

Senior Perspectives

SEPTEMBER | OCTOBER 2015

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Senior Perspectives

A Senior Resources Publication

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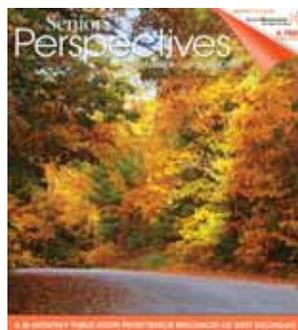
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BY
ANDREA
MORRELL

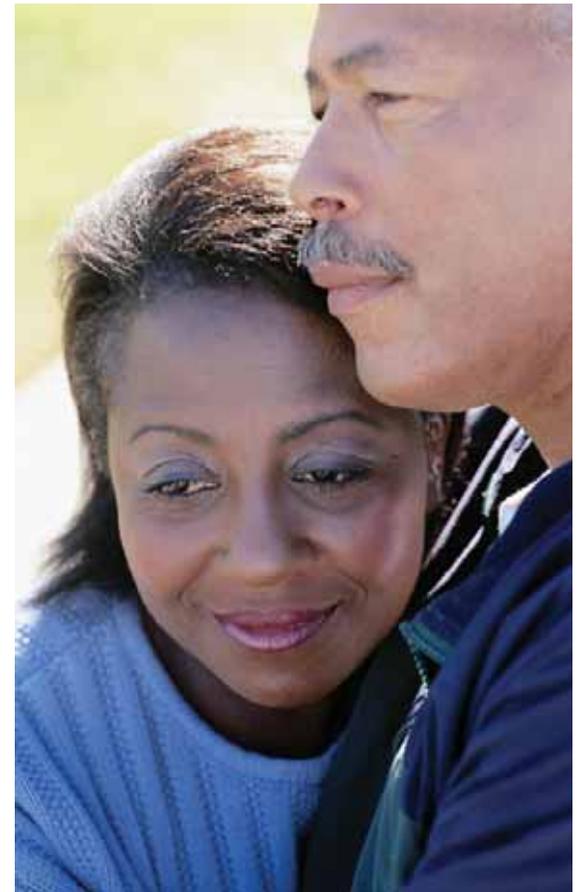
As a provider of Adult Day Care services for caregivers and their loved ones in our community, I have been able to meet many caregivers and learn of many caregiver situations that have come through our door. One commonality is that most caregivers wait too long to get help. It can be hard for caregivers to take that leap and give up some of their caregiver responsibility. Getting to the caregiver before burnout is most ideal, but because most caregivers wait till they really need help they end up already burned out or close to it. That makes it longer for caregivers to start feeling relief from caregiving.

But what happens when even if the caregiver is getting help and a break from caregiving and they still feel overwhelmed? We try to do all that we can for the caregiver by offering support, resources and empathy, but sometimes that just is not enough. Especially if the loved one's health starts diminishing, it can be hard for a caregiver to watch a loved one start failing. When it becomes overwhelming, caregivers may

either put up blinders to the issue of their loved one's failing or deny the person's diminishing health. This means giving up on them at the point they need more help and support than ever. Caregivers need someone to help them become aware of how severe the situation is becoming, to go over options of resources for care, and to be there to listen and help figure out the best solution for both caregiver and their loved one.

There is no way of knowing exactly how long a caregiver will be caregiving for someone. It's not something you can put a deadline on. But during that time a caregiver can reach out to family, friends, and professionals to help them along the way. They will get the needed support through the start, middle, and end of their journey and get the best possible care everyone deserves.

Andrea works at the Oceana County Council on Aging as the Operations Manager at "Our Friend's House" Adult Day Care. She lives in New Era, MI with her husband of 6 years and is a mother to an adorable 16 month old daughter.



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Note from the Editor

Thank you for picking up this edition of the Senior Perspectives. Senior Resources is honored to be able to offer this free publication to the West Michigan area for nearly 40 years. To make it the most informative and most read senior publication in the area, we are asking for your feedback. Please take a couple minutes to complete and mail the survey below. All entries will be entered for a drawing of a \$50.00 Visa Gift Card. You can also complete the survey on our web site at www.seniorresourceswmi.org under the publication/current issue tab. Thank you for your time!



Michelle Fields, Editor and Publisher

Clip, fill out, send and share your valued opinion with us!

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How many issues do you view annually? (Circle) 1-2 3-4 5-6

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How would you rate your overall satisfaction with Senior Perspectives:

Very Dissatisfied Somewhat Dissatisfied Neutral

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What are your favorite types of Senior Perspectives stories?

What articles do you enjoy the most?

What types of stories would you like to see in Senior Perspectives?

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Please indicate gender: Male Female

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Martin's Meanderings

The Blogosphere is here!



BY
CLIF
MARTIN

A blog is a series of articles you write on the internet. It's a lot like the personal opinion columns in the newspaper. If you like those you will probably enjoy blogs. If you don't, you won't. I grind out five blogs that contain total of something over 700 articles. A few million other bloggers are doing the same thing, so most of them never get read. We keep doing it anyway.

My oldest one, "Burping Canary Feathers," is not about birds or feathers or indigestion. It's mostly about the 30s and 40s, especially radio. My favorite post is a story with pictures about Andy Griffith, Arthur Godfrey, my strange radio history and a true story about a deejay who was shot to death by a jealous husband at Muttonville, Michigan. There really is a Muttonville. It's not far from Marine City where I worked at WDOG. There really was a WDOG. Still is but now it's a station in one of the Carolinas.

I don't recommend the "Goofy Church Stuff" blog. Too traditional for my friends on the left and too liberal for those on the far right side of the church aisle. You can't win. No preaching, just half-baked opinions from one who spent a lot of years in church activity. Here is a line from that one: If the only way a church can keep the doors open is to declare it's not your grandfather's church, where does grandpappy go to church?

"Introverts are interesting" might be worth a peek if you think you are one



or you live with someone who is. Here is a short and to the point line: The extrovert definition of small talk is the glue that holds families together. For an introvert it's something that makes you come unglued.

I do recommend "Death Happens." I started that one when my wife of almost 60 years passed away. I wish more people would read it. It's not morbid, not emotional, just observations about how we deal with death from an old guy who has seen it more times than I can count. It's not always serious. Try this line anyway: Let's assume that the departed is listening to his or her favorite music in heaven, so don't make me listen to twangin' country or hard rock at the funeral, OK?

Finally there's "Paul's Peculiar Pronouncements." It's full of stuff that doesn't fit anyplace else. That one might not be worth much wear and tear on your eyeballs but I like it. There are gems like this: It's clear that I do not travel in the right circles. I keep getting ads for fake Rolex watches. But I don't know anybody who would be impressed if they thought I wore a Rolex. I'm not sure they would even know it.

Who is Paul? He's an alter ego inspired by a radio show from a long, long time ago. If you remember Henry, Fanny, Hazel, Claudia, Jack, Clifford and Paul Barbour of San Francisco you are utterly prehistoric. You are almost as old as I am!

Clif says if you are desperately in need of something to read you can e-mail him at janman30@yahoo.com and he will tell you how to find the blogs

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BY
LAURA
BEECHNAU

Question: "I have a friend who has Type 2 diabetes and also has chronic kidney disease, stage IV. She recently started dialysis three times a week. Can you recommend a diet that will work for both diabetes and kidney disease?"

Deb B., Muskegon

Dear Deb,

Thank you so much for your question. Managing just one disease can be challenging but two can be overwhelming. Because Diabetes is the most common cause of kidney disease, many people struggle with balancing their diet for both of these diseases.

Type 2 Diabetes is a disease in which your body does not produce insulin (the hormone that regulates blood sugar) or it does not use it properly. The result is episodes of high blood sugars (hyperglycemia). Some medications for diabetes can result in low blood sugars (hypoglycemia). Carbohydrates (Carbs) are the nutrients in food that affect blood sugar. Controlling the amount of carbohydrates one consumes can help keep blood sugars stable and reduce complications from diabetes. The goal is to keep the amount of carbohydrates consistent throughout the day, typically between 45-60 carbs per meal depending on your gender and body size. It's a common misconception that those with diabetes have to eliminate all desserts and foods with sugar, but I'm happy to say that is no longer taught by most healthcare professionals. Of course, foods that are

primarily sugar, especially simple sugars (candy, cookies, pies, etc.) will get to the bloodstream faster so should be portioned appropriately and limited to special occasions. When balanced with lean proteins, fruits, vegetables, and whole grains, they can still be enjoyed by those with diabetes.

The kidneys filter waste and excess fluids from the blood, which are then excreted in the urine. If a person's blood sugar remains high for a long period it can cause damage to the blood vessels throughout the body, including the kidneys. This makes it difficult for kidneys to do their job and can cause dangerous levels of fluid, electrolytes, and waste to build up in the body. Chronic Kidney Disease (CKD) is classified in stages 1-4 depending on the severity of the disease. How strict a diet is needed also depends on these stages. Generally speaking, however, the primary nutrients that need to be limited are sodium and potassium. As the disease progresses, physicians or renal dietitians may also recommend limiting phosphorus and protein, although these recommendations are less frequently being taught due to new research. Once a person is on dialysis, nutrient requirements do change. For instance, many people actually have higher calorie and protein needs once on dialysis due to losses from treatment, infections, inflammation, anemia, and other various reasons. Each person is different based how their kidneys are functioning, and frequent lab reviews by a physician or renal dietitian can help determine a person's specific needs.

