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MARCH | APRIL 2021

Page 4 – Letter from Editor ■ Page 8 – What Does Spring Mean Spiritually?
Page 16 & 17 – Game Pages ■ Page 30 – Scams Targeting Seniors



PAGE
04



PAGE
18



PAGE
28

MARCH | APRIL 2021 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | |
|--|--|--|---|--|
| 04 Letter from the Editor
<i>by Michelle Fields</i> | 09 Early Memories
<i>by Dick Hoffsteadt</i> | 14 My Social Security
<i>by Vonda VanTil</i> | 22 Social Security Q&A
<i>by Vonda VanTil</i> | 26 Authors of West Michigan
<i>by Tricia McDonald</i> |
| 05 Announcement from the Sheriff's Department | 10 Senior Perspectives Recipes | 15 Zorro
<i>by Jerry Mattson</i> | 23 How Does Your Garden Grow?
<i>by Janet Hasselbring</i> | 27 Resilience and Hope Spring Forth
<i>by Beth Bolthouse</i> |
| 06 Words with Friends
<i>by Louise Matz</i> | 11 A Different Kind of Security
<i>by Christine Wistrom</i> | 16 Game Page | 24 It All Starts with a Good Foundation
<i>by Jan Smolen, DPM</i> | 28 Freedom at 16
<i>by Keith Sipe</i> |
| 08 What Does Spring Mean Spiritually?
<i>by Gill Boersma M.Div</i> | 12 A Dental Hygienist Gives a Haircut
<i>by Jackie Lindrup</i> | 18 Hooray for Hollywood!
<i>by Jay Newmarch</i> | 25 Workers in Your Home
<i>by Vonda VanTil</i> | 30 An Update on Scams
<i>by Joe Stapel</i> |
| | | 20 Wednesday Morning, 5 a.m.
<i>by Joel Dulyea</i> | | |

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JAN/FEB WINNER: BETTY TEN BRINK OF MUSKEGON

The Snowman was found on page 23 in wonderful winter story.

Letter from the Editor

Getting Creative During Lockdown



BY
MICHELLE
FIELDS

"I think I would like to express my creativity," is something I thought would never cross my mind. I have some talented friends who do beautiful scrapbooking, crocheting, and knitting, but that wasn't of any interest to me. I wanted to find something different. Something that challenged my brain, but was also modest enough to accommodate my ADD. (I get bored fast.) I suppose the craft boom was inevitable with much of the country on lockdown amid the COVID-19 pandemic, so thought it might be as good of time as ever to try something new. After searching

the Google, DIY Channel and HGTV websites, I decided to try my hand at basic quilting, rock painting and gardening. Here's my story.

Creativity #1: The Quilts

Several years back, I bought a basic Singer sewing machine from Meijer that was on clearance due to not having instructions or the manufacturer's box. I brought it home, set it up on my dining room table and then realized I didn't even know how to thread the machine. So, I pulled out my cellphone, opened my YouTube app and taught myself how to sew.

My first projects were going to be home-made quilts for my daughters-in-law Tricia and Dana. It was fun to pick out fabric prints to match their personalities. After five months of sewing, four broken needles, filling up the swear jar, and multiple band-aids, I was able to give these quilts as Christmas gifts to my girls.

Creativity #2: The Rocks

Next on my list was rock painting. While visiting my sister Marsha in Tennessee, I noticed some beautiful, flat, smooth rocks in her front yard. As I was flying home with only a carry-on, Marsha was gracious enough to ship me some. From there, I ordered a set of acrylic paint pens and started painting. Rock painting isn't my favorite craft to do, but it has been enjoyable and an excellent technique to blow off some steam. I find a glass of white wine will also help increase creativity.



Michelle with daughters-in-law Tricia (left) and Dana (right)



Backyard Heaven

welcoming atmosphere. And who would think watching hummingbirds could be so entertaining? I would suggest a red wine for hummingbird watching.

I've always wanted morning glories and have been envious of people who could grow them. After years of morning glory growing failure, we decided to start them as seeds indoors to see if this made a difference. It did. Once they were tall enough, we transplanted them outside and they were soon flourishing and looking sturdy. Until the deer found them. Wasn't eating my entire Hosta garden in the front yard enough? No! They had to venture into my back yard and devour almost every leaf from every plant. I almost cried thinking that another year of failure was going to loom over my morning glory garden. But Mike was not going to give up that easily, and built a 6' tall chicken wire fence around them. Thanks to his persistence and dedication, they survived and produced hundreds of the most beautiful dark pink flowers I've ever seen.



My Morning Glories

Our next job to tackle was our Concord grapes. For our anniversary gift to each other many years back, we purchased several Concord grape plants. For years we have combatted birds, deer and Japanese beetles, but decided this was the year we were going to have a good, no, GREAT crop of grapes. We started the summer by hanging Japanese beetle traps, weekly misting of Dawn dish soap and water to detract the deer, and placed a lightweight net overhead to keep the birds from eating the grapes. It all paid off in the long run, as we were blessed with a load of Concord grapes.



Concord Grapes from the garden

All in all, 2020 was a pretty creative year. Hoping 2021 will be the same.

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



Public Service Announcement from the Sheriff's Department

Your Sheriff's office wants to remind all residents that there are many scams that fraudulently solicit money from victims. The Sheriff and their employees will never contact citizens to request payments for outstanding warrants, bonds, or other court obligations. Additionally, they will never request that these obligations be paid with gift cards or via Venmo, Cash App, or other money transfer services.

Your Sheriff's office wants to remind citizens to be attentive to possible scams involving inheritances, lottery winnings, Publisher's Clearing House, or other prizes that they did not previously enter to win. Suspects will solicit funds from victims by claiming that they need to pay taxes or fees to obtain the proceeds of the winnings, inheritance, etc. The supposed winnings are never received by the victim.

Your Sheriff's office also encourages citizens to be aware of potential scams on romance/dating sites. Suspects pose as potential romantic partners and ask for money for travel expenses or fictitious emergency situations. The money is often sent to a third party and is not recoverable.

Your Sheriff's office reminds citizens to verify information prior to providing personal information to anyone over the phone or internet and to be cognizant of their social media and online activity.



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5

SENIOR PERSPECTIVES - LAKESHORE

Words With Friends



BY
LOUISE
MATZ

To my way of thinking, this game should be called “Scrabble with benefits.” Time is not a factor – no stress there. You may take a minute, an hour, or several days to make your move! And,

no more looking up words or challenging a word. You know if it’s an acceptable word (and the point value) before you hit the “play” selection. In fact, besides the point value of your word, the game will tell you if there is a higher point value word available. Do I have your attention? I thought so.

Anytime, and especially during social distancing times, this game is a lifesaver. You can exercise your brain, have fun, and visit with friends at the same time. In addition, if you play the game on your smart phone, you can play anytime and anywhere.

Did I mention the game is free? You can download the app on your phone for free. Search for Words With Friends 2. You could also go through Facebook and play on your computer or iPad. I recommend the smart phone.

Currently, I have 24 games going simultaneously, three or four with each opponent. Most players return play within 24 hours. You can select your opponents or have them selected for you. Personally, I prefer playing the game with people I know.

During social distancing, this game rates highest for me among the on-line games I’ve tried. But there are so many out there that I recommend you find one that suits you. If you have a smart TV, you have a big selection of games. As far as I know, none of them allow you to play with a live person. They do, how-

ever, challenge you, exercise your brain, and allow you to enjoy the thrill of winning. My favorites here are: TextTwist (a challenging word game), Solitaire,

the National MahJongg League rule card. The card can be ordered via www.nationalmahjonggleague.org.

