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JULY | AUGUST 2022

Page 6 – Fraud Prevention Checklist ■ Page 11 – Cooking Corner
Page 16 & 17 – Game Pages ■ Page 28 – Activity vs. Exercise



PAGE
11



PAGE
13



PAGE
32

JULY | AUGUST 2022 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | |
|---|--|--|---|--|
| 04 My Dog Tigo
<i>Michelle Fields</i> | 11 Senior Perspectives
Cooking Corner | 16 Game Page | 23 A Hot Topic!
<i>Christine Wistrom</i> | 30 Janet Glaser or J.Q. Rose?
<i>Tricia McDonald</i> |
| 06 Fraud Prevention Checklist
<i>Joe Stapel</i> | 12 Disability Claims
with Alzheimer's
<i>Vonda VanTil</i> | 18 Charged by a Bull (no bull)
<i>Janet Hasselbring</i> | 25 Twenty Dollars to Take a Child
<i>Joel Dulyea</i> | 31 The Loaner
<i>Jerry Mattson</i> |
| 08 Baseball's Beginnings
<i>Dick Hoffstedt</i> | 13 A Crafty Lady
<i>Louise Matz</i> | 20 Lower Extremity Skin
Conditions
<i>Dr. Tyler Calveau</i> | 26 Snow Storm
<i>Keith Sipe</i> | 32 Grammy Camp 101
<i>Cindy Hogg</i> |
| 09 Blogomania
<i>Clif Martin</i> | 15 Social Security Q & A
<i>Vonda VanTil</i> | 22 From Research to Action
<i>Folium O'Brien
and Adrian Bruton</i> | 27 A Family Legacy for Literacy
<i>Barbara Saunders</i> | 34 The dog days of summer
<i>Gil Boersma M.Div</i> |
| 10 Let's Try This
<i>Michelle Fields</i> | | | 28 Activity vs. Exercise
<i>Holly Lookabaugh-Deur</i> | |

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JUNE/JULY WINNER: ELEANOR MITTON OF JENISON
The glazed donut was found in the story about dad on page 27.



Letter from the Editor

My Dog Tigo



BY
MICHELLE
FIELDS

"If there are no dogs in heaven, them when I die, I want to go where they went."

Will Rogers

For as long as I can remember, I've had a family pet. Growing up, it was only dogs. When my husband Mike and I got married and lived in an apartment, it was only cats. I've loved all my pets, but if I would have to classify with a certain group, I would definitely say that I was a "dog person."

With successfully raising our sons, getting them married and in their own homes, Mike and I have focused a bit more of our time and energy on our faithful canine. We currently have one dog, Tigo. Tigo is a German Shorthair

Pointer (GSP) and the second GSP we've raised so far. If you are unfamiliar a GSP, let me explain their personalities in a nutshell. They have an almost constant supply of energy, and a profound desire to ALWAYS be with their humans. They also are a breed that can easily develop separation anxiety. Combine all of these traits together and you have an extremely loyal dog that could be incredibly destructive if left alone.

I guess it was inevitable that Mike and I would turn into one of "those" people. You know the type, middle-aged, empty nesters that have fulfilled their obligations of parenting and then turn their focus and attention on their dog. We buy calendars, t-shirts and baseball caps with our particular breed featured. We schedule play dates with other dog owners. We purchase window decals for our cars and cute sweaters and jackets to place on our dogs during cooler

weather. But why not? We think of our pets as family. Pets bring love, laughter, and comfort as they accompany us through all life stages. We are also seeing society embracing the positive emotional roles that pets play in our lives. It's now common to see nursing home therapy pets, schools providing health and mental support animals, and pets being permitted in some work office situations.

Research suggests that attachment to pets is good for human health. It's no secret that pets can contribute to our overall happiness, but did you know that pets can contribute to healthy aging and even longer life? Studies suggest that pets can positively influence factors that contribute to longevity, including reducing stress, facilitating resiliency against cardiovascular disease, and connecting us to a network of social support. Looking at data from studies between 1950 and 2019, research has found that dog owners live longer than those without a dog. The benefit was greatest for those who had a history of heart attack, and there was a 65% reduced risk of mortality. Studies also show that dogs reduce stress, anxiety and depression, ease loneliness, encourage exercise, and improve your overall health. For example, people with dogs tend to have lower blood pressure and are less likely to develop heart disease. Just playing with a dog has been shown to raise levels of the feel-good brain chemicals oxytocin

and dopamine, creating positive feelings and bonding for both the person and their pet.

Michelle Fields is the Editor and Publisher of Senior Perspectives newspaper. She has been with Senior Resources for 13 years.

10 Fun Facts about Dogs!

1. Their sense of smell is at least 40x better than ours
2. Some have such good noses they can sniff out medical problems
3. Dogs can sniff at the same time as breathing
4. Some are fast and could even beat a cheetah
5. Your dog could be left or right paw dominant
6. Along with their noses, their hearing is super sensitive
7. Dogs have 18 muscles controlling their ears
8. A dog's nose is its fingerprint
9. Whiskers help dogs see in the dark
10. Dogs can help their owners live longer.

Information obtained from AKC.org and NationalGeographic.com/domestic/dog

Below: Tigo's play dates (L-R) Cousin Odin, and neighbors Lexi and Snickers.





Clockwise from top:
Trout fishing with Dad.
Tigo out fishing
Going for a ride with Mom.
Tigo's 1st trip to Home Depot.

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BY
JOE
STAPEL

Fraud Prevention Checklist

Seven things to do right now that could protect you from scams

1. CLEAN OUT YOUR WALLET

In the event that it gets stolen, you should only carry the bare essentials.

- A. Driver's License
- B. Only one Credit or Debit Card
- C. Carry only what you need for the day. You can always add items back in for specific trips.

Remember that extra credit cards, debit cards, Medicare cards, Social Security cards, photos, and such put your identity at risk if your purse or wallet is stolen.



2. UPDATE THE CONTACTS IN YOUR PHONE

Include anyone who calls frequently. When that person or business calls, their identity will be displayed. In Settings on your phone you can turn on Silence Unknown Callers (for iPhones) or Block Numbers (for Android phones). Doing so will block numbers that you have never contacted and do not have saved in your contact list.

3. ADD PHONE LOGIN PROTECTIONS

A national survey showed that more than one in four smartphone users did not have a barrier to keep others from using their phone. Make sure you have a passcode, facial ID or finger scan enabled on your phone.

4. REVIEW YOUR CREDIT REPORT

You can get a free credit report from any of the three agencies -- TransUnion, Experian or Equifax. Each year visit AnnualCre-

ditReport.com and order yours today if your customized credit card doesn't already provide that information. Check your report line by line to ensure no one has opened credit in your name and that there are no errors.

5. ADD TWO-FACTOR AUTHENTICATION TO YOUR ONLINE ACCOUNTS

More and more websites such as banks and credit card companies are requiring a login, and in addition to your password you must enter a code they send to your phone in order to access your information. This insures that even if scammers have gotten your account name and password, they still cannot get into your account.

6. REFRESH YOUR FACEBOOK SECURITY

Click your downward arrow button in the right hand corner of your Facebook page for Settings and Privacy and complete the privacy Checkup. This easy-to-use wizard will guide you through settings that will enable you to lock your profile so that only friends can see it and scammers will be locked out.

7. ADD THIS NUMBER TO YOUR CONTACTS

If you are targeted by scammers, you are not alone. Locally you can contact 855-444-3911, 24 hours a day. You can also contact AARP's Fraud Watch Network helpline at 877-908-3360.

