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MAY | JUNE 2020

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Letter from the Editor

It's Not too Late to be Counted



BY
MICHELLE
FIELDS

Did you know that more than \$675 billion of federal funding is distributed to states and communities each year based on the numbers collected from the census taken every 10 years?

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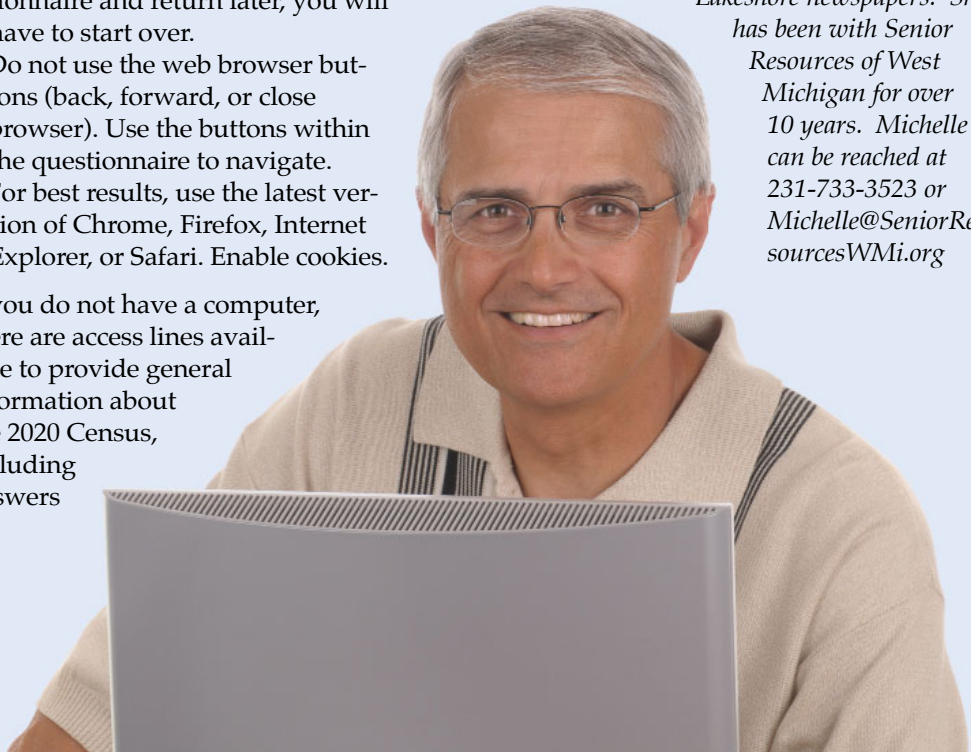
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Michelle Fields is the Editor and Publisher of Senior Perspectives of Kent County and Senior Perspectives Lakeshore newspapers. She has been with Senior Resources of West Michigan for over 10 years. Michelle can be reached at 231-733-3523 or Michelle@SeniorResourcesWMI.org



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BY
JERRY
MATTSON

Veterans in the Keys

Boondocks Grille and Draft House is a popular place on Ramrod Key, about 28 miles from Key

West. Entertainment regulars there are Howard Livingston and the Mile Marker 24 Band. People who want to get a table close to the band pay \$40 for the privilege. (Mile Markers along U. S. 1 count down the miles toward Key West where Mile Marker zero is.)

During the first set on January 10, 2020, as he does at every show, Livingston sang a tribute song to military veterans.

At the same time, various military photos were displayed on the wall full of monitors behind the bandstand. At the end of the set, all veterans were invited to step forward, assemble in

front of the band and be recognized. About 20 of us made our way to the front of the stage that evening. One by one, each of us spoke into



a hand-held microphone announcing, via the sound system, who we were and which branch we served in. "Jerry Mattson, U. S. Army." We were also given a small American flag.

Patrons sitting in remote areas of the place, in the dining room or at the rear of the bar, were able to watch on closed-circuit TV screens.

The next night we had our evening meal at the Big Pine Rooster on Big Pine Key. We sat side-by-side on a bench along a wall. Next to me was an older gentleman wearing a *USS Stockton* DD 646 military ball cap. We all said "hi" to each other. A little while later I looked over and he had a small remote controller in his hand.

"I'm trying to adjust the noise level," he said. "I'm getting new hearing aids next week. They are free."

"From the VA?" (Veterans Administration), I asked.



"Yes, I was in World War Two. I'm 95. Did you ever serve?"

I told him I'd spent a year in Korea in the Army and that he had me, in age, by 20 years.

Edward Ruth was from Townsend, Delaware, and joined the Navy when he was 17. He said, "You grew up fast then. I can still remember it all like it was yesterday." He was involved in historic battles at Iwo Jima and Okinawa. His ship, the *Stockton*, was awarded eight

battle stars. He continued, "After it was all over, I came home and went to work. Nobody wants to work today."

He thinks people are too soft now. "I saw the last lashing in Delaware and the last hanging when I was 10, in the 1930s. The hanging took place in a prison that no longer exists. The property is now a golf course." (According to an online search, two more hangings took place in Delaware. One in 1946 and the last one in 1996.)

I got a real *senior perspective* from this man.

Jerry's military time, after basic and additional training, was spent in Korea typing operation plans at an Armor unit and later financial reports at the 2nd Infantry Division headquarters. Although there were some 17-year-olds drafted with him, Jerry was an "old man" who reached age 23 ten days after getting his special haircut and new wardrobe.



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*“Hope springs eternal in the human breast;
Man never Is, but always To be blest.*

*The soul, uneasy, and confined from home,
Rests and expatiates in a life to come.”*

- Alexander Pope

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

The hope that Pope is reflecting on in his poem is the blessing that feeds our soul as we age and grow in faith. You and I may have gone through difficult times in our lifetime, but now as we experience the aging process, we turn to the belief in a promise of heaven: an eternal rest.

Michiganders, for the most part, have learned to manage and enjoy our four seasons. As aging seniors, we often need to decline outdoor activities, especially in winter, because of our loss of balance or strength as we get older. However, most of us sure look forward to the warming temperatures, green grass, and flowers which come with spring!

In spring we welcome the greening of our landscape and the blossoms of all kinds of plants. On a country drive I especially enjoy the blossoms of fruit trees, such as cherry trees, on farm land.



To “blossom” is to change, grow and develop fully. With humility and desire, our point-of-view on living can change, grow, and develop fully, as well. There is no need to remind me of the set-backs we can and do experience with aging.

I have had my own. We have to wait for heaven to help us fully blossom. However, with faith, forgiveness and humility, we can experience, even now, a blossom of hope for us and those we love.

