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NOVEMBER | DECEMBER 2022

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- We are dedicated to a continuum of care that offers a variety of quality options, from home and community to institutional.
- 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.
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**SEPT/OCT WINNER: MARY S. BIERMAN OF SPRING LAKE**  
The firework was found in the Louise Matz story on page 22.





## Letter from the Editor

# NAMPA Time!



BY  
MICHELLE  
FIELDS

The North American Mature Publishers Association (NAMPA) held its 2022 national convention in Las Vegas this past September. NAMPA is the nonprofit, international association for newspaper and magazine publishers of local/regional senior and boomer publications.

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

Senior Resources Communications Director, Lisa Tyler. Having been a member since 2015, we were excited to see the other members, share leading edge strategies



and marketing tactics, and have the opportunity to exchange ideas with other top publishing leaders in the mature market.

On the first night of the conference, the Annual NAMPA Awards in Excellence winners are announced during a formal dinner gathering. The 2022 NAMPA entries were independently judged by the prestigious University of Missouri 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.



The talented writers/contributors of Senior Perspectives newspaper walked away with 16 awards this year.

*Michelle Fields has been with Senior Resources of West Michigan for 13 years. She has been the Editor of Senior Perspectives since 2012 and the Publisher since 2015. Michelle can be reached at Michelle@SeniorResourcesWMI.org.*



## Senior Perspectives 2022 National Award Winners are:

1st Place Travel Column - Jay Newmarch  
"The Graying Globetrotter"

2nd Place Feature Writing - Jackie Lindrup  
"The New Baby and the Hurricane"

2nd Place Briefs/Shorts - Rolina Vermeer  
"Cardinal Connection" and "Missed Lipstick"

2nd Place Senior Issues - Holly Lookabaugh-  
Deur "How to cope with COVID-19"

2nd Place Best Overall Use of Photography -  
Glenn Rutgers

2nd Place Self-Promotion/ Awards -  
Letter from Editor

3rd Place Column Review - Tricia McDonald  
"Authors of West Michigan"

3rd Place Editorial/Opinion - Michelle Fields  
"Be Your Own Health Advocate"

3rd Place Self-Promotion - Letter from Editor

## Additional Categories

1st Place Best Use of Color

1st Place Overall Design

1st Place Best Single Ad – Black and White

2nd Place Table of Contents

2nd Place Annual Resource Guide or Directory

2nd Place Design -  
Senior Resource Guide or Directory

3rd Place Best Single Ad — Color





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BY  
DICK  
HOFFSTEDT

# My Ten Years with Senior Perspectives

In late 2011, I discovered a wonderful newspaper geared specifically for people my age. It was called *Senior Perspectives*, and it didn't cost anything. A bargain for sure, with articles written by West Michigan senior citizens.

Doing a little research, I found out that they would accept me as one of their writers. There were no prompts. You could write about almost any-

thing as long as it was in good taste. My very first article was in the Jan./Feb. 2012 issue and was titled "Watching TV as a Kid." What a joy it was to see that story in print, along with those of many other excellent writers.

That was over ten years ago. Today's short story of my time with *Senior Perspectives* will be my 60th article. What were all those articles about? Here's a brief summary. Notable people,

things done as a kid, sports, holidays, politics, travels, history, and my accordion. The paper even published a work of fiction I wrote for the Sep./Oct. 2013 issue titled "Machines and the Music Man." What fun it was to do something totally different from all the rest.

The editorial staff has changed over those ten years, and today's editor and publisher, Michelle Fields, is the

best that I've had the pleasure to work with during my ten years with the paper.

I've turned 88 this year, and it's getting a little harder to come up with new ideas. Can I go another ten years and 60 more stories? There's only one way to find out. Pick up the latest issue of *Senior Perspectives* and see if I'm still there. Until that time folks, until that time.

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

## What Happened at the Chicago Stadium in 1932?

It was 1932, and the country was reeling from the Great Depression. The Democrats were in disarray after 12 years of three republicans in the White House. Who could they nominate who could beat the incumbent, Herbert Hoover? There were 12 who thought they could. Al Smith, the candidate of 1928, would surely try again. John Nance Garner, Speaker of the House, was the first Texan to gain serious consideration. There was a man in the governor's race in New York who had an early lead of delegates but lost to Franklin Delano Roosevelt, and many outside

## New Kid on the Block



BY  
DICK  
HOFFSTEDT

"The new kid on the block" is a phrase that first appeared in 1941 in a comic strip called "Skippy." It has survived and pops up once in a while in articles and conversations. I had a problem choosing one instance in my life where I was that "new kid." There were many times when I entered a situation where I was a stranger among a group of people that shared common interests or goals. I finally settled on one that happened to me when I was in the army stationed at Fort Bragg, NC. It was in the mid '50s when segregation was still in full swing in the South. Racism was widespread.

Coming back to camp after my Christmas leave in 1955, I learned that my company had a basketball team that competed in our battalion

After seeing the notice, I contacted the team coach, who was a master sergeant with fiery red hair, a ruddy



BY  
DICK  
HOFFSTEDT

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

## Baseball's Beginnings

lineup. Equipment was very crude. The balls were made out of a rubber core, then covered tightly with yarn and covered with a leather of some kind. They were hard and a batted ball could sting the hands of anyone attempting

## Causes for Concern

but Ike put a stop to that. It was the worst crisis since the end of the Korean War. I was in my 5th or 6th week of basic training at Camp Chaffee, Arkansas, and the scuttlebutt was to pay attention to your trainees. Now, when was that crisis? I had just returned home when our first

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

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

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

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

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

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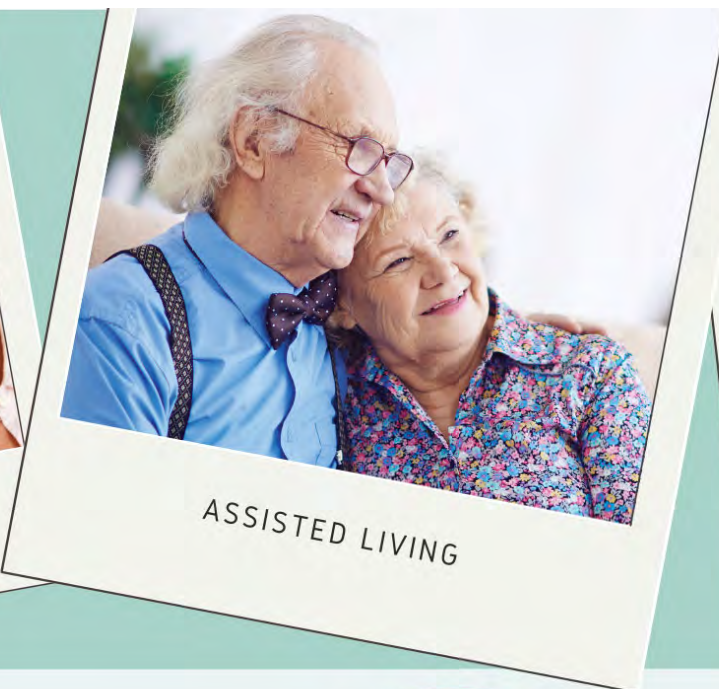
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# 'Senior' Prom a Hit for Area Residents

When you think of senior prom, you typically envision a room full of high school juniors and seniors in dresses and tuxes, dancing the night away in the spring. In late August in Muskegon, "senior prom" took on a new meaning as about 70 older adults (seniors) took over a community room at Pine Grove for an evening of snacks, friendship, and yes, dancing.

The senior prom was the brainchild of Maria Gardiner, property manager at Christian Manor. "I had heard of it elsewhere, and it sounded cute." She thought it would be a good way for her residents to meet new friends. She invited residents at Park Woods Apartments, Pine Grove Manor, and Hickory Village, in addition to her Christian Manor residents. She said she chose nearby apartment complexes with the idea that new friendships might form with other older adults nearby.

"It was super cute," Gardiner said, noting the prom was a success with about 70 people attending from 4-8:30 p.m. on August 27. "I told them to wear what's comfortable, but many dressed up." Hickory Village gave its residents flowers and some people who had dates bought flowers for each other. They rented a disco ball and decorated the community room with a festive flair.

The event was free and those attending snacked on cheese and crackers, fruit, and cake – "which went really fast!" according to Gardiner. Silverado, a popular local band, played a 2-hour set and there were people dancing until 7:45, she said. There were many song requests and Silverado played a lot of Elvis. "The ladies wanted faster songs," Gardiner said with a smile. "They had a lot more energy than I did!"