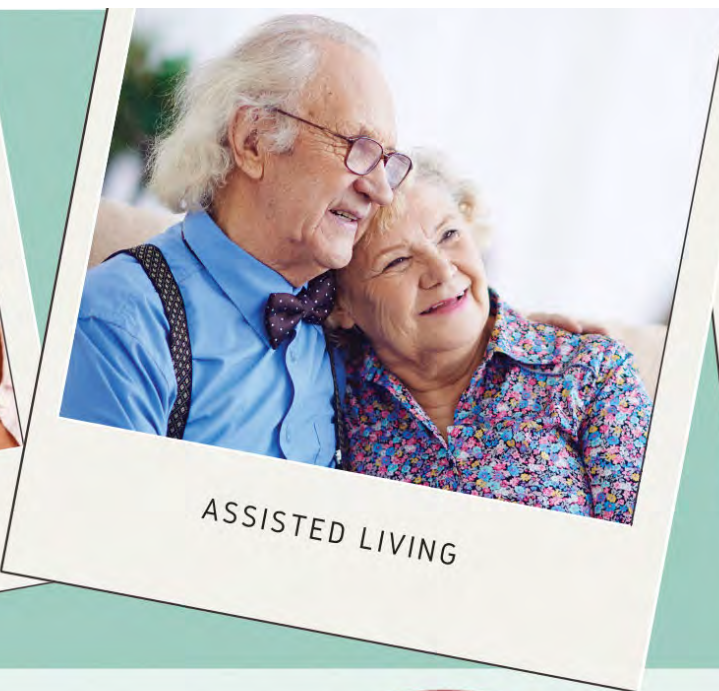
Stay safe. Be prepared.

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



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BY
DICK
HOFFSTEDT

Baseball's Beginnings

The July / August 2012 issue of *Senior Perspectives* had my article "Baseball as a Kid." This current issue of July / August 2022 is 10 years later and needs a baseball update. This time the focus will be on its history.

We think of baseball as a 20th century phenomenon. After all, the first official World Series was played in 1905 and has been played every year since then with the exception of the strike year of 1994.

Did someone invent baseball? Some say it was Abner Doubleday in Cooperstown, New York. That has been proven to be untrue. It actually developed from folk games in Europe like cricket and a game called rounders. These games moved to America in the early 1800s and proved to be extremely popular as they evolved into the square infield we know today as the catch word "diamond." It was very popular during our Civil War and even Abraham Lincoln was known to have given it a try.

Around this time, baseball could cause injuries that kept players out of the

lineup. Equipment was very crude. The balls were made out of a rubber core, then covered tightly with yarn and covered with a leather of some kind. They were hard and a batted ball could sting the hands of anyone attempting to catch it. Players looked for something to help ease the pain and chose the glove that railroad brakemen used. This evolved into the gloves we're familiar with today, especially the ones for the catcher. Catchers also came up with face masks to protect themselves from foul tips. Bats were of all kinds of shapes, even square, until they were standardized into 2 1/2 inches in circumference and no longer than 42 inches. Underhand pitching disappeared around 1884.



On April 7, 1858, an article appeared in the *Illinois State Journal*. It said, "The National Association of Base Ball Players – a convention of permanent Ball Clubs – was organized in New York; a constitution was adopted and a president was elected." (Notice that baseball was two separate words.) In their first year, there were 16 clubs in the New York City area. The Association began to grow in 1859 and went as far west as Chicago and St. Louis. In 1876 it became the National League that is still with us today.

A baseball poem written in 1888 caught the attention of frustrated baseball

fans everywhere
-- "Casey at the Bat."
It ends, "But there is no joy in Mudville – mighty Casey has struck out."

Our American poet, Walt Whitman wrote about baseball in 1846, 14 years before the Civil War. "I see great things in baseball. It's our game – The American game. It will take our people out-of-doors, fill them with oxygen, give them a larger physical stoicism. Tend to relieve us from being a nervous, dyspeptic set. Repair these losses, and be a blessing to us."

The next sound you'll hear is the home plate umpire hollering, "PLAY BALL."

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

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Martin's Meanderings



BY
CLIF
MARTIN

Blogomania

So what is a blog? Take the B off and you've got "Log." It's a log. A diary. A journal. You write it for yourself. Not like Facebook. That's for sharing. Socializing. To get a conversation going.

I've been writing five blogs for 15 years with a total of almost a thousand entries. Why would I do that, knowing there's not another person on the planet who has seen even half a percent of that grand output? I think it's because you love to see your wit and wisdom and you don't really care if nobody else likes it. Ask a psychologist what they have to say about it. I don't want to know.

Blogs are perfect for those who don't like conflict. Nobody's going to argue with what you have to say if nobody reads it. Facebookers love a good slam bang name-calling confrontation.

If the idea of blogging looks like a weird waste of time, forget about it. Get your instant gratification from Facebook.

There's not anything shocking or wildly controversial in my blogs. Just half-baked personal opinions and comments that I prefer to keep to myself. Any other bloggers out there? I'll make a deal. You can read mine if I can take a look at yours. Deal?

Clif's next column will be about introverts and extroverts. Stay tuned for that if you identify as one or the other.

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Try This

Play cards, launch balls

How to make a ball launcher from an ordinary playing card:

You'll need

- Playing cards
- Glass of water
- Ping pong ball or small plastic foam ball



- 1 Lay a card on top of glass of water; leave it there for 30 minutes
- 2 Turn card over, place on top of glass and balance ball on the card



What happened?

The card should suddenly snap straight, popping the ball into the air

During the first 30 minutes, invisible droplets evaporate from water, make the card damp on one side; this causes the card to curve upward

When you reverse the card, the other side slowly becomes damp, and the curve suddenly goes away

The ball goes flying upward



Source: Hunkin's Experiments
Graphic: Helen Lee
McComas, Paul Trap/TNS

If you try this experiment, take a photo and send it to SeniorPerspectives@Seniorresourceswmi.org to be featured in a future edition.

Senior Perspectives Cooking Corner



Watermelon Yogurt Salad



BY
CATHAY
THIBDAUE

Ingredients:

- 1 cup plain Greek yogurt
- 1 1/2 cups watermelon, diced in 1/2-inch cubes
- 2 tablespoons honey
- 1/4 teaspoon chopped basil
- A good pinch sea salt

Directions: Mix yogurt with honey. Place in serving bowl. Top with watermelon, sprinkle with herbs and sea salt. Mix when ready to serve.

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



BY
NIKKI
VERMEULEN

Spinach Dip

Ingredients:

- | | |
|----------------------------------|---------------------------------------|
| 1/2 cup sour cream | 1 pinch of salt to taste |
| 1/8 cup mayo | 1 pinch of black pepper to taste |
| 8 oz cream cheese, softened | 1 pinch of red pepper flakes to taste |
| 10 oz fresh spinach, chopped | |
| 1 cup Monterrey Jack cheese | |
| 1 cup shredded Parmesan | |
| 1 tablespoon dried minced onion | |
| 1 tablespoon fresh minced garlic | |

(My secret ingredient is Tastefully Simple Spinach and Herb seasoning - 1 tablespoon - added as an option.) Note: If you unable to find this seasoning, but want to replicate the flavor, it is a combination of spinach flakes, minced onion, minced green onion, dill and garlic.

Directions: Mix the ingredients all together. Spray an 8x8 baking dish with oil and bake at 350 degrees for 10 minutes or until dip is melted and slightly browned. Serve with chips, crackers, French bread and or whatever you prefer.

Nikki Vermeulen is a Billing Specialist with Senior Resources of West Michigan.

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Faster processing of disability claims for people with Alzheimer's disease



BY
VONDA
VANTIL

Currently, more than five million Americans suffer from Alzheimer's disease. Since the onset of Alzheimer's can occur in people before they retire, it may strike during an individual's working years, preventing

gainful employment as the disease progresses.

As a result, people with Alzheimer's disease and their caregivers must figure out how they'll pay for care. Our benefits and services are vital to people with early-onset Alzheimer's who are unable to work and have no other source of income.

For more than a decade, Social Security has included early-onset Alzheimer's disease in our list of

Compassionate Allowances program. The program identifies debilitating diseases and medical conditions so severe they meet our disability standards. Compassionate Allowances allow for faster processing of disability claims for individuals with early-onset Alzheimer's disease and several other neurodegenerative disorders.

You can read more about our Compassionate Allowances program at www.ssa.gov/compassionateallowances. To learn more about how Social Security disability insurance works and to apply for benefits, visit our disability page at www.ssa.gov/disability. Please share these resources with friends and family.