*Rev. Gilbert Boersma, BBA, MDIV,
is a retired United Methodist pastor
and board certified healthcare chaplain, living with his wife
Sara, in Roosevelt Park. Sara is retired from Community Mental
Health and offers counseling privately, part-time. Their two sons and
three grandchildren also live in Muskegon. Gil continues to study, and
offers Spiritual Direction for those who have interest. boersmagil71@
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Dancing with the Local Stars



BY
LISA
TYLER

To say an experience is “life-changing” may seem like overkill, so maybe it’s better described as “life-enhancing” – and definitely something to check off my bucket list!

In late February, I danced in “Dancing with the Local Stars,” the 12th annual fundraiser sponsored by the Women’s Division Chamber of Commerce. This incredible event in downtown Muskegon had four sold-out shows Feb. 27-29.

For those who don’t know about this event, the Women’s Division has put on this event since

2009, raising more than \$1 million so far for local food pantries. A take-off of the popular “Dancing with the Stars” TV show, this year had 11 “pro” dancers and 42 “stars” dancing as teams and couples in front of audiences of 400 people at each performance.

This has been on my bucket list for years, so I was thrilled when I was invited on a team with pro Francine Calandro, fitness specialist at AgeWell Services here in Tanglewood Park! Our team – Billie Carey; Tom Langton, with Life-Circles PACE; Andrew Szatkowski; and Mark Taylor – met for the first time in late November. Four of the five of us had never really danced before – this was WAY out of our comfort zones!

We had our first practice in December, but after the holidays it was three times a week. Fran chose a version of the song “Senorita” and we’d



be doing a mix of Latin dance styles. We started practicing footwork throughout January. I would walk down the halls at Tanglewood Park thinking of my steps as the song played constantly in my head. We were also focused on fundraising. I was thinking about dancing, and fundraising, day and night.

In February, we added arm move-





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ments and worked on perfecting our routine – pointed toes, crisp turns, smiles and eye contact. We worked on pieces of the song over and over until we perfected them. “Hips! Hips! Hips!” Fran would yell at us (Latin dances have a LOT of hip movement!)

Did I mention this was way out of my comfort zone? I have worked hard the last two years to lose about 60 pounds and become healthier. But still – dancing at almost 57, in front of hundreds of people, in a rather skimpy costume... a trifecta of terror!

The last couple of weeks, we practiced virtually every day. We watched videos to see where we could improve the tiny details and texted late at night to share our thoughts or just words of encouragement.

Finally – show time! I’ve heard entertainers talk about feeding off the crowd’s energy, and now I understand what they’re talking about. It was electric. Surprisingly, I wasn’t nervous. Our team won the People’s Choice (most funds raised) at the Thursday night and Saturday matinee performances. Our last performance was our best – we nailed it from beginning to end.

And then it was over. It reminds me of Christmas – so much build-up, and then the event



comes and goes, and you have to go back to everyday life. Except it won’t be the same for me. I’m a different person. I made new friends, found a self-confidence I didn’t have before, and overcame a fear of performing in public. Putting myself out there was scary, but also reminded me how far I’ve come. It was absolutely life-changing, and for that, I’ll forever be grateful to be a “local star.”

Overall, the event raised \$181,589.60 for area food pantries!

Lisa Tyler is the Communications Director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, who just finished her freshman year at Hope College, and Nicholas, a recent graduate of MSU. Lisa is also a proud alumnus of MSU, loves scrapbooking and travel, and remaining involved in her community. She is president of the Muskegon Area Intermediate School District Board of Education and chair of the Kids’ Food Basket Muskegon advisory committee, and a member of the Muskegon Rotary. She is also now a proud alum of Dancing with the Local Stars!



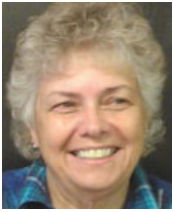
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BY
CHRISTINE
WISTROM

Preventing Readmission to the Hospital

When you are elderly, have multiple health conditions, or are struggling with health issues that threaten your independence, a stay in the hospital may be just a step away from being admitted to a nursing facility. If you recently

had a stay in the hospital, there are some steps you can take to keep from being readmitted. While the time may come when you'll need to be in a nursing home and you'll be glad you are, my guess is that you'll want to put it off as long as possible.

Here are some tips to help you avoid readmission:

- Take an active role in planning your care. Ask your doctor questions about your treatment plan. What changes should you be on the lookout for now that you're returning home? You'll want to know what medications you'll be taking, what side effects to watch for, and why you're taking them.
- When you are ready to leave the hospital, your nurse will review your discharge plan with you. It may prove helpful to ask a family member or friend to be there when this occurs as you may still be too

sick or exhausted to attend to all that's being said. Ask that person to take notes for you on the important points being discussed. If you don't understand what the nurse is telling you, don't be afraid to ask that she repeat the instructions in simple, understandable terms.

- Make a point of moving around when you're sitting or when are lying in bed to increase blood flow throughout your body. When you don't move around enough, the bony portions of your body may develop pressure sores. These sores are uncomfortable and can lead to infection and other problems. It's easier to prevent them from occurring in the first place simply by standing up periodically and using an air mattress overlay if necessary.
- Eat healthy foods to support your body as it heals. Your body won't heal if you aren't giving it the tools it needs to do the job. Good nutrition will provide the nutrients your body needs to regain strength.
- Be sure to return to your doctor for follow-up appointments. If complications are developing, it's better to catch them early before they get a good foothold and lead to more serious problems.
- If you need to, get home care services. It's better to

rely on someone else while your body is healing than take on too much and find yourself back in the hospital because you've relapsed. Use a local service, or find a friend to help out until you get back on your feet.

- Make sure the lighting in your bedroom and bath is adequate to prevent falls.
- If you are released while on oxygen, follow the recommended precautions. Especially, don't smoke while wearing oxygen! Keep concentrators and tanks at least six feet away from space heaters, wood stoves or fireplaces.
- Be careful you don't become isolated. You don't have to throw a party, but make time for family and friends.

Once you are out of the hospital, do your best to stay out! By following the tips listed above, you should have the best chance to remain at home.

Chris is a Gerontologist 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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Benefits of Pet Therapy in Older Adults



BY PHYLLIS
VENTOCILLA,
LMSW

Can a gentle purr or friendly tail wag really help seniors live happier, healthier lives? Current research renders a resounding yes! This may be especially pertinent for older adults who typically have enjoyed a long

relationship with their pets. Pet therapy, also known as animal assisted therapy, offers many physiological and emotional benefits and can enhance a sense of community within long term care residences.

A loss of connections with family and friends is common among older adults, and animal assisted therapy was shown to decrease loneliness in residents of long-term care facilities (Banks & Banks, 2002). Participants with a history of having a close relationship with a pet received a 30-minute weekly visit with a trained therapy dog. Residents could talk to, touch, and play with these animals, or the animal may simply lie with them on their bed. Interestingly, these visits often evoked spontaneous memories of pets they had owned previously, and participants at times talked to the dog as though he was the one from previous memories. These visits tapped into a strong emotional connection for previous dog owners, and thereby decreased loneliness experienced by residents.