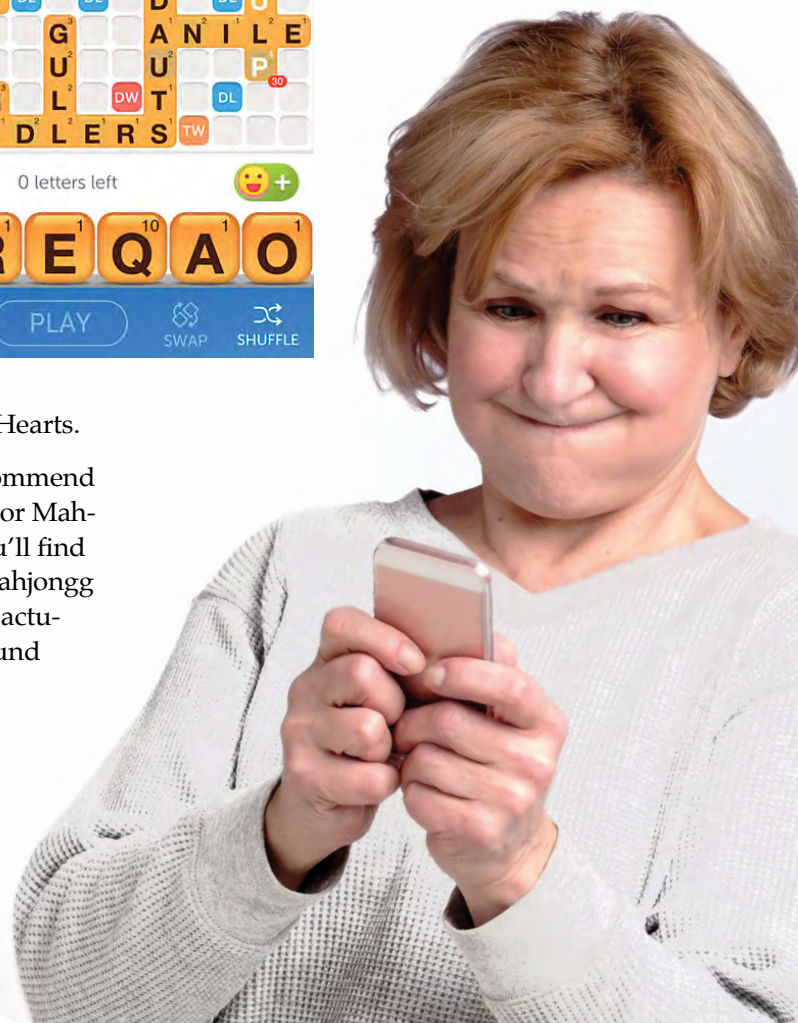


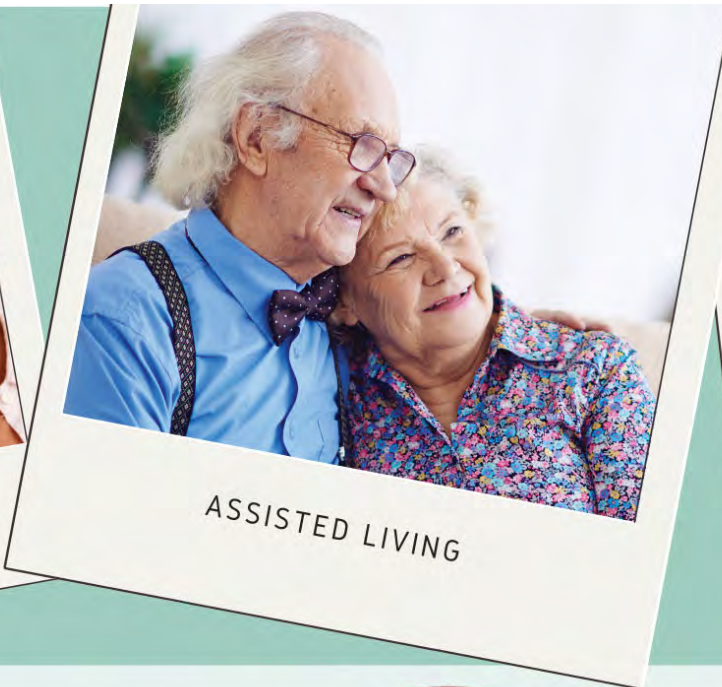
Note to readers: I'd welcome hearing from you about the on-line games you play. Please email comments to louisematz@yahoo.com

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.

World Poker Tour, Blackjack, Chess, and Hearts.

For play on your computer or iPad, I recommend Texas Holdem Poker, Cribbage, Solitaire, or Mahjongg. When searching for mahjongg, you'll find many games offered that are similar to mahjongg (matching tiles), but none where you can actually play the true game of mahjongg. I found two of these games. They both offer a free option but charge a fee for unlimited games. Also, you have the option to play with real people or robots. I prefer playing with robots as it makes for faster play. Mahjongg websites are: www.myjongg.net and www.realmahjongg.com. To play the game on either website you need to have





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What does spring mean spiritually?



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

Being born near, and living in and around the Great Lakes, we each may have our favorite activity for each of our four seasons. On the other hand, I have not met anyone who doesn't love seeing Spring come! This year, however, we will still be making decisions for ourselves and our families regarding what activities are safe due to the on-going threat of Covid-19.

Spring is generally viewed as the season of new beginnings. Plants and flowers bud and bloom, animals that were hibernating begin to awaken, and the number of people working outside or just enjoying a walk increases. What we know about faith reminds us that a life that is coming to an end can begin again. We know this story all year long, but the earth gives us a reminder that what was lost can return.

Alexander Pope, who lived from May 21, 1688 to May 30, 1744, is regarded as one of the greatest English poets, and he wrote "Hope springs eternal in the human breast." Saul Levine, M.D. in an article for *Psychology Today* entitled "Our Emotional Footprint," wrote: "Hope is,

of course, the belief one holds during difficult circumstances that things will get better. It is unique to our species because it requires words and thoughts to contemplate possible future events. Hope is a powerful life force that enables us to face and overcome challenges."

Recently I have been studying a service that explains the improved feelings and emotions we notice when we spend time outside on a good weather day in a beautiful setting. There are other sources of this knowledge, but if you want to look into what I found, go to heartmath.org. As their website explains: "HeartMath's research demonstrates that different patterns of heart activity have different effects on your thoughts and behaviors. As you bring your physical, mental and emotional systems into coherent alignment, you begin to experience increased access to your heart's intuitive guidance."

My favorite choice of activity for health, as well as for spiritual growth, is to go for a hike in the woods with my dog. My dog loves being off-leash whenever I can arrange this. I have found the North Country Trail in the Huron-Manistee National Forest, just north of the Muskegon River, provides my best opportunity. With my dog off leash, I can set my own pace. Of

course, I have trained him for this over almost 6 years of his life. I notice the results for my health (body, mind & spirit) by the clearing of my mind, the release of negative emotions, and the quiet freshness of my outlook and wellbeing. If my dog could talk I think he'd say, "Me too!"

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



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Early Memories



BY
DICK
HOFFSTEDT

The first seven and a half years of my life were spent on the south side of Chicago. Not too many years, yet filled with vivid memories.

My earliest remembrance is of a small apartment right next to the Illinois Central Railroad that ran between Chicago and New Orleans. Engineers waved to me, and I waved back. There was steam and soot and the sound of a forlorn whistle that told me my train was coming.

Two apartments later, my parents and I moved to the 8200 block of south Laffin Street, where my sister was born. A half a block away was Cook School where I started kindergarten in September of 1939.

We lived on the second floor and did not have a refrigerator, only an icebox. The iceman would only deliver a large block of ice if my mom put a sign in the window. On hot summer days, he would shave off slivers of ice for all the neighborhood kids.

Our apartment was heated by steam generated by a coal-fired furnace in the basement. Coal was delivered every two to three weeks and was dumped onto a chute through a window into the basement coal bin. We had a stoker that fed the coal into the furnace automatically. Steam was pumped into radiators that hugged the walls in various rooms. On top of each radiator was a pan of water that provided humidity in the winter.

My first movie experience was in 1940 when my dad walked me over to a theater that was showing *Pinocchio*. I still enjoy "When You Wish Upon a Star" with little Jiminy Cricket telling Pinocchio to let his conscience be his guide.

