

Senior Perspectives

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MARCH | APRIL 2020

Pg. 3 – Senior Perspectives Wins 8 Awards ■ Pg. 7 – Social Security Scams
Pg. 19 – Cooking Corner ■ Pg. 24 & 25 – Game Pages

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ON THE COVER:

Butterflies Are Blooming at Frederik Meijer Gardens - March 1 to April 30.
Photo courtesy of Frederik Meijer Gardens.

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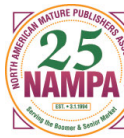
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Letter from the Editor

Senior Perspectives Newspaper Acquires Eight National Awards in 2019



BY
MICHELLE
FIELDS

As the Editor and Publisher of *Senior Perspectives* Lakeshore and *Senior Perspectives* of Kent County, I am privileged to work with some of the finest writers in the West Michigan area. Our writers have kept our readers front and foremost, focused on area events, interesting stories, local news and happenings past and present that will appeal to

a larger audience. Because of their extraordinary work, *Senior Perspectives* is proud to submit some of their exceptional articles annually, to mature publishing organizations that have competitions where “mature” newspapers can go head-to-head against other publications throughout the country for competition. Two of these organizations are the North American Mature Publishers Association and The National Mature Media Awards.

The North American Mature Publishers Association’s (NAMPA) 2019 Annual Awards is an annual competition that provides special recognition for excellence in senior publications throughout the country. NAMPA employs the services of the journalism students at the School of Journalism at the University of Missouri located in Columbia, Missouri, to perform the judging of the entries submitted by NAMPA members. The awards were presented at their National Conference in October in Memphis TN.



Janet Hasselbring



Tricia McDonald



Aruna Josyula, MD



Glenn Rutgers

2019 Senior Perspectives' winners are:

- Tricia McDonald-1st Place Column Review
- Janet Hasselbring 1st Place Personal Essay
- Letter from Editor-2nd Place – “National Awards”
- Glenn Rutgers-3rd Place - Best Use of Photography
- Letter from Editor-3rd Place “The Walk”





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JAN./FEB. WINNER: JOANN LACHOWICZ OF HUDSONVILLE
The Candy Heart was found on page 12 in the How to Cook a Car story.

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BY
JERRY
MATTSON

Wooden Bowls

The Holland Bowl Mill was started as the Wooden Shoe Factory in 1926 by Chester VanTongeren and is still owned and operated by his relatives. A grandson, David

Gier, is the current president and owner. This is one of only a few commercial wooden bowl producers in the country and they make about 200 bowls each day, or 1,000 per week.

David's son, Kory, representing the family's fourth generation, welcomed my wife and me in the retail/showroom at the front of the facility. Here, many examples of their products are on display. Bowls that do not pass inspection are sold at a discount on the Knot Perfect shelf. A bowl with bullet fragments, for instance, would end up here. Kory is well informed on all aspects of the facility and is proud of the company. "Make sure you mention the tours," he said. Free tours are given in the factory from 9 a.m. to 3 p.m. Monday through Friday. It is an opportunity to see the entire process from raw material to finished product. Maisie Meyers walked us through the production area, elaborating on the many aspects in the creation of a bowl.

The process begins with a log, at least 30 inches in diameter and eight feet long, that is cut into roughly two-foot lengths. These are cut lengthwise into bowl blanks. Next, a blank is mounted on a special lathe. Using a curved blade, half a sphere of wood is cut from the blank. The separated, bark-covered piece is discarded as scrap. The remaining "core" is then fashioned into four or five bowls. A different blade is used for each

size, and every bowl takes about a minute to make. Bowls range from a large, 20-inch diameter one down to a five-inch size.

Next, the bowls are steamed in a cabinet for four hours at 180 degrees to remove the sap. They are then placed on storage racks where they will age for about a month. After that time, they are finish-sanded, inside and out, with a belt sander. The six-step operation starts with a coarse 40 grit and ends with 220 grit. A specified flat spot is



then cut on the bottom. As a final step, the bowls are dipped in food-grade mineral oil which helps preserve the wood and enhances the grain.

It takes about six weeks from the time a log is cut up to the time the bowl is ready to be sold. Several types of wood are used including cherry, maple, walnut, ash, red oak, beech and poplar. Ninety percent of the wood is produced in Michigan and the rest from neighboring states. What happens to all the scrap? Shopping cart loads of larger pieces are sold for fire wood,



smaller pieces of cherry are sold for meat smoking and most of the wood shavings are used for animal bedding.

Holland Bowl Mill sells its products all over the world and in all 50 states. In addition to the general retail market, their customers include large kitchenware and specialty retailers, corporate gift and incentive programs as well as artists and crafters who transform their bowls into painted and wood-burned works of art.

In addition to bowls, HBM also produces cutting boards, Bee's Oil Wood Preserver, kitchen utensils and decorative pieces. Items can be personalized with engraving.

For more information visit their website: woodenbowl.com. HBM has also been featured on the TV program "How It's Made."

The mill is located at 120 James Street, a short distance west of U.S 31.

Jerry has had an interest in working with wood since building a bird house and a decorative planter box as a youngster in 4-H. In later years, he restored several pieces of furniture but never did any work on a lathe. He was fascinated by the equipment used in producing large wooden bowls.

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Beware of Social Security Scams

BY
VONDA
VANTIL

There's a widespread telephone scam involving callers claiming they're from Social Security. The caller ID may even show a government number. These callers may tell you there's a problem with your Social Security number. They may also threaten to arrest you unless you pay a fine or fee using gift cards, pre-paid debit cards, a wire transfer, or cash. That call is not from us. If you receive a suspicious call from someone alleging to be from Social Security, please:

- Hang up right away.
- Never give your personal information, money, or retail gift cards.
- Report the scam at oig.ssa.gov/ to Social Security's law enforcement team at the Office of

the Inspector General.

Social Security will not:

- Threaten you.
- Tell you that your Social Security Number has been suspended.
- Call you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.
- Request personal or financial information

through email, text messages, or social media.

Social Security will:

- Sometimes call you to confirm you filed for a claim or to discuss other ongoing business you have with them.
- Mail you a letter if there is a problem.
- Mail you a letter if you need to submit payments that will have detailed information about options to make payments and the ability to appeal the decision.
- Use emails, text messages, and social media to provide general information (not personal or financial information) on its programs and services if you have signed up to receive these messages.

Please share this information 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.

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More things you may not know about Senior Resources



BY
LISA
TYLER

In the January-February issue of *Senior Perspectives*, I shared five things you may not know about Senior Resources of West Michigan. In this issue, I'm going to share a few more tidbits:

1. Senior Resources is a member of the Charted Healthcare Planning Coalition. The

members of Charted convene to build a system that respects and honors people's preferences for their health care, especially with regard to end of life. While there are written planning documents to record a person's wishes regarding end of life care, a conversation about those wishes is equally important. Sharing your beliefs, priorities, and values – what is most important to you – with family and/or close friends is important so that if you're unable to communicate your wishes, someone else knows what you would want. It can be difficult to have these conversations, and Charted has resources and professionals to help guide you through the process. Trained facilitators are also available to help you put your thoughts in writing, in an advance care plan that's specific to you. For more information about Charted and its resources, visit charted-muskegon.org.

2. The MI Choice Waiver program, funded by the Department of Health and Human Services, is a great way to keep people in their own homes. Eligible adults who meet income and asset criteria will receive Medicaid-covered services when they medically qualify for skilled care, but prefer to stay in their own home. Services may include community living supports, adult day care,

chore services, personal emergency response systems, home delivered meals, supports coordination, and more. Call our Options Counselors at 231-733-3585 to learn more about Waiver and other available services.

3. There's a new look to our website! We have the same address – www.seniorresourceswmi.org – but a new and improved look. It's full of great resources, and you can access it any time of day or night, and from anywhere around the world.

4. We host a monthly TV show, Senior Connections, on a local Muskegon cable access channel (Channel 98). Filmed at First Baptist Church, Senior Connections is hosted by yours truly, with different monthly topics. The 30-minute show shares a variety of information, from CALL 2-1-1, to nutrition information, to health and human services.

5. Advocacy is a vital part of the work we do! We facilitate a Senior Advocates Coalition that meets about six times a year to share concerns and information with our state and federal lawmakers and their representatives. Sessions are usually held at Tanglewood Park, and meetings alternate with our state legislators and federal Congressional aides coming to share updates and hear

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from their constituents about topics of interest and concern to older adults. You can find the schedule of Senior Advocates Coalition on our website: www.seniorresourceswmi.org.

