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# Senior Perspectives

LAKESHORE EDITION

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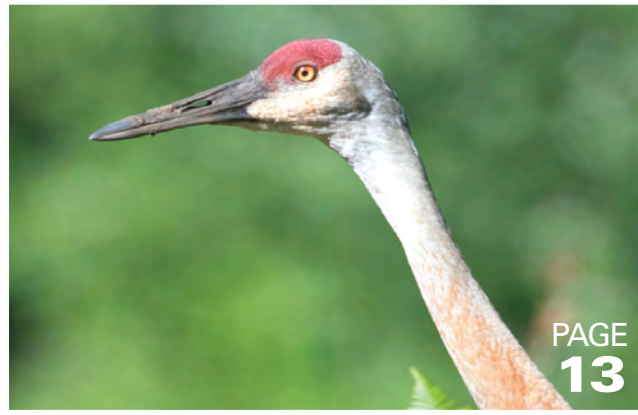


SeniorResources  
Our Name. Our Focus.



NOVEMBER | DECEMBER 2021

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Page 16 & 17 – Game Pages ■ Page 22 – The Fruit of Thanksgiving



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- VISION** Lifelong Dignity and Independence
- MISSION** To provide a comprehensive and coordinated system of services designed to promote the independence and dignity of older persons and their families in Muskegon, Oceana and Ottawa counties - a mission compelling us to focus on older persons in greatest need and to advocate for all.
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  - We are dedicated to helping older adults and their families make informed choices to live as they choose.
  - We are committed to empowering older adults and their families to advocate on their own behalf and to support them through our organizations's advocacy.
  - We affirm the values of innovation, accountability, quality of care, ethical conduct and prudent stewardship of resources.
  - We are committed to fostering, understanding, mutual responsibility among generations.
  - We value the immeasurable extra care and provided by members of our organization.

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**SEPT/OCT WINNER: LORI WOOD OF GRAND HAVEN**  
The fall coffee drink was found in the Trailer Tales story on page 26.



## Letter from the Editor

# NAMPA in California!



BY  
MICHELLE  
FIELDS

After a year and a half of social isolation due to Covid-19 restrictions, it was refreshing to be able to attend the 2021 North American Mature Publishers Association (NAMPA) Conference in person in sunny San Diego.

I was excited to attend this year's event and was accompanied by Senior Resources' Communication's

Director, Lisa Tyler. For those of you that are not familiar with NAMPA, it is the only non-profit association of senior/mature publications, covering 38 states and two provinces in Canada. *Senior Perspectives* newspapers have been a member since 2015.

On the first night of the conference, the *Annual NAMPA Awards in Excellence* winners are announced during a formal dinner gathering. NAMPA publications were independently judged by the prestigious University of Missouri's School of Journalism, widely considered one of the top journalism schools in the country. Awards were given in a wide variety of categories, including general excellence, writing/editing, design, content, concept, photography, and website excellence.

Due to our increased circulation of *Senior Perspectives* newspapers, we were bumped up a division to reflect our growth over the last year. *Senior Perspectives* was previously in Division A, includ-

ing NAMPA publications with a circulation of up to 24,999 copies. Now in Division B, we are competing with publications with a circulation of 25,000-50,000 copies per edition. Even though we are in a higher Division, our talented *Senior Perspectives* writers/contributors walked away with 13 awards this year!



### Our National Award Winners are:

#### Writing Categories:

- 1st Place Cindy Hogg (Kent) for "Family Legacy" and "Great State of MI"
- 1st Place Louise Matz for "Winter Wonderland" and "Fishing for Seniors"
- 1st Place Lisa Tyler for "Understanding Ageism is the Key to Combatting It"

- 1st Place Holly Lookabaugh-Deur for "Complete Recovery from COVID-19"
- 2nd Place Emily Armstrong (Kent) for "Going Virtual"
- 2nd Place Michelle Fields for "It's Awards Time"

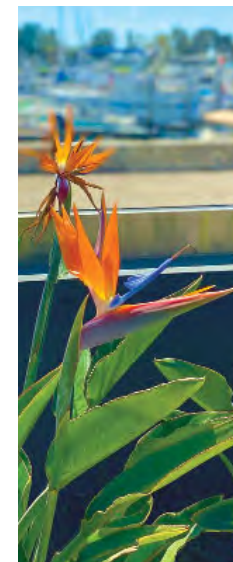
#### Overall Layout, Photography, Design and Publication Categories:

- 2nd Glenn Rutgers- Best Use of Photography
- 2nd Place Overall Design
- 2nd Place Best Use of Color
- 2nd Place Table of Contents

#### Advertising and Self Promotion Categories:

- 1st Place Black & White Ad "9 Out of 10 Seniors Prefer Senior Perspectives Over Lima Beans"
- 2nd Place - Best Single Ad-Color "Women with Dog-Beacon Hill at Eastgate"-Ashley Edwards
- 2nd Place Self-Promotional Ad- "9 Out of 10 Seniors Prefer Senior Perspectives Over Skinny Dipping"

### About Our Venue: San Diego, California



Not having a lot of time during the NAMPA conference to explore San Diego, Lisa and I were able to get out for a couple hours for sightseeing. On Sunday we visited Seaport Village, a beautiful shopping village on the bay, and on Tuesday evening, we visited the historic Old Town area. Old Town San Diego is considered the "birthplace" of California. San Diego is the site of the first permanent

Spanish settlement in California. It was here in 1769 that Father Junipero Serra came to establish the very first mission in a chain of 21 missions that were to be the cornerstone of California's colonization. I would definitely visit Old Town again during my next visit.

*Michelle Fields has been with Senior Resources since 2009 and is the Editor and Publisher of Senior Perspectives newspapers. Michelle enjoys fishing, traveling, gardening and relaxing with her husband Mike, children and pup Tigo.*



## Winner of 13 NAMPA Awards



### This Year's Winners

1st Place - Cindy Hogg

1st Place - Louise Matz

1st Place - Lisa Tyler

1st Place - Holly  
Lookabaugh-Deur

2nd Place - Emily  
Armstrong

2nd Place -  
Michelle Fields

2nd Place - Glenn Rutgers  
Best Use of Photography

2nd Place -  
Overall Design

2nd Place -  
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2nd Place -  
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BY  
CHERYL M.  
OLSEN

## Medicare Minute

# Protect Yourself & Medicare

It may seem harmless at first. You receive a “representative” call offering you a better Medicare plan or perhaps an incentive. All he needs is your Medicare number. This is attempted FRAUD and it could lead to identity theft!

Never share your Medicare number with a stranger who calls to ask for it and don't accept medical equipment or supplies unless they are ordered by your doctor.

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. The good news is that by following some simple tips, you can protect yourself against these types of scams. Remembering to protect, detect and report helps everyone, including you and your loved ones.



**PROTECT:** Protecting your personal information is your best defense against health care fraud and abuse.

- Treat your Medicare and Social Security numbers like your credit cards. Never give these numbers to strangers.
- Remember, Medicare won't call to ask for your Medicare number.
- Don't carry your Medicare card unless you need it for an appointment.
- Keep record of your medical visits, tests, and procedures.

**DETECT:** Knowing how to spot suspicious activity can help you stop health care fraud and abuse in its tracks.

- Keep and review your Medicare statements for mistakes. Compare them to your personal records.
- Look for three things on your Medicare statements: Charges for something you didn't get, billing for the same services.

twice, and services that weren't ordered by your doctor.

**REPORT:** If you suspect you have been a target of fraud, report it. This will help you and others at risk for health care scams.

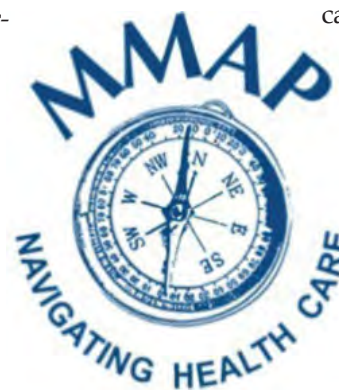
- If you receive a suspicious call, don't give out any personal information. Report the call immediately to 231-733-3572.
- If you have questions about your Medicare statement, call your health provider or plan.

Be aware and be safe!

Michigan Senior Medicare Patrol (SMP) is administered by MMAP: Empowering seniors to prevent health care fraud.

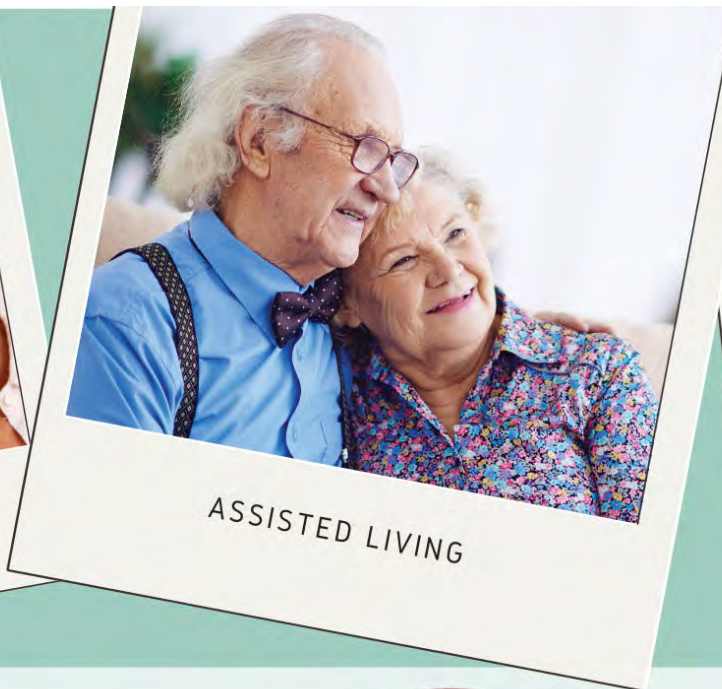
If you should have Medicare questions, please contact your local MMAP (Medicare/Medicaid Assistance Program) office at 231-733-3572 to speak with a certified counselor.