Noting her goal was to see if friendships would form, Gardiner recounted one of her residents who had donated some old dresses, including one she had worn at her second wedding. She saw a resident from another complex wearing the dress, started chatting with her, and discovered they had grown up together. "They reconnected," Gardiner said with a smile. "In fact, she reconnected with several others she had known. They were dancing all night."

*Lisa Tyler is the Communications Director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, a senior at Hope College, and Nicholas, a graduate of MSU. Lisa is also an alumnus of MSU, loves scrapbooking and travel, and being involved in her community. She is secretary of the Muskegon Area Intermediate School District Board of Education, past chair of the Kids' Food Basket Muskegon advisory committee, board member for CALL 2-1-1, and a member of the Muskegon Rotary and Greater Muskegon Service League.*



BY  
LISA  
TYLER







BY  
CLIF  
MARTIN

## Martin's Meanderings

# Clif Goes Bananas

I awake with a song playing in my head. It's always an old song because I don't know any new ones. It's often a radio or TV commercial jingle about a product. I love it when Chiquita reminds me to eat my bananas when they are flecked with brown and have a golden hue. And the banana police will cart me off to the pokey if I ever put a banana in the refrigerator.

There are banana songs going way back in the past century. "Yes! We Have No Bananas" topped the charts in record sales for five weeks in 1923. It has been recorded by Benny Goodman, Spike Jones and City Slickers and many others.



When I worked at a record shop in the fifties, Harry Belafonte's tale of the fellow working on a banana boat all night long was flying off the shelves and out the door. The Mills Brothers and Roger Whittaker kept us busy with "Yellow Bird" (Up High in Banana Tree.)

A real gem that needs to be better remembered is "When Banana Skins Are Falling, I'll Come Sliding Back to You." Frankie Yankovic did that one and it was a big seller for Homer and Jethro.

You can find these songs on the internet. If your favorite about the golden fruit that's flecked with brown isn't here, maybe next time when I get that banana feeling.

Clif says his next column might be about hot dogs if the juke box in his head drops the needle on "Frankfurter Sandwiches" from 1927.

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### Try This

#### Do this

**1** Sprinkle pepper over surface of water in glass

**2** Rub a drop of detergent all over your fingertip

**3** Touch the water with your fingertip; what does the pepper do?

**4** Sprinkle some pepper on water in the pan

**5** Put a little more detergent on your fingertip to replace any that got washed off

**6** What does the pepper do this time when you touch the water?

## An invisible force

*In science-fiction stories, people and spaceships sometimes have "force fields" to protect them. There's nothing magical about invisible forces, though. Here's an example:*



### You'll need

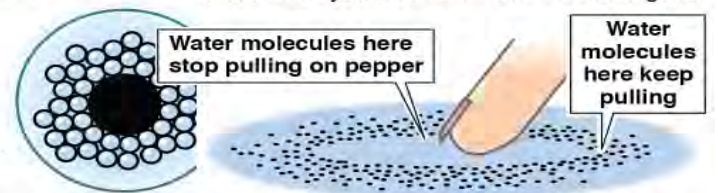
- Glass half-full of water
- Large pan with 0.5 in. (1 cm) of water in it
- Pepper shaker
- Liquid detergent

### What happened?

• Every molecule (or tiny particle) of water has a tiny force, similar to magnetism

• Detergent breaks up molecules' tiny pulling forces when you touch the water with detergent:

• Before you touch, the molecules are moving in all directions; they pull the specks of pepper in all directions so the pepper doesn't move around



**Pan is bigger than the glass and has more molecules that are beyond the reach of your "force field"**

Graphic: Paul Trap, TNS

If you try this experiment, take a photo and send it to [SeniorPerspectives@Seniorresourceswmi.org](mailto:SeniorPerspectives@Seniorresourceswmi.org) to be featured in a future edition.

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# Senior Perspectives Cooking Corner



BY MARSHA  
CLEARY  
(RIGHT)

## Thanksgiving Cranberry Fluff

**Ingredients:**

1 Cup orange juice	2 Cups buttermilk
2 – 3oz. boxes of cranberry Jell-o	16 ounce tub Cool Whip
	1 – 14oz. can of whole berry cranberry sauce

**Directions:** Note: The night before you plan to make this recipe, place can of cranberries in the refrigerator for better results. Bring orange juice and Jell-o to a boil, stirring constantly. Set aside to cool for 10 minutes. After 10 minutes, stir in can of chilled cranberries. Set aside. In large mixing bowl stir together buttermilk and Cool Whip until well blended. Fold in cranberry mixture. Pour into 9"x13" dish. Garnish with orange rind curls, orange slices or cranberries.



BY  
CATHAY  
THIBDAUE

## Apple Cake

**Cake:**

1 cup maple syrup	1 teaspoon salt
2 eggs	6 cups chopped peeled tart apples
1/4 cup applesauce	1/2 cup chopped pecans
2 tablespoons oil	
2 teaspoons vanilla	<b>Frosting:</b>
2 cups all-purpose flour	4 ounces cream cheese
2 teaspoons baking soda	2 tablespoons butter, softened
2 teaspoons ground cinnamon	1 teaspoon vanilla
	1 cup confectioners' sugar

**Directions:** Preheat oven to 350°. Coat a 13x9-in. baking pan with cooking spray. In a large bowl, beat maple syrup, eggs, applesauce, oil, and vanilla until well blended. In another bowl, whisk flour, baking soda, cinnamon, and salt; gradually beat into sugar mixture.

Fold in apples and pecans. Transfer to prepared pan. Bake 35-40 minutes or until top is golden brown and a toothpick inserted in center comes out clean. Cool completely. In a small bowl, beat cream cheese, butter, and vanilla until smooth. Gradually beat in confectioners' sugar. Spread over cake. Refrigerate leftovers.

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

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# Chronic Pain



BY  
CHRISTINE  
WISTROM

Chronic pain often accompanies disability. Whether your disability is the result of aging or caused by injury or illnesses, those of us who suffer with chronic pain may find ourselves trapped in a cycle of misery. You may hurt so much you can barely breathe, but you'll need to take an active role if you hope to control your pain.

Chronic pain can reduce your quality of life to such an extent that you may find yourself sinking into depression and despair, fearing the cycle is endless. But fortunately, there are many ways to reduce your pain and regain control of your life. Perhaps the most important step you can take to manage pain is to reduce your stress. That may sound easier to do than it really is, but it's worth the effort. Stress intensifies the body's sensitivity to pain. Most of us know that worrying makes our pain worse. Unfortunately, it doesn't help to just say "don't worry, be happy!" Instead, try using standard stress-reduction techniques like massage, meditation, and relaxation exercises. If you haven't tried these "tried and true" forms of stress-reduction, they really can work. There are some other things you can try too.

Music or art therapy may not feel comfortable to you at first, but for some people they are very effective. At times, subconscious thoughts have an impact on the

level of pain we feel. Music or art therapy can help identify some of those thoughts and develop strategies for coping with them, and that can help with pain management. Have you ever been able to lose yourself in the music you're listening to, or in the crafts you are creating? If it's something you really enjoy doing, you are on the right track!

Distraction is a proven method of dealing with pain. When you find something that holds your attention, your pain fades into the background. The funny thing about pain is that when it is relentless and we can't ignore it, that's when we find it unbearable. If we can get a break from it now and then, we can handle it much better, so relax and read a good book by your favorite author.

Being involved in your treatment options gives you some control over your pain too, so look at ways you can take part in designing your plan of care. Consider different ways of coping and be open to trying new things. If they help, fine, keep using them. If they don't, then move on and look for other solutions.

Reclaiming your life is your responsibility. Work at minimizing the things that cause you stress and add alternative treatments like massage and meditation to your personal care toolbox. Taking charge of your pain rather than letting it control you is the first step in overcoming chronic pain.

*Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan.*



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# Senior Art Exhibit in Muskegon



BY  
MICHELLE  
FIELDS



*Best in Show winner was Suzette Mattson with her quilted table runner. Suzette is the wife of Senior Perspectives writer Jerry Mattson.*

The Village at Park Terrace in Muskegon and Aegin Place of West Michigan hosted their first ever Senior Art Exhibit this past August and I didn't let my invitation collect any dust. I had the opportunity to see some amazing art pieces created by some of the area's talented older artists. Art entries included original paintings, quilting, wood working, knitting, sewing, origami, photography and much more. If you would like information on next year's Senior Art Exhibit, please contact Mandy Moore at [trustedclientcare@gmail.com](mailto:trustedclientcare@gmail.com).



