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NOVEMBER | DECEMBER 2020

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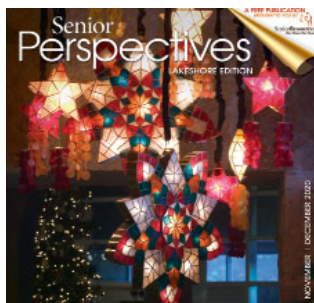
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SEPTEMBER/OCTOBER WINNER: Judith DeRycke of Pentwater
The Indian Corn was found on page 20 in the book review.

Complete Recovery from COVID-19



BY HOLLY
LOOKABAUGH
- DEUR

It is virtually impossible to weed through all of the information coming in on a daily basis about COVID-19. That can make us feel like we are spinning out of control, not trusting what we hear and read and adding stress on our bodies and minds. This column is on controlling what you CAN control – your recovery from COVID-19 exposure and illness.

First, some facts about the virus:

- Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a new coronavirus that emerged in December 2019 and causes “Coronavirus Disease 2019” (COVID-19). It is highly contagious.
- Human-to-human transmission occurs approximately 2 to 10 days before symptoms show up. Large droplets from coughing, sneezing, or a runny nose land on surfaces within about six feet of the infected person.
- The virus remains viable for at least 24 hours on hard surfaces and up to eight hours on soft surfaces.
- The virus is also passed to another person by touching a contaminated surface then touching the mouth, nose, or eyes.
- Aerosol airborne infected particles from a sneeze or cough remain alive in the air for at least three hours. These airborne particles can be inhaled by another person or land on the mucosal membranes of the eyes.

Common issues following acute infection include:

- Respiratory / pulmonary (pneumonia, hypoxemic respiratory failure / ARDS)
 - Airway clearance – secretion management. (34% of clients)
 - Work of breathing – especially for those with ineffective cough (neuromuscular disease, respiratory chronic disease)
 - Lung capacity – difficulty regaining full vital capacity

- Sepsis / Septic shock
 - Potential residual impact of unstable blood pressure or postural hypotension
- Cardiac (cardiomyopathy, arrhythmia)
- Acute kidney injury
- Post-Intensive Care Syndrome (cognitive impairment, post-traumatic stress disorder, depression, anxiety, generalized weakness, impaired mobility, increased fall risk, GI bleeds, polyneuropathy / myopathy)
- Exacerbation of any underlying health issues

Rehabilitation specialists such as physical and occupational therapists can assist with restoration of full function while tackling the common physical problems from COVID-19. The most frequent issues following COVID-19 illness include:

- Generalized weakness and inability to return to prior level of function: work, leisure, activities of daily living
- Difficulty walking and general mobility skills
- Musculoskeletal problems like pain, joint stiffness, weakness related to illness and hospitalization
- Difficulty with ongoing pulmonary issues such as airway clearance or full lung capacity, breath support and stamina

To address the restoration of full ventilation, the mechanics of breathing, a simple but extremely effective approach supported by research includes the “ACB Technique,” or the Active Cycle of Breathing Technique. (Massery M, 2017). Here are the steps of the Active Cycle of Breathing Technique – good for ANYONE to practice.

Step 1: Breathing Control

- Breathe in and out gently through your nose at a regular pace. If you cannot breathe through your nose, use pursed lip breathing, like you are blowing out a candle.
- Breathe out, keeping shoulders relaxed.
- Gradually try to make breathing slower. Try closing eyes to help focus and relax.

Step 2: Deep Breathing Exercises

- Focus on breathing in to help loosen secretions on the lungs.
- Try to keep your chest and shoulders relaxed.
- Take a long slow deep breath in through your nose.
- At the end of the breath in, hold the air in your lungs 2-3 seconds before breathing out.
- Breathe out gently and relaxed, like a sigh.
- Repeat 3-5 times. If you feel light-headed, go back to Step 1.

Step 3: Huffing or Forced Expiratory Technique

- Used to move secretions mobilized by deep breathing
- Medium Volume Huff (secretion at lower down airways). Take a normal sized breath in and then an active long breath out until your lungs feel quite empty, like trying to steam a mirror.
 - High Volume Huff (upper airways secretion). Take a deep breath in, open your mouth and huff out quickly. Only perform 1-2 huffs.
 - Coughing. Should be incorporated if huffing alone does not clear your sputum.

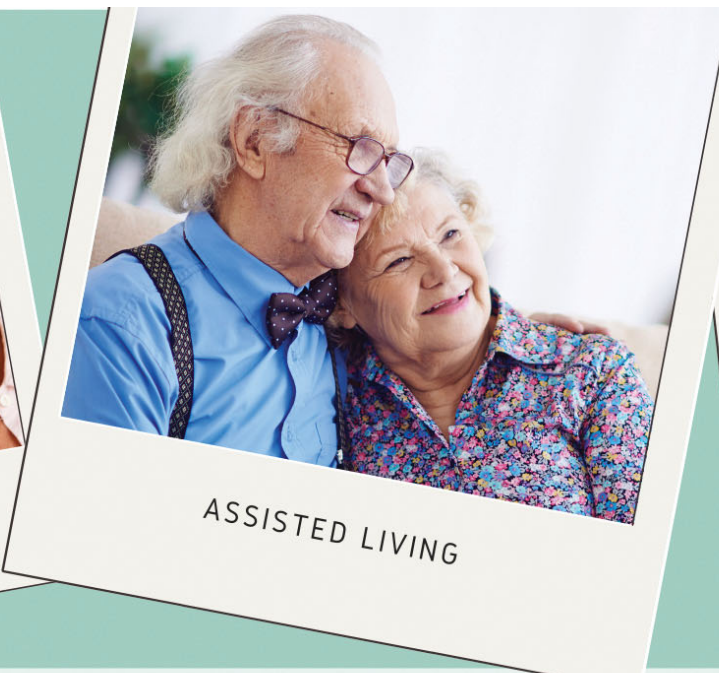
It is inevitable that more data will emerge in the future to shed light and teach us something new about how to live with this illness. We are all tired of adapting, and fearful of what is around the corner. Our bodies and mind feel the stress. Control what you can control:

1. Minimize your risk whenever possible.
2. Remember to find joy in every day.
3. Don't live in fear and isolate yourself completely.
4. Practice Active Cycle Breathing – it is good for all of us!
5. Remember that COVID-19 can't kill what really matters – love, kindness, respect. Practice daily!

Lookabaugh-Deur founded Generation Care in 1999 and is a practicing physical therapist with 40 years of clinical experience. She is board certified in Geriatric Physical Therapy (GCS) and a Certified Exercise Expert on Aging Adults (CEEAA). She currently works as the Director of Clinical Services for Ivy Rehab Network, a rehabilitation organization with 229 clinics in 11 states.

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BY TARIN PAPARELLA, DPM

Foot & Ankle True or False

Many people have questions about their feet. Can you guess true or false for these questions?

The itchy peeling skin on my feet will get better if I put lotion or Vaseline on them.

False! Peeling skin could be a result of a fungal infection. No matter how much lotion you put on your feet, the skin will continue to peel until you treat the fungus. The margins of the dry skin may look like a "moccasin" type shoe with red bumps. If you notice this, you should apply an anti-fungal cream for a few weeks. Two other causes of dry skin are neuropathy and psoriasis. These conditions cause the sweat glands in your feet to malfunction and not provide enough moisture for the skin.

As long as you can walk on your foot after an injury, it is not broken.

False! There are 28 bones in the foot, some big and some small. It's possible that one of the smaller bones is broken that may not hurt when you walk. These bones can shift out of position and eventually cause chronic pain. It's best to seek treatment from your podiatrist if you had a significant foot or ankle injury. And yes, your podiatrist can treat broken bones and perform surgery if it needs to be fixed.



Over-the-counter (OTC) inserts work just as well as custom orthotics for most people.