It can be quite complicated to balance dietary restrictions with multiple disease states. If you are newly diagnosed with either of these diseases, or even just want a refresher, I highly recommend you meet with your physician or a dietitian for one-on-one counseling.

Laura lives in Fruitport, MI with her husband Nick and rescue pup Walter. She graduated from Michigan State University in dietetics and she also completed her dietetic internship there. She enjoys visiting MSU for football games, going to the beach, biking, and doing anything outside.

BACK TO SCHOOL



BY
JOEL
DULYEA

There's a list of Reeths-Puffer School District teachers whose names are embedded within my memory. All were influential for one reason or another, including a demanding high school choir director and Mrs. Seaman's fifth grade lessons in courtesy and cooking. Both teachers were strict but I still liked them. Children intuitively know more about people than what they can articulate. Recently I bumped

into a man whose face was familiar. We deduced he was a sixth grade teacher I had forgotten. He remembered me as, "That fat little kid." My liberal arts education corralled an urge to call him an old toad.

In 2009 a chain of circumstances brought to mind another teacher whom I disliked. Amid the cacophony of New York City's Penn Station, I puzzled why the self-service ticket machine could not provide a return train ticket to Baltimore. Rather, it would give me a ticket but at triple the price I paid for transport to Manhattan. In search of a ticket agent, I reluctantly joined the migratory mix of earnest passengers and soon stood in line to watch a young black woman behind a counter exchange tickets for payments with practiced economy. The line moved quickly, and soon I was at the window.

"Hello. The price of a ticket from the self-service machine is a lot higher than what I paid to come here."

"Where are you going?"

"Thurgood Marshall Station."

I first learned of Thurgood Marshall during my junior year of high school. Mrs. Libner was my history teacher. Her methods influenced me to think her class was



an obstacle to overcome, something to endure. I disliked her for reasons I could not express. It may have been the women's liberation movement to which she seemed attuned. But to my favor, in my adolescent thoughts I loathed the nursery rhyme about girls being "sugar and spice and all things nice," while little boys were "puppy dog tails." Why couldn't boys be spicy? I'm still philosophical about that and have on occasion worn a pink shirt – with a tie.

Mrs. Libner taught black history, which was unusual for the time. I had a thirst for the unusual and different and wanted to know about Frederick Douglass and Nat Turner. Given these parameters, I should have liked Mrs. Libner and her history class, but didn't.

One day she returned my latest assignment with "C" blazed in red upon the clean, white title page. Crimson ink also flowed upon both the first and the last page. The three pages between beginning and end were devoid of Mrs. Libner's dreaded red cursive. I compared the assignment with earlier reports and found the same pattern. It was no longer intuitive. I could dislike Mrs. Libner for a reason. To her I was a "C" student.

Back at Penn Station, the ticket agent asked my destination once more, "Where did you say?"

"Thurgood Marshall Station. Baltimore Washington International Airport?"

"Yea, I know where it is. Not many refer to it as Thurgood Marshall. He was a great man."

"I know. He argued the Supreme Court Case, Brown versus the Topeka Board of Education in 1954 and became a Supreme Court Justice."

"We've come a long way since then."

I replied, "Yes, we have."

She handed me a ticket at a fraction of the self-service machine price, smiled and said, "You have a good day."

"Thanks! You do the same."

As the train left the station, I welcomed to memory an unexpected guest. Decades had passed before a lesson taught by the history teacher I disliked paid an unexpected dividend.

Joel Dulyea, a United States Army retiree, sings with three choirs, acts as business manager for the West Michigan Concert Winds, volunteers with Kids' Food Basket in Muskegon, and is writing a memoir for his daughter.



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The Pianist

Chapter Two



BY
WEBB
SCRIVNOR

The Dexter family sat around the dinner table discussing Will's decision to stop giving concerts. There was also mention of the girl he had kissed goodnight. At that moment, Mazie, the cook cum housekeeper, entered with a large envelope.

"This just came by special delivery and I thought it might be important," she said. "It's for Master William."

The fat envelope was passed down the table so that it reached his father, Wallace, first. Glancing at the return address, he remarked, "It's from my brother, Benjamin, in Saint Louis. They call him 'Barney' for some reason. His real name is Benjamin Grant Dexter. He was the black sheep in our family for a while, but he's settled down in recent years. I usually hear from him at Easter and Christmas, but this is for William." He handed it to Will.

Will's mother, Elizabeth, said, "He's a bit of a rascal, that's what he is."

Will opened it, pulled out three layers of paper, examined the top layer and said, "These all seem to be photos--my uncle...uh...Barney, his paddle boat, a warehouse, some people...just photos."

He spread the other pages out and said, "The middle one is all about Saint Louis. Places to see and past events, but this one...it's a letter and examples of former programs held in a big auditorium." He put it all back in the envelope. "I'm sorry, but I'm going to take this to my room. I'll share it with you at breakfast. I'll be sure not to oversleep." He took the folder and left the room.

In his room, Will plucked Barney's letter from the big envelope and sat on his bed.

Dear William:

You'll be surprised to hear from me no doubt, but I've followed your career with pride. So I thought I'd write and ask you if you'd like to take a break and visit me. I own a shipping business and carry goods up and down the Mississippi in my paddle-wheeler. I'm sure you would enjoy it. If you'd like to mix business with pleasure, the city is having a special program next month and would be thrilled to have you on it. As much or as little as you want. Your choice. We can talk about that later if you decided what to do. In fact, why don't you just come out here and we can just have a good visit. Tell your father and mother I'll take good care of you and show you a good time.

Uncle Benjamin

Will read the letter once more and came to the solution that this was the answer to what to do on his vacation. He was sure there would be a lot to do in a place like St. Louis. He could decide about the concert after he got there.

Too early for bed, so he began to make of list of what he would take along. Of course, his father had provided him with a small fortune over the years, and he could create a retirement package for him. He wasn't King Midas, but he felt like a cousin.

After doing some packing, Will decided to consult Mazie in the morning; she would have some better ideas. With that decision, he went to bed and dreamed of a beautiful girl's face. He'd had worse dreams.



"May I have your car while you're gone?" asked his sister. "I'm sixteen and have my beginner's license." Everyone at the breakfast table paused to hear what Will had to say. They knew he loved that car and might not trust her.

"Or I could just go with you," she added.

Wallace said, "As your father, I insist you finish your studies, and then if you want to go somewhere, we can consider it."

"I planned to drive it there," Will said. "I never thought of leaving it here."

"I'm not suggesting that you leave the car here," explained Wallace. "You should think of the problems that might occur, as well as its advantages. I wouldn't recommend the bus, but the train is a pleasant way

to travel. Of course," he said, with a wink of an eye, "there's always hitch hiking."

"If this wasn't all nonsense," said his mother, "I'd tell you what I think. Didn't Mazie help you pack some things? I'm sure there are items you still need, and need to do some shopping. You can think about your car later."

Everyone continued to talk at random. Will excused himself from the table, and took Mazie's advice. Needless to say, he drove his car.

A short time later, Will was viewing an underwear display at a local store. A feminine voice said, "Hello, Will. Fancy meeting you here."

She giggled. SHE was here again.

He felt a blush creep up his cheeks. "Yes," he said, "fancy that. I'm going on a trip and felt some new clothes were needed."

"A trip?" she asked.

"To Saint Louis, to visit my Uncle Barney. He runs a steamboat."

"Sounds exciting. What about your piano concerts?"

"No, I'm taking a vacation," Will answered. "Concert after concert finally got to me. I just can't do it anymore."

"Oh, I'm sorry to hear that."

"I'll come back when the spirit moves me, and that spirit seems around the corner, out-of-sight. Well, I need to finish my shopping if I'll be ready in a few days."

"Well, good luck on your trip. Write to me, will you? I'd like to hear about your steamboat ride and whatever else you're doing." She took a business card from her purse and handed it to him. "I find these address cards handy. Now, you won't have any excuse not to write."

Will put the card in his wallet and they left to finish their shopping.

As he pondered the unusual meetings with the young lady, he resolved not to become too involved. He would write to her, but he wanted to have a vacation, and he meant to have it.

When he arrived home, there was a letter from Uncle Barney. He suggested that Will take Amtrack. It was grossly undependable, but the scenery was worth seeing. He also suggested not taking a plane.

The next day, Will left aboard on Amtrack, with hugs and kisses all around. As the train left the station, he wondered what was it like to ride on a paddle-wheeler. Well, he was soon to find out.

To be continued. . .

Webb Scrivnor is a Navy veteran, the former Editor of Peninsula Poets, and author of the novel, Drako

Our Stories

Luella was admitted to Heartland for extensive therapy after hurting her foot.



"I wanted someplace that would be considerate of myself as a patient and have the best therapy; which is why I asked to go to Heartland Health Care Center - Knollview. I would rate Heartland - Knollview a ten out of ten! I enjoyed my stay, but my favorite part was the nurses and therapists. The nurses were so kind and handled me with care. The therapists are very caring and you could tell that they wanted me to get better. I have already recommended Heartland - Knollview to others in need of therapy."

"The employees at Heartland Health Care Center - Whitehall were very helpful in my recovery from a stroke. After the care I received from the clinical and therapy teams I improved my strength and conditioning and I am 100% more confident in returning back to my daily routines. The team at Heartland - Whitehall was caring and responsive to my needs and I would recommend them in the future to others in need of short-term rehab."



Stella was admitted to Heartland for complex nursing and extensive therapy following a stroke.