*Organizers L-R Mandy Moore, Lydia Benkert and Wendy Little*







BY  
JAY  
NEWMARCH

## The Graying Globetrotter

# Up, Up and Away!

A sign at the TWA Hotel at JFK Airport welcomed me to 1962. It seemed appropriate that I should celebrate my 60th birthday a week after the TWA Flight Center, now the TWA Hotel, celebrated its 60th birthday.

Opening on May 28, 1962 at Idlewild Airport - now JFK - Eero Saarinen's vision of a bird in flight lived to celebrate its 60th anniversary in fine fashion. It was touch and go for a few years, but it now looks like this fine example of Googie architecture, which encompasses the look and feel of the space and atomic age, as well as '50s and '60s car and air culture, will remain to awe visitors for years.

The futuristic TWA flight center with its exaggerated, soaring angles and sweeping arches and ceilings, literally designed to embody and honor space-age travel, is certainly one of, if not the most important, example of this type of architecture.

The grand three-level TWA terminal was born in the heyday of air travel, celebrating our desire to travel at jet speed to destinations around the world. TWA was intent on leading the way by marketing itself as the leader in luxury jet travel. Even though it was a premier airline, it was actually trying to catch up in the jet race. The

attention of this stunning terminal with new features for the traveler, like the first jet tubes that allowed passengers to walk high and dry to their planes while others slogged across the tarmac, did not go unnoticed. By the way, those jet tubes now usher hotel guests to their hotel rooms. It did feel quite something to head up the jet tubes to the elevators. I could almost feel the ghosts of passengers dressed to the nines and heading to their planes that would whisk them away to Paris, Rome or Bombay.

The complex is part hotel, part museum and part time capsule. The terminal itself is celebrated for its architectural history alongside the long history of TWA itself. Displays abound showing how the terminal hosted passengers and airline personnel through nearly 40 years of air travel.

From the swinging sixties to the over-the-top looks of the '70s and the clean cut, tailored Ralph Lauren uniforms of the '80s, it is pure fun to see how we all changed right along with the airline.

The hotel is accessible from the air train that links all of the terminals. As you depart the station at terminal 5, you catch sight of the hotel and, piped into speakers, you're welcomed by the song, "Up, Up

and Away." It definitely sets the mood as you walk toward the entrance.

As you walk through the doors, you are immediately overtaken by the soaring expanse of the terminal. You check into the hotel at the old airline departure desks. Around you are the walls and floors of gray penny tiles, glass, stainless, aluminum and the acres of the custom red TWA carpeting.

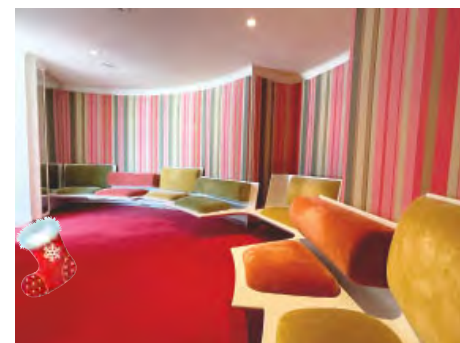
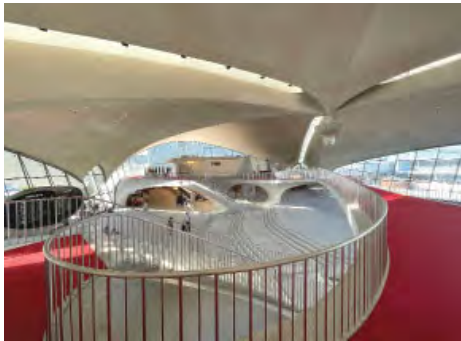
As I walked past the sunken lounge where passengers once had a drink while waiting for their flight, I saw two giant Tab cans that lamented the passing of the diet cola that was also born in 1962. Across the way, there was also a Twister room where you could play the iconic '60s game.

The shoe shine station and pay phones also still exist. You can actually make a call on the old phones for a dime. I had almost forgotten how to actually dial an old rotary phone, but managed to make a call back home. I wasn't, however, able to find anyone to polish my shoes at the shoe shine station.

Upstairs you'll find the Paris Café, Lisbon Lounge and Ambassadors Lounge, and the Pope's Room, where Pope Paul VI stayed between TWA flights to and from Rome in 1965.

Out on the tarmac, and easily seen from the sunken lounge, is a Lockheed Constellation plane named *Connie*, that now serves as a cocktail lounge. You can grab a drink and snack while sitting in one of the old passenger seats.

The 50,000 square foot meeting space below the terminal is also worth a visit. Not only are the meeting spaces equally





expansive and impressive, but you'll also find more TWA memorabilia tucked away in the corners of the meeting spaces.

Located behind the TWA terminal are two hotel towers that feature the 512 hotel rooms. They are very modern but retain the feel of the terminal with features such as classic Knoll furniture with tulip bases and womb chairs right out of the '60s. TWA travel posters adorn the walls.

If you want to temporarily leave behind the air travel of the '60s, head to the rooftop pool for a quick dip, a snack or drink, or get neck deep in the infinity pool and watch the planes coming and going from

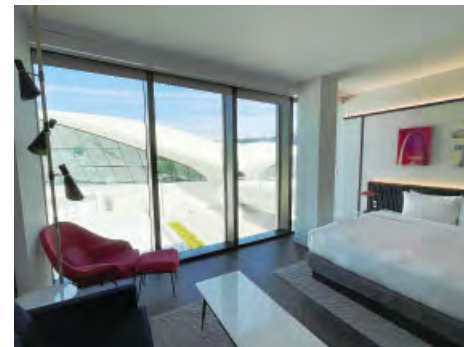
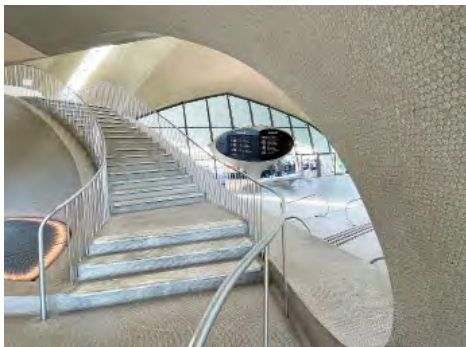
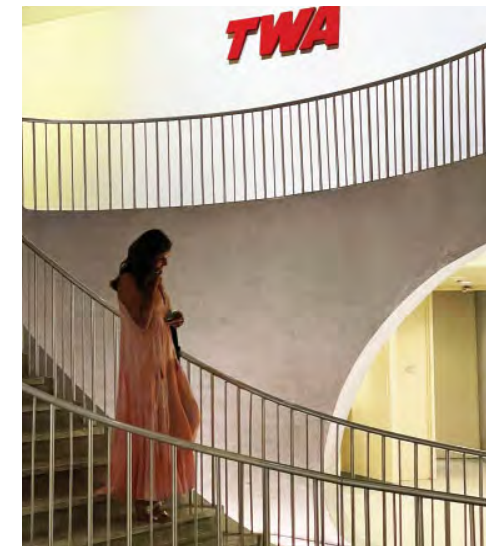
the airport. It really is both relaxing and entertaining.

Looking for a bite to eat? You can find everything from a quick bite in the Food Hall at the entrance to the terminal, a drink and light meal in the Sunken Lounge, or a delicious breakfast, lunch or dinner at the Paris Café.

I encourage anyone traveling through New York's JFK airport to book a layover at the hotel and check out this Eero Saarinen masterpiece. Coincidentally, Eero Saarinen's firm was headquartered in Bloomfield Hills, Michigan. He was also the architect of the St. Louis Arch and Dulles Airport.

Even if it is just overnight or for a couple of days, you won't be bored. The longer you stay, the more secret places you'll find to grab a quiet moment or discover new bits of memorabilia from a time when travel was not just a means of getting from one place to another, but a lost time when how you got where you were going was part of the experience, the adventure.

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



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.