There was plenty of outdoor fun close by. A 23-acre piece of land called Foster Park was only a block and a half south of our apartment. It provided a gymnasium for indoor sports, playing fields and a large swimming pool. Halloween was special with a huge bonfire and a witch burning. I spent many happy hours there. It was part of the Chicago Park District which was founded in 1934, the year I was born.

My dad was a strong union man in the 1930s. He took me to union meetings. He also took me to where he worked at a forging company. Cinder floors, machines running off leather belts, the smell of hot steel and oil and extreme noise. It was also where he lost his right index finger.

Mom bought all her meat at a local butcher shop. A mysterious place for a five-year-old. Carcasses hanging from hooks and lots of sawdust on the floor to absorb the dripping blood. This was my first encounter with strange odors, but there was more to come.

Just a little north and west of us was a place called the "Stock Yards." It was a square mile of slaughter houses. Summer was bad. On a hot, humid day with a breeze coming out of the northwest, the stench was almost unbearable. It was better to play in the coal bin.

When I was seven or so, my dad moved us to the north side for a better job. Therein lies another story. I'll never forget my early years on the "South Side of Chicago."

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 65 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.



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Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Tuna Melt

Prepared by Cathay Thibdaue
Recipe by Chef John

- 1 (6.5 ounce) jar oil-packed tuna, drained
- 1 tablespoon minced green onion
- 2 tablespoons finely diced celery
- 2 teaspoons capers, drained
- 1 teaspoon Asian chili paste (such as Sambal Oelek), or substitute with Sriracha
- 2 tablespoons mayonnaise,
or more to taste
- 1/3 cup fresh mozzarella cheese
- salt and ground black pepper to taste
- 2 tablespoons softened butter, divided
- 2 thick slices French bread
- 1/4 cup shredded sharp white Cheddar
cheese, divided
- 1 pinch cayenne pepper, or to taste

Place tuna into a mixing bowl and lightly break apart with a fork. Add green onion, celery, capers, chili paste, and mayonnaise. Pinch off small pieces of the mozzarella cheese into the tuna salad and stir to mix. Season with salt and black pepper; refrigerate tuna salad until needed.

Heat oven broiler or toaster oven. Line

a baking sheet with aluminum foil. Spread butter generously on both sides of French bread slices. Broil buttered bread until golden brown on top, 2 to 3 minutes. Flip bread slices and broil other side until toasted, 2 to 3 more minutes. Remove from oven and turn bread slices over on the baking sheet so the darkest sides are on the bottom.

Gently spread tuna salad onto bread slices using two forks. Press the salad onto the bread and spread tuna all the way to the edges of the bread. Spread shredded sharp Cheddar over each sandwich. Dust tops with cayenne pepper. Place sandwiches under broiler and cook until cheese is melted and bubbling, 5 to 6 minutes.

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

Cornbread Croutons

Making cornbread croutons is an easy way to repurpose leftover cornbread, and they make a great addition to soups and salads. The cornbread should be cut into 1-inch cubes and left on the counter for one day to harden before baking. Depending on how much cornbread is left over, the proportions of oil and spices can be adjusted up or down.

- 2 1/2 cups cubed cornbread
- 2-3 tbsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp black pepper

1. Preheat oven to 400 .
2. Add olive oil, garlic powder, and black pepper to the cubes and stir to mix. This step can be done in a bowl, or, to save on dishes, in the glass pan or the baking sheet the croutons will be baked on.
3. Bake for 12-15 minutes, stirring once half way through. They should look golden brown when done.
4. 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 congregational and home delivered meal partners in a nine-county region



BY
CHRISTINE
WISTROM

A different kind of security

It's happening all too often these days. It happened to me recently; someone hacked my debit card and used the information to buy things and

pay for them using my bank account. What a surprise that was when I realized what was happening! It's called "identity theft" when someone uses your private information, such as credit card or Social Security numbers or other personal information, to buy items or open new accounts. They can even use your information to get a tax refund...YOUR tax refund. The sad thing is, it's happening more and more these days.

How will you know when you've been hacked? Look at your bank or credit card statements for charges for things you never purchased. Or, you may receive a notice from the IRS, or find unfamiliar accounts listed on your credit report. There may be withdrawals from your bank account you knew nothing about, or you might be billed for things you never purchased or get a call about a debt that isn't yours. Some of the perpetrators will keep the transactions small so you don't notice that your bank account is slowly being bled away.

When you find yourself in this situation, you can use IdentityTheft.gov for help with correcting the problem. This website has steps listed to guide you in how to limit the damage, including

contacting the companies of the accounts that were hacked, and placing a fraud alert on your credit reports. It's a good idea to keep track of those credit reports too, so you can be sure the damage has stopped. You may need to close the credit card accounts that were hacked and open new ones, and think about changing your PIN, too.

Consider filing a report with the FTC and contacting your local police department. Having a report on file may help you avoid paying for those charges. IdentityTheft.gov will guide you through the steps you need to take to protect yourself. Their website offers checklists and sample letters to assist you in rectifying the situation.

Identity theft can happen to any of us, but there are steps you can take to prevent it from happening to you. Be sure to read your credit card, bank statements, and health insurance statements each month, and shred any documents with personal and/or financial information on them when you're done - don't just throw them away. Thieves aren't above going through your garbage to get the information they need.

Check your credit reports (go to annualcreditreports.com to get your free reports). Beware of anyone who calls you asking to verify your account information. This is a scam, also known as "phishing" that thieves use to get you to reveal your private information.

Hacking has become a common occurrence these days, one you don't want to be involved in. Watch your accounts and act quickly when you see something suspicious, so you don't become a victim of fraud.

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



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<input type="checkbox"/> SHAWL I & II, Pg 12	<input type="checkbox"/> DaySpring, Pg 30
<input type="checkbox"/> Darley Village, Pg 14	<input type="checkbox"/> Oceana County MCF, Pg 31
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A Dental Hygienist Gives a Haircut



BY JACKIE
LINDRUP
RDH, M.Ed.

My sister Barb and I have visited my 96-year-old dad at Porter Hills in Grand Rapids several times a week ever since Mom died a few years ago. Then the Covid-19 pandemic hit and visitors were not allowed inside anymore. Large signs at the front door banned our entering, even to use the restroom! Things were dire. When Barb grocery shopped for Dad, she left the bags with a check in person at a desk three buildings away. They processed the groceries and sent them up to Dad's

apartment via a delivery / maintenance person who brought them in for Dad and put them on the kitchen counter. All sorts of safety measures were in place.

We noticed that Dad's hair was getting long and he was beginning to look like an orchestra conductor. He had wings shooting out over his ears when he wore his golf cap. About two months into the "Stay at Home" orders from the Governor in Michigan this spring we began meeting with our masks on, outside by the pond in front of Dad's building. It was fun to be able to see each other and speak, even though it was through our masks, and sitting six feet apart. We alternated bringing a big

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chicken Caesar salad from Applebees, and fixing turkey sandwiches and slices of watermelon from home. At the second meeting I brought my battery-operated trimmer, brush, and scissors to see if I could shape up Dad's hair, although as a dental hygienist, I'd only trimmed my own bangs. I am not sure why we even had a hair trimmer at home!

As soon as I threw a towel over Dad's shoulders and started buzzing over his ears, people's ears perked up. When I dared look up three women were standing about 25 yards away watching, and two others were seated on a bench at the pond. With almost no experience at this, I tried to cut Dad's hair as fast as I could, while trying to be invisible. I hoped

most of my body was at least a few feet away from my 96-year-old Dad! As the hair flew and a new shape emerged, Dad actually dared to take off his golf cap. I finished up around the edges, hoping for some kind of even look and whipped the towel off and shook off the gray hair towards the pond! Voila! I hoped no one was going to report us or fine us or arrest us! The smile on his face was my reward! Then Dad said he wanted us to check his car to see if the oil level was good. We opened the hood, wiped off the oil stick and dipped it back in. It was perfectly full! Then he said "I'm going to put my car in the garage and go take a snooze. Thanks for the great lunch and the haircut!"