6. We are part of the Tri-County Protection Team, which has a mission to “identify, advocate, and seek justice for adult victims of abuse, neglect, and financial exploitation” in Muskegon, Oceana, and Ottawa counties. The many community partners on the TCPT work to educate law enforcement, health care providers, financial institutions, older adults, and the general population about elder abuse, neglect, and financial exploitation. The Tri-County Protection Team hosts an annual Senior Symposium for the general public, and a Providers Conference to offer training and more information for those working with the older adult population. You can find out more by visiting safeseniors.info, or visiting their Facebook page – look for Tri-County Protection Team of West Michigan Elder Abuse.

7. Our Medical Loan Closet offers a variety of items for use by older adults in Muskegon, Oceana and Ottawa counties. Most of our items are donated, and we frequently need items such as disposable adult pull-up style briefs (like Depends), wheelchairs, walkers, knee scooters, bed



rails, and tub transfer benches and bath benches. We accept donations of gently used equipment, or partial unused packs of incontinent supplies. If you have a group that might be interested in hosting a drive or donating any of these items, or if you need a loaner item, contact Shannon at 231-733-3570, or email szdrojewski@seniorresourceswmi.org.

Lisa Tyler is the Communications Director at Senior Resources. She stays busy with her husband and two children – Nick, a senior at MSU (her alma mater), and Hannah, a freshman at Hope College. She also is president of the MAISD board of education, chairs the Muskegon advisory committee of Kids’ Food Basket, and is a member of the Muskegon Rotary Club.

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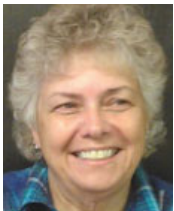
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BY
CHRISTINE
WISTRUM

Hidden Disabilities

When we speak of disabilities, we often think in terms of someone in a wheelchair. Many times though, disabilities can be hidden, or invisible. You can look at a person and see no outward sign that he or she is disabled.

The official definition of a disability is a physical or mental impairment that limits the normal activities of daily living in a significant way. Invisible disabilities, those that aren't visible at first glance, include chronic illnesses or conditions that cause significant problems for the person who has them, and may include traumatic brain injuries, chronic back pain, deafness, mental illness, or learning disabilities, to name just a few. Unfortunately, people may believe the individual with a hidden disability is weak, antisocial, or just plain lazy.

It can be very hard for people to be told, "You

look normal!" when they have a disability that makes life a challenge. A disability often has a negative impact on self-esteem, and having a hidden disability can make people feel even worse as they recognize that others think they are just slacking off. Ours is a society where appearance is everything, and many people who have invisible disabilities are delighted the condition is not readily apparent. They may even realize that others don't see them as having a legitimate condition. There is a price to pay, though, for not having your disability recognized. Students may have disabilities that impair their thinking such as dyslexia, learning disabilities, or cognitive challenges. When teachers are unaware of these conditions, they may become frustrated with the student's lack of progress and believe he or she is simply not trying hard enough.

Sometimes a hidden disability can result in the inability to hear instructions, or to read or to see written directions. While others respond quickly, those with hidden disabilities may have no idea

what's happening around them. They may quickly be identified as having "problem" behaviors, or as being obstinate. People with back injuries may be unable to lift anything over several pounds, or to stand for longer than a few minutes at a time. They may be identified as being lazy and uncooperative rather than disabled.

In order to not judge anyone too harshly, we should be careful we don't assume that just because we cannot see a person's disability it means the person isn't disabled. When you see people parking in accessible parking spots who do not look disabled, don't get angry and shout at them. Instead, understand they may be disabled in a way that is not readily apparent.

Every person with a disability is different, just as every person without a disability is different. We need to be careful of judging others and recognize that just because we may not be able to see it doesn't mean the person doesn't have a disability.

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



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Authors of West Michigan Squeezing in the Writing

BY
TRICIA
McDONALD

As an engineer in Las Vegas, Author Deanna Compton was self-proclaimed as highly efficient.

This skill gave her time to read a lot of books which led to writing books. "I believe the story within me had to come out," Deanna said of her first book *Freecurrent*, written 30 years ago. "Writing is an expression of who I am, a reflection of my soul."

Deanna and her husband of 37 years live in Muskegon, less than a mile from where she grew up. They are raising three children, ages 20, 18 and 16, who "don't have a lot of time for their mom." She fills that time with their business (White Harbor Kennels), an array of pets, and seamstress work and costuming for Reeths-Puffer schools.

Lucky for readers, Deanna also squeezes in time to write. She has written a fantasy trilogy (*Freecurrent*), a dystopian trilogy (*Human Nature*), and three children's books. She is currently working on book three, *Resurgence*, of the Human Nature series and hopes to have it done by summer of 2020. Fantasy is Deanna's favorite genre as "the parameters are wide open to the imagination."

"Fantasy drew me in," Deanna stated, "and I became enthralled with delving into the writing process." When writing, she jots down a loose



outline to give her direction, but doesn't always stick to it. Instead, she follows the story when it takes her to unexpected places. "I usually have an end goal in mind, but that can change as the story unfolds."

Creating characters and the world they live in gives Deanna an exciting outlet for her creative spirit. Being a writer gives her the chance to share a part of her soul with her readers. "I write because I love to write," Deanna said. When one of her readers tells her they enjoyed her writing, "there is nothing better."

Reading continues to be important to Deanna as she believes "writers benefit from being readers." She has a long list of favorite and influential writers, such as Dean Koontz, Stephen King and Madeline L'Engle.

When asked what advice she would give to new writers, Deanna said, "... write what you love. Enjoy the process." It is obvious that Deanna is

writing what she loves.

Tricia L. McDonald is an internationally published author, public speaker and writing coach. Her Life with Sally series: Little White Dog Tails, Still Spin-nin' Tails, Waggin' More Tails, and Princess Tails are compilations of stories chronicling life with her miniature bull terrier. Quit Whining Start Writing is a guide to help writers put away the excuses and get the writing done.

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How Does Your Garden Grow?



BY
JANET
HASSELBRING

March, "that month of proclamation," stated Emily Dickinson. Her garden comes to life after a long, cold winter in Amherst, MA: "buds swell on the branches, elbowing into the longer, warmer days.

Songbirds charm the trees. Dormant plants, metabolisms slowed during the long Massachusetts winter, wake up. The first flowers to bloom each year are the little bulbs." (*Emily Dickinson's Gardening Life*)

What is it that March proclaims?

1. March proclaims Hope.

If hope was "a thing with feathers," to Dickinson, then it was also "a thing with petals" – bulbs. The food sacs we plant in autumn that rest, dormant, under the frozen ground, unseen for the remainder of the year, and then Voila! burst forth in Spring - a profusion of color, stunning the landscape with beauty and hope, rewarding those who braved a cold autumn day with gloves and trowel.

Emily Dickinson a gardener? Her name brings to mind a white dress or well-known image of a sixteen-year-old girl staring boldly out of a daguerreotype. Poetry of course. Yet beyond the stuff of literary

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legend, Emily loved plants and her love of gardening inspired many of her poems - trowel and pen went hand in hand.

Crocuses were "vassals" of the snow and "martial," standing in the frozen ground like soldiers.

Another of her favorites was the tulip, described as asleep and forgotten, save by the gardener:

"She slept beneath a tree –
Remembered but by me.
I touched her Cradle mute –
She recognized the foot –
Put on her Carmine suit
And see!" (15 1858)

And the daffodil. With usual cryptic clarity she pens:

"I dared not meet the Daffodils –
For fear their Yellow Gown
Would pierce me with a fashion
So foreign to my own – " ("I
Dreaded that First Robin So,"
Dickinson)

2. March proclaims Faith

I have a vested interest in bulbs. Last fall I knelt on the cold hard ground in the woods, behind my shade garden, and gently placed pudgy little pouches in their winter abodes with a prayer that in due time, they would awake from sleep, put on their colorful costumes and "see!" I figured if St. Francis could preach to "things with feathers," I could invoke blessings on my "things with petals."

Planting bulbs, in fact gardening in general, becomes a spiritual experience, when one realizes that just as flowers will emerge from the deadness of winter, so God raised Jesus from the dead on the first Easter, and will also resurrect those asleep in Him.

"Our Lord has written the promise of the resurrection not in books alone, but in every leaf in spring-time." (Martin Luther)

The garden for me, like Emily, is my church. It's there I drink in the wonder of rebirth; ponder the truth of resurrection – the cornerstone of my faith.

Some keep the Sabbath going to Church –

"I keep it staying at Home –
With a Bobolink for a Chorister –
And an Orchard for a Dome –
Some keep the Sabbath in
Surplice –
I, just wear my Wings –
And instead of tolling the Bell, for
Church –
Our little Sexton – sings.
God preaches, a noted
Clergyman –
And the sermon is never long,
So instead of getting to Heaven, at
last –
I'm going, all along." (Dickinson
236,1861)

3. "and the greatest of these..." March proclaims Love

Plants above ground may not provide as dramatic a renewal as bulbs, but they too appear dead and lifeless during winter, only to sprout greenery with the coming of spring.

