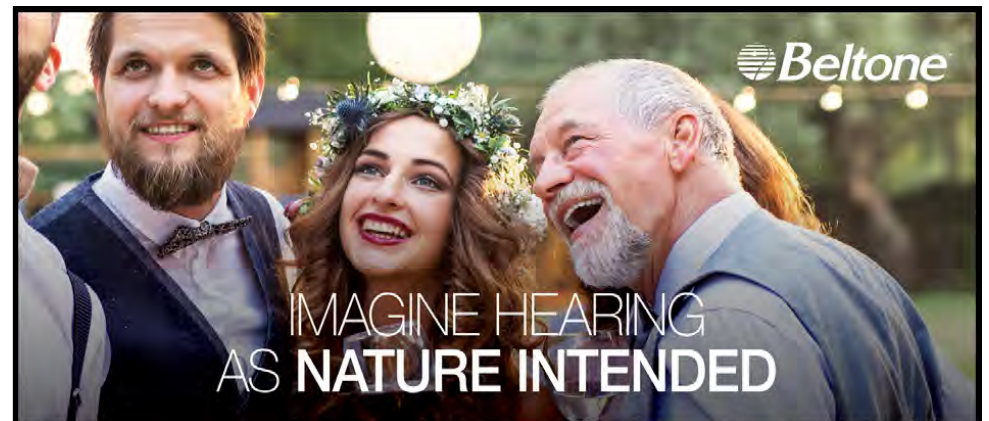
Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

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

FREE INFORMATION FREE INFORMATION FREE INFORMATION



IMAGINE HEARING AS NATURE INTENDED

Another world's first from
Beltone - **Introducing M&RIE**

Beltone Imagine is the first truly tailored hearing solution made with a revolutionary new design we call, M&RIE (Microphone & Receiver-In-Ear). The M&RIE adds a third microphone and receiver in the ear, allowing it to use your unique ear shape to collect and deliver natural sound, so you can hear as nature intended.

Don't miss out – try it today!



**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 your 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.

**Limited
Time
Offers**

\$1000
OFF

A SET OF THE
LATEST
TECHNOLOGY

Expires 8/31/21

BOOK A
FREE
HEARING
EVALUATION

Expires 8/31/21

1-800-522-9588

Beltone Imagine™



beltone.com

f in t y

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

FREMONT • 108 S. Stewart • (800) 522-9588 JENISON • 640 Baldwin • (616) 457-0028

HOLLAND • 533 Michigan Avenue • (616) 394-0577 LUDINGTON • 239 N. Jebavy • (231) 843-3039

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

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



Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Beef Braid

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 cup frozen carrots
- 1 cup chopped peppers
- 1 cup mushrooms
- 1 cup shredded Monterey Pepper Jack cheese
- 1/4 cup sour cream
- 1 can Beefy Mushroom Soup
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tubes (8 ounces each) refrigerated crescent rolls

Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat for 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles. Stir in carrots, peppers, mushrooms, heat until vegetables are tender. Stir in cheese, sour cream, soup, salt, and pepper; heat through.

Unroll one tube of crescent dough onto a greased baking sheet. Form into a 12x8-in.

rectangle, pressing perforations to seal. Spoon half of the beef mixture lengthwise down the center of the rectangle.

On each long side, cut 1-in.-wide strips at an angle, about 3 inches into the center. Fold one strip from each side over the filling and pinch ends together; repeat.

Repeat with the remaining ingredients to make a second braid. Bake 15-20 minutes or until golden brown.

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



BY
STACI
GERKEN

AAAWM Eats

BBQ Chicken Salad

This is a great way to repurpose some common leftover summer foods into a flavorful salad. It also uses the cornbread croutons recipe from the January/February 2021 edition. The ingredient measurements in the recipe below are just guides - add more of the vegetables you like and less of the ones you don't. This will serve two people as an entrée.

- 2-3 cups lettuce – any kind will work, washed and chopped
- 1/2 cup cooked, diced chicken
- 1/8 cup sliced tomatoes
- 1/4 cup corn
- 1/8 cup diced red onion
- 1/4 cup diced and roasted sweet potatoes
- Ranch dressing and BBQ sauce
- Cornbread croutons – See Jan/Feb 2021 issue for instructions
- Optional toppings: Shredded cheese, avocado, black beans

1. Place lettuce in bowl.
2. Add chicken, tomatoes, corn, onion, and sweet potatoes on top of the lettuce.
3. Drizzle with equal parts ranch and BBQ sauce and toss to mix.
4. Top with cornbread croutons and black pepper.
5. Enjoy!

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

Muskegon County Victims Service Unit

A Rewarding Volunteer Opportunity



BY
LOUISE
MATZ

Are you looking for a meaningful volunteer opportunity? Consider this one. Recently, I was socializing with Wendy Sullivan during a break from pickleball. Wendy is an interesting person and I always enjoyed our discussions, but this time

she really got my attention. I learned that she is a member of the Muskegon County Victims Service Unit. As she shared information, particularly about the need to recruit more volunteers, our minds went down the same track. We decided to share the details in *Senior Perspectives*. So, if you're looking for a satisfying volunteer opportunity, here it is.

This unit was founded in 1996. It consists of a highly trained group of volunteers working under the direction of the Muskegon County Sheriff's Office and the Michigan Sheriffs Association. The goal of the unit is to help victims, survivors, and their loved ones cope with trauma during times of crises. Law enforcement and emergency authorities are then free to process investigations without leaving the victims alone.

The advocates are available 24 hours a day, 7 days a week. When services are requested, they respond in pairs to a location identified by law enforcement. It may be the scene of a car crash, drowning, suicide, etc. Advocates also accompany officers who notify families that their loved one has died. Advocates assist in answering questions about the incident. They are also available to call other



family members, employers, and clergy.

Victims Service volunteers share a common desire to be of assistance to people in times of crisis and sorrow. Many of them have experienced similar traumas and understand, first hand, the needs of the victims. Currently, there are 16 advocates in this service unit. Some are employed and some are retired. They attend a monthly meeting and take most of their Continuing Education Training on line.

This service is looking for new volunteers. This volunteer group gives their strength and their compassion to complete strangers during the most heart-wrenching moments

of the victim's life. To quote Wendy, "This is the most difficult volunteering you will ever do. You will learn more about yourself than you ever thought possible; and, if your heart and mind are in the right place, you will find your reward in knowing that you are helping others."

For more information, contact Captain Shane Brown at 231-724-7101.

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.



BY
LISA
TYLER

New resources for older adults and caregivers

One Day University, and Trualta

If the pandemic has shown us anything, we have been reminded that we must continue to protect and serve our older adults, and that technology is key in doing so. With that in mind, Senior Resources has launched two new resources for older adults and caregivers: One Day University, and Trualta.



**One Day
University**
MEMBER

One Day University

One Day University is a virtual learning platform for older adults, and we are offering free memberships for older adults in Muskegon, Oceana, and Ottawa counties. One Day University (ODU) offers access to hundreds of online talks with some of the nation's most popular professors.

