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MAY | JUNE 2022

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MARCH/APRIL WINNER: WAYNE EAGLESON OF SPRING LAKE
The golden egg was found in the Grand Hotel story on page 8.



BY
MICHELLE
FIELDS

Definition of Self-advocacy: Taking the initiative to communicate your needs and wants to others in order to support your overall well-being. When it comes to your medical care, being an advocate for yourself means understanding your healthcare needs and speaking up on your own behalf. In other words, advocating for yourself means educating yourself on your health condition and communicating your health concerns and questions to your healthcare provider(s). But you might have to take it a step further. Here's my story.

After flying home from vacation in Feb. of 2021, I noticed occasional inner ear pain in my right ear, but thought it was due to pressure changes from the flight. Within four months it went from a come-and-go type of ache, to a frequent deep, piercing pain in my ear and neck. I also started to experience a white-noise type of buzzing in my ear and my migraines seemed to be more frequent. I had my primary care physician look at it, twice, and was told "your ear looks fine." About a month later, with the pain and buzzing continuing, I went to see an ENT (ear, nose and throat) Specialist. I described my symptoms and findings of previous doctor's visit. He performed his exam and let me know that my ear looked fine. He suggested a complex hearing test and found hearing loss in my right ear. Because of this, he ordered a CT scan of my head and neck. All tests came back negative. I asked the ENT for a referral to someone who specializes more in-depth on ear disorders and was referred to a specialist on the other side of the state. At that appointment, nothing was found causing my ear pain. At this point, I started to second guess myself.

Several weeks later, feeling frustrated, disappointed and a bit like a hypochondriac, I sent my CT imagery and doctor notes to a neurologist in the area. Explained my symptoms,

history and that he was my last-ditch effort to find an answer for my ear pain. I received a call from his office later that week letting me know that he agreed to see me. After the exam, he explained that he didn't see anything that was causing my ear pain. With the disappointment rolling down my cheeks, he suggested I see Dr. Zehr, a Chiropractor in the area who specializes in Atlas adjustments.

I wasn't sold on this concept. Treatment by a Chiropractor for ear pain? And the bigger question, what in the heck is an Atlas?

So, that evening I Googled it:

The atlas and axis vertebrae are the two most superior bones in the vertebral column, and they are part of the seven cervical vertebrae. The atlas is the top-most bone, sitting just below the skull; it is followed by the axis. Together, they support the skull, facilitate neck movement, and protect the spinal cord.

Some of the symptoms of an atlas misalignment

Be Your Own

include, headache and migraines, deafness, tinnitus or noise in the inner ear, neck pain or a stiff neck and extreme muscle stiffness and restricted shoulder movement.

Stop the music! Have I FINALLY found what could be wrong with me? After all the doctor visits, co-pays, and testing, was something this simple causing all my ear pain?

I called Dr. Zehr's office the next morning and was scheduled for a consultation later in the week. Preparing ourselves for yet another disappointment, my husband Mike and I arrived at my consultation with our fingers crossed and our optimism cautiously high. After an assessment from Dr. Zehr, he let me know that my x-rays showed my atlas never fully developed as a child and as a result, my entire spine was misaligned.

He thought with some non-manipulative adjusting of the atlas, (the first bone in the neck)



(L-R) Amanda, Dawn, Dr. Jeffrey Zehr, Dr. Jared Plemon, Rebekah and Suzanne.

Health Advocate

he could bring my entire head, neck, spine, and hips back into alignment and this just might be able to relieve the pressure on the nerves causing the ear pain.

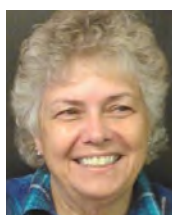
I was scheduled to begin treatment the next day. Hoping for immediate relief, I left his office with no noticeable change. But later that day, I noticed one leg seemed longer than the other. Two days later I saw Dr. Zehr again and told him what I was experiencing. A grin came over his face, he clapped his hands together, and said "It's working." Two weeks into treatment with Dr. Zehr and Dr. Plemon, my ear pain was gone, and within a month the buzzing subsided, and my migraine headaches weren't as frequent. It was working! To make sure my atlas stayed aligned, I was weaned down on visits from three times a week to one per week. Today, I am only seen two times a month for preventive care.

The moral of my story? **DON'T GIVE UP!** You know your body better than anyone else. If you feel there's a problem, don't abandon your suspicion that something is wrong. Being an advocate for yourself means understanding your healthcare needs and doing something about it. Here are five suggestions to advocate for your own health care:

1. Don't be afraid to ask questions. Write the questions on a list to bring with you. You can get more questions answered if you are prepared.
2. Understand how your health insurance works. Your insurance might not pay for certain chiropractor treatments or tests. This care might not be covered.
3. Maintain your own records. This is important when it comes to seeing a medical professional outside of your network.
4. Get a second (third and fourth) opinion if needed. You know your body better than anyone else.

5. And while going through this process, it is important to review your medical bills for errors. Trust me, it's worth it.

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



BY
CHRISTINE
WISTRUM

With the continuing COVID-19 crisis overpowering hospitals and the medical community, there seems to be more concern that medical professionals are overworked and, at times, seemingly unresponsive. Several of my friends have recently

been talking about how hard it is to get their doctor to listen to them and take their concerns seriously. Now it is more important than ever for us to learn to speak up and be a part of the team involved in planning the care we receive.

Advocating for yourself begins by considering what might be causing your symptoms or pain. If you are afraid to suggest the possibilities, then you have to depend on others to come up with solutions, and they may not have all the information they need to make an accurate diagnosis.

No one knows your body as well as you do. You have first-hand experience that no one else does about how you feel, how things affect you, and what your needs are. Your doctor may be frustrated when you suggest what might be causing your problem, but sometimes we need to remind our medical

team that we are all on the same side, and our input might even make their job easier.

Don't be afraid to talk to your doctor about what your health concerns are. Be specific in providing the details, and if you can suggest a possible cause, explain why you think it might be the source of your problem.

When you are advocating, don't assume your solution is the only one. While you don't want to be afraid to offer suggestions, listen to your doctor and what s/he is telling you. Most physicians want you to talk to them when you come in for a visit. How else can they know what is going on?

It also helps to keep your rights in mind when you are advocating for yourself. You always have the right to be treated with dignity and respect. If a member of your medical team isn't treating you respectfully, you may want to point out that you are trying to be respectful, and that you expect that to go both ways. You also have a right to be an active part of the team making decisions about your care.

If you find that your medical team is not meeting your expectations, you have the right to a second opinion or to find another doctor. Finding a new doctor can be challenging though, so be sure you're willing to go that far before you make the commitment.

Receiving quality care, having your doctor listen to you and respect that you are part of the team might seem like a hopeless dream, but it is possible. Remember to keep your conversations respectful, but don't be afraid to be an active player in advocating for the quality care you need and deserve.

Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. Current interests include assistive technology,

Keith's World

Looking Back



BY
KEITH
SIPE

I found the following story in an article quite a while ago, and I am not certain who wrote it. It was either by Kurt Vonnegut or Anna Macedo based on what I read. By not being sure which one, I will give recognition to both of them. It starts out...

When I was 15, I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of "getting to know you" questions you ask young people: Do you play sports? What's your favorite subject? And I told him, no, I don't play any sports. I do theater, I'm in choir, I play the violin and piano, I used to take art classes.

And he went "WOW. That's amazing!" And I said, "Oh no, but I'm not any good at ANY of them."

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: "I don't think being good at things is the point of doing them. I think you've got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them."

And that honestly changed my life. Because I went from a failure, someone who hadn't been talented enough at anything to excel, to someone who did things because I

enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of Talent, that I thought it was only worth doing things if you could "Win" at them.

The last sentence is what caught my attention -- "win at them." That really has struck a chord with me!

In my younger days, if you were not really good at something, you were a failure, a loser, or maybe an under-achiever. You need to excel at something to have value in yourself. You needed to be better than the best. Special!

I remember at times hearing you need to be "great" at something to be accepted most anywhere.

What can I do? I have asked myself so many times. What have I excelled in? I have played the trumpet. I have been a chef; cooked at a summer camp for kids. I have directed choirs, plays, written skits and poems. I have my own column, Keith's World. I have owned and operated a printing business. Was in the Air Force and Army for a total of 21 years. I was a stage actor in two plays at The Grange Theatre, in Little Tew, England. There are many other things I have done as well, but...but, I'm just an ordinary guy, an average person. Why? Here's why...I'm far from great in anything I do. But I'm okay, I am satisfied with what I have done, even though it wasn't the best. I'm okay. I am blessed be-

yond all measure. I'm sure there are many things I have done and done very well, better than average. Maybe I have not won an award, or a trophy, but I did accomplish it in a satisfactory way. An acceptable way to many people, and maybe I even got an "atta boy," for it was well done.

I am sure we all have looked back on our lives and wondered what effect we had on the living. Did we make a difference in some way, no matter how big or small? Did we excel in some way in a certain area? Were we good enough?