True! For many people, a GOOD QUALITY OTC orthotic provides good support and mechanical correction for most foot conditions. Custom orthotics are usually only necessary for patients with unique foot structures or deformities that will not conform to a generic product. Custom orthotics are also expensive because most insurances do not include them as a covered entity. When purchasing an OTC product at your local shoe store or pharmacy, look for an orthotic that has a hard-plastic piece in the arch that won't bend or flatten out when you stand. OTC inserts usually last about 6 months to a year depending on how much you wear them. I would, however, recommend custom orthotics for patients who are wearing out their orthotics quickly. Long-term, custom devices may be more cost effective because they last 5-10 years or longer.

Plantar warts and calluses look similar.

True! Both warts and calluses have thick skin that builds up in an area on the bottom of the foot. Both problems may be present for a long time and not go away. Good news is there is a way to tell the difference if you look closely! If you shave down the thick skin and notice little black dots or a disruption of the patterned skin lines, you have a wart. The little black dots are capillaries that develop as a result of the wart virus, which are not present in a callus. Warts can be treated with topical products or a laser. Calluses have a normal skin pattern and are a result of mechanical stress. Therefore, they are treated differently.

Dr. Tarin Paparella is trained in both forefoot and rear-foot reconstructive surgery, correcting conditions such as bunions, flatfeet, and traumatic injuries. She is physician at Shoreline Foot & Ankle Associates with offices in Mukwonago, Fremont, and Ludington. www.shorelinefaa.com

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Keith's World Fishtown

BY
KEITH
SIPE

The water of Lake Michigan, as well as Lake Superior, Lake Huron and other Great Lakes, is very high again this year, as it was last year. It doesn't seem there will be any changes later this year; it just keeps rising.

In Leland, also known as Fishtown, the water is causing issues with the buildings along the Leland River mouth emptying into Lake Michigan. Leland is one of my favorite small towns on the coast of Lake Michigan. My wife and I enjoy this little Fishtown very much. When we are visiting this beautiful place the cameras are very busy capturing every moment.



Back in 2007, I took a photo of the tree, in the photo to the left, in front of what is now Two Fish Gallery.

This is a Champion Cottonwood tree. It was planted by Ozzie Cordes back in 1901. Because of its age and the increasing risks from falling limbs and branches, the town decided for safety reasons to take the tree down in November of 2011. It was over 100 feet tall, 20 feet in circumference, with a 76-inch diameter.

A very big tree, indeed! It was decided to leave a stump, around 20 feet tall, I would say. A great way to



remember the magnificent tree that once stood tall and shaded the surrounding area.

As you walk west down the sidewalk, it takes you to another beautiful part of Leland: the area along the channel where many people enjoy walking along the dock and visiting the small shops. It's one of my favorite areas to enjoy while visiting Fishtown.

The last week of January, while visiting the area with some friends we noticed much activity taking place at the Cheese Shop location on the river. The Cheese Shop had been removed by a crane a couple of weeks before and moved to the parking lot



while its foundation was being restored and raised.

Walking along the dock you will see old weathered shanties, like the smoke house, candy store and many others. Racks of fishing nets are set out to dry for the next adventure at sea.

Left: Cheese Shop sitting in parking lot while foundation is being restored.



Left: This is the area by the water where the Cheese Shop is located, while it is being built up.



There are boats docked along the decks in the summer time awaiting their next voyage. So much to see that I am sure you would like to take a trip there sometime this year.

Leland has many wonderful things to offer during your visit by the shores of Lake Michigan. I have been there many times over the years and enjoy each visit as if it was the first time.

To the left is one more photo of the dam flowing water out to the Big Lake.

Keith may be reached at rightseat-625bg@gmail.com Please drop him a note, he loves the attention, well, he would love to hear from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon.

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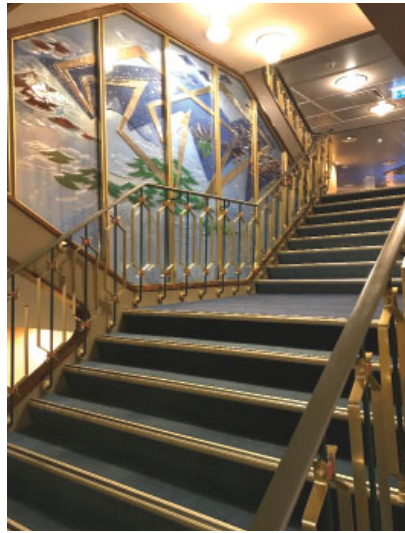
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The Graying Globetrotter A Mid-Century Marvel Lives On



BY
JAY
NEWMARCH

If you are interested in stepping back into a mid-century wonderland, there's no better way to fill the bill than to step aboard the *S.S. Rotterdam*. The ship, which launched in 1958, is now permanently moored in the harbor that provided its name.

With just a few existing examples left, of the hundreds of ocean liners that once plied the oceans well into the seventies, I knew I had to take advantage of the chance to see this ship while visiting the Netherlands last year.

Her forty plus years on the open sea was a relatively long career, even though her years as a true ocean liner were relatively short. This was due largely to the fact that by the time she was designed and built, in the mid '50s, air travel was already cutting into the lucrative transatlantic ocean liner business. In fact, she was permanently pulled from transatlantic service just 10 years after her maiden voyage.

But, because her owners, Holland America Line, had their sights on the future, she was designed from the very beginning with an eye on the cruise business. Her conversion for her new world of cruising involved only a small refit. She sailed the waters as a cruise ship for another 30 years. A popular ship with an impeccable pedigree. The last great ocean liner designed for the great Holland America Line.

Because she was designed as the flagship of Holland America Line's fleet, she was designed to be an ambassa-

dor of Dutch style and culture. From her beginnings on paper, she was designed to be of the future, not the past. Entering service in the late '50s, she was considered outside the box. But she stood the test of time. Her look and configuration were copied again and again for future cruise ships.

In 1988, Holland America Line was acquired by Carnival Cruise Line, and because of the new stricter restrictions and safety requirements for cruise ships, they considered renovations for the *S.S. Rotterdam* to be too expensive. She was then acquired by Premier Cruises and sailed as the *S.S. Rembrandt* for another thirteen years.

When Premier Cruises went bankrupt and shut down, the ship found herself without an owner or port of call. She was laid up in Freeport, Bahamas, along with her Premier sisters. Without prospects, her future looked grim. But in 2004, she was saved from the scrap heap with an eye of returning her to the Netherlands.

Over the next four years, she was escorted from Gibraltar to Cadiz and then on to Gdansk and Wilhelmshaven as she was restored to her former glory. In 2008, after almost fifty years traveling the world, the *S.S. Rotterdam* returned home for good. Her fans in the Netherlands greeted her as she took her place as the prominent Grande Dame in Rotterdam's harbor.

Today, she is a member of the Dutch WestCord Hotel family. Incidentally, WestCord also owns Hotel New York, housed in the restored home base of the historic Holland America Line (HAL). Together, these two encapsulate the long history of Holland America that began way back in 1873. Over that time, countless immigrants, business people and travelers helped to create the history that is now enshrined in the *S.S. Rotterdam* and the restored HAL offices.

I had the great opportunity to stay on the *S.S. Rotterdam* and then visit this former head office, enjoying a meal in one of the restaurants that are now a part of that building. I believe the Hotel New York is a fitting tip of the hat to this building's one-time history as a temporary place of accommodation for European immigrants en route to their next life.

If you are a fan of ocean liners, travel or history, you will enjoy a stay at either or both of these great examples of ocean travel. Whether to enjoy the history and architecture of HAL's old headquarters, or the beautiful mid-century design and fittings that have been so lovingly restored on the *S.S. Rotterdam*, you are in for a treat. If you find yourself in Rotterdam, don't miss the opportunity to miss these jewels of days gone by.

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.

Proactive Care Planning for COVID-19



BY KELLY
ST. MARTIN,
LMSW

The fear and uncertainty we are all feeling related to COVID-19 is real and it is understandable. During so much uncertainty amid the COVID-19 pandemic, the one thing you can control is who speaks for you if you cannot speak for yourself. The best time to plan for future healthcare choices is before a medical crisis occurs. It is more important than ever that your loved ones and healthcare team understand what matters most to you in the event that you become seriously ill.

Why is this important now?