The next day Dad told me he was a celebrity! People had been asking for his autograph all day and admiring his new haircut. We weren't going to be arrested after all! As Dad would say, "We dodged a bullet!"

Jackie Lindrup is a retired dental hygienist



who lives in Harbour Towne in Muskegon with her husband Tom. They enjoy hiking, biking and travel. She is also the Board President of Volunteer for Dental, a local non-profit where community residents can earn their dental care through volunteering for other local non-profits.

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BY
VONDA
VANTIL

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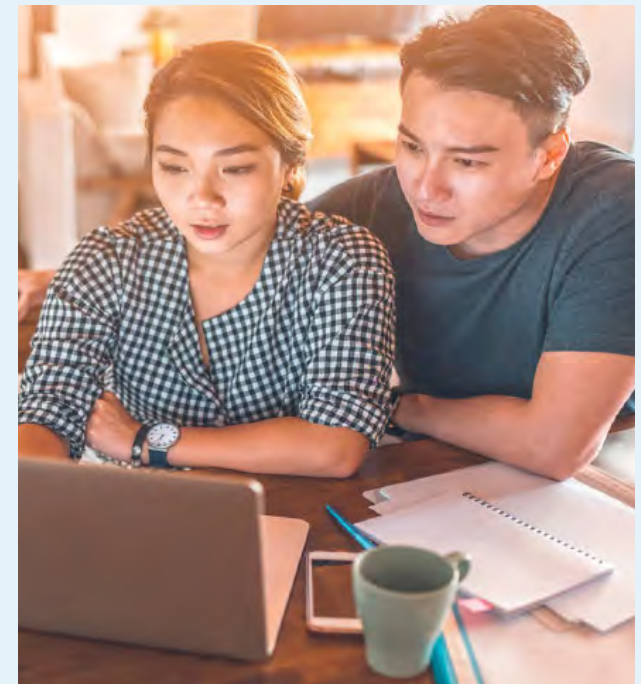
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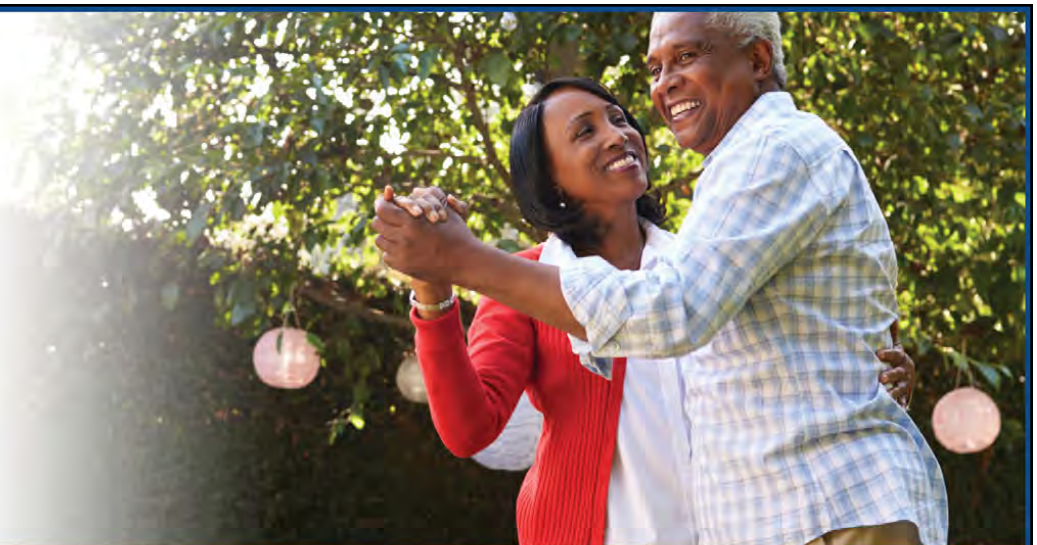
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Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.



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Zorro

BY
JERRY
MATTSON

The ABC television series, *Zorro*, left its mark on those who watched the original broadcasts from

October 10, 1957 to July 2, 1959. The American Spanish action-adventure series was produced by Walt Disney Productions and starred Guy Williams. A total of 78 episodes were produced, 39 aired in each of the two years it ran.

We got our first TV, a black and white RCA floor model, in 1958. I was in the eighth grade then and after school I walked the quarter mile home, not waiting for the bus, to catch *American Bandstand*, *Sky King*, *The Lone Ranger*, *Roy Rogers* and *Zorro*, some cartoons and other shows became favorites.

According to Wikipedia, "The show (*Zorro*) was very popular, especially with children, and its theme song was a hit for The Chordettes, peaking at #17 on the Hit Parade. It also created a problem with 'Z' graffitiing on school desks and walls across the United States."

Younger generations got to enjoy watching reruns on the Disney Channel starting in 1983 and colorized episodes after 1992.

When we were kids, we all had cap guns and holsters and often played

"cowboys and Indians." With an introduction to *Zorro*, wooden swords were fashioned, and we would slash the ground, leaving our version of the Z he slashed to display who had done a mysterious deed in the show.

This recent interest in *Zorro* was stirred by a phone call I got on December 28, 2020, from Jim Foote. He and his wife, Donna, are the current owners of the house I grew up in, north of Manistique. He had left a message asking me to call him back.

"Do you remember when the paneling was put up by the stairway?" he asked.

I had to think back several years. "Probably around 1960," I said.

"I thought it might have been about then," he said.

He then explained why he had called. They were removing the old paneling and filling the nail holes. Jim and Donna plan to restore some wood trim, repair cracks in the plaster walls and repaint the stairwell. She was working, partway up the stairs, when Jim asked her, "Did you do this?"

"Do what?" she asked.

"This," he said pointing to the wall near the bottom of the stairs.

There, on a previously repaired area,



in small penciled letters was the word "Zorro." Next to that was the word again, scratched into some patching compound. Each word had the distinctive capital Z.

"I didn't do that," said Donna.

"I'll call Jerry and talk to him about

this," Jim said.

We talked a bit and I told him that either my brother Jim or I had surely done the deed. Maybe we each did one? It would have been done while my dad was putting up the paneling. This was verified later as a photo showed that the wall where the names were had never been painted.

Why did Jim suspect that Donna had embellished the wall? It was because another member of their family, their black Labrador, is named Zorro.

Jerry got another Zorro reminder while working the December 30 daily crossword calendar page. The 38 across clue: "Masked swordsman." Now, back to the mystery movies on the Hallmark Channel.

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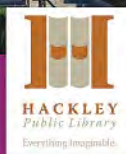


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GAME PAGE



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□	□	□	□	□	□	□	□
E ₁	O ₁	S ₁	G ₂	D ₂	S ₁	D ₂	RACK 1
□	□	□	□	□	□	□	□
A ₁	A ₁	E ₁	I ₁	S ₁	N ₁	M ₃	RACK 2
□	□	□	□	□	□	□	□
E ₁	O ₁	O ₁	K ₅	L ₁	T ₁	B ₃	RACK 3
□	□	□	□	□	□	□	□
A ₁	E ₁	O ₁	L ₁	G ₂	W ₄	F ₄	RACK 4
□	□	□	□	□	□	□	□
A ₁	A ₁	D ₂	K ₅	R ₁	W ₄	W ₄	RACK 5

2nd Letter Double

Double Word Score

PAR SCORE 260-270
BEST SCORE 291

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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09-06

JUMBLE

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

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

ZORRA	□	□	□	□	□	□
TIHAF	□	□	□	□	□	□
COREKT	□	□	□	□	□	□
ROMMEY	□	□	□	□	□	□

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

JUMBLE

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

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

GATR N	□	□	□	□	□	□
NHORO	□	□	□	□	□	□
TISNIS	□	□	□	□	□	□
DORNET	□	□	□	□	□	□

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

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

3rd Letter Double

1st Letter Triple

PAR SCORE 265-275
BEST SCORE 326

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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08-23

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

Senior Perspectives
Game Page Answers on Page 31



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.