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

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A Crafty Lady



BY
LOUISE
MATZ

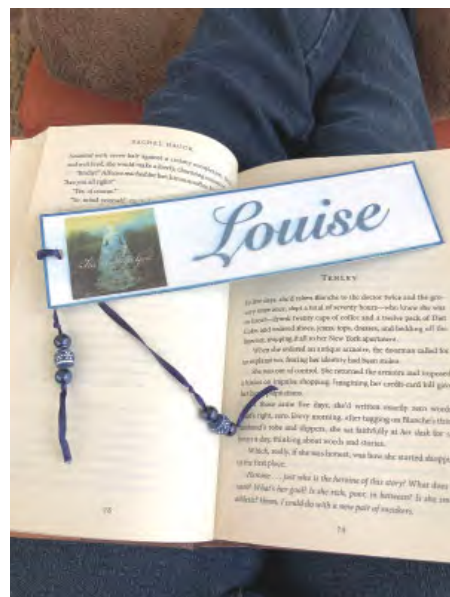
If you read my articles, you know I like to write about interesting people. Here's one who caught my attention recently.

Sydney Day and her husband moved from Jackson to the Stillwater Springs condo complex in Fruitport two years ago. I'm a member of the Stillwater book club. When Sydney heard about the book club, all the members were



delighted that she wanted to join. As I recall, it was the book club meeting in September of last year when I first discovered her artistic talent and her thoughtful, giving nature. We were all excited about the book we were

discussing, *The Indigo Girl* by Natasha Boyd, and we were having a lively discussion about it. Two of the members were sharing research they did on indigo dye. Sydney quietly began handing each member a beautiful bookmark showing a picture of the book cover, the name of the member in blue cursive script, and trimmed with beautiful blue beads. We were



all blown away that she made these for us. They were "over-the-top" the loveliest bookmark I've ever seen. I think I shall use and treasure this bookmark forever.

Early this year, Sydney offered me and several other women the opportunity to partake in a craft project. For a nominal fee, she provided all the materials and gave individual instructions to make a unique multicolored scarf. We each designed our own. Thanks to Sydney, we didn't need to have an artistic or crafty gene. She made it so easy for us.



While at her home, I had an opportunity to see a couple more of her "craft projects." They were amazing. Please note the picture of the dog. This portrait is done with WOOL! It is so lifelike as the dog appears to be jumping out of the frame. She calls it a needle felted wool portrait. She also does pastel portraits.

Now, a few words from our artist: "I



like creating things. I like to find out how things are made. I like to help others create beautiful things even when they say, 'I am not artistic.' They are pleasantly surprised when they see their finished piece. That makes me happy. My previous job was the activities coordinator at David's Promise, working with adults who have special needs. They are an amazing group who do so many things to bless their community. Now that I am retired, I have more time for my art. I am doing commissions. I have always felt that God blessed me with this creative gift, and He wants me to use it to help others, too."

If you wish to contact Sydney about any of her projects, you may send her an email at myhumbleheartdesigns@gmail.com

Golf, gardening and grandchildren were primary interests of retirement for Louise. Since that time, her interests have expanded to include walking, biking, pickleball, mahjonnig and writing for Senior Perspectives. Reading and travel are also high on her list. For many years, she and her husband have enjoyed bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys.

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9:00 a.m. - 1:00 p.m.	Health Screenings
10:00 a.m. - 10:45 a.m.	Session I Seminars
11:00 a.m. - 11:45 a.m.	Session II Seminars (Lunch A)
12:00 p.m. - 12:45 p.m.	Session III Seminars (Lunch B)
1:00 p.m.	Door Prizes * Must Be Present to WIN!

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If you need more information please contact

Wendy Little at (231) 755-6560 or Lisa Luckey at (616) 843-2260

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

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

Question: Do Members of Congress have to pay into Social Security?

Answer: Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees have paid taxes



into the Social Security program since January 1984. They pay into the system just like everyone else, no matter how long they have been in office. Learn more about Social Security benefits at www.ssa.gov.

Question: A few years ago, I lost my Social Security card. Now my credit report shows that someone might be using my Social Security number. I'm afraid they might ruin my credit. What should I do?



BY
VONDA
VANTIL

Answer: Identity theft and fraud are serious problems, not just for you, but for the financial integrity of our agency. It also puts our national security at risk if someone dangerous is using your number to obtain other forms of identification. It's against the law to use someone else's Social Security number, give false information when applying for a number, or alter, buy, or sell Social Security cards. Keep in mind, you should never carry your Social Security card with you. If you think someone is using your Social Security number fraudulently, you should report it to the Federal Trade Commission (FTC) right away. You can report it at www.idtheft.gov or you can call FTC's hotline

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

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



Game Page
Answers
on
Page 35



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.

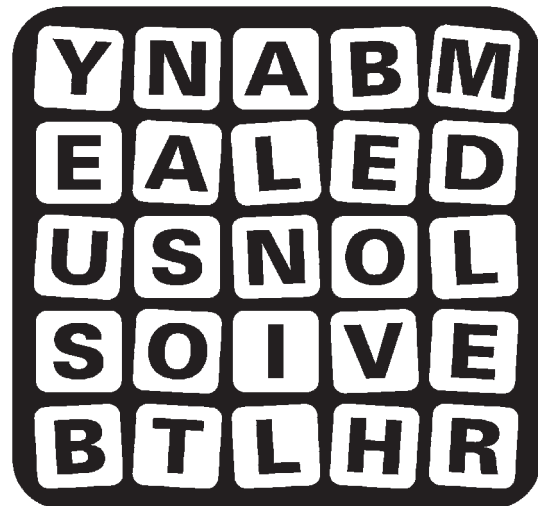
BOGGLE POINT SCALE

- 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



10-24-21

Boggle BrainBusters Bonus

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

Find AT LEAST SEVEN U.S. STATE CAPITALS in the grid of letters.

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A ₁	I ₁	T ₁	N ₁	S ₁	N ₁	T ₁	
E ₁	E ₁	I ₁	U ₁	R ₁	L ₁	S ₁	
E ₁	I ₁	I ₁	L ₁	T ₁	R ₁	F ₄	1st Letter Triple
A ₁	U ₁	U ₁	G ₂	R ₁	L ₁	J ₈	Double Word Score
A ₁	E ₁	E ₁	M ₃	C ₃	R ₁	B ₃	

PAR SCORE 255-265

BEST SCORE 325

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

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

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01-09

Game Page Sponsor



JUMBLE

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

CARKO

○ □ ○ □ □ □

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TXSYI

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HARRET

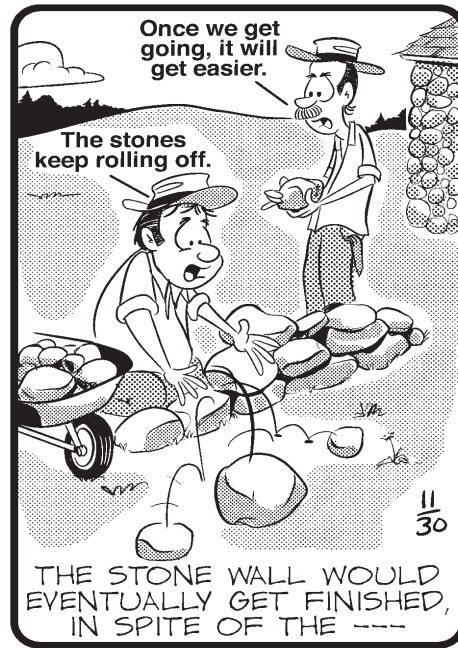
○ ○ ○ □ □ □

Answer here:

○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○

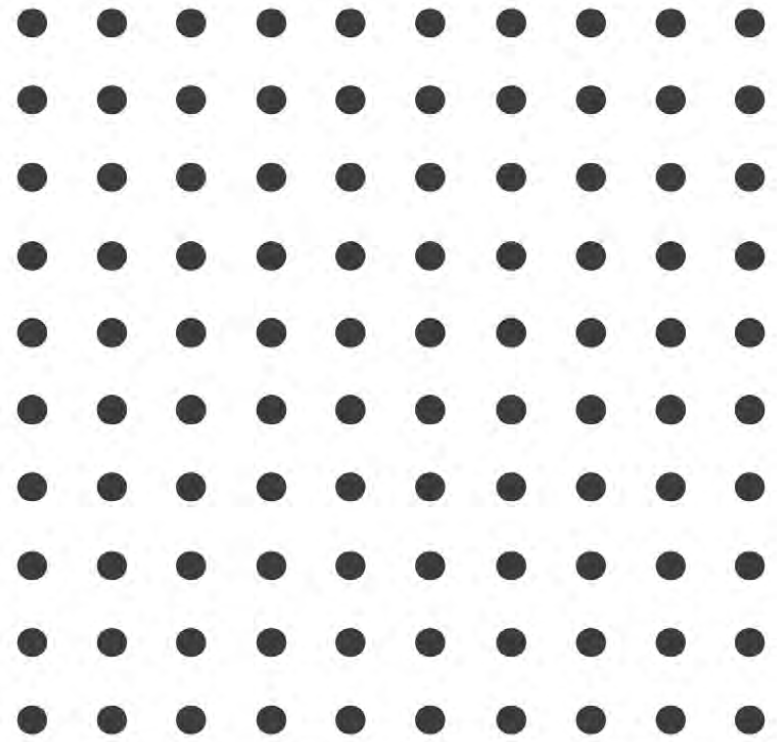
THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



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

Check out the new, free JUST JUMBLE app

DOTS and BOXES



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

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BY
JANET
HASSELBRING

I woke up last November, on my birthday, to a message from my sister-in-law: my brother, Austin, was being transported to the UVA hospital in Charlottesville VA. As the grim details unfolded,

we learned that while loading some bulls he had sold onto a cattle trailer, one escaped, charged, and mauled him. A fellow cattleman carried Austin, then unconscious, to his vehicle, and drove him to a location accessible to an ambulance. He saved my brother's life.

Austin suffered a shoulder displacement, some broken ribs, and damage to arteries in his neck. My sister-in-law on the accident: "It's hard to get your head around a charging behemoth."

My brother, a veteran, is retired from the

Department of Defense. Growing up on a small dairy farm in West Michigan, farming was in his blood, but he also loved flying. His dreams came true when he entered the Naval Pilot Training Program at Pensacola FL. Always a skinny kid, he stuffed himself with bananas to meet weight requirements.

Austin flew missions in 'Nam, was a test pilot for NASA, then did research on the wind tunnels at the University of Michigan before moving to Culpeper VA., where he commuted to D.C. However, he was a cowman, and cattle would always be part of his life.

He established a herd in Culpeper with 12 Charolais calves on pastures rented from locals, such as former Attorney General John Ashcroft, who no longer use their land. By the time he retired and until the day of the accident, he had 120 award-winning cows and bulls on six pastures.

Charolais are a French breed of beef cattle. By being with them daily – birthing them, feeding them, nurturing them, Austin built their trust. Cattle raised with close human contact have quiet

dispositions. Austin mingled freely with his herds. Still, they, like all cattle, are watchful. The slightest change in their surroundings makes them wary. One day Austin wore sunglasses and they stayed their distance.

Cattle have a pecking order. Each cow knows its place. Occasionally, they'll challenge one another for a higher spot in the hierarchy. Austin got mixed up in one such tussle, barely escaping 3000+ lbs. of brawling bodies.

Once, giving a calf an injection, he looked up to see its mother approaching, head down. Instantly the lead cow, Margaret, raced over and placed herself between Austin and the dam, saving



Austin's life. All week, Margaret was his protector. She lived to be twenty (that's 100 in human years). Sadly, one day, Austin noticed she couldn't get up to eat or drink. Borrowing a neighbor's pistol,

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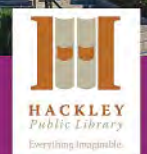
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he put her down and laid her to rest in his "Boneyard."

When frightened, cattle show amazing strength and determination. Austin recalls a bull clearing a 6' corral wall and a cow leaping over a manure-spreader that was preventing her escape from the barn. That's 1700 lbs. airborne.

Austin had surgery to repair his damaged neck artery and has completely recovered. He knows it's a miracle he's alive, but sadly, not being able to tend his beloved cattle, he's had to sell them. He's left only with memories. Bull #734 will be a special one.

In speaking of the accident, Austin doesn't blame the bull. "I raised him. When I saw him coming, I put out my hand, thinking he would stop. If I'd stepped out of his way, he wouldn't have hurt me."

So, what angered Bull #734, causing

him to bolt and charge? When they're sold, especially across state lines, cattle must meet vaccination requirements. They're herded into a chute and placed in a headgate so they can be injected through a side door. My brother's accident has raised concerns about how cattle are handled (or mishandled) during this procedure.

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 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.

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Skin Conditions of the Lower Extremity – Is It Time to Get It Looked At?



BY
DR. TYLER
CLAVEAU

Every day a wide range of foot and ankle conditions come through our office at Shoreline Foot & Ankle Associates. They range from musculoskeletal disorders such as plantar fasciitis, tendonitis, ankle sprains, and broken bones to vascular and endocrinologi-

cal disorders like diabetes, varicose veins, and peripheral vascular disease. Additionally, and just as important, are a wide variety of skin conditions that may present on the lower extremities that are often overlooked. We hear from our patients that these skin conditions are something that “have always been there” or “doesn’t cause any problems.” So, when is it time to

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see a podiatrist to get evaluated?

Luckily, many skin conditions of the foot and ankle are considered benign – that is a condition, tumor, or growth that is not cancerous. Some of the more common benign skin conditions are xerosis cutis (dry skin), tinea pedis (athletes' feet), verruca vulgaris (plantar wart), onychomycosis (fungal nails), hyperkeratosis (calluses), and hyperhidrosis (sweaty feet). While these benign skin conditions are usually not life threatening, they can be cumbersome and impact your quality of life. These conditions are seen in our office every day and can be treated with local debridement, topical and/or oral medications, and sometimes small office procedures that lead to great patient satisfaction.

Conditions of more concern are skin infections of the lower extremity such as ingrown toenails leading to a localized infection (paronychia), superficial skin infections (erythrasma), and larger open skin wounds leading to deeper areas of infection (cellulitis). These conditions are considered to be "limb threatening" and should often be seen immediately by a podiatrist. Infections typically require some form of antibiotics (topically or orally), imaging such as radiographs or Magnetic Resonance Imaging (MRI) and may need more extensive debridement either in office or the operating room.

Finally, are skin lesions of the lower extremity that are categorized by skin pigment changes. Pigmented lesions have a wide range of severity, ranging from less severe such as a nevus (often called a benign mole), to more severe skin lesions such as melanomas, squamous cell carcinomas, and basal cell carcinomas. These pigmented skin lesions can be evaluated using the ABCDEs of skin lesions:

Asymmetrical: Does the lesion have an irregular shape?

Border: Is the border irregular or jagged?

Color: Is the color uneven?

Diameter: Is the lesion larger than the size of a pea?

Evolving: Has the lesion changed during the past few weeks or months?

If you notice any signs and symptoms of the ABCDEs or have a suspicious mole or lesion, then it might be time to make an appointment to see a podiatrist. These pigmented skin lesions are often biopsied to determine their etiology and severity. If these are more on the benign spectrum, your podiatrist may need to do a surgical procedure to remove them, however, if they are considered malignant, they will often have to be referred to a dermatologist or an oncologist.

The question "when should I get it looked at" is not black or white, but more so a shade of gray lying somewhere in the middle. Skin conditions of the lower extremity can range anywhere from dry skin and athletes' feet to far more serious conditions such as melanomas and carcinomas. While the former can be left alone for an extended period with only minor side effects, the latter is far more serious and should be evaluated and treated as soon as possible. Regardless of what skin condition you are suffering from, we at Shoreline Foot & Ankle Associates are ready to help you today!

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

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21

SENIOR PERSPECTIVES - LAKESHORE

From Research to Action to Access

By Foliium O'Brien, MSW and Adrian Bruton, DSW

In February of 2022, the participants of the MI Choice Waiver Program were given a telephonic survey to assess their quality of life during the COVID-19 pandemic. Each participant was asked to rate their quality of life before the pandemic, as well as how they feel their quality of life has changed since the pandemic began. They were also asked if they felt that there had been any challenges to maintaining their independence, whether any one month had been more challenging, and if they had experienced any of the common symptoms of depression (sadness, low self-worth, and a decreased ability to enjoy life).