Myself...I do not excel in anything. I'm not number one or even close to it. Just an ordinary fellow who's lucky he made it this far in life. I was just an average guy in school with average grades. Sometimes they were underwater, like below "C" level. My English and math skills needed a lot of help. My wife would have agreed to that. I went into military service after high school, because I knew I was not college material. I did pick up a skill while in the service, which helped me after my Honorable Discharge.

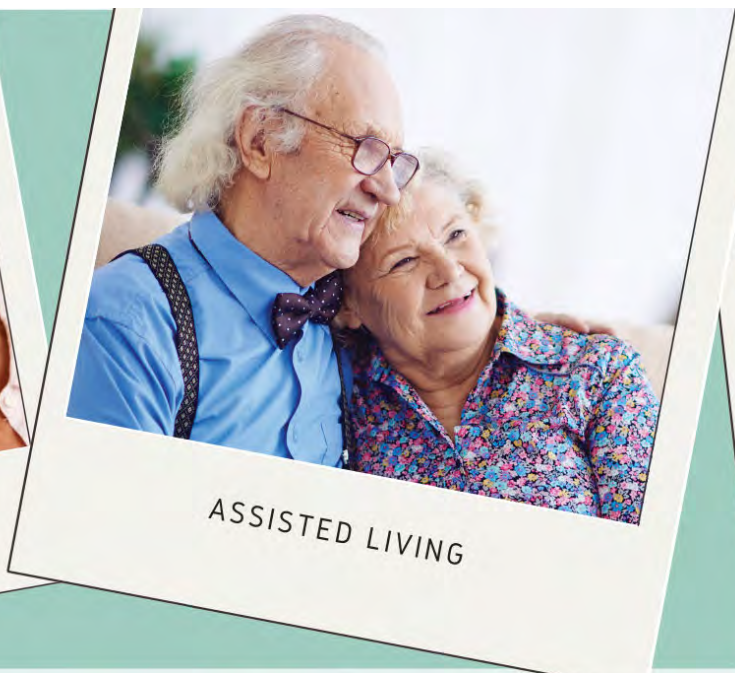
As I look back, I enjoyed all the adventures I had in doing so many things. It was much later in life when it finally hit me -- "that's okay." All the people I met and the influence they had on me in some way, they were my educators, teachers, mentors, and friends, which made me the person I am today.

There is one area where I did come out on top, however. I was married for 51 years to a beautiful and wonderful lady who will be in my heart forever.

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
DICK
HOFFSTEDT

Dvorak in America

In the last quarter of the 19th century, European music was slowly entering the concert halls of America, especially that of Antonin Leopold Dvorak, pronounced Devor-jacque. He was born in 1841 in Prague, which was the capital of the Czech community of Bohemia. Czechoslovakia didn't begin until WWI.

In 1892, Dvorak was contacted by a wealthy and philanthropic American woman named Jeannette Thurber, who had established the National Conservatory of Music in New York City. She was a champion of women's rights but also for people of color and those with disabilities. She offered him \$15,000 (almost \$500,000 today) to come and be part of her conservatory. He accepted and arrived in Hoboken, New Jersey, with wife Anna and two of their six children. His contract was for two and a half years.

One of the first persons he met at the conservatory was Harry Burleigh,

who later became one of the earliest African-American composers. Burleigh introduced Dvorak to traditional African-American spirituals.

In the winter and spring of 1893, Dvorak was commissioned by the New York Philharmonic to write his 9th Symphony, which was called "From the New World." He started to compose it in January of 1893 and finished it in May of 1893 in the small town of Spillville, Iowa. He wanted to spend time in Czech communities like Chicago, Omaha, and Spillville. He loved Longfellow's poem "Song of Hiawatha," so he took a short trip to Minneapolis to see the Minnehaha Falls. These side trips helped ease his home sickness.

While in Chicago, on August 12, 1893, he conducted a concert of his 8th Symphony at the World's Columbian Exposition on "Bohemian Day." He also conducted his American Spring Quartet which he had composed during his three-month stay in



Spillville. At the Exposition, he was besieged by music lovers including the conductor of the Chicago Symphony Orchestra, Theodore Thomas.

On December 16, 1893, there was a world premiere of Dvorak's 9th Symphony, "From the New World" at the prestigious Carnegie Hall. It was performed by the New York Philharmonic under the baton of Anton Seidl. Amid thunderous applause, he had to stop after each of four movements to take a bow.

Dvorak's main goal in America was to discover "American Music" and engage in it. Shortly after his arrival he wrote a series of newspaper articles on the state of American music. He supported the concept that African-American and Native

American music should be used as a foundation for the growth of American music. Because of his many visits to London, he was skilled in the English language.

Dvorak loved America, but his love for Prague and his beloved Bohemia were too much to overcome. Sometime in March of 1895, he and his family sailed back to Europe. It was a great time for America, and we are fortunate he chose to come here. His music will endure for many years to come.

Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 67 years. Richard has six children, five grandchildren and five great grandchildren.

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Martin's Meanderings

No Sports Please



BY
CLIF
MARTIN

I do not understand sports. I don't know why the players in any given sport are doing what they are doing. I suspect that the part of my brain that is supposed to process sports is missing.

If there is a sport that I might seriously try to comprehend, it would be baseball. Thanks to George Carlin for that. His monologue on the difference between baseball and football gives me hope.

Baseball, says George, is played on a diamond. In a park. I like that. You play baseball in the spring and summer. That sounds nice. But you don't have to play if it rains. A game can go on forever in extra innings. Nobody's watching a clock. A baseball cap is pretty cute and you don't have to play the game to wear one. The purpose of baseball is to go home and be safe. I could live with that. It's almost warm and fuzzy,

I will never ever figure out what football is all about. Here's what George Carlin says about that sport, game, or whatever it is:

You play football on a gridiron. I don't know what that is. You do it in weather that makes sensible people stay home. The game is timed and it might end in a sudden death. You don't wear a cap. You need a helmet. It's war. I quote George here. He explains it so frighteningly well. "The object is for the quarterback, also known as the field general, to be on target with his aerial assault, riddling the defense by hitting his receivers with deadly accuracy in spite of the blitz, even if he has to use shotgun. With short bullet passes and long bombs, he marches his troops into enemy territory, balancing this aerial assault with a sustained ground attack that punches holes in the wall of the enemy's defensive line."

I don't understand a word of that. If I must leave home, just take me out to the ball game. The one in the park where they sell peanuts and Cracker Jack.

Clif says he will donate his brain for scientific research to determine what else might be missing.

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

Try This

2 Rub a bit of each food in its circle

You'll need

- White paper
- Pencil

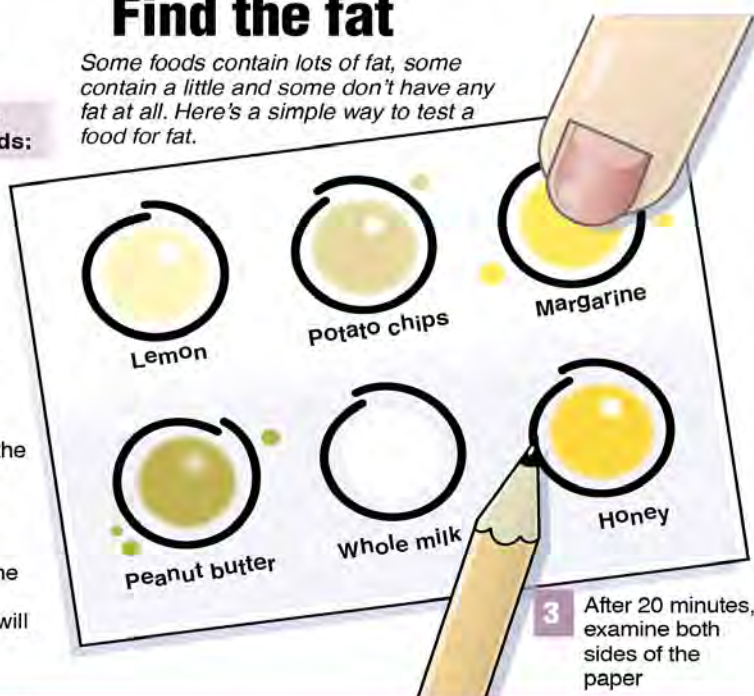
Small amounts of all these foods:

- Margarine
- Whole milk
- Lemon
- Honey
- Potato chips
- Peanut butter

1 Draw six circles on the paper and label each one with the name of one of the foods you will test

Find the fat

Some foods contain lots of fat, some contain a little and some don't have any fat at all. Here's a simple way to test a food for fat.



3 After 20 minutes, examine both sides of the paper

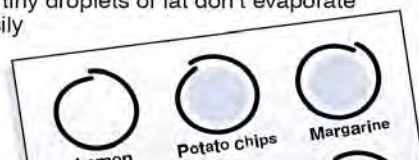
What happened?

Some of the circles will be dry
Others will be greasy and the spot will be spreading

That happens because both water and fat produce a spot by filling in the spaces between the fibers of the paper

At first, all the spots look wet, but the spots made by water in the food dry out because the water **evaporates** into the air

However, the wet spots made by foods containing fat don't become dry because the tiny droplets of fat don't evaporate easily



Senior Perspectives Cooking Corner



Blue Cheese Wedge Salad

Ingredients:

- Head of Iceberg lettuce cut into wedges (your preferred size)
- Grape tomatoes (10 per wedge)
- Crumbled Blue Cheese (2 T)
- Blue Cheese creamy salad dressing (I use Marzetti's)
- Garlic Expressions salad dressing (1 T per wedge)

Directions:

- Place each iceberg wedge upright in a bowl or on a plate.
- Works well in a salad bowl because it falls over as you eat it!