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





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## The Graying Globetrotter

# Ancient Cahokia. City of the Sun.

BY  
JAY  
NEWMARCH

Just east of St. Louis, across the Mississippi River, lies the site of what once was the largest prehistoric Indian community in America north of Mexico. In fact, it is estimated that at its peak, with upwards of 20,000 residents and covering six square miles, it might well have rivaled the size of London at the same time. It is called Cahokia. The Cahokia Mounds State Historic Site is both a National Historic Landmark and a UNESCO World Heritage Site. And, until hearing about it this year, I didn't even know it existed. On a recent road trip, of which this was the focus, I made up for lost time and visited Cahokia.

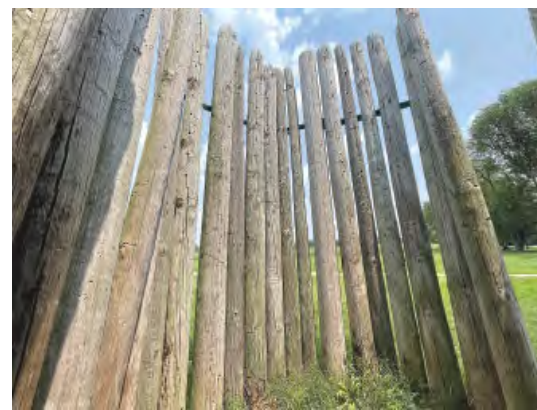
Initial occupation during the Late Woodland times (AD 700-800) included small settlements along Cahokia Creek. These expanded and merged during early Mississippian times (AD 800-1000). Both the population and community structure increased as corn became a major sustenance crop. Small homes called pit houses were built around courtyards.

The population of Cahokia peaked in the period AD 1050-1150 with an estimated 10-20,000 residents. This period is referred to as Cahokia's "Golden Age." A period of change and population decline began in the 1200s, and by the late 1300s Cahokia was all but



abandoned. Even though there is much physical evidence of this vast culture, there are no written records to say exactly why Cahokia ceased to exist. It may be a combination of factors that lead to the collapse. These could have included:

- Internal social and political unrest
- Conflicts with external groups
- Climatic changes that affected crops and local habitat
- Soil exhaustion due to agriculture
- Loss of influence and control



In the 1400s, people from the north, the Oneota culture, established small villages in the area. In the early 1600s, the Illiniwek (or Illinois) Indians moved into the area. This included the Cahokia sub-tribe, from which the name of the site, the Cahokia Mounds, was given.

The current area of the Cahokia Mounds State Historic Site is smaller than the community at its peak, covering 2,200 acres. Across from the main entrance to the site, you will see the largest mound at the site. This is called Monks Mound and it is the largest man-made earthen mound on the North American continent. It is also the only mound with more than two terraces throughout much of eastern North America. You'll be tempted to go there first, but I'd advise that you take the entrance drive to the interpretive center. It's a beautiful building and a great place to get the lay of the land and learn more about the entire site. There's lots to see and is filled with very talented, friendly and knowledgeable staff just willing to share the mysteries of Cahokia.

The center also sits alongside the Grand Plaza, which would have been the main gathering place for all important festivals and sporting events. It also contains two mounds, one of which is a burial mound. This central enclosed area of Cahokia housed the sacred mounds, including Monks Mound.

At one point all of these major features of the community were enclosed by tall stockade fencing that created the walled central ceremonial precinct of Cahokia. The Stockade (or Palisade) was constructed of vertical logs that were placed into 4-5 foot deep trenches and stood approximate-



ly 10-15 feet above the ground. The Stockade enclosed nearly 200 acres. It is estimated that it took 15-20,000 logs to build the enclosure and it was rebuilt several times between AD 1150-1250.

Part of the design included towers, or bastions, from which guards could protect the city from invasion. The spacing of these bastions was strategically set so that the entire wall could be protected with their bow and arrows. There is evidence that the precision in spacing between these bastions was more precise as the walls progressed. Entrances through the wall were L-shaped, which again made it easier to protect.

There is evidence that those living within the walls varied from those living outside, possibly relating to their status. As with other fortified cities around the world, it is thought that all citizens would be allowed inside at times for trade, festivals and ceremonies. It is likely that it would also serve as a fortress for those living outside if there was an attack. Those seeking safety behind the walls would also be able to help defend Cahokia. Another great feature to see is the re-creation of one of the many "Woodhenge" or calendar sites that existed at Cahokia. These calendar sites were



given the name Woodhenge in an homage to the stone version, Stonehenge, in southwestern England. These calendars, made of sacred red cedar, used the rising sun as a calendar. Evidence of these structures were made by accident in the early 1960s as archaeologists raced to save information from destruction during the creation of an interstate highway. Dr. Warren Wittry is credited



with the first observation of these early calendars at the site, finding evidence of as many as five Woodhenges at the location. Three of the posts, those marking the winter and summer solstices and the spring and fall equinoxes, are the crucial markers in these circles. The post marking the sunrise at the equinox is the most spectacular, when the sun rises due east. The post aligns with Monk's

Mound and the sun rises directly up from the mound at equinox. One of the pits, or Woodhenges, is reconstructed for viewing at the site.

We started our adventure at the Interpretive Center and finished there. In between were visits to all the sites mentioned in this article. Because we visited in late July with temperatures topping in the mid-90s, we visited the more far-flung sites by car and then walked. Those closer to the Interpretive Center were visited via the great trail system that winds through the site. Even though we walked portions of the trail, I'd suggest that if you visit in more temperate times to take in even more of the site by trail. They are beautiful and well cared for. If you really become enthralled, there's much, much more for you to take in at Cahokia. I hope my first visit won't be my last!

*Jay Newmarch is a marketing professional and graphic artist living in Kalamazoo, Michigan. Jay designs the Senior Perspectives publication for Senior Resources and is an avid traveller who takes every opportunity to visit different corners of the world.*



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# Cathay's Cooking Corner

BY  
CATHAY  
THIBDAUE

## Breakfast Scone

### Ingredients:

- 1 cup sour cream
- 1 teaspoon baking soda
- 4 cups all-purpose flour
- 1 cup white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon cream of tartar
- 1 teaspoon salt
- 1 teaspoon orange zest
- 1 cup butter
- 1 egg
- 1/2 cup dried, chopped cherries or cranberries
- 1/2 cup white chocolate chips
- 1/2 cup chopped walnuts

### Directions:

In a small bowl, blend the sour cream and baking soda. Stir in orange zest and set aside. Preheat oven to 350°. Lightly grease a large baking sheet.

In a large bowl, mix the flour, sugar, baking powder, cream of tartar, and salt. Cut in the butter. Stir the sour cream mixture and egg into the flour mixture until just moistened-- don't over mix. Mix in the tart berries, white chocolate chips and



walnuts just until mixed in. Turn dough out onto a lightly floured surface, and knead briefly. Roll or pat dough into a 3/4-inch-thick round. Cut into 12 wedges, and place them 2 inches apart on the prepared baking sheet. Bake 15 to 18 minutes in the preheated oven until golden brown on the bottom.

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



BY  
STACI  
GERKEN

# AAAWM Eats

## Crockpot Potpourri

This simple recipe will fill your home with the aroma of the holiday season! A twist on our typical "recipe," this potpourri celebrates common holiday food items and is not intended to be consumed, but instead provide a lovely holiday scent through food. This can be made in a crockpot or on the stovetop. The exact proportions of ingredients may vary based on the size of the crockpot or pot (if making on the stove). The recipe below is sized for a 1.5 quart crockpot.

### Ingredients:

- 1-2 slices of an orange
- 2-3 cinnamon sticks
- 1-2 tsp whole cloves
- 1/2 - 1 cup cranberries

### Directions:

1. Fill your crockpot with the ingredients listed above.
2. Add water until the pot is full.



3. Plug in crockpot and turn to low. If making on the stovetop, turn heat to low and let simmer.
4. Add water during the day as it evaporates to keep the pot full. Unplug crockpot or turn off stovetop at the end of the day.
5. The ingredients can often be used again for a second day.

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

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# Do you know these Social Security terms?



BY  
VONDA  
VANTIL

Some of the terms and acronyms people use when they talk about Social Security can be a little confusing. We're here to help you understand.

We strive to explain your benefits using easy-to-understand, plain language. The Plain Writing Act of 2010 requires federal agencies to communicate information clearly in

a way "the public can understand and use." This can be particularly challenging when talking about complicated programs like Social Security, Supplemental Security Income, and Medicare. If there's a technical term or acronym that you don't know, you can find the meaning in our online glossary at [www.ssa.gov/agency/glossary](http://www.ssa.gov/agency/glossary).

Here are a few examples. If you're considering retirement, you may want to know your FRA (full retirement age) and your PIA (primary insurance amount). These terms determine your benefit amount based on when you start getting requirement benefits. The PIA

is the amount payable for a retired worker who starts his or her benefits at full retirement age. If you start your retirement benefits at your FRA, you'll receive the full PIA.

Most years, your benefit amount will get a COLA (Cost-of-Living Adjustment), which usually means extra money in your monthly benefit.

What about DRCs (delayed retirement credits)? DRCs are the gradual increases to your PIA that occur the longer you delay taking retire-



ment benefits after your full retirement age. Every month you delay taking benefits, up to age 70, your monthly benefit will increase.

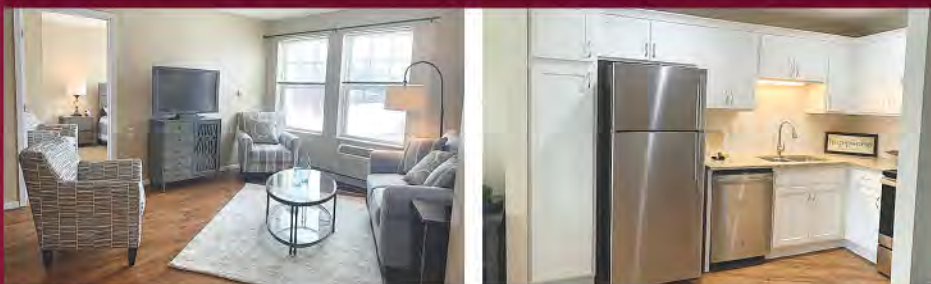
If one of these terms or acronyms comes up in conversation, you can be the one to help clarify the meaning, using our online glossary. Learning the terminology can deepen your understanding of

how Social Security programs work for you.