The surveyed participants reported that social isolation was the most challenging to sustaining their independence. In addition, the quality of life for many participants did decrease since the COVID-19 pandemic began. Approximately 39% of the participants reported sadness monthly, 25% of the partici-

pants reported sadness daily, and 26% reported a decrease in the ability to enjoy life daily.

This information has helped the leadership team at Senior Resources of West Michigan to gather the information necessary to submit two grant proposals to increase access to resources for the behavioral health program. These grants, if awarded, will allow for more licensed Social Workers to provide behavioral health services for the participants of Senior Resources. In addition, Senior Resources has various services already available to their participants. One of the most important resources are our Options Counselors, who connect individuals to resources based on eligibility criteria. They not only help to connect participants with the resources that best meet their needs, they also help to connect with Support Coordinators to aid in combating issues such as social isolation.

One exciting new resource that is available for many participants, but that is aimed specifically for

participants with dementia, are animatronic "pets." These "pets" provide comfort and companionship to participants with real-life motions and sounds, but no clean-up! No matter what your needs, our Options Counselors are the first step in the process to get you connected and improving the quality of life for yourself or a loved one. You can contact them by calling 231-733-3585.

Senior Resources has been an organization dedicated to improving the lives of older adults in Muskegon, Oceana, and Ottawa counties for decades.

Foliium O'Brien is a master-level social worker (MSW) in Michigan State; his focus is on the older adult population, specifically those with chronic illness. O'Brien completed his MSW internship at Senior Resources of West Michigan. Adrian Bruton is an oncology social worker living in Olympia, WA. She has years of experience working with older adults with complex medical issues and has acted as a mentor for Foliium O'Brien during his social work career.

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A Hot Topic!



BY
CHRISTINE
WISTROM

If someone shouted “Fire!” today, would you be prepared? Senior citizens are in greater danger when there is a fire simply because evacuation is likely to take longer than for someone younger. Mobility issues are often a consideration and may make it difficult to navigate stairs or crowded areas.

Where you live can also have an impact on how fire affects your chances of survival. Modern mobile homes (those built after 1976) are safer than standard site-built homes, but an older mobile home can go from spark to full flame within several minutes. To have the best chance for survival in a home fire situation, have a plan for how you should respond.

You may think living in a senior high-rise apartment building will increase your risk for injury or death, but apartments and condos are compartmentalized, and unless the fire is right next to your apartment, you may not need to evacuate. Evacuations are the most dangerous time in a fire as you may be exposed to the fire, smoke, and toxic fumes. Most apartment buildings have safe spots on every floor called “areas of refuge.” These are usually stairs or a balcony with a way to communicate with emergency services. Many stairways are pressurized to prevent smoke and toxic fumes from entering.

For individuals with a disability, it is even more important that you have a plan. If you have a mobility issue, you may find evacuation challenging. Elevators may not operate properly, and stairs may quickly fill with other people trying to evacuate. Although manufacturers are building elevators to be fireproof and to continue working in a fire, that may not be the case in older buildings. Check the elevator where you live for a sign saying it is part of the evacuation plan.

One reason you should create a disaster plan and practice it is that you will respond in a real fire the way you have been trained to respond. Practice your plan until it becomes an automatic response. Check to see if the building where you live has a fire plan. You can ask that your name be included on the high-risk list, and make sure you’re able to hear the fire alarms if they sound. If you live in an apartment building, know what the fire plan is and where the communication panels are located. Take the time to familiarize yourself with the building and the fire escape routes. Learn whether your elevators are safe to use in an evacuation and locate the fire alarm boxes. Count the number of doors between your apartment and the nearest exit. If it’s smoky, you may have difficulty seeing where you’re going. Finally, identify at least two people you can call on for help to evacuate.

A fire can be devastating. If you have a disability, plan for how you’ll get out of your home and where you’ll meet the rest of your family. Practice your plan until it becomes second nature...your life may depend on it!

Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. Please contact DNL for more information on creating your own emergency preparedness plan.

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Twenty Dollars to Take a Child



BY
JOEL
DULYEA

Ruth Jobbins knew who she was until one day in 1939, when she and her fiancé, Leslie Robert Eyestone (Bob) went to the Oceana County Clerk's office. They were there to obtain their birth certificates and a marriage license. To their surprise, there was no record of Ruth's birth on file. Without that document a marriage license would not be issued. When she returned home in tears, her parents, Henry and Irene Jobbins, unveiled to her an alternative life denied. She was born in Cook County, Illinois, the youngest of six siblings whom she would never know. I am her nephew.

Aunt Ruth and Uncle Bob did get married, and they raised four children. Their two-story home on Peterson between Giles and River Road still sits upon a hill that lifted the house above a field soaked by a high water table and bounded by birch trees. It was a warm and welcoming place. A player piano waited for children to sit and push the pedals till the music scroll was exhausted. The daughters loved listen to 45 records of Diana Ross and the Supremes, "Stop in the Name of Love." Uncle Bob's parents (my grandparents) lived next door in a log cabin built by the family. My aunt was so happy whenever we visited. "Are you hungry? Would you like something to eat?" She insisted we not leave until we ate something, a freshly baked cookie or a full meal.

Aunt Ruth and Uncle Bob died over twenty-five years ago, but they remain in my memories and have come alive again upon the revelation of a secret revealed. Using modern technology, Aunt Ruth's granddaughter Cassie Sadek investigated the family tree into which my aunt was born. She discovered information that traces a story my aunt had shared with her daughters. Cassie also



contacted descendants of Aunt Ruth's biological father and mother but received little for her efforts. Was it too much to ask? Who is qualified to measure desperation and heartbreak a hundred years later?

During her life with Irene and Henry Jobbins, Ruth had no reason to believe that she was not their biological child. But she always wondered why, when her parents took holidays in Chicago, she always stayed at home with her grandparents. She never understood this until her desire to be married forced her parents to tell her the truth.

Irene had suffered a miscarriage, which increased her and Henry's desire to have a baby. They had cousins in Chicago; one of them talked to Ruth's mother. The mother worried that her baby wouldn't live because she didn't have enough money to feed the entire family. Irene's cousin told her about this baby. Henry and Irene offered the mother twenty dollars to take the child. But how could they make the transaction without someone finding out? When they picked Ruth up, she was in a shoebox. She weighed 3lbs and had rickets.

I recently spoke with my cousin Shirley, one of Aunt Ruth's daughters. She said Aunt Ruth always had trouble reconciling herself to the circumstances of her birth. She was born and married as "Marguerite May Allen." It was later in her life that she said of her parents Henry and Irene, "They bought me to save my life."

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

Top: Ruth and Bob Eyestone. Bottom: Ruth and Bob with their first daughter and son.

Keith's World Snow Storm

A Story to Help You Beat Our Current Summer Heat!



BY
KEITH
SIPE

It is January 5, 2022 as of this writing. Many West Michigan schools are shut down today due to blowing snow with an accumulation of more than six inches. News Bulletin... I just received a notice that an Alberta clipper is about to drop additional snow. We'll see!! Another incoming announcement...the weather report is stating it's "a quick hitting storm and will march right into our area." Really!!!

Up until now it has been a rather easy winter here in the big city of Muskegon, Michigan. So, I guess there hasn't been much to write about this winter's snowfall. Now we have something to report on – this fast-moving snowstorm hitting western Michigan. I will continue to write about this storm over the next few days and will try to give you a blow-by-blow action filled report. This should bring a few smiles on everyone's face as you read this, for now it is the middle of summer. You are probably feeling pretty good that you are not out there shoveling that snow. Why? It's summer! But maybe you should rethink the situation, for it is summer and you better get out there,

right now, and mow the lawn. You just can't sit there in your short pants and t-shirt, drinking gallons of iced tea. Now get moving and cut the lawn.

I have always enjoyed a good snowstorm, especially from the comfort of my chair while looking out my window next to the fireplace. Now that I am retired and living in an apartment, I don't have to go out in the cold and shovel the white stuff –you know, that white stuff that falls from the heavens, what you call "snow." I just love to sit back and enjoy the snowstorms and not have to lay hands on shovels or equipment that moves any type of frozen materials.