"...just remember in the winter, far beneath the bitter snows
Lies the seed, that with the sun's
love in the spring becomes the
rose." ("The Rose," McBroom)

A defining quality of Love is its selflessness. "Things with petals" add beauty and color (and nectar!) to the world – they ask nothing for themselves.

"A sepal, petal, and a thorn
Upon a common summer's morn.
A flash of dew, a bee or two –
A breeze, a caper in the trees –
And, I'm a rose!" (Dickinson)

How does your garden grow?

Stay tuned May/June issue – "Tending your Mental Garden" Sources: Emily Dickinson's *Gardening Life*, McDowell. Emily Dickinson's *Poems*,

Janet lives with her husband, Don and Welsh terrier, Maggie May. Jan drags herself off the tennis court to write - her book series, *Tales from Pelican Cove and Country Dairy*. Her piano gets lonely because she chooses to whack fuzzy yellow balls instead of tickling its ivories.

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(See the special neuropathy severity examination at the end of this article)

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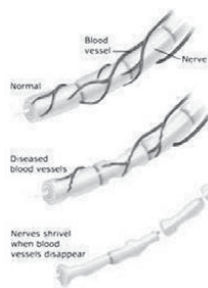
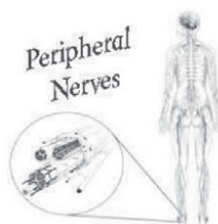
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BY
JOEL
DULYEA

A Joyful Life

I think Mom had reasons enough to be a bitter woman, but she lived a joy-filled life within a world of all things possible. When tragedy visited, she testified to the peace that passes understanding; and when the possible turned cruel, her faith, friends and family sustained her.

She was born in Muskegon, Michigan in December of 1925. A rural girl, she was the youngest of five surviving children. She grew into



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maturity and lived in an era of pandemic disease and wars, during which time she suffered and endured loss. Often, she set aside personal difficulties to protect her children; seldom could one see her in a troubled state. So, in the early stages of her disease, when she suspected something was wrong, she said nothing about it to anyone while she greeted us with open arms and broad smile -- she still retained a mind to guard her adult children from unpleasant-ries.

In our childhood, she held us close when hurt or injured saying, "Everything will be all right." When caught misbehaving, she'd threaten, "Do I need to cut a switch?" Yet, I fail to remember a single instance of corporal punishment, though I did wilt in shame before her look of disappointment. When our family gathered and our adult tongues loosened to tell stories of childhood misdeeds and mischief-making, our guardian Mom would answer our bewildered Dad's questions with, "You didn't need to know about that."

How long did Mom knowingly carry the disease while we didn't know about it, or didn't want to recognize it? On a visit to my parent's home, my wife and I went to bed and were unexpectedly followed and tucked in and kissed goodnight by her. We thought it odd but attributed it to her compassionate heart.

My sister was visiting from Ohio where she lived at the time when Mom said to her, "I need to talk with you." My sister answered her in a way that was insufficient. Mom stirred up, got into her face

and emphatically said, "No! I need you to sit down now and listen to what I'm saying. You've got to listen to me. There is something that is not right with me and I'm afraid and don't know what to do!" They sat together on the couch. "Whatever it is Mom, I'll be there for you. We will go through this together."

She was subjected to medical tests and received the diagnosis. The medicine prescribed slowed down the effects of the disease so that she could still be who she was for a while longer; long enough for a few more memories.

Recently, I spoke with my sister, who said that mom knew she had reasons to be a bitter woman but chose joy instead. Years ago, in the bewildering confinement of tragedy, I heard her say, "Now I understand the peace that passes all understanding." I was too young to understand, but her words were branded into memory and touched me with an awful wonder.

On the first day of Spring in the year 2011, when the trees begin to bud, Mom died at home, from complications associated with Alzheimer's disease. Seasons later a thought took root. "Mom. I think I understand now."

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



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BY
DICK
HOFFSTEDT

A Special Anniversary

This April 30th will mark the 65th wedding anniversary for my wife, Shirley, and me. We've celebrated many of them in various ways. Our 25th was celebrated with a surprise party and a trip to Minneapolis. We renewed our vows

on our 40th with our large family present. But there is one celebration that stands out as our all-time favorite, and that would be our 50th. What could we do to make this one extra special?

For over a year, we contemplated many things. Then it hit us. Throughout our lives, driving on Lake Shore Drive in Chicago was always a visual treat. Going south, there was Lake Michigan on one side and the architectural delights on the other. Straight ahead before the drive turned, there was the sign that no one could miss. "The Drake Hotel." It was a city landmark and one of Chicago's oldest and historic buildings. It finally came to us! Let's stay at "The Drake."



About a month before our 50th anniversary, we booked a room for three nights. We paid up front with our credit card, so everything was all set. We also sat down and planned out places we wanted to visit while we were in town. Now it was just the waiting for that weekend to arrive.

During this waiting period, we would check every week to make sure our reservation had been confirmed. Every time we looked nothing was showing up on our credit card account. A few days before we drove in from Spring Lake, we called the hotel to check and see that we were booked. They said, "no problem, come on in. The charge will be on next month's bill."

Upon our arrival, the lady at the desk handed us a card. It stated that our room was already paid for as was dinner in the Cape Cod Room, as a gift from our six children. We were totally surprised. How wonderful of them to honor us in this way. The hotel updated our room to a suite facing north with a view of Lincoln Park and Lake Michigan. In the suite was a bottle of

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champagne on ice, a bouquet of flowers, and a chocolate torte. What more could two septuagenarians ask for.

The next day we went to the Museum of Modern Art and stopped in a few specialty shops along the “Magnificent Mile.”

On Saturday, April 30, our actual 50th anniversary, we spent the day strolling Michigan Avenue all the way to the Art Institute. There we spent time enjoying the paintings and sculptures.

We went back to the hotel and got ready for the evening ahead. We took pictures in the lobby before enjoying dinner in the Cape Cod Room. The wooden bar in this fabulous eatery still has the initials carved in it from Joe DiMaggio and Marilyn Monroe.

After dinner we took a cab to the Symphony Center for a concert by the Chicago Symphony Orchestra under the baton of Daniel Barenboim, conducting a Beethoven Symphony plus other standard classics. What a beautiful ending to a perfect day.

On Sunday, May 1, we met our family at a restaurant and treated for brunch to celebrate this very special anniversary.

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 64 years. Richard has six children, five grandchildren and three great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.

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BY
JAN
SMOLEN, DPM

Foot & Ankle Raynaud's Disease

Question: I notice when I go out into the cold that my toes and fingers become white /blue and red discolored and ache. What could it be?

Answer: There are a few things that cause red toes. Gout, infection, in-grown toenail, and sometimes a condition call Raynaud's Disease. It sounds like you have Raynaud's Disease.

There are two types of Raynaud's:

- Primary Raynaud's is the most common and is not associated with another medical condition. Sometimes it can be so mild that people don't seek treatment, they just think they have cold hands and feet and sometimes it even resolves on its own.
- Secondary Raynaud's, also called Raynaud's Phenomenon, is caused by an underlying problem such as a connective tissue disease--for example Scleroderma, Rheumatoid Arthritis and Psoriatic Arthritis. It is less common but more severe.

Raynaud's is a disease of the blood vessels in the toes and fingers where, when they are exposed to cold temperatures, especially humid cold temperatures around 32 degrees, the blood vessels close down and constrict, causing the toes and fingers to turn cold, white/blue or purple colored, ache and go numb. When blood flow returns to the toes and fingers, they turn red and throb.

Who gets Raynaud's Disease?

It tends to show up between the ages of 15 to 25 years old in people who live in colder climates, and in women more than men. Emotional stress can trigger Raynaud's. Certain medications can sometimes predispose you to Reynaud's, including some cancer medications and treatments, blood pressure medications and migraine medications. People who smoke or use tobacco products are more at risk to develop Raynaud's. People with autoimmune diseases such as Rheumatoid Arthritis, Scleroderma and Lupus also tend to have a higher chance of having the disease than people who don't. People with autoimmune diseases tend to get a more severe form of Raynaud's with open sores and sometimes mild gangrene. Working in an occupation that

involves typing, playing piano or using a jack hammer also puts you at greater risk.

If you think you have Raynaud's, see your health-care provider. As someone who has Raynaud's myself, it is so worth it to see what can be offered to help you. There are treatments and tips available to improve your quality of life. When is it crucial to see a health care provider? If you develop open sores or infection from the open sores.

Treatments for Raynaud's:

Eliminate triggers such as smoking tobacco, chewing tobacco, drinking alcohol and emotional stress. Buy a car with a heated steering wheel, seat warmers and a remote start. The heated steering wheel and warming up the car has been a game-changer for me. I enjoy winter again.