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Disturbing Thoughts

60 Years Apart



BY
DICK
HOFFSTEDT

This year has brought up a troubling memory for me. It was 60 years ago (1955) when I was a young U.S. Army private being transferred from the Aberdeen Proving Grounds in Maryland down

to Fort Bragg, NC and the town of Fayetteville...from the north to the south.

I was born and raised in Chicago. I graduated from a high school that was predominately Jewish. I then went on to the University of Illinois at Navy Pier for two years before being drafted. There I intermingled with students of all racial, ethnic, and religious backgrounds.

At that time, Chicago was called a city of neighborhoods...Polish, African-American, Chinese and so many more. We could all go to the same movie theaters and other public venues without being denied access because of who we were. I was used to standing in line with this cross section of America.

Then came that day in June, 1955, when I stepped off the Atlantic Coastline Railroad in Fayetteville, NC. I needed a bathroom and a fellow G.I. pointed to them inside the station. To my astonishment, there were two men's rooms with signs over them. One read "Whites Only" and the other "Colored Only." I had heard about these things back home but was naïve enough to believe it no longer existed.

I was then trucked into my new company in Fort Bragg, where this kind of thing could not occur. The military had finally been integrated nine years earlier

by order of President Truman in 1948. We fought all previous wars, including WWII, fighting for democracy with segregated forces. What hypocrisy!

In town it was totally opposite. I went into the Sears store and saw two drinking fountains with the usual signs. On the "Whites Only" fountain there was an additional sign saying "OUT OF ORDER." Now the white people could drink out of the black people's fountain if they so desired, but if the tables were reversed, I'm sure that the black people would not have dared to drink out of the "Whites Only" fountain.

One weekend I decided to go into town to take in a movie. It was a nice theater, and there were two lines for tickets. One was shorter than the other, so, naturally, I took the shorter line. I was immediately told by a theater employee that I was in the wrong line. He said that this is the line for "colored" only who had to sit in the balcony. Coming from Chicago, I was used to standing in line with people of all colors. I got out of line and never again tried to see a movie in a town theater. My entire movie going was on post where I could stand in line with anybody I wanted to stand next to.

Many African-American G.I.s came back after WWII with European wives, who were almost 100% white. They could not live in town. They had to be housed on post where they were safe. They didn't dare risk a visit into town. How pathetic. They were forced to shop at the PX and go to the movies and chapel on post. If they were transferred to another post, they were accompanied by MPs until they arrived at their new assignment.

So, our democracy has gone through

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slavery and Reconstruction, which produced Jim Crow laws. These laws stifled blacks' right to vote, saw lynchings and then the "separate but equal" doctrine of segregation.

We have "officially" rid ourselves of this 400-year mistreatment of African-American citizens. We have to ask ourselves this question: Deep down in our heart of hearts, has racism disappeared forever? Are we yet a true democracy where ALL people are created equal?

Headlines this year have disturbed me deeply. The relationship between police and people of color; the killing of nine innocent black people by a young white man plus obscene twitter and Facebook comments about our president tell me

that racism still exists. It might be more subtle in places than it was 60 years ago when I saw it up close and personal, but I hated it then and still do.

I love this country, and we have come a long way, but we need to go further to guarantee true equality.

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 60 years. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and one great grandson. Richard is an engineer by profession. His interests are music, reading, travel, water color painting, Mark Twain and John Steinbeck.

MMAAP Minutes...

We at the MMAAP office try to keep our readers informed on Medicare related topics. Since the annual enrollment period (AEP) will begin on October 15th and end December 7th for Medicare Advantage and drug plans, here is a reminder.

Your plans Annual Notice of Change will soon be sent.

What is it?

If you're in a Medicare plan, your plan will send you a "Plan Annual Notice of Change" (ANOC) each fall. The ANOC includes any changes in coverage, costs, or service area that will be effective in January.

When should I get it?

September

Who sends it?

Your plan

What should I do if I get this notice?

- Review any changes to decide whether the plan will continue to meet your needs in the next year.
- If you don't get this important document, contact your plan.

Be sure to read this thoroughly as it is the only notice of change that you will get.

If you need help in reviewing options for your Medicare needs, please contact us at the MMAAP office. 1-800-803-7174
Muskegon 231-733-3567. Oceana 231-873-4461
Grand Haven 616-842-9210 Holland 616-396-7100

Vickie DeCheney is the Regional Coordinator for the Medicare Medicaid Assistant Program (MMAAP). Vickie is retired from the Dept. of Human Services where she had 30 years with state employment. Vickie loves spending time at the cottage on Darlington Lake.



BY
VICKIE
DeCHENEY



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Walk MS

National Multiple Sclerosis Society



2014 Senior Resources' Team. Back Left-Right: Kristi, Robbi, Kim, Danelle, Brigitte, Michelle, Amanda and Reeta. Front Row: Michelle, Virginia and Thea. The amount raised in 2014 was \$672.20.

The Staff of Senior Resources of West Michigan are extremely active with area charitable organizations including the Alzheimer's Association, Diabetes Awareness, Tri County Protection Team, Foster Grandparents, End of Life Coalition and National Multiple Sclerosis Society, just to name a few. Senior Perspectives would like to take the opportunity to bring attention to these organizations and events taking place.

Walk MS 2015 will be held Saturday, September 12th at 9:00a.m. at United Methodist Church of the Dunes at 717 Sheldon Rd. Grand Haven MI 49417. Senior Resources' goal for this year's event is \$1000.00. To make a donation or for more information, visit WalkMS.org and select **MS Walk Grand Haven** and join **Team Senior Resources** or register as an individual. You can also contact our MS Team Leader Michelle Chandler at 231-733-3577.

Right: Reeta and Michelle preparing for the Walk.



This July, our Craft and Bake Sale raised \$475.00 towards our \$1000 goal. All craft and food donations were provided by Senior Resources staff.



Three Little WORDS




BY
MIKE
SIMCIK

I'm not writing about the song title "Three Little Words," by Harry Ruby and Burt Kalmar, published in 1930. Nor am I talking about the familiar phrase, "Please marry me," that every woman wants to

hear from her special guy.

This story is about a series of three little words. The first time they are heard is when you're sitting in front of a doctor and he says, "You have cancer." The next emotion a person feels is shock. There must be some mistake. The mind races for answers, but the doctor says that we will need more tests to be sure of what type of disease and how far it has spread. The second word is denial. A person struggles with disbelief. "This can't be happening to me!" The third word is acceptance, with questions. "Oh God, why me? What about my family? Is there a cure for this? How long do I have to live?"

Nearly everyone in our nation, or the world for that matter, knows of someone, like a spouse, a relative, a close friend or a work mate who currently has, or has died of, some type of cancer. The rest of us feel we can only stand by helplessly and watch it happen. But that's not true.

I am writing this story as a true eyewitness to the power of other three little words. The first word is support that comes from the spouse, relatives, friends, neighbors and work mates. My

humble advice is to never underestimate the power of friends and family. The second word is belief in yourself, that by sheer determination you can beat this insidious disease and survive, no matter what it takes. The third word is spirituality. I cannot emphasize enough the importance of knowing that there is a power greater than we are, and that we are never alone in this life. I have witnessed hundreds of people at our church, and friends we seldom see, pray daily for the cancer to be removed from the infected body. When we feel that we're drowning in the cold sea of life, it's comforting to know that our lifeguard walks on water.

I bear witness to the result of all these helpful words. When my wife once again sat in front of her oncologist the doctor expressed another three little words, "You're in remission."

If you are the parents of a child, or if your spouse, grandparents, other family members or close friends have cancer, Harry Ruby had it right 85 years ago. I promise that a simple "I Love You" can still work wonders.

If you feel you're drowning with cancer, please, let faith, hope and love be your guiding light.

Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. As an entrepreneur, he has owned six businesses, including The Twin Gables Country Inn, which he renovated and operated over the course of 17 years. He enjoys fishing, shooting-clay sports, golfing, building bamboo fly rods and writing essays. Mike and his wife Denise celebrated their 46th wedding anniversary in April of 2015.

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Getting the Most out of Every Step



BY HOLLY
LOOKABAUGH
- DEUR

Fitness fads are all around us. We have seen the Total Gym commercials, the elliptical gliders, the \$10 memberships, free weights, yoga, Zumba, Pilates, TRX straps, and the list goes on! We have come a long way towards safer, more comprehensive ways of staying fit and active. It can be overwhelming to try to sort through all of the scientific evidence to choose what is best for

you. And then it is just easier to say, "Oh, another day..." or "I will start that tomorrow... or Monday."

The latest breakthrough in exercise offerings in the community are the time-sensitive, intensive "boot camp" type of exercise session. These opportunities are wonderful for the social exerciser, too - new friendships come out of a 30 minute, music-inspired, guided program from a passionate and talented instructor. The focus is on the total body, using your own body's weight and abilities, and minimal to no equipment. Interval or "burst" exercising - born from the days of spinning classes - is a part of the boot camp experience

as well. Although the perception may be that the boot camps are all for younger people, there are some concepts that readily apply to the over-55 age group, with ample scientific studies to support it.

- 1) Exercising in a group, or with another person, is much more likely to become a habit. Especially on the days where you might not feel so motivated, it is GREAT to have a friend to take a quick, 10 minute walk. Something IS better than nothing - always!
- 2) You don't need weights to have a great workout. Think about the military - there are no "gyms" around when our dedicated soldiers - even the elite Navy SEALs - are training. It is your body and gravity that are working together.
- 3) Altering speed of movement is so meaningful to a good workout. This is more and more prevalent in the literature. Our muscles are made of different speeds of "twitch" fibers, and

some muscle fibers work best in a long, steady hold, whereas others are fired and active during a sprint or fast movement. By alternating your speed of movement, the benefits of the exercise session are enhanced significantly. For example, when you are walking at a comfortable speed, pick a streetlight ahead and walk extra fast - with pep in your step - to the next light, then settle back to usual speed for a

minute, then repeat. Studies show that walking interval training is much more effective for strengthening and aerobic benefit.