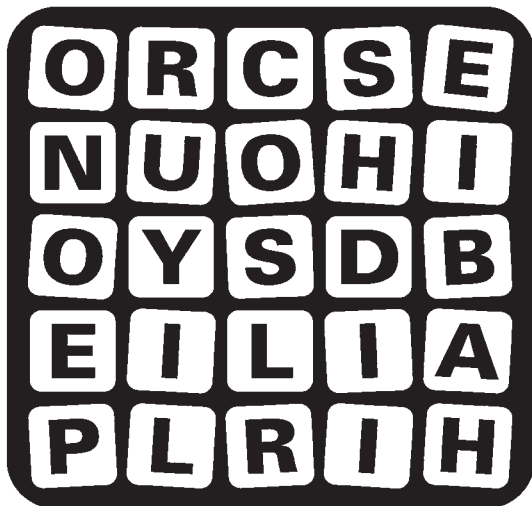
### BOGGLE POINT SCALE

- 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



1-16-22

### Boggle BrainBusters Bonus

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A <sub>1</sub>	I <sub>1</sub>	Y <sub>4</sub>	R <sub>1</sub>	R <sub>1</sub>	V <sub>4</sub>	L <sub>1</sub>		
O <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	D <sub>2</sub>	T <sub>1</sub>	L <sub>1</sub>	W <sub>4</sub>		
I <sub>1</sub>	I <sub>1</sub>	G <sub>2</sub>	H <sub>4</sub>	N <sub>1</sub>	T <sub>1</sub>	C <sub>3</sub>	3rd Letter Double	
E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	Y <sub>4</sub>	F <sub>4</sub>	L <sub>1</sub>	T <sub>1</sub>		
A <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	K <sub>5</sub>	S <sub>1</sub>	T <sub>1</sub>	M <sub>3</sub>	Triple Word Score	

PAR SCORE 265-275  
BEST SCORE 342

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](mailto:info@scrabbleplayers.org). Visit our website - [www.scrabbleplayers.org](http://www.scrabbleplayers.org). For puzzle inquiries contact [scrgrams@gmail.com](mailto:scrgrams@gmail.com)

05-08

### Game Page Sponsor





# JUMBLE

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

NICGI

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KMISP

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VINIET

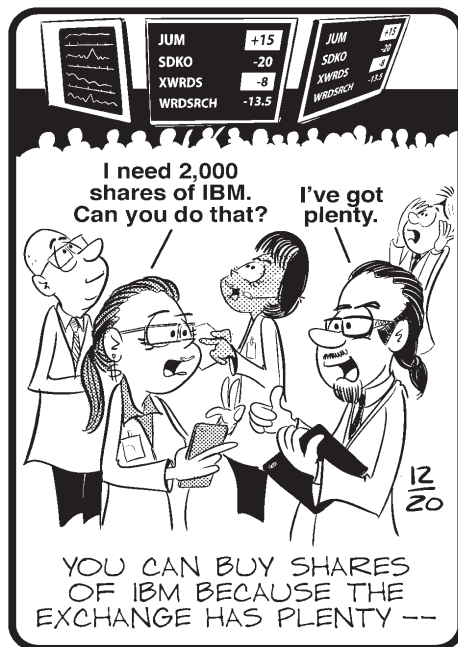
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DOLNEO

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Check out the new, free JUST JUMBLE app

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

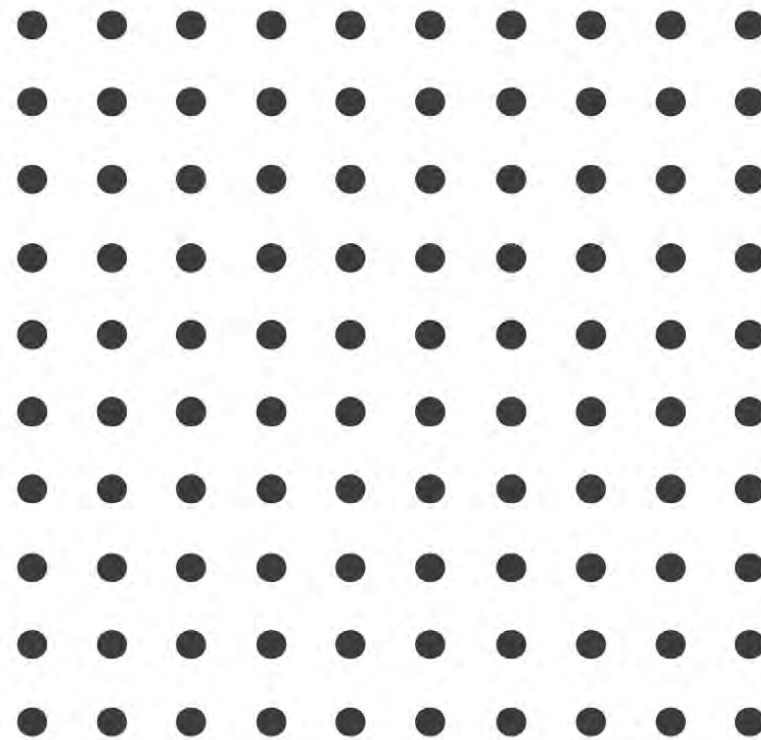


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here:

--	--	--	--	--	--	--	--

# 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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# Veterans and Active-Duty Military Members: Social Security Has Your Back!



BY  
VONDA  
VANTIL

Veterans Day is Friday, November 11, 2022. On this day, we honor all veterans who served our country and risked their lives to protect us.

Our Wounded Warriors webpage is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors webpage at [www.ssa.gov/woundedwarriors](http://www.ssa.gov/woundedwarriors).

woundedwarriors.

The page shares information about our Social Security Disability Insurance (SSDI) benefits for veterans, including:

- How SSDI benefits are different from benefits available through the Department of Veterans Affairs and require a separate application.
- How we expedite the processing of Social Security



disability claims for service members. If they develop a disability while on active military service on or after October 1, 2001, they can file a disability claim regardless of where the disability occurs.

- Answers to questions asked about Social Security.

If active-duty military service members are unable to work due to a disabling condition and continue to receive pay while in a hospital or on medical leave, they should consider applying for SSDI. Active-duty status and receipt of military pay doesn't necessarily prevent payment of SSDI benefits.

Our webpages are easy to share on social media and by email with your friends and family. Please consider passing this information along to someone who may need it.

*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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## HONORING ALL WHO SERVED

# 11-11-22

# VETERANS DAY



## Soul Food

# Gifts & Thanksgiving

As we enter the final two months of each year, it is indeed appropriate that we give thanks to God (Thanksgiving) before we receive our gifts (Christmas). Have you been given one or more spiritual gifts? If this subject is new for you, I will be referencing Biblical quotes such as Romans 12:6-8 and I Corinthians 12:8-10.



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

One must humbly seek the will of God, leaving to the Spirit the choice of gift or gifts you will receive. Everyone who believes should understand that the spiritual gift is for the service of both those inside a fellowship and/or those who have yet to be born-again. There is no value to a spiritual gift if it is not used for the benefit of others.

A word of clarification: The **fruit** of the Spirit (see Galatians 5:22-23) is a collection of virtues, all of which are available to any believer, as one matures in faith. The **gifts** of the Spirit equip the believer for ministry within the community of faith, and for outreach to the world. The only one who possessed all the gifts was Jesus. One spiritual gift is enough for any one of us when used appropriately. Some will receive two, maybe three. This increased blessing of gifts will come to those mature in faith, and thus to those understanding the responsibility they've been given.

Now since we love to hear what others are thankful for, and to give gifts to friends and family we love, is there a way in which each of us can help others receive their gifts of the Spirit? Indeed, there is a way, and it involves acknowledging the spiritual gift you see in others. You may only see some elements of the gift before you can name it. This is so important in order to build up the beloved community. In order for holiness to increase, our walk of faith must be other-centered and not self-centered, not completely but predominantly. When we are young or immature in our faith it is a great help for an elder friend or family member to acknowledge what they see growing in you spiritually; and never leave out encouragement in scriptural devotion and regular worship.

If you are desiring to grow spiritually, and you are up to a beautiful but challenging book, pick up or borrow a copy of *The Seven Story Mountain* by Thomas Merton. Here's a taste:

*"The Life of the Soul is not knowledge, it is love, since love is the act of the supreme faculty, the will, by which humanity is formally united to the final end of all one's striving -- by which humanity becomes one with God."*

*The Seven Story Mountain* by Thomas Merton, p. 209

*Soul Food is written by Rev. Gil Boersma, M.Div., a Board Certified Chaplain and retired pastor.*

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BY  
LISA  
WATSON

# Tips for Coping Through the Holidays

## If you don't know where to start

- It's impossible to know exactly how you'll feel. Take care of your health, get adequate sleep, and find ways to be active.
- Approach the holidays with curiosity rather than expectancy. It may surprise you how you cope with important days. There is no right or wrong way.

## If it all seems too overwhelming

- Set limits. Only do things that are important to you.
- Avoid overdoing it. Sometimes we keep busy to stay distracted from pain. Remember pain in grief serves a purpose.

- Recruit help. Be kind to yourself and allow loved ones to help.

## If you're worried about facing others

- Be prepared with a canned answer. "I'm doing OK" or "some days are better than others" are completely acceptable.
- Don't be afraid to cry in public. Surround yourself with people who are good listeners, people will be understanding.
- Prepare an exit strategy. Only commit to certain times after events begin. Create a reason to leave if you need to, even to go home.