Drink plenty of warm water and use chemical hand warmers and toe warmers like hunters use. Buy water-proof warm boots. Wear warm fleece socks with those water-proof warm boots. Wear mittens instead of gloves. Run your hands under warm water to warm up when you come in from the cold. Soak your feet in warm water when having an attack. Use Vitamin E cream or oil to nourish the skin on your toes and fingers.

If you have severe pain and it is affecting your daily activities, there are prescription medications that can help. Prescription lidocaine ointment is available, which you rub on the affected areas to open up the blood vessels. Certain blood pressure medications such as calcium channel blockers (Procardia xl Norvasc) vasodilate (open up) the blood vessels to the toes and fingers.

If you develop an open sore, clean it with soap and water, apply triple antibiotic and sterile gauze dressing and call your doctor for an appointment.

Sources: Mayo Clinic.org.

Jan Smolen DPM is board certified by The American Board of Podiatric Surgery and is a Diplomat of The American College of Foot and Ankle Surgeons. She works at Shoreline Foot and Ankle Associates in Muskegon.



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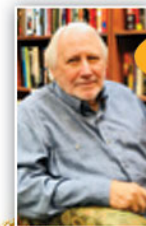
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Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Grandma Cinnamon Apples

2 cups of water
3/4 cup Red Hot cinnamon candies
1/3 cup sugar
Six medium tart apples, peeled and quartered

In a large saucepan, bring the water, candies, and sugar to a boil over medium heat; boil and stir until candies and sugar dissolve. Reduce heat; carefully add apples. Cook, uncovered until apples are tender. Remove pan from heat and allow the apples to sit in Red Hot mixture. The longer they sit in the Red Hot mixture, the deeper the red color will be. Refrigerate for 3 hours before serving.

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



Cooking with Staci

BY
STACI
GERKEN



Quinoa Chicken Salad

1/2 cup quinoa
1 cup water or broth (chicken or vegetable)
6 cups arugula
5-6 ounces cooked chicken, diced
2-3 ounces goat cheese
10-15 grape or cherry tomatoes, halved
2 Tbsp honey
1 Tbsp lemon juice
3 Tbsp olive oil
Salt and pepper to taste

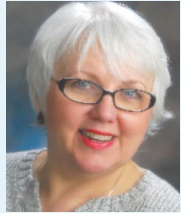
This salad is light, yet filling – perfect for springtime!

1. Rinse dry quinoa and cook in water or broth according to directions on package.
2. While quinoa is cooking, place the rest of the salad ingredients in a bowl – arugula, chicken, goat cheese, and tomatoes.
3. To make the dressing, whisk together the honey, lemon juice, olive oil, salt, and pepper.
4. When the quinoa has finished cooking, add it to the salad. Drizzle the salad dressing on top and toss to combine. The heat from the quinoa will melt the goat cheese during the mixing process. Sprinkle more black pepper on top of the finished salad.

Notes: This makes enough for 2 servings. Any dark green lettuce can be used. Walnuts can also be added to the salad for an extra crunch.

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

Birds and Brooches



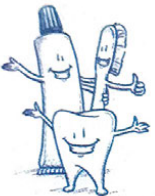
BY
ROLINA
VERMEER

It's been a busy season and at this writing I am finally settling into a stretch of quiet and the comfort of winter days spent at home with books and writing, good movies and hot chocolate. I'm not a snowbird so I'll have to slog through and endure whatever our Michigan winter brings. My husband faithfully feeds the birds from feeders on our deck and they come in abundance, so we are daily entertained by their hungry gratitude and enjoyment of the very best birdseed and a heated birdbath. A few squirrels come to terrorize the feeders but they've been outsmarted with a hot sauce concoction the birds don't mind at all but which sends the squirrels directly to the cooling waters of the birdbath. They only need an occasional reminder, as they generally don't bother the feeders much anymore. But they do enjoy a drink from the birdbath


and I enjoy watching them take a moment to satisfy their thirst.

A mountain of indoor projects could keep me busy for a century, but this winter I'm addressing the jewelry boxes my mother left, filled with costume jewelry from another generation. Such memories! Remember when every woman wore a sparkly brooch on her winter coat? My mother's Christmas brooches were especially sparkly. Many of us still wear a Christmas pin today, though we might be more inclined to put them on our sweater or vest. The puffy, lightweight winter coats so many of us own today don't lend themselves to being pricked with a brooch pin. And I think we dress much less formally than my mother's genera-






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LOCALLY OWNED AND OPERATED

tion. I don't remember my mother ever wearing jeans, and she only wore pants later in life after the pantsuit craze legitimized them for female attire.

In the spring, my mom would put a floral pin on her "Sunday coat." Remember the rose pin? It's in my mother's collection, as is a starburst brooch with pastel gemstones. These pins are treasures to me now, though it's not likely I'll wear them. Not much anyway. I often study the displays of pins in antique shops and I'm impressed with their richness. One shop I frequently browse has a velvet covered dress form studded completely with sparkling pins! What a marvelous display!

I've seen lovely pins on the hats and even handbags of younger women. So charming! I wonder at their connection to that jewel on their hat or their handbag. I like to think that each generation holds something dear from the women who came before and quietly honors that connection with a little sparkle in the middle of a Michigan winter.

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

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BY HOLLY
LOOKABAUGH
- DEUR

Movement Matters

2020.... A new decade is upon us! There is no better time to think about just YOURSELF, and how you live each day. It is ironic to most of us that as we retire or lean closer to having more free time, our bodies are letting us know that they are

not as energetic and nimble as we would like them to be. Bombarded by ads and fads, the E word (Exercise) can feel overwhelming and unattainable.

Let's choose a different mindset. Let's talk about MOVEMENT rather than exercise. How we move within our world affects how we interact with people and how we feel about ourselves – our confidence, our ambition, and our willingness to try new things. If we don't move well or easily, we typically start to move less, and more safely, fearing falling or failure. The less we move, the more difficult it becomes. The old saying "Move it or lose it" has never been truer than when we reference how the human body works. It can be discouraging, and the cycle of inactivity can destroy what should be a happy and fulfilling chapter in our life.

Two important facts to consider:

- 1) It is absolutely never too late to start moving. With guidance, pacing, and realistic expectations, everyone can become a "mover." At. Any. Age.
- 2) Movement is the best "pill" for all of our systems – it is truly the best medicine for the following systems. If there was one thing that you could do that was good for EVERYTHING, would you do it?
 - Cardiac: Heart and all vessels – veins, arteries, capillaries
 - Pulmonary: lungs and the delivery of oxygen and the removal of CO₂
 - o Use of residual lung reserves only occurs with exercise and forced breathing
 - Musculoskeletal: Strength, power, flexibility, bone density
 - Skin: circulation, maintenance of collagen and elasticity
 - Urogenital: the strength of the pelvic floor and prevention of incontinence and organ prolapse
 - Endocrine: Hormone balanced is enhanced by regular movement
 - Gastrointestinal: improved digestion and motility of the GI system

- Cognition: activity of the cerebral cortex is enhanced with movement
- Prevention of disease: cancer specifically, but also many other chronic illnesses
- Anti-inflammation impact: movement leads to an immediate anti-inflammatory effect – both short and long term

A sedentary life may feel comfortable, but the impact of immobility can be extremely detrimental to every system in the body. The positive message in all of this is that we can turn things around with a gentle start and forward progression. Even just standing in place is better for your body than sitting. If you are new to moving, try these tips to get your 2020 engine started!

- Stand up during commercials on TV, or move from sitting to standing to sitting for the entire commercial.
- Stand whenever you talk on the phone
- Park far away from the entrance of where you are going
- When you start your day – before coffee – MOVE your body four times from head to toe
 - o Tip head from one side to the other; ear to shoulder
 - o Chin to chest and then tip your head back (If you tend to get dizzy, move slowly and do this sitting down.)
 - o Shoulder rolls forward and backward
 - o Arms out to side: small circles in both directions; big circles in both direction
 - o Twist your trunk to the left and then the right. Try to go a little further each time
 - o Stand up and hang on to something – swing your leg forward and backward like a pendulum, then side to side
 - o March with high knees
 - o Try a mini squat – as far as you can go without feeling off balance
 - o One foot in front of the other – do a mini lunge
 - o Feet shoulder-width apart -- rise up on your toes (hold on if needed)
 - o Then just stand and breathe deeply
 - o Stand near a wall and just close your eyes and feel your body in space; breathe
 - o This entire sequence takes four minutes. You are worth a four-minute investment!
- When you go to bed at night, bend your knees and do four bridges and four knee rocks side to side

- Walking and climbing:
 - o The 10,000 step rule was created and promoted by pedometer manufacturers about 10 years ago, and there isn't a lot of evidence to say with certainty that that is the magic number. It is a wonderful goal. Most adults walk about 3000-4000 steps a day. If we all walked 2000 more to start, this is a great goal to get moving. We know that adults should move quickly – walking, exercising – for 150 minutes a week as the minimum standard of fitness. Keep those numbers in mind as you plan your week.
 - o Climbing stairs – even slowly – is one of the best methods to quickly get the heart pumping and to engage the trunk and leg muscles. Climbing stairs has been linked to living a longer life as well. Even 4 -5 steps matter. If you have stairs in your house, go up and down four times a day. Make that a realistic goal.
- Last tip about the speed of movement
 - o Moving slowly – very slowly – requires a ton of muscle force, first, to stabilize the trunk and posture, so the movement is controlled, and second, to recruit muscles and have them contract longer.
 - o Moving quickly requires rapid firing of our large motor neurons and fast twitch muscles. These need to be fired to keep our coordination and balance recovery fine-tuned.
 - o A great movement activity. Stand with your feet at shoulder width apart. Pretend to box as quickly as you can (shadow boxing) for 30 seconds. Then stop and slow down and move slowly like a Tai Chi style of movement – one arm at a time, all the way backwards, and all the way in front of you. Do this for 30 seconds. Slow your breathing. If you feel confident, close your eyes while you do the slow movement.