As a physical therapist, I am often asked "so what is best for me?" My advice is...

#1) First, start with something you LIKE to do - biking, walking in a pool, dancing - because you are much more likely to want to do it again.

#2) Include variety in your exercise choices so you are addressing flexibility, strength, aerobic/ cardiac, purposeful breathing, and balance throughout one week.



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#3) Keep it simple and start with 15 minutes, work up to 30 for busy people on a maintenance program, 45 minutes if you have specific goals, and 60 minutes if you need a lot of rest breaks.

#4) Reward yourself when you hit little goals you make for yourself. Try to avoid food splurges, but make a list of what makes you happy – and use those for intrinsic rewards.

#5) Change it up. Make a summer plan, and switch it in the fall and winter at the very least. Adapt and include your movement time into what you naturally like to do. If you are sedentary, start with seated exercises and work up to walking. If you like to walk, add interval fast walking or steps.

#6) Exercises really shouldn't cause pain – so seek help from others – your physician, personal trainer, physical therapist, wellness coach, etc. Everyone is different. Making sure that the barriers to MOVEMENT SUCCESS are managed in a unique way that fits you makes all the difference in the world!

Make every step matter. Every step, every moment, keeps your years productive and fulfilling, and may add years to your health. So let's get moving!

For comments and questions, contact Holly Lookabaugh-Deur, PT, DSc, GCS, President of Generation Care at holylid@generationcare.org

PumpkinFest and Fall Fest to be Held on Same Day



BY
AMY
VANLOON

PumpkinFest and the 35th Annual Fall Fest will both be held on Saturday, October 10th from 10 a.m. to 5 p.m. in downtown Montague. These events have been held on separate days in the past, but this year these community traditions will be merged into one great festival. A variety of fall festivities are to be expected throughout the day.

Festivities for the entire family to enjoy will be taking place throughout the day in downtown Montague. Community members are welcomed to join in on activities such as the famous Pumpkin Roll down Dowling Hill in Montague, pumpkin pie baking contests, seed spitting contests, pumpkin painting and carving contests. Music and live entertainment will run throughout the day, as well as an Arts and Crafts Festival expected to feature over 40 vendors.

The White Lake Senior Center will have food specials to go along with vendors selling elephant ears, hot dogs, pizzas, candied apples. The Farmer's Market will be open for business.



For more information on the event please contact the White Lake Area Chamber of Commerce at 231-893-4585 or visit www.whitelake.org



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Saturday or Sunday



BY
ISABELLE
HUDDLESTUN

Note from Editor: Isabelle's soul lives on in her stories that she wrote for Senior Perspectives. In honor of Isabelle, we will publish the remaining stories she had submitted.

I just don't remember when we as a family growing up on the farm, when did we visit Grandpa and Grandma Davis in Tallman? Usually on a Sunday we would have

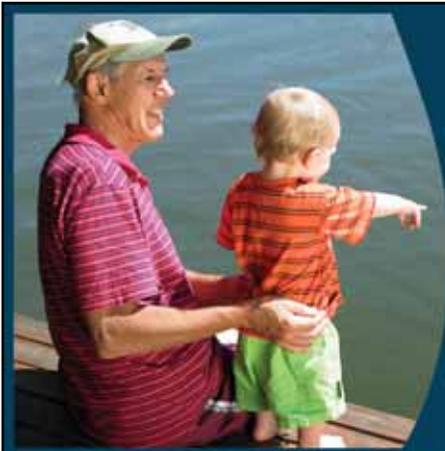
Aunt Hazel, Uncle Ward their kids Lois and Kathleen out for a chicken dinner on Sunday.

I had a problem with my dad getting chicken for Sunday dinner. I hated that he had a big chopping block out in the yard and a big axe leaning against it. I would peek out the window to

watch him (mind you, I hated it and can't imagine why I did it). Anyway, after the chicken's head was decapitated, the body of the chicken and the head would dance around the yard. Very many times I wouldn't eat the chicken but would eat the delicious gravy mom made for the mashed potatoes. She would stew the chicken until it was halfway done and then roll the pieces in seasoned flour and fry it good in chicken fat. Chicken dinner was always expected on the farm in summer. In the winter it was pork or beef.

Anyway, after dinner -- which was after church -- we kids would wander around the farm. We had room. It consisted of 120 acres. We'd go down and play in the slow-moving creek called Frog Paradise Drain and then check out the woods on the

property. When we were tired we'd come back and listen to my mom and Aunt Hazel sing duets and play the piano. They both could play piano and sing. They sang often in church. Uncle Ward and my dad would walk around out by the barn and talk about crops and news of the day. My uncle worked for the road commission of Scottville, Michigan, and would come in snowy weather and plow out our long farm lane that led to the main road. It helped out my dad a lot. When he couldn't plow it my dad would hitch up Pat and Maude, our big farm horses, to a "stone boat" -- just a sled (large) with concrete blocks on it to hold it down. I still keep in touch with my cousins, both retired teachers. Lois lives in Pentwater in the summer and Florida in the winter and Kathleen lives in White Lake. They still have good memories of our fun days on the farm. The stories about our visits to Grandpa and Grandma Davis's will be in the next article.



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Myth #1: Hospice places a time limit on patient stays

Hospice regulations require that a patient admitted to hospice must have a reasonable likelihood of dying in 6 months or less. Those same regulations do not require that a patient be discharged from hospice services if they live longer than six months.

BY
DR GERALD
HARRIMAN

How is that possible? The rules take into account the inexact science of prognostication, or the estimation of someone's life expectancy, by providing that as long as the hospice physician, in collaboration with the patient's primary physician, believes that the patient's prognosis is still six months or less based on the most current medical information, then the patient may continue to qualify for hospice.

Myth #2: Hospice hastens patients' death

It has been shown by medical studies that those patients in hospice care, receiving the full-spectrum of services, not uncommonly live longer than patients who don't receive the same type of care; this is contrary to what many people believe.

Myth #3: Hospice care can only be received in a facility

Hospice services can be provided in nearly any living circumstances in which a patient resides. Most commonly this is the patient's home, but care is also provided in skilled nursing and assisted/independent living centers, hospice residences, and even in a hospital under certain circumstances. Where a patient lives should have no bearing on the type of care they receive; in other words, every person deserves great palliative care and attention to be as comfortable as possible for the time they have remaining.

Hospice Care Myths

DEBUNKED!



Myth #4: Hospice care requires you to stop taking medications.

The Hospice Medicare Benefit covers drugs for symptom control or pain relief for what is related to their hospice diagnosis and for conditions that are contributing to the shortened life-expectancy. The hospice physician, together with the patient's primary physician, the patient, and the family evaluate what medications are needed to maintain the patient's comfort and relief of symptoms. Typically, some medications will be stopped in consideration of the patient's limited lifespan and goals of care prioritizing patient quality of life. An example of medication discontinued would be chemotherapy or advanced treatments

primarily aimed at prolonging life and not used to reduce or treat symptoms.

Myth #5: Hospice depends on sedation as a major way to manage patients' pain.

It is only under rare circumstances in the U.S. that a hospice patient would receive intentional treatment to sedation, whether for pain or other symptoms. Nearly all patients' symptoms can be managed to satisfaction with the use of medications, sometimes in advanced techniques, along with other advanced therapies to keep patients comfortable without resorting to sedation.

Myth #6: Once you're enrolled in a hospice program, there's no turning back.

If a patient's health improves or the illness goes into remission, the patient may no longer need hospice care. Also, patients have the right to stop getting hospice care for any reason, and the type of Medicare coverage they had before they chose hospice resumes. If the patient again becomes eligible, he may resume hospice care at any time. Occasionally, patients may choose to dis-enroll from the hospice program if they wish to pursue treatment intended to cure their terminal illness.

Please call Harbor Hospice with questions related to Hospice Care 231.728.3442 or www.HarborHospiceMI.org

Dr. Gerald Harriman joined Harbor Hospice in 2006. Prior to this time he was a board-certified Family Physician, and in private practice for over 21 years. He is a 1985 graduate of Michigan State University College of Osteopathic Medicine, where he continues as an Assistant Clinical Professor in the Department of Family and Community Medicine. Dr. Harriman became certified in Hospice and Palliative Medicine in the inaugural year of the Osteopathic Examination in 2009



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Keith's World

The Journey



BY
KEITH
SIPE

During our lifetime we eat, travel, read books, watch movies and so many other things that involve a beginning, middle and ending.

Take eating for example: you must harvest the food, prepare it for eating, and then enjoy a fine meal from all your work. Another example might be reading a book. You first purchase the book, then you sit down to read starting with chapter one, and continue reading until the final chapter (or maybe when you have discovered the plot).

It's the same again when you go and watch a movie: there is a beginning, middle and ending of the movie. The point is that you want to enjoy each part of the meal, book or movie.

Of course we all start out our lives with being born and moving into the childhood, then adulthood and finally our senior years.

Many years ago I received a gift of money. It was fifty dollars, and it was not a new crisp fifty dollar bill but instead 50 one dollar bills. The point was that my friend knew something about me, that I always enjoy the journey and I would have fun counting all those one dollar bills.