Having a conversation before a medical crisis occurs allows time for reflection about how a serious illness may impact your health and your life. It helps you:

- Think about your values and goals,
- Reflect on healthcare choices you may have to make if you become severely ill,
- Choose a person who can make decisions for you if you cannot make them yourself,
- Talk with this person and other loved ones about your goals, values and preferences.

Who else should be included in this discussion?

We encourage you to choose someone you trust to make decisions for you and include them in this discussion. This person is called a healthcare agent and can support you with complex medical decisions and would make decisions for you in the future if you are unable.

It is important that you choose a healthcare agent or dedicated decision maker who is willing to:

- Accept this role
- Talk with you about your goals, values and preferences
- Follow your decisions (even if they do not agree with them), and
- Make decisions in difficult moments.

Start the conversation by talking about what matters most to you.

There is no way to tell if a sudden illness, such as COVID-19, could leave you unable to make your own decisions. Your healthcare agent and loved ones may need to make decisions about treatment options. By giving direction ahead of time, your agent, loved ones, and doctors will know what matters most to you.

This conversation will help them to know your answers to questions such as:

"What is most important for you to live well? For example, if you were having a good day, what would happen on that day?"

"What personal, cultural, or spiritual beliefs do you have, if any, that would impact your care?"

"What do you want if you became very ill? For example, would you want your medical care to focus on living longer, maintaining health, or comfort care?"

"What worries you most about this situation? What fears do you have?"

"What else would you want us to know about what is important to you at this time?"

Understanding the complications of COVID-19 in the context of your current medical condition will help you weigh the benefits and burdens of treatment options – from your perspective.

What is an advance directive?

It is important to write down your goals, values and preferences. In addition to conversations with your healthcare team, we recommend that you use a document called

an advance directive or power of attorney for healthcare document. This allows you to choose a person who can make healthcare decisions for you. This person will only make decisions if you cannot make them yourself.

These can be tough things to talk about especially in these uncertain times. Think of these conversations as a gift of love to those close to you. Knowing your decisions, goals and values will be a great comfort to them. They will not have to wonder if they are making decisions you would want them to make.

Essay adapted from Respecting Choices article also entitled Proactive Care Planning for COVID 19.

Kelly is the Advance Care Planning Coordinator for Chartered Healthcare Planning Coalition and a social worker for Harbor Palliative Care. Kelly has been promoting healthcare conversations for over two decades. When she is not encouraging the community to complete their advance directives, she is juggling the schedule of two teenagers or lounging on one of West Michigan's pristine shorelines.

For almost four decades, Harbor Hospice has provided compassionate end of life care for terminally ill patients and their families, addressing medical, emotional and spiritual needs regardless of ability to pay. Serving residents of lakeshore West Michigan, their team of professionals and volunteers connect patients and families with resources to align their goals of comfort and improved quality of life.

As a leader now in palliative and hospice care, Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being.



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Question: My husband has been in poor health for some time and doctors have recently diagnosed him with Amyotrophic Lateral Sclerosis (ALS)—commonly referred to as Lou Gehrig’s Disease. I’ve heard Social Security has a “fast track” for some people who are disabled. Would you tell me about it?



BY
VONDA
VANTIL

Answer: We have two processes to “fast track” applications for disability benefits. Our Compassionate Allowances initiative allows us to fast track certain cases of individuals with very severe disabilities. There are dozens of different types of disabilities that qualify for this expedited decision, including ALS, and that list continues to expand. Learn more about Compassionate Allowances and

see the full list of conditions at www.socialsecurity.gov/compassionateallowances.

Another way we speed up decisions is with our Quick Disability Determinations initiative, which uses technology to identify applicants who have the most severe disabilities and allows us to expedite our decisions on those cases. Read more about Quick Disability Determinations at www.socialsecurity.gov/disabilityresearch/qdd.htm.



Question: How does Social Security decide if I am disabled?

Answer: For an adult to be considered disabled, Social Security must determine that you are unable to do the work you did before and that, based on your age, education, and work experience, you are unable to adjust to any other work that exists in significant numbers in the national economy. Also, your disability must last or be expected to last for at least one year or to result in death. Social Security

pays for total disability only. No benefits are payable for partial disability or short-term disability (less than a year). For more information, read our publication, Disability Benefits, at www.socialsecurity.gov/pubs.

Question: Will my eligibility for the Extra Help with Medicare prescription drug plan costs be reviewed and, if so, how often?

Answer: If you get the Extra Help, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for Extra Help and receive all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: Social Security Administration Review of Your Eligibility for Extra Help. You will have 30 days to complete and return this form. Any necessary adjustments to the Extra Help will be effective in January of the following year. Go to www.socialsecurity.gov/prescriptionhelp for more information.

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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Designing Your Disaster Plan

BY
CHRISTINE
WISTROM

When the Coronavirus crisis hit, many people found their emergency preparations were inadequate. The problem is, Covid-19 is only one of the potential disasters we might face and many of us have not prepared for any of them! I thought it might be worthwhile revisiting how to design a plan for disaster response.

There are many things that can force us into depending on our emergency plan, not just a pandemic. Sometimes we forget that normal life can bring dangers into our circle and threaten us too, such as an accident resulting in a chemical spill, civil unrest, natural disasters, radiation leaks, etc. In those instances, having a plan is our best first response! We may have to survive for days before help can get to us.

When designing a plan for how to respond to an emergency situation, think about who you can call on for help, no matter what kind of help you might need. Make a list of family members, caregivers, and friends you could call if you needed someone to care for you, transport you, care for your pets if you couldn't, etc. Try to come up with more than one name as you may well have more than one need! If your support network would be expected to come

into your home and provide care or do things for you, do they have a key? Do they know where you keep your Advanced Directives for Medical Care paperwork?

If you require special procedures related to your disability, such as dialysis, have you thought about what you could do if the site has been shut down? Where else could you go? Include in your plan alternative sites to go for procedures, and the people who might be able to help you with transportation.

If you use a service animal, do you have all the supplies you need for it? Keep at least a week's worth of extra food and water on hand for you and your pets. Be sure you have tie-out equipment on hand, and whatever else you need to keep your pet comfortable too.

Do you have identification with you at all times? It may be wise to carry a card with the members of your support group listed, as well as their contact information, your medical condition, medications you are taking and with the dosage, frequency and insurance information.

If you use Assistive Technology items, do you have back up? For example, if you use a power wheelchair all the time, what would you do if the power went out and you could not charge



your battery? It would be a good idea to have a manual wheelchair in storage to use for backup.

The Coronavirus was a wake-up call. We don't know what might happen, but we can make some preparations ahead of time to help get us through the next disaster. I hope you'll take the time today to make your plan. If you need

help, please don't hesitate to give me a call! 616-396-5326.

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

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How Does Your Garden Grow IV

“The Genius of the Place”



BY
JANET
HASSELBRING

Genius and Gardening? Hmm... I read two stories recently that got me thinking about how I might add a few touches of genius to my garden come spring.

1. The story, *Genius of the Place*, by Stephanie Barron (Jane Austen Mysteries), is set in the summer of 1805, at Jane's brother Edward's palatial estate in Godmersham in Kent. A murder occurs at a horserace. The

plot thickens as Humphry Repton (a murder suspect himself), is hired to improve the estate. His picturesque vision of transforming the English countryside introduces us to the world of landscape design/gardening, an underlying theme in the story.

In her series, Barron casts Austen as a sleuth. She incorporates real life events gained from Austen's letters, blending fact and fiction into clever mysteries, stemming from Austen's "wilderness" years, after her father died, leaving Austen, her mother, and sister shuffling from relative to relative.

"The landscape artist captured a distant prospect of an ancient hillside, surmounted by cypress and a few tumbled columns: the mood one of desolation and peace, a glorious past recalled and now thankfully put to rest." (*The Genius of the Place*)

Repton, last of the great 18th century landscape artists, said, "All rational improvement of grounds is necessarily founded on dogged attention to the character and situation of the place to be improved." Alexander Pope agreed: "Consult the genius of the place in all."