These small, purposeful efforts to get your body moving require no equipment, memberships, or special clothes. Good shoes always make a difference when you are moving.

Movement is the single, best pill for aging. Seek the advice of your physician, a physical therapist, or personal trainer. Move more today than yesterday. Be proud of the changes you are making for yourself, and embrace 2020!

Holly Lookabaugh-Deur is a physical therapist, board certified in geriatrics and a certified exercise expert in aging adults. She is the founder and co-owner of Generation Care- Ivy Rehab Network organization in Muskegon, Grand Haven, and Grand Rapids, and serves as adjunct faculty at Central Michigan University. She welcomes new topics of interest and feedback on articles. Please send all comments to hollyld@generationcare.org.



BY BETH
BOLTHOUSE,
MA, MS, LPC

The Three C's to Help You Manage Life's Changes

Growing older means we experience more changes, and each change involves a loss of some kind. If a loved one died, we may ruminate about their final days, reviewing decisions that were made. Health issues can impact our lives; we wonder how to continue things we enjoy. Other losses may contribute to a sense of uncertainty about the future. Sometimes we beat ourselves up for what we did or didn't do instead of affirming the ways we handled difficulties in our lives.

Language is a powerful tool that can empower us to find positive and helpful ways to deal with loss. Ken Doka has identified 3 C's of empowering language that can make a difference in what we tell ourselves as well as how we communicate to others: Challenge, Courage, Confidence (Doka, 2018).

To begin, it's important to evaluate and CHALLENGE our belief system – about ourselves, others, the world, even God or spirituality. As we age, we realize that what we used to take for granted can be disrupted without warning. We may question many of the things we used to take for granted or believed to be true. Things happen that turn our world upside down, and we are not the same. We doubt what we used to trust, and fear what we used to feel confident about. Identifying and acknowledging our questions, doubts and worries helps us move into the next C – Courage.

COURAGE involves accepting the consequences of change – one of the most difficult yet most important things to do. We tend to resist facing and accepting how we are affected. Some consequences are physical (for example, moving to a different home); some are social (people we counted on have detached); some are financial (not having money to pay bills); some are spiritual (loss of faith or trust); some are mental and emotional (increased anxiety or feelings of insecurity).

Reviewing boundaries with ourselves and others helps us become more empowered during change. A boundary is simply deciding what "good" we would like to allow in our life, and what "bad" we would like to keep



out. When bad things happen beyond our control, we still get to decide how we will think, feel and act regarding it. We cannot necessarily control what happens in our lives, but we can control our response or reaction to what takes place.

Embracing who we are now and who we will continue to become gives us the courage to realize that we are growing and changing. Acknowledge that growth and healing is a process; choose to accept that it is okay where and who we are now. This helps us look forward to the future as the beliefs and boundaries we are working on continue to develop.

Facing the future, we can set small goals and feel successful; we can set big goals and adjust them as needed builds our CONFIDENCE. There is no failure; we choose our thoughts and find positive ways to express them. This includes replacing "I should" with "I will," increasing self-respect. Replacing "I have to" or "I can't" with "I choose to" or "I am not willing to" reminds us we have choices. Replacing "I should have" with "next time I can" reminds us of opportunities rather than obligations. These shifts in thinking and communicating help us grow in our confidence.

Gratitude is a valuable tool which helps us to move through each of the 3 C's. Life happens, losses have affected us significantly, and things will continue to change, but we focus on gratitude to empower us regardless of the changes that take place.

Bolthouse, B. (2019). From loss to life: how to transform your life after traumatic loss. Muskegon, MI: Author.

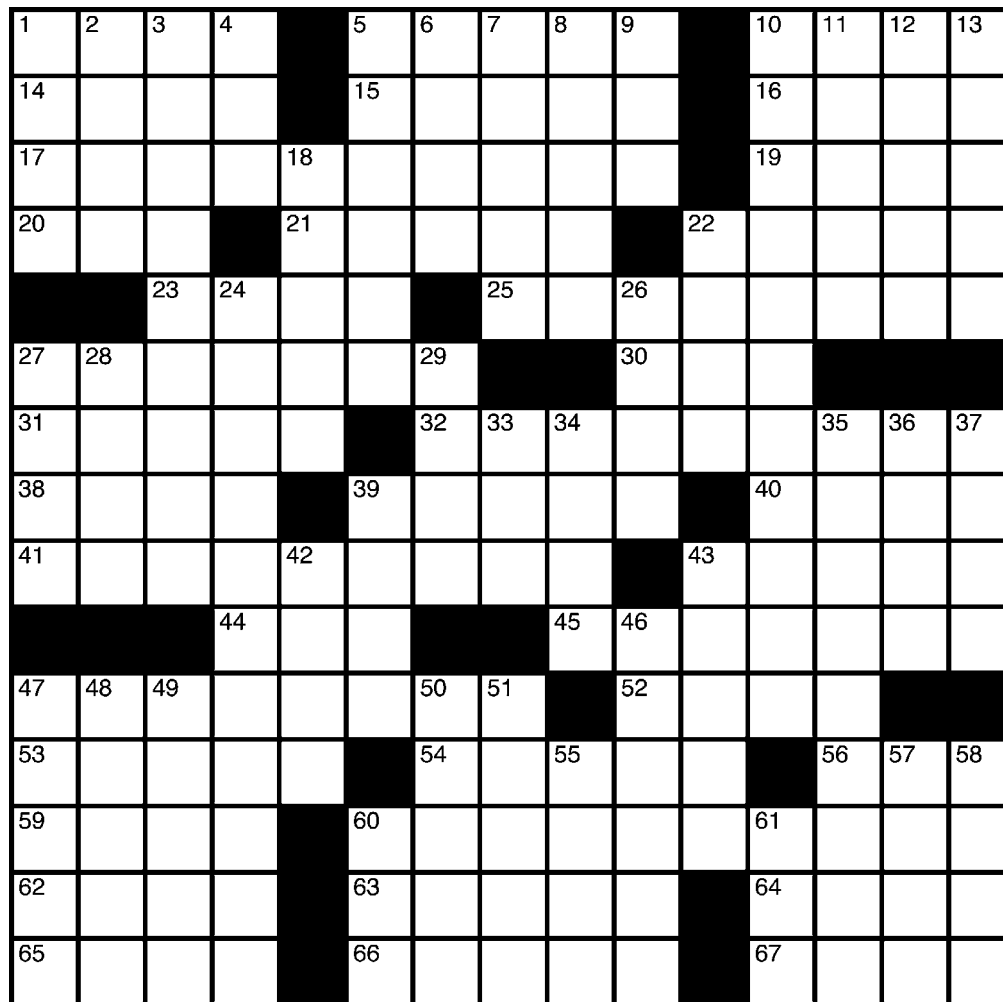
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Beth Bolthouse, a Bereavement Counselor for the Scolnik Healing Center of Harbor Hospice has been in her counseling profession since 2013. She has a Masters of Counseling from Cornerstone University and Masters of Science in Thanatology from Marian University. She is an avid lover of dogs, the arts and West Michigan.