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As a side note...there have been times when my friend and I traveled in different vehicles going somewhere and I found it most difficult at times keeping up with him. Seems like when I am following another in a vehicle I need to speed just to keep up with them. Just saying. But that was also a fun part of the trip.

Over the years I've traveled many of the roads throughout Michigan. I would bet it would be difficult to get me lost. When I first started driving at the age of sixteen, I rode my motorcycle and found many different routes to get from Muskegon to Fremont to see my cousin Bill. I think that was when I found that the journey is a very important part of any trip. There are many different roads to take to reach your destination. You don't need to take the same way every time you go to visit your friends, to work or wherever you go.

The time from where you start to where you end up is very important. It's a part of your life: the journey is to be lived to the fullest as much as the place where you are going. I would say many times in my life I've found many people are in a hurry to get to their destination, and I'm included from time to time.

Time is important and traveling to your destination should be enjoyable and have some value. But of course I haven't figured out how sitting at a traffic light is valued time. Many times sitting at a traffic light I have noticed you first need traffic to have a traffic signal and without traffic it is a total waste of time, period.

During many trips from Muskegon to my daughter's house in Allendale, I have found that traveling down Leonard to Eastmanville is a special time of the trip. It is a very beautiful route to take. The winding road through the countryside, traveling at a lower "senior" speed, is better for my old age. The windows are down and the aroma of freshly mowed grass seeping into the car as we pass each field is wonderful. The corn that was recently planted is now a foot high and each week it will seem to double its size. Looking over to the back of the field from the road where the trees begin, you might be lucky to see a deer or two enjoying the warm summer day.

Alfalfa is another scent that is enjoyed while passing each field. But then, of course, on occasion we pass the farm with cows and boy, oh boy, I never knew I could hold my breath that long! My granddaughter cannot stand the smell of the cows or other "smelly" animals. I continue to tell her that it's the smell of money to the farmer, but I don't think she seems to understand yet.

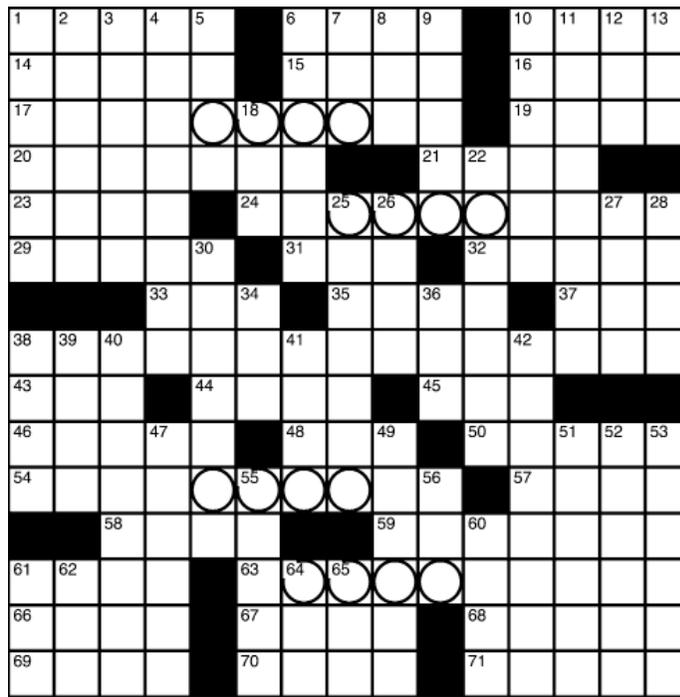
So the next time you are in a hurry, just remember that there are many traffic signals in the way and not one is timed accurately. So save gasoline, brake pads, and nerves and take your time to enjoy the journey.

You may reach Keith at rightseat625bg@gmail.com. Keith enjoys writing, photography, flying, cooking, history of Muskegon and living downtown



ACROSS

- 1 Plenty
- 6 Cologne scent
- 10 "Now it makes sense!"
- 14 2011 Cricket World Cup winner
- 15 Actress Gray of "Buck Rogers in the 25th Century"
- 16 Stores in rows
- 17 Film with the song "Maniac"
- 19 Formally proper
- 20 Philippine tongue
- 21 Gillette Mach3 predecessor
- 23 Uintah and Ouray Reservation residents
- 24 Film in which Garbo said, "I want to be alone"
- 29 Annoyances
- 31 Spanish demonstrative
- 32 __ Coast
- 33 Golfer nicknamed "The Big Easy"
- 35 Winter coat
- 37 Buck Rogers portrayer __ Gerard
- 38 Private club ritual, and a hint to this puzzle's circles
- 43 Lines of praise
- 44 One on a penny
- 45 Scarfed down
- 46 Like a new candle
- 48 Showed the way
- 50 Treats, as an icy road
- 54 "Unsafe at Any Speed" author
- 57 Real card
- 58 Desert formation
- 59 Like monastic life
- 61 Non-PC purchase
- 63 "That's news to me!"
- 66 Actress Tushingam
- 67 Slimming option, for short
- 68 __ position
- 69 Biz bigwig
- 70 Twirled
- 71 Easy paces



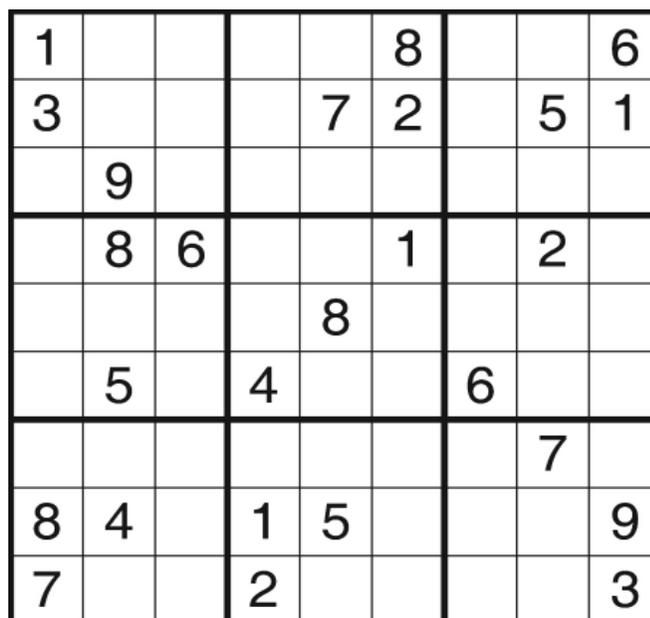
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- 40 Pen pal?
- 41 Island dance
- 42 More nourishing
- 47 Medicinal syrup
- 49 Precise
- 51 Didn't come clean with
- 52 Clawed
- 53 Advances a base, in a way
- 55 Gets precisely
- 56 Appear in print
- 60 Piano on a piano?
- 61 Sore feeling
- 62 Socialize
- 64 With it
- 65 "The Simpsons" shopkeeper



DOWN

- 1 Elate
- 2 Airing in the wee hours
- 3 Words of wisdom
- 4 Earthquake, perhaps
- 5 Satirist Mort
- 6 Thin, on the Thames
- 7 Coffee holder
- 8 [that's what it said]
- 9 Massage
- 10 "Whose Line Is It Anyway" technique
- 11 1777 battle site
- 12 Yalie
- 13 Street of nightmares
- 18 Husky, for one
- 22 Years
- 25 Embarrassed
- 26 It may follow eleven
- 27 Actor Estrada
- 28 Lovett of country
- 30 Spade and Hammer
- 34 Subway map dot: Abbr.
- 36 Cavity filler's org.
- 38 Fermented, as milk
- 39 Novelist Ferber



JUMBLE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

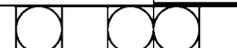
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

EKRIP



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LARNS



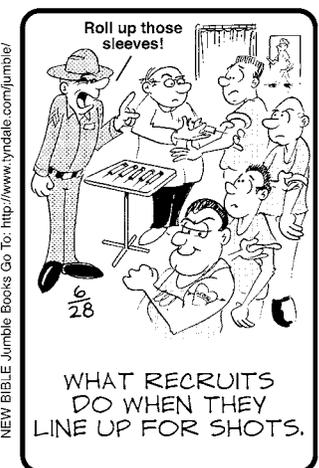
SPATOL



NIMERV



Ans:



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

**SENIOR PERSPECTIVES
GAME PAGE**

Answers on Page 31



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E ₁ I ₁ A ₁ E ₁ Y ₄ T ₁ R ₁	RACK 1
I ₁ E ₁ Y ₄ D ₂ R ₁ P ₃ F ₄	RACK 2
I ₁ U ₁ A ₁ G ₂ S ₁ N ₁ M ₃	2nd Letter Triple RACK 3
A ₁ A ₁ E ₁ L ₁ R ₁ X ₈ W ₄	RACK 4
I ₁ O ₁ A ₁ A ₁ P ₃ C ₃ T ₁	Triple Word Score RACK 5

PAR SCORE 170-180
BEST SCORE 240

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.

Our Town Revisited: Country Dairy

Looking Back, Moving Forward



BY
JANET
HASSELBRING

The books in the Country Dairy series portray life in the 1930's, when my parents, Henry and Ellen Van Gunst, lived and worked on a small farm in West Michigan, site of present-day Country Dairy.