Drizzle lettuce with approximately 1 T of Garlic Expressions (this is the secret to this salad's success!)

Cover with Blue Cheese salad dressing (1-2T)

Cut grape tomatoes in half and put at the base of the wedge

Add Crumbled Blue Cheese on top of wedge (2 T)

Note from Jackie: I have to credit my son Hunter Ebey who is a fantastic New Orleans cook, for figuring that the key to this successful wedge is the addition of Garlic Expressions to give it the right zip.



BY JACKIE
LINDRUP
RDH, M.Ed.





Easy Chicken and Dumpling



BY
CATHAY
THIBDAUE

Ingredients:

2 cups of pre-cooked shredded chicken
32 oz can of chicken broth or chicken bone broth
1 can of Cream of Chicken Soup
1 can of refrigerated biscuit dough. If you like many biscuits, use two cans
Pepper to taste

Directions: Heat chicken broth in a pot on medium-high heat and cook until it gently boils. Add cream of chicken soup and stir until thoroughly mixed in. Add pre-cooked shredded chicken and stir until everything is combined.

Cut biscuits into small pieces and place in chicken broth mixture. Stir the mixture well, reduce the heat, and let the chicken and dumplings simmer for 5-10 minutes. Put pepper to your taste over dumplings while cooking.

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.



Easy Peanut Butter Cookies



BY
ANGIE
PUTERBAUGH

Ingredients:

1 cup Peanut Butter
1 cup Sugar
1 Egg

Directions: 1) Preheat oven to 350 degrees
2) Mix peanut butter, sugar, and egg together until smooth and creamy. Roll mixture into small balls and arrange on a baking sheet; flatten each with a fork, making a crisscross pattern.

3) Bake in the preheated oven for 8-10 minutes. Cool cookies on the baking sheet for 2 minutes before removing.

Note: I like to add chocolate chips to these cookies. If doing this, lower amount of sugar to $\frac{3}{4}$ cup.

Angie Puterbaugh, LBSW is a Social Work Supports Coordinator at Senior Resources of West Michigan. Angie's recipe was a favorite of her mom's, Sandy Burns. Sandy has 6 children throughout the West Michigan area.

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BY
VONDA
VANTIL

Our online tools and services save you time and make your life easier. Often, there's no need to contact Social Security. Here are five of our webpages that can make your life easier:

1. Request a replacement Social Security card, verify your earnings, get future benefit estimates, instantly get benefit verification letters, and more with your own personal my Social Security account, at www.ssa.gov/myaccount.
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Please share this article with your friends and family.

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

Cribbage

The Game for Everyone



BY
LOUISE
MATZ

As defined by Wikipedia, cribbage is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted

for three, four or even six players. Cribbage has several distinctive features: the cribbage board used for score-keeping, the crib (a separate hand counting for the dealer), two distinct scoring stages (the play and the show), and a unique scoring system including points for groups of cards that total fifteen.

If this sounds complicated and difficult, believe me it is not. Cribbage is an interesting game, easy to learn, and it's fun. You just need to be able to count and anticipate opportunities to score. Cribbage has just enough of a challenge to give your brain a little exercise.

Some people prefer to play with just one opponent on a regular basis. Others like to rotate their opponents or play with larger groups. Still others prefer tournament play. I joined a group in our condo complex mostly to get to know some of my neighbors. I was not what you would call a strong or experienced player, but the group is very welcoming and helpful. We usually play with a partner and

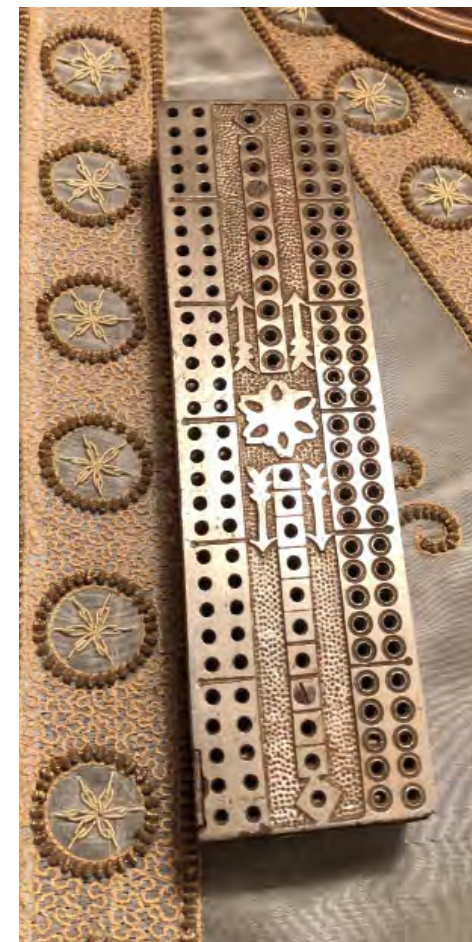
four at a table. Partners are rotated after every game. We meet in the homes of the players and we all appreciate our guru Dave Boes, who does the communication necessary to keep the group together and running smoothly. He even keeps a record of the winners and losers of every game.

The cribbage board is interesting, too. You need a board to peg the score as you play. I purchased one on line for \$10. It's simple, but functional and small. Some of the boards are colorful and with unique designs. Recently, I discovered that one of our players has a collection of unusual cribbage boards. In fact, Bart Robinson has collected 100 cribbage boards. Surprisingly, he amassed this collection in just two years!

Cribbage is a great game for all ages. If you are unfamiliar with the game, I suggest you try it out on line. There are several free websites that do a nice job of explaining the game and let you play with a robot. Afterwards, you

Golf, gardening and grandchildren were primary interests of retirement for Louise. Since that time, her interests have expanded to include walking, biking, pickleball and mahjongg. Reading and travel are also high on her list. She and her husband both enjoy bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys

might want to start playing with a friend, spouse or grandchild. Eventually, you may wish to join a group or even start one of your own.



Top left: Dave & Betty Boes.
Above: Bob, Ardis, Bart, Rosie. Right: Ardis & Marlene



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Question: How can I get proof of my benefits to apply for a loan?

Answer: If you need proof that you get Social Security benefits, Supplemental Security Income (SSI) and/or Medicare, you can request a benefit verification letter online through your personal my Social Security account at www.ssa.gov/myaccount. This letter is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter." You even can select the information you want included in your online benefit verification letter.



Question: I got an email that says it's from Social Security, but I'm not so sure. They want me to reply with my Social Security number, date of birth, and mother's maiden name for "verification." Did it really come from Social Security?

Answer: No. Social Security will not send you an email asking you to share your personal information, such as your Social Security number, date of birth, or other private information. Beware of such scams — they're after your information so they can use it for their own benefit. When in doubt, or if you have any questions about correspondence you receive from Social Security, contact your local Social Security office or call us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really need any information from you.



BY
VONDA
VANTIL

Question: Recently, I was told I shouldn't be carrying my Social Security card around. Is that true?

Answer: We encourage you to keep your Social Security card at home in a safe place. Do not carry it with you unless you are taking it to a job interview or to someone who requires it. Identity theft is one of the fastest growing crimes in America, and the best way to avoid becoming a victim is to safeguard your card and number. To learn more, visit our Social Security number and card page at www.socialsecurity.gov/ssnumber.

Question: I served in the military, and I'll receive a military pension when I retire. Will that affect my Social Security benefits?

Answer: You can get both Social Security retirement benefits and military retirement at the same time. Generally, we don't reduce your Social Security benefits because of your military benefits. When you're ready to apply for Social Security retirement benefits, go to [\[curity.gov/applyonline\]\(http://www.socialsecurity.gov/applyonline\). This is the fastest and easiest way to apply. For your convenience, you can always save your progress during your application and complete it later. And thank you for your military service!](http://www.socialse-</p></div><div data-bbox=)

Question: My father receives Social Security retirement benefits, and I will be in charge of his estate when he dies. Should that occur, do I need to report his death to Social Security or will benefits automatically stop?

Answer: When your father dies, please notify Social Security as soon as possible by calling us at 1-800-772-1213 (TTY 1-800-325-0778). Another person, such as a spouse, may be eligible for survivor's benefits based on his record. Also, we might be able to pay a one-time payment of \$255 to help with funeral expenses. We suggest reading a copy of our online publication, *How Social Security Can Help You When a Family Member Dies*, at www.socialsecurity.gov/pubs/10008.html.

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

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A photograph of three elderly people sitting around a table, engaged in a card game. They are smiling and looking at their cards. The setting appears to be a well-lit room with large windows in the background.

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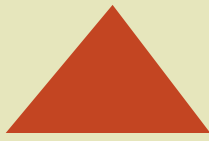
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A photograph of a woman wearing a wide-brimmed hat and a colorful floral shirt. She is standing outdoors, possibly on a porch or walkway, with a building in the background. She is smiling and looking towards the camera.