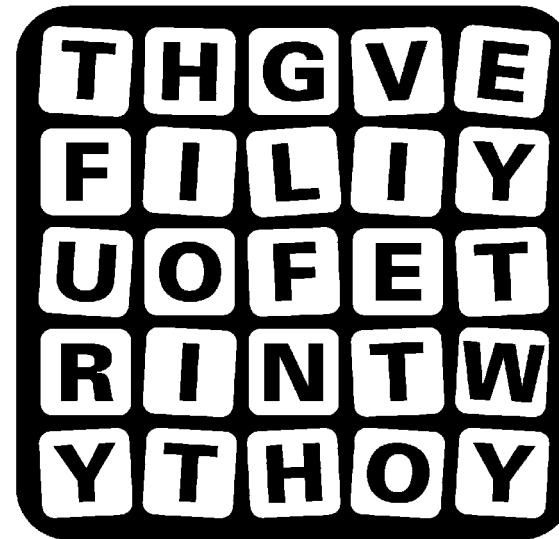
BOGGLE POINT SCALE

- 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 NINE EVEN NUMBERS in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:
BLUE BEIGE WHITE MAUVE INDIGO ORANGE

5-3-20

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BY
JAY
NEWMARCH

Hooray for Hollywood!

As the days start to turn colder and shorter, what's better than a trip to La La Land. Well, at least before COVID. My trip, not long before lockdown, included a couple of days in Hollywood. Our hotel was right off Hollywood Boulevard, offering both easy access to many sites as well as a great view of the Hollywood hills. The giant Hollywood sign and Griffith Observatory were prominently visible right outside our hotel window. Not a bad backdrop for our visit.

Soon after arriving, we found ourselves walking down Hollywood Boulevard, stopping to taking in the names of the stars placed in the pavement -- John Wayne, Marilyn Monroe, Fred Astaire and Judy Garland to name a few. It was great fun to pick out the stars as we walked past sites such as the Pantages Theatre, Roosevelt Hotel and the Capitol Records Building. And, in between you're able to see a funky mix of eateries and shops, too.

On the way back, we cut over to Sunset Boulevard and passed some other landmarks like Hollywood High School, Amoeba Music and the Hollywood Palladium. Later, by car, we headed further down Sunset Boulevard and visited Roxy Music and Whisky A Go Go. If you're really ready for a hike, you could take those in by foot, but they were a considerable distance from our hotel. If you staying in that area of Los Angeles, make sure to visit the Hollywood Farmer's Market, too. Great people-watching and a number of places to eat that allow you to sit and people watch while you eat.

A short drive to Beverly Hills was also on our agenda. We took some time gawking at the cars and people. It was fun to stroll past the iconic Beverly Hills Hotel, too. We tried to get up the nerve to walk in, but the staff at the door looked foreboding.



We were quite sure we wouldn't look like we belonged. Instead, we visited the park across the street and watched the lucky ducks who call Beverly Hills their home. We continued on to a bus stop, took a seat and made our reservations for the next day's Warner Bros. studio tour. The bus stop shelter looked like a small cottage and was as big as some studio apartments. Even the bus shelters in Beverly Hills are a cut above!

A studio tour -- pick your favorite -- offers a great behind the scenes view of the movie-making industry. It's fun to find yourself in the middle of a jungle scene one minute and then turn a corner and you're standing in the middle of Wisteria Lane, home to those desperate housewives. Further along on the tour, we were able to watch crew members transform a



street scene in front of our eyes. From large rolling carts they were picking new signage, light fixtures, hardware and streetscape items to create a whole new look.

A tour through the shops and storage provided glimpses of sets in construction and items familiar to any movie enthusiast. I caught sight of items used in *Men in Black*, *Bladerunner*, *Inception* and the ever famous "naughty" leg lamp from *A Christmas Story*. We had a chance to have our



photos taken on the set of *The Big Bang Theory* and walk through Central Perk from the series *Friends*. It's a few hours that you won't regret. Great nostalgia and lots to look at.

After the studio tour, we were off to the La Brea Tar Pits. The tar pits were the final resting place for dinosaurs and other animals that made the unfortunate choice to wade in long ago. A great method of preservation, many prehistoric bones have and continue to be excavated at the site.

From the moment I heard about them when I was a child, I had always wanted to visit. I wasn't sure if it would live up to my expectations, but I must say it is a great museum. The size is quite manageable, too. Do take a walking tour. Even though it was a very hot, sunny day, we took the guided tour and had no regrets. You'll see previously excavated sites as well as those that are still being explored. It's amazing to see.

Having the hankering for good old-fashioned Mexican food, we had lunch at El Coyote Cafe. A Los Angeles staple from the '30s, it is infamous as the site of Sharon Tate's last meal before her deadly encounter with the Manson Family in her Hollywood Hills home.



Speaking of the Hollywood Hills, brave the traffic and winding narrow roads as they snake up through the hillside. We made a drive through Laurel Canyon, famous as a music enclave for many of the music greats of the '60s and '70s music scene like Cass Elliot, Joni Mitchell, Carole King, Jackson Browne and Linda Ronstadt, to name a few. And, from there, a trip up Mulholland Drive provides an incredible view of Hollywood and Los Angeles. You'll also find Griffith Observatory and Griffith Park up in the hills. We drove up there, but didn't stay. I'd suggest you arrive early and plan on spending

some time if you decide to visit. The parking was a nightmare. It seemed as if everyone wanted to be up there.

There are so many great, kitschy spots to find in and around the Hollywood area. Portions of it seem like a time capsule from the '30s and '40s, while standing right next to some gleaming modern building. We only had a couple of days, but they were filled with great sights and tastes. I definitely want to go back and continue my exploring once we have COVID-19 behind us.

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.



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Wednesday Morning, 5 a.m.



BY
JOEL
DULYEA

I awoke early again. Coffee in hand and books beside me, I sat in a wingback chair, wrapped in a blanket. My feet were warm, nestled in new slippers, a Christmas gift courtesy The Vermont Country Store. My old slippers needed to be retired, but I had resisted parting with them until the soles separated and the stitching unraveled. It seemed an appropriate metaphor to muse upon in the new year.

To my surprise I discovered in L. Frank Baum's novel, *The Wonderful Wizard of Oz*, that Dorothy wore Silver Shoes, not slippers. The movie version changed her footwear to Technicolor ruby slippers. The word "Wonderful" is also missing from the movie title. How does a shoe morph into a slipper? In my fertile imagination, I see a flying monkey in Nikes running away with Dorothy's shoes. So, she laces on a pair of Ruby Reeboks and skips down the yellow brick road with her pals. Together, they are off to see the wizard while singing the novel's title. High-heeled slippers seem overkill for yellow bricks, or for cold mornings before breakfast.

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The 1965 musical adaptation *Cinderella*, by Rodgers and Hammerstein, introduced Lesley Ann Warren in the title role. It was broadcast for ten years in a row, leaving its imprint on young boys and girls. Of course, the story includes a glass slipper which fits the heroine and rescues her from servitude to her wicked stepmother and scheming stepsisters. Prince Charming and Cinderella lived happily ever after, so it seems.

The story of Cinderella is more complicated than one might think. Its roots are ancient. It is a folk tale that morphs its way through centuries, beginning with the Greeks and Romans, and was told in China, Vietnam and Europe. The Brothers Grimm published a version. Another slant was told in Italy. A seventeenth century Frenchmen introduced into the story the glass slipper, which most Americans are familiar with due to Disney's animated version. The story has been with us so long, present within so many cultures, that I wonder if it must be saying something universal or essential to us. Could it be that human beings, overwhelmed by circumstances, need stories to help us on our way? Questions arise that range from, "Is there such a thing as happily ever after?" to, "Do stories give voice to the secrets inside us?" In the Brothers Grimm version, the stepmother advises her oldest daughter to cut off her toes so a golden slipper will fit, a gruesome but memorable account. What message do we find in this rendition? If the shoe fits wear it? In what little I have read, the moral of the story shifts between different versions. I found that useful, for life can be extremely complicated, and living is more difficult than trying to discern



the difference between a shoe and a slipper.