Another study, conducted with older adults with dementia, demonstrated pet therapy was helpful in several ways (Richeson, 2003). Restlessness, particularly at the end of the day, can be problematic for those with Alzheimer's. Regular visits with

trained therapy dogs in this study led to a measurable decrease in wandering and restless behaviors in participants during the study. Residents with dementia also struggle with social interaction as the disease progresses. Participants with dementia demonstrated an increased number and duration of social interactions following animal therapy visits.

Trained therapy dog visits can also improve physical health. In a study at UCLA Medical Center (Gawlinski & Steers, 2019) hospitalized patients with heart failure received a 12-minute visit where the dog might lie on the bed with the patient, and they could touch and talk to the animal. These interactions resulted in lowered blood pressure and decreased levels of stress hormones following the visit. In addition, pet visits reduced anxiety levels by 25% among participants.

Pet therapy can also increase a sense of community in assisted living residences. Pet friendly homes often see residents gathered around to pet the puppy or start a conversation with the owner. In skilled facilities with bird sanctuaries, residents gather to watch the beauty of finches in flight, or to hear the hypnotic chirping of these charming birds, drawing residents out of their rooms and into common living spaces.

In Atul Gawande's book, *Being Mortal*, he describes a program called the Eden Alternative, initiated by Bill Thomas at Chase Memorial Nursing Home. A variety of pets and live plants took up residence at the facility and residents assumed care for many of them. Gawande describes the transformative impact this project had on the residents. Where they

began to assume responsibility for the animals they became much more social. Gawande talks about the importance of a sense of loyalty and purpose in our lives and that pets can fill this need in a significant way, contributing to overall wellbeing.

As part of the Harbor Hospice Pet Therapy program, volunteers bring trained pet therapy dogs to visit residents, providing them time to pet and enjoy companionship with the dog. During these visits folks will often reflect affectionately on memories of dogs or cats they owned earlier in their lives. Residents speak with great affection of their canine visitors and eagerly anticipate the next visit. Most telling, they often may not recall the name of the volunteer, but the dog's name is rarely forgotten.

Clearly, for older adults pet therapy provides physiological, social, and emotional benefits that go hidden in a gentle touch or a "Good Boy"!

The Effects of Animal-Assisted Therapy on Loneliness in an Elderly Population in Long-Term Care Facilities

Marian R. Banks, William A. Banks
The Journals of Gerontology: Series A, Volume 57, Issue 7, 1 July 2002, Pages M428-M432
<https://academic.oup.com/biomedgerontology/article/57/7/M428/553460>

Dogs ease anxiety, improve health status of hospitalized heart failure patients

American Heart Association Abstract 2513 (Download PDF)
<https://www.uclahealth.org/pac/Workfiles/volunteering/PACArticle.pdf>

Co-authors are Anna Gawlinski, R.N., D.N.Sc., and Neil Steers, Ph.D.

Effects of animal-assisted therapy on agitated behaviors and social interactions of older adults with dementia

Nancy E. Richeson, PhD, CTRS *American Journal of Alzheimer's Disease and Other Dementias*
<https://journals.sagepub.com/doi/pdf/10.1177/153331750301800610>

Gawande, Atul *Being Mortal: Medicine and What Matters in the End* (2014)

Phyllis Ventocilla is a Social Worker with Harbor Hospice and is a Licensed Masters Social Worker. Prior to Harbor Hospice, Phyllis was in her social work profession. She has a Master's in Social Work from Michigan State University, loves dogs, and says her family's Havanese dog, Chuck, is their favorite pet therapist!

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BY JACKIE
LINDRUP
RDH, M.Ed.

Ring the Bell - A Family Competition

My Dad is still a real competitor at 95. His passion growing up in N. Dakota was playing baseball, and he played shortstop in the national Amateur World Series before college. He and mom began their family and moved across the country, eventually living and working in the advertising business in Grand Rapids, MI. When I was growing up, we kids had to make a verbal "presentation" or sales pitch for special things we wanted.

Along the way he fell in love with the game of golf. The story goes that while selling ice cream for Swift & Company, Dad passed a driving range on an Air Force base in Wyoming on his route one day. He watched, fascinated, and eventually made a deal with several of the golfers – free ice cream for golf lessons! He won a golf bag in a poker game and eventually bought a better one with S & H Green Stamps, which he brought with him to Michigan. Being a good golfer was a great asset while working in advertising, and he was invited to play in many tournaments

This avid golfer and ad man is still at it. His love of the game and his marketing/communication background is reflected in a family game he created called "Ring the Bell." We have



played this golf game in the hallway of his Porter Hills apartment for the past twenty years. The object is to "ring the bell" more times than your opponents.

Dad places a brass ashtray about 30 feet down the hall from the starting line at the other end. Everyone gets five practice shots to warm up, using the same putter and golf balls to try to hit the ashtray "bell." When the ashtray is hit it will ring with a loud DING. Then the actual five putts are taken, and Dad keeps track of everyone's score. We usually have three or four family members competing. If a tie occurs then there is a playoff with no practice shots. Once the game is won, a trophy is awarded and it's time to wrap up the evening.

Mom used to purchase the trophy for winning RTB down at the Rescued Treasures shop on the first floor of Porter Hills. I still have a 4" porcelain reindeer from my time as World Champion. An announcement to the family from Dad comes by email after the tournament. Here's an example of Dad's announcements of Ring the Bell winners, the latest one, announcing my sister Barb as winner. An earlier email, coaching me before the event, is first:

Jackie;

Sunday evening after dinner the Ring the Bell Championship of the World will begin. You, winner of the last event, must wait and be last with this striking of the putt. Why? Because, if you, like last year, stepped up and went 5 for 5...all others would give up hope.

Be nice, act like a champion, encourage others...and smile.

Dad

Sunday evening after dinner the Ring Champions from all over the United States flew in to compete in the Holiday Special RING THE BELL TOURNAMENT.

WHILE some were stranded... others battled the elements just to try to win this World Famous Tourney.

A new rule was installed this year...that being the last winner of the RING THE BELL Jackie Lindrup was not allowed to participate until everyone had performed. The committee's thinking was sound.

There were some star performers...but they were blown out of the water when Barbara Davis went 4 rings for 5 attempts and won.

The traveling very expensive trophy was given to Barbie at the award ceremony...while the band played and the crowd roared.

As Dad's 96th birthday nears, I'm sure a family dinner will precede the next Ring the Bell tournament at Dad's place. Recently I asked whether he wouldn't like to post a flyer in the elevator inviting interested residents of Porter Hills for a weekly game at his place. He looked at me with concern and said "this is a family game only."

Jackie Lindrup is a retired dental hygienist who loves to travel and stay active in local dental events. She is the director of Volunteer for Dental, a Muskegon non-profit where residents can earn their dental care through volunteering. She enjoys playing golf and shooting pool with her father, Charles Huhn and sister Barbara Davis, all seniors, mostly retired and living in W. Michigan.