ACROSS

- 1 New England NFLers
- 5 Workforce
- 10 ___ salad
- 14 Cornell who founded Cornell
- 15 Actress Tierney
- 16 Passionate god
- 17 Nerd's moniker
- 19 Unexciting
- 20 Actress Gabor
- 21 Blends
- 22 Destination for the last flight?
- 23 In the cellar
- 25 Detective's moniker
- 27 Speak to
- 30 Michelle who was the youngest female to play in a PGA Tour event
- 31 Bubbles up
- 32 Didn't like leaving
- 38 Ending for marion
- 39 Traitor's moniker
- 40 Gung-ho
- 41 Lawn-trimming tool
- 43 Anti-inflammatory brand
- 44 Sixth sense, initially
- 45 Coming to a point
- 47 Genius' moniker
- 52 Bonny one
- 53 Captain Kirk's "final frontier"
- 54 Young zebras
- 56 "Gross!"
- 59 ___ avail: fruitless
- 60 Old-timer's moniker
- 62 Skunk cabbage feature
- 63 More flimsy, as an excuse
- 64 Ballet move
- 65 Attention getter
- 66 Krispy ___
- 67 Man, but not woman

- 12 Word with book or opera brand
- 13 "Clean Made Easy" vacuum brand
- 18 Pill amounts
- 22 Like Death Valley
- 24 Bodyguard, typically
- 26 Lambs' moms
- 27 Not many
- 28 Indulge, with "on"
- 29 Sealed tight
- 33 Summer cooler
- 34 Bakery offering
- 35 Presents too aggressively
- 36 Cave in
- 37 Piggied out (on), briefly
- 39 Taunting remark
- 42 Italian noble family
- 43 Take ___: decline to participate
- 46 Enticement
- 47 Prevent, in legalese
- 48 Apple players
- 49 Compact
- 48- Down
- 50 "My concern is ..."
- 51 "You've got the wrong person!"
- 55 Attention getter
- 57 Cry out loud
- 58 "Look ma, no hands!"
- 60 March on Washington monogram
- 61 Prefix with gram



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DOWN

- 1 First name in skunks
- 2 Sea of ___: Black Sea arm
- 3 Court calendar entry
- 4 ___ Diego
- 5 Silvery food fish
- 6 Airport waiter
- 7 Dealership lot array
- 8 At risk of being slapped
- 9 A long way
- 10 Rats
- 11 Former New York senator Al D'__

JUMBLE

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

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KELEN

TEHTE

MICTOM

PORRUA

Check out the new, free JUST JUMBLE app

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



ANDROIDS DON'T NEED TO DIE TO ----

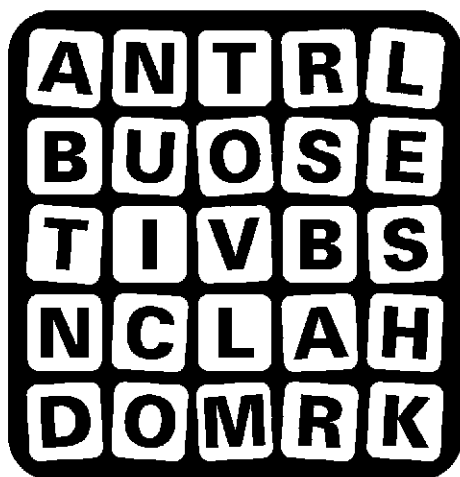
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

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

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

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When Will Spring Begin This Year?



BY
LOUISE
MATZ

Anxious for Spring? Of course you are. Isn't everybody? The good news is that it comes just a little earlier than usual this year.

Spring will arrive at exactly 11:49 p.m. EDT on Thursday, March 19!

On the Vernal Equinox, the Sun crosses the celestial equator from south to north. If you were standing on the equator, the Sun would pass directly overhead on its way north. Equinoxes are the only two times a year that the Sun rises due east and sets due west for all of us on Earth!

While I'm delighted that Spring comes a little earlier this year, I feel a bit cheated. My birthday is March 20 and I have always thought the first day of Spring belonged to me.

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Enough about the scientific beginning of Spring. What means Spring to you? Your Spring may not arrive until May. Here are a few signs of Spring for me:

No More Snow & Dry Ground:

Spring definitely means no more snow. We're never sure when that time arrives, but it's historically well after March 19 or 20.

Arrival of the first oriole: A sure sign that Spring is really here is the arrival of orioles, but this doesn't happen until May in Michigan. I've never seen one in April, much less March. The robin, on the other hand, is more cooperative with our scientific Spring. This bird can usually be spotted in early March.

Golf: Some diehards may golf in March, but most of us would say that Spring begins in April for golf, and even that is iffy.

Turkey Hunting: That season starts in late April, but the turkeys can be seen all year.

Easter: arrives on April 12 this year; however, occasionally it favors us with a March arrival.

Trout Fishing: The season opens the end of April.

Tigers Baseball: Opening day for the regular season is March 26.

Forsythia: This gorgeous bush is my favorite sign of Spring. Its bright yellow coat can't help but make you think of Spring. Cut a few branches and bring Spring inside. In fact, you can cut some branches before they bloom and put them in water indoors to force an early bloom.

Crocus: This aggressive little flower even blooms through the snow and fills us with optimism! It blooms well BEFORE our official Spring date. Its bright colors make us think of warm weather and sunshine. Could Spring be far behind?

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

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Harmonica Program for Better Breathing and Health!

6-week class beginning on Apr. 22, 2 p.m., Zeeland Community Hospital
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A Matter of Balance

8-week class beginning on Apr. 14, 10 a.m., Zeeland Community Hospital
Award-winning, evidence-based program reduces the fear of falling and increases activity.

Tai Chi for Arthritis-Beginner

8-week class beginning on Apr. 14, 6:30 p.m., Hudsonville Public Library
A research-based program that improves balance and reduces arthritis pain and stiffness.

Tai Chi for Diabetes

8-week class beginning on Apr. 15, 6:30 p.m., Zeeland Community Hospital
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Why Kauai?



BY
JAY
NEWMARCH

Let's face it, after countless subfreezing mornings and another trip to the driveway with the shovel, it's not hard to see the appeal of sun and tropical breezes. My aging bones will take any opportunity to soak up some sun. But, Kauai is so much more than that.

The oldest of the main Hawaiian Islands, Kauai is referred to as the "garden island." In reality, the small island, just over 500 square miles, runs the gamut. Circumvent the island and you'll take in a number of different types of geography, ranging from tropical waterfalls to more arid areas.

My friends and I stayed on the southwest side of the island, near Waimea Canyon. The area tends to be on the dry side. We could wake to a dry, cloudless sky and drive to the other side of the island and encounter rain.

I flew out of Kalamazoo last January for my visit to the Hawaiian island. It was 18 below zero that morning, beating the old record low of 15 below that was set in 1899. So, yes, I was ready to leave for warmer weather!

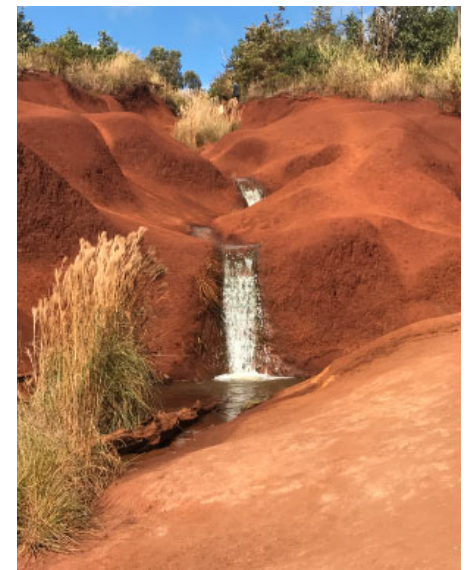
I half expected our flight to be cancelled, but was scheduled to leave on time. Weather that cold changes the feel of everything. The air feels different and sounds seem to hang in the air with an exceptional clarity. It was a strange feeling to know that our flight was setting a record as the coldest day a flight took off from Kalamazoo. I sat in my seat and my breath hung in the air as the plane whined to a start and we lifted into the air.

The flight attendant asked if I wanted anything to drink and I eagerly ordered a coffee. "Only cold drinks," she replied, "the water lines on the plane are frozen." I silently wondered if it was safe for us to be flying! But onward toward Minneapolis we flew.

My friends were flying out of Chicago that morning and were delayed. I touched base from Minneapolis and told them that, contrary to what it looked like, I thought I was making progress at getting to a warmer climate. My next stop, Seattle and then on to Lihue, Kauai!

Even though I was originally supposed to arrive after my friends, instead I was the first to arrive on the island. My friend Jeff had called our resort in Waimea and given them my name and told them I would be picking up the key to our cabin.

I arrived at the airport after 11 p.m. I grabbed the rental car and mapped my trip to Waimea and was surprised to find that it would take over an hour! It was only 35 miles from the airport. After leaving Lihue, the "highway" is a two-lane wind-





ing road. In the dark it really does take you that long, so don't be fooled.

My friends arrived overnight and we set off the next day for Waimea Canyon State Park, just miles from our cottage. It is incredible. They call it the Grand Canyon of the Pacific. The scenic Waimea Canyon Drive contains numerous overlooks that will astound. The trails through the red sand and past waterfalls offer incredible and picture-perfect views.



Make sure to stop for a view of Waipo'o Falls and also continue to the end of the road. It's worth the drive.