During the coronavirus era, most activities seemed mundane or unremarkable. But delight in familiarity included trips to Dulyea's Hair Design and it felt good to be less shaggy. With masked trips to Meijer and Montague Foods, new recipes were tested. During an appointment at Dr. Ferguson's office, as she worked, a substitute hygienist regaled me with directions to make chocolate bombs. It is comforting to know that as the year 2020 unraveled, people took proper procedures to ensure our mutual safety. Dorothy was right. There is no place like home. This should comfort us as we forge ahead. May our new footwear fit,

slippers or shoes; and may wisdom direct our choices. Now it is time for a nap.

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.

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BY
VONDA
VANTIL

You can find the Retirement Estimator at www.socialsecurity.gov/estimator.

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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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How Does Your Garden Grow?

V – Lent and Easter “In the Garden”

BY
JANET
HASSELBRING

1. My Garden

“I come to the garden alone
While the dew is still on the roses
The voice I hear, falling on my ear,

The Son of God discloses.
And He walks with me and He talks with me
He tells me I am His own.
And the joys (*sorrows*) we share, as we tarry there
None other has ever known.”
(“*In the Garden*,” verse 1, C. Austin Miles, change mine)

In this hymn, Miles describes the first Easter morning in the garden where Jesus was buried, when Mary, mistaking Jesus for the gardener, walked and talked with her risen Lord. The hymn is often dismissed as sentimental and unfit for vital corporate worship; however, Miles intends us to see Mary’s experience as one relived by anyone who confronts Jesus and realizes His presence in the daily “gardens” of their lives, reinforcing the truth that faith is a deeply personal experience.

In 2021, Easter will fall on Sunday, April 4. For many, the joy of Easter is directly proportionate to the solemnity of Lent. Only when we realize the deep anguish of the cross – “My God, why hast Thou forsaken me?” – can we exclaim in joy and wonder, “He is not here; He has risen!”

2. The Garden of Gethsemane

Jesus, forsaken by His disciples, struggles to accept the Father’s will that He suffer death and crucifixion. In His presence, I share my struggles, disappointments, and grief at those loved and lost, the most recent, the sudden death of my beloved Welshie, Maggie May, who left us much too soon.

“The Dying’s have been too deep for me; before I raise my heart from one, another has come.” (*Letters*, Dickinson) The word “deep” aptly invokes a vision of Emily Dickinson drowning in a pile of loved ones. I know the feeling.

“One day in March 1912,” C. Austin Miles recalled, “I picked up my Bible; it opened to my favorite chapter, John 20 – the meeting of Jesus and Mary in the garden.

As I read, I became part of the scene, a silent observer to that moment when Mary knelt before her Lord. Under the inspiration of this vision, I wrote the words of the poem, and that evening composed the music.” (*Forty Gospel Hymns*, Sanville)

Throughout the hymn, Miles uses the senses to create an intimate atmosphere. The “dew” depicts both a glistening visual and implied dampness in the air. The auditory effects, he “speaks,” and “sings” add to the distinct feeling that Mary’s encounter could be ours.



3. The Garden Tomb

Easter morning. The stone is rolled away; the tomb is empty.

“...the melody He gave to me, within my heart is ringing.” (verse 2)
“I’d stay in the garden with Him,
Though the night around me be falling,
But He bids me go through the voice of woe,
His voice to me is calling.”

...The joys we share... (Verse 3, “*In the Garden*”) In His presence, my sorrows turn to joy, and a melody rings in my heart. I realize, “How

lucky I am to have loved so many, I miss so much.”
(Winnie the Pooh)

I could stay with Him in the Garden Tomb forever, but



it’s not to be. The spell is broken. He “bids me go,” and take up the burdens of life, but with the Easter promise that “because He lives, we too shall live.” This life is not the end. Eternity awaits and one day all will be redeemed. I’ll be reunited with those I’ve lost -- even Maggie May.

“I come to the garden alone...” This year, keep Easter alive by “walking and talking” with Jesus, in the routines -- the “gardens” -- of daily life.

Note: Meeting with God is not a matter to be taken lightly. Aslan, a lion, is the God-figure in C.S. Lewis’s *The Chronicles of Narnia*. When Lucy and Susan are to meet Aslan, Susan says, “Ooh...I’d thought he was a man. Is he – quite safe? I shall feel rather nervous about meeting a lion.” “That you will dearie, and make no mistake,” replied Mrs. Beaver. “If there’s anyone who can appear before Aslan without their knees knocking, they’re either braver than most or else just plain silly.” (*The Lion, the Witch, and the Wardrobe*)



Janet lives in West Michigan with her husband, Don, and Welsh Terrier, Snack. She loves singing, biking, swimming, hiking, doing therapy work with Snack, playing bridge, Scrabble, and Mahjonn, and is a tennis and pickleball junkie. She drags herself off the court occasionally to write. Her piano gets lonely because she chooses to whack fuzzy yellow balls and noisy popping pickleballs instead of tickling its ivories.



BY
JAN
SMOLEN, DPM

It all starts with a good foundation

Every week I hear stories of patients who have had a fall, and I always ask how it happened. What I hear is this: "I was trying to carry in too many boxes from the car" or "I was walking too fast and missed the last step on the stairs" or "I slipped on the ice getting the mail

and the throw rug threw me to the ground." I decided to do some research to see if there was scientific evidence that foot deformities and foot pain can increase the risk of falling. I found some shocking statistics.

According to the Centers for Disease Control at cdc.gov, the injuries that occur from falls are fractures of the hip, ankle, arm, wrist, and head injury. After a fall the fear of falling again causes people to cut back on their daily activities so they become weak and their risk of falling increases:

- 300,000 people per year fall and fracture their hip.
- 3 million people visit the emergency department for fall-related injuries.
- 800,000 people are hospitalized for injuries from falls per year.

In 2015 \$50 billion was spent on medical costs, with Medicare and Medicaid taking the brunt of these costs.

I dove into the literature some more to find The Framingham Foot Study that had 1,375 people participating, both men and women. They found that Pes Planus, or flat feet, increases the risk of falling by 78%, and foot pain increases the risk of falling by 62%.

So, what should you do with this information? If you have Pes Planus or flat feet see a Podiatrist. Flatfoot deformity is treated with orthotics. either over the counter or custom made, orthopedic shoes, braces, high top shoes and physical therapy. Foot pain can be caused by bunions, hammertoes, corns and thick long fungus toenails. There are treatments for these also, so don't ignore the pain.

The Harvard Health Letter from Harvard School of Medicine, November 2011, which also agrees that foot pain and deformity does increase risk of falling,

reviewed some other studies. They found that wearing correctly-fitting comfortable shoes, either orthopedic or running, helped. People were less likely to fall when they wore shoes inside the house, rather than wearing slippers, socks or going barefoot. They also found that when people did simple foot and lower leg exercises to remain flexible and strong, they were less likely to fall.

Here is the takeaway. Find a good shoe store and have your shoes fitted correctly. If you need an orthotic get one. Address your foot pain. If you feel unsteady, use a cane, walking stick or walker. **WEAR SHOES IN THE HOUSE.** Clear away all the clutter in your house, including throw rugs. Make sure the lighting is good in your house. Put up handrails. Convert your bathtub to a shower. Don't go out to get the mail if it's icy. It's just not that important. The exercises I recommend for foot and leg flexibility and strength are the following:

1. Trace the ABCs with your toes
2. Put a towel under your feet and scrunch the towel up with your toes.
3. Do 50 ankle pumps (like pumping an accelerator up and down) with your ankle
4. Do 50 leg lifts
5. Take an exercise class or yoga class for seniors. Your local senior center may have information on these.
6. If you still feel unsteady walking, talk to your health care professional about a physical therapy referral for gait training, balance training and muscle strengthening.

Jan Smolen DPM is board certified by The American Board of Podiatric Surgery and is a Diplomat of the American College of Foot and Ankle Surgeons. She enjoys running, biking and kayaking with her husband and watching her three children in their sports. She is a physician at Shoreline Foot and Ankle Associates with offices in Muskegon, Fremont, New Era, and Ludington. www.shorelinefaa.com.