## If you know children who are grieving

- Involve them in making a decoration in honor of their loved one. This encourages them to share memories and express feelings freely.
- Make a memory box or scrapbook together. Decorate it for the season and fill it with pictures and special items.
- Ask children and others what they miss about their loved one. This gives everyone an opportunity to share a memory and acknowledges that this special person is not here.

## Facing the years ahead

- What you choose to do the first year can always change. Experiment with new family rituals. There are many ways to honor your loved one on special days.

Lisa Watson, LPC has been a bereavement counselor with Harbor Hospice since Feb. 2022 and a counselor for almost 9 years.

She previously has worked with individuals with intellectual and developmental disabilities, as well as counseled at Wedgwood Christian Services. Lisa looks forward to many more years of working with Harbor Hospice to support clients experiencing the death of loved ones. She is also available to speak with local groups on grief-related topics.

Grief support is an important part of the services Harbor Hospice offers to its families and our community. Harbor Hospice provides a variety of supportive services for those who are grieving after the death of a loved one, a beloved pet, or dealing with other losses associated to caregiving, health issues and other life situations. Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being.

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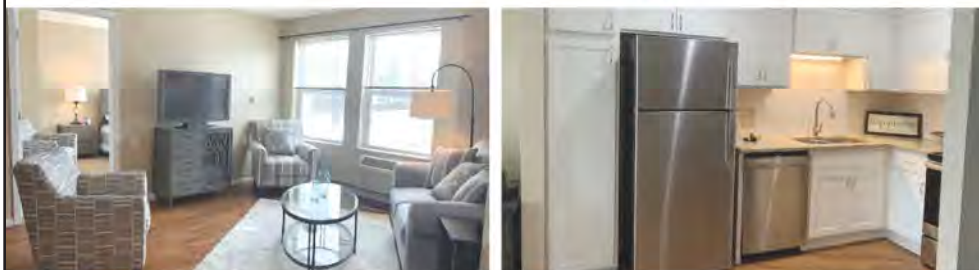
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# An Interesting Transition to Retirement



BY  
LOUISE  
MATZ

My niece, Jean Belinger, retired in July of last year. Her husband Steve retired two years earlier. Jean worked in nursing for 40 years, the last ten years in management, working 10-12 hours a day and on call 24/7. Prior to retirement she

began making a list of her interests and watching retired people to see what activities they enjoyed. Time with new grandson James, more time in the garden, and time at the beach were at the top of her list.

Jean told me, "A few years ago, a co-worker who collected beach glass asked me to pick out a piece from her collection. I selected a very beautiful piece and made a necklace with it. Ever since then, I've wanted to walk the beach and search for beach glass."

At retirement, Jean began going to the beach to watch and talk to people searching for treasures. Some would share and others would not. Eventually, she approached a couple who had been collecting for years and they were happy to share knowledge. In fact, they even gave up a couple of their spots! Jean then started searching at one of those spots in Muskegon and found her first Petoskey stone and first piece of beach glass. And ... this is how it all began!

First one needs to select reference materials to identify the types and ages of beach glass and fossils. Next, Jean spent many, many, many hours on the beach. "I like being there early in the morning for the serenity, in the afternoon for socializing and enjoying the water, and in the evening for the beautiful sunsets." In addition to an identification bible by National Geographic which she uses religiously, Jean belongs to several rock and



Above: Glowing beach glass (with uranium).  
Right: Fossils.



glass Facebook sites. Two of the many are Lake Michigan Beach Glass and Rock Collectors and Michigan Beach Glass Hunters. When members note where they have collected items, it gets added to her list of new places to visit.

The word "passionate" comes to mind as I listen to my niece describe her adventures. She has been searching the beaches for only

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*In support of Jean's retirement adventure, her husband fashioned a dipper which Jean says is absolutely perfect for searching and collecting.*

glows in the dark has uranium in it. Etched beach glass is over fifty years old. Fossils are several million years old.

Collectors rarely share their favorite locations, but here are a few tips from Jean: It's important to arrive at the beach before daylight to find the best treasures. Most of the best sites have a rocky or stony shore and the treasures are found among the stones. Depending on the weather, this rocky shore may be in the water or on the sand, so be prepared to get wet or wear waterproof footwear. The contents of the shore change continually. It may give you nothing one day and treasures the next, so don't be too quick to give up on a spot.



a year and has an amazing collection. The "best" of her collection includes three large trays with dividers, one for glass, one for fossils and one for stones, and a bag full of glass that glows! She is a wealth of information on the subject, as she researches and classifies every piece. Following are a few of the interesting tidbits she shared with me: Glass that



"I never tire of the thrill of finding my first piece of glass or fossil on each trip, or the experience of returning home with my pockets full of treasures. Right front pocket is for glass; right back pocket for fossils; left front pocket for keys; and left back pocket for pretty stones. Returning home, I sort my treasures and show my husband while he listens carefully and acts interested in my adventures."

*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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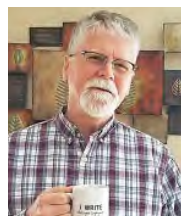
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BY  
JOEL  
DULYEA

## Drill Sergeant

Friday, November 11th, 2022 is Veteran's Day, a federal holiday designated to honor all military veterans, who are people who served in the United States

Armed Forces. It is the 103rd year for this holiday and the 68th year since Congress amended the bill to replace the word "Armistice" with "Veterans."

My initiation into the community of veterans began May 3rd, 1982, at Fort Jackson, South Carolina. There are records that give an earlier date for my entrance into the army, but those facts are swallowed by the darkness of my first day of basic training. That day was a very intense experience, as was each day that followed. In the process, members of our platoon became more hardened physically, mentally, and emotionally, and graduated as soldiers in

the United States Army. On this Veterans Day, 40 years after basic training, I want to honor my drill sergeant. His name is Sergeant First Class Phillip Martucci.

Sergeant Martucci was the drill sergeant of Delta Company, Second Battalion, First Basic Training Brigade. His presence unsettled me. It was three weeks into training before I saw his eyes. From 0500 hours (5:00 a.m.) till 2100 hours (9:00 p.m.) he directed our chaos from behind dark sunglasses. He was tough and ornery, an Army Ranger who saw action in Vietnam. Our platoon grew accustomed to his no-nonsense orders and his in-your-face corrections when we failed to meet his expectations. He named our platoon "Commandos." When he gave the order, he expected us to shout in unison our name and our company, battalion, and brigade.

At 0500 hours, each of our platoon of forty men awoke, showered, shaved, and gathered outside the barracks in our assigned place in less than 10 minutes. Sergeant Martucci stood facing us. He shouted, "Company. Attention!" Each cadet in the platoon slapped their right heel against their left heel. Simultaneously our hands fell to the seam of our respective trousers with thumbs faced forward over curled index fingers. At the command of "Sound off!" the platoon shouted, "Commandos! Delta, two, one! If you can't hack it, pack it! Drive on, Sergeant, drive on!"

Two days later, we lost our name because we didn't meet our drill instructor's expectations. We were no longer worthy to be called "Commandos." In the parlance of Sergeant Martucci's Spanish speaking assistant drill instructor, we became "Sheet Birds."

There was solace when we marched from the barracks to the ranges at our drill sergeant's cadence, "Your left, your left, your left right left." At the command, "Double time," I felt stressed and in danger of falling out from the formation and into his wrath. Kris from Kansas ran next to me in the rank and file. His belly protruded over his belt. I thought, "If he can make it, so can I." Kris thought the same of me.

Weeks of training later Sergeant Martucci greeted our platoon, "Commandos! Attention!" It is impossible to describe the pride that spread through our platoon at the sound of those two restorative words. "Commandos! Attention!"

The sight of our entire brigade marching in review at graduation gave testament that we had earned a place in something far greater than my own egocentric life. It was an honor to wear the uniform of the United States Army, to be associated with all who served. "Drive on, Sergeant, drive on."

*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.*





BY  
KEITH  
SIPE

While relaxing in my favorite chair and reading *Senior Perspectives* recently, I notice the section on recipes. I have enjoyed reading the recipes that appear in each issue of *Senior Perspectives*. I have seen many excellent recipes and knew they would be very tasty. Which got me to thinking... (this is how my mind works, at times): "Who follows recipes in the first place?" I understand follow-

ing a recipe if you are making bread, or maybe a cake, and I'm sure you can come up with some other dishes as well. I know you should follow a recipe (so I am told) so that the finished product will come out perfect and not only looking good but tasting good!

Many times my wife Pam would get upset with me. Why? Because I rarely follow a recipe. If I do have a recipe in front of me while I'm cooking, it's to make sure I don't leave out an ingredient!