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



Game Page
Answers
on
Page 35



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

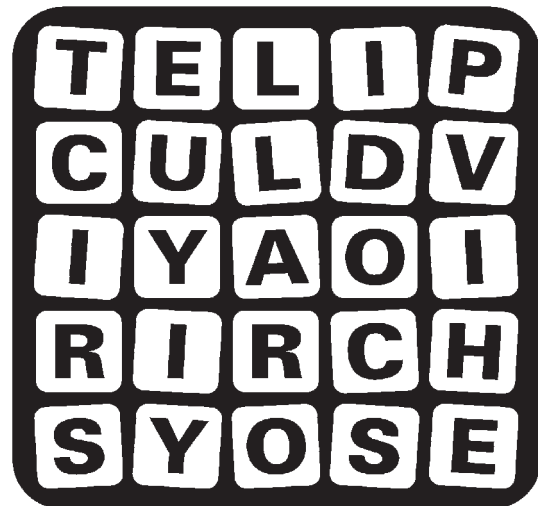
BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

By David L. Hoyt and Jeff Knurek



7-25-21

Boggle BrainBusters Bonus

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E ₁	I ₁	U ₁	X ₈	T ₁	F ₄	R ₁	Double Word Score	
								RACK 1
E ₁	E ₁	Y ₄	W ₄	R ₁	R ₁	B ₃		RACK 2
O ₁	O ₁	P ₃	P ₃	T ₁	R ₁	D ₂		RACK 3
E ₁	U ₁	T ₁	L ₁	C ₃	R ₁	V ₄	1st Letter Triple	RACK 4
E ₁	I ₁	T ₁	D ₂	L ₁	R ₁	B ₃		RACK 5

PAR SCORE 265-275
BEST SCORE 339

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

10-31

Game Page Sponsor



JUMBLE

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

VIRRE

○	□	□	□	○
---	---	---	---	---

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ZELGA

□	○	○	□	□
---	---	---	---	---

MYIKPS

○	□	○	□	□	○
---	---	---	---	---	---

TREEJS

□	□	○	□	○	○
---	---	---	---	---	---

○	○	○	○	○	○
---	---	---	---	---	---

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

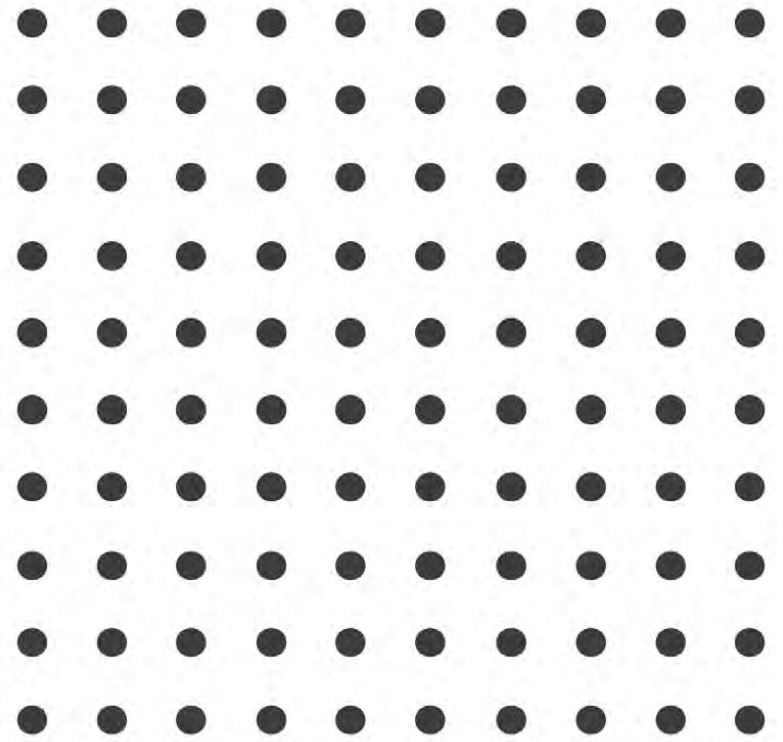


Check out the new, free JUST JUMBLE app

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

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

DOTS and BOXES



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

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BY
JANET
HASSELBRING

Covid, Connection, and a Set of Mahjongg Tiles

Connection: the energy that exists between people when they are seen, heard, and feel valued; when they can give and receive without judgment; when they derive sustenance and strength.

How has COVID changed your life?*

The changes I feel are subtle, yet distinct and undeniable: in the aftermath of CO-

VID, my priorities regarding connection have changed – what seemed important once, I now find unimportant and uninteresting.

I'm meeting different people and reading different books, I have less need for conversation, and when I am with people, my conversation has changed. I've become more aware of the needs of others and the universal need for being loved.

I'm content to be alone and crave solitude, but interestingly, as my scheduled coffees and chats with friends decrease, my prayer list has increased. "Presence in the

absence," has become a reality; friendship and connection have taken on a spiritual dimension.

During the pandemic, our basic human need for connection was challenged with social distancing, quarantine, masks, separation, and in some cases, sadly, isolation. In its aftermath, our interactions with others continue to be impacted by Omicron, the possibility of other variants, disputes over vaccinations, and at-home tests.

I was skeptical when they told us the world would never be the same after COVID, that we'd live with a "new" normal;

however, whatever this would mean for others, individually or collectively, it's become true for me.

The changes I'm realizing, especially my need for solitude, could be due to aging or being a wannabee writer, forever lost in trying to find a story. However, upon reflection, I've concluded they're due to a lesson learned during the pandemic: connection is deeper than physical proximity; changes evident in Mah-jongg, a game I've played for many years, but now play with a new awareness of connection.

Originating in China, mah-jongg has become popular in the U.S. It is played with 136 or 144 rectangular pieces, called tiles, and can be played with 2, 3, or 4 players who attempt to collect winning sets of fourteen tiles, corresponding to those displayed on an official card, which changes every year. It distantly resembles gin rummy.

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The tiles display flowers, dragons, winds, jokers(wild), and three suits containing four of each number 1 – 9 – bams, bamboos, craks, Chinese characters, and dots, wheels or balls. No other game has the appeal and intrigue that mah-jongg has for me. The game is challenging, and, just between you and me, I've fallen in love with the tiles. They have a magical quality – pleasing to the eye, smooth and soothing to touch, and when jumbled before each game, they make a congenial clicking sound.

Mah-jongg also fits my “new normal” style, because whether making new friendships or solidifying existing ones, mah-jongg is suitable for extroverts or introverts; one can share secrets or sorrows, or just show up and share nothing at all. Mah-jongg helped writer Amy Ettinger overcome grief after her mother died: “For me, game days are days of light easy friendship and acceptance; a feeling that lingers long after I leave the table.” (*The Strength My Mother Left Me*) Ditto!

Note: Shhh, don't tell... Last year, looking for a challenge beyond the classic game (Singles) and its variant, Siamese,

(Doubles), four of us went rogue and started playing Triples – three winning combinations using two sets of tiles. With no precedents or rules to guide us, we, reprobates, formed the Underground Mah-jongg Club (UMC); we're tight as scamps and bonded like scalawags. Note: For general information about mah-jongg visit <https://www.amja.net/>; for how to play, visit YouTube; for information about UMC, contact the writer. Shhh, don't tell...

*In reflecting on the emotional, psychological effects of COVID, the author is not ignoring or depreciating the traumatic physical effects of the virus.

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



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BY
JAN
SMOLEN, DPM

It All Starts with a Good Foundation **Part II**

Every week I hear at least one story from a patient who has had a fall, and I always ask how it happened. I hear things like “I was trying to carrying in too many boxes or bags in 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” or “The throw rug threw me to the ground.” I have heard many stories about where people fall and here are the most common places: the bathroom, going up or down stairs, the garage, the driveway /yard, and places of worship.

I did 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.

Age 65 seems to be a turning point for when people become prone to falling, and people age 85 and older are most likely to fall. One in four elderly people fall daily. 50% of people who fall once will fall again, likely because they become fearful of falling and then stop doing daily activities and become weak. The most common injuries that occur from falls are fractures of the hip, wrist, ankle, and

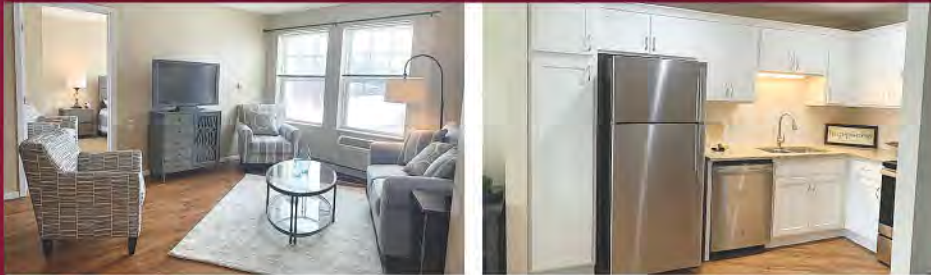
head injuries. Falls are the most common cause of traumatic brain injury. Falls are also expensive, with the total cost to the health care system in 2015 of 50 billion dollars.