*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](mailto:vonda.vantil@ssa.gov).*

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## Martin's Meanderings

# White Christmas



BY  
CLIF  
MARTIN

Irving Berlin sat beside a pool in sunny California, or maybe it was Arizona, when he wrote his song about a snowy holiday. There are varying reports of when and where he wrote it, and there's even a story he told his secretary that he had just written the greatest song ever.

He might have been right.

Did Irving Berlin ever visit a Michigan farm? One of his early hits had the words, "That's why I wish again that I was in Michigan down on the farm."

Maybe he thought "Michigan" was a funny word that needed a rhyme. The opening line says "I was born in Michigan" but Israel Baline (as he was known when his family immigrated to the U.S.) was born in Siberia.

Bing Crosby sang the first public performance of "White Christmas" on his radio show in 1941. It was released on the soundtrack for the film *Holiday Inn* in 1942. Berlin later said he expected that another song, "Be Careful, It's My Heart" would be the big hit from the movie.

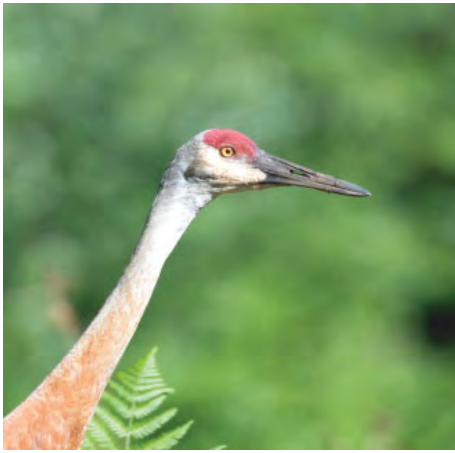
Berlin couldn't read music, played the piano only on the black keys, and we will never know how he learned to write the words. And what words they were. "Somehow they'd rather be kissed to the strains of Chopin or Liszt. A melody mellow played on a cello helps Mister Cupid along. So say it with a beautiful song."

Irving Berlin songs helped us to get through two world wars. His 1917 soldier's lament, "Oh! How I Hate to Get Up in the Morning," warns the bugler, "I'll amputate his reveille and step upon it heavily and spend the rest of my life in bed." In 1943 it was, "This is the army Mister Jones. No private rooms or telephones. You had your breakfast in bed before, but you won't have it there anymore."

The saddest Irving Berlin song was in memory of his bride. She contracted typhoid on their Cuban honeymoon and died just months later. "I lost the sunshine and roses. I lost the heavens of blue. I lost the beautiful rainbow. I lost the morning dew." Frank Sinatra has a gorgeous recording. You can find it on the internet. "When I Lost You." It will make you cry.

Next time you hear "White Christmas," "Easter Parade," "God Bless America" or any of the 1500 songs by the great American songwriter, utter a heartfelt "God Bless Irving Berlin."

*Clif says he will be a happy old man if even one person shares his appreciation for Irving Berlin.*



# Sandhill Cranes



BY  
LOUISE  
MATZ

Living in a large condo complex that has a pond and waterways and woods, we are treated to a fair amount of wildlife – turkeys, ducks, geese, squirrels, beavers, deer, turtles and a large variety of birds. This year we enjoyed a very special wildlife visit, a pair of sandhill cranes. They were first noticed in early

March. Initially, they seemed to spend most of their time in and around the grassland next to our pond. In early May, lo and behold, the residents closest to the favored spot were surprised to see an addition of two baby sandhill cranes. As you can imagine, their arrival caused a big uptick of walkers hoping to catch a glimpse. As time went by, the cranes made themselves at home. We were soon seeing them crossing our roads and meandering among our 202 condo units. What a delight!

Not knowing much about this unique bird, I did a little research and found some interesting trivia. Baby sandhill cranes are called colts because of their long strong legs. Sandhill cranes mate for life and lay two eggs that incubate for about a month. Both parents take turns sitting on the eggs. During the call, the male crane will point his neck up to the sky, and for every singular cry the male utters, the female crane will respond with two notes. Not an easy method to determine the sex of sandhill cranes, but at least it provides an option.



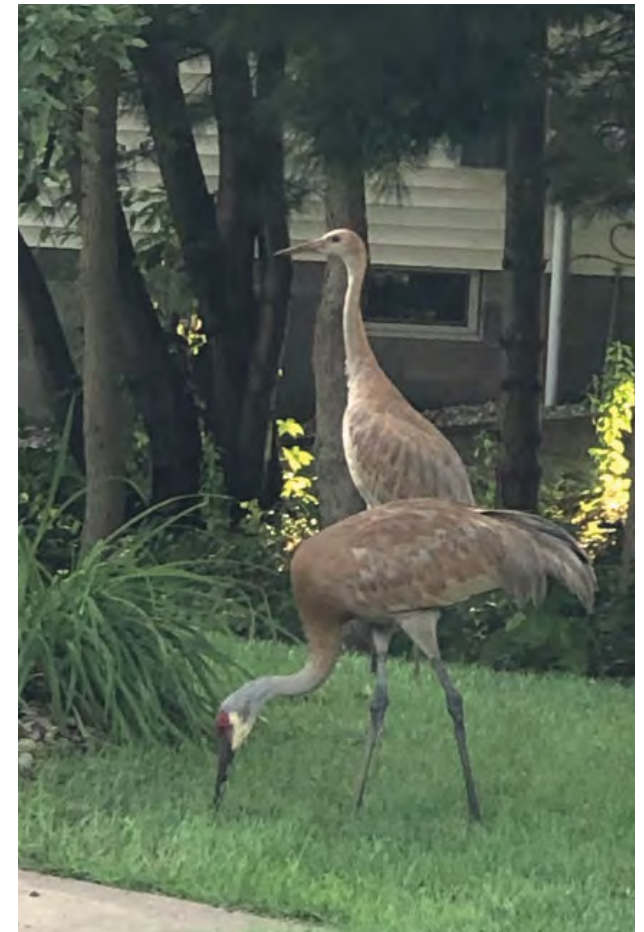
What does it mean when you see a sandhill crane? When I searched for the symbolic meaning of cranes, I found “good fortune and balance.” They are said to be ancient symbols of happiness, longevity, creativity and eternal youth. When you see a sandhill crane, you are being asked to look inward, show fairness to all persons, and project your wisdom while sharing it in appropriate ways. In short, you are being shown the way to “balance and good fortune.”

We watched the colts as they grew, very rapidly I might add. Then came the day when we began seeing only three cranes, the adults and one colt. What a buzz that caused as one after another the residents were confirming that they only saw three cranes. We were all saddened and curious, but no one knew what happened. Time marches on and we continued to enjoy the company of the three cranes who seemed to be more comfortable in our complex day by day.

Will they leave us soon to migrate south? My research says “Through the fall, sandhill cranes migrate south for the winter, taking respite in Michigan’s lower counties before the next leg of their journey to southern states.”

As of this writing, they are still here; but as you are reading they may be far south of here.

*Louise has been writing for Senior Perspectives for over ten years. She enjoys family time, reading, walking, biking, and golf. Pickleball and mahjongg have been added to the list since retirement. She also loves to join her husband for turkey hunting and fishing in the Florida Keys*





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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**

**Counting heart beats**

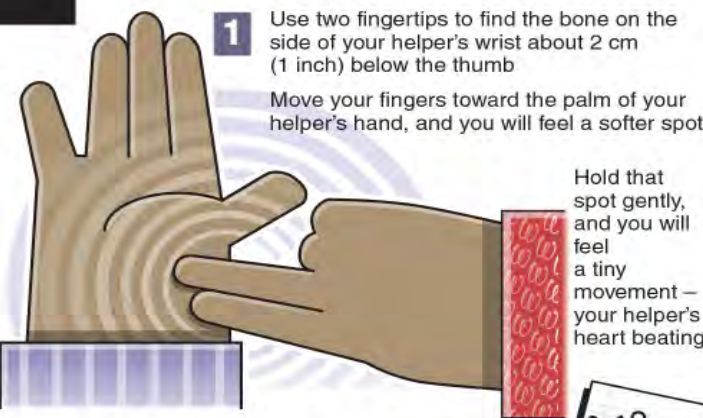
*When a doctor gives you a checkup, he or she checks how fast your heart is beating, and it's simple to learn how to do it:*



*When a doctor gives you a checkup, he or she checks how fast your heart is beating, and it's simple to learn how to do it:*

**You'll need**

- A helper
- Watch with second hand
- Pencil and paper



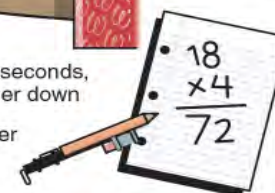
**1** Use two fingertips to find the bone on the side of your helper's wrist about 2 cm (1 inch) below the thumb

Move your fingers toward the palm of your helper's hand, and you will feel a softer spot

Hold that spot gently, and you will feel a tiny movement - your helper's heart beating

**2** Count the number of beats in 15 seconds, multiply by 4 and write that number down

Trade places and have your helper count your heartbeat



**3** Both of you go outside, walk around quickly for 2 minutes, then check your heartbeats again

Graphic: Paul Trap

**What happened?**

A person's heartbeat, or **pulse**, is given in beats per minute

That's why you count beats for 15 seconds (1/4 minute) then multiply by four

When you exercise, your heart speeds up

Sit quietly for a few minutes, and your heart slows down again



Graphic: TNS

**Question:** Can I get a new Social Security number if someone has stolen my identity?

**Answer:** We do not routinely assign a new number to someone whose identity has been stolen. Only as a last resort should you consider requesting a new Social Security number. Changing your number may adversely affect your ability to interact with Federal and State agencies, employers, and others. This is because your financial, medical, employment and other records will be under your former Social Security number. We cannot guarantee that a new number will solve your problem. To learn more about your Social Security card and number, read our online publication *Your Social Security Number and Card* at [www.ssa.gov/pubs/10002.html](http://www.ssa.gov/pubs/10002.html).