When I make Bar-B-Qs, my wife would say they tasted a little different (just a little mind you) from the last time I made them. I didn't think it was that much of a difference but she sure did, so she took over making the Bar-B-Q and kicked me out of "my" kitchen. (That's my version of the story and I'm sticking with it.) Then she, my wife Pam, made the Bar-B-Qs herself and followed the recipe to a "T" and yes, they were good! First, she had to cut up the onions very fine, so that our son Brian wouldn't see them. He doesn't like onions, at least if he sees them. He likes the onion flavor, but he surely didn't want to see them. Then she did a few other things to camouflage what was in the Bar-B-Qs. I didn't do that -- I like to see what is in my Bar-B-Q! I would add a little carrot, for color, of course! It was just a little speck of carrot, not much.

Another thing of interest when I cook, like making goulash, for example, I first look in the refrigerator to see what I have

## Keith's World Recipes

in stock. Then I check out my pantry to see what is there. So today I noticed I have three different kinds of onions, the white ones, then there are the yellow ones, and oh look, I have one red onion. Which do I use, I ask myself. Well, there are plenty of yellow ones, so the choice is yellow, good enough reason for this cook. I'll cut them up, and maybe I'll mince them. Not sure until I start to cut them up. (I'm all over the place when I cook; I'm creative). Now, oh look, there's a green pepper, I'll cut that up along with the carrot -- you know for color!

Now to fry up the hamburger. I have most everything for the (what was I making? oh yeah) goulash. I wonder if I have elbow noodles, aw...yes, I do! I think I will pre-cook them today so that I don't have that pasty taste. While frying up the hamburger, I'll add some salt and pepper, (no measuring) and then add some Worcestershire sauce...how much? That's enough, nope maybe a little more than that. Now to add the onion I previously cut up. I'll add the green pepper, just one half of the green pepper today. Oh, I found a red pepper in the refrigerator. I'll use half of that one as well. Now I will taste it. A little more Worcestershire sauce. (A sideline thought about Worcestershire sauce, let me say this: if I were you I wouldn't read what goes into making the sauce, you might not use it again.) Now some

thyme, and celery salt since I don't have any celery. I notice I have garlic, let's put some of that, but not too much. Oregano should be good, I think, just a little. Now let it simmer.

Now to cut up the tomato I found in the refrigerator, which is medium size. That should work out fine. Let this cook for a while and then I'll add the noodles. I had them rinsed and resting in cold water, ready to drain and add to the pot. I'll set it on low and let it continue to cook for a few more minutes. Is there anything else I have on hand to add to this goulash? Nope, smells good to me. One of these times I should write this all down. Sometimes my articles are in the front of the paper and other times in the back of the issue. I wonder if they will put me in the "recipe" section this time, since I am sharing how I make goulash! Just wondering...

*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 in Muskegon.*



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**Question:** What is the difference between Social Security disability and Supplemental Security Income (SSI) disability?

**Answer:** Social Security Disability Insurance (SSDI) is based on prior earnings. SSDI is financed through the taxes you pay into the Social Security program. To be eligible for a SSDI benefit, the worker must earn sufficient credits based on taxable work to be “insured” for Social Security purposes. SSDI benefits are payable to eligible blind or disabled workers, the widow(er)s of a disabled worker, or adults disabled since childhood.

SSI disability payments are made based on financial need to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements, and are otherwise eligible. SSI is a program financed through general revenues. For more information, visit [www.ssa.gov](http://www.ssa.gov).

**Question:** I've been receiving SSI for a few years and recently went back to work. My boss wants me to work full time and I feel like I can do the job, but I'm concerned about losing my Medicaid coverage. If my SSI payments stop due to my earnings, can I still keep my Medicaid?

**Answer:** In most cases, Medicaid coverage will continue even if your earned income is too high to receive an SSI



payment. In order to qualify for this coverage, you must:

- Be blind or have a disability.
- Meet all the SSI eligibility requirements, except for the amount of your earnings.

- Be eligible to receive a regular SSI cash payment for at least one month before you became eligible under Section 1619 of the Social Security Act.

- Have been eligible for Medicaid coverage in the month before you became eligible under Section 1619.

- Need continued Medicaid in order to work.

- Have earnings that would not replace the value of your SSI cash benefits, your Medicaid benefits, and any publicly funded personal or attendant care you receive that would be lost due to your earnings.

The amount you can earn and still receive Medicaid varies from state to state. Call 1-800-772-1213 (TTY 1-800-325-0778) for more information.



BY  
VONDA  
VANTIL

**Question:** What is the earliest age I can begin receiving Social Security retirement benefits?

**Answer:** The earliest age you can begin receiving Social Security retirement benefits is age 62. If you decide to receive benefits before your full retirement age, which for most people is age 66 or 67, you will receive a reduced benefit. Keep in mind you will not be able to receive Medicare coverage until age 65, even if you decide to retire at an earlier age. For more information, go to [www.ssa.gov/retire](http://www.ssa.gov/retire).

**Question:** I went back to work after retiring, but now the company I work for is downsizing. I'll be receiving unemployment benefits in a few weeks. Will this affect my retirement benefits?

**Answer:** When it comes to retirement benefits, Social Security does not count unemployment as earnings, so your retirement benefits will not be affected. However, any income you receive from Social Security may reduce your unemployment benefits. Contact your state unemployment office for information on how your state applies the reduction to your unemployment compensation.

**Question:** I have never worked but my spouse has. What will my benefits be?

**Answer:** You can be entitled to as much as one-half of your spouse's benefit amount when you reach full retirement age. If you decide to receive Social Security retirement benefits before you reach full retirement age, the amount of your benefit is reduced. The amount of reduction depends on when you will reach full retirement age. For example, if your full retirement age is 66, you can get 35 percent of your spouse's unreduced benefit at age 62 (a permanent reduction); if your full retirement age is 67, you can get 32.5 percent of your spouse's unreduced benefit at age 62 (a permanent reduction).

The amount of your benefit increases if your entitlement begins at a later age, up to the maximum of 50 percent at full retirement age. However, if you are taking care of a child who is under age 16 or who gets Social Security disability benefits on your spouse's record, you get the full spouse's benefits, regardless of your age. Learn more about retirement benefits at [www.ssa.gov/retirement](http://www.ssa.gov/retirement).

*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).*

An advertisement for Darley Village. It features a woman in a wide-brimmed hat smiling. The text includes "Darley VILLAGE", "An Active Aging Community for 55+", "Apartments &amp; Cottages", "www.DarleyVillage.com", "2245 Darley Dr. Muskegon MI 49444", and "Call today (231) 799 0077". There is also a Facebook logo and the text "Find us on Facebook".

An advertisement for Superior Monument. It features a logo with a monument and the text "Superior Monument". The text includes "Find us anytime at www.SuperiorMonument.com", "Let us help you design your own Cemetery Monument or Marker", "Traditional, custom, cremation or bronze - together we can create a meaningful memorial.", "354 Ottawa St. Muskegon, MI", "Corner of Business 31 and Marquette", "Muskegon/Whitehall 231-728-2211", "Grand Haven 616-844-1700", "FREE CONSULTATIONS", and "LOCALLY OWNED AND OPERATED".





BY  
TRICIA  
McDONALD

## Authors of West Michigan From Farm to Ranch to Novels

At the age of 49, Dennis Hurley taught at an experimental school in Bloomfield Hills. The job allowed him to create classes that took him and students to his favorite place — the outdoors. They worked building houses for Habitat for Humanity and repaired homes for inner-city families. He guided them on ten-day wilderness trips, where he taught rock climbing and survival techniques. He started a farm program still in place more than 50 years later.

Little did he know these experiences were providing him with background settings and human relationships he would later draw from as he began to write. “I was building storylines which began to take shape on the page,” Dennis said.

Dennis grew up on a Michigan farm where he invented stories while wandering the fields and woods. He attended a one-room schoolhouse where he had an endless opportunity to read. It was within these pages he discovered that the written word allowed him to enter another person’s world. His interest in writing was sparked. By high school, he was the sports editor of the school paper, and when a teacher asked him what he wanted to do for a living, his answer was “writer.” She recommended he go into teaching so he could write in the summers. He did. Unfortunately, he spent his summers working various jobs to make ends meet.

After retiring at 55, Dennis became a horseman and studied hunter-jumper riding and dressage. He used his riding on an Arizona ranch, where for forty days he was rounding up, sorting, and branding cattle.