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Ask the Provider

When Is It Time to Give Up the Car Keys?

Courtesy of Mercy Health

Question: Why is driving a safety concern as we age?

Answer: Due to various advances in health care and better management of health problems, our life expectancy is at an all-time high, and we expect the duration of our ability to drive will keep up with that increase in life expectancy. As we age, physical, visual and mental changes can occur, either due to normal aging or due to illness, which make it necessary for us to evaluate whether we can safely continue to drive. How medically fit and high functioning we are plays a large part in determining our fitness to drive, rather than just our chronological age.

Question: What signs should I be looking for that could indicate I (or an older adult I know) should not be driving?

Answer: According to HealthinAging.org, a health education website created by the American Geriatric Society's Health in Aging Foundation, there are several warning signs that should lead to further testing for the ability to drive safely:

- Getting lost going to familiar places
- Ignoring traffic signs and signals
- Becoming easily agitated or angered when driving
- Falling asleep or being unable to concentrate when driving
- Reacting too slowly to dangerous situations
- Forgetting or ignoring driving basics – when to yield right of way, for example
- Having trouble judging distances



BY
ARUNA
JOSYULA, MD

There are several self-assessment tools available online that can help assess if there are any red flag signs that suggest driving safety is at risk. One is available at the American Automobile Association's website: SeniorDriving.AAA.com

Question: Why is it so difficult to give up driving?

Answer: In our society, older adults lead very active lives beyond retirement, and driving is the primary means of transportation for them to engage in those activities. Driving is the way many older adults access health care, engage in social interactions and ensure adequate nutrition (via grocery shopping or dining in restaurants). If not supported appropriately, an inability to drive can lead to social isolation, increased depression and a loss of independence that can be devastating.

Question: When I renew my driver's license, isn't it the job of the Department of Motor Vehicles (DMV) to ensure that I am (or my loved one is) a safe driver?

Answer: The DMV is ultimately responsible for the renewal or revoking of driver's licenses. However, each person is unique in the deficits that affect his or her ability to drive, and these deficits may not be readily apparent when a person applies for a license renewal. Also, driving ability may change after renewing the license. That is why it is important to regularly assess for difficulties with driving and bring it to the attention of your physician, so that appropriate next steps can be taken.

Question: What can I say or do to help convince my loved one



that it is time to stop driving?

Answer: Focusing on the health and safety aspects related to driving could help avoid making this conversation feel like a personal attack. Be supportive by recognizing that this is a difficult decision, and be prepared as multiple conversations may be necessary. Gather information and be ready to offer alternative methods of transportation so that a plan can be put in place that will allow for your loved one to engage in the activities he or she wants to. We Need to Talk: Family Conversations with Older Drivers, a guidebook by The Hartford Center for Mature Market Excellence, is a wonderful resource.

Question: What can I do if my loved one is clearly an unsafe driver but won't stop driving?

Answer: You can make a report, anonymously, to the DMV. You can notify the older adult's physician. In some situations, when an older adult has dementia, he or she may not have the ability to recognize that

they have a problem with driving. In such cases, it may be necessary to hide the car keys, remove the car battery or sell the car.

Question: If my loved one gives up his/her license, what can I do to be supportive?

Answer: You can reach out to your local Area Agency on Aging to request a list of agencies or individuals who can help with transportation. You can arrange for having medications delivered to the home. Some grocery stores can deliver to the home. Work with your loved one to create a plan for social outings for which transportation can be arranged through family, friends or church. Reassure your loved one that he or she did the right thing, for both personal safety as well as that of the public, by giving up driving.

If you have senior health concerns, contact Mercy Health Physician Partners Geriatrics by visiting www.MercyHealthPhysicianPartners.com/Geriatric

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Shack Attack!



BY
JOEL
DULYEA

Not counting our backyard garden, my first taste of farm work came when mom took me to pick blueberries at Ferguson's blueberry patch, over off the dirt of Putnum Road. I was so happy to go with her. From the perch of my second-floor bedroom, past the farm fence canopied with tangled grapevines, and beyond the south end of the field of tall grass where blueberries were picked, I saw wonderous things which spoke of adventure.

Before the picking season, a yellow crop duster repeatedly disappeared behind the trees then soared above telephone lines as it barnstormed the blueberry patch with a fogging spray. On the same stage, a train appeared from time to time, tracing its route from Fremont to Muskegon. When it approached the corner of Putnum

and Bard Road, the whistle announced its appearance. I leaped from bed to window to see the locomotive emerge from behind a curtain of trees, then watched till the red caboose disappeared into the pine forest.

The day finally arrived when I ventured on my own through the pine forest to follow the railroad tracks to the blueberry patch. The only tool necessary for my first job was a Shedd's Peanut Butter pail, attached by its handle to the belt holding up my pants. A foreman supplied containers into which I emptied my bucket when full.

The anticipated independent adventure began to dissipate soon after it began. It was still morning when adventure turned to labor and labor devolved to daydreams, then ended with thoughts of mischief.

One rubber band. It could also be stretched down my index finger, around the base of my thumb and hooked onto my little finger. With a twitch of the

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pinky, a rubber band shoots accurate. The foreman uses them to hold plastic wrap over quarts of blueberries. There are lots of rubber bands. It'd be funny to sneak up on people picking blueberries.

Later another thought formed. I think I'll try for a bigger laugh.

I circled north toward the railroad tracks, behind the foreman's shack – my movement hidden from view by rows of blueberry bushes. Armed and coiled, I was ready to sneak-attack the shack in which he sat. With finger loaded, I rushed through the doorway to surprise and shoot him with a rubber band, but my attack was blown off track! What was unknown to me were the intelligence reports of my actions, which were relayed to the foreman. Without any counterintelligence the ambush was doomed from the start. Those berry pickers squealed on me!

When I jumped into the entrance of his shack, aimed directly at me was a garden rake – stretched tightly from the tip of



the handle to the tine with a chain of rubber bands. Behind the rake in a chair tilted back on two legs, sat the face of the foreman adorned with a Cheshire cat grin.

Back at home, I stood pitiful before my mother. She asked, "Why are you home so early?"

"He told me to leave, and I can't go back."

"What did you do?"

In the language of preadolescence, I whimpered, "I don't know."

Note: Joel regularly sees, from our old Dalton Township neighborhood, the foreman's youngest sister, Laurie Gilbert, at Kids' Food Basket. Her oldest brother, Navy CDR (R) Arthur Tuttle, is the only person who ever fired the author. Fair winds and following seas, Commander!

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.

CORRECTION

An incorrect Jumble game was featured in the March/April Senior Perspectives. We apologize for the error. Here is the correct puzzle with answers featured on Page 27.