Attention everyone, it is day two of this relentless snowstorm. I think it is about time to venture out. I am in Allendale, and I need to get to Muskegon. It's 0830 hours (that's military talk) and time to head to Muskegon. Highway 68th Avenue, which is the road of choice, will lead me north to Eastmanville. Once the Eastmanville point is achieved I will venture south down Leonard to Nunica, then pick up Interstate 96 to Muskegon.

Leonard was snow-covered and easy to travel, but the expressway was snow-free for the trip home to Muskegon. Not bad for the middle of a snowstorm.

My boss had scheduled me to work today and the store opens by eleven. With all the snow and bad weather going on, I'm sure it will keep everyone home. After the morning staff meeting, it was decided to close the store up early. Many schools are closed in West Michigan again today.

Back in the days of old when I was a youngster, there were only around five days of my entire school experience when the school was closed for bad weather.

My daughter would always say, "If they cancel school, make sure you wake me and tell me." She loved to be awakened and told there was no school, so she could roll over and fall back to sleep.

There is one more report coming over the wire, and here it is... live from Muskegon, Michigan. The weather forecast was predicting knee-deep snow and zero temperatures, but for all of us in West Michigan, the heart of the snowstorm has missed us.

So, I am sorry to disappoint everyone, there is not much more to report on this current snowstorm. But wait, there still is another snowstorm lurking in the skies above us, somewhere. It will drop many, many more inches of snow, and if we are lucky, it won't be inches, but feet of snow. You will be able to shovel your driveways, and sidewalks again. You might even get to slide into one of those snow drifts.

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.

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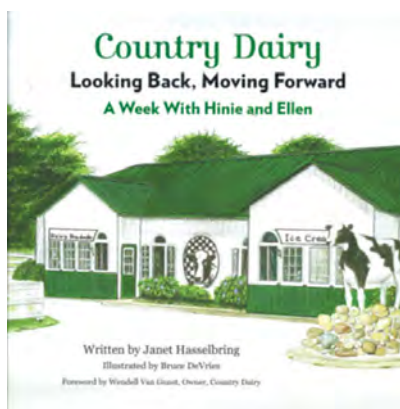
Honoring a Family Legacy for Literacy in Oceana County

BY BARBARA SAUNDERS SIMS

When Jan Hasselbring recalls her childhood, growing up with her brothers and sisters on a “little farm in West Michigan,” the site of the present-day Country Dairy, she beams with pride. Jan is an accomplished writer, author, and champion for early literacy, which she attributes to her parents, Henry and Ellen (Postema) Van Gunst, and their love of books, reading, and the family values they taught to their children.



In her delightful children’s book, *Country Dairy: A Week with Hinie and Ellen*, Jan tells the story of her life on the farm with her family and the daily chores assigned to each day. “On Thursday, Ellen bakes the bread, mixing and kneading the dough. She places the loaves into waiting tins, then into the oven they go.”



Somehow, amidst the endless daily details of running a farm and raising their family, Jan recalls her parents found time to read. “Within the covers of a book they could see beyond the cornfields, the clothesline, and the hayfields and travel the world, meet the great figures of history, and envision a life where milk didn’t spoil, cherries didn’t get wind blight, and children didn’t get sick.”

Jan remembers her dad reading in his reclin-

er in the living room, after lunch, or in the evening. “He loved history, devotionals, and poetry. I don’t know when my mom found time to read, but, like my dad, she always had a stack of books by her chair. They encouraged us to read, mentoring our progress as we took turns reading the Bible before every meal. In her later years, my mom made weekly visits to the local schools, listening as children read to her.”

In 2018, when I approached Jan about helping our Oceana County United Way of the Lakeshore (UWL) raise funds to expand the Muskegon UWL Dolly Parton Imagination Library (DPIL) program to include Oceana County children, Jan was immediately on-board. She was familiar with the successful initiative that mails a free, age-appropriate book to every child, from the time they are born to age 5, giving them a home library of 60 books by the time they enter Kindergarten. Our Oceana UWL needed a Match Sponsor to incentivize donations and Jan felt this would be a wonderful tribute to her parents’ legacy of literacy in Oceana County. Jan approached her brother, Wendell Van Gunst, owner of the Country Dairy, as well as her nieces, who run the Country Dairy store, and Country Dairy became our first DPIL Match Sponsor, donating a \$5,000 match each year for the past two years. Since the program began, the Oceana UWL has enrolled approximately 1,175 children, out of an estimated 1,470 eligible children, at a cost of approximately \$15,000 per year. This year, Jan and her husband, Don, became our DPIL Match Sponsors to continue her parent’s legacy.

Jan stated, “My parents left an indelible mark on the land they made their home and literacy is a huge part of their legacy. I can’t imagine a finer tribute to their hard work, faith, and fortitude, than to provide an opportunity, through the Dolly Parton Imagination Library, for all children in Oceana County to learn to read.”

Barbara Saunders Sims is the Director for the United Way of the Lakeshore in Oceana County and the owner of Storybook Village of Pentwater.

To enroll in the Dolly Parton Imagination Library, visit www.unitedwaylakeshore.org/dpil



Cora Vandervelde, Age 4, Oceana DPIL participant

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Activity vs. Exercise: Change Your Mindset



BY HOLLY
LOOKABAUGH
- DEUR

It's been said ... "If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation." (Renee Dumont, 2015). At every age, every stage of

chronic disease, any time of day, and with wide variety of options, exercise is the best prevention tool for cancer, cardiovascular disease, osteoporosis, depression, dementia, and so many other medical conditions.

Exercise physiologists have researched the cellular, biochemical, and metabolic changes that result from all types of exercise – isometric, isokinetic, aerobic, high intensity interval training, and every other way we move.

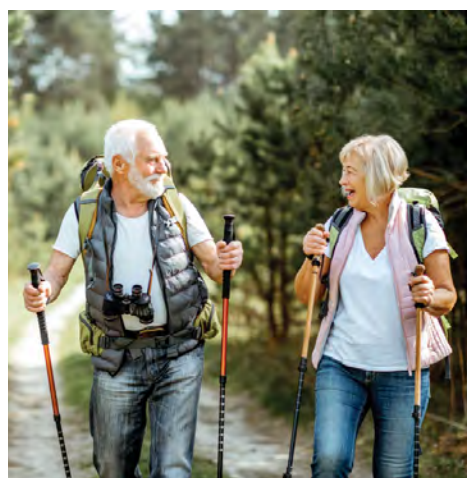
So why don't we all exercise??

Depending on when you were born, "exercise" means different things. Back in the '60s and '70s, the concept of exercise rallied around a vision of calisthenics in gym class, wearing a very unattractive gym suit (!!). Regular exercise was something that athletes did. Moving into the '80s and '90s, "cardio" exercise became the fitness trend – aerobics classes, sweatbands, and heart health became more mainstreamed. Then it was body building, and gym memberships, and home exercise gyms, and so on as time passed by. Fast forward to today. The information available to help each of us obtain an individualized, balanced routine exercise program has

never been more readily available.

Because of your first impression of what "exercise" means, you may have an internal bias one way or the other about 1) how important exercise is in your daily routine, 2) whether it is viewed as positive or negative, and 3) what types of exercise you are likely to actively participate in.

As you read this, I challenge you to try to create a different mindset about exercise. The best plan may include shifting to words like "movement" and "activity," and putting the word "exercise" in your sock drawer, right alongside that pair of tube socks. When we begin those last few decades of life, it is easy to keep our current habits with the rationale of "it's too late" to benefit from increased activity or impact our health in a positive way. Consider some of these pearls to begin the positive change TODAY... not tomorrow.



1. How do you plan your day? Do you have a "to do" list or do you roll with your mood? Don't change what already works for you. Some people like



to pace out their activity like they do a meal prep plan. Others really follow their instincts of that moment in time. If you aren't a schedule-type person, don't force it.

2. Think about movement and activity as multi-dimensional. Balance exercises may take 3-5 minutes -- like standing on one leg in the kitchen, trying to exceed 10 seconds. A walking program to a target heart rate may take a 20-minute commitment of time. If you want to be a walker, have your shoes ready to go. Bicycle riding? Make sure the tires are pumped.