The first book, *Country Dairy: A Week with Hinie and Ellen*, a pictorial memoir, describes a typical week on the farm and the chores that comprised a major part of my parents' lives:

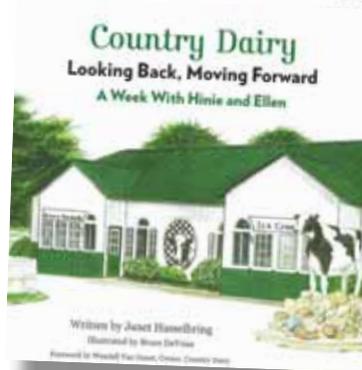
"On Thursday, Ellen bakes her bread, mixing and kneading the dough. She places the loaves in waiting tins, then into the oven they go." "Hinie leaves early to milk the cows. A frothy stream fills his pails. The cows low softly, waiting their turns, gently swishing their tails." (Country Dairy)

The second book, *In the Garden*, is a more in-depth look at my mother's life on the farm as I remember it, a memoir being a "reflective rearrangement of actual events" (Larry Woiwoode, in *What I Think I Did*). The memoir is a testimony to my mother's faith in the midst of the challenges involved with eking out a living and raising a family on a small farm.

Though *In the Garden: An Ordinary Woman, An Extraordinary Life*, traces my mother's spiritual pilgrimage as a helpmeet (for Henry) and a homemaker, it, like the pictorial memoir, describes the details involved with life on the farm within the larger story of her life.

"While guiding the plow in the fields behind the workhorses, Maud and Daize, Henry listened to the birds chirping and singing....The hawks hovered high over the maple tree as he snapped the tall green spindly asparagus stalks. He rose

In The
Garden
An Ordinary Woman, An Extraordinary Life
Ellen - A Memoir



with the sun [to milk the cows], and watched it rise over the eastern hills, arc across the sky and plunge into the western horizon, an orange ball of fire, at day's end." (In the Garden, pg. 35) "The variety of jobs facing Ellen was mind-boggling. ...she needed to learn how to cook proper meals for a hard-working man like her Henry... breakfast, dinner and supper with morning, afternoon and evening snacks in between..." (In the Garden, pg. 24)

After the book was written, I was developing a study guide for the many discussion themes contained in the book when one of the themes, related to the daily "grind" of everyday chores, triggered a memory of the play, *Our Town*, by Thornton Wilder. I had read the play in high school, but hadn't thought about it since. Now, as I reread the play, I was taken with the many similarities between the two stories: both take place in small towns, New Era and Grover's Corners; both focus on primarily two families, the Van Gunsts and Postemas, the Webbs and Gibbs; both take place in the early/mid 1900's; both stress the everyday activities and routines of daily life; both involve tragedy/near-tragedy of childbirth; both describe the love between God and His created beings and the love between humans. But the most striking similarity was yet to be revealed:

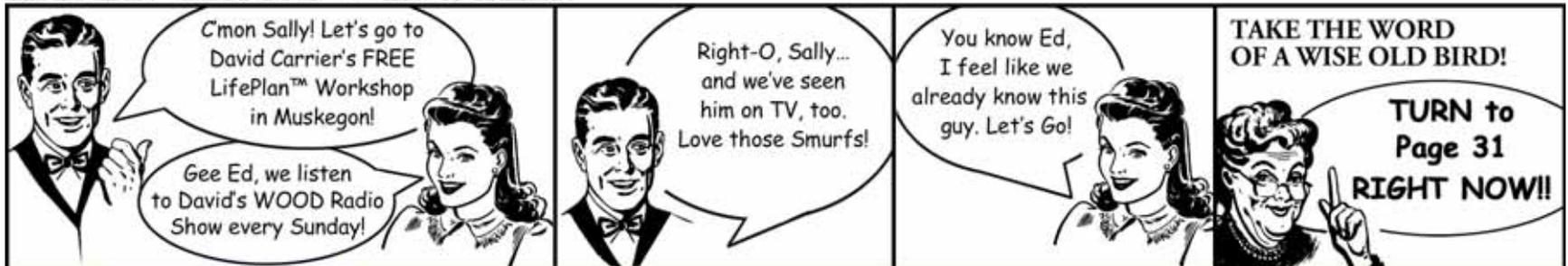
A summary of *Our Town* states: "...Wilder leaves us with a strong feeling that though mundane routines and events of our everyday lives may be repetitive, the details are what makes life interesting and deserving of our attention. His intent is to make ordinary lives extraordinary." CliffsNotes)

Voila! At the conclusion of the memoir, (before I had reread the play), I wrote: "...I wanted to call this book, 'My Mother - An Extraordinary Life,' because I truly believe [she] was extraordinary...but I didn't use the term, because it would have made [her] feel uncomfortable. She never thought of herself as anything other than an ordinary woman of faith, who loved and served her Lord; however, her life is a testimony to the power of God in the life of an ordinary woman, who becomes absolutely dependent and yielded to His will. This is extraordinary and can only come from God. This use of the term, 'extraordinary,' my mother would have liked." (In the Garden, pp. 138,139) Serendipitous moments, like these, my friends, are why writers write.

To view the books, visit www.principia.com or www.janethasselbring.com.

Janet Hasselbring lives in Spring Lake, MI and winters in Pelican Cove, FL. Besides the Country Dairy series, Janet is the author of a series of books, *Tales from Pelican Cove*, which portray the wild/shorebirds of FL and beyond.

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BY
JERRY
MATTSON

Jo Schultz grew up a coalminer's daughter in Colorado in the 1930s. Along with three brothers and two sisters, she was part of a household of eight.

"I learned how to quilt by helping my mom," she said, "because it was a necessity."

In the 1940s, she met a "Michigan Man," got married and moved to our state. Making quilts was no longer a necessity, but she never stopped. She estimates the total has topped 400. They have been enjoyed by family and friends, while others have been on display to be appreciated by thousands of people.

One was on display at the American Quilters Society show in Paducah, Kentucky in 2002. Hers was one of nearly 650 quilts selected for the show. People from all over the world visit Paducah, the home of the National Quilt Museum. It's the world's largest museum devoted to quilt and fiber art.

Another of her quilts hangs on display in a grade school operated by her nephew in Colorado Springs, Colorado. To satisfy school insurance requirements, the local fire department had to apply fire retardant to it. The 120-inch-long quilt features many animals and must be folded over when on a bed. It can be seen in its entirety only when hanging on a wall.

Quilts, Quilts, Quilts

Quilting continues to be an important part of her life. Schultz is a member of four quilting groups in the area and has attended a six-day quilters retreat in Gladwin several times. A few years ago, Shultz worked at the Fabric, Quilt and Scissors shop in New Era and was a vendor for the store at quilt shows in Chicago, Grand Rapids and other cities.

She has worked at many quilt shows, assisting judges and being a "white glove lady" (handling quilts and explaining their highlights to visitors). By attending many she has learned much about quilt shows over the years, but it wasn't until just short of her 90th birthday that she decided to set up a show of her own.

Both quilters and non-quilters from local churches

helped. Schultz is a member of Whitehall's Faith Lutheran Church where the Quilts of Faith show was held in April. This was a fund-raiser for the church's missionary needs.

"This show is better than I had hoped for," said Shultz. "People from all over the state have come to see the show. We have over 200 quilts here."

Schultz also created 20 door prizes for the event.

The mayors of both Whitehall and Montague attended, and each selected a favorite quilt and attached a "Mayor's Choice" ribbon to it.

It takes many people to run a show this size, and several people had ribbons pinned to their clothing with the word "Volunteer" written on them. Schultz had "Slave Driver" on hers.

With the success of this event, will there be another? For now, that is undecided. If there is, someone else will have to take over the slave driver job. Schultz said, "I'm 90. It's time for me to back off."

Jerry, a Ford Motor Company retiree, has had many stories published in newspapers and magazines. Besides freelance writing, he enjoys working on old cars.



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Ask the Doctor

Finding the Right Nursing Home or Assisted Living Facility

Question: What questions should I ask when I'm evaluating a nursing home or assisted living facility for a loved one with Alzheimer's or dementia?

Dr. Thomas: There are so many things to ask that I put together a list of 28 questions I give to the families of patients who want to know, "What am I supposed to ask?" (To read all 28 of Dr. Thomas's suggested questions, visit MercyHealth.com/Seniors). All assisted living and nursing homes are not cut from the same cloth, especially in terms of patients with Alzheimer's, so you want to look carefully when you are trying to place your loved one. You want to make sure the staff is well-trained to handle the issues with regard to Alzheimer's.



DR. OLUWATOYIN THOMAS

Question: What is the most important question to ask?

Dr. Thomas: The first thing you want to ask is if a facility has a memory unit dedicated to caring for individuals suffering from memory impairment. There is always the potential that a patient with Alzheimer's will wander. So memory units are designed differently to keep them safe.

Question: What can be done when my loved one acts out?

Dr. Thomas: Staff should be educated on how to interact with patients with Alzheimer's and dementia and how to manage the behaviors. Medication is the last-ditch effort in managing behavior. Staff must recognize that because the person's memory is not working well, asking them to change is unfair to them. Caregivers need to change the way they interact with patients. Does staff try to get to the root cause of what the issue is, and do they try different approaches before they go to medications? You do not want to ask a patient when they first get up in the morning, "Oh, Elizabeth. What do you want to do today?" That is such an open-ended question. Whereas you could say, "Elizabeth, do you want to go for a walk or would you like to watch TV?" That's a closed-ended question and it's non-threatening. Those are things you want to look for in a facility's staff.

Question: What happens if my loved needs help with daily tasks?

Dr. Thomas: Is staff able to provide more and more assistance as the patient's function declines? For instance, if a patient needs assistance dressing, can staff step

in? Does the facility charge more if the patient needs more assistance? Those are questions to ask up front. If the patient needs more help managing their medication, if they need to be given their medication, is it going to be an extra charge or is it part of the initial fees?