JUMBLE

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

AADLS

□ □ □ □

WTRIL

□ □ □ □

HOPSLI

□ □ □ □ □ □

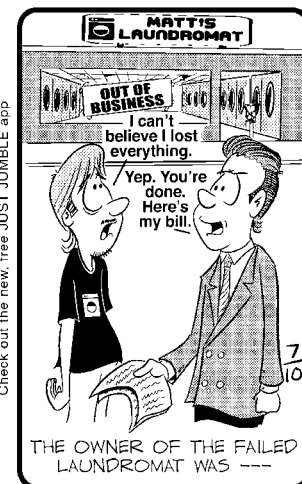
URAQES

□ □ □ □ □ □

Print your answer here:

□ □ □ □ □ □ □ □ □ □ □ □

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



THE OWNER OF THE FAILED LAUNDROMAT WAS ---

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

Check out the new, free JUST JUMBLE app

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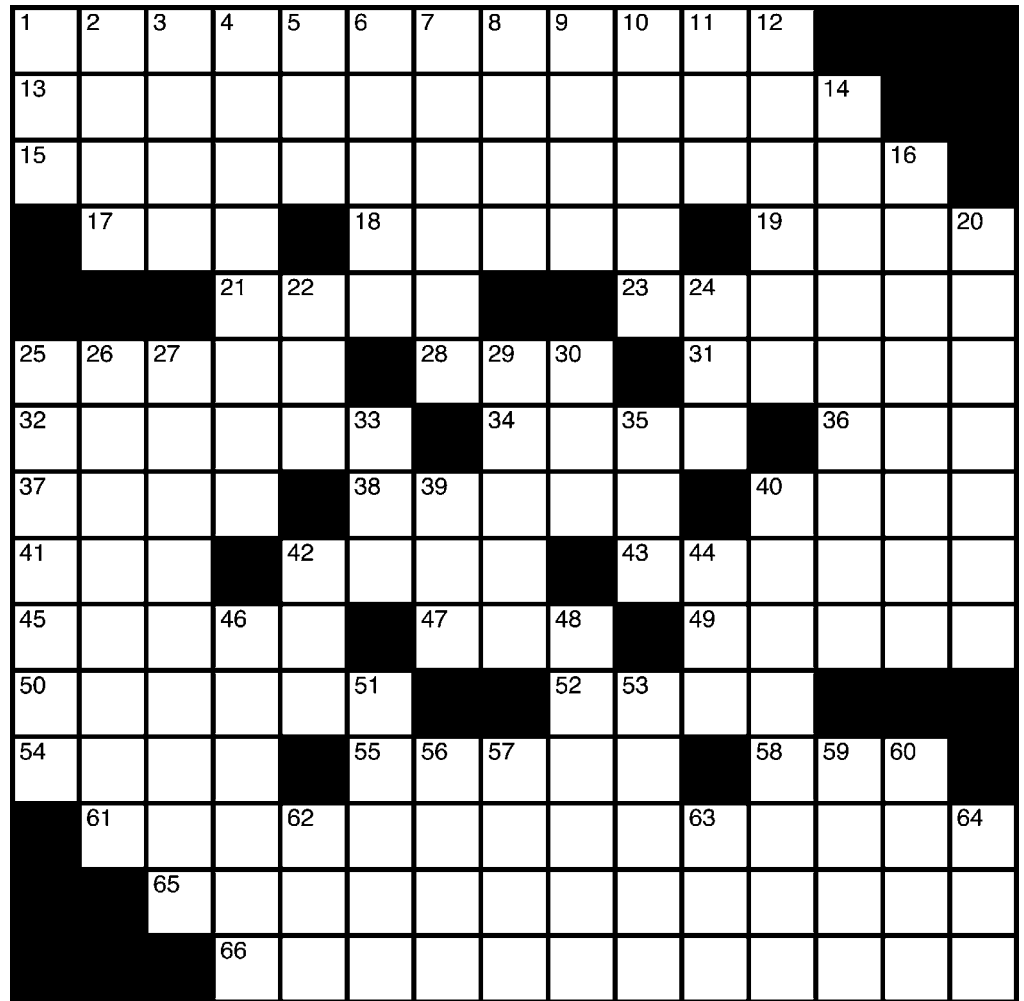


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ACROSS

- 1 Diagnostic aid
- 13 ESPN game show where four expert panelists compete debate-style
- 15 "42" subject
- 17 Water ___
- 18 Gets ready to eat, in a way
- 19 Key of Beethoven's Sym. No. 7
- 21 Clipped affirmative
- 23 Other: Pref.
- 25 Scary story sound
- 28 One of a prohibitive septet
- 31 Industry bigwigs
- 32 Hide out, with "down"
- 34 School offering belts
- 36 Get
- 37 Rihanna album whose title is a common prefix
- 38 Cosmic balance
- 40 Analogy part
- 41 An ace is under it
- 42 Desert bordering the Altai Mountains
- 43 Mitt with ten fingers
- 45 "Luck Be ___": "Guys and Dolls" song
- 47 Smoking evidence
- 49 Shuffles, say
- 50 Firming (up)
- 52 Italian recipe word
- 54 User of recording devices called quipus
- 55 WWII conference city
- 58 Home of MLB's Redbirds
- 61 Learn
- 65 Early U.S. Navy flag motto
- 66 Likely to be returned

- 24 Prefix with tourist
- 25 Indian flatbread
- 26 Words with a dismissive wave
- 27 Unable to look away
- 29 Actor ___ Elba of "The Wire"
- 30 French handle?
- 33 "Citizen Kane" studio
- 35 Shake up
- 39 Old hoops org.
- 40 Thick paint applications
- 42 OB/___
- 44 Sautéing substance
- 46 Unicellular alga
- 48 Abomination
- 51 "Peer ___ Homecoming": Grieg work
- 53 Rapper Kendrick ___
- 56 Mennen skin product
- 57 Voldemort's title
- 59 Cookie containers
- 60 ___-Tokoin Airport: Togo hub
- 62 Pasta ending
- 63 Soft drink ending
- 64 Young adult fiction author Vizzini



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DOWN

- 1 Persian for "crown"
- 2 Subjects of IRS Pub. 590
- 3 Belt
- 4 Japanese hot pot dish
- 5 Athlete's wear, for short
- 6 Idyllic settings
- 7 Toys with strings?
- 8 "I see now"
- 9 "Leave ___!"
- 10 Trey Anastasio's band
- 11 Chaney of the screen
- 12 Imitation
- 14 Unequivocal rejection
- 16 Told
- 20 Alcott's "Little Men" sequel
- 22 ___ out a victory



JUMBLE

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

KORPE
 PMIBL
 BAZAEL
 YAASLW

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Check out the new, free JUST JUMBLE app

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.

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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 27



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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

By David L. Hoyt and Jeff Knurek



Boggle BrainBusters Bonus

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

Find **AT LEAST SEVEN MUSICAL GENRES** in the grid of letters.

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BY
DICK
HOFFSTEDT

Train travel has been one of the many things that has given me great pleasure during my lifetime. I've traveled to and from many American cities. I want to tell you about a train ride I'll never forget.