The next day we head to Hanalei on the north side of the island. When we were there, the road past Hanalei was washed out after damage from a previous hurricane, so our journey ended there. But we were still able to experience picturesque Hanalei Bay, two miles of beach surrounded by mountains.

After spending some time in Hanalei, we hiked a natural trail in Hanalei National Wildlife Refuge and climbed to a peak overlooking the bay.

We also took in Wailua and kayaked Wailua River. A beautiful chance for an upper body workout. But make sure to book your kayak early. They go quick and you end up waiting for others to return before you can go out. We learned the hard way!

My next adventure was on the back of Hekili, a gorgeous brown horse that took me through tropical vistas in the shadow of Mount Namahana. Used for scenes in Jurassic Park, the landscape is beyond words. The day we visited, we experienced both sun and rain, so come prepared to get wet. A tropical shower in this part of Kauai is always on the menu.

On the southeastern side of the island is Poipu Beach. On the way, stop into Old Koloa Town for shopping and a shave ice. Make sure to get a Puka Dog, too. A perfect Hawaiian-style hot dog with unique, mouthwatering relishes.

Last, but definitely not least, was our Napali Coast catamaran trip. We booked it just in time to beat some bad weather that would ultimately restrict trips for the next week as a storm system neared. I'm glad we didn't miss it. The trip offers a beautiful view as the towering, lush sea cliffs rise high above you. Watch for a whale to breach the water and the dolphins to come near to catch a view of you. All exciting and beautiful. Well worth the fourteen plus hour flight!

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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BY
JOE
STAPEL

Safety and Security

Seniors and Safe Driving



For the most part, seniors are safe drivers and the data proves it.

The two reasons for this are:

1. Seniors tend to drive less.
2. Seniors take fewer driving risks than other age groups of drivers. Seniors tend to drive slower and avoid practices like drinking and driving, driving at night, driving on busy highways, and in heavy traffic.

In Michigan there are about 300,000 drivers age 80 or older.

In 2017, there were 315,000 traffic crashes. Of those 8,900 involved a driver 80 or older. This amounts to about 2.8 percent of the total accidents.

In Kent County in 2017, there were 15,550 drivers over the age of 80. There were 483 accidents involving a driver 80 and over. That is a 3.1 percent average out of 100 drivers 80 or over.

In Ottawa County there are 8,135 licensed drivers 80 and over. There were 234 accidents involving 80 and older drivers, which equaled to a 2.9 percentage rate out of 100 drivers 80 and over.

In Muskegon County there were 5,224 drivers age 80 and older. Of these drivers 139 were involved in accidents in 2017, a 2.7 percent average out of 100 drivers 80 or older.

In Oceana County 993 licensed drivers were 80 years and older. Of these drivers, 27 were involved in accidents for a rate of 2.7 percent.

On the downside of Senior driving, they are more likely to be seriously injured or killed when involved in an accident. According to AAA, Senior drivers are 17 times more likely to die in a vehicle crash than the 25 to 64-year age group.

Age alone does not determine what kind of driver a person is. In fact, it is not possible to set an exact age when a person should stop driving. A person's ability to drive is determined by many factors and in many cases, age is less of a factor than other considerations such as vision, physical health or mental stability.

The following is an As You Age Unsafe Driver Check List. This list could help you in determining whether you, a family member, or friend should continue operating a motor vehicle.

1. The driver does not wear a seat-belt.
2. Family and friends are uncomfortable, afraid, or refuse to ride in the car when the person is behind the wheel.
3. The driver has difficulty working the brake and/or gas pedals.
4. The driver has difficulty merging onto freeways or turning onto busy streets.
5. The driver only uses the mirror and does not turn his or her body to check for blind spots when turning, changing lanes, merging, or backing up.
6. The driver has trouble seeing other vehicles, cyclists, or pedestrians, especially in bright light or at night.

7. The driver runs through stop signs or misses seeing other traffic signals.

8. The driver has trouble hearing or seeing and/or is slow in reacting to sirens and flashing lights of emergency vehicles.

9. The driver weaves when he or she drives. They "ride" the lane lines, drift into other lanes or change lanes without signaling.

10. The driver has trouble making turns (especially lefts turns) or makes turns from the wrong lane.

11. The driver does not keep up with the flow of traffic. Other drivers frequently honk at or pass the driver.

12. The driver has problems judging distances or making tight maneuvers like parallel parking, parking close to other vehicles in a parking lot, or parking in his or her garage.

13. The driver gets lost or disoriented easily, even in familiar places. He or she forgets where they are going or where they have left the car.

14. The driver needs directions or frequent reminders about how to get to places - even familiar locations.

15. The driver has been issued two or more traffic citations or warnings in the past two years. Whether seri-

ous or easily preventable mistakes, tickets are warnings about unsafe driving behavior.

16. The driver has been involved in two or more accidents or near misses in the last two years. Rear-ending a vehicle in the parking lot, fender benders and side impact collisions while turning across traffic are a few of the common indications that drivers may have diminishing motor skills, problems with vision and depth perception, slowing reaction times or cognition problems.

Rate yourself on this test and then ask yourself, "Am I a safe senior driver or is it getting time to give up driving?"

Ask a family member or friend who rides with you a lot to answer the questions about you to get another perception regarding your driving.

Are these both the same?

References Mlive.com and As We Age.

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



BY JACKIE
LINDRUP
RDH, M.Ed.

Traveling in My Golden Years Going Back Home

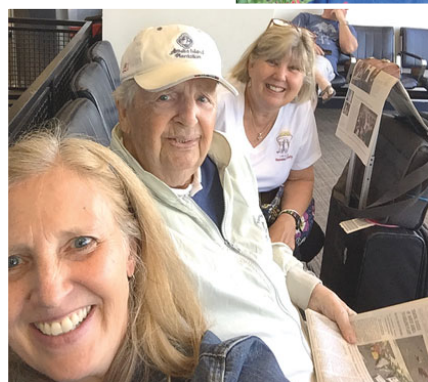
After my mom passed away in May, Dad was finally ready to take a summer trip back to North Dakota to his roots. He had talked about visiting Wilton, North Dakota, off and on for the past year and invited my younger sister Barb and me to travel with him from Michigan. At 93 he figured he'd need some help navigating the airports. Earlier in the year he found out he was the only one left in his high school graduating class and decided not to go to the class reunion. He wondered how his old hometown would look after 73 years. We had heard the stories about playing baseball any time he wasn't in school and how he'd hitch-hiked across the country from Oregon to play in the Amateur World Series in Kalamazoo. Now at 93, having lived a life of business and travel and changed his sport to golf, what would he find?

Our plan was to fly to Bismarck where his brother Bill spends his summers. Bill is seven years younger than Dad, a spry 86-year-old with a great sense of humor and a way of responding slowly yet with a twinkle in his eye. Bill would drive us around Bismarck and then 20 miles to their home town of Wilton, North Dakota.

We were flying Delta and noticed that unlike other airlines, our next connection could be miles away on the other side of the airport. Our connection in Minneapolis was not even on the same floor. We hailed a blue people mover cart driven by a speed demon (thank goodness!) from one end of the airport to the other then we stopped. We had to go up a floor and she was at the end of her route, so we had to get off. We went up an escalator bags and all, walked past 16 more gates on that level and finally arrived! We had not thought of getting a wheel chair for Dad. He had kept up valiantly, and we tried to walk slowly, but we were all exhausted as we boarded the plane and flew to Bismarck.

The trip was a great adventure: seeing Uncle Bill's home, their boyhood town of Wilton,

population 780, and the cemetery where their parents and grandparents are buried. We listened to Uncle Bill and Dad remember their childhood as we drove around Wilton. Outside of town where the lignite strip mine provided work before the Depression



was a huge new wind farm. We passed the old family homestead, now vacant. We researched old family records at the Germans from Russia Heritage Center. We visited the North Dakota Heritage Center and State Museum

to record Dad's stories for the Veterans Oral History Project. This project interviewed WWII veterans from North Dakota and was especially interested if they had been baseball players! Dad fit the bill. He was hesitant at first, but by the end of the interview Dad was excited to contribute to North Dakota's history.

Dad's "take" on the visit to his hometown was different from ours! In his own words: "My immediate impression of Wilton, North Dakota, after 70 years was that the houses were all newly painted and the outdoor plumbing was gone. The roads were paved and the sidewalks now were made of cement. Areas where we played baseball were now filled with homes and green grass. The downtown area was devastated and boarded up. The old post office was gone! The drugstore was gone! My favorite places to play ball as a kid and where I worked as a 'soda



perk' and met my wife after getting out of the Air Corps were gone. As my eyes wandered slowly up and down Main Street I felt a sorrow for all the businesses that once were there and now were gone. There was no one I knew left. I felt sad. It had been such a wonderful place to live."