**Question:** I want to estimate my retirement benefit at several different ages. Is there a way to do that?

**Answer:** Use our *Retirement Estimator* at [www.ssa.gov/estimator](http://www.ssa.gov/estimator) to get an instant, personalized retirement benefit estimate based on current law and your earnings record. The *Retirement Estimator* lets you create additional “what if” retirement scenarios based on different income levels and “stop work” ages.

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

**Answer:** It depends on your date of birth. If you were born on or before 01/01/1954 and your spouse is receiving Social Security benefits, you can apply for retirement benefits on your spouse’s record as long as you are at your full retirement age. You then will earn delayed retirement credits up to age 70, as long as you do not collect



BY  
VONDA  
VANTIL

benefits on your own work record. Later, when you do begin receiving benefits on your own record, those payments could very well be higher than they would have been otherwise. If your spouse is also full retirement age and does not receive benefits, your spouse will have to apply for benefits and request the payments be suspended. Then you can receive benefits on your spouse’s Social Security record. If you were born on or after 01/02/1954 and wish to receive benefits, you must file for all benefits for which you are eligible. Social Security will determine the benefits you are eligible for and pay you accordingly. For individuals born on or after 01/02/1954, there is no longer an option to select which benefit you would like to receive, even beyond your full retirement age. Widows are an exception, as they can choose to take their deceased spouse’s benefit without filing for their own. For more information, visit [www.ssa.gov](http://www.ssa.gov).

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

**Answer:** No. If you start receiving benefits after you’ve reached your full retirement age, you can work while you receive Social Security and your current benefit will not be reduced because of the earned income. If you keep working, it could mean a higher benefit for you in the future. Higher benefits can be important to you later in life and increase the future benefit amounts your survivors could receive. If you begin receiving benefits before your full retirement age, your earnings could reduce your monthly benefit amount. After you reach full retirement



age, we recalculate your benefit amount to leave out the months when we reduced or withheld benefits due to your excess earnings. Learn more about Social Secu-

rity reading our publication, *How Work Affects Your Benefits*, at [www.ssa.gov/pubs/10069.html](http://www.ssa.gov/pubs/10069.html).

**Question:** I have been getting Social Security disability benefits for many years. I’m about to hit my full retirement age. What will happen to my disability benefits?

**Answer:** When you reach “full retirement age,” we will switch you from disability to retirement benefits. But you won’t even notice the change because your benefit amount will stay the same. It’s just that when you reach retirement age, we consider you to be a “retiree” and not a disability beneficiary. To learn more, visit [www.ssa.gov](http://www.ssa.gov).

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

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|                |                |                |                |                |                |                |                             |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------------------|
|                |                |                |                |                |                |                |                             |
| A <sub>1</sub> | E <sub>1</sub> | U <sub>1</sub> | N <sub>1</sub> | L <sub>1</sub> | N <sub>1</sub> | C <sub>3</sub> | RACK 1                      |
|                |                |                |                |                |                |                |                             |
| A <sub>1</sub> | I <sub>1</sub> | E <sub>1</sub> | G <sub>2</sub> | L <sub>1</sub> | L <sub>1</sub> | L <sub>1</sub> | RACK 2                      |
|                |                |                |                |                |                |                |                             |
| A <sub>1</sub> | E <sub>1</sub> | I <sub>1</sub> | Y <sub>4</sub> | T <sub>1</sub> | V <sub>4</sub> | N <sub>1</sub> | 1st Letter Triple<br>RACK 3 |
|                |                |                |                |                |                |                |                             |
| A <sub>1</sub> | A <sub>1</sub> | A <sub>1</sub> | H <sub>4</sub> | M <sub>3</sub> | M <sub>3</sub> | T <sub>1</sub> | Double Word Score<br>RACK 4 |
|                |                |                |                |                |                |                |                             |
| A <sub>1</sub> | A <sub>1</sub> | O <sub>1</sub> | L <sub>1</sub> | S <sub>1</sub> | P <sub>3</sub> | R <sub>1</sub> | RACK 5                      |

PAR SCORE 250-260  
BEST SCORE 319

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<sup>®</sup> Players Dictionary, 5th Edition. **SOLUTION TOMORROW**

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

## Senior Resources



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

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By David L. Hoyt and Jeff Knurek



**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.

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- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
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**YOUR BOGGLE RATING**

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Answers to Last Sunday's People's BrainBusters

Game Page  
Answers  
on Page 31

12-20-20

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# JUMBLE

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

TOODU

○ ○ ○ ○

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UGBOM

○ ○ ○ ○

WILPOL

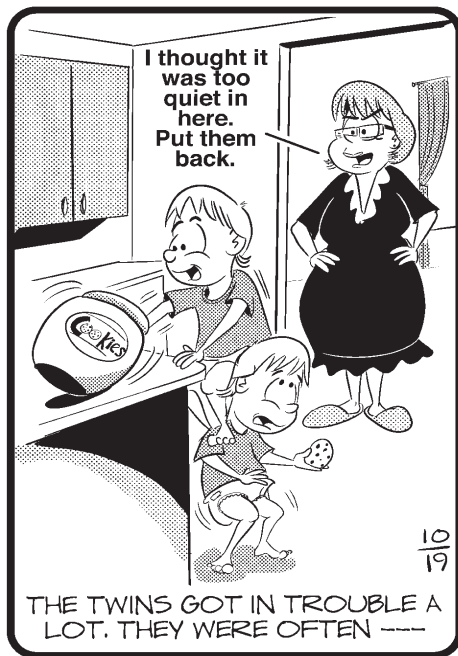
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## THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



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

Check out the new, free JUST JUMBLE app

# JUMBLE

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

GEZAL

○ ○ ○ ○

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WATIA

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PNDORA

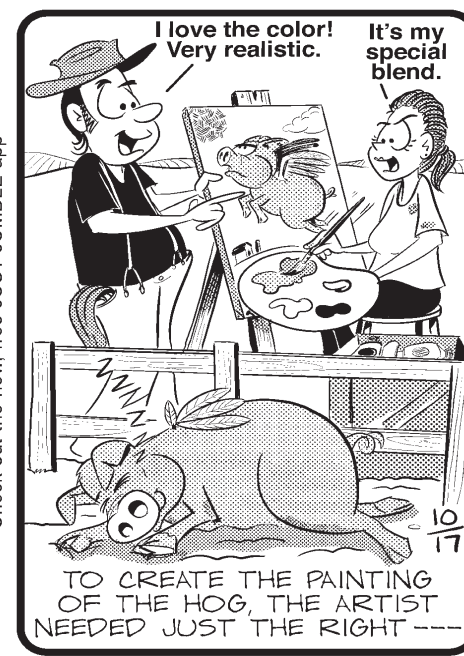
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DUIEMM

○ ○ ○ ○ ○ ○

Print answer here: ○ ○ ○ ○ ○ ○ ○ ○

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# The Miracle on Beacon Boulevard



It happened on Palm Sunday, 2021. I was bringing Snack, my Welsh terrier, to Chowhound, at the corner of U.S. 31 and Beacon Boulevard, the busiest intersection in Grand Haven, to purchase a new collar. A Welsh breeder gave Snack to my husband and me, filling the void caused when our first Welsh, Maggie May, died suddenly of an immune disorder. Snack had a great run as a show dog and is slowly getting comfortable in her new home.



BY  
JANET  
HASSELBRING

During her fitting, Snack broke loose and ran toward the entrance.

She stepped on the mat, which, to my horror, automatically opened the door. Away she ran toward the highway. In an instant, my world was chaos. As I rushed out, calling to her, I sensed someone sprinting past me. Snack stopped, looked back momentarily, then turned and kept running.

In a trance, I watched her meandering among the vehicles. I gave her up for dead. I couldn't bear to watch the inevitable, but I couldn't look away either. Then I realized the cars were stopped or slowing down. The sprinter had outrun Snack. Her screams and waving arms had alerted the drivers to danger.

Amidst the confusion I saw a driver, waiting in the left turn lane for a red light, open her door. To my amazement, Snack ran around her car and jumped onto her lap. I watched, transfixed, as my hero gathered Snack in her arms. She brought her to me, and together we returned to the store where we col-

lapsed in shock and awe at what had just transpired.

For days after I reflected on the many factors that saved Snack's life – the stoplight for the north and southbound cars had just turned green so the cars were just starting to move, the drivers in the lane where the second hero was waiting were stopped for a red light, Snack's pause gave the sprinter time to reach the intersection first, and these two heroes were in the right places at the right time. There were too many coincidences to dismiss this as good fortune. Someone was watching over us.

I view Snack's rescue as a miracle, for what are coincidences but clues to the Divine breaking through



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to our physical world? "...Road flares calling our attention to something important; glimpses of what goes on beyond everyday distractions," in the words of Deepak Chopra.

In the Christmas classic, *The Miracle on 34th Street*, Doris, who rejects fantasy and notions of belief, hires Kris Kringle, who claims to be Santa Claus. When he is deemed mentally ill, Doris's attorney, a believer, defends him, realizing it will take a miracle to clear his client.

Doris would have attributed Snack's rescue to luck; her attorney, to a miracle.

The axiom, "I believe that I may understand," Kierkegaard's leap of faith, flips the common notion of faith on its head, revealing the "world of the soul" and the wonder of miracles. In contrast, its opposite -- understanding in order to believe, limits life to a gray, dull, humdrum existence.

Chopra cautions, "We can choose to ignore the flares and hurry on, or we can pay attention and live out the miracle that is waiting for us."

Christmas provides the most dramatic example of a miracle; however, flares such as viewing a waterfall cascading over a cliff, spotting a redbird at a back-

yard feeder, or "bumping" into someone on a walk can demonstrate the Divine breaking through to our physical world.

"There are two ways to live your life -- as though everything is a miracle or as though nothing is." (Einstein) It's our choice.