In June of 2003, my plans were to attend an Elderhostel on the Pacific coast near Florence, Oregon. Amtrak, however, did its best to thwart those plans.

Train number seven, the Empire Builder, left Union Station in Chicago at 2:15 p.m. I was comfortably settled in my sleeper on the way to Milwaukee. Something was not quite right. A strange sound was emanating from under my cabin. Soft, but pervasive. Some staff members came, listened, and said it was nothing.

Our next major stop was at St. Paul-Minneapolis, scheduled for arrival at 10:30 p.m. with a 45-minute layover.

The noise was getting louder and louder, but now the staff agreed that it needed to be looked into, so they called in the train conductor. He agreed with them and said that someone would go under the car during our layover in the Twin Cities and see if they could see what was causing the noise. At least six yard workers looked under the car and reported back that they could not see anything wrong. We continued moving toward North Dakota.

Our next major stop with a half hour layover was Minot, North Dakota, which is only 50 miles south of the Canadian border. Sleep was impossible for me during that night.

We arrived in Minot at 8:30 a.m. The conductor came to each compartment in our car and informed us that our sleeper was going to be removed from the entire train. People along our route had been calling in stating that they had seen steel hardware flying out from under our car along with flying sparks shooting out in all directions. The engineer had told the conductor that if our car was not removed, there was a strong possibility that the entire train could tip over. Since we were in the

middle of nowhere, another sleeping car was not available. Now what? The only place for us was in one of the empty seats in one of the coach cars.

I was given a seat next to a young woman with a very young baby. I had to ride with the two of them for one thousand, three hundred and fifteen miles into Portland, Oregon. For the second night in a row, I couldn't sleep.

To top it off, I now had to argue with a ticket agent in Portland about getting a refund. He offered me \$100. I countered with a threat to write a letter to the president of Amtrak. He then agreed to reimburse me for one half of my round-trip ticket price which in 2003 was around \$500.

How about the train ride back home? Two thousand, two hundred and fifty-five miles and smooth as silk. How did my Elderhostel go? I slept through most of it.

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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Question: What are Compassionate Allowances?

Answer: Compassionate Allowances are Social Security's way of quickly identifying severe diseases and other medical conditions that qualify a person for disability benefits without waiting a long time. Compassionate Allowances permit Social Security to target the most obviously disabled individuals for allowances and faster payment of benefits based on objective medical information that we can obtain quickly. Compassionate Allowances are not separate from the Social Security Disability



BY
VONDA
VANTIL

Insurance (SSDI) or Supplemental Security Income (SSI) programs. Find out more at www.socialsecurity.gov/compassionateallowances.

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

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

Question: I was speaking with my sister and she told me that she receives half of her spouse's benefit. Why am I not eligible for benefits from my spouse?

Answer: If your spouse is eligible for Social Se-

curity benefits, you could be eligible for one-half of their benefit at your full retirement age. However, if you worked and are eligible for Social Security benefits on your own record, your own benefit may be higher than what you could be eligible for on your spouse's record. If you have questions regarding your eligibility for benefits, please call 1-800-772-1213 (TTY 1-800-325-0778) between the hours of 7 a.m. and 7 p.m. Monday through Friday.

Question: I'm reaching my full retirement age and thinking about retiring early next year. When is the best time of year to apply for Social Security benefits?

Answer: You can apply as early as four months before when you want your monthly benefits to begin. To apply, just go to www.socialsecurity.gov/applytoretire. Applying online for retirement benefits from the convenience of your home or office is secure and can take as little as 15 minutes. It's so easy!

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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Keith's World Grandkids at Disney World

BY
KEITH
SIPE

Two of my grandchildren love to write and draw. You will find these two, Jack and Kendell, together at a table with all their writing instruments, pencils, markers, paper, rulers, erasers and anything else they can think up to help them with their project.

I like to encourage my grandchildren to write, as I try to do with other activities where they show interest. I thought it would be fun to let them submit something for my column Keith's World.

After talking with my Editor, we decided to ask them both to write about one of their recent trips to Disney World. I gave the assignment to Jack Sipe who is in the sixth grade and Kendell DeMott who is in the fourth grade. They both decided to write about their favorite ride or rides at Disney.



Splash Mountain

By Jack Sipe, 6th grade
at White Pines in Grand Haven

At Disney World, there are many different things to do because there are so many different kinds of rides to go on. If you are wondering what

my favorite ride at Disney World is, it is Splash Mountain. The reason why I really like Splash Mountain is because when you go down the big hill you get a refreshing dump of water on you. The reason why you get a huge dump of water is you are on a ride that is full of water. When you first start out on the ride you go through the mountain and it is downhill through the mountain to the end of the ride. When the ride is over, it ends up where you started. When you start the ride, you get into a log and



there are 7-9 rows in the log. You go through a couple of curves and away you go. I like the ride for you are hitting the person sitting next to you which makes it a fun ride. When you are sitting on the outside of the log you may get wet from all the water coming off the mountain. It is very hot in Florida and when the water hits you it feels very good. After some more curves you start to go up a big hill and then go down and hit more water and get even more wet. You go straight down and it is scary the first time you go but it is so much fun with your family that you want to go again and again, The first time on the ride

is scary, but when you go again you know what is going on and you can look at other things on the ride, like all the animals and things.

When I went to Disney the last time, our friends were down there and we met up at the Magic Kingdom where Splash Mountain is and we went on it again. And I mean over and over again. I like it when it is really warm outside and the water is so refreshing when it hits you. Another reason I liked going on the Splash Mountain ride is because I got to sit with my brother and his friend in the front row. It is so much fun.



What I like at Disney

By Kendell DeMott, 4th grade
at Allendale Christian School

Hi, my name is Kendell, I've been to Disney, at least more than three times. I'm going to Disney this year to dance and have a lot of fun and just to let you know, Disney is all about fun and family. So, there's five parks I will share with you.

While at Hollywood Studios there's this ride called Rock 'n' Roller Coaster and it's a fun one but it can be scary but it also can be really fun. You do four loop de loops. There are two other rides right by it from the Toy Story and another is Slinky Dog ride. They are really fun and not a single bit of it that's scary.

Another place to go is Magic Kingdom and it is the main park out of all five parks. So, this park has a ride called Splash Mountain which that is

really fun. It may be a scary one for little ones, but otherwise it's a blast. There is another ride I like which is Thunder Mountain and it can be scary, but it's a fun one too.

I like going to Animal Kingdom to see all the animals and there's this section that is Asian stuff in that park. There's this ride called Mount Everest and if you don't like going backwards then you may not want to go on that ride. There's this show named the Lion King, and there's Simba, Timon and Pumba.

Another park at Disney is at Epcot, and has this one ride called Test Track and in that you build a car and then you wait in line to ride your car. The rest of the park I'm going to leave it a secret.