In America, Repton's "genius" is evident in Central Park, Biltmore Estate, National Zoological Park, and

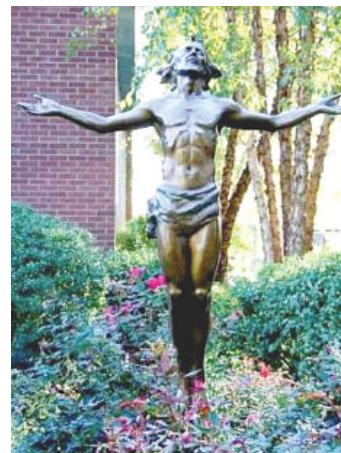
the University of Chicago, to name a few of the many creations of his disciple, Frederick Law Olmsted. Olmsted, calling himself a landscape architect, felt his projects differed significantly from those of "mere" gardeners in their "elegance of design" – the creation of a composition in which all parts were subordinated to a single, coherent effect. His garden classic is aptly named, *Genius of Place*.

When touring the Isle of Wight, one of Repton's "picturesque visions," Olmsted exclaimed, "Gradually and silently the charm comes over us; we know not exactly where or how."

2. Hans Hugenberg knew about genius. A horticulturist and landscaper in Italy, he was the chief consultant for the government, giving advice on everything from design of national parks to the layout of official residences.

"His gardens extended in balanced and regular patterns, but with a twist and flair distinctively his own. He blended sunlight and shadows, sunken ponds with sloping fields and tunneling arbors, straight lines with curving pathways and curious steps. His only regret was that he had neither the time nor the space to have a garden of his own." (*100 Bible Verses*, pg. 23)

When he retired, Hans purchased a villa outside of Rome, with a quaintly designed garden in the rear. Overgrown, crawling with rodents, and infested with weeds, the garden needed a master's touch.



Hans knew what to do. He traveled to Naples, where he found a 10-foot sculpture of Christ at the moment of His ascension. Christ's hands are lifted upward in blessing, His feet on tiptoe as though leaving the earth, His eyes look lovingly downward at those left behind.

After bringing the statue home, clearing away the debris and laying a foundation, Hans set it in place and began designing the garden around the figure. Every plant, every path, every pond, was dictated by its character;

every tree and flower selected in proportion and uniformity of the ascending figure of Christ; every line and lawn led the eye to the uplifted hands and downward gaze of Jesus. Weeds were pulled and rats evicted under the loving gaze of the risen Lord. All parts were subjected to a single coherent effect.

Jesus was the centerpiece of Hans's garden; the genius of the place. May He reign in your mind, heart, and home this Christmas. As far as the genius of my place, stay tuned....



Janet lives in Michigan with her husband, Don and Welsh terrier, Maggie May. Jan drags herself off the tennis and pickleball courts occasionally to write. Her book series, *Tales from Pelican Cove*, features wild/shorebirds from FL and beyond, and a second series, *Country Dairy*, describes life on her family farm, in west MI, in the 1930s, when her parents lived and worked on the land. Her piano gets lonely because she chooses to whack fuzzy yellow balls instead of tickling its ivories.



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Martin's Meanderings

It's a Tree Thing



BY
CLIF
MARTIN

I like trees and trees like me. I talk to them and they answer me. I sit under them. I hug them. I take endless photos of them. I have not climbed one lately, but I just might do that. I should be thinking about Christmas trees these days, but I am living in the past summer when my yard was gloriously green. I am blessed with two huge maples just a few yards apart.

I feel a poem coming on. A fellow named Joyce Kilmer from New Brunswick, New Jersey, wrote it in 1886. His first name was Alfred but he is

known by the middle name, Joyce. His poem, "Trees," was published in 1914, just a few years before the U.S. entered World War I. It begins, "I think that I shall never see a poem lovely as a tree." The last line says "Poems are made by fools like me, but only God can make a tree." If you haven't read it or heard it sung lately, look it up. You might want to go out and say nice things to a tree.



Joyce Kilmer is mainly remembered for that poem, but there is so much more to his life story and his tragic death. He was a well-respected journalist, poet and lecturer. He was

compared to G. K. Chesterton, one of the great British writers of the time. Chesterton and Kilmer both wrote enduring Christian works, and Chesterton created Father Brown, the priest who solved crimes.

Kilmer enlisted in the New York National Guard in 1917 and was sent to France. He was killed by a German sniper's bullet at age 31.

I was glad to see that Joyce Kilmer is well remembered in his home state. If you travel to New Jersey you will see his name on a service area, a park, several schools, a museum and a street. North Carolina is home to the 3,800 acre Joyce Kilmer Memorial Forest.

Next time you see a lovely tree, thank Joyce Kilmer for writing about it and thank God for making it.

Clif wants you to know that Joyce Kilmer's father worked for Johnson & Johnson and he invented their baby powder. Stay tuned for more important things you need to know.

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

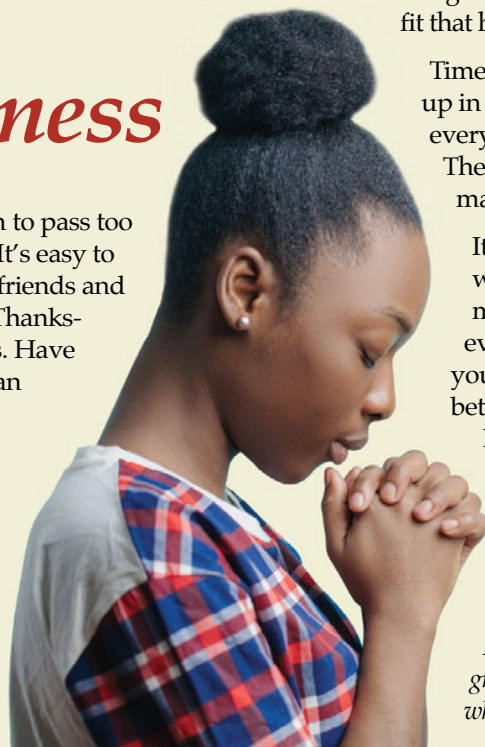
Soul Food

The Gifts of Thankfulness

The last two months of the year can seem to pass too fast with all our family activity, friendships, and traditions. It's easy to get caught up in the pace of our lives due to travel, visiting friends and neighbors, shopping, and preparing for special events like Thanksgiving and Christmas, let alone birthdays and anniversaries. Have you ever thought that it's nice to be retired so you can take an easier pace as you plan for the gatherings?

I know that some of us have family who have moved away to obtain jobs, or for schooling that led to jobs in another city or state. We can be thankful for mobile phones and the internet that keep us connected and provide visual chats; the visual part didn't happen for our parents or grandparents!

Today's mobile phones are such a blessing, aren't they!? I get nervous if I have left my phone behind or if it's running



out of charge while at a store, event, or when traveling. My Jeep has more than one power cord to charge either my phone or iPad, using that round plug-in space that years ago used to be just the cigarette lighter! Hope you have stopped smoking like I did long, long ago!! Now I have newly invented plugs that fit that hole in the dash -- to create power sources for cords!

Time has always been a gift. Now that I am 71, that gift has gone up in value! Thankfulness has made its way into my conscience every day; and every day my thoughts and prayers come easier. These COVID-19 days have caused us all to assess what really matters in our lives.

It does not matter if your prayers are short, even just a few words. You can pray thoughtfully, without speaking; but don't miss out on praying out loud whenever you desire, and wherever you are. Remember to pause before the "amen" in case you get a response. The wonderful gifts of prayer are how much better you feel, how much easier you breathe, how your needs in life become clearer, how the Spirit feeds you and directs you -- filling your heart with thanksgiving, directing your path for the hours or days ahead.

Rev. Gilbert Boersma, BBA, MDIV, is a retired United Methodist pastor of the (former) West Michigan Conference, and board-certified chaplain. His wife Sara is retired from Muskegon Community Mental Health and offers counseling privately, part-time. Their two sons and three grandchildren also live in Muskegon. Gil offers spiritual direction for those who have interest. You may contact him by email: boersmagil71@gmail.com

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BY
JERRY
MATTSON

Home Craftsmanship

Over the years, the Fruitland Township home of Walt and Dee Terpenning has been remodeled a few times. When was it built? That was a question the new insurance agent asked. Since they did not know for sure, the insurance company did a records search and called to tell them the house needed to be inspected. Why? Because it was built in 1815. The house did pass the inspection. Not only was it built over 200 years ago, but around 1900 a rather unusual “Michigan basement” was added.