There are livestreams most weekdays at 4 p.m., with the talks available for viewing on demand after the

live presentation. Topics from a recent week included How We Choose Our Presidential Candidates; Taking Romantic Comedy Seriously; Making Better Decisions; Who Was Confucius, and What Did He Really Say?; and Futuring: The Art and Science of What Comes Next. Professors were from Georgetown University, Yale, Emory University, and more.

They stream new educational and entertaining online lectures every week. These short online courses are

one-hour presentations that cover everything from art to zoology. Whether you are interested in learning more about history, politics, the arts or business, or simply looking to expand your horizons and learn something new, you are sure to find something of interest. Access to a vast library of recorded lectures and content, invitations to special events with professors and discounts to live events come standard with OneDayU membership, provided through Senior Resources.

TO SIGN UP:

1. Go to www.onedayu.com/membership
2. Click on the button that says "Sign up Now"
3. Enter our community code, SRWMI-N4A, in the coupon code box
4. Click "Proceed to checkout"
5. Enter your name and email address to complete enrollment

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

9^{OUT} OF 10 SENIORS

Prefer Senior Perspectives Over Skinny Dipping!

View Senior Perspectives online at www.seniorresourceswmi.org

Questions? Issues? Please email N4A@onedayu.com or call 800-300-3438 and a One Day University customer service representative will help you as soon as possible. Please reference community code SRWMI-N4A in your email.

Trualta

Caregivers often have questions: Am I doing this right? How can I be more prepared for the future? How do I find solutions for my issues? Trualta is another resource to help with those questions, and more.

Trualta is an interactive learning platform to help caregivers with engaging and personalized training to help manage care for an older adult. There are a variety of short, quick lessons created by experts in aging; it's easy to use; accessible 24/7; and does not require an app – it can be viewed on any browser, computer, laptop, phone, or tablet.

The site is private, and caregivers can choose the topics they'd like to learn more about. For example, if Dementia isn't an issue for them, they would not sign up for those courses. Resources are added regularly, too.



Trualta offers a variety of topics; caregivers can choose any or all of the topics, and can change their preferences at any time. Topics include:

- Brain Health
- Diabetes Care
- Personal Care
- Caregiver Wellness
- Safety and Injury Prevention
- Activities and Recreation
- Dementia Expert
- Stroke Recovery
- Grandparents Supporting Grandchildren
- Music Therapy
- Local Resources

Each subject area offers a variety of courses with videos and written information. A study by the Univer-

sity of Florida showed that 92% of participants had used a Trualta skill during a 30-day period, and 27% used Trualta skills on a daily basis.

To find out more about this great new resource for caregivers, visit SeniorResources.trualta.com, or contact Virginia Vazquez at vvazquez@seniorresourceswmi.org, or me, at lt Tyler@seniorresourceswmi.org, to get signed up. We will just need your name, email address, and phone number, and then Trualta's resources will be at your fingertips!

I hope you'll join me in checking out either or both of these free resources, brought to you by Senior Resources!

Lisa Tyler is the Communications Director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, an upcoming junior at Hope College, and Nicholas, a 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, board member for CALL 2-1-1, and a member of the Muskegon Rotary and Greater Muskegon Service League.

Senior Marketing Group of Greater Muskegon Presents

SENIOR COMMUNITY DAY

GOOD INFORMATION • GREAT TIMES

WE'RE BACK!!!!

Join us for this special day designed especially for older adults, their family members & caregivers.

Friday, August 6th, 2021

10:00 a.m. - 1:00 p.m. • Hackley Park • Downtown Muskegon

Additional Information and Registration Forms Available at: www.smgmuskegon.com
If you need more information please contact
Wendy Little at (231) 755-6560 or Lisa Luckey at (616) 368-9630

WAIVER & RELEASE: Filling in this form indicates I waive and release any and all rights and claims for damages I may have against any of the sponsors or organizers of Senior Community Day for any and all claims of damages, demands, actions whatsoever which may arise as a result of my participation of the event. I grant full permission to use my likeness for marketing.

Brought to you by:
The Senior Marketing Group of Greater Muskegon & These Generous Sponsors:

The Village at Park Terrace

Platinum Sponsors

Gold Sponsors

AgeWell Services Air-Caire Home Medical Supply Equipment
Parmenter Law Senior Resources/Senior Perspectives

LET US KNOW YOU'RE COMING!
RSVP BY JULY 16th, 2021
(PLEASE PRINT)

Name	
Address	
City	
Zip	

Mail Registration Form To:
The Senior Marketing Group of Greater Muskegon
P.O. Box 115, Muskegon, MI 49443

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia. It's time to add your flower to the fight.

Join us at alz.org/walk



WHERE
THERE'S A WALK,
THERE'S A WAY.

WALK TO
END
ALZHEIMER'S

alzheimer's association



You are never too old to try something new. Try this fun experiment with your neighbor, friend or grandchildren.

Try This

It looks old, but isn't

Here's how to make a piece of writing look like it was written long ago.

You'll need

- White copier or printer paper
- Soft, light colored paper, such as white, tan or yellow construction paper
- Piece torn from a brown paper bag
- Tea bags
- Large bowl
- Colored pencils



- 1 Use a black or dark brown pencil to draw a map, a message and a picture on different pieces of paper

- 2 Make dark, strong tea in the bowl and let cool.



Put your papers in the tea, and leave them there for three days; squeeze and crush the papers and stir them each day



- 3 Take papers out of tea, and air dry them in a place where the tea will not cause a stain

Graphic: Paul Trap

What happened?



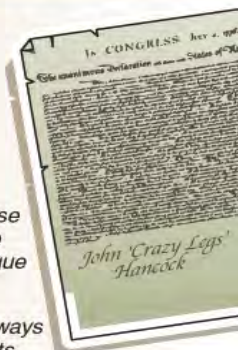
The papers will look like old, brown documents

Your marks did not dissolve because colored pencils contain wax, which is waterproof

Tea contains **tannin**, a dark chemical that stained your papers

Counterfeiters use stains like this to create fake antique documents

Scientists have ways to test documents to see whether they are really old or not



Graphic: TNS

Question: I am nearing my full retirement age, but I plan to keep working after I apply for Social Security benefits. Will my benefits be reduced because of my income?

Answer: No. If you start receiving benefits after you've reached your full retirement age, you can work while you receive Social Security and your current benefit will not be reduced because of the earned income. If you keep working, it could mean a higher benefit for you in the future. Higher benefits can be important to you later in life and increase the future benefit amounts your survivors could receive. If you begin receiving benefits before your full retirement age, your earnings could reduce your monthly benefit amount. After you reach full retirement age, we recalculate your benefit amount to leave out the months when we reduced or withheld benefits due to your excess earnings. Learn more about Social Security reading our publication, *How Work Affects Your Benefits*, at www.ssa.gov/pubs/10069.html.

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

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



BY
VONDA
VANTIL

age and does not receive benefits, your spouse will have to apply for benefits and request the payments be suspended. Then you can receive benefits on your spouse's Social Security record. If you were born on or after 01/02/1954 and wish to receive benefits, you must file for all benefits for which you are eligible. Social Security will determine the benefits you are eligible for and pay you accordingly. For individuals born on or after 01/02/1954, there is no longer an option to select which benefit you would like to receive, even beyond your full retirement age. Widows are an exception, as they can choose to take their deceased spouse's benefit without filing for their own. For more information, visit www.ssa.gov.