The night before we flew back to Michigan, my sister and I studied the layout of the Minneapolis airport to figure out how to make the return flight smoother and shorten the walking time for Dad. We

saw that as our first flight (Bismarck to Minneapolis) was landing, the second flight (Minneapolis to Chicago) was boarding! We remembered what seemed like miles we had walked to make our connection. We knew where the tram was and hoped there would be a blue "people mover" nearby to drive us as fast as possible to our gate. After saying a sincere prayer for speed and guidance, we went to sleep.

Our first flight went smoothly from Bismarck to Minneapolis. We walked directly to the tram which took us to the end of the concourse in record time. We took the escalator. A blue people mover cart stopped in front of us with two passengers and four suitcases on it already and said "Get in!" Barb, Dad and I strapped ourselves in and held onto our suitcases for dear life. The driver sped through the airport terminal, turned and drove down the next concourse, turned into "D" and drove 16 more gates and we were there! We gave our driver a nice tip and waited as they announced "finishing boarding Group 1." We were in Group 2! Then another announcement, "If anyone in Group 2 wants to check their carry-on, please come up to the front of the line!" We quickly walked to the front of the line and checked our carry-on bags. Then she said, "Just go right onto the plane." Woohoo! We had made it! Like the little travel miracle we had prayed for, it happened so fast and so perfectly we were amazed at the effortlessness of it all!

Jackie Lindrup is retired and lives in HarbourTowne with her husband Tom. She enjoys spending time with her father, golfing and shooting pool, hiking and traveling with her husband and pastel painting. She enjoys writing about travel experiences and family adventures and considers herself a "young" senior.

Question: Can I refuse to give my Social Security number to a private business?

Answer: Yes, you can refuse to disclose your Social Security number, and you should be careful about giving out your number. But, be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law. To learn more about your Social Security number, visit www.socialsecurity.gov/ssnumber.



BY
VONDA
VANTIL

Question: I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: Do Members of Congress have to pay into Social Security?

Answer: Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees, have paid taxes into the Social Security program since January 1984. They pay into the system just like every-



one else, no matter how long they have been in office. Learn more about Social Security benefits at www.socialsecurity.gov

Question: How do I change my citizenship status on Social Security's records?

Answer: To change your citizenship status shown in Social Security records: Complete an application for a Social Security card (Form SS-5), which you can find online at www.socialsecurity.gov/online/ss-5.html; and Provide documents proving your:

- New or revised citizenship status (We can only accept certain documents as proof of citizenship. These include your U.S. passport, a Certificate of Naturalization, or a Certificate of Citizenship. If you are not a U.S. citizen, Social Security will ask to see your current immigration documents);
- Age; and
- Identity.

Next, take (or mail) your completed application and documents to your local Social Security office.

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. For more information, visit www.socialsecurity.gov/ssnumber.

Question: I'm 38 years old and have

been approved to receive Supplemental Security Income (SSI) disability benefits. I was surprised to learn that my payment will be reduced because I live with my mom. Why's that?

Answer: SSI is a needs-based program, so any other income you receive—including non-monetary income such as help with your bills or other expenses—can have an effect on your benefit payment. Your SSI payments may be reduced if you are receiving food, shelter, or monetary assistance. If you move, or if the situation in your mom's household changes, be sure to contact Social Security. For more information, visit www.socialsecurity.gov/ssi.

Question: Why should I sign up for a my Social Security online account?

Answer: my Social Security gives you a personal online account you can securely use to check your Social Security information and do business with us. With a my Social Security account you can:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits if you are still working;
- Get a replacement Social Security card if you meet certain criteria;
- Get a letter with proof of your benefits if you currently receive them; and
- Manage your benefits:
 - o Change your address or telephone number;
 - o Start or change your direct deposit;
 - o Get a replacement Medicare card; and
 - o Get a replacement SSA-1099 or SSA-1042S for tax season.

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

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Ask the Provider

The Importance of Having a Primary Care Provider

Courtesy of Mercy Health

Question: Why is having a Primary Care Provider (PCP) important?

Answer: Primary Care is a relationship with a health care provider that is focused on taking care of you with your whole wellbeing and health history in mind. Your PCP is your first contact for undiagnosed health concerns, as well as preventive and continuing care of medical conditions.

PCPs offer a variety of services from annual wellness visits to vaccines and minor surgical procedures. They will also refer you to specialty care, when needed.

Question: There are several types of Primary Care Providers – what is the difference?

Answer: Primary Care is funda-



BY
ARIEL
MEJIA, MD

mentally comprised of the Internal Medicine, Family Medicine and Geriatric Medicine specialties.

- Internal Medicine physicians focus on primary care services for adult patients (18 years and older). That includes improving overall wellbeing, ongoing care

of chronic diseases and comprehensive care for complex adult patients.

- Family Medicine physicians provide comprehensive care for people of all ages from newborns to seniors.
- Geriatrics physicians offer care to seniors 75 years and older. They seek to identify ways to preserve an individual's independence and quality of life through use of ancillary medical services, family and community resources.

Most Internists and Family Physicians are able to provide geriatric care because it is within their scope of practice, but Geriatricians,

besides being board certified in either Internal Medicine or Family Medicine, undergo additional specialized training to care for aging populations. You may benefit from consulting with a Geriatrician if you are 75 years or older and have multiple medical problems, medications or memory issues.

Question: How should I prepare for my appointment?

Answer: Being prepared can help you get the most out of each visit with your PCP. If this is your first appointment with the provider, consider the following items before the visit:

- Ask the office staff what documents and pieces of identification you should bring.
- Have a record of your personal health care history: prescriptions, medical conditions, procedures and family health history. If possible, transfer previous health and vaccination records to your new office.
- Create a list of your most important medical questions to help the visit stay on track.
- Bring along a notepad and pen or even your phone to record key takeaways. You may bring a family member or friend with you to help take notes.
- Request an interpreter for your appointment if needed.
- Confirm coverage, co-pay or deductible terms with your health insurer.

Question: Are annual wellness visits really that important?

Answer: Your wellness visit is an important step in maintaining good health. Taking part in regular screenings, routine preventive care and scheduling visits for minor issues can help you prevent illnesses and even reduce health care costs in the long run.

Question: How do I determine when to go to my PCP, Urgent Care or an emergency room?

Answer: For most medical concerns, call or visit your PCP first. Your provider gives you routine care and will treat you when you have a medical problem that is not an emergency.

For immediate, but not life-threatening needs when your PCP is not available, visit an Urgent Care. Urgent Care can help with any health problem that needs to be treated quickly. Urgent Care locations typically offer evening and weekend hours.

For any life-or-death emergency or serious need, do not wait! Call 911 or visit the nearest emergency room. Emergency rooms are open 24/7. After a visit to an emergency room, it is important to follow up with your PCP.

Mercy Health Physician Partners offers more than 90 locations in West Michigan. You can search for a provider at www.FindaMercyHealthDoctor.com



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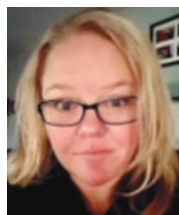
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BY
DELICIA
EKLUND

Hundreds of vintage photos are donated to The Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. The title on this one is "Barry Brothers." It is an amazing photo with the men whom I assume to be brothers. We would love to locate someone from the family and get the picture back to them! It would be lovely to learn the story of this photo, and I must appreciate the furniture in it as well. If you know any of them, please give me a call and let me know.

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

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

Email us 1972mcgs@gmail.com.

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



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

Answers for Word Search , Crossword Puzzle and Suduko on Pages 24 & 25

P	A	T	S		S	T	A	F	F		T	A	C	O
E	Z	R	A		M	A	U	R	A		A	M	O	R
P	O	I	N	D	E	X	T	E	R		T	A	M	E
E	V	A		O	L	I	O	S		A	T	T	I	C
		L	A	S	T		S	H	E	R	L	O	C	K
A	D	D	R	E	S	S		W	I	E				
F	O	A	M	S		H	A	T	E	D	T	O	G	O
E	T	T	E		J	U	D	A	S		A	V	I	D
W	E	E	D	E	A	T	E	R		A	L	E	V	E
		E	S	P		T	A	P	E	R	E	D		
E	I	N	S	T	E	I	N		L	A	S	S		
S	P	A	C	E		F	O	A	L	S		E	W	W
T	O	N	O		M	E	T	H	U	S	E	L	A	H
O	D	O	R		L	A	M	E	R		P	L	I	E
P	S	S	T		K	R	E	M	E		I	S	L	E

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

Boggle Answers:

**COD BASS TUNA SHARK TROUT
SALMON MARLIN HALIBUT**

Jumble Answers:

SALAD TWIRL POLISH SQUARE

ANSWER:

**The owner of the failed
laundromat was –
WASHED UP**



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