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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BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Parmesan Chicken

2 egg whites
Salt and pepper to taste
1/2 cup finely grated Parmesan
cheese
4 boneless, skinless chicken breasts
2-pounds new red potatoes, cut into
small cubes

Dressing:
2 Tbsp white wine vinegar
3 Tbsp creamy horseradish
(if I can find it)
Or
3 Tbsp creamy blue cheese
1 clove garlic, chopped
4 green onions, chopped

Heat toaster oven to 400°. Line a pan with foil. Place the egg whites in a large enough bowl to dip the chicken, add salt and pepper. Beat the egg whites until foamy. Place Parmesan cheese onto a plate to make dipping easy. Dip the chicken first in egg white, then in the cheese. Place on the pan that is lined with foil. Bake in toaster oven for 10-12 mins (or until the meat's internal temperature is 165°), turning once until browned and crisp. Meanwhile, boil the potatoes for 10 minutes, then drain. Mix vinegar and horseradish or blue cheese, garlic, green onion and season with salt and pepper to taste. Mix cubed potatoes with dressing and place over cooked chicken. **NOTE: I have only baked this in a toaster oven, but you could cook it on the stove top or bake in the oven.**

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.



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Tulip Time!



BY
ROLINA
VERMEER

In early May, ahead of the festival, I cannot resist the drive through Holland to see the magnificent blossoming trees and the endless display of tulips! Their beauty takes my breath away and it's a drive I'll do with a loved one or friend or on my own if I must. With a friend, it's a great time for a little shopping and a stop for lunch. But on my own, I'll meander through the streets of my childhood. I'll drive by the church and the elementary school and I'll drive by the house on 10th Street, just a block from the park, where so many childhood memories still resonate. We lived near the corner and on that cross street was the boulevard, magnificently lined with tulips and dotted with sparkling, blossom-laden trees.

Of course, we prepared well for Tulip Time. We scrubbed the streets on Monday, marched in the children's parade on Thursday and lined the sidewalks with our lawn chairs and blankets holding a good spot for the Parade of Bands on Saturday. I still know all the Tulip Time songs we learned in our music classes in school and I longed for the day I could be a Dutch dancer! In those days, Dutch dancers were Holland High School students, all girls, and I had already determined I'd be one of the girls to wear a boy's costume.... And eight pairs of socks to snugly fit the wooden shoes! We moved east before that dream materialized and, though it was all-good for me, I'm still a little wistful about that missed opportunity.



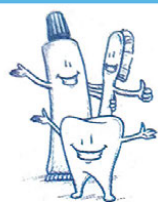
Every child in Holland had a Dutch costume for the week's celebration. Most importantly we wore it for the Children's Parade on Thursday when we marched with our class and held on to decorated poles to help keep us in a straight line and stay with the class while our eyes wandered the crowds searching for our parents who were there to take

a picture every year. Moms navigated the requisite costume duty with an exchange at the Civic Center where hundreds of costumes supplied the needs of families throughout the area. My mother always found a costume for me that reflected as best she could the area of her childhood in The Hague. Somewhere, I think I still have that crisply starched white Dutch cap!

Tulip Time in those days was not nearly as busy as it is now. And with only a week to celebrate, it came and went rather quickly and joyously. One of the activities we were allowed to do was to sit in that boulevard on the corner and pose for grateful tourists who took our photo and threw a few coins in a small dish or wooden shoe at our feet. Some days we could sit for the hour (mom never allowed more than an hour at a time) and come home with five dollars in nickels, dimes and quarters! It was a lucrative business!

But imagine!! Letting your child sit, unattended at the corner, strangers taking photographs! It was a simpler, perhaps more naive time. And I'm so glad to have those memories. Now, when I drive through Holland in early May, those days reappear and I hold tight to the simplicity and the delight of my privileged childhood.

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



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Understand what the Medicare Savings Programs Offer



BY
ROBBI
JUERGENS

Medicare Savings Programs (MSPs) are state programs that assist you with paying your Medicare costs. These costs include premiums, deductibles, coinsurance charges, and copayments for Part A and Part B. There are three main programs, each with different benefits and eligibility requirements:

1. Qualified Medicare Beneficiary (QMB): Pays for Medicare Parts A and B premiums. If you have QMB, typically you should not be billed for Medicare-covered services when seeing Medicare providers or providers in your Medicare Advantage Plan's network.
2. Specified Low-income Medicare Beneficiary (SLMB): Pays for Medicare Part B premium.
3. Qualifying Individual (QI) Program: Pays for Medicare Part B premium.

To learn if you qualify for an MSP, contact your State Health Insurance Assistance Program (SHIP). A SHIP counselor can help you find out if your income and resources are under your state's limits for an MSP. You should consider applying for these benefits even if you are over the limits, because some income and resources are not counted toward the set limits. The names of these programs and how they work may vary by state. MSPs are not available in Puerto Rico and the U.S. Virgin Islands.

Qualified Disabled Working Individual (QDWI)

is the fourth MSP, which is available to some adults under the age of 65 who work but have a disabling impairment. Call your SHIP to find out if you qualify.

Know how to apply for an MSP.

To apply for an MSP, you will need to apply to your local Medicaid office or other state agency that receives MSP applications. You or a SHIP counselor can contact the local Medicaid office to learn how to apply. Some states' applications can be submitted online, while others are submitted through the mail. You will usually need to send in documentation with the application, such as copies of your Social Security card, Medicare card, birth certificate, and/or proof of income and resources.

Once you apply for an MSP, you should hear back from your Medicaid office within about 45 days. If you do not receive a notice, follow up with the office where you applied. If you are approved for the MSP, it can take up to three months for your benefits to start. You will be reimbursed for any premiums you paid during those months.

Know your rights and protections.

There are a few important things to know about MSPs.

- Medicare Savings Programs are available to all people with Medicare, not just those enrolled in Medicare Advantage Plans.
- You have a right to a fair hearing to chal-

lenge a decision made about your MSP application. If your application for an MSP is denied or your benefits are changed, request a fair hearing to challenge that decision. To request a fair hearing, follow the instructions on the denial or notice that you receive. Contact your local Medicaid or SHIP office for more information.

- If you are enrolled in the QMB program that pays for Medicare Parts A and B premiums, providers who accept Original Medicare or who are in-network for your Medicare Advantage Plan cannot bill you for any Medicare deductibles, coinsurance charges, or copayments. If you have QMB and your provider bills you for services, let them know that you have QMB and should not be billed. If you have any problems, call your SHIP or 1-800-MEDICARE.

You are invited to Tanglewood Park for Medicare 101 presentations, no appointment needed. Presentation will be held in the training room from 10 a.m. to 11 a.m. on the following dates:

May 12, 2020
June 24, 2020

Medicare/Medicaid Assistance Program is in Tanglewood Park. Call 231-733-3572 for an appointment.