Question: Will my Social Security disability benefit increase if my condition gets worse or I develop additional health problems?

Answer: No. We do not base your Social Security benefit amount on the severity of your disability. The amount you are paid is based on your average lifetime earnings before your disability began. If you go back to work after getting disability benefits, you may be able to get a higher benefit based on those earnings. In addition, we have incentives that allow you to work temporarily without losing your disability benefits. For more information about disability benefits, read our publications *Disability Benefits* and *Working While Disabled — How We Can Help*. Both are available online at www.ssa.gov/pubs.

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.

age and does not receive benefits, your spouse will have to apply for benefits and request the payments be suspended. Then you can receive

Find us anytime at www.SuperiorMonument.com

Let us help you design your own Cemetery Monument or Marker

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

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



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

FREE CONSULTATIONS

LOCALLY OWNED AND OPERATED



Volunteer FOR DENTAL



We offer no cost dental services when you volunteer in the community.

Help your smile and help your community!

Call
231-773-1360
for eligibility!

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

Get
Started
Today!

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

SCRABBLE GRAMS

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

A ₁	E ₁	I ₁	I ₁	R ₁	R ₁	P ₃	RACK 1
A ₁	O ₁	Y ₄	G ₂	G ₂	N ₁	S ₁	RACK 2
A ₁	U ₁	D ₂	M ₃	L ₁	T ₁	F ₄	RACK 3
I ₁	O ₁	O ₁	C ₃	T ₁	R ₁	B ₃	RACK 4
A ₁	A ₁	D ₂	H ₄	R ₁	G ₂	G ₂	RACK 5

PAR SCORE 255-265
BEST SCORE 335

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com 12-13

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

Senior Resources



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

Sponsored by



Game Page
Answers
on Page 31

JUMBLE

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

POSLI

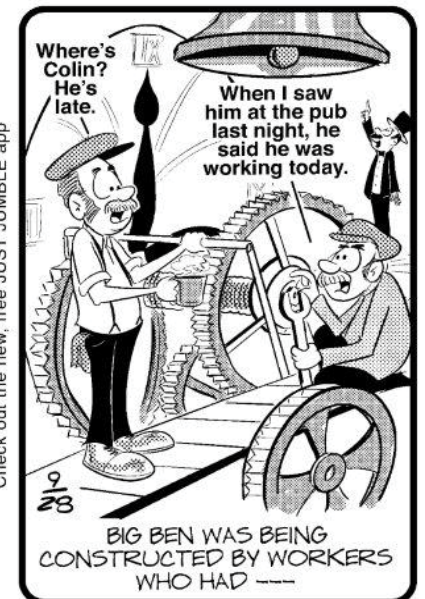
CHLSA

COYDEM

ENKIOV

Answer here:

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



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



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

BOGGLE®
POINT SCALE

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

YOUR BOGGLE®
RATING

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

By David L. Hoyt and Jeff Knurek



Boggle® BrainBusters Bonus

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

Find **AT LEAST EIGHT COLORS** in the grid of letters.

8-23-20

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



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

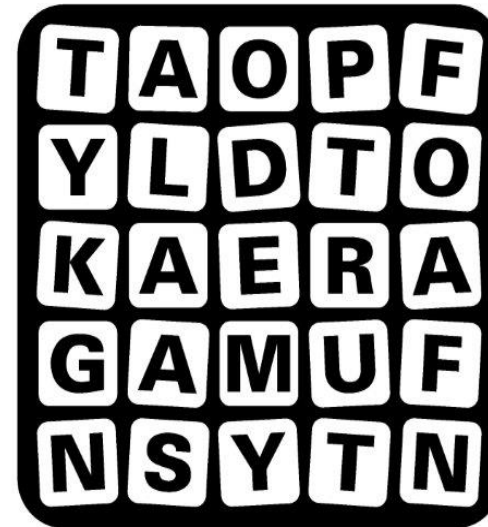
BOGGLE®
POINT SCALE

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

YOUR BOGGLE®
RATING

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

By David L. Hoyt and Jeff Knurek



Boggle® BrainBusters Bonus

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

Find **AT LEAST SEVEN U.S. PRESIDENTS** in the grid of letters.

8-16-20

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

Exceptional care
begins with
a call to
Harbor Hospice.



231.728.3442
HarborHospiceMI.org

HARBOR
HOSPICE

HOSPICE
HONORS
2020 Award Recipient



The Graying Globetrotter

Jumping back into travel

BY
JAY
NEWMARCH

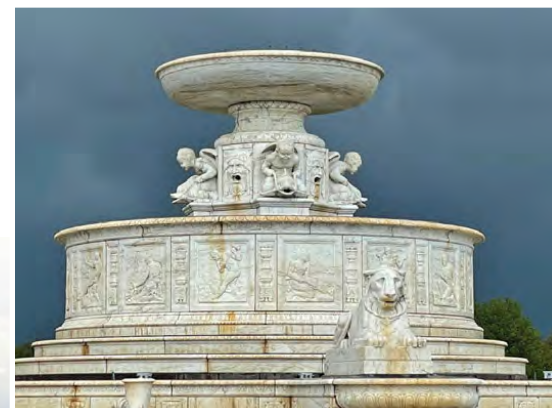
I remember every early summer standing at the edge of the lake, daring myself to dip a toe into the cold lake water. I also remember my parents saying, "It will be easier getting used to the water if you just jump in." It always was. After the initial shock, I'd rapidly get used to the water. The slow wade into the water was so much worse.

The same holds true with post-COVID travel. I hadn't been on a trip since the fall of 2019. All travel was suspended when COVID hit. In May, I had a chance to travel to Detroit for a long weekend. I decided there was no better way to jump back into travel than a road trip within the state.

I will admit that it was strange. After being very cautious throughout the pandemic, I was suddenly back out into a post-vaccine world. I felt a little more open to adventure, having been buoyed by vaccination. Still, a stay in a hotel? Trips to museums? I wasn't sure what to expect, both from others and myself.

My home base would be the Westin Book Cadillac hotel. The Book Cadillac is a historic 31-story hotel located at the corner of Michigan Avenue and Washington Boulevard in downtown Detroit. The stately hotel is beautiful inside and out and actually held the title of tallest hotel in the world when it opened in 1924. I was welcomed by an expansive, ornate and empty lobby to the right of reception. I imagined the days when it was filled with business people discussing that day's meetings and vacationers planning their adventures.

The pandemic has had a lasting effect on the travel industry, hotels included. The Book Cadillac is currently facing foreclosure, hastening my desire to stay there. I am not sure how many people were staying





there, but it was very quiet. Adding to the stillness was the fact that all but one of the restaurants is currently closed.

We were not deterred. The hotel was beautiful and, being centrally located, dining options were not hard to find.

Around the corner is Capitol Park, a nice green oasis in the middle of the city. Lining the park are a number of options for food and drink. Eatori Market is a small food market with a deli counter and menu items that you can eat in or carry out. You'll also find a coffee shop, Thai restaurant and Prime + Proper, a traditional steak house.