3. For adults over 50, an activity plan should include:

- Breathing, relaxation, meditation – focusing on intentional slowing and deep breathing
- Flexibility – focus on rotation: the neck and trunk are the first to lose rotation; stretching the muscles near the spine – full elongation of posture – can help with pain and balance issues. Large muscles of the legs – the

hamstrings (back of the thigh) and calf muscles need a prolonged 30 second stretch – just four repetitions can make a huge difference

c. Strength – focus on biceps/ triceps; quadriceps (front of thigh) and trunk rotators like your obliques and stomach muscles. The more muscle you have, the more calories you burn, even when you are sleeping! Contracting muscles improves bone density, and strength and muscle control also maintain your movement independence. If you aren't using muscle, you will lose it.

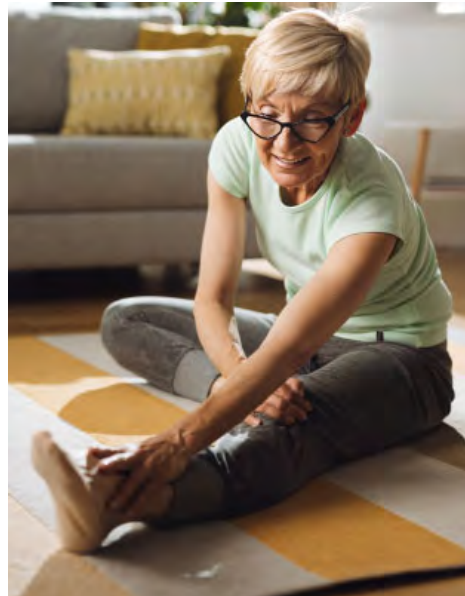
d. Cardio-pulmonary – focus on improving your endurance for continuous movement and activity. Try this formula: $220 - \text{your age} = \text{maximum heart rate}$. You don't want to be active at your max heart rate. Shoot for 40-50% to start and work up to 60-70%, for 20-30 minutes; 3-5 times a week. Your body will love you for it.

e. Balance - focus on standing with feet together; feet toe to heel; one legged stance; eyes open; eyes closed – start

by a wall or corner for safety. Preserving and improving balance can prevent so much suffering after a fall!

4. Make movement and activity a part of your everyday choices. Where do you park? Park a little farther away. Stairs or elevator? When you go out to get your mail, can you take a two-minute lap? Stand for 2-3 minutes for every 30 minutes you are sitting. Do ankle pumps while you watch TV. This is all MEANINGFUL activity!

5. Most important advice – it is NEVER TOO LATE to change your activity and health trajectory. From ICU and hospitalization to a senior athlete, we each can improve our blood chemistry, cell metabolism, ability to sleep, resting heart rate, muscle mass, posture, bone density, and so much more...with intentional activity. YOU CAN DO IT!



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

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Top tips for excellent summer grilling



Summer is about to begin, and that means most of us are firing up the backyard grill. Here is a refresher course on the basics of grilling.

1. Start with a clean grill
2. Don't move the food around. The less flipping the better.
3. Don't squeeze or flatten meats.
4. Keep a spare bottle hand for flare-ups.
5. Buy a meat thermometer.
6. Avoid putting cold foods straight on the grill.
7. Undercook foods, just slightly. Carryover cooking is a real thing.
8. Rest all meat. This will allow the juices to redistribute after cooking.
9. Don't every-char to cook through meat with bones.
10. Keep it simple when serving a crowd.

Source: foodnetwork.com / Graphic: Staff, TNS



BY
TRICIA
McDONALD

Authors of West Michigan Janet Glaser or J.Q. Rose?

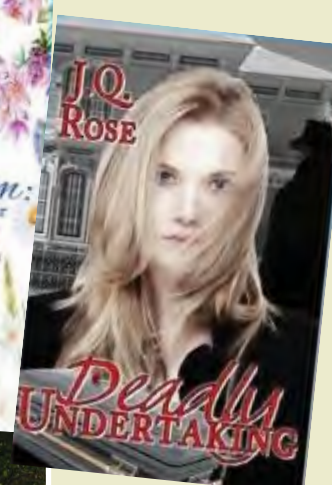
"I can recall the exact time I put pencil to paper and wrote stories," Author Janet Glaser said. "And it's all my mother's fault." Janet was a bit of a social butterfly in second grade, where her mother was also her teacher. When Janet finished her work, she would talk to classmates, disturbing the classroom. To remedy this problem, her mother told her to stay in her seat and write stories. Janet was allowed to share her stories with her classmates, and after hearing their laughter, she was hooked.

In seventh grade, she wrote her first novel, which was suspiciously similar to a book she loved, *Black Beauty*. Her grandmother typed out the story on an old typewriter, and once Janet saw it on printed pages, her desire to become a writer was complete.

Janet began writing for newspapers and freelancing for magazines in 1995. At the time, she used her real name. When her writing turned to fiction 15 years later, she chose the pen name J.Q. Rose. "J is for Janet, Q is for my maiden name, and Rose is because a rose is my favorite flower." She now uses her pen name on all her books, including three mystery novels, two non-fiction, and one memoir.

Janet and her husband of fifty years, Ted, were high school sweethearts in Central Illinois. They moved to Fremont, Michigan, in 1975 with their one-year-old daughter and became owners of a large commercial greenhouse. The young couple had no business experience and knew nothing about the flower business or floral design. Janet wrote about their first year in the industry, *Arranging a Dream*, which follows the joys, triumphs, obstacles, and failures they experienced in pursuit of their dream. They now spend win-

ters in Florida and summers in Fremont. One of their two daughters lives in Fremont with her family, and the other lives 90 minutes away. "Our roots are planted deep in Fremont now."



When starting a new book, Janet sees the scenes in her head and then plays with them to get them to tell the tale. Her outline consists of "just scribbling down the scenes in a spiral notebook." As the story develops, she finds that sometimes the ending she thought she knew changes. "I believe a writer needs to be open to developing the story, but not wander down the rabbit trails to lose the focus on the storyline."

Ideas for her mysteries come from news stories in the media, as well as her life. Having worked with the public and traveled the USA for eight years, Janet's books include "characters" she met along the way.

Her fiction books entertain but often have a subtle message that Janet does not realize until the book is completed. One emphasizes that retirees are not ready to sit in a rocking chair, one is about forgiveness, and another about Alzheimer's Disease.

Her non-fiction books share what she has learned and offer advice on a specific subject.

Tricia L. McDonald is an internationally published author, public speaker, and writing coach. Her middle-grade book, The Sally Squad: Pals to the Rescue, was published in 2020. Her Life with Sally series (four books) is a compilation of stories chronicling life with her miniature bull terrier, Sally. Quit Whining Start Writing is a guide to help writers put away the excuses and get the writing done. The Bookman is excited to continue featuring authors living in Western Michigan. Contact The Bookman to purchase and read this author's book.

The Loaner



BY
JERRY
MATTSON

In mid-November 2021 our 2017 Ford Flex was rear-ended while stopped for a traffic light. I drove it home and pried the muffler away from the left rear tire, eliminating the intermittent rubbing sound. The car did not look bad, but the lift gate was jammed shut. "Minor damage" was noted on the police report.

I found a body shop that would do the repair. Two days later, I stopped there for an appraisal and scheduled the drop-off for December 20.

The insurance appraiser came to the house on Nov. 24, and in early December a check arrived in the mail for the surprisingly high amount of \$7,659.88. The plastic bumper cover hid a lot of under-car damage.

On December 31, we headed south to our rented condo near Gulf Shores, Alabama. We were in our 2012 GMC Acadia, my wife's car. Surely, the Flex would be repaired when we returned on March 1.

It wasn't. There was still a lot of work to be done. Problems with parts, people and the pandemic contributed to the delay. I found these were common issues at repair shops.

After a few days of changing appointments and juggling other needs, I decided to accept the shop's offer of a loaner, another new experience.

The light gold colored Honda CRV was a shrunken version of the GMC. My first impression was the one I made in the seat. It sank rather low, due to use, age and my weight. Keep in mind I had gotten used to driving the GMC for the past 60 days. The Honda shift lever was located in the dash. That was different. At the first stoplight, it did not stop as well as it should have. Oops. My size 14 shoe worked well in depressing



the brake and the accelerator at the same time.