“Michigan basement” is a term used in and around our state for a crawl-space that was later excavated to the depth of a basement. They are usually shallower than a normal basement and require the occupant to duck to avoid banging his or her head on the floor framing or the furnace ducts. These became popular in the 1920s.

I grew up in a farmhouse with a shallow basement and can attest to the dangers of not ducking and often banging into a cast iron septic line, especially when wearing a ballcap.

This is not an issue for the Terpennings. The distance from the bottom of the basement to the dining room floor joists is about six feet. What makes this



added basement unusual is its circular shape. Bricks are stacked 25 inches high creating a circular shelf 26 inches wide with an outside diameter of 15 feet. From the outer edge, the round basement wall, also made of bricks, reaches near the floor joists. Access to the basement is through a removable hatch in their dining room floor, unnoticed as it is concealed in the wall-to-wall carpet. There is no evidence another entryway ever existed. A furnace, water heater and a water storage tank occupy the lower part of the room.

In years gone by, Dee would use the

mortar-capped horizontal surface as a storage area for canned fruits and vegetables, including peaches and tomatoes. She was probably not the first person to do that. When still young, one of the sons in the family said he’d like his bedroom to be down there, using the shelf as a bed, but that remained only a wish.

There is no “standard” for a Michigan, or Ohio or Indiana, basement as each house presents its unique challenges. Generally, a distance of about four feet was left between the foundation of the house and where the new basement was dug, to prevent undercutting of the original footings. Lateral soil pressures are generated by the weight applied by the original footings and soil is squeezed inward, toward the basement. The circular design in this house would sustain any pressure

much better than a construction with straight walls.

For more information, search Michigan basements on the Prugar Consulting website, prugarinc.com.

Dee has lived in the house since 1963 and Walt since their marriage in 1976. From the road, their house appears much like other aging homes in the area, but an interesting part of history lies beneath it. Here, their round version of an added basement has withstood many decades of use and appears it will continue to do so. This is a testament to the workmanship of a bygone time.

Jerry is in his seventh year of writing for Senior Perspectives and, until now, has been above ground for all his stories. This interesting basement has taken him to new depths.



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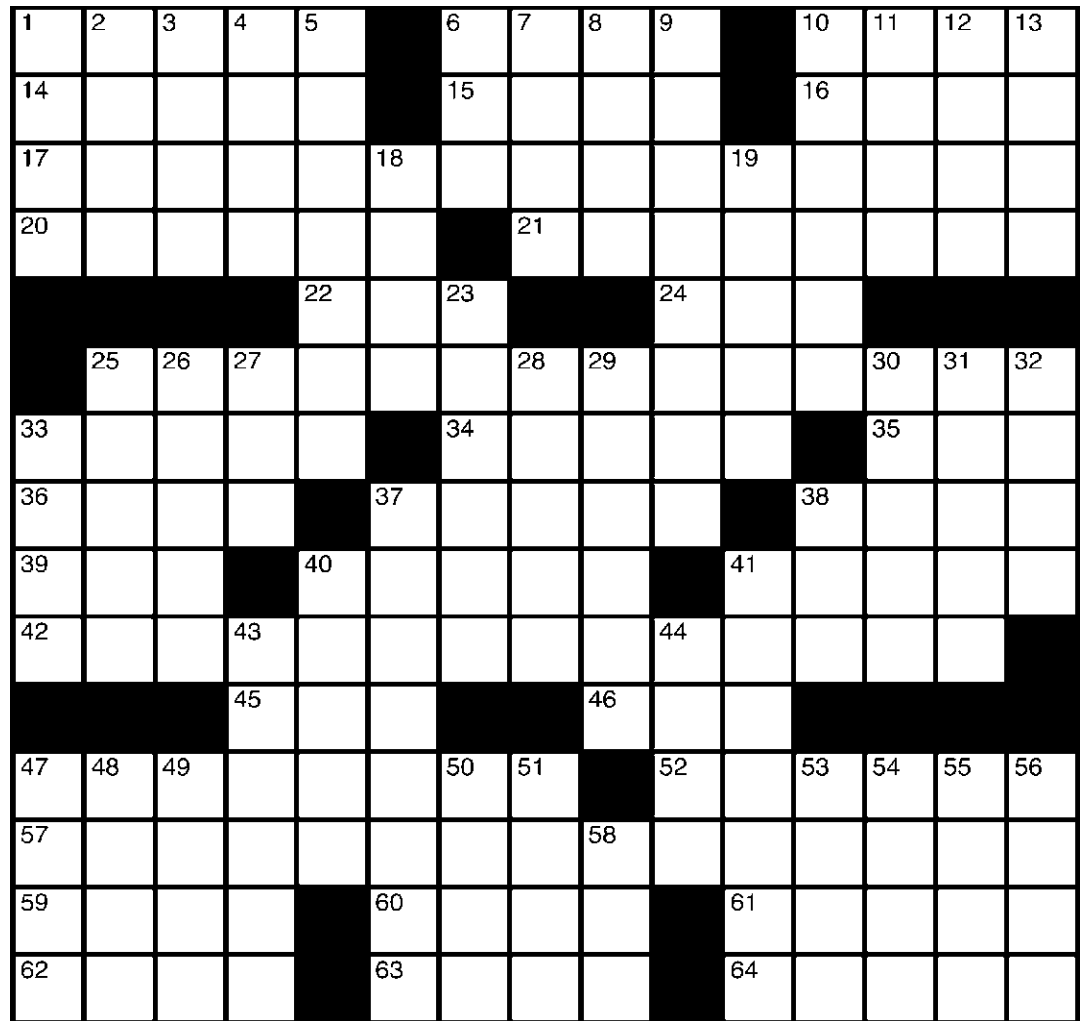
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ACROSS

- 1 Rene of "Ransom" (1996)
- 6 Not as expensive
- 10 A bit loopy
- 14 Part of "the works" on a burger
- 15 Old man, in German
- 16 Needle case
- 17 1950 Gloria Swanson film
- 20 Peanut butter choice
- 21 Like wax fruit
- 22 Note from one who's shy?
- 24 Laser pointer chaser
- 25 1979 Jim Henson film
- 33 Get out of bed
- 34 Jazz instruments
- 35 Peruvian singer Sumac
- 36 Squirrel's hoard
- 37 Credited in an endnote
- 38 Place to tie up a boat
- 39 24-hr. cash source
- 40 Equestrian
- 41 "That's ___!": "Piece of cake!"
- 42 1988 Demi Moore film
- 45 News initials
- 46 ___ bunt: productive MLB out
- 47 Looks at closely
- 52 "John Wick" star Keanu
- 57 2002 Woody Allen film ... or what each of the last words of 17-, 25- and 42-Across can be
- 59 "Garfield" dog
- 60 Baseball family name
- 61 Dalai Lama's land
- 62 Have a craving for
- 63 Appraise
- 64 Clairvoyants

- 26 Blackjack request
- 27 Handy Scrabble tile
- 28 Eucharistic plate
- 29 Applies, as pressure
- 30 Competing (for)
- 31 "Know what ___?"
- 32 Wyatt of the Old West
- 33 Future MD's class
- 37 1860s North-South conflict
- 38 Letter before omega
- 40 Settle, as a debt
- 41 Climbs
- 43 Rental from a renter
- 44 Tortoise racer
- 47 Website with step-by-step instructions
- 48 "Star Wars" sentence inverter
- 49 Tiger Woods' ex
- 50 1970 Kinks hit
- 51 Chimney residue
- 53 Actress Falco
- 54 Vague feeling
- 55 The "E" in DOE: Abbr.
- 56 Some NCOs
- 58 Deserving



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DOWN

- 1 PBS painter Bob
- 2 E pluribus ___
- 3 Chinese: Pref.
- 4 Fair-to-middling
- 5 Previous
- 6 Chem class
- 7 Fair-haired Wells race
- 8 Flabbergast
- 9 Chose
- 10 Actor Danny who appears in M&M's commercials
- 11 Run ___: drink on credit
- 12 Roll and bind, as a sail
- 13 Laundry soap brand
- 18 Commandment pronoun
- 19 Red-wrapped cheeses
- 23 Positive aspect
- 25 "The ___ is out there": "The X-Files" catchphrase