We chose Leila, a Lebanese restaurant that is also located along the park. It was the first meal I'd eaten inside a restaurant since the pandemic began. Again, it felt a bit strange, but I quickly acclimated to the idea of eating inside with strangers. We were put at ease by our server, Robbie, who kept us entertained and well fed. Funny aside, as we got to know each other, we found out

that he was actually the godson of one of my sister's good friends. It reminded me of the reasons I so like to travel. I just find the world becomes so much smaller and intimate as you travel. I have run into relatives in faraway airports and individuals from my hometown in the middle of Russia. Crazy coincidences that provide great stories and leave a smile.

Cannelle Bakery is also located alongside the park. A great place for a breakfast or just a treat. We ate breakfast at the bakery and purchased one of the beautiful pastries to enjoy later in the day. The place was buzzing. I believe it was the biggest crowd I saw while in Detroit. I heard one person, who must have been a



local, comment that he had never seen it so busy. Social distancing was hard to come by during our breakfast.

We visited the Detroit Institute of Arts. We did need to purchase tickets ahead of time as there is a limit to the number of visitors that can be inside the museum at one time. It was actually quite enjoyable to be in a museum with a limited number of visitors.

We also took a tour of Pewabic Pottery, a ceramic studio and school that was opened in 1903 by artist Mary Chase Perry Stratton and Horace James Caulkins. The pottery is Michigan's only historic pottery. It continues to operate in a Tudor revival building that dates back to 1907. Pewabic potters created architectural tiles that grace public buildings across the United States. The combination pottery and museum continues to offer ceramics classes to artists from all over the world. Art pieces are showcased and offered for sale on site.

Another highlight was Belle Isle. I've never visited and it was at the top of my list this time 'round. The nearly 1,000-acre park is located in the middle of the Detroit River. The park and its buildings are a fascinating combination that were designed by a number of designers and architects. The island houses an aquarium, conservatory, nature center, the James Scott Memorial Fountain, the Dossin Great Lakes Museum, golf course, beach and a number of older, unused buildings that point to its history as a recreation haven for Detroiters of all economic persuasions.

Detroit was a great step back into traveling. The long weekend allowed me to put aside my apprehension and join the world again. One thing that remains certain, there are lots more places for me to see and great new friends to find. My quick trip to Detroit reminded me of why I travel and the wonders that lay ahead in the post-COVID (fingers crossed) world.

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.

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





**24-Hour
Emergency Service**

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

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

231-924-4040

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

or

231-737-7070

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

FREE Delivery!
We bill primary &
secondary insurance.

www.air-caire.com

**Healthcare
QUALITY**
ASSOCIATION ON ACCREDITATION



Summer Swimming Lessons



BY
JOEL
DULYEA

The spring-fed waters of Twin Lake, in front of Grandma Diana Dulyea's house, had a sandy bottom close to shore. A gentle drop-off led to deeper water where a raft was anchored for the summer. Nearer shore, a wooden rowboat was tied to the dock. When the weather turned hot, we found relief from the heat at Grandma's house.



Over sixty years ago - it must have been a Sunday, the only day Dad took off back then - the entire family was together and wanted to go to Grandma's house to swim. We loaded into the 1957 Mercury station wagon. The youngest, Teresa, was born two years earlier. She was in the front seat between our parents. My three older brothers called dibs for the two window seats in the back. Ken got first choice. The twins, Barry and Brad, settled their argument with "Rock Scissors Paper" as we tumbled into the passenger compartment-turned-Easy-Bake Oven. The vinyl seats were hot to touch but would cool

with all the windows rolled down during the drive to the lake.

I credit my cousin Kathy Rollenhagen as the one who taught me to swim. I'll stick with that claim because it is true; she was the one I followed into the water, the one whose only instruction to me was, "It's easy. You can do it." She was right to say that. The Deadman Float was easy. She then said, "Follow me" and I dog paddled in her wake to the raft. She slipped as if weightless from the water onto the indoor-outdoor carpeted deck. I wiggled aboard like

The Michigan Long Term Care Ombudsman Program strives to improve the quality of care and quality of life experienced by residents who reside in licensed long term care facilities.

Ombudsmen advocate for the resident in the facilities, guided by the wishes of the resident. All services are provided under strict confidentiality. Ombudsmen cannot share information about the resident or the resident's concerns without the resident's permission.

SeniorResources 
Our Name. Our Focus.



**Your Local
Long Term Care
Ombudsman
is Cindy Evertsen**

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

Email: cevensen@seniorresourceswmi.org

Call for Free and Confidential Help



**CHRISTIAN
CARE**

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

a hooked sunfish.

To swim was essential. It came without formality. The backstroke was not stroked, rather, it was used for a short rest between games of tag, splash fights, cannonball dives off the dock and contests for who could hold their breath longest underwater. One could duck and swim beneath the dock or tread water behind the metal 50-gallon drums that buoyed the raft or run underwater to evade being tagged by an outstretched hand or a beach ball. I could run horizontally underwater, as if into a strong wind, with my back arched high and nose almost at the bottom of the lake. This posture caused the water to push down and keep me submerged as I ran across the sandy bottom. The skill gave traction to escape older cousins who swam faster.

We played in the water until our lips turned blue, while our aunts and uncles of the Rollenhagen-Brouhard-Dulyea clan kept watch. Before the swimming season they had raked the lake bottom free of dead leaves, put the dock in and floated the raft into place. The leaves were disposed across the road on the decaying pile of prior years, a good source for bait worms.



My oldest brother recently told me that after my birth, I was brought home to the log house in Twin Lake Park. My Grandpa was the caretaker there for eight years. His life and mine overlapped for only 11 months. Mom said he was kind and a gentleman. Kenny told me our aunts were not happy when Grandpa added an Evinrude to his rowboat and overloaded it with his grandchildren for rides. In jest, it was

said, Grandma turned that boat into a flowerpot to keep him from taking the kids out on the lake.

A recent visit to Twin Lake Park resurrected fond memories from those hot summer days. Grandpa's story conjured a vision of wide-eyed grand-

children with wind tossed hair, seated shoulder to shoulder, leaning forward and headed away from the shore. How wonderful it would have been to be a passenger in his boat.

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.



The Oaks

Exceptional, All-Inclusive Independent Senior Living



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

The Oaks

MERCY HEALTH
SENIOR COMMUNITIES

Call Today! 231.672.2796



Get Better. Go Home.



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

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



231.672.2578

The McAuley

MERCY HEALTH
SENIOR COMMUNITIES

Senior Safety & Security

My 2nd Anniversary



BY
JOE
STAPEL

This is my 2nd year writing for *Senior Perspectives*. I am thankful to my buddy Keith Sipe for getting me involved with *Senior Perspectives* and to our editor Michelle Fields for allowing me to write a column on Safety and Security. My goal is to catch up to 91-year-old Clif Martin and write as many columns as he has since starting with *Senior Perspectives* in 1999. *Senior Perspectives* has some truly great writers.

For this article let us review some of the Senior Safety and Security topics from the past two years.

- The definition of Safety is the state of being safe, freedom from the occurrence or risk of injury, danger, or loss.
- The definition of Security is the state of being free from danger or threat.