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Workers in your home and Social Security



BY
VONDA
VANTIL

Do you plan to pay a cleaning person, cook, gardener, baby-sitter, or other household worker at least \$2,300 in 2021? This amount includes any cash you pay for your household employee's transportation, meals, and housing. If you will pay at least \$2,300 to one person, you have some additional financial responsibilities.

When you pay at least \$2,300 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.
- Pay these taxes to the Internal Revenue Service.
- Report the wages to Social Security.

For every \$2,300 in wages, most household employees earn credits toward Social Security benefits and Medicare coverage. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits for the worker and the worker's dependents.
- Survivors benefits for the worker's family.
- Medicare benefits.

You can learn more about reporting household worker income by reading Household Workers at www.ssa.gov/pubs/EN-05-10021.pdf.



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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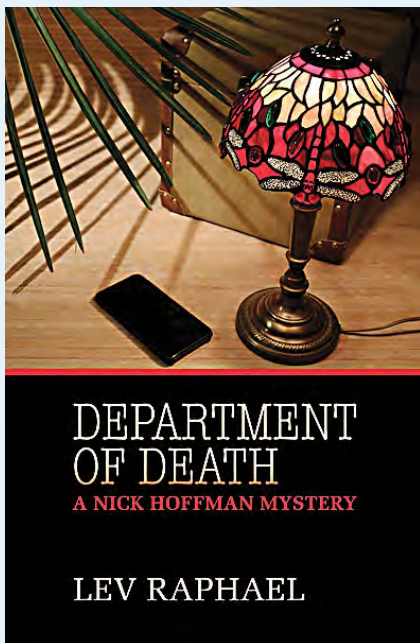


Authors of West Michigan Childhood Begets Inspiration

BY
TRICIA
MCDONALD

After 26 published books in a dozen different genres, it must be hard for Author Lev Raphael to develop new ideas, right? Wrong! “As for ideas?” Lev says. “Honestly, sometimes I feel like I’m an airport, and the planes are backed up for miles, circling, waiting to land.”

Inspiration for Lev can come from a story he overhears, something read in the news, a twist in one of his own books, or his travels. Those travels include readings of his memoir *My Germany* in Canada, Germany, and the United States. *My Germany* explores the role Germany played in Lev’s life as an author who is the son of Holocaust survivors. His readings even included one in the German



language, which was an “amazing experience.”

Being read to by his late mother inspired Lev’s love of the “magic of storytelling.” Weekly visits to an early 1900s library, which was “as beautiful as a cathedral to me,” further encouraged his muse. If this wasn’t enough inspiration, his childhood home was filled with books in various languages. Growing up in a multilingual family, language clears Lev’s mind and takes him away from chaos. Language immersion is deeply comforting and “makes me feel at home.” Is it any wonder his words have been translated into fifteen languages?

Just as creators of songs, sculptures, or paintings see the world through their artistic views, Lev had a desire to turn the world into words. He wrote his first short stories in second grade but didn’t stop there. After teaching at the university level, Lev quit to write full-time. He gave himself two years to sell a book and received lots of rejections. Lucky for his readers, he made it “just under the wire.”

His advice to new writers? “Be patient; be very patient.” As with his career experience, Lev reminds writers that overnight success is rare. He encourages writers to read, including a poorly done work “because you can learn a lot from an author who’s a dud.” Lev likens a writing career to the stock market, “subject to wild swings



that are out of your control.”

Lev grew up in Manhattan and came to Michigan to do doctoral work at Michigan State University. He fell in love with the state and stayed. A spectacular drive across the Mackinac Bridge at sunset confirmed that Michigan was home. He and his partner of 36 years spend their time with two West Highland White Terriers. The dogs are half-brothers, and “watching them interact is like a *Nature* special on PBS,” Lev says.

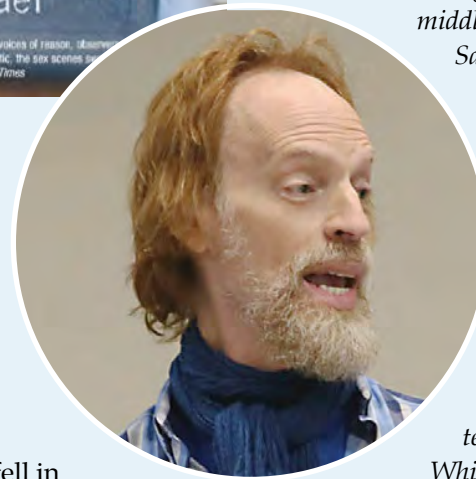
Having turned in his 10th mystery (and 27th book) just before the

pandemic hit, Lev is taking some time off from writing. Instead, he is switching between German and Dutch lessons. “I study the culture along with the language, so each lesson is like a vacation.”

Lev’s latest work, *Department of Death*, will be released in April of 2021. Mystery readers who enjoy satire or mysteries without gore should check out Lev’s Nick Hoffman series. www.levraphael.com

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. www.triciamcdonald.com

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Resilience and Hope Spring Forth



BY BETH
BOLTHOUSE,
MA, MS, LPC

Every January I begin a “countdown to spring” on my Facebook page which receives various comments. Some people refute it with “I love winter” type of feedback; others express love for warmer weather, tulips and sunshine; and every so often there’s the laughing face which seems to have a variety of meanings.

Spring is something that most folks look forward to – the first robin, a crocus emerging from snow, a round of golf with friends, and returning to warmer weather. It’s the hope of spring that seems to connect with those of us who get tired of the cold and snow. And along with hope, spring points us to resilience.

Resilience is something often misunderstood. Some may think it’s a “pull up your bootstraps” mindset to hurry up and get on with life after something has tried to sideline you. Others may feel they don’t have resilience, based on struggles with negativity.

To begin, let’s look at what resilience is NOT. It is not recovery, which refers to returning to normal. It is also not resisting the negative effects of a significant event. Often people think if they don’t think about what happened, everything will be okay. However, this usually backfires because what’s unresolved tries to get attention until we are forced to face it one way or another.

Resilience is something which means simply, “dynamic processes that lead to adaptive outcomes in the face of adversity” (Lepore & Revenson, 2006). It gives us the ability to adapt to changes while we are going through difficult circumstances. It also enables us to reconfigure or change our thinking, beliefs, and behaviors so that we can adapt to what’s happening now, and be better able to deal with future loss or changes that will continue to take place as we live our lives.

The past 12 months were filled with many changes – most especially due to the pandemic that took over our world. We’ve lost loved ones who died from a variety of causes including COVID-19; we’ve gone through long periods of isolation, not being able to go out to eat with friends, give each other hugs, have family and others visit in our homes; we’ve missed going to religious services or concerts or art fairs. It’s been devastating and overwhelming.

The reality of being here now, however, is perhaps a significant sign that we are resilient – even if we don’t feel like it. We have faced the reality of the many losses and found ways to cope. We have used technological tools like Wi-Fi, Zoom, cell phones and other means to stay in touch with our loved ones. Perhaps we’ve taken



up new hobbies, or made new friends through virtual meetings and visits. This doesn’t mean we’ve liked the way things have changed or what we’ve had to do to adapt. It does mean that we’ve decided to find purposeful ways of living even in the midst of dire circumstances.

It also means that we have not given up hope. We don’t know what’s going to continue to unfold in our world, but we can choose our perspective and how we will deal with it. Hope gives us a sense of empowerment and joy that our circumstances cannot defeat. Just like spring, which pushes through winter so that life can be more visible, resilience opens up more hope so our life can be more meaningful than it ever was. We won’t go back to what used to be; there will still be sorrow and pain and grief, but perhaps we will also have joys we would not have experienced, too.

Lepore, S. J., & Revenson, T. A. (2006). Resilience and Posttraumatic Growth: Recovery, Resistance, and Reconfiguration. In L. G. Calhoun & R. G. Tedeschi (Eds.), *Handbook of posttraumatic growth: Research & practice* (p. 24–46). Lawrence Erlbaum Associates Publishers.