I dove into the literature some more and found The Framingham Foot Study of 1,375 people. They found Pes Planus, or flatfeet, increases the risk of falling by 78% and foot pain increases the risk of falling by 62%. Another study by Hylton Menz *et al* in 2006 found reduced ankle flexibility, Hallux Valgus, decreased sensation, decreased muscle strength and foot pain from hammer-toe, corns calluses and thick toenails can also increase the risk of falls. Menz also found 50-80% of people wearing poorly fitting shoes -- usually too narrow -- are also at increased risk.

So, what can you do with this information to prevent falls? If you have Pes Planus, or flatfeet, see a Podiatrist. Flatfoot deformity is treated with custom made orthotics, or over the counter arch supports. orthopedic shoes, AFO

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braces, and high-top shoes. For decreased ankle flexibility and overall decreased flexibility, getting a referral to a Physical Therapist can improve pain, function and balance. Foot pain can be caused by bunions; hammertoes can be helped by wide toe box shoes such as SAS PW Minor. If you have diabetes you may qualify for diabetic shoes and inserts. Padding such as moleskin or silicone for the hammertoes or bunions can help with foot pain. Surgery to correct these deformities can help if you are a candidate. There are treatments to trim down painful corns, calluses and thick toenails. Ask your health care provider for a referral to a Podiatrist.

Find a good shoe store and have your shoes fitted correctly. They should have a wide toe box, supportive heel counter and a firm non slip sole. I don't recommend shoes with memory foam as they can place you off balance. If you need an orthotic, get one or talk to your health care provider about the best one. Address your foot pain, don't just live with it. If you feel unsteady use a cane, walking stick or walker. Ask for a referral to a Physical Therapist for an evaluation, gait training, and balance training, since most insurances cover this. Most insurances also cover Silver Sneakers Program, which is a Medicare Fitness Program. Wear shoes instead of slippers 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, and convert



your bathtub to a shower.

The cliché is true "If you don't use it, you lose it." These are exercises I recommend keeping your legs and feet strong and flexible.

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 two times per day.
4. Do 50 leg lifts two times per day.
5. Get up and walk around inside your house one time every hour during the day, or go to the mall and walk.
6. Take an exercise class, Tai Chi or yoga class for seniors. Your local senior center may have information on these.
7. If you still feel unsteady walking don't forget to talk to your health care professional about a Physical Therapy referral for gait training, balance training and muscle strengthening. You are worth it!

Jan Smolen DPM is board certified by The American Board of Podiatric Surgery and is a Diplomat of The American College Foot and Ankle Surgeons. She is a physician at Shoreline Foot and Ankle Associates in Muskegon with satellite offices in New Era, Fremont and Ludington.



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Soul Food

Warm Thoughts



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

For us northerners, on seeing the ice melting and the temperatures rising we cannot help but be thankful for the coming of warm air. In May or June, we will be able to sit outside on sunny days and maybe catch a visit with a neighbor without having to bundle up.

We won't stop making phone calls to friends or family members but we might add plans to walk or drive someplace together just for pleasure, not for necessities like groceries.

Maybe you are one of the gracious souls who think of those who don't get out much, don't have many friends, or have recently lost loved ones. Their loneliness hardly notices good weather. Their energy is gone, so you have taken someone, say, to the grocery store. If that is just what they'd love to have you offer

them, no problem!

If you belong to a loving and active faith community, a warm invitation to join you for worship and offering to pick them up may be what someone is longing for. However, if you hear on the phone "I'll think about it," don't give up. Maybe the next contact could be in person, and you could simply keep an offer "open" to the needs and interests of the lonely soul. Letting the one who is in recovery express their need or interest to you requires true humility.

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



Ephesians 4:2-3 (NIV) -

"Be completely humble and gentle; be patient, bearing with one another in love.

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Connections



BY
JERRY
MATTSON

Away from home, making connections with people can be difficult. But we found simple things like a license plate or a logo on a shirt, jacket or ball cap to be conversation starters.

On a January day in southern Alabama, on a two-track nature trail, a couple walked past us with the gal wearing a “Lake Michigan Unsalted” shirt.

“Are you from Michigan?” Sue called out. They both turned around, raised

their hands and said, “Yes. The Upper Peninsula.” Keith and Jana were from Iron River. We walked and talked for a while. They knew Pete and Joann from Manistique, who attended their church. I went to high school with them. The walkers were staying on the seventh floor of the same building we were, a few miles away.

On the first floor, we met Dave and Bev sitting outside their condo. The State of Michigan was printed on his shirt. “Where do you live?” I asked. “We’re from Quinnesec,” said Dave. At CMU, Matthew, our grandson, shares a suite with Carter from that same town. Bev worked in a day-care he attended as a

child and she babysat other kids in his family.

During a 40-degree day, I was on the boardwalk headed toward the beach with my hands in my jacket pockets. The rain had stopped, but it was windy and cold. I met a man wearing a yellow slicker with the hood over his head kept tight with a tie-string under his chin.

“Wanna buy my gloves for ten bucks?” he asked while a few paces apart.

“No. I’m good.”

Face to face, I noticed a small outline of the State of Michigan on his slicker. When asked, he told me he was from Kalamazoo.

“I like your cap with the 2nd Division pin,” he said. “I was in the 2nd Division too.”

“I hoped someone would recognize the pin,” I said. “I was in Korea in ‘68 and ‘69.”

“I was there in 1958, but it’s nothing I want to talk about.”

“OK. Have a good rest of the day,” I said and continued to the beach.

These people were all repeat customers staying at The Plantations, so we might see them again next year.

One morning on my daily beach walk, I met a man with a Detroit Tigers cap on.

“Are you from Michigan?” I asked.

“Holland,” he said.

“Muskegon area,” I told him.

“I used to work there at the prison.”

“Did you know Jerry ...”

And he said, “Dibble?”

“Yes. Jerry and Robbin attend the same church we do.”

“Tell him Matt said hi.”

“Will do.”

I wore a green and gold NMU sweat-shirt the day we stopped at Paula Deen’s Family Kitchen, near Foley, Alabama. A woman walked over to our table.

“Did you go to Northern?” she asked.

“Yes. I graduated in 1966.”

“I graduated in 1968 and my husband in 1969. We probably crossed paths up there,” she said. With a smile and a “have a nice day,” she walked away.

I also got comments from people while wearing my “CMU grandpa” and “Manistique Merchant Car Show” tee shirts.

Clothing adorned with your home state or something another person may share an interest in helps make connections.

A short conversation beats just a nod or a “good morning” every time.

Jerry and Sue met many people from Up North during their winter stay near Gulf Shores, Alabama. Staying in an area where lots of snowbirds nest probably made connecting a bit easier.



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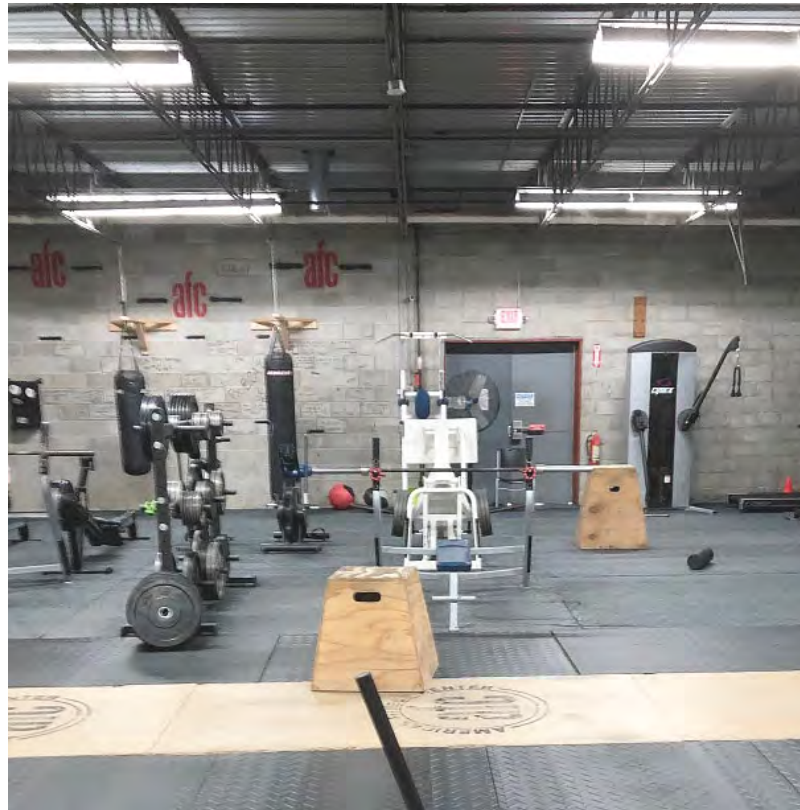
BY
JOEL
DULYEA

I awoke one morning to discover a sharp and angry pain that was diagnosed as a sprained right shoulder. The prescription was a series of at-home exercises that brought relief. But my shoulder didn't feel quite right. The physician

assistant agreed, exercise machines would help. So, I returned to the American Fitness Center in Whitehall and exercised into full recovery. But for the COVID interruption, I have not stopped.