The object of these columns is always to provide information to seniors about safety and security concerns that they may run into daily. You can compare these with what you do now and determine if you need to make some changes to become more safe and secure in what you do.

- We have discussed fire extinguishers and the type you might need for your home or apartment.
- Also noted were the top ten safety tips every senior should know to be safe in their homes.
- We have presented a test for you to check your risk of falling and, if high, advised you to check with your doctor.
- As noted in the column on Seniors and Safe Driving, seniors generally are considered to be safe drivers. We pointed out that age alone does not determine what kind of driver a person is.
- We have written about winter weather and the terms used by the National Weather Service. We made suggestions on what you need to do to be prepared at home for severe weather. Also included was a list of 10 items you should keep in your vehicle during winter.
- One article was about how to hide valuables in plain sight. This article also won a First-place award in the How-to Feature Article category in the 2020 NAMPA (North American Mature Publishers

Association) competition. The articles submitted were judged by the prestigious University of Missouri School of Journalism, widely considered one of the top journalism schools in the nation. I also appeared on Grand Rapids Channel 13 on their noon program to present some of the ideas from the winning article.

You can access all past safety and security articles by going online to www.SeniorResourcesWMI.org and then clicking on Senior Perspectives where you will find previous issues.

Very special to me was my article on "Financial Scams Targeting Seniors," about the Muskegon County SafeSeniors Task Force and their efforts to assist victims of financial abuse in Muskegon County. This article was published in the Fall issue of the Michigan Chiefs of Police Magazine. That was a real honor for me as an active member of this organization for several years.



One in ten older adults is a victim of abuse, neglect, and/or financial exploitation. SafeSeniors is here to help.

SafeSeniors is a collaborative group of Muskegon, Oceana, and Ottawa Counties. The SafeSeniors partners work together to identify, advocate, and seek justice for older adult victims of abuse, neglect, and financial exploitation.

The team is committed to:

- Education and awareness regarding elder abuse, neglect, and financial exploitation.
- Advocacy for policies and programs that ensure the safety of the older adult population.
- Investigation and prosecution of perpetrators of these crimes to seek justice and restitution for victims.

If you are experiencing or suspect abuse, neglect, or financial exploitation they can help. Call anytime, 24/7, at 855-444-3911. For an emergency situation call 911.

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

Choose a representative payee for Social Security to consider before you may need one



BY
VONDA
VANTIL

The future is uncertain. Our Advance Designation program allows you to pre-select a trusted individual if a time comes when you need a representative payee to help manage your money. Advance Designation enables you to identify up to three people, in priority order, whom you would like to serve as your potential representative payee.

We recently celebrated the one-year anniversary of our Advanced Designation program. Since its launch in March 2020, more than one million eligible individuals have opted to participate.

You may choose an Advance Designation if you are capable of making your own decisions and are:

- An adult or emancipated minor applying for benefits and do not have a representative payee.
- An adult or emancipated minor beneficiary / recipient and do not have a representative payee.

You can submit your Advance Designation information when you:

- File a claim for benefits online.
- Use the application available in your personal my Social Security account at www.ssa.gov/myaccount.
- Call us by telephone at 1-800-772-1213 (TTY 1-800-325-0778).

In the event that you can no longer make your own decisions, you and your family will have peace of mind knowing you already chose someone you trust to manage your benefits.

We have updated our Frequently Asked Questions to answer any questions you may have about Advance Designation at www.ssa.gov/faq under "Other Topics." You may also find more information about representative



payees on our blog at blog.ssa.gov.

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

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

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

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

\$15 per hour - partial or full days

616-846-5720 ■ www.thelittleredhouse.org

Care Compassion Support Peace of Mind

Christian Manor
Apartments

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

You'll love our friendly and courteous staff.

Rebecca DeHoog - Property Manager

Samaritas

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



What's New in Foot & Ankle Surgery?



BY TARIN
PAPARELLA,
DPM

Have you had problems with your foot or ankle for years but have been putting off getting it fixed surgically because of the daunting recovery? Well, you might be surprised to hear that we have new techniques with a faster recovery and less pain post-operatively! Here are a few conditions and a brief description of how we fix them.

Plantar fasciitis:

Plantar fasciitis is the most common cause of heel pain secondary to ligamentous inflammation and degeneration. It is traditionally treated with conservative measures. Most patients get better without surgery, but on a few occasions we have patients who require surgical intervention. Two techniques that have replaced the traditional open procedure are the

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

MARK FAIRCHILD
REGISTER OF DEEDS

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

www.co.muskegon.mi.us/deeds

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

PROPERTY FRAUD GUARD

WWW.CO.MUSKEGON.MI.US/DEEDS

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

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

endoscopic plantar fasciotomy and the percutaneous ultrasonic plantar fasciotomy. Both procedures allow you to walk on your foot immediately after surgery.

The endoscopic method involves a tiny incision on the side of the heel into which a small camera is inserted to visualize the fascia. A small sleeve is then inserted in the incision and a blade is fed into the tube to cut a portion of the fascia ligament. The incision is then closed with a few stitches.

The percutaneous ultrasonic plantar fasciotomy is also done through a small incision. An ultrasound machine is used to identify the damaged portion of the fascial ligament and an oscillating wand is inserted, which uses ultrasound energy to break down damaged tissue. This does not affect healthy tissue and no stitches are needed.

Hallux valgus (Bunion):

New developments in bunion surgery have allowed us to perform procedures using minimally invasive surgery (MIS), thus allowing for a faster recovery and earlier weight bearing. Traditionally large bunions are corrected with large incisions and bone cuts requiring 4-6 weeks off your feet. With MIS, poke holes are made in the skin and bone cuts are made with a power burr. The bone is then stabilized with screws which are inserted by making a few additional small incisions. This method allows immediate weight bearing.

Hallux rigidus (Arthritis in the big toe joint):

When the cartilage is worn out in the great toe joint, your surgical options are limited to a fusion procedure or a joint replacement. A fusion removes any remaining cartilage in the joint space and causes the two bones making up the joint to heal together. This means the big toe joint will not move after this procedure. A joint replacement,

which you have probably heard of in hips or knees, replaces the joint surfaces with metal components and polymer spacer which preserves motion, yet relieves pain. The implant is a newer method that some patients prefer to the fusion option as they want to preserve motion.

Things are always changing in medicine and surgery, so if you've had a discussion regarding one of these conditions in the past but did not like your options, there may be new techniques available!

Dr. Tarin Paparella is trained in both forefoot and rearfoot 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

Newtown Tours

Providing escorted round-trip motorcoach tours from Holland, Michigan, including day trips, overnight trips and multi-night trips.

Call 616-396-9469

or email newtowntours@gmail.com for more information

189 S. DIVISION AVE., HOLLAND, MI 49424



Every year an estimated 1 in 10 older Americans are victims of abuse, neglect, or financial exploitation.



~~it's my fault~~

- they left me alone
- they took my money
- she hit me



If you are experiencing or suspect abuse, neglect, or financial exploitation, call 855-444-3911

SafeSeniors
Educate. Advocate. Seek Justice.

To learn more visit:
www.safeseniors.info

AgeWell
SERVICES

Muskegon County
Senior Millage

SeniorResources
Our Name. Our Focus.