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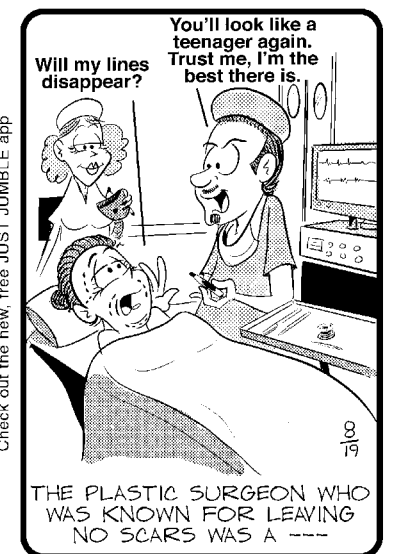
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THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

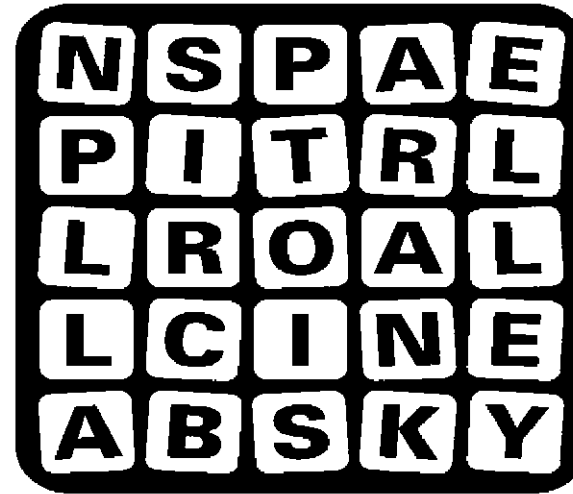


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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

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By David L. Hoyt and Jeff Knurek



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Senior Perspectives Game Page Answers on Page 27

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Authors of West Michigan

From Obsessions to Written Words

BY
TRICIA
McDONALD

Although she can't say why or how, one day "seemingly out of the blue," Sue William Silverman realized she wanted to write her own stories, in her own voice. Before this mental leap, she had been writing speeches and statements for politicians on Capitol Hill, and then as a writer for a historic preservation organization in Galveston.

That's when she stopped writing for others and started writing fiction. She had several novels written when her therapist suggested she write her memoir. She switched genres from fiction to creative nonfiction and finally heard her own authentic voice. "I was meant to be a memoirist and essayist," Susan said. "I can't write fiction." Now those unpublished novels collect dust in her basement.

With her therapist's encouragement, Sue wrote her first memoir, *Because I Remember Terror, Father, I Remember You*, published in 1996. Since then she has written and published two books of poetry, three more memoirs, and a guide to memoir writing.

Sue's ideas for books come from the parts of her life with which she is obsessed. The themes range from growing up in an incestuous family, to an eating disorder, a "quirky quest" for spirituality, and a fear of death. "Clearly, I have many obsessions," Sue said. Writing about her obsessions helped her understand them.

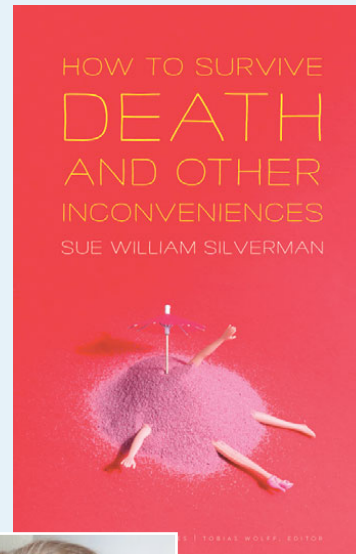
When Sue gets up in the morning she starts writ-

ing and continues for as many hours as possible. She doesn't sit around waiting for inspiration, but writes for that "one word that might light a fire." She doesn't outline and often doesn't know where a book will begin. This may sound strange since the stories are of her life, but the writing itself is an act of self-discovery.

"I don't understand the deeper meaning of any given event," Sue says, "until I write it."

How to Survive Death and Other Inconveniences (2020), Sue's latest memoir, was written when Sue realized she had never written about her fear of death, something that definitely haunted her. She wanted to understand her fear, along with understanding its origins. In this memoir, Sue also explores emotional and spiritual deaths such as divorce, illness, loss and addiction.

In addition to her memoirs, Sue writes poetry. Her most recent collection is *If the Girl Never Learns* (2019). She doesn't choose what she's going to write next, but the work chooses her. "When one



of those obsessions wells up inside of me and won't let go, I write it."

She doesn't have a favorite author, but instead favorite books. Those include books by strong feminist and lyrical writers such as *Wide Sargasso Sea* by Jean Rhys, *The Lover* by Marguerite Duras, and *White Horses* by Alice Hoffman.

Born in Washington, DC, Sue moved with her family to the Virgin Islands, and after that to New Jersey. From there, she has lived in Boston, DC, Galveston, Missouri and Georgia. In 1995, she made her way to Grand Haven and lives there with her partner,

Marc. Although no place calls to her as a "sense of home," she stays on the shores of Lake Michigan due to its beauty and quiet, "except during Coast Guard Festival."

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

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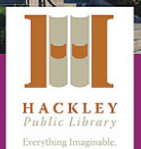
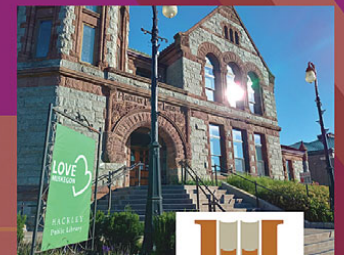
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BY
JOE
STAPEL

Fraud Guard is another Muskegon County program to protect Seniors from fraud involving their property or business. This program is offered through the Muskegon County Register of Deeds.

Imagine coming home from vacation to find someone *living in your home!* Someone who says they bought it!

Imagine trying to settle an estate of a senior member of your family and finding out there are loans against the property that you know they never took out against their property. This is Property Fraud.

In Muskegon County there is a free service to protect you or your loved ones from this type of property fraud. It is called property **Fraud Guard** and it is free of charge.

What is Fraud Guard?

Fraud Guard is a simple tool that helps protect you or your business from becoming the victim of fraud. Fraud Guard notifies you via email when your name is on a document being recorded in Muskegon County. With Fraud Guard you can stay informed about how your name is connected to a

property.

The FBI reports that white collar crime is on the rise. These are complex schemes involving fraud and theft.

If you live in Muskegon County you can register for Fraud Guard by visiting the Muskegon County Register of Deeds on line at www.co.muskegon.mi.us/deeds.

Click on Fraud Guard in the blue menu and you will be taken to a page to register your email with the County. You will be asked to enter variations of your name or business name. After register-

ing, a confirmation email will be sent. When the system finds one of these name variations on a document, you will be notified via email with a link to the newly recorded document.

Take advantage of this program to protect yourself against property fraud.

Please stay safe.

Joe Stapel has a degree in Criminal Justice from Ferris State University. He has worked as a police officer for three different agencies in Muskegon County for 20 years full and part time. He also was a Licensed Private Investigator in The State of Michigan for nine years. Joe also worked for the Meijer Corporate Loss Prevention Office in Grand Rapids for 28 years as a Security Officer and as the company's first Safety Specialist. Joe previously worked for Baker College of Muskegon as the Campus Safety Director with a staff of 27 armed officers and eight dispatchers. He worked as the Ordinance Enforcement Officer for Laketon Township in Muskegon County for three and a half years.

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BY
JOEL
DULYEA

Passage

It was cold and windless that November morning many years ago. Soft snow blanketed the dimly lit forest.

Dad had seated me next to a tree, then disappeared deeper into the woods.

Warm and snug in my insulated red hunting clothes, I watched fat snowflakes drift silently, filling the air and anointing the forest with calm. Just after sunrise, when the snow stopped, I settled against the tree and closed my eyes — for just a minute.