The fitness center is housed in a low-lying strip mall next to the Soap Opera Laundromat on Colby Street. Just inside the door, cardio machines are lined up facing east, toward the dawn of good health. Then come the conditioning machines used for circuit training. As one continues further back into the fitness center, more equipment options are available, including racks and stacks of dumb bells and free weights. There is a back room that I think is for the "no pain no gain" customer. I've heard heavy weights hit the black rubber mats in that room. I don't go there.

Caleb is the Head Trainer at the center. He is not shy about engaging old folks like me in conversation, or with young people as well. His customers range in age from teenagers to octogenarians+. I met Larry Jancek one afternoon. He walked in with the help of a cane. When I asked him how he was doing he answered, "I'm doing the best I can." He said much more which made me laugh and hope to see him again. Caleb informed me that Larry has a granddaughter who broke two state records in power lifting. My eyes popped when he said Larry's 17-year-old grandson bench pressed 405 lbs. They must use the back room.



I told Caleb that my goals are less herculean, that I just want to keep my shoulders, knees and, you know, the rest of my body functional as long as I can. That is a realistic goal, one that will sustain my habits of "dates with daughter" and "dotes on granddaughter" days." Like Larry, my days of heavy lifting have ended. So, we don't need to do multiple repetitions that pump us up on the conditioning equipment. One set is enough to lubricate the joints and strengthen the chassis.

Here is the first reason American Fitness Center gave me to keep exercising. They accept my insurance's self-care Silver Sneaker program. There are multiple other insurance plans with which the fitness center manages payment. The second reason is the people who are new to me, like Larry. Eighty percent of Caleb's clients are retired. They include both men and women who have had knee or hip replacement surgery. After requisite physical therapy they sustain their health with visits to the fitness center.

My wife pedaled a stationary bicycle after a knee replacement and physical therapy. She was one of forty-two new members of retirement age added in 2021. The numbers go up and down with the migratory habits of snowbirds, but the average active attendance is around eighty. Those are the ones who inspire me to keep moving. I met a new acquaintance last week. Matt wore the world on his face. He had the best comment, the best reason to come to the fitness center. He said, "I always feel better after I exercise."

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

Top: "I don't go there" room.
Left: Cardio Machines



BY
JOE
STAPEL

Senior Scams

We will be discussing senior scams again in this article.

Reporting Abuse: To report abuse, neglect, and/or financial exploitation, call MDHHS, the Michigan Department of Health and Human Services at 855-444-3911 any time day or night. If the situation is an emergency call 9-1-1.

A news item from the SafeSeniors web site reports that senior citizens often feel at fault when experiencing abuse. They might say, "She hit me. It must be something I did." Or, "They took my money. Maybe they think I said it was OK." "My son was supposed to take care of me but he left me alone. Maybe I made him angry." In most cases, none of this is true.

One in ten older adults in the United States experiences abuse, neglect, or exploitation. It is estimated that only one in 24 abuse or neglect cases and one in 44 financial exploitation cases are reported. AARP has reported over 24,173 active scams.

Consumers reported losing a record breaking \$5.8 billion dollars to fraud in 2021, for a 70 percent increase over the previous year, according to the Federal Trade Commission.

The losses stemmed from a variety of schemes. Most came from imposters -- crooks who stole money from people by acting as romantic interests, government employees, relatives in trouble, tech support experts or others such as representatives of businesses or charities.

There were almost one million imposter scams among the 2.8 million frauds reported in 2021. Imposter fraud losses skyrocketed to \$2.3 billion dollars in 2021, up from \$1.2 billion dollars in 2020.

These reports fall into three categories:

1. Fraud
2. Identity Theft
3. Other consumer complaints from defective appliances to predatory lending

After imposter scams, the top four most common complaints received involved Online Shopping, Prizes, Sweepstakes and Lotteries, Internet Services, and Business and Job Opportunities.

The public reported about \$392 million in losses, up from \$246 million the year before.

When consumers reported fraud, regardless if they suffered a fraud or not, they were almost always contacted by phone. The crooks also used -- in descending order of frequency -- texts, emails, websites or apps, social media sites, the mail, or online ads or pop-ups.

The bottom line for seniors is never to let your guard down, no matter how a solicitor reaches out to you.

The median loss by age is as follows:

From age 60 to 69 it is \$516, then it jumps to \$800 per incident for 70 to 79 year-olds. It takes a huge jump to \$1,500 per incident for those 80 and over.

How do victims hand over funds to scam artists?

1. Bank transfers or payments (\$756 million) from victim's accounts.
2. Crypto currency was \$750 million.
3. Wire transfers using Western Union or Money Gram, Gift Cards, Reload Cards, or cash.

Romance scams stole a record \$547 million! Losses to romance scams over the five years ending in 2021 now stand at \$1.3 billion, making romance scamming the costliest of any fraud reported during that time. Unfortunately, the largest loss to romance scams was to those 70 and older, at \$9,700 an incident.

To learn more about the SafeSeniors Task Force, visit www.safeseniors.info.

Be Informed. Stay Safe.

Joe Stapel has a degree in Criminal Justice from Ferris State University. He has worked full and part-time as a police officer for three different agencies in Muskegon County. He also was a Licensed Private Investigator in the State of Michigan for 9 years.

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



BY JACKIE
LINDRUP
RDH, M.Ed.

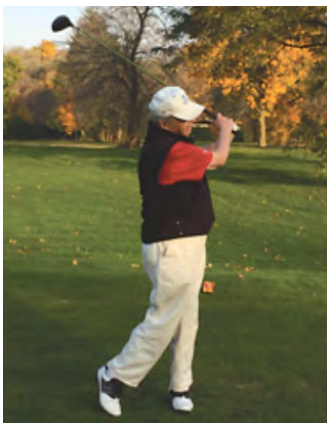
Dad Called the Shots Until the End!

Over the past three years, I have written many articles for Senior Perspectives about my dad, since he was such a mentor to me. Even in his old age he was fascinated by life, active, with a great sense of humor. This is a story about my living through his final days as the eldest daughter and how he really was able to get what he wanted even at the end of his life!

I was sitting in the lodge drinking hot cocoa after cross country skiing for a couple of hours, chatting with some friends I hadn't seen in several years. The talk turned to "how are you doing" and I mentioned that Dad had passed away in October at the ripe old age of 97.5. These friends knew my dad, having met him at our house at a birthday party that Dad was attending, too. Dad was an avid golfer and "a student of the game" as he liked to describe himself. He had spent time at the party discussing golf courses he had played that they had in common. I thought Dad's end of life experience was pretty amazing and wanted to share it with these friends. Here's the story:

Dad had begun falling, sometimes out of bed, sometimes on the way back to bed, sometimes just getting up from watching TV, and things seemed to be going downhill fast. He had lived alone since Mom died four years ago, and the phone calls had suddenly become fewer too, not every night like he had done for years at 9:00 p.m. sharp. He had one adamant desire, to remain in his home until the end of his life. With the more frequent falls, we knew we needed help fast!

My sister and I lived the closest and visited Dad every other day, but realized it was time to call the doctor to recommend Hospice's help. We were able to connect with a wonderful home care service to schedule people to be there when we couldn't be, and after a lot of work we had lined up people to be with Dad round



the clock for the next three weeks. Hospice ordered a comfy hospital bed and we placed it right in front of the sliders that look over the golf course he played for 48 years. It overlooked the 16th hole, and he reminded us that when he "climbed those golden stairs" he wanted us to mix his ashes with Mom's and scatter them along the 16th fairway.

One day soon after signing up for Hospice, the Chaplain came in to talk to us. I was holding Dad's hand and became very brave and whispered to him, "Dad, it's all right to go any time you want to!" I had heard that it's nice to hear this, and with the Chaplain there, I felt empowered to say this to my dad. He whispered back, "Not yet. Tomorrow, you and your sister come."

Hmmmmmm I thought. I wasn't on the schedule for tomorrow, and neither was she. We had just completed that schedule, with the home care people and us covering every day for the next three weeks and we were off the next day. Well, you know what happened, of course. Early the next morning around 7 a.m. Hospice called to say that Dad had passed away in the night. I had to sit down and take it all in, find a pen and paper and write down the particulars. I just didn't trust myself to remember anything right then! A few minutes later I called my sister to give her the news. We met at Dad's apartment and participated in a beautiful prayer ceremony around Dad's body with the Hospice nurse and the home service lady who had stayed with Dad overnight. Then my sister and I went to Meijer Gardens to sit together and call our other sister and brother who live out of town.

I got home later in the afternoon, near dark. As I entered my bedroom to change my clothes, I heard Dad's voice clearly in my mind. "I made it!!!" In the last few weeks many of Dad's sayings had changed. He said "Wonderful" and "What a joy" and was so appreciative of anything we did for him. I think he made it to Heaven and just inside the pearly gates was a magnificent golf course and he was just in time to tee off with his friends.

Jackie Lindrup is a retired dental hygienist living in Muskegon MI who enjoys hiking, biking, golfing, pastel painting and traveling. You can reach her at jackielindrup111@gmail.com.