ACL
Administration for Community Living

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

The Porch Swing



BY
JERRY
MATTSON

I was four years old when we moved about four miles north of town to an old farmhouse on forty acres to live “in the country.” The two-story house featured an L-shaped covered porch along the front and half-way down its south side. Included on the porch was a swing.

The wooden swing hung from the porch ceiling on two chains which formed inverted Y shapes. In years to come, my younger brother, Jim, and I would each alternately pull those chains toward where we were sitting. We got the old swing going sideways, seeing how high we could get it “to fly.” This was fun.

We also gave various cats and dogs what we hoped were enjoyable rides on the swing. They probably liked the companionship more than flying on the swing, but it didn’t matter.

The swing could hold two adults comfortably or two kids and one adult. Many times, the third person joining us kids was our Grandma Wieland, our mom’s mom. She lived with us and enjoyed spending time on the swing, especially during thunderstorms, often in the dark.

Lightning would flash. “One thousand one, one thousand two, one thousand th...” -- thunder boomed -- “It’s three miles away,” one of us would say. Many times over the years this provided entertainment for us. I still enjoy being outside, under cover, during a thunderstorm.

Late in the fall, Dad would take the swing down and store it in the woodshed. After he died, this chore

became mine, done during Thanksgiving trips north to our home in the U.P.

The swing was showing its age by 1985, well over the 35 years I knew of its existence. This year, unknown to Mom, I put it in my van rather than the shed. I had an idea.

My plan was to build a new swing, duplicating the old one. Back in my apartment in downstate Utica, I set up a workshop in the basement. I bought a small Sears table saw and bought a supply of red oak boards.

With a lot of measuring and planning, the finished parts began to pile up even though the use of the power saw was limited to early evenings and weekends. A total of 53 pieces were sanded, assembled, stained and clear coated. I had it finished in time for the trip north for Christmas.

Early Christmas morning, I hung the new swing on the porch and put a red ribbon and bow on it. Mom was surprised and happy to see her present located where it would spend summers for the next 30 years.

When the place was sold in 2010, I put the old swing back in place and brought the newer one south with me. With a little added reinforcement overhead, I was able to safely mount it on our front porch.

As I jot down notes, preparing to write this story, I am swaying on the 36-year-old “new” swing. It is late on an April day and it’s raining. The storm is about four miles away.

Besides writing, Jerry’s hobbies include woodworking projects as needed, or requested. The swing is now in need of refurbishing, and will probably be added to the list of things to do.



Check the status of your Social Security benefits claim online



BY
VONDA
VANTIL

If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your free personal my Social Security account.

If you don't have an account, you can create one at www.ssa.gov/myaccount to see the following information about your claim:

- Date of filing.
- Current claim location.
- Scheduled hearing date and time.
- Re-entry numbers for incomplete applications.
- Servicing office location.
- Publications of interest, depending on the claim and current step in the process.

Use your personal *my* Social Security account to check the status of your application or appeal at www.ssa.gov/myaccount.

If you have questions about retirement, disability, Medicare, or survivors benefits, as well as Supplemental Security Income, visit our webpage at www.ssa.gov/benefits.

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.

Everyone welcome!

Full service *public* library

MUSKEGON AREA DISTRICT LIBRARY
LIBRARY FOR THE VISUALLY & PHYSICALLY DISABLED

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

Visit madl.org for more information

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

**Reside.
Reflect.
Relax.**

1 Bedroom
Apartments

Assisted Living
& Memory Care
Now Open

**Chestnut
FIELDS**

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

Call Today to
Schedule Your Tour!
231.798.2220

Check us out online at rlmgmt.com

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

Keith's World

A Start of a Good Thing



BY
KEITH
SIPE

It has been many years since my wife Pam and I sold our house on E. Forest Avenue, and moved to the Artworks of Muskegon apartments in downtown Muskegon. We had plenty of "stuff" to go through; one can only imagine how much stuff a family accumulates in 32 years.

During the "so called" cleaning period after all those years of collecting, I found many letters that I wrote to my wife while I was in the Air Force. They were great letters filled with love and adoration toward my, to be, lovely wife, Pam. But when I read some of those letters I could not believe my eyes how poorly they were written. During my first couple of years in the Air Force, my wife was attending college and was an English major, preparing for being a teacher. Later

I found out what she thought when reading my letters. She said, "If I'd had a red pen, there would be more red ink than black ink on each page." I won't go any further than that. As for what happened to the letters after re-reading them -- they all went into the fireplace. I never gave a second thought as to whether I should have saved them, not even one of the letters. Some things are better off by just letting them go. Our lives do improve with age and counseling from a good wife.

A good friend, Ronn Mann, more than once wanted me to write, starting when we would communicate back and forth on the computer, either through emails or instant messaging. That is, when we weren't at Barnes & Noble, stuffing our faces with donuts and coffee. I remember many times laughing at things that we'd mention, bringing tears to my eyes. Ronn must have seen something in me that made him encourage me to write. I started

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

Bayview Tower APARTMENTS

Elderly Community ~ 62 years or older

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

Rent based on income

Office: 231.726.6984

TTY/TDD 711

Fax: 231.726.4356

864 Spring Street, Muskegon, MI 49442

Bayview@imsteam.net

Equal Housing Opportunity



writing for *Senior Perspectives* around the time Ronn passed away, and maybe he was the reason I have kept it up all these years -- what motivated me to keep writing.

I started writing a mystery story, which is quite funny as I don't even read mystery books. But this one is from a lighter side, just short of humorous. The characters' names are based on many of my friends and family. By taking off on their hobby or job and playing around with it anyway I can, I try to give it a lighter side. In other words, to put a little smile on your face as you are reading the book.

It's been some time since I have done any serious work on the story, as I ran into problem. A young man named Otto is sort of the main character in the book. Otto is in his car driving with no particular destination, and by his side is a box that came from his dad's attorney. This box contains possible information

on his father's death; there is some uncertainty of it being of natural causes. The box was given to Otto six months after the death of his father by the attorney, Jim.

The story goes that if something happens to Otto's father, the box was to be given to Otto six months after his death. So, Otto is heading east out of town with this box, and he doesn't have a clue what is in it. Well, maybe I don't either, I'm not sure! It's really important, for this is a big part in the mystery. Maybe it is time to continue...for I do have some ideas what might be in that box.

Aw, life is full of it...sometimes.

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

Top Dogs

Every year the American Kennel Club releases the list of "most

popular breeds," based on registration statistics for that year. Labrador retrievers remain the nation's most popular purebreds for a record-extending 30th year.

Here is a list of the top breeds:



LAKESHORE HOME HEALTH CARE SERVICES, INC.

Quality care for those you care for!

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

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



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





Authors of West Michigan

A How-To on Becoming Unmarried

BY
TRICIA
McDONALD

Tami Jayne never intended to write a book. Growing up, she journaled and wrote poetry, hoping to turn those poems into song lyrics. She grew up, got married, and after 23 years, her husband told her he wanted out of the marriage. Tami's world collapsed.

Her therapist encouraged her to journal, so she did. Sharing her writings with him, he thought her view of divorce and how she used humor as a weapon against the craziness and depression could help other women. He was right.