He started devoting time to writing short stories and his first novel. He had given up on the novel when he had an opportunity to talk with author Elmore Leonard. He told Dennis not to publish anything unless it was something that made him proud. Dennis took this advice to heart and started

working on a new novel, *A Sense of Place* (2019). The story grew out of his boyhood growing up on his grandfather’s farm. The impetus was to tell a story about a fascinating character Dennis knew when he was a child. “After that,” Dennis said, “the story just started to write itself.”

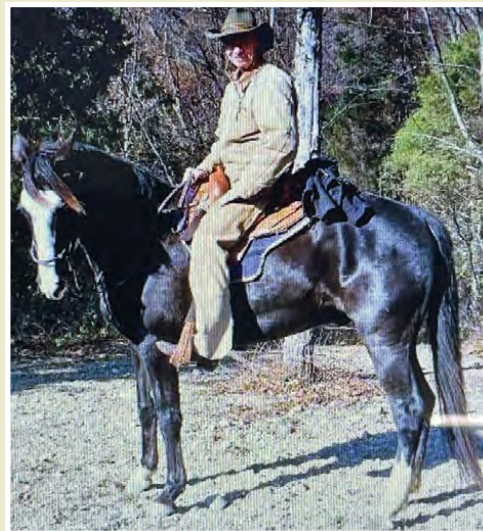
The inspiration for his second novel, *The Widow* (2021), came from his experience as a horseman, where he met women associated with horses. Many had come from abusive marriages. Jess, a character in *The Widow*, is an abused wife set free by a chance accident. Dennis said, “It is a love story with a bit of suspense.”

Dennis believes the settings in his novels become a character because he knows the places. Although he moved the farm in *A Sense of Place* to a fictional location, it is the farm of his boyhood. *The Widow* is set on a small ranch in Arizona.

When asked why he wrote, Dennis stated he sees a scene, natural or otherwise and feels the need to capture it, hold it in place with words. “It is almost like a compulsion.”

*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.*

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BY JACKIE  
LINDRUP  
RDH, M.Ed.

# Conversations at the Muskegon Post Office

I wanted to kill two birds with one stone -- mail a package to my son in New Orleans and meet up with a dental friend who wanted to purchase a BBNA (Beachwood Bluffton Neighborhood Association in Muskegon) fundraiser print. The post office in downtown Muskegon was a half-way point. I told her I would meet her at the post office at 10 a.m. I arrived at 9:40 to be able to mail the package and then wait in front with the print in my hand. When I ran up the steps to the post office, I found the door locked!

A lady standing there waiting said "They don't open until 10." I couldn't believe it. She said she had been waiting since 9:00, when she thought the post office opened. She was wearing a long dress with a very glitzy necklace of faux diamonds in an elaborate design. It looked like a chandelier or a very decorative necklace from the flapper days. I asked her about it. She said she sold this jewelry and had sold 5,000 pieces and was headed to Las Vegas soon for the company awards celebration. She was going to drive and was going to pick up another person in Indiana, who also worked

for the same company. I said "Great idea, someone to help with gas costs!" She said no, she was sure the person she was going to pick up on her way to Las Vegas could not help with gas, but she needed a ride and she was going to pick her up so she could get to attend the conference, too. She just wanted to help her get there to have the experience.

Being a dental person, I noticed she had no teeth. I told her I'd been a dental hygienist for 45 years and wondered if she had any questions for me about her teeth? She told me a long story about how she used to have Medicaid when her dentures were made, but they didn't fit and now she has Medicare which doesn't cover dentures, and so the rules say that for her insurance to help out she has to wait for four more years. She had learned to chew and speak without dentures and was proud of her accomplishment! I commended her on how well she was able to speak with no teeth. She said she didn't have trouble chewing any food either! I told her about the Volunteer for Dental program where she could volunteer hours in the community to re-

ceive dental care and that maybe we could help! I gave her a card to call the VFD office (231-733-1360) to see if she qualifies for our denture program. I hope she does!!

A man came up to us (now the third in line) dressed in bright red team sport clothing, carrying a big box. He said it was popcorn to send to his brother in Texas where he now lives, but he was home to visit family in Muskegon. The popcorn was a special spicy Michigan blend made by Made Rite they couldn't get in Texas. The lady who sold jewelry got involved in the conversation asking where he lived in Texas, since she was originally from Southwest Texas. They had a great time catching up on places they knew in Texas. Then two new ladies got in line, each of us lamenting that we didn't realize the post office wasn't open until 10:00!

Suddenly my dental friend drove up and I ran into the street to deliver the art print to her and get her payment for our BBNA art print project. Then I got back into my #2 spot in line.

Finally, the post office door opened and

we filed in. And waited. And watched as someone unlocked the other doors and walked past us a couple of times. We wondered why no one was behind the service window? Then a harried woman entered behind the counter. She told us she had misplaced her scanner tag and couldn't get into the building! The woman who was headed to Las Vegas mailed her envelope uneventfully. I was next and mailed my package to New Orleans, getting there in two days, for approximately the cost of the products inside. Then the popcorn sender came to the counter and found out that because of the size of the box, it was going to be \$33 to send the box of popcorn to his brother in Texas!!! I heard the post office employee and him discussing his options as I left the post office. What an interesting, fun 30 minutes that was -- it really was a great start to my day! It reminded me of being on a Southwest Airlines flight and the pilot or flight attendant cracks a joke. Suddenly everyone relaxes, is talking to each other and laughing and enjoying each other's company. It felt like that. I really enjoyed those conversations. It was a great way to start my day!

*Jackie Lindrup is a retired dental hygienist and Board Chair of Volunteer for Dental. She enjoys traveling, pastel and watercolor painting, golfing and putting on dental seminars in Muskegon, Michigan. She's married to Tom Lindrup and lives in HarbourTowne near Pere Marquette Park. She can be reached at jackie-lindrup111@gmail.com Thank you for reading Senior Perspectives!*

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# We'll Cross That Bridge When...



BY  
JERRY  
MATTSON

We'll cross that bridge when.....when we can find someone to drive our car over it. Driving over a bridge does not come easy for some people and can't be done by others, especially the long, high ones like the Mackinac Bridge. Covid presented a special problem for one couple living in Gulliver,

about 75 miles west of the bridge on U.S. 2. In March 2020, when things went on lock-down due to the virus, the Mackinac Bridge Authority (MBA) suspended its driver assist program. This service provides a driver for those who prefer not to drive themselves.

Al hired a tow-truck driver in Mackinaw City to transport him back to his car after he drove his wife's car south across the bridge. That was two bridge fares for the truck, plus the "taxi fare." He found a more reliable, and cheaper, method after that. He would park his car in an island ferry service lot, drive her car over the bridge, get out and hop on a ferry to Mackinac Island. From there, he caught a ferry to St. Ignace, where he got in his car for the hour drive home. The MBA is resuming its 24-hour-service on 11-1-22, but will now charge a \$10 fee.

Something you will probably not add to your vocabulary list is the word *gephyrophobia*. This is the anxiety disorder or specific phobia characterized by the fear of bridges. I don't know if that applies to Al's wife or not, but she won't drive over the bridge. Just not liking the experience may not qualify you as having a phobia, but that doesn't make it any easier.

Marty was a truck driver who made many trips across the bridge delivering cars to dealers in the U.P. He said he'd seen many people in passing cars with something over their



heads or with faces planted in pillows.

His wife, Margie, first drove over the Big Mac in 1966 when she was 16, but not by choice. Her dad parked their 1964 Corvair convertible on the shoulder of the road south of the bridge and told her, "You're driving now." He joined his five-year-old son in the back seat and put his head down. His wife, who did not like to drive unless she had to, remained in the passenger seat. Before Margie was old enough to drive, their dad's fear of heights made their trips from lower Michigan to visit relatives in Massachusetts miles longer. He opted to use the tunnel in Detroit to avoid the Blue Water Bridge in Port Huron.

There can be anxious times on the bridge for almost all drivers, depending on the wind, heavy rains or snow storms. When conditions are bad enough, the bridge is shut down, especially when ice is falling from the structure.

Ice has not been an issue for the annual Labor Day Bridge Walk, when thousands of

people enjoy the slow trip across – even while looking through the grates to the water below. It is one way to "cross that bridge" they came to.

*Jerry has crossed the Big Mac hundreds of times on four wheels, two wheels and two feet. He did it six times in 2022, all on four wheels.*

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# Betsie the Bargain

BY  
CINDY  
HOGG

Point Betsie lighthouse near Frankfort, Michigan, had long called to me to venture further north from my comfortable spot in Ludington. I imagined there must be a “Betsie”—a woman or young girl with a fascinating back story. But no, I learned the name comes from a Native American word, reinterpreted by the French. Nevertheless, this summer, with three of my granddaughters in tow, I was excited to finally make its acquaintance.