Question: My loved one often misses meals. How can I make sure they are getting proper nutrition?

Dr. Thomas: One of the things the American Geriatric Association has piloted is the Choosing Wisely program to educate not only the general public, but physicians, too, about not putting feeding tubes in patients with dementia. Mainly what we encourage is that if a patient cannot eat, the facility should be equipped to have somebody who can sit down and feed them or, if they can feed themselves, to encourage them to eat. Will they tailor a patient's meal to their abilities? By, for instance, providing finger foods if they are having trouble using a spoon and fork?

Question: What happens if my loved one's condition worsens?

Dr. Thomas: If a patient starts in assisted living and their needs increase, does the facility have a nursing home component, and how is the transfer handled? Are there different costs for independent living, assisted living and nursing home care? Do they accept Medicaid? Do they accept Medicare? What happens if the patient runs out of money?



Question: Is there anything else I can do beyond asking questions?

Dr. Thomas: You should take time to visit the facility. You want to make sure it's neat and that the hallways are well lit. One thing I highly recommend is for families to ask if they can come and spend a day at the facility. Just watch and see how things are done. Those are the things you want to look for when you are looking at facilities for your loved one. One other thing is to ask about is the size of the facility and the staff-to-patient ratio. Four-to-one (patients to caregiver) is the minimum for nursing home patients.

Do you have a question or concern about your or your loved one's sleeping habits? You can contact Mercy Health Physician Partners Geriatrics by calling 231-672-6740.

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Exercise and Bones



BY
HEATHER
DAVID, HHP, CPT

According to the American Academy of Orthopaedic Surgeons, 80% of people with osteoporosis are women. Osteoporosis can lead to fractures, which can lead to hospitalization, surgeries, nursing home care, and a reduction in quality of life. For this reason, it is especially important for women to do everything they can to prevent bone loss. The development of osteoporosis has a strong genetic factor, but some



lifestyle factors can be utilized to reduce your risk. These include:

Weight Bearing Exercise

According to N.M. Ocarin and colleagues, exercise can improve the bone mass both directly and indirectly¹. Although it is unclear exactly how much exercise is needed to make a significant impact, the American College of Sports Medicine recommends doing 150 minutes of cardiovascular exercise and about 40 minutes of strength training (in-

cluding multiple muscle groups) per week to have a positive effect on overall health. Consider walking, hiking or dancing for your cardiovascular exercise. For strength training it is best to speak with a qualified professional to get a specific set of exercises for your body. However, in general, it is best to include movements in all directions for all major areas of the body (i.e. squats, step ups, dumbbell chest press and bent row, etc.).

Reduce your Caffeine Intake

Caffeine can reduce the absorption of calcium. Calcium is an important mineral that is used in building up bone. If you regularly drink caffeinated soda, coffee, tea, or energy drinks, be sure to cut back on them. Start by cutting out one of your drinks per day. Over time, work to reduce your caffeine intake to no more than one serving per day.

Increase Your Calcium and Vitamin D Intake

Vitamin D helps the body to absorb and utilize calcium. Therefore it is important to get plenty of both. Although you can take supplements to get enough of both nutrients, natural sources are superior. You can find calcium in dairy products, leafy green vegetables, and fish with soft bones (i.e. sardines and canned salmon). There are many products fortified with vitamin D; but the best source is some good old sunlight. You don't need a lot of sun to get the benefit of vitamin D. Some estimate about 15 minutes per day. If you live in a northern climate, it

would be wise to use supplements during the dark months.

Even if you do the above items, you are not guaranteed prevention of osteoporosis. There is a strong genetic link and other factors that go into whether or not you will be a victim of this disease process. According to the National Osteoporosis Foundation, you should have a bone density test if you:

- Are a woman age 65 or older
- Are a man age 70 or older
- Break a bone after age 50
- Are a woman of menopausal age with risk factors
- Are a postmenopausal woman under age 65 with risk factors
- Are a man age 50-69 with risk factors

By completing weight-bearing exercises regularly, reducing caffeine intake and increasing calcium and vitamin D intake, you can often reduce the risk of developing osteoporosis. In doing so, your quality of life as you age will be positively impacted.

¹ Ocarin, N.M., et al. "Physical activity in osteopenia treatment improved the mass of bones directly and indirectly submitted to mechanical impact". *Musculoskeletal Neuronal Interact.* 2007; 7(1):84-93.

² Massey, Linda K. "Is caffeine a risk factor for bone loss in the elderly?" *Am J Clin Nutr.* November 2001; 74(5):569-570.

Heather David, HHP, CPT, NC is the owner of Shoreline Natural Wellness & Fitness and a passionate healthy lifestyle educator. You may direct any questions or comments to her at (231) 750-2525 or heather@shorelinenaturalwellness.com.

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There's a Reason to Watch Muskegon!



BY
CECE
RILEY

WATCH MUSKEGON is the message that is being conveyed through a multi-faceted, community image improvement campaign taking place along the Muskegon Lakeshore. The message behind the marketing component of this 14 point campaign was created to produce awareness about the community's numerous assets, recent developments and overall appeal.

The Muskegon region has undergone many changes in recent years and it's time people learned about the positive changes that are taking place here. I am referring to Muskegon's low unemployment, millions of dollars in capital investment and many exciting new businesses downtown such as the Farmer's Market, breweries and others.

This WATCH MUSKEGON message is spreading like wildfire throughout the Muskegon County and the rest of West Michigan encouraging citizens and neighbors to get engaged in their community and understand what is here and that this is just the begin-



ning. The message will be seen over the next several years through grassroots marketing efforts, online marketing, billboards, radio and television ads, industry publications, on Muskegon County buses and other unique forms of advertising.

To carry the momentum forward, an oversight committee was formed and the concept is evolving into a larger, local, regional, and maybe one day national campaign. It's been amazing to see the community grasp on to this campaign and show support both financially and through in-kind promotions. Community residents, businesses and others are all taking

the campaign and running with it understanding that the messaging will attract employees, investments, residents, students, businesses and others to the area.

This community-wide marketing campaign is just one of the strategies currently underway to change people's perception of the Muskegon Lakeshore community. In a 14 point image improvement plan authored by the Muskegon Lakeshore Chamber of Commerce it reads, when people appreciate, promote and invest in a community, the local economy grows. The community attracts residents, visitors, businesses and workforce talent.

It is for this reason that numerous community stakeholders are allocating resources and staff time to projects which promote Muskegon's image as a premier waterfront community.

There are things happening in Muskegon. We're just getting started and we hope people will notice the progress that's being made.

Cece Riley is the Communications Director for the Muskegon Lakeshore Chamber of Commerce. The chamber is one of many stakeholders engaged in the county-wide plan for image improvement.

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Get Connected. Get Answers.
Community Access Line of the Lakeshore

Me, a writer?



BY
JUDY
BROWN

"I can't wait to see what you write about it!" a colleague at work exclaimed. She was referring to my broken ankle, the accompanying six-week-long cast, and the knee scooter parked beside my desk. I was already several days into the ordeal and hadn't given a single thought to incorporating it into an article. Hey, I was still trying to figure out how to carry a cup of coffee or turn two pairs of sweatpants

into a complete wardrobe.

What caught my attention, though, was how much this workmate associated me with a minor aspect of my life, writing, enough that she fully expected me to spin something into a story before I anticipated doing so. I didn't even know she read any of the publications for which I write brief pieces. Obviously, she does and has developed a view of me that includes my enjoyment of writing.

ing, someone is. When we don't think our attitude or behavior matters much, it does. This is particularly important to realize in the realm of being an older adult or serving older adults because it's easy to think the spotlight isn't as bright in this arena. To the contrary, when we least expect it, people are noticing and are deciding who we are.

This is also true for the "collective character" of an entire organization. When multiple individuals combine their traits, there's an end result that people detect. For example, when we visit someone in a nursing home, we sense whether the place is respectful and responsive. Certain stores have a culture of being quick to help. Certain churches are especially welcoming and friendly. Certain apartment complexes feature a kind, supportive atmosphere among residents.

Of course, we can think we have a quality, but we may or may not have it in the estimation of others. I think I'm lighthearted. I think I'm kind. I think I'm conscientious. Perhaps I think I'm a lot of great

things! The question is, do I behave in these ways sufficiently and consistently enough for others to view me accordingly? I also think I'm part of an organization that's remarkably committed, competent, and caring. However, this hinges in part on the role I play in making Evergreen all these wonderful things.

So, each of us is left with a challenge: When we think no one is observing, how are we defining our individual selves and our collective selves? As for me, I do like to write. In fact, I'd like to write a book in the future, maybe more than one book. Whether or not this ever happens, I'm still writing every single day, as are all of us. We're writing across the pages of our life and our character, and, trust me, people are reading.