"At first, I wrote because it was cathartic," Tami said. She needed to sort out her emotions and "try to keep my wits about me" as she went through the agonizing divorce process. She continued writing for two reasons, "I needed to tell my story" and "I wanted to help other women." She discovered books about divorce fell into two categories—legal help or psychology. Based on her own needs, she knew women of divorce wanted more. *Becoming Unmarried, Navigating Divorce with Grace (For the Most Part) and Humor*, has a different, "almost irreverent spin" on the divorce process. It offers an honest, unfettered, funny account of a very unfunny time. The book shares Tami's journey, mistakes and all, so readers have someone to relate to and laugh with.

Born in California, Tami moved with her family to West Michigan when she was a baby. Her sister was born shortly after, and although they fought as kids, they are now the best of friends.

Tami lives on the west side of Grand Rapids with her three "boys," Riku, Kaz, and Bomber. "I've finally succumbed to being the Crazy Cat Lady," she admits. She spends the spring and summer months outside gardening. "To me, yard work is not a chore," Tami says. "I would much rather run the lawnmower than the vacuum."

Her writing time is spent in her Thinking Room, surrounded by things that inspire her creativity. "I can't think in front of a computer screen," so she writes longhand in spiral notebooks. These are scattered around the room until she enters them into a Word document.

Her advice for new writers is to write and keep writing. "Most of your work will never see the light of day," she said, "and that's OK; it doesn't need to!"

Tami is following her advice by working on a follow-up to *Becoming Unmarried*. However, "since I'm not dating or even online dating, there really isn't much of a story," she says with a laugh. She continues to write poetry and, in 2019, won an award from the Poetry Society of Michigan.



When starting *Becoming Unmarried*, Tami knew the end of her book would be a letter from her current self to the self who had just learned her husband wanted to leave her. Now, when chatting with women going through divorce, Tami encourages them to write the same letter. "It will help them realize they will get through this and be stronger for it." She is living proof.

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

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



BY
ROLINA
VERMEER

I Missed Lipstick!

My mom never wore much makeup. She was so lovely and simply powdered her nose and maybe added a light touch of eyebrow pencil. That was all she ever bothered with. The last touch before being ready for the day was a careful application of a bright lipstick.

She wore distinctive glasses and was always coiffed beautifully. Those were days when most women got their hair done once a week and it seemed to last until the same appointment the following week. Later in life she would use a few Velcro rollers, strategically placed to enhance her natural waves and “frame her face.”

Mom never went a day without earrings even though she wore only clip-ons. I have her jewelry box full of gorgeous, special event earrings, Sunday earrings and her everyday pearls or small gold knots. Remember taking off one earring to talk on the phone? Mom would take off an earring now and then and massage her earlobe, the indentation of the earring clip leaving a pale pink mark.

I don't ever remember my mother wearing pants until the pantsuit craze. Most moms in my neighborhood wore a house dress; shopping, gardening, running errands, cleaning house. Always a dress.

And, most of her dresses had pockets to hold the requisite handkerchief.

During this pandemic time when most of us have changed our routines considerably, we've changed our makeup habits and our clothing habits as well. Designers are reassessing what women will want to wear once they go back to workplace offices. Those not wearing a uniform are likely to wear a dressed-up version of the soft comfy clothes they have grown accustomed to while working from home.

As I am retired, I am no longer dressing for the office but I'm still more likely to wear my favorite hoop earrings, put on a little makeup every day and at least run a brush through my low maintenance haircut. The pandemic has really cramped my style! Mask wearing has hampered the ease of wearing my large silver hoop earrings, so I'm now wearing a smaller earring every day. I stick to a simple pearl earring but I'm noticing the return of smaller earrings on most ladies. Fighting the mask loops over the ears just isn't worth the trouble. Chasing the flying earring or getting stuck and carefully removing the ear loop gets annoying and troublesome. Okay. Pearls. Always classic and easy. Mask loops pop over my ears



easily and I can remove the mask without fear of losing an earring. I've adapted.

But I missed lipstick! I like the feeling of something on my lips, so I resorted to a plain lip balm which doesn't leave a rose stain on the inside of my mask. That bright shade of lipstick I've been wearing for the last thirty plus years has been sorely missed! I have a tube of the same shade of lipstick in my purse, on my desk, on my dresser and on my bathroom counter. It's a staple in my car. Lipstick brightens my face and wakes up my smile.

Now that I've been vaccinated and life seems a bit more the way it was before having to wear masks everywhere, I'm happily applying that swipe of lipstick in my rearview mirror as I head out to run errands, go shopping or even when I do a little gardening...putting my best face forward.

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





“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

Hackley Public Library
Discover What We Offer Today!

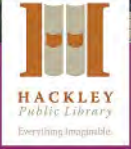


Bestsellers | DVDs
Programs | Free Wi-Fi
Computers & Internet Access

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

What Do I Do with My Stuff?

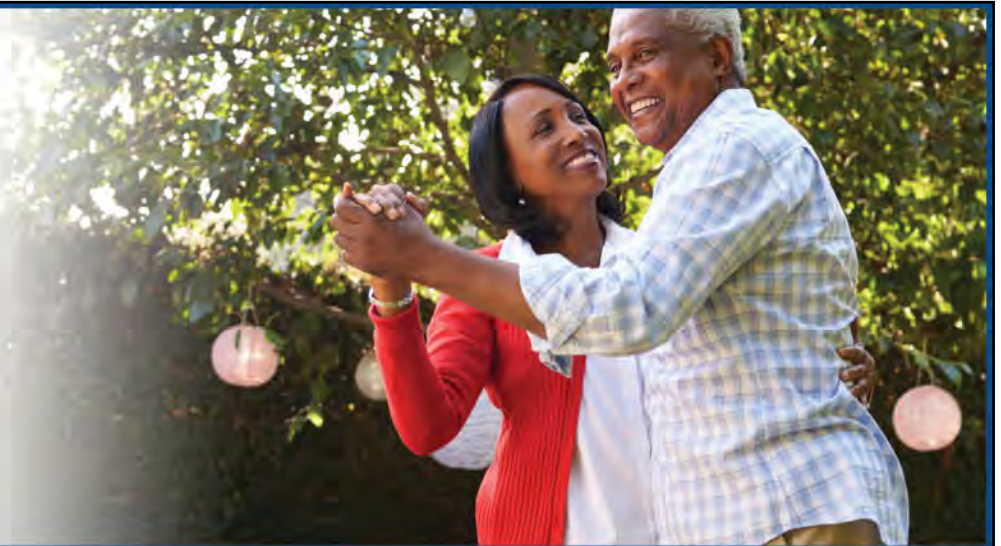


BY
NANCY
ABIADÉ, LMSW

If you ever struggle with having too much stuff, you are not alone. Eighty-four percent of Americans worry that their homes are not organized enough, impacting their quality of life. Average U.S. home size has increased from 983 square feet in 1950 to 2,600 in 2018, and with size increase comes the need to fill the space with “stuff.” Not only do we have all the things that we have collected over the years, but many inherit items from their parents and relatives when they die. The emotional attachment makes it difficult to part with things that we may not need or love. In my work as a hospice social worker, I encounter people contemplating how to deal with their own or others’ possessions. I have seen families in deep disputes over its division.