As I drove, I checked out the other controls and did a double take on the odometer showing 274,897 miles. I'd never driven a car with that many miles on it. It was zippy for a little vehicle, but 140 on the speedometer seemed optimistic.

The next day, I met a car that splattered heavy slush on the windshield. I flipped on the windshield washer. Nothing happened. I headed for a large puddle in the road and water splashed over the whole car. With the wipers on, I had clear vision again. Later, I filled washer tank. That didn't help. Either I was doing something wrong or the washer was broken.

There was no owner manual in the glove box. Here, I did find the registration paperwork for the 2005 Honda. The 17-year-old car was in surprisingly good shape with only a few dings in the body. The interior was nice, except for burn marks on the driver's seat and door trim panel, thanks to a smoker.

The accident was an unpleasant experience but driving the loaner really wasn't.

On March 16, I got a call. The Flex would be ready in two days.

I had put 134 miles on the CRV in 11 days and the odometer passed 275,000 miles before the Honda/Flex exchange.

The loaner was now back at its home, and so was I -- in the seat of the Ford.

Jerry, a retired manufacturing engineer from Ford Motor Company, has not had a lot of experience with foreign cars. He only owned one; a 1966 VW beetle bug, for a short time.

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BY
CINDY
HOGG

Grammy Camp 101

My husband grew up with both sets of grandparents in the same town with him for his entire childhood. Lucky boy!

Sadly, I had very little grandparent time. Three of the four died before I was born. Step-grandparents lived far away, and I rarely saw them. At times I also feared I might miss out on the experience at the other end—being a grandparent. You have to go back four generations on my mother’s side to find a woman who lived long enough to be a grandmother.

Then, bing, bang, boom, suddenly I have

ten grandchildren! And I’m healthy enough and live (mostly) close enough to enjoy them. Oh, happiness! I do not take this for granted.

In 2016, I instituted our first-ever Grammy Camp (or Cousins’ Camp as it’s sometimes called). At that time, the seven grandchildren ranged in age from 10 months to 8 years. I built our activities around certain themes. “What will today’s adventures B?” All the activities began with the letter “B” (balloons, bubbles, bowling, Binder Park Zoo). Another was,

“Water we going to do today?” These were all water-themed activities (swimming, paddle boats, water squirters). I also made space for lots of free play and just-hanging-out times.

That first year was such a success, we’ve continued them every year. The grandchildren have informed me it just isn’t summer without a Grammy Camp. This makes my heart happy, especially because the oldest two are teenagers now. Every year it takes careful planning to bal-



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ance activities in terms of different ages, personalities, interests, and activity levels, but somehow it always works.

There's so much I could share, but here are just a few tips for anyone inspired to try their own Grammy Camp.

- Do your homework. Find out everything you can about your grandchildren. This is especially true if you don't live close or haven't spent much time with them. What are their interests? Food likes, dislikes, and possible allergies? Fears and phobias? Bedtime routine?
- Get buy-in from the parents. Make sure they approve of the activities you have planned. If they aren't going to be around, get more than just their buy-in! Get medical and insurance information and paperwork, and a signed permission slip that you have the parents' permission for the child or children to be in your care.
- Ask for help. In the beginning, the kids said it didn't count if parents were around – it had to be just Grammy. The parents were happy with this arrangement. In fact, my older son and his wife went off to a bed-and-breakfast for a couple nights, leaving their three kids behind! Another time, while Grammy Camp was going on in Michigan, they were back home in Pennsylvania. This was all fine and good at first. As time goes by, however, more grandkids keep

coming. At the same time, I'm getting older. I soon discovered that this isn't sustainable as a solo act! Last summer I had as many as eight at one time at our place up in Ludington but my husband and two daughters were in and out to help. If you're running a Grammy Camp, you're already a Super Hero. No sense killing yourself trying to prove anything.

- Depending on your circumstances, it's not cheating to do a "hybrid" camp where the kids sleep at home and join you for activities during the day. I have often done a mixed camp where the older kids stay with me and the younger ones join us for daytime activities.

- Structured activities are great but kids



also enjoy – and need – lots of unstructured free time. This is especially true if they're with cousins they don't see on a regular basis. Just let them play! My most successful activities have been big buckets of water with long squitters, water balloons, bubble mix, and chalk – all available from the dollar store. Kids can spend hours playing with these few items. These items also work well if you have a group of mixed ages and genders.

- You can run a Grammy Camp on a pretty small budget. Along with the aforementioned dollar store items, there are endless creative activities that are completely free. We have gone on nature scavenger hunts and walked along beaches looking for interesting stones. The kids come back happy and exhausted, and I haven't spent a dime.

Of course, I do occasionally splurge on group activities, but with ten grandkids (so far), this can really add up. Sometimes parents help with the cost of this. Discuss this upfront, so it's clear who is going to pay for what.



When my husband and I were traveling in Europe, we met a German couple who do something similar. They call theirs a "Wrinkle Camp"! We laughed as we compared notes and agreed that it's one of the most important things we do during the summer. Kids grow up so fast...

So whether you call it a Grammy Camp

or a Cousins' Camp or even a Wrinkle Camp, whether you only have a day or two or a whole week, just do it! Will you be exhausted at the end? Yes, you will, but you will also have so many precious memories, and so will your grandkids.

And do try to preserve those memories in a photobook, as I guarantee you'll want to relive them over and over!

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



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Soul Food

The dog days of summer



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

The expression “Dog Days” has been used in religion, spiritualism, and to joke about the hot and humid weather of summer. They are defined as “The hot, sultry period of summer between early July and early September. The Dog Star (Sirius) rises and sets with the sun during this time.” (The American Heritage Dictionary of the English language, copyright 2016.)

Since I retired, I purchased a very energetic dog (an Icelandic Sheepdog) who wants to go for walks every two hours or so. We have no fenced-in yard, so I must walk him most of the time, unless a family member takes a turn. This discipline has been challenging in my retirement, giving me exercise and strength I doubt I would have gained otherwise. I have enjoyed hiking most of

my life, and it’s a blessing, year around! The Icelandic breed naturally builds relationships with every member of the family. It didn’t take him long to learn how to get my attention when he needed a walk outside. I named my dog Pastor because it literally means “to gather, to feed.” The sheepdog helps the shepherd to gather the sheep upon good pasture where they can feed and then rest.

My dog will come and get my attention, sometimes placing his paw on my lap. At that moment, I only need to use one word; most often I will say “walkie?” and he will jump and turn back to me, which shows me I got it

right! Early in the day or late at night he will show me that he’s happy to take a long walk. If the weather is suffering hot or pouring rain, he wants to get back home, and I second the motion!



I catch myself talking to him like a close friend. At first I was embarrassed, but over time I have learned the words he has caught on to, like wait, stop, let’s go home, do you want a treat?

Rev. Gil Boersma, BBA, MDIV, is an Elder in the United Methodist Church, and a retired board certified chaplain. His wife Sara is retired from Muskegon Community Mental Health and offers counseling privately, part-time. Their two sons, one daughter-in-law and four grandchildren also live in Muskegon. Gil offers “spiritual direction” for those who have interest. You may contact him by email: boersmagil71@gmail.com

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

ANSWERS FOR GAMES ON PAGES 16 & 17

SCRABBLE GRAMS SOLUTION

I ₁	N ₁	S ₁	T ₁	A ₁	N ₁	T ₁	RACK 1 =	<u>57</u>
L ₁	E ₁	I ₁	S ₁	U ₁	R ₁	E ₁	RACK 2 =	<u>57</u>
F ₄	I ₁	R ₁	E ₁	L ₁	I ₁	T ₁	RACK 3 =	<u>68</u>
J ₈	U ₁	G ₂	U ₁	L ₁	A ₁	R ₁	RACK 4 =	<u>80</u>
E ₁	M ₃	B ₃	R ₁	A ₁	C ₃	E ₁	RACK 5 =	<u>63</u>
PAR SCORE 255-265							TOTAL	325

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Answers - Boggle Game:

BOISE SALEM DOVER HELENA
DENVER AUSTIN ALBANY

Answers - Jumble:

CROAK SIXTY KERNEL RATHER

The stone wall would
eventually get finished, in spite
of the — ROCKY START



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