Robbi Juergens is the Regional Coordinator for the MMAP office

*Information provided by Medicare Rights Center

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Martin's Meanderings Stan the Man



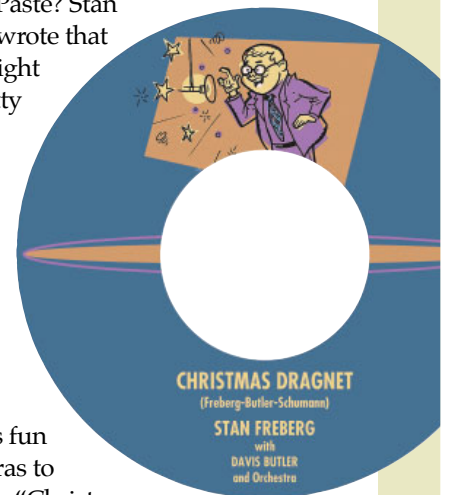
BY
CLIF
MARTIN

Longtime family friend and Grand Rapids artist Jack Snider did this drawing of Stan Freberg when he passed away in 2015. You say you don't know about Stan? Well, it's a pretty good bet that he has influenced your life in some way. He was one of the great satirists and advertising geniuses of our time.

Did you ever buy a can of Contadina Tomato Paste? Stan Freberg wrote that

memorable line, "Who put eight great tomatoes in that itty bitty can?" Have you heard of the Grammy Awards? Freberg was on the awards board looking for their name. If he had not come up with "Grammys" after Thomas Edison's Gramophone, it would have been called the "Eddies" for Edison.

Stan Freberg poked delicious fun at everything from soap operas to politics. My favorite might be "Christmas Dragnet." Joe Wednesday and his sidekick arrest a fellow named Grudge for not believing in Santa Claus. They take him on a trip to places a lot like what the ghosts did to



Scrooge. Like old Ebenezer, Grudge finally believes in Santa, the Easter Bunny and some other things. The one thing he still wasn't sure about cracks me up every time. I won't say what it is.

You should hear it for yourself. Look it up on the internet. Everything Stan Freberg did is easy to find. Have fun!

Clif says his next article might be all about the wonderful wit and wisdom you have missed if you don't read Facebook



BY
JOE
STAPEL

Safety and Security

Telemarketing Fraud

A recent news story told how a couple lost \$800,000 to a scam artist and now their money is in an account in Singapore.

They thought it was going to build their new home!

Senior citizens especially should be aware of fraud schemes for the following reasons:

1. Senior citizens are most likely to have a nest egg, own their own home, and have excellent credit -- making them attractive to con artists.
2. People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. It is difficult or impossible for these individuals to say "no" or just hang up the phone.
3. Older Americans are less likely to report a fraud because they do not know who to report it to, are too ashamed at having been scammed, or do not know they have been scammed.

4. When an elderly victim does report a crime, they often make poor witnesses, not able to supply enough detailed information to investigators.
5. Senior citizens are most interested in products to increase cognitive function, virility, physical conditioning, anti-cancer products, and so on making them prime targets for scammers.

If you are age 60 or older, and especially if you are a woman living alone, you may be especially targeted by people selling bogus products and services by phone. Telemarketing scams often involve offers of free prizes, low-cost healthcare products and inexpensive vacations.

Here are some warning signs of telemarketing fraud:

- "You must act now before the offer expires."
- "You have won a free gift, a vacation, or a prize, but you have to pay for postage and handling

or other charges."

"You must send money, give a credit card or bank account number, or have a check picked up by a 'courier'."

The caller may say you do not need to speak to anyone including your family, lawyer, accountant, or the Better Business Bureau. If you hear these, just say "No Thank You" and hang up.

PLEASE REMEMBER

Do not buy from an unfamiliar company. Legitimate businesses understand that you want more information.

It is very difficult to get your money back if you have been cheated over the telephone. Before you buy anything, always ask for, and wait until you receive, written material.

Joe Stapel worked as a police officer for three different Departments in Muskegon County for 20 years. He also worked for Meijer Corporate Office in Grand Rapids for 28 years as a security officer and as the Company's first Safety Specialist. Joe has worked for Baker College of Muskegon as the Campus Safety Director with a staff of 27 armed officers and 8 dispatchers.



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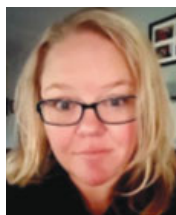


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BY
DELICIA
EKLUND

Hundreds of vintage photos are donated to the Muskegon County Genealogical Society (MCGS) with limited, if any, information available. My guess, and only a guess on this one, is that it's possibly a third-generation type family photo. I love that the one gentleman has a smirky smile, as you rarely see that in photos of this age. We would love to locate someone from the family and get the picture back to them! If you know them, please give me a call and let me know.

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Senior Resources of West Michigan has partnered with MCGS to assist in identifying these photos. This is where you come in. Future editions of the *Senior Perspectives* will feature photos of individuals, families and places from the Muskegon and surrounding areas. We try to find families who have links to Muskegon.

I will give you the information that I received while gathering the photos from MCGS. If you can help to identify any of these individuals or know the family, please contact, or have them contact: MCGS Pictures, C/O HPL-Torrent House, Local History & Genealogy Dept. 315 W. Webster Ave Muskegon, MI 49440. Email us 1972mcgs@gmail.com

Delicia is a Quality Service Coordinator with Senior Resources. She grew-up in Norton Shores and loves everything history! She spends much time researching her own family, as well as local history. She loves spending time with her husband Andy, daughter Rowyn and son Alan. You can contact her at deklund@seniorresourceswmi.org or 231-733-3527.

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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 24 & 25

T	I	S	S	U	E	S	A	M	P	L	E			
A	R	O	U	N	D	T	H	E	H	O	R	N		
J	A	C	K	I	E	R	O	B	I	N	S	O	N	
	S	K	I		N	U	K	E	S		A	M	A	J
		Y	E	S	M			H	E	T	E	R	O	
C	R	E	A	K		S	I	N		C	Z	A	R	S
H	U	N	K	E	R		D	O	J	O		N	A	B
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P	A	R		G	O	B	I		R	O	M	N	E	Y
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2	6	4	8	9	7	3	5	1
9	3	5	2	1	4	6	8	7
7	1	8	5	3	6	2	4	9
8	9	2	4	6	1	5	7	3
1	5	7	3	8	9	4	6	2
3	4	6	7	2	5	9	1	8
4	2	3	6	7	8	1	9	5
5	8	1	9	4	3	7	2	6
6	7	9	1	5	2	8	3	4

Boggle Answers:
POP ROCK FOLK BLUES POLKA
GOSPEL REGGAE

Jumble Answers:
POKER BLIMP ABLAZE ALWAYS
ANSWER: For King Kong, finding clothing that fit was a **SIZABLE PROBLEM**

Answers to Jumble on pg. 15:
SALAD TWIRL POLISH SQUARE
ANSWER: The owner of the failed laundromat was - **WASHED UP**



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