Conquering Two Years of COVID-19:

Your Health Action Plan Part II



BY HOLLY
LOOKABAUGH
-DEUR

Welcome back! Part II of “Conquering Two Years of COVID-19” will focus on improving and understanding long-term fatigue following COVID illness. For a comprehensive review of the physiologic foundation of this virus and its impact on physical function, please refer to Part I in the March-April issue of *Senior Perspectives*.

As more research is gathered and shared, facts continue to evolve around COVID infection, expanding our knowledge of the most effective treatments of the virus as well as the lingering physical signs and symptoms. The following information focuses on two conditions well documented in the growing literature surrounding COVID-19: Sleep issues and chronic fatigue syndrome.

An important note: Post-infection symptoms may be severe even if the physical manifestations of the virus during the infectious period are mild or barely recognized.

COVID 19 and sleep problems: Some survivors of COVID-19 struggle with insomnia for months following the acute illness. Because the virus affects the nervous system, patients report brain fog, changes in attention, headaches, and insomnia. Some researchers are theorizing that COVID may have a direct impact on melatonin levels. This hormone level is impacted by light and dark cycles, with the highest levels of melatonin occurring during night hours.

Melatonin is known to have anti-viral and anti-inflammatory capabilities, and it has been suggested that supplements may be helpful in increasing sleep quality. Inflammation has been tied to post-COVID myalgic encephalomyelitis. This is poorly understood, but, in general, prolonged low-level oxygen deprivation plus inflammation of brain tissue leads to a cascade of neurological reactions that may alter cognitive and motor performance. Achieving deep sleep stages is

very important in the full recovery process as well as prevention of myalgic encephalomyelitis.

Chronic fatigue is another significant physical problem noted post-COVID infection. Research regarding both myalgic encephalomyelitis and chronic fatigue syndrome is often tied together, abbreviated as CE/CFS. This combined syndrome can be very debilitating, making completion of activities of daily living intolerable for some people. This type of fatigue does not reduce with rest. The best approaches are a combination of deep sleep (possibly with assist of melatonin supplements, but check with your physician first), and focusing on oxygenation and graded activity progression.

First focus on deep breathing and 4-7-8 breathing patterns.

- 4-7-8 breathing:
 - o Breathe in for the count of 4
 - o Hold breath to the count of 7
 - o Breathe out to the count of 8

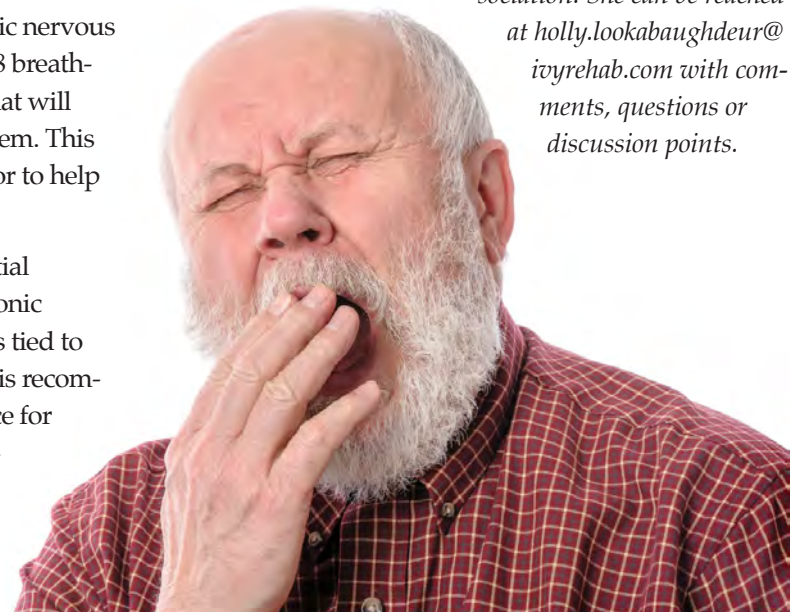
4-7-8 breathing has been researched as a part of comprehensive relaxation exercise, often combined with yoga, to achieve a slow and steady reaction in the parasympathetic nervous system (PNS). The PNS is stimulated to assist with digestion and to counteract the natural stress responses of the sympathetic nervous system’s “fight or flight” response. The 4-7-8 breathing has a direct effect on a part of the brain that will stimulate the PNS and calm the nervous system. This is a great method to help with falling asleep or to help relax during the day.

Graded activity progression is another essential component of recovery, fighting through chronic fatigue syndrome. Since this type of fatigue is tied to inadequate oxygen delivery to our tissues, it is recommended to work on growing overall tolerance for activity before engaging in targeted strengthening or resistance training. For someone combatting fatigue, start with 5-7 minutes

of moderate level of activity – where you can talk and move without shortness of breath – and do this daily, only increasing by approximately two minutes every five days – nothing faster than this. Once a tolerance is built to 15 minutes, then supplement the activity with simple activities such as repeated sit to stand exercises, using large muscles and stabilizers at a continuous pace. Up to 30 seconds at a time is a next, best step.

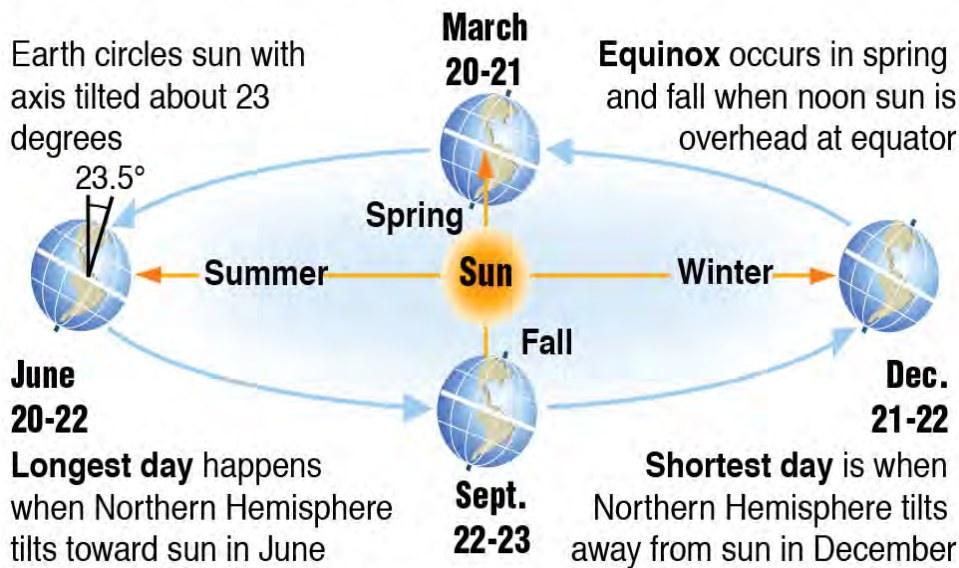
Sleep hygiene, breathing exercises, and graded activity protection are proven, effective ways to start the journey to a full and complete recovery from COVID-19. Always discuss signs and symptoms associated with cardiac risk with your physician – symptoms like shortness of breath (especially at night), puffy and swollen ankles, or a persistent rattling cough. Learn to listen to your body; persistent symptoms may unnecessarily limit your happiness and engagement with family, work, and life. Stay strong and breathe on!

Holly Lookabaugh-Deur is a board certified clinical specialist in geriatric physical therapy, with 40+ years of experience. As the Director of Clinical Services for Ivey Rehab, she integrates programming and training for over 300 clinics. She is part of the adjunct faculty for Central Michigan University's Physical Therapy program and holds offices within the American Physical Therapy Association. She can be reached at holly.lookabaughdeur@iveyrehab.com with comments, questions or discussion points.



Summer solstice

On June 20, summer begins in the Northern Hemisphere with the summer solstice at 10:31 p.m. Eastern.



Source: National Weather Service, U.S. Naval Observatory Graphic: Tribune News Service

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Authors of West Michigan Genealogy Leads and Fiction Follows

BY
TRICIA
McDONALD

Author Jane O'Brien's first book was handwritten in pencil on 5x7" pages. It was bound with staples and received rave reviews. Jane was ten when she wrote it. Decades later, she published her first novel, *The Tangled Roots of Bent Pine Lodge*. Jane was 67 at the time. Since then, she has written and published 21 books. She describes her books as "... romance, with a little history, mystery, and family entanglements." All of her books are set in West Michigan.

In addition to author, Jane's career has included piano teacher, librarian, and professional proof-reader. She is also an avid family tree researcher. Having wondered how her ancestors lived, Jane started her genealogy search over 39 years ago and works on it regularly. In her books, she creates stories based on her ancestors' lives and then allows fantasy to take over. "I try to use the first names and places of actual ancestors for my characters to honor them," Jane said. "This area is rich with history, so I never seem to run out of ideas." Her books have included historical characters such as Al Capone, Buster Keaton, Ernest Hemingway, Charles Hackley, and Father Marquette.

Jane is a sixth-generation Muskegonite. She met her husband Mike when she was eleven, and he was twelve. They started dating at sixteen and married a year after high school. They have been married 55 years and have two daughters and one grandchild. Mike is her alpha reader, promoter, and biggest supporter.