May you experience the miracle of Christmas and pay attention to the flares along your journey in the new year.

*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 1930's, 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.*



Right: Snack with Carol Bowditch, the hero who saved her.

From Our Family  
to Yours, Happy  
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From the Staff  
at Senior Resources

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# Holiday



BY  
JOEL  
DULYEA

If you pick up the bi-monthly issue of Senior Perspectives on a regular basis, you may have read about our next-door neighbors' dogs. For over twenty years we shared a fence and life together with Bob and Karen in Glen Burnie, Maryland, in a suburban neighborhood comprised of ranch and split-level homes. Our houses were built next to each other not long after President Truman dedicated Friendship International Airport. Now called Baltimore/Washington International Thurgood Marshall Airport, the once-quiet neighborhood is no more, for we lived beneath jet engine planes descending to the airport. This is an important piece of information to remember.

Each Christmas we always remember Bob and Karen in our Christmas cards, and reminisce about just



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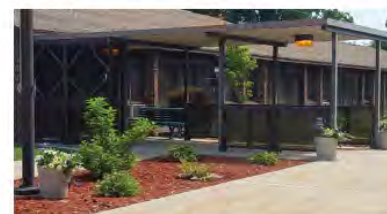
### Assisted Living



[www.ChristianCareLiving.org](http://www.ChristianCareLiving.org)

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# Neighbors

how special it was to live next to them during the holidays. Karen was quiet and gentle, a woman of grace who was the eye of the whirlwind that was her husband. Bob worked very hard -- and played just as hard. Over the years, Bob added a basement to their split-level home and sided their house with light blue siding to replace aged asbestos tiles. He ripped off the worn-out shingles then reroofed the house. I joined Bob and his father-in-law on that roof renovation.

For all the care he took in upgrading their house, I was surprised to see Bob attach colored lights to the shingles on his roof, walls, and windows with a stapler. I'm not sure if he stapled or glued them to the sides of his house. The colored lights and a menagerie of inflatable elves, candy canes and more grew every year until it spilled all the way to the sidewalk.

The neighborhood had a contest during the holi-

days for the best decorated home. I found this out from Bob's parents. They drove a big Buick with the vanity tag, "BOBKAT." Bob Sr. and Katherine lived three blocks away in a decorated house tucked in off the main road that circled past us. Bob Sr. had a plan. He didn't reveal it to me, but he had hopes to win, place or show.

Merijo and I attached red ribbons on the white posts of our carport and placed white candles in the windows and a decorated tree in the living room that faced the street. I toyed with placing a neon arrow pointing next door with a sign that said, "Why bother?" Bob and the homeowner across the street considered rigging a cable between



their homes to suspend Santa and his team of reindeer above the road. The father-in-law of the homeowner, who was the county sheriff, discouraged that.

The next morning Bob was out working on his car.

"Hey Bob, how's it going?"

"Joel, you are never going to believe this."

"What's that?"

Bob told me that he received a call the preceding night from the air traffic control tower at BWI airport. They called to ask him to turn off all his lights because they interfered with aircraft on approach to the airport. That left him speechless for a moment. Then he saw the time on the clock. The call came just as the contest judges were to drive along our street.

"What did you do then?"

"I said, 'Nice try, Dad' and hung up."

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

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

## Soul Food

# The Fruit of Thanksgiving

“The event that Americans commonly call the ‘First Thanksgiving’ was celebrated by the Pilgrims after their first harvest in the New World in October 1621. This feast lasted three days, and, as recounted by attendee Edward Winslow, was attended by 90 Wampanoag and 53 Pilgrims to celebrate the colony’s first successful harvest.” (Wikipedia)

I love the stories about the gatherings of Native Americans and the early Pilgrims. These groups were wildly different, but they wanted to be friendly, understanding, and safe. The two peoples had extremely different backgrounds, but the Pilgrims recognized that they had invaded “their” homeland, and the Pilgrims wanted to show respect and demonstrate a desire for peace and understanding.

However, we all know understanding and “peace talks” do not keep all human souls on the same path. Some human beings will create enemies by competing for control and riches.

After Thanksgiving comes Christmas. I understand that not all souls follow a Christ-centered understanding. What I do believe is that there is a fundamental human longing represented by the practice of thankfulness and the blessings of living in peace on planet earth. Living with trust in these two

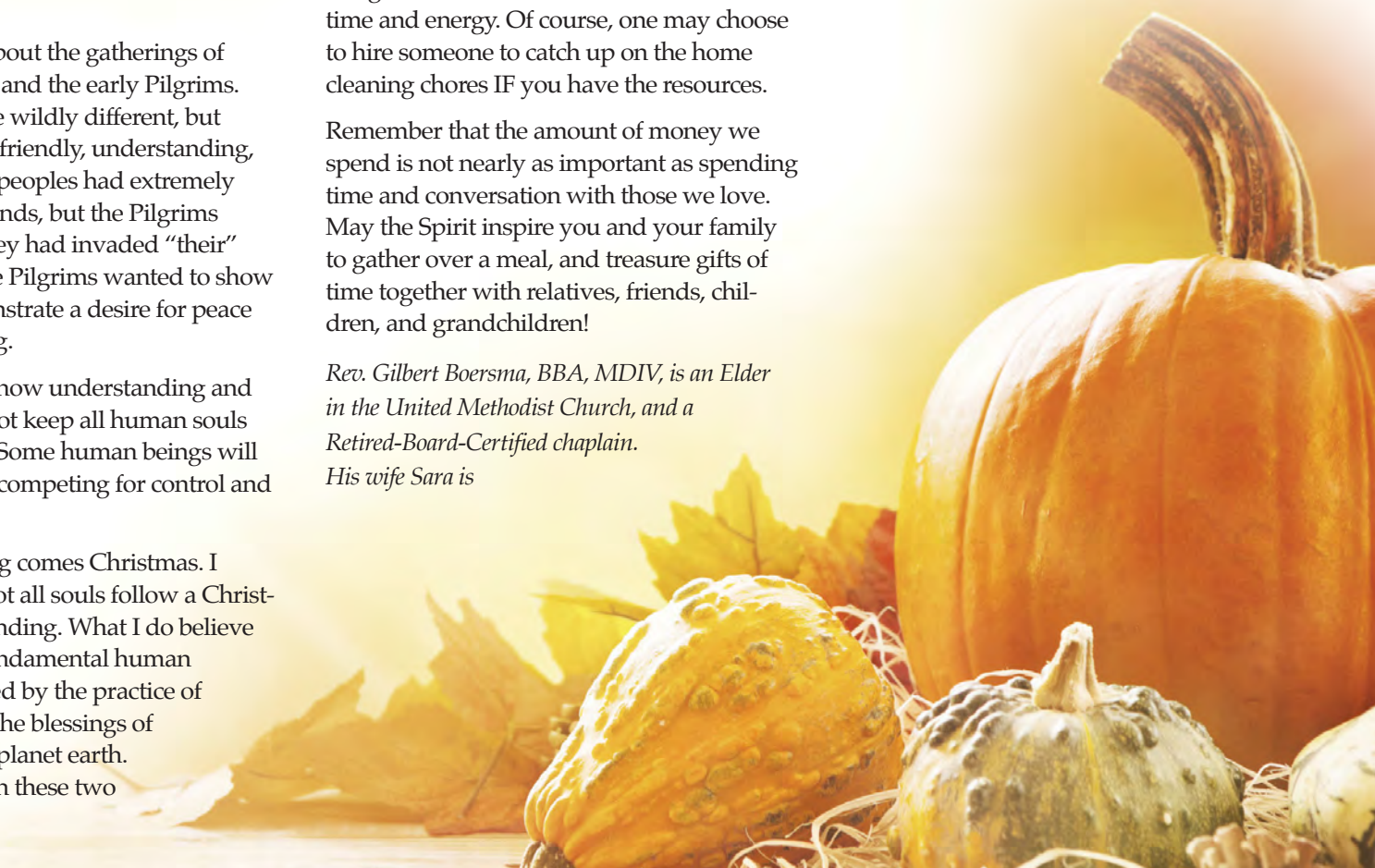
human desires will bring gifts that are priceless and deepen our human friendships, which in turn add so much joy and enrichment to our daily living.

If you are anything like my wife and me, you’re old enough to notice that your energy has declined and that there’s less time for fun things because the necessities consume more time and energy. Of course, one may choose to hire someone to catch up on the home cleaning chores IF you have the resources.

Remember that the amount of money we spend is not nearly as important as spending time and conversation with those we love. May the Spirit inspire you and your family to gather over a meal, and treasure gifts of time together with relatives, friends, children, and grandchildren!

*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*



# The many causes of swollen feet and ankles



BY  
JAN  
SMOLEN, DPM

Every week I am asked the question, “Why are my feet and ankles swollen?”

## Common reasons for foot and ankle swelling include:

- **Lymphedema:** This is an accumulation of fluid in the tissue because of a problem with the lymph vessels. It can occur after removal of lymph nodes or radiation treatment for cancer. Lymphedema can also be an inherited condition, especially in women. If you have this condition, there are lymphedema clinics that can help.
- **Venous insufficiency and varicose veins:** these are conditions in which the valves inside the veins are not working correctly and fluid leaks out into the tissue. They can be an inherited condition or from trauma. Compression hose can help and other treatments are available. Check with your doctor. If you develop an open sore call your doctor right away.
- **Heart Problems:** Congestive Heart Failure and Right sided heart failure can cause fluid to collect in the feet and ankles.
- **Kidney Disease:** When the kidneys are not functioning correctly fluid builds up in the body and because of gravity collects around the ankles.
- **Liver Disease:** When the liver is damaged it cannot make the protein Albumin, which keeps the blood from leaking out of the blood vessels into the tissues. If you have swollen ankles with fatigue, loss of appetite and weight gain see your doctor right away.