Hunting was a rite of passage for my three older brothers who had been in these woods with Dad. It seemed inevitable I would have my turn. A hunting camp had been established here, north of Baldwin, before I was born. But when the olive-green army surplus tent burned up, my uncle Bob Eyestone acquired another

place to stay. So, the night before I was initiated into the clan, we were cramped together under the hissing of a Coleman lantern in Uncle Bob's deer hunting cabin.

During a card game of razzle-dazzle that continued late into the night, tall tales were told by my uncles. When we climbed into our sleeping bags, we lay in a homemade triple bunk bed; dad and me in the claustrophobic bottom rack, and the two upper decks for my snoring uncles who exchanged volleys in their sleep throughout the short night. I hoped their squeaky upper bunks would not collapse upon Dad and me.

Early morning, the smell of pancakes, bacon, and eggs cooking in a cast iron skillet roused us to the breakfast table. After an injection of percolated coffee and hot chocolate we followed the headlights of our car through the dark until we turned onto the familiar two-tracks that led to the

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old hunting camp. From there, hunters fanned out into the forest. Somewhere in those hardwoods I closed my eyes for just a minute. Four hours later, I awoke. Midday sunlight revealed hardwood trees, naked but for scraggly patches of dead leaves. The calmness of the forest seemed within reach, like I could almost touch it. Within the aloneness I was not alone. Thoughts drifted into consciousness to disturb the moment. Where is Dad? Should I wait here? Should I find my way out?

Grey light revealed the footprints left by our earlier walk under darkness. The trail of snow-dusted prints led through the woods to the two-tracks, which returned me to the hunting camp just as my uncles arrived. When Dad emerged from the same trail I followed, the coffee and hot chocolate were ready. The steam from our mugs mixed with talk; did anyone see any sign of deer? No one did. I wondered if Dad too had fallen asleep against a tree.

After lunch, I followed Dad and Uncle Bob back up the snow-covered two-tracks, onto the earlier trail, past the site

of my morning nap, and deeper into the woods. We came to a small opening with a large, thigh-high stump. At the edge of the clearing, a farm fence disappeared into the woods in opposite directions. Dad left me on the stump and followed my uncle; their red and orange disappeared into a thicket as they searched for another clearing.

They are all gone now, save one; the generation that was great to us.

I live in a house next to a hardwood forest that harbors many species of animals, including whitetail deer. When it is cold, I do not like to sit outside on our deck. But, this November, I hope we get a windless, cold morning, with fat snowflakes and a calmness that can almost be touched. I will think of them waiting for us. I will settle into a chair and close my eyes — for just a minute.

In Memory of K. Wayne Dulyea Sr.

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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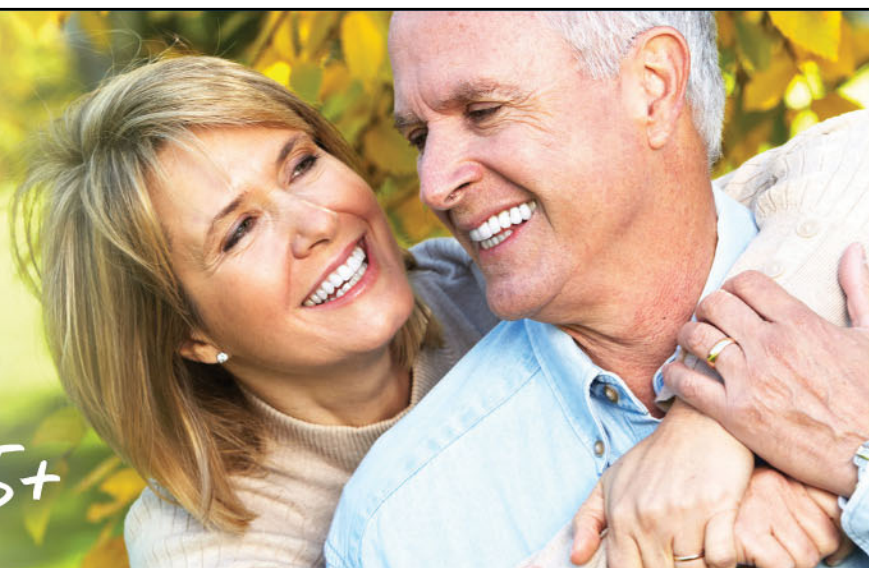
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Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Eastern Pumpkin Bread

- | | |
|----------------------------|----------------------------|
| 1 15 oz. can pumpkin puree | 2 teaspoons baking soda |
| 4 eggs | 1 teaspoons salt |
| ½ cup vegetable oil | 1 teaspoon ground cinnamon |
| ½ cup applesauce | 1 teaspoon pumpkin spice |
| 2/3 cup apple juice | 1 cup walnuts, chopped |
| 1 teaspoons vanilla | 1 teaspoon nutmeg |
| 2 cups white sugar | ½ teaspoon ground cloves |
| 3 ½ cups all-purpose flour | ½ teaspoon ground ginger |

Preheat oven to 350°. Grease and flour three 7x3 inch loaf pans. In a large bowl, mix pumpkin puree, eggs, oil, applesauce, apple juice, vanilla, and sugar until well blended. In a separate bowl, stir together the flour, baking soda, salt, cinnamon, nutmeg, pumpkin spice, cloves, chopped walnuts and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean. If using larger loaf pan, bake for additional 10-20 minutes depending oven and pans. Also makes great muffins and freezes well.

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.

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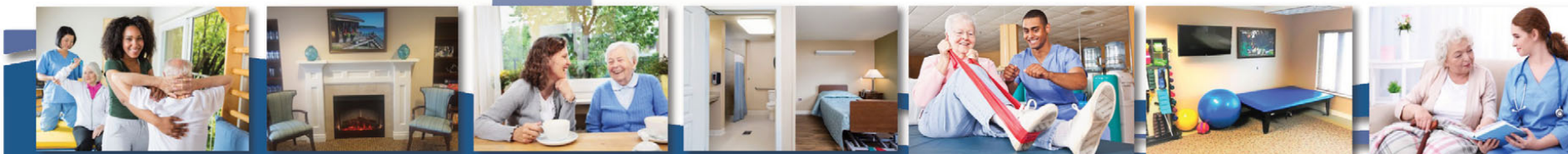
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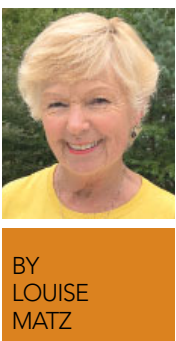
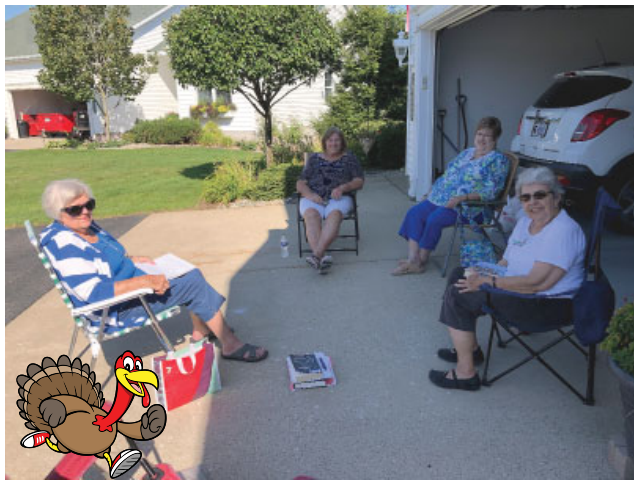
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BY
LOUISE
MATZ

Book Clubs

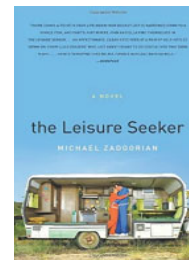
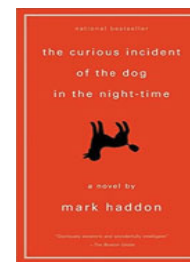
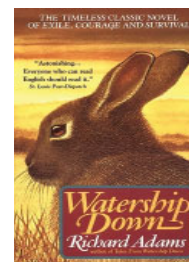
There are so many reasons to join a book club. For some, it's primarily social. For others, it's the thrill of sharing and discussing a book you've recently read. For me, I think it's the pressure to read a book I would not otherwise have chosen. The first time it happened, I accepted the group choice but I was rebelling internally. However, more often than not I discovered it broadened my horizons. Often it was a revealing learning experience. Over the years, there has been only one book that I refused to finish reading.