As a voracious writer, Jane is most creative in the morning. She prefers to write in total silence, so she wakes between five and six in the morning and begins to write immediately. She writes for two hours every day, seven days a week. "I feel off balance when I miss a day." She writes "by the seat of my pants" and usually doesn't know how her books will end. Her characters lead her as she writes, and "they usually know better than I do" where the story is going.



Although Jane's books are set in Michigan, she has readers worldwide. She has fans in England, Canada, Australia, Germany, Spain, India, and Ireland. She has also received fan mail from Malaysia and Bolivia. "It's a strange feeling to know that my books are being read by people in other countries." She reads a few good reviews every day and always answers emails and messages from fans.

Jane's love of writing was evident even before her novels were published, as she wrote several blogs. *Thyme for Herbs* was about her flower and herb garden. *An Herbal Bedfellow* was about cooking with herbs. *Grabbin' A Bite* was about eating out in local restaurants where she secretly dined and wrote reviews. *Happenstance House* was about her 102-year-old-house. In this blog, she shared stories she had accumulated about the people who had lived there.

Jane is currently working on the ninth book in her *A Slip in Time* series, titled *Yesterday's Boys*.

Her advice to new writers is, "Don't let anyone tell you that you can't do it."

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

the writing done. The Bookman is excited to continue featuring authors living in Western Michigan. Contact The Bookman to purchase and read this author's book.



The Hospice Chaplain

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BY
BECKY
TJAPKES

"I'm not religious." This is something I hear often as a Spiritual Care Counselor/Chaplain at Harbor Hospice. People hear the words "spiritual care" or "chaplain" and

they think this is something they don't need or want because they do not go to church or identify with any particular religion. Perhaps they are afraid that a chaplain will try to preach at them or convert them to a particular faith.

My experience is that even those who do not consider themselves to be religious are still spiritual. There are things that they value and that give them a sense of meaning or purpose. There are things that bring joy or sadness. There is a sense of wondering about one's place in the world. There are fears or struggles that come to the surface when we go through challenging times. These things are common to us all, regardless of our faith or religious beliefs.

When we face a terminal diagnosis – when the end seems inevitable and close – these sorts of questions have a way of coming to the front of our attention. Even if a person is not religious, this can cause a spiritual crisis. This is where a chaplain or spiritual care counselor can help. We come alongside people of all faiths and of no faith. We listen. We accept each person where they are with no hidden agenda. Our goal is not to convince you of a certain belief system. Our goal

is to help you to make sense of your situation in a way that is meaningful to you.

In my work at Harbor Hospice, I have had the privilege of coming alongside people from many different circumstances. People of different faith traditions. I love the opportunity to get to know them and to learn about them and to learn from them. Some people I visit have a deep faith. They enjoy listening to hymns, reading scripture, and prayer. Others are not interested in talking about God or faith at all. One person I meet with tells me, "I like you to visit as long as you don't preach at me." She gets it. That is exactly what I am there for. Simply to be with her at this time in her life. To listen to the things that are on her mind. To provide emotional, and even spiritual support – all without a mention of God.

Becky Tjapkes is a Spiritual Care Counselor for Harbor Hospice. She is a graduate of Calvin Theological Seminary and Calvin University. Prior to attending seminary, Becky worked in the social services field at various nonprofit organizations in West Michigan. She lives near Spring Lake, MI with her husband and has two young adult sons. Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being. For nearly four decades, Harbor Hospice has provided experienced, compassionate end-of-life care for terminally ill patients and their families, focusing on medical, emotional, and spiritual needs regardless of ability to pay. Learn more at HarborHospiceMI.org or by calling 231.728.3442 / 1.800.497.9559.



Finding and Appreciating the Little Miracles in the Midst of a Crazy World



BY
CINDY
HOGG

The “Two E’s” – my granddaughters Esther and Elisabeth – are quite the dynamic duo, just 10 months apart and with matching irrepressible personalities. To celebrate their summer birthdays, I decided a trip to Mackinac Island (Esther’s first) would be just the ticket.

Certain things are part and parcel of any Mackinac Island experience and we jumped right into all of them, beginning with the ferry ride under the mighty Mackinac Bridge, the engineering marvel that spans the Straits of Mackinac between Lake Michigan and Lake Huron.

“Where does Lake Michigan end and Lake Huron begin?” I asked the girls. They didn’t know.

“Ha! Nobody knows exactly – it’s a mystery.” The girls loved that.

Because no cars are allowed on the island, everyone gets around on their own two feet (by walking or riding a bike) or – best of all – by horse. Esther and Elisabeth absolutely swooned at the idea of riding around the island on horseback. When we told them I also planned to rent a carriage (with me driving), the girls were over the moon.

We began with bikes. We didn’t make it all the way around the island but went as

far as Arch Rock – not to be missed! – and stopped to scramble on large rocks along the lovely Lake Huron shoreline.



Alas, the horse experiences did not pan out as expected. I had checked the carriage website before our trip and read, “No reservations accepted; first come, first served.” I neglected to notice that this only applied to individual horseback rentals and that carriages DO require a previous-day reservation, so we were turned away for lack of one. On top of that, children must be at least 10 years old to rent a horse to ride. On this lovely





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along the sidewalk, head hung low.

What started to help? First, I found a horse rental place where for a small donation, the girls could be led on horseback around a small dirt patch. It lasted about five minutes, but for the girls, they had ridden a large black horse named Prince!

Next, we visited the Grand Hotel, where they danced across the “longest porch in the world,” ordered ice cream from Sadie’s, and sampled some fudge we had picked up earlier. Fun, but pretty commonplace experiences on Mackinac Island.

What was the unexpected, extraordinary event that banished the dark clouds that day (and for many days to come)?

Elisabeth loves dogs, but Esther loves dogs. And Mackinac Island was crawling with dogs. It seemed every third person had a dog (or two) on a leash and Esther had to stop and greet them all.

sunny day, a dark cloud suddenly hung over my two granddaughters, ages 8 and 9. No carriage ride and no horseback riding around Mackinac Island.

Elisabeth bounced back from the devastating news but for Esther, she questioned how life might still be worth living. And when Esther decides to pout, no one can pout better. She shuffled

And then she met a gorgeous white dog named...Esther. Now, Esther is not an overly common name for a little girl. I would venture that it is an even less common name for a dog. Plus, Esther’s owners could have spent the same day on the island with us without us ever crossing paths and meeting. And yet, miracle of miracle, here we were sitting next to each other along the marina,



Esther hugging and burying her face in the beautiful white fur of a dog named Esther. A snow-white, furry, four-footed angel sent to gladden the heart of a little girl. The rest of the day felt kind of magical.

On the return ferry, I reflected that it had been a perfect trip. Perfect because it hadn’t been perfect. Perfect for teaching resilience in the face of disappointment – something Grandma is always trying to teach her grandchildren.

But also, perfect for showing the importance of being open to and appreciating the little miracles that sometimes pop up in our lives. And don’t we all, regardless of age, need those!

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

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Guard your card: protect what's important to you



BY
VONDA
VANTIL

We encourage you not to carry your Social Security card with you every day. The best way to “Guard Your Card” is to keep it in a safe place and share it only when required. In fact, in most cases, just knowing the Social Security number should be enough. In 49 states and the District of Columbia, a Social Security card isn't required to request a Real ID.

Only Pennsylvania requires it.

Please be careful about sharing your number when asked for it. You should always ask why your number is needed, how it will be used, and what will happen if you refuse. Also, you shouldn't carry documents that display your number.

If you need a replacement Social Security card, we

make it easy. You may be able to use a personal *my* Social Security account to request a replacement on our website. If you live in one of 46 participating states or the District of Columbia, and are requesting a replacement card with no changes, like a name change, you can use our free online service at www.ssa.gov/myaccount/replacement-card.html.

Visit our Social Security Number and Card page at www.ssa.gov/ssnumber to learn more about your Social Security card.

Please read our factsheet, *How You Can Help Us Protect Your Social Security Number and Keep Your Information Safe*, at www.ssa.gov/pubs/EN-05-10220.pdf

Our Guard Your Card infographic at www.ssa.gov/ssnumber/assets/EN-05-10553.pdf, is another great resource to understand whether you need to



show your card.

Please share these resources with your friends, and family – and post them on social media.

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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ANSWERS FOR GAMES ON PAGES 16 & 17

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F ₄	I ₁	X ₈	T ₁	U ₁	R ₁	E ₁	RACK 1 =	<u>84</u>
B ₃	R ₁	E ₁	W ₄	E ₁	R ₁	Y ₄	RACK 2 =	<u>65</u>
D ₂	R ₁	O ₁	P ₃	T ₁	O ₁	P ₃	RACK 3 =	<u>62</u>
C ₃	U ₁	L ₁	V ₄	E ₁	R ₁	T ₁	RACK 4 =	<u>68</u>
D ₂	R ₁	I ₁	B ₃	L ₁	E ₁	T ₁	RACK 5 =	<u>60</u>
PAR SCORE 265-275							TOTAL	339

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Answers - Boggle Game:

ROSE IRIS LILY LILAC DAISY
TULIP ORCHID VIOLET

Answers - Jumble:

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