- **Sedentary Life:** “sitting is the new smoking” – James Levine MD, PhD
- **Obesity:** Being overweight, especially in the abdomen, causes pressure on the veins and they cannot return fluid back to the heart.
- **Severe long-term protein deficiency:** “A tea and toast diet” with little protein may be the cause. Lack of protein in your diet over a long period of time can lead to edema.
- **Certain Medications:**
  - Blood Pressure Meds such as calcium channel blockers
  - Some antidepressants
  - Prednisone
  - NSAIDS
  - Certain diabetes meds
  - Neuropathy medsIf you think a medication may be causing your swelling, ask your pharmacist to do a medication review for you and talk with your doctor.
- **Infections and Blood clots:** These can also cause swelling but usually only in one leg. Contact your doctor.

## Things you can do.

- First contact your doctor to make sure you can do these things.
- Move more, much more.
- Walk around the house inside or outside 4-5 times per day.
- Do 50 ankle pumps and 50 leg lifts 3-4 times daily.
- Elevate your feet when sitting.
- Lose weight.
- Wear compression hose.
- Drink enough water -- 3-4 large glasses of water per day helps flush out toxins. If your urine is clear you are drinking enough water. If it is yellow, you are not drinking enough water.

Sources: Mayo Clinic. Web MD

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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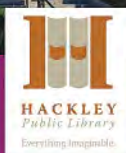


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# The New Baby and the Hurricane



In late August and early September we lived with no power for five days after Category 4 Hurricane Ida blew through New Orleans, where two days earlier we had just become grandparents of a new baby girl!

I had gone to New Orleans at the request of my daughter, who wanted

me to be there for the birth of her first child. So, being retired, I decided I could go for a month, two weeks before the baby was due and two weeks afterwards, to help her out. Little did we know the baby would be two weeks late, and two days home from the hospital we would stay through a hurricane that would leave all areas of New Orleans with no power for over a week!



BY JACKIE LINDRUP  
RDH, M.Ed.

It sounds like a crazy decision, but we stayed in New Orleans as a family unit to all help each other. The new mother and baby were our primary concerns and new mom decided she could not make the trip by car, which could take up to 10 hours in bumper-to-bumper traffic with a body that had stitches and required frequent bathroom stops. Also, there was a newborn who was totally dependent on being fed, changed, and held by new parents just learning these skills.

From my journal the day of the storm, I woke up at 6:30 a.m., having had a dream about hurricane flooding, and went to help with the new baby at their house around the corner from my oldest son's house where we were staying overnights, from 7:30 p.m. – 9:30 a.m. While the baby slept I washed out bottles and nipples in cold soapy water and the new mom got some sleep. I took the dogs for a walk and fed them. When the wind got too strong I went back. We waited for the storm to hit around noon, watching its landfall on TV. About 3 p.m. we lost cable, so no more TV. We still had lights, refrigeration, and AC. At 6 p.m. the power went out. We had portable lanterns, candles, headlamps and flashlights ready. At 10 p.m. after ten hours of being beaten by wind and rain, the leaks began around the windows. We used all the towels we could find to soak up the water. It seemed to come right



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through the glass. The 100 mph winds where we were, on the west bank of the Mississippi River across from the French Quarter, were nothing compared to where Ida made landfall at 150 mph! The trees bent to the ground and branches snapped and flew into the backyard swimming pool. The pool would be used for the next week as our place of refuge, cool at the end of 90 degree days. At midnight the rain and winds began to die down and we took our fans and flashlights to bed. In the morning the pool was full of branches, and a large portion of the fence was down.

Day 1 after the storm: The first day after the storm our goal was to replace the blown-down 20 foot portion of fence protecting the privacy of the home. It took six men and a big Ford diesel truck several hours to lift and secure it back into place. There is no power in New Orleans and the airport is closed. We hear that Home Depot might open tomorrow and new dad can buy a generator for his house. The new baby needs to be cooler!

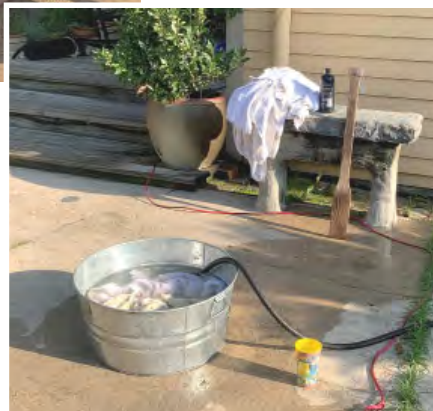
Day 2 after the storm: No power. He buys a generator and learns he needs a bigger cord to run the AC unit someone donated. Must find gas cans and gasoline for generator. We hear from a neighbor that she waited five hours in line to get gas for her car! We sit outside on the porch in the breeze with the baby. Walk the dogs. Wash everything in cold water and soap. We run our cars to power up the cell phones. The baby seems oblivious to it all and sleeps until time to eat, then sleeps again. We jump into the pool at the end of the day. Our shower works; it's cold and feels great.



Day 3 after the storm: Still no power. We help by watching the baby sleep! Walk the dogs. Wash all the smelly towels used in the hurricane in a giant tub outside, with shampoo, water and bleach, twist the towels to wring out and rig up a rope clothesline. Like in the olden days. The towels take 24 hours to dry! Early in the day I drive with my son to his business where a friend delivers 20 gallons of gasoline in four gas cans to him – having driven it from Florida! What a blessing! We drive past lines of cars waiting for gas that are miles long. All intersections are four way stops because there are no traffic lights. Some people just blast on through, so we have to be very careful! The generator is going part time to keep one refrigerator cold, power phones, fans and sometimes run a small AC. At night we jump into the pool! Our cold shower feels great! My son cooks for us all every night on the grill, using whatever is quickly defrosting.



Day 4 after the storm: Still no power. Refrigerators of those who evacuated are being cleaned out and all food thrown away. A phone call comes from old friends offering the new parents, baby, and dogs a place to stay in Pensacola, Florida for as long as they need it. We hear



the New Orleans airport is sending out a few flights on Delta. We have tickets to fly home in two days on United.

Day 5 after the storm: Still no power. We roadtrip four hours to Pensacola where the new family will be comfortable and safe with our friends until their power comes back on. We see ripped billboards, many broken signs and cars with gas cans on top as we drive to Florida. After a quick hello and many thank yous, we pick up food, wine, snacks, and dog food and drive back to New Orleans, which still has no power and no traffic lights and make sure we get back before the 8 p.m. curfew. We see a huge cruise ship under the Mississippi River Bridge, brought in to house some of the 20,000 energy workers helping New Orleans, and we pray our United flight takes off in the morning!

Day 6 after the storm: No power in the neighborhoods but we head for the airport at 6 a.m. The lights are on. The airport staff explain that they are short staffed due to evacuations but they have hired “some 9 to 5 people” who will whisk us through security. Boarding is at 9:30. Our plane miraculously takes off from New Orleans to Houston, then Chicago and finally arrives in Muskegon after a 12 hour travel day behind a mask! It is Day 9 when our New Orleans family gets



power in their neighborhood. Tom says he never sat around so much in his life as after that storm. What I remember is the peace I felt when my primary job was to sit and hold a new baby and watch her sleep. I highly recommend this method of slowing down. We also recommend evacuation when you have the chance!

*Jackie Lindrup is a retired dental hygienist who lives with her husband Tom in HarbourTowne condos near Pere Marquette beach in Muskegon MI. She volunteers on two boards, the Beachwood Bluffton Neighborhood Board and Volunteer for Dental Board. She loves to golf, hike, and travel. Her email is jackielindrup111@gmail.com and she'd love to hear from you!*



BY  
JERRY  
MATTSON

# V-Mail

We've all heard of e-mail and most of us have used it. It is faster and cheaper than using the regular "snail" mail and usually does not get lost. These same positive features were the reason V-mail was put into use between June 1942 and November 1945. Some *Senior Perspectives* readers may have used this method of communication, as over one billion letters were processed.

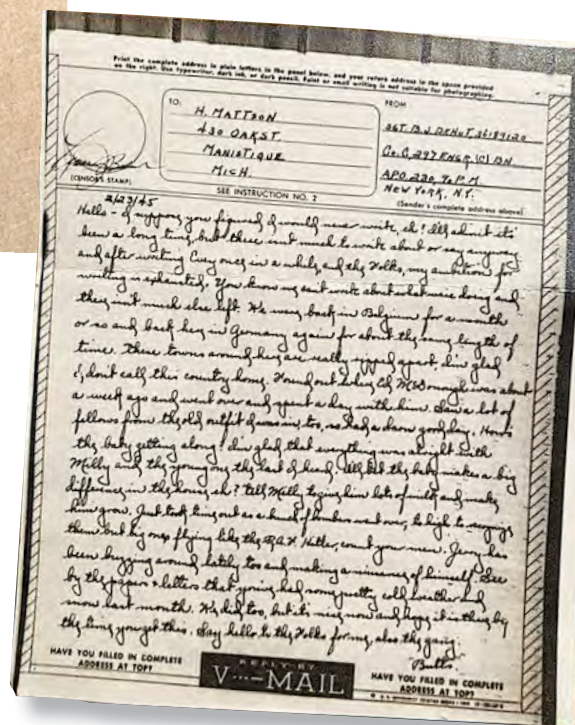
V-mail, short for Victory mail, was a hybrid mail process used by the United States during the Second World War as the primary and secure method to correspond with soldiers stationed abroad. To reduce the cost of transferring an original letter through the military postal system, a V-mail letter would be censored, copied to film, and printed back to paper

upon arrival at its destination. This was based on the earlier British Airgraph process.

V-mail letters were written on 7-inch by 9 1/8-inch sheets of paper that would be photographed and transported as thumbnail-size images on negative microfilm. Around 1,600 letters could fit on a single 100-foot roll of 16 mm film. Upon arrival at their destination at giant postal centers in Chicago, New York and San Francisco, the negatives would be printed. The final print was 60% of the original letter and was now 4 1/4 by 5 1/4 inches.

I recently found three V-mail letters sent to my parents. One from my uncle and two from a

man who worked with my dad. A combination of less-than-perfect penmanship and the reduced size made them very difficult to read. A magnifying glass was needed.



hope to see London someday before we leave here. Charles Niggeman

2/23/45

You know we can't write about what we're doing and there isn't much else

left. We were back in Belgium for a month or so and back here in Germany for again about the same length of time. These towns around here are really ripped apart.