It takes time to read, obviously. I didn't join a book club until after retirement. Now I belong to two book clubs. One of them met at Barnes & Noble. Now with COVID we meet via Zoom. The other club met at a local restaurant and has been meeting in a driveway. Not too sure what we'll do when the snow comes.

There are many formats. Both of my clubs choose books as a group and everyone reads the same book for each month. Last year one club decided to begin choosing books from different genres. I particularly enjoyed the classics we chose. Sometimes discussion is very structured and we follow discussion questions, which are easily obtained on-line or sometimes are included in the book. Other times discussion is spontaneous. There are book clubs where each member reads a different book and then gives a book report to the group. Recently, one book club I know chose just one meeting of the year to each read a different book and report back on their personal choice.

The social aspect is not a small thing. The book club is a rich bonding experience. So many times someone has an experience relating to the book being discussed, enriching the entire experience. "Knittin' for Britain" came up in a recent meeting. I had never heard of it! Apparently, it was a program to support Great Britain after WWII. According to member Jan Sieplinga, her entire 4th grade class – boys and girls – spent time regularly knitting squares to send to Great Britain.

It's always interesting to hear a different point of view or a different impression of one of the book's characters. Every now and then a light bulb goes on when someone men-



tions a pertinent aspect of the book that I missed entirely!

We all have favorite books and authors. Here are a few of mine that I would highly recommend. Some are old and some more recent. If you are so inclined, choose one and ENJOY!

Hillbilly Elegy, J.D. Vance, non-fiction

11/22/63, Stephen King, fiction

Riding the Bus with My Sister, Rachel Simon, non-fiction

If the Creeks Don't Rise, Leah Weiss, fiction

Britt Marie Was Here, Fredrik Backman, fiction

Blink, Malcolm Gladwell, non-fiction

Watership Down, Richard Adams, fiction

The Curious Incident of the Dog in the Nighttime,

Mark Haddon, fiction

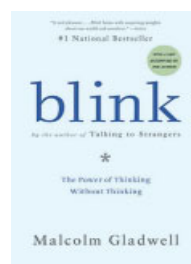
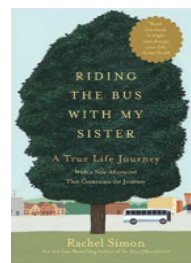
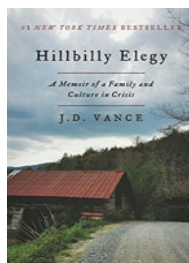
Free Air, Sinclair Lewis, fiction

The Leisure Seeker, Michael Zadoorian, fiction

The Book Thief, Marcus Zusak, historical fiction

Still Alice, Lisa Genova, fiction

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



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The Four Freedoms



BY
DICK
HOFFSTEDT

On January 20, 1941, Franklin Delano Roosevelt was inaugurated for an unprecedented third term as President of the United States. Prior to his inauguration, he delivered what was technically the 1941 State of the Union address on January 6. It was dubbed the "Four Freedoms Speech."

The "Four Freedoms" had been on his mind for some time. He proposed four fundamental freedoms that people everywhere in the world ought to enjoy. They were Freedom of Speech, Freedom of Worship, Freedom from Want and Freedom from Fear.

In the second half of the speech, he lists the benefits of democracy, which include economic opportunity, employment, social security, and the promise of adequate health care.

The first two freedoms -- of speech and religion -- are protected by the First Amendment in the United States Constitution. His inclusion of the latter two freedoms went beyond the traditional constitutional values protected by the U.S. Bill of Rights. FDR endorsed a broader human right to economic security and included the "Freedom from Fear" against national aggression, which had plagued nations for centuries.

Nobody quarrels with the first two freedoms, speech and worship. It's the last two that have caused a severe split in our political discourse. Freedom from want and fear? That's Socialism! Or is it? What is a government for? To collect taxes and provide for a military establishment? Anything the government does could be considered a social-ist program.

I look at all of this through an article I wrote for *Senior Perspectives* in the Sep./Oct., 2019 issue titled "We the People." It focused on one part of the preamble to our constitution which was "to promote the general welfare." That's what our founders thought a government should do.

So, I think FDR was on the right track with the last two of his Four Freedoms. Our citizens deserve no less.

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 65 years. Richard has six children, five grandchildren and four 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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2020 Holiday Plans



BY
ROLINA
VERMEER

Holiday preparations and celebrations will likely be a bit different this year. I'll not be attending big parties and open houses...such a great opportunity to see folks in a relaxed setting and enjoy catching up. And "getting together for lunch" is not on my calendar anymore. Even our family gatherings will be smaller, and most will probably be virtual, for the most part. Life seems slower and simpler now that we've had to be so careful with social distancing and businesses not all running at full speed just yet!

Thanksgiving will be small and simple, I'm sure. Will the traditional community Thanksgiving feast be advisable? We'll see. Likely not in the same festive manner to which we have been accustomed. But I'll still be grateful and feel there is so much to account for in my grateful heart. Gratitude cannot be sequestered.

This year, I'll really miss singing Christmas carols in church and other gatherings, but I'll likely play more music at home. I have wonderful memories of family Christmas gatherings with cousins, all of us gathered around my aunt at the pump organ, singing our hearts out! My mom and dad had beautiful singing voices, as did my aunt and uncle and I think we cousins developed a real appreciation for harmony and the power of music to elevate the spirit! Maybe I'll reconnect my electric piano and practice playing Christmas carols, just for the reminiscing pleasure it brings.

Every year I resolve to send Christmas cards but somehow never get to it to the degree I used to, years ago, before Facebook, email and Instagram greetings. This year would be a good year to resurrect that lovely practice and I'm sure family

and friends would enjoy getting a card in their mailbox. I know I always do.

I'm not so keen to spend time Christmas shopping this year. I'm careful but not generally fearful, however shopping has lost its allure. So this year I am thinking a well-chosen book might be the most thoughtful way to enhance my giving experience, and hopefully the receiver's as well. I was given a lovely book of prose last year for Christmas and have enjoyed it many times throughout the year. When I was growing up a new book of my own was always something I looked forward to.

In those days, our gift giving was done on Christmas Eve. Mom served Christmas treats on her doiled, silver platter and she and dad always enjoyed a glass of port while the children had punch or hot chocolate, all of us dressed up and gathered in the magic light of the Christmas Tree. Christmas morning was reserved for church and then a gathering with cousins where we exchanged homemade gifts and cards and shared a big Christmas dinner! So this year, in honor of those special memories, and to fill our hearts with Christmas magic, I think a glass of port and a Christmas book might be extra special on Christmas Eve!

The end of the year is generally a time to look to the future, perhaps set a few goals and make new plans for travel, recommit to a creative project, maybe a renovation, or (my favorite) updating my reading list!

How will you celebrate your holiday this year?

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



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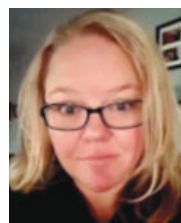
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Do you recognize any of these people?

Your help is needed!



Hundreds of vintage photos are donated to The Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. We would love to locate someone from the family and get the picture back to them! If you know them, please give me a call and let me know! This could be a new subdivision, or a building downtown! We have no idea! Can you help tell us?



BY
DELICIA
EKLUND

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 16 & 17

R	U	S	S	O		L	E	S	S		D	A	F	T
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9	6	3	8	1	4	5	2	7
8	2	7	5	6	3	1	4	9
4	7	2	3	5	6	9	8	1
1	8	5	9	4	2	7	6	3
3	9	6	1	8	7	4	5	2
2	3	8	4	9	1	6	7	5
6	1	4	7	3	5	2	9	8
7	5	9	6	2	8	3	1	4

Boggle Answers:

PIN BALL LANE SCORE SPLIT
SPARE STRIKE ALLEY

Jumble Answers:

CARGO SHOVE COTTON PRIMER

ANSWER:

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