Beth Bolthouse, a Bereavement Counselor for the Scolnik Healing Center of Harbor Hospice has been in her counseling profession since 2003. She has a Masters of Counseling from Cornerstone University and Masters of Science in Thanatology from Marian University. She is an avid lover of dogs, the arts and West Michigan.

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Keith's World

Freedom at 16



BY
KEITH
SIPE

After my grandfather passed away, my dad had the chance to purchase his car. It was a 1957 Oldsmobile Super 88, green over white. It was the family's second car for the most part. But once I was 16 that Oldsmobile came in handy. Might even say it was my first car.

In my younger years it seemed everyone just couldn't wait for their driver's license. I always thought that if my parents were farmers, maybe I would have been able to drive earlier than 16. You see, in farming communities kids were driving tractors and trucks all over the farm and learned at a very early age.

I drove every once in a while before I was 16; my parents seemed interested teaching me. I remember sitting on my dad's lap and steering the car. No, not aiming the car. Of course, this was on back roads where there wasn't much traffic. Driving at an early age surely helped when taking drivers training. I was more prepared for the adventures in driving.

When you turned 16 with a driver license in hand, you found this new freedom. You could go anywhere, and I truly enjoyed the freedom.

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9 ^{OUT} OF 10 SENIORS



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The 1957 Oldsmobile was a thirsty car to drive; it just loved gasoline. I remember my dad saying that he had to turn the car off while filling, for if he didn't, he could never fill the gasoline tank up. Of course, he was exaggerating--a little anyway. Back in then, gasoline was around 27 cents a gallon. I found that when I went out for a cruise in the Oldsmobile, it was very difficult to pass a gas station. The steering wheel seemed to pull towards the gas station. I had to fight it every time.

Even at 27 cents a gallon, it still was a lot of money for me. At the age of 16, I had this summer job paying 75 cent an hour -- big bucks! At the age of 17, my second job paid a buck an hour. Nine-hour days and... well, you can figure that at a buck an hour it wasn't much. But it was workable and better than nothing, as my dad would always say! Most of the money I earned would go for gasoline and an occasional 15 cent

McDonald hamburger and fries, also 15 cents.



Since the Oldsmobile was the second car, it had to be shared. So, my parents, my wonderful parents, let me have a motorcycle. It was a 1964 Honda 150. After a year of riding the Honda 150 there was a need for speed, but I didn't say that, I just up-graded to a Honda 305 Super



Hawk. These two motorcycles were very good on the wallet.

In my last year of high school, the time came to let the Oldsmobile go and we bought a 1965 red Volkswagen. The Volkswagen was found at Pete's Used Cars on Getty Street. It cost \$1,200, not a bad deal at all as the Volkswagen was only a couple of years old. It was a great car, and it had a sunroof and the rear side windows opened. I could drive by most gas stations without stopping.

After high school, I joined the Air Force and my first assignment was in Wichita, Kansas, at Mc-

Connell AFB. I went a few months without a vehicle for the first time since I was able to drive. At Christmas of 1968 I flew home and drove my 1965 Volkswagen back to base. Once again I had my freedom--well, sort of, as I now belonged to Uncle Sam. Oh, and one more thing.... I filled up the VW in St. Louis and Kansas City for five bucks each stop.

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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Senior Safety & Security

An Update on Scams Targeting Seniors



BY
JOE
STAPEL

In 2018, a Multi-Disciplinary Case Review Team or MDT was assembled to cover Muskegon, Ottawa, and Oceana Counties. This group meets monthly to review active cases of vulnerable adult abuse, neglect, and financial exploration crimes. As I noted in a previous article in Senior Perspectives, members of this team include the prosecutor, law enforcement detectives, caseworkers, legal services, victim advocates, community mental health professionals, and geriatric physicians.

The first year was very successful, but a need was realized for assigned investigators and a dedicated prosecutor to properly investigate these very complicated cases

in order to prosecute alleged offenders.

This resulted in a review of 90 cases for Fiscal Year 2019-20. This was an increase of 300% over the first year. Of these 90 cases, 17 of them resulted in charges against 21 individuals. The prosecutor tried an additional 17 cases resulting in 19 additional individuals being found guilty.

In one year, the Team increased the prosecution rate by 306%, with 40 individuals convicted. In addition, all 107 senior victims received outreach services from the partnering agencies which included: -

1. Education on how to prevent this from happening again
2. Assistance in obtaining guardianships or conservatorships to protect their assets
3. Access to mental health screenings
4. Availability of comprehensive medical examinations for dementia screening and interventions
5. Referrals to Long-Term Care Facilities or In-Home Services
6. Assistance in evicting "parasitic caregivers"
7. Guidance in working with banks to close and reopen new accounts to stop fraud

8. Education on identifying fraudulent international relationships and scams

The prosecutor was able to order \$1,612,616.00 in restitution to five victims. As of September 30, 2020, there were 53 cases open. Currently, the team is working on 78 cases.

SafeSeniors has additional new communication materials available. Check them out at www.SafeSeniors.info. Informational flyers are available and cover topics such as:

1. SafeSeniors: Who they are and what they do
2. Imposter Scams: Romance Scams
3. Impostor Scams: Grandchild or Friend "In Trouble" Scams
4. Impostor Scams: Government Scams or Financial Institution Scams

These flyers cover Red Flags to look for and What to Do in response. If you are experiencing or suspect abuse, neglect, or exploitation of a family member, friend, or neighbor, call state-wide 855-444-3911.

Source - SafeSeniors Collaborative Group of Muskegon, Oceana, and Ottawa Counties

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 Corporate Loss Prevention Department in Grand Rapids for 28 years as a Security Officer and as the company's first Safety Specialist. He worked for Baker College of Muskegon as the Campus Safety Director for 11 years with a staff of 27 armed officers and 8 dispatchers. Joe held the position of Ordinance Enforcement Officer for Laketon Township in Muskegon County for 3 and 1/2 years



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Oceana County Medical Care Facility
www.oceanamcf.org



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

Answers for Word Search, Crossword Puzzle and Suduko on Pages 16 & 17

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

Boggle Answers:

TWO FOUR EIGHT TEN TWELVE TWENTY THIRTY
FORTY FIFTY

Jumble Answers:

PUZZLE #1:

RAZOR FAITH ROCKET MEMORY

After realizing how much corn he had for sale, the farmer was grinning – EAR TO EAR

PUZZLE #2:

GRANT HONOR INSIST RODENT

It's easy to add zero plus zero because there's – NOTHING TO IT

SCRABBLE G.R.A.M.S. SOLUTION

G ₂	O ₁	D ₂	D ₂	E ₁	S ₁	S ₁	RACK 1 =	<u>60</u>
A ₁	M ₃	N ₁	E ₁	S ₁	I ₁	A ₁	RACK 2 =	<u>62</u>
B ₃	O ₁	O ₁	K ₅	L ₁	E ₁	T ₁	RACK 3 =	<u>63</u>
F ₄	L ₁	O ₁	W ₄	A ₁	G ₂	E ₁	RACK 4 =	<u>64</u>
A ₁	W ₄	K ₅	W ₄	A ₁	R ₁	D ₂	RACK 5 =	<u>86</u>
PAR SCORE 260-270							TOTAL	335

SCRABBLE G.R.A.M.S. SOLUTION

F ₄	O ₁	O ₁	T ₁	B ₃	A ₁	G ₂	RACK 1 =	<u>63</u>
A ₁	S ₁	H ₄	T ₁	R ₁	A ₁	Y ₄	RACK 2 =	<u>63</u>
D ₂	A ₁	M ₃	A ₁	G ₂	E ₁	R ₁	RACK 3 =	<u>64</u>
H ₄	O ₁	T ₁	S ₁	P ₃	O ₁	T ₁	RACK 4 =	<u>70</u>
F ₄	L ₁	O ₁	T ₁	S ₁	A ₁	M ₃	RACK 5 =	<u>62</u>
PAR SCORE 265-275							TOTAL	322



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Anna Urick Duggins
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