How's the baby getting along? I'm glad that everything was alright with Milly and the young one the last I heard. Basil Dehut

9/9/45

If what we hear is correct, we will be back in the U. S. first part of Oct. and I'll be darned glad of it.

From the picture you sent, the kid must be a husky.

Evoy said he looks like his father, but takes after his mother for being quiet and good,

Not going to write anymore as I'll be seeing you soon, I hope. Basil Dehut

Worldwide communication for military personnel is much easier these days. I found the discovery of these old letters interesting. I took a special interest in the references to the baby, since it was me.

Jerry, a U. S. Army draftee, spent 13 months in Korea during 1968-69. His father, Henning, was drafted in 1943 but was rejected because of an improperly healed broken ankle.

Here are some excerpts:

10/29/44

I sure was surprised when I heard the good news. I didn't think it was until November sometime. But I guess I was wrong. From all reports coming this way, it was a cute boy and already half grown.

Life in the E.T.O (European Theater of Operations) goes on as usual.

There is day and night, you work all day and sometimes most of the night. I can't get used to the English beer so I don't go out drinking very much. I have seen a few historical sights and



BY  
CHRISTINA  
LAUER, RN

# An open letter from a hospice nurse to a new hospice patient

Dear Friend,

I know it seems strange that I am already calling you my friend since we haven't even met yet, but you will find out soon that we will have an unbreakable bond and impact each other's lives in wonderful ways.

We are about to take a journey together. I promise to respect, nurture, and honor you, your family and your loved ones along the way. I understand that this journey is sacred and personal, and I am so honored that you are allowing me to be part of it.

I know there are some perceptions about nurses, including that we do a lot of poking and prodding, and that we'll try just about anything to get you to take a pill. But hospice is a gentler, different kind of care. To begin with, as your hospice nurse, I will come to you and care for you right where you are, at any time, day or night. You will not have to leave your home.

I will be with you through this journey as much or as little as you want. I will help you and your loved ones understand the illness you are courageously battling and prepare you for obstacles that may be ahead. If you have pain, anxiety or other discomforts, I will help ease them with the support and expertise of the Harbor Hospice medical staff, social workers and chaplains. And while we will be your team, you will direct your care. Whatever we do to help you will be centered on your wants, your needs and your goals.

I will be your advocate throughout your journey. When you need someone to laugh with, cry with, or hold your hand, I will be with you, and I will reassure you that you have the support of an amazing team of hospice professionals.

I hope you find peace in knowing how important your quality of life is to me and to the

entire Harbor Hospice team. Working together, we will go above and beyond to meet your needs.

Accepting hospice care may not have been an easy decision for you or your loved ones. You may feel it means you have given up, but your decision is a measure of your courage to move into the next and last chapter of your life. You inspire us, and I promise to make this important time for you be the best it can be. I look forward to being your partner in your journey.

Sincerely,  
Christina Lauer, RN,  
Homecare Case Manager

*Christina has worked with Harbor Hospice for more than three years and is a homecare case manager for hospice patients in Muskegon and Norton Shores. She received an associate's degree of nursing from Ivy Tech Community College in Fort Wayne in 2015 and has worked as a staff nurse in geriatric care at a skilled nursing facility and at Mercy Hospital.*

*Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being. For almost four decades, Harbor Hospice has provided experienced, compassionate end-of-life care for terminally ill patients and their families, focusing on medical, emotional and spiritual needs regardless of ability to pay. Serving residents of lakeshore West Michigan, their team of professionals and volunteers connect patients and families with resources to align their goals of comfort and improved quality of life.*

## Keith's World

# Remembering... How good are you?



BY  
KEITH  
SIPE

This is a photo of me, in maybe 1951 or 1952. I don't remember! I found it in some old photos that my mom had kept. The car in the photo is a Pontiac, maybe from around 1948 to the early 1950s. I am not researching anything to find out the correct time, just trying to remember. In the lower left-hand corner of the photo the taillight looks like either a 1951 or 1952 Ford, and most likely was my mother's parents' car. My brother Gordon was born in the summer of 1951, We moved into a new house on

Holton Road in the same year. These are a few things that I thought would be good examples of remembering what happened in the past. Putting together thoughts by memory can be difficult and I'm doing my best in trying to remember.

So, how accurate are we at remembering what we did in the past? I'm sure there are no difficulties in remembering what we did earlier in the day. But I would say that as each day passes, it gets a little more difficult to remember our activities.

As I write this, today is Tuesday, and I am sitting in my comfy rocking lawn chair on the beach and I love it! The temperature is in the low 80s, with a

little wind out of the southwest. My wife and two of the grandkids, Jack and Owen, are enjoying playing in the water. We are on the north side of the Mona Lake channel, on the shore of Lake Michigan. It's my first time ever on the beach at Lake Harbor Park. I think, that is, I don't remember being here ever before! I have no memory of coming here, even back in my younger years (not too long ago).

Another point of remembering: Lake Harbor Road did not go through the dunes as it does today. I remember that there were some high-water concerns back in the late 1980s, I think it was, where the water was getting close to the road. Mona Lake was high, as was Lake Michigan. The city decided to



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reroute Lake Harbor Road and replace the bridge over the Mona Lake Channel. More recently, I remember that water levels were even higher in 2019 and 2020, and water covered the old road by Mona Lake. In the years since, I have seen many people, including my wife, daughter, and grandkids, enjoying fishing from the old road.

This is what I remember. How good is our memory?

I enjoy spending time researching photos and articles of Muskegon's past. There are times when I go online to a Muskegon

history site and someone will have typed "do you remember?" and sometimes attach a photo. After the post, many people will make comments on what they remembered. You have heard of the term "off base"? Well, in some cases, the comments are not even in the ballpark. There are times when I read a comment from someone and I just start to laugh, and think, "are you kidding me"! But I understand, for I am sure I have made some inaccurate comments myself on what I have remembered, but...most likely NOT.

My wife and other friends have great memories, especially when it comes to names. I am not that good in remembering names.

One time when I was out for breakfast with a friend, a couple that I knew came in and walked up to our table to say hello. During the introduction I could not come up with the name of the friend that I was eating breakfast with, someone I've known for many years. Talk about being embarrassed. But I'm sure there was a time, at least once in your lifetime, when you had difficulties remembering.

One more memory I recall. I was around 15 at the time (I think), and together with a friend, Dave Eyler, made a "high bike." Dave's father, who worked for the *Muskegon Chronicle*, thought we should be famous so wrote an article about us and our "high bike."

I would say, don't be so concerned over not remembering accurately, for if you are as lucky as I am, you might have someone who keeps your memories in line, like I have...my wife!!! She never forgets, believe me, even after 51 years of marriage, she is as sharp as a tack! You're Welcome...

*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  
TRICIA  
McDONALD

## Authors of West Michigan

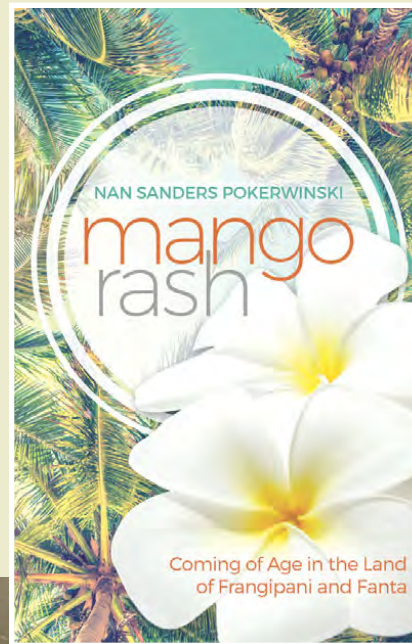
# A Childhood Writing Experience Leads to a Life of Writing

From the age of nine, Nan Pokerwinski knew she wanted to be a “real” reporter and writer when she grew up. This vision of her future grew from the neighborhood newspaper she and four girlfriends created weekly. Coined *The Neighborhood News*, the girls went door-to-door with notebooks and pencils, gathering news. They wrote articles about Raymond Davidson’s missing rocket, Linda Nelson’s sale on snails (two cents apiece), and Mary Ann Sater’s metronome. They also added recipes, jokes, and an editorial on such weighty matters as “remembering to feed the birds in winter.” Nan’s mother then created the newspaper and the girls sold them door-to-door for a nickel (proceeds were donated to a children’s hospital).

This vision for her future turned into 30 years of writing for a living. Nan spent most of her career writing about science, medicine, and well-being. She wrote for the Detroit *Free Press*, the University of Michigan, and newspapers, magazines, websites, textbook publishers, museums, and research institutions.

Yet, her Samoa experiences living on a South Pacific Island as a teenager in the 1960s changed Nan’s writings from journalistic to memoir. “It was an unforgettable year in an extraordinary place,” Nan says.

When people asked what it was like, she struggled and found herself using generalities that failed to capture the experience. She realized the only way to express why it had such an impact on her was to “take readers to that time and place and let them experience it as I had.” Al-



most 50 years after that pivotal year, Nan started writing vignettes from her memories and then turned those into scenes. Her memoir, *Mango Rash: Coming of Age in the Land of Frangipani and Fanta* (2019), was the result.

She then decided to extend her writing experiences even further and turned to fiction. The idea for her current novel-in-process came from “a peculiar folk-art installation in Lucas, Kansas: S.P. Dinsmoor’s the Garden of Eden.” A story started taking shape in Nan’s mind about a woman who comes under the spell of The Garden of Eden and “is led to uncover her own creativity—and madness!” She has just finished the first draft of *The Utterly Unacceptable Atrocity of Isabelle Marsden*.

Born in a small town in Oklahoma, Nan has lived in northern California, American Samoa, Kansas, and the Detroit area before moving to West Michigan. Her husband Ray had a dream of living in a log home, and she had a long-held fantasy of living in the woods. They found both in Newaygo County.