There is no real parking lot. A dead-end road dumps you at a sandy spot where you can spy a beautiful stretch of Lake Michigan shoreline straight ahead through the trees. To the right, up a little path, sprawls the beautiful Point Betsie lighthouse complex.

We started at the boathouse. When I purchased our tickets for a guided tour and a climb to the top of the lighthouse, I was shocked at the price for myself and my three granddaughters (ages 5, 7, and 9) The total was just \$7. Wow, that’s a bargain, I thought.

I had no idea...

Waiting on the stone side porch of the keeper’s quarters for our tour, the view was stunning. As I gazed out over the clear cerulean and azure waters, I had to pinch myself that I wasn’t back in Greece. The sun-washed colors just pop. Not just the multi-hued blue waters against the golden sand, but the stark white of the lighthouse, the pale green of the rustling cottonwoods, the fire engine red of several of the outbuildings.

On our tour the guide, as expected, was a fount of fascinating historical information.

The portrait of a heavily mustachioed former keeper, hanging in the dining room, seemed to approve of his skill in making the stories of the keepers and their families come alive.

While listening, I couldn’t help staring out a window to the pristine waters beyond – the whole scene so lovely that it looked like a painting hanging on the wall. The rooms had been restored and boasted period furnishings, but there was more: a whole room was dedicated to educating about the ecology of the area, the scourge of invasive species, and how concerned citizens, even “little citizens,” can help.

We were then released to climb the tower on our own – round and round, the circular stairs taking us up ever higher, the view at the top our reward for our effort.

Back on the ground, we discovered there was still so much left to see! Next to the gift shop with all its tempting treasures of Petoskey stones and beach books, we ventured into a well-designed museum documenting this location’s history as an official Life Saving Station. Numerous visual displays and reading materials were balanced with hands-on activities for the kids.

Up the path, a cardinal-red fog signal building beckoned. On the main floor, more hands-on displays and posters taught us about the ongoing Shoreline Protection System, but the main attraction was a film about one of the more famous – or infamous – rescue attempts, this one from the 1880s. A gripping reenactment, not a documentary, it “reeled” us right in. Lydia Dale was the onboard cook and only female member of the crew. During the rescue, she was lashed to the mast as



the other sailors were rescued one by one. Why, as the only woman, was she not rescued first? Why was she lashed to the mast? Was it because she was sick – or already dead – as the rescued sailors seemed to hint? Was she ever rescued? I will not ruin the story for you, but if you visit Point Betsie, you must watch this film!

My granddaughters had had their eyes on the beach from the moment we arrived and I could hold them off no longer. They stripped down to the bathing suits, donned their life jackets, and were in the water in a moment. The waves were just



right—more than a ripple, but not so big as to make Grandma nervous. (I’m always cognizant of the fact that future grandkid outings depend on me returning these children safely to their parents!)

Our final stop on the way back to our car was a grave marker set back from the boathouse. Not a grave, as we had first



supposed, but just a marker, lovingly pieced together from stones found on the beach. According to the accompanying sign, keeper Edward Wheaton fashioned the headstone for his mother who died in Cheboygan during his tour as a Point Betsie keeper (1934-1946). He then found he lacked the heavy machinery necessary to move the stone, so left it at the lighthouse where he had served. Every year, visitors pay homage to his mother, an immigrant from Norway who raised six children by herself by cleaning houses after the death of her young husband.

The lighthouse and grounds close at 5 p.m., but it is still possible to get close to the lighthouse by way of the beach. Aaah, the beach. As the sun begins to sink in the west, locals and tourists dragging beach chairs jockey for spots to watch one of nature's grand shows: a sunset over Lake Michigan. As the sky melts into its final glory of the day, people take advantage of the dying light to scoop up handfuls

of colorful pebbles. Point Betsie Beach is littered with them! The Michigan DNR allows residents to take up to 25 pounds of rocks per year. We scooped up our own handful, well within the limit.

Tucking soggy and sandy granddaughters into my car, I couldn't imagine experiencing a more perfect day. Point Betsie has it all! History; tales of adventure and danger, human courage, bravery, betrayal and tragedy; the haunting tale of Lydia Dale; a son's sentimental labor of love; lessons in ecology and conservation; a bracing swim in Lake Michigan—and a handful of pretty pebbles. All for \$7!

Betsie, Betsie, you are a bargain, and we are in love with you!

*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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# Protecting Our Loved Ones from Elder Abuse



BY  
VONDA  
VANTIL

Are you concerned about protecting your older relatives and friends from elder abuse? The pandemic highlighted the disproportionate impact of tragedy on underserved communities, including older adults, who face high rates of elder abuse, fraud, and nursing homes deaths.

It's important to remember that elder abuse can happen to anyone, regardless of race, ethnicity, gender, or financial status. We are committed to helping and preventing further victimization – especially in underserved communities.

## Fraud

A recent Federal Bureau of Investigation report showed that elder fraud has increased. Older adults in the United States reported over \$1.6 billion in losses in 2021. This includes victims of COVID-related scams. Older adults in the U.S. also lose nearly 25 times more money to scammers than other groups – an



estimated \$113.7 billion a year!

Reporting fraud can be difficult and older adults tend to underreport – especially when money is lost. Many older Americans are unsure about the reporting process or feel too embarrassed to report. Understaffed Adult Protective Services offices can also cause long processing times and underreporting.

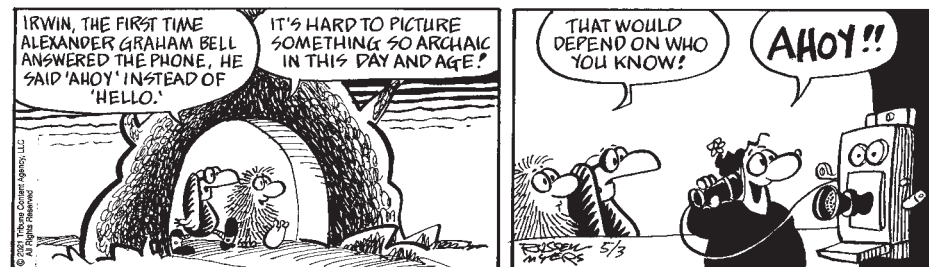
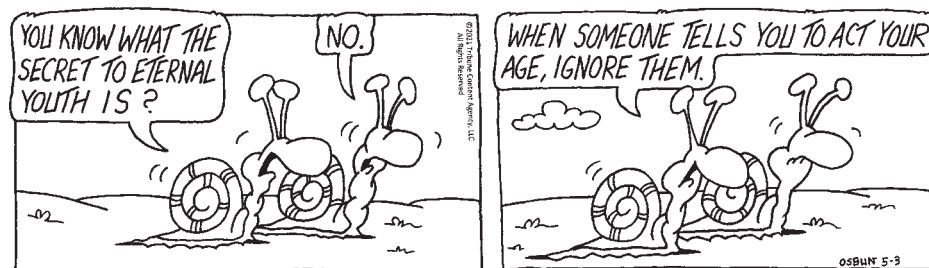
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beneficiaries from Social Security and government imposter scams. You can learn more about protecting your loved ones at [blog.ssa.gov/slam-the-scam-how-to-spot-government-imposters](https://blog.ssa.gov/slam-the-scam-how-to-spot-government-imposters) and our Protect Yourself from Social Security Scams webpage at [www.ssa.gov/scam](https://www.ssa.gov/scam).

Please share these important resources with your family and friends.

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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## ANSWERS FOR GAMES ON PAGES 16 & 17

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

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R <sub>1</sub>	I <sub>1</sub>	V <sub>4</sub>	A <sub>1</sub>	L <sub>1</sub>	R <sub>1</sub>	Y <sub>4</sub>	RACK 1 =	<u>63</u>
W <sub>4</sub>	O <sub>1</sub>	O <sub>1</sub>	D <sub>2</sub>	L <sub>1</sub>	O <sub>1</sub>	T <sub>1</sub>	RACK 2 =	<u>61</u>
I <sub>1</sub>	T <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	I <sub>1</sub>	N <sub>1</sub>	G <sub>2</sub>	RACK 3 =	<u>66</u>
E <sub>1</sub>	Y <sub>4</sub>	E <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	F <sub>4</sub>	T <sub>1</sub>	RACK 4 =	<u>63</u>
M <sub>3</sub>	I <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	RACK 5 =	<u>89</u>
PAR SCORE 265-275							TOTAL	<b>342</b>

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### Answers - Boggle Game:

IRIS ROSE LILY DAISY  
PEONY ORCHID HIBISCUS

### Answers - Jumble:

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