Judy Brown is the Resource Coordinator for Care Services of Evergreen in Holland. You may reach her at 616-355-5118 or jbrown@evergreencommons.org



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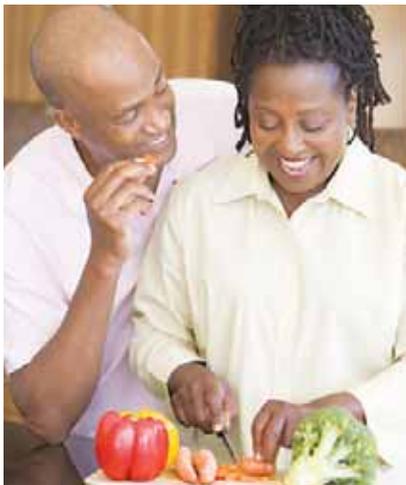
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Great at Any Age Initiative Helps Seniors Find Program to Prevent Falls and Cope with Diabetes



BY
MAGGIE
JENSEN

Michigan residents age 60 and older who are dealing with diabetes or concerned about falling now have access to free programs that have a proven record of improving lives of older adults. The Association of Area Agencies on Aging of Michigan (AAAAM), with a grant from the Michigan Health Endowment Fund, has spearheaded the Great at Any Age initiative which expands state-wide access to diabetes management classes called Diabetes PATH and to Matter of Balance classes to help prevent falls.



Locally, Senior Resources is helping launch this initiative in Muskegon, Oceana and Ottawa Counties. "We are grateful for the opportunity to offer seniors helpful ways to deal with two health issues that many residents cope with on a daily basis -- diabetes and lack of balance," said Pam Curtis, CEO of Senior Resources and current AAAAM President. "Both these programs can significantly improve one's quality of life." Specific class locations and schedules can be found on Senior Resources' website: seniorresourceswmi.org or call toll free: 1-800-442-0054.



Any Michigan resident can find a local class at GreatAtAnyAgeMi.com

A Matter of Balance is a series of classes designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Participants learn how to reduce fall risks in their environment, increase balance with exercise, view falls as controllable and set realistic goals for increased activity. The classes are based on a program created by Boston University.

The Diabetes PATH program - (PATH stands for Personal Action Toward Health) -- was designed by Stanford University. Diabetes PATH is a six-week workshop especially for people with Type 2 diabetes. Participants learn techniques to deal with their symptoms, meal planning and healthy eating, appropriate use of medication, and how to work with health care providers.

Seniors who have taken the Diabetes PATH workshop say they have more energy and less pain, get more exercise, feel more comfortable talking to their doctors, and are more confident that they can manage their health. For those worried about falls, 97 percent of seniors who have taken the A Matter of Balance classes would recommend the program to others. For more information please call 231-733-3519 or visit our website at www.seniorresourceswmi.org



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Senior Resources will be offering The Savvy Caregiver program, a **FREE** six-week session for caregivers, starting October 15. This university tested curriculum has been specifically developed for families dealing with dementia or memory loss. Free respite care can be arranged. Please inquire when registering.

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- Coping with dementia/Alzheimer's disease
- Managing the demands of caregiving
- Improving caregiving skills
- Fitting everyday activities to better fit abilities of loved one
- Creating contented involvement

Savvy Caregiver Class Schedule:

Thursdays
October 15 - November 19

Time:
1:00 - 3:00 p.m.

Location:
Tanglewood Park
Training Rooms

To register or for more information, please call
Senior Resources at:
231-733-3585 or
Toll Free 1-800-442-0054

Tanglewood Park Training Rooms are located at 560 Seminole Rd., Norton Shores

Soul Food

Reflections upon how spiritual growth improves our health



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

There are many contributing factors to good or poor health, and many which cannot be seen. We as seniors know many of these. We can be left alone by children/family who have moved away or passed away. We can be isolated due to our disability or mental illness. There is a wave of people today, in families throughout America, who have entered early or later stages of dementia, which at advanced stages can eliminate their recognition of loved ones. When a family member is absent or unavailable, even for a time, we need friendships, a connection to neighbors, or community groups to offer compassionate support. Friendships are an extremely valuable health improvement factor.

I have a strong Christian faith that informs me of God's understanding of my sorrow or loneliness when isolated by life's challenges. I know whenever I join in prayer, there Jesus is also! I am blessed to have family and friends who look me up or call when I have been absent from worship, or when they miss talking to me.

Through my chaplaincy experience, I have become sensitive to worn-out expressions that offer little meaning to those who feel isolated. The supreme example is the phrase "going to church." This phrase is used with good intentions of helping someone who is lonely or has expressed a lack of direction in their life. "Going to church" implies that "church" is a place or program. This does not reflect the true

meaning of Church; the body of Christ; which according to scripture is worldwide and has nothing to do with an address or a denomination. (See Matthew chapter 16)

There is a modern hymn with the first stanza which says: "I am the Church, you are the Church, we are the Church together, all who follow Jesus all around the world, yes we're the Church together" (Hope Publishing Co. 1972). The writers help us to rethink "Church." The Church is at its best when members seek to spend time feeding the hungry, giving the thirsty a drink, inviting strangers into their homes, giving clothing to those who have none, caring for the sick, visiting those in prison (see Matthew chapter 25).

If you have support from family, friends and your community, your chances of enjoying good health are far greater than somebody who has none of these things. If you are alone and need support, tell someone. If you know of someone who is in need of support, and you are able to reach out, do so.

The English word "health" comes from the Old English word hale, meaning "wholeness, being whole, sound or well." The most famous modern definition of health was created by the World Health Organization and adopted by the International Health Conference held in New York, June 19-22, 1946. The definition was signed on the 22nd of July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100). It reads:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

"God heals, and the doctor takes the fee." - Ben Franklin

Soul Food is written by Rev. Gil Boersma, M.Div., a Board Certified Chaplain and retired pastor with extensive experience in healthcare chaplaincy. He continues to pursue experiences and education to deepen his spiritual life, and practices Spiritual Direction with individuals and groups upon request. He can be reached by sending a text to, or calling (231) 557-5640.

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BY
LOUISE
MATZ

My youngest sister is a world traveler. I love travelling with her. It's like having your own personal tour guide! So, when she suggested a trip to the Holy Land, I was "in." We knew a few local folks who had taken this particular tour and they recommended it highly and assured us that our safety would not be an issue. Appropriately named for a pilgrimage to Israel, it is called "Footprints of God" hosted by Steve and Janet Ray.

As one might expect, the trip was INSPIRATIONAL! Imagine visiting the places where Jesus lived: where he was born and where he suffered, died, and was buried. We walked in the Jordan where Jesus was baptized by John the Baptist. We visited Tabgha where Jesus multiplied loaves and fishes. We went to the Wedding church in Cana where wedding vows were renewed. We drove to the Mt. of Olives and the Garden of Gethsemane. We walked the Via Dolorosa. The Holy Sepulchre was a highlight for me. Because we arrived early in the morning, we had the privilege of individually entering this very holy place and time for a short prayer. Wading in and sailing on the Sea of Galilee was another highlight. Because this was a Catholic pilgrimage, we celebrated Mass in many of the holy sites.

The trip was EDUCATIONAL! In addition to Steve Ray, who I would describe as an extremely well-informed and gifted speaker, we were privileged to have a very experienced local guide who clued us in to the local customs, politics, and religious affiliations.

It was COMFORTABLE! This is always a concern for me, but especially as I age. The pace was good – not too fast, but we kept moving. There was very little time spent waiting or standing in line. On a couple

Footprints of God



of days, this meant getting started very early in the morning; but it was worth it to be free of the crowds. The food was fantastic with lots of choices and always fresh fruit and vegetables.



It was INTERESTING! Limestone is everywhere. Everything is made of stone! There are no buildings made of wood in Jerusalem or Bethlehem. Houses are all made of stone. Yes, they have olive trees and a few cypresses, but no forests. Jesus was born in a cave, not a wooden stable. The area is very hilly. Nearly every holy site we visited was at the top of a hill. Happily, we were told to wear casual clothes and walking shoes. We spent the first three nights at a lovely beach resort on the Sea of Galilee before moving to a hotel in Jerusalem located across the street from the New Gate going



directly into the Christian Quarter of the Old City of Jerusalem. What a contrast! The Old City is walled in. The streets are very narrow and it looks ancient. Obviously, much of it is ancient. Surrounding the Old City is a very modern Jerusalem, with multi-lane roads, modern streetlights and traffic signals, and all the signs of a big city in the U.S. We floated in the Dead Sea, rode a camel, visited the Western Wall (Wailing Wall), had lunch in Jericho, viewed the Syrian border, and more.

It was FUN! We were a group of 48. Five of us were from the Muskegon area, two from Grand Rapids, and the rest from all over the United States. The atmosphere was happy and festive. Steve Ray has a delightful sense of humor as does Amer, our local guide. They were very entertaining. At one point, we were told to avoid the vendors on the street so we could keep the group moving. Afterwards, Steve and Amer took merchandise from the vendors and hawked it up and down the aisle of our bus! Many of the shopkeepers thanked us for coming and told us that Americans visiting Israel helps to make it safe for them.

What an adventure! Yes, I, too, would highly recommend this trip. If it's not on your bucket list, it should be.

Louise Matz: Golf, gardening and grandchildren were primary interests at retirement. Since that time, her interests have expanded. Having more time to read and to travel is high on her list. She also discovered pickleball and MahJongg. She and her husband can now spend more time together bow hunting for deer in the Upper Peninsula, hunting turkeys and fishing in the Florida Keys

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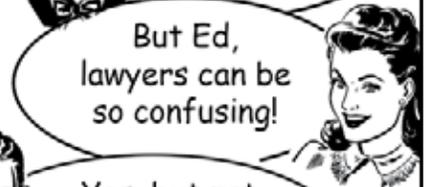
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P ₃	E ₁	R ₁	F ₄	I ₁	D ₂	Y ₄	RACK 2 =	66
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E ₁	A ₁	R ₁	W ₄	A ₁	X ₈		RACK 4 =	16
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PAR SCORE 170-180							TOTAL	240

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