When not writing, Nan takes photographs, creates collages that “surprise even me with their strangeness,” and wanders the woods with her husband. She considers herself a “writer, woodsy-woman, yoga enthusiast, maker of peculiar things, and unintentional collector of surnames.”

Her advice to new writers is to “just start writing” and “find the joy in writing.” Nan’s many readers are happy she took her own advice.

*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.*



BY  
ROLINA  
VERMEER

# My Challenge to You

Every month or so, I get together with several dear friends with whom I share a work history. We spent the better part of twelve years managing a program specifically designed for caregivers. Our goal was to give caregivers an opportunity to have a few hours to themselves, to shop, lunch with a friend, run errands or just to get a much-needed rest. We did this by creating quality programming for their loved ones that focused on keeping them busy, safe and engaged in life. The participants in the program were living with dementia, mostly Alzheimer's disease, or stricken by the limitations now imposed on them by a stroke, an accident, or other health concern. They were now totally reliant on someone else to keep them fed, clothed, occupied and safe. Happiness was not always in the equation. Just getting through a day was sometimes enough. Exhausted caregivers needed the break, the participant needed a distraction, and we four created a philosophical approach that said we are here to help -- by giving peace of mind that the, now seemingly debilitated, loved one will be well cared for and treated as a whole person, the person you have always known and loved.

Of course, we had the privilege of not having known the participant before they joined our program. We only saw them as they were on that first day, introduced to us by a family member and by a comprehensive assessment that gave us clues as to what that person may have been like in their working years, their family life and their years as a fully functioning, tax paying member of a larger community. Our introduction to them meant we could meet that person right where they were at that stage of life, with no expectations other than what they brought to us in that moment in time. We had no memory of family vacations, parent and child relationships and experiences, skills and hobbies enjoyed singularly or with family or friends, social standing or work expertise or aptitudes. We were not burdened by the grief of the caregiver as they watched their loved one slip away from them, little by little or in leaps and bounds. We truly did not bring any expectation to the participant other than the realization it was in our purview to initiate and direct a positive relationship and experience.

There are four of us, beginning with two nurses who created the program out of their love for older adults and the realization that caregivers were the often overlooked and overworked members of an entire generation of adults. They believed that caregiver support was paramount in keeping families together, loved ones at home as long as possible, and communities healthy and safe. The program also included a fantastic music therapist and a milieu manager who set the tone for the facility and created programming. Of course, additional support staff made everything possible. We kept our charges engaged and busy all day, flowing from one activity to the next without interruption so as to encourage as full a participation as they could manage, then going home ready for a good night's sleep which allowed their caregiver the rest and sleep they needed as well.

We often reminisce about those days, the fun we had and the amazing opportunities we had to help families heal and see their challenged loved ones in a new and refreshing light. And if giving respite was the only result, we were happy with that too.

We are all retired now. We enjoy our lives, and the opportunity time gives us to pursue personal interests and pleasures. But we do wonder from time to time where the unique philosophy we had as directors of a

respite program might do some good. We call ourselves The Sage Sisters. We agreed when we turned fifty that mentoring younger generations and sharing our knowledge and support was a responsibility. Now in our seventies, we realize the people we are mentoring and sage-ing are ourselves! There are so many fine publications discussing issues of caregiving and caregiver support and many respite programs that do a fine enough job of watching over those who need extra care. Well educated and enthusiastic younger people do not always personally seek out what our generation has to offer. But I challenge every younger person to align yourself with an older adult whose experience and expertise might inform your life in a very unique way. The golden nugget that may lead you to something beyond your imagination may just come from an older adult over a cup of coffee. Older adults, keep pouring the coffee and giving encouragement to those incredible younger people whose view of the world will be the force by which future generations will determine how we live and care for one another. Mentor, dear sages. They need our support.

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



*Everyone welcome!*



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BY  
CHRISTINE  
WISTROM

# Home Safety and Assistive Technology for Independent Living

The ability to remain independent and continue to live in our own home in the community is something most of us strive for, but it's not always easy to manage. As we age, or if we develop chronic health issues, we may find it's becoming more and more difficult to stay at home. Fortunately, there are a lot of things that you can do to stay on top of the problem. Home modification can offer options for keeping us in our homes. Some of the possibilities include:

- Installing brighter light bulbs or increasing lighting when your acuity begins to decline

- Adding a toilet seat riser, or installing a high-rise toilet when it's hard getting up and down
- Using off-set hinges so doors open wider if you now use a wheelchair
- Adding a ramp to your home, or having low-rise steps installed
- Changing your traditional door-knobs to lever-handled ones

Assistive technology offers many solutions for everyday problems like difficulty getting out of a low chair or finding that you can no longer see the temperature setting on the oven. There are other possibilities too:

- Risers on the legs of low furniture



- Large or touch-free switches when it's difficult to turn on lights
- A bedside commode will make it easier getting up at night to go to the bathroom
- Magnifying glasses may allow you to continue working on the crafts you love
- A volume control headset can help with hearing impairment
- Remote control locks on doors can make it easier to get inside
- Vibrating, flashing smoke alarms will make sure you know if there's a problem if you have hearing loss

There are often simple solutions to independence issues such as cleaning up clutter to reduce your risk of falling, or removing glass tabletops in case you fall. You may want to consider lowering the clothes rod in your closet if it's too difficult for you to hang up your clothes now, or purchase an oven with an automatic shut off so you don't start a fire in the kitchen.

There are many more changes you can make that will allow you to remain independent in your home. If you are interested in a home safety / modification / assistive technology assessment to help you discover what those changes might be, please call Disability Network / Lakeshore to schedule a time. This service is free of charge, and following the assessment you will be provided with a list of suggestions for ways to make your home safer, more accessible, and easier to maintain.

Call Chris at Disability Network / Lakeshore to set up your assessment today at 616-396-5326.

*Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. Current interests include assistive technology, veterans' issues, emergency preparedness planning and service dog training.*



# 9 <sup>OUT</sup> OF 10 SENIORS

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*Our mission is to promote the vitality, independence and well-being of older adults in the North Ottawa County community by providing needed services and information, encouraging recreation and lifelong learning and advocating to the issues of aging.*

### Services Offered:

|                 |                          |                         |
|-----------------|--------------------------|-------------------------|
| Fitness Classes | Volunteer Transportation | Prescription Assistance |
| Art Classes     | Telephone Assurance      | Unmet Needs Resource    |
| Recreation      | Medical Equipment        | & Referral Program      |
| Social Events   | Medicare/Medicaid        | Case Coordination/      |
| Home Services   | Assistance (MMAP)        | Support                 |

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|   |   |
|---|---|
| <input type="checkbox"/> Heritage Senior Properties, Pg 7 | <input type="checkbox"/> Christian Care, Pg 20    |
| <input type="checkbox"/> The Oaks, Pg 11                  | <input type="checkbox"/> SHAWL I & II, Pg 20      |
| <input type="checkbox"/> The McAuley, Pg 11               | <input type="checkbox"/> Christian Manor, Pg 28   |
| <input type="checkbox"/> Park Woods Apt., Pg 12           | <input type="checkbox"/> Robbinswood/             |
| <input type="checkbox"/> Chestnut Fields, Pg 12           | NorthCrest AL, Pg 32                              |
| <input type="checkbox"/> Bayview Towers, Pg 15            | <input type="checkbox"/> Darley Village, Pg 34    |
| <input type="checkbox"/> Christian Haven Home, Pg 18      | <input type="checkbox"/> Oceana County MCF, Pg 35 |

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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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

FREE INFORMATION FREE INFORMATION FREE INFORMATION



## Walk to End Alzheimer's

The Walk to End Alzheimer's was held on September 25th at Heritage Landing in Muskegon. Senior Resources was represented by L-R: Amanda, Brittany, Caitlyn, Abbey, Julianna (kneeling), Lisa, Karla, Cindy, Brad, Stacy, and Harvey (the dog)

## - ACCEPTING NEW PATIENTS - PRIMARY CARE AT HOME



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www.oceanamcf.org



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

**ANSWERS  
FOR  
GAMES  
ON  
PAGES  
16 & 17**

### Answers - Boggle Game:

WHITE PURPLE GREEN TEAL RED BLUE BEIGE GOLD LODEN

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

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

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

|                   |                |                |                |                |                |                |          |       |     |
|-------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------|-------|-----|
| U <sub>1</sub>    | N <sub>1</sub> | C <sub>3</sub> | L <sub>1</sub> | E <sub>1</sub> | A <sub>1</sub> | N <sub>1</sub> | RACK 1 = | 59    |     |
| I <sub>1</sub>    | L <sub>1</sub> | L <sub>1</sub> | E <sub>1</sub> | G <sub>2</sub> | A <sub>1</sub> | L <sub>1</sub> | RACK 2 = | 58    |     |
| N <sub>1</sub>    | A <sub>1</sub> | I <sub>1</sub> | V <sub>4</sub> | E <sub>1</sub> | T <sub>1</sub> | Y <sub>4</sub> | RACK 3 = | 65    |     |
| M <sub>3</sub>    | A <sub>1</sub> | H <sub>4</sub> | A <sub>1</sub> | T <sub>1</sub> | M <sub>3</sub> | A <sub>1</sub> | RACK 4 = | 78    |     |
| P <sub>3</sub>    | A <sub>1</sub> | R <sub>1</sub> | A <sub>1</sub> | S <sub>1</sub> | O <sub>1</sub> | L <sub>1</sub> | RACK 5 = | 59    |     |
| PAR SCORE 250-260 |                |                |                |                |                |                |          | TOTAL | 319 |

### ANSWER - JUMBLE PUZZLE #1:

OUTDO GUMBO PILLOW DENTAL

The twins got in trouble a lot. They were often —  
UP "TWO" NO GOOD

### ANSWER - JUMBLE PUZZLE #2:

GLAZE AWAIT PARDON MEDIUM

TO CREATE THE PAINTING OF THE HOG, THE ARTIST  
NEEDED JUST THE RIGHT — PIGMENT



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**Nicole M. Osborn**  
P (231) 722-5423

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