Professional organizer Katie Tracy led a virtual seminar on how to deal with clutter and suggested how to view each item: Do I need it? Do I use it? Do I love it? If we cannot answer yes to at least one question, we can give ourselves permission to sell it, give it to others, donate to charity, or as a last resort, discard it. She noted that we are often torn because the attachment is really more to the memory than the item itself. After my mother moved to Assisted Living, all my


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

Call today 231-799-0077



siblings gathered in her home as she encouraged children and grandchildren to take what they could use and the rest was donated to her favorite charities. She was present for this event and it gave her great joy and a sense of control, knowing that her items would bless others. Hearing her tell the stories associated with the items made the time even more special.

Too often, our inability to figure out what to do with our things immobilizes us from doing anything at all. Children are faced with the daunting task of dispersing their parents' possessions after their death, feeling disloyal if they part with items that their parents valued. I have heard statements from my patients saying, "I will let my kids fight it out after I am gone." How much greater the gift to have a dedicated discussion with the children and make a list who will receive which items.

Clearing some of the clutter from our lives frees us to enjoy our physical and mental space and can do a world of good for others in the process, a win-win!

Nancy Abiade LMSW has been a social worker for Harbor Hospice serving the Poppen Residence, assisted living, and home patients and families for over 8 years. She previously worked as a skilled nursing facility, hospital, and geriatric day care social worker. Her favorite activity is making memories with her husband and grandson. Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being. For almost four decades, Harbor Hospice has provided experienced, compassionate end-of-life care for terminally ill patients and their families, focusing on medical, emotional, and spiritual needs regardless of ability to pay. Learn more at HarborHospiceMI.org or by calling 231.728.3442 / 1.800.497.9559.



NOW ACCEPTING NEW PATIENTS - NOW ACCEPTING NEW PATIENTS

Enhanced Care Services ...at home!

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



Dr. Marcela Novakosky

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


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



Our Services Include:

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

WE PARTICIPATE WITH MOST INSURANCE PLANS

SeniorResources 
Our Name. Our Focus.

Home Visits and Telehealth Visits are now Available

NOW ACCEPTING NEW PATIENTS - NOW ACCEPTING NEW PATIENTS



BY
JANET
HASSELBRING

How Does Your Garden Grow? The Genius of My Place

“In laying out a garden, the first thing to consider is the genius of the place.”

Alexander Pope, 1728

In my article, “*The Genius of the Place*,” in the Nov/Dec 2020 *Senior Perspectives*, I explored the concept of gardening and genius with examples of English landscape gardening and Hans Hugenberg’s garden, which uses a statue of Christ to determine its overall design.

Churchill once mused, while looking out over his gardens, “I bought Chartwell for this view.” I wonder, as I view my garden, to what is the eye drawn? What is my garden’s central theme? What is its genius? I wish I’d had Pope’s advice years ago when I started gardening, for I have not one but several options. I’ll take inventory of my garden and perhaps one of them will emerge as its genius.



1. The patio wall - a backdrop; an aesthetic partition between the garden and the woods beyond; a ledge for displaying baskets of cascading Canterbury Bells and pots of blooming Begonias.



2. A pair of flamingos - a reminder of winters spent in Florida, as snowbirds. Totally out of their element anywhere north of southern Florida, plastic lawn flamingos (*Phoenicopterus plasticus*) are an American

cultural icon, introduced by artist Don Featherstone in 1957. In the 21st century they’ve become endangered. Efforts are underway to revive the art form and I’m contributing to that effort. In 2009, Madison, Wisconsin, named the plastic pink flamingo the city’s official bird.

3. The guardian cherub angel - perched atop a post, its prayerful pose is a daily reminder of grace and gratitude for life.

4. A stone bench - provides a sense of peace and serenity to the garden, where one can come apart and rest awhile.

5. Beds of Creeping Charlie - When I cleared the woods behind my garden, I uncovered four distinct raised areas or mounds, which I’ve planted with creeping Charlie. A rapid spreader, Charlie is a green matted plant, also known as ground ivy. It boasts a yellow flower in late spring. Charlie’s leaves and flowers brighten up the woods and provide a lush luxuriant parklike backdrop for the garden.



6. Bird feeders, birdbaths, and birdhouses - The garden comes alive with birds dining at the feeders, splashing in the birdbaths, and flitting through the woods. Loved as symbols of freedom in flight and the free-throated ease of their singing (*Bright Wings*, Collier), they lift one’s spirits and arouse the imagination.

7. The wind chimes - Blowing in the breeze, the subtle, soothing, sounds are calming; the melodi-

ous, bell-like tones generate a spiritual, meditative atmosphere.

8. Stone path – A rustic stepping-stone walkway adds interest and provides a way to walk through the garden without crushing the posies.

9. Memorial stones – Five large ornamental stones, two of which are memorials to dogs I’ve loved and lost, provide balance for the patio wall on the opposite side of the garden.



10 Cairns – These stacked piles of stones serve as memorials (along with the stones mentioned above) to those I’ve loved and lost.

I finish the inventory and take a fresh look at my garden. I must admit there is no one thing to which the eye is drawn, no central theme; yet, the hodgepodge of items I’ve built, planted, and assembled over the years has a pleasant quality, a satisfying appeal, a personal distinction. I claim this place; it is mine; it gives me joy.

“The glory of gardening - hands in the dirt, head in the sun, heart, one with nature. To nurture a garden is to feed not just the body, but the soul.” (Alfred Austin)

That, my friends, is the “genius of my place.”

Janet lives in 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 1930s, when her parents lived and worked on the land, and her latest book, Tweets, A Twitter Feed of Short Stories and Articles. Her piano gets lonely because she chooses to whack fuzzy yellow balls and popping pickleballs instead of tickling its ivories.

A Picture is Worth a Thousand Words

Memories!



231-873-6600

Oceana County Medical Care Facility
www.oceanamcf.org



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

ANSWERS FOR GAMES ON PAGES 16 & 17

ANSWER - JUMBLE PUZZLE:

SPOIL CLASH COMEDY INVOKE

Big Ben was being constructed by workers who had – CLOCKED IN

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

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

SCRABBLE GRAMS SOLUTION

P ₃	R ₁	A ₁	I ₁	R ₁	I ₁	E ₁	RACK 1 =	<u>59</u>
S ₁	Y ₄	N ₁	A ₁	G ₂	O ₁	G ₂	RACK 2 =	<u>62</u>
M ₃	U ₁	D ₂	F ₄	L ₁	A ₁	T ₁	RACK 3 =	<u>89</u>
R ₁	O ₁	B ₃	O ₁	T ₁	I ₁	C ₃	RACK 4 =	<u>62</u>
H ₄	A ₁	G ₂	G ₂	A ₁	R ₁	D ₂	RACK 5 =	<u>63</u>
PAR SCORE 255-265							TOTAL	<u>335</u>

Answers - Boggle Game #1:

RED TAN PINK TEAL BLACK
MAUVE PURPLE

Answers - Boggle Game #2:

FORD POLK ADAMS TYLER
REAGAN TRUMAN



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