

Senior Perspectives

LAKESHORE EDITION

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SEPTEMBER | OCTOBER 2019

Pg. 7 – Aging at Home ■ Pg. 10 – Medical Transportation
Pg. 16 – Grand Canyon ■ Pg. 24 & 25 – Game Pages

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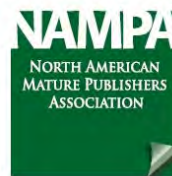
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LAST WINNER: RANDY STUHAN OF CASNOVIA
The beach chair was found on page 27 in the river trip story.



BY GIL
BOERSMA,
M.DIV.

Soul Food

Teresa of Avila

Teresa of Avila was a Carmelite nun, reformer, mystic, and writer in the 16th century. She was born in Avila, Spain, and took her surname from

her mother, Beatriz de Ahumada. Old Christian names were chosen to hide the family's Jewish origins. Teresa's status as a descendent of converted Jews contributed to suspicions against her.

As a teenager she was fond of romantic fantasies of knights and ladies, which were her mother's favorite literature. Finally, Teresa's experiences in a convent inspired her choice to become a nun. At 20 years of age Teresa left home to join the Carmelite Covenant of the Incarnation in Avila, and made her vows two years later. At 39 she experienced true forgiveness after serious illness and suffering the inability to walk for nearly three years. Her recovery came after being introduced to deeper forms of prayer, due to

the compassion of her uncle. (The foregoing back-ground source: *The Upper Room Dictionary of Christian Spiritual Formation* - 2003).

Whenever the awakening of the spiritual dimension of life happens, it is best to have, or find, a mentor to help you with sound guidance. Often, one may already be in fellowship with a faith tradition; if not, the choice of a community of faith needs patience and study. Once you are on your spiritual journey, life opens up your soul in meaningful and inspiring ways; it is as if your heart has opened up to people and choices you had not noticed before. One does well to relax and avoid rash decisions. Becoming aware of the spiritual side of life can be overwhelming. Remember this: what has opened up to you is a new relationship. As an adult, you know from



experience that relationships should not be rushed; just being happy that life has opened up to greater meaning is enough. You have become aware of the deepest reality that will not disappear, unless you choose to turn away, rejecting any choice you are invited to make.

This new faith journey you have discovered cannot be kept secret. If you feel uncomfortable with this, go to someone with whom you have a high degree of trust. Tell this family member or friend that you have come to them to discuss a matter that is very personal and challenging, and you need to share this in confidence. If you sense that praying together (before or after you share) would be your desire, speak this request early in your visit. When you choose to share matters of faith with a trusted family member or friend, don't be surprised to sense a new feeling or awareness; this is the presence of the Holy Spirit. Take your time. Let your tears flow if you feel them coming. You are now standing (or sitting) on Holy ground!

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ties within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the join and supporting tissues.

IS IT AFFORDABLE?

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Senior Resources' Loan Closet

What is a Loan Closet?



BY
SHANNON
ZDROJEWSKI

A Loan Closet is a program operated by Senior Resources of West Michigan, located at Tanglewood Park, that allows people to borrow durable medical equipment and home medical equipment at no cost. Our Loan Closet relies on the community for donations.

Many residents of Muskegon, Oceana and Ottawa counties have donated new and gently used durable medical equipment and supplies over the years. In turn, we have been able to loan these donated items to those in need.

Item accepted include:

- Adult Incontinence Products (Depends, Assurance, Northshore, etc.)
- Walkers
- Wheelchairs
- Bathtub/shower seats and benches
- Crutches/Canes
- Bed Rails
- Grab-bars
- Unfortunately, we do NOT accept diabetic supplies, ostomy supplies, feeding tube supplies, commodes, toilet risers, wound care products, or respiratory equipment.

Our inventory will always change, often on a weekly basis. For more information on what is available or how to donate your medical equipment and supplies to our Loan Closet, please contact me, Shannon Zdrojewski at 231-733-3570, Mon.-Fri. 8am-4pm.



Aging at Home



BY
CHRISTINE
WISTROM

Most of us want to stay in our own homes as we get older, but I'm finding as I age that it's not as easy as it once was. Climbing the steps and stepping into the living room is much more difficult than it used to be. I have arthritis and I can still move within the house fairly well, but that's only if I stay on the first floor. If I need to go downstairs for anything, it's a slow, painful walk. I worry that the day will come when I walk down the stairs and find I can't make it back up! I know I'm not alone in experiencing these bumps in the road.

Home modifications are adaptations that we make in our homes in order to improve accessibility. There are many different assistive technology items that can make it easier on us to age in place, such as grab bars by doorways and showers, or lever doorknobs. But there are also many simple changes we can make to our homes to make them more accessible. You may want to consider increasing the lighting in your home, or switching to a

telephone with adjustable sound so you can hear more clearly. You may need to think about a bit bigger project, such as a ramp, or roll-in shower.

If you are unsure whether home improvements might keep you in your own home longer or not, you may want to ask for a home accessibility assessment. Someone will visit your home and interview you regarding the types of issues you are dealing with that have a negative impact on your living independently. Issues such as:

- Can you get on and off the toilet or in and out of the shower without difficulty?
- Are you able to adjust your water temperature so it isn't scalding?
- If you use a walker or a wheelchair, does it fit through the door frames?
- Can you navigate the steps into the kitchen while carrying groceries?
- Are there extension cords in the way as you walk through the living room?
- Are there handrails on your steps to

prevent you from falling?

- Do you have trouble getting into your home because you can't fit your walker on the steps?
- Are your washer and dryer on the main floor?
- Can you reach the thermostat?
- Can you lock your doors easily?
- Can you access your emergency exit?

All of these things may affect your ability to live independently. All of them may be made easier using home modification or assistive technology. If you are interested in a home assessment, and if you live in Allegan or Ottawa County, then call Disability Network/Lakeshore (616-396-5326) and schedule one today!

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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FREE INFORMATION

FREE INFORMATION

Normandy 2019

The 75th Anniversary Year of the Allied Invasion



BY
LOUISE
MATZ

In May of this year, I took my first ever trip to France. My well-traveled sister and I booked a Gate 1 small group tour. Paris offers so much to see – the Louvre and the Mona Lisa, the Eiffel Tower, Champs Elysees. I was particularly surprised to see the River Seine and what a big part it plays in Paris life. We toured cathedrals, castles, and vineyards in Northern France. Claude Monet's home and garden was a particularly special treat. Touring and learning about making Champagne and visiting a working farm to enjoy Camembert cheese and Calvados, the region's well-known apple-based brandy, gave us a flavor of the more rural areas. The elegance of the Palace of Versailles, where the Treaty of Versailles was signed at the end of World War I, was beyond my imagination. As much as we enjoyed the elegance, the artwork, the wine and the gardens and learning about French history and culture, the most meaningful portion of this trip was the three days we spent immersed in the history of the Allied Invasion along the Normandy side of the English Channel.

To begin, after another lovely dinner, our group was addressed by a World War



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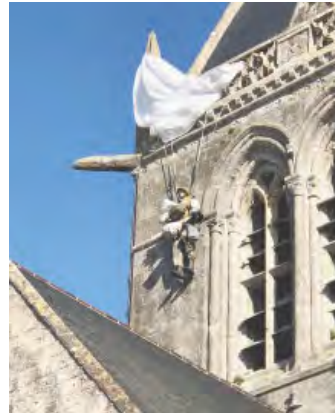
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He historian who helped us gain a greater understanding about D-Day and the beaches where the Allied forces landed 75 years ago. What an amazing story. What an incredible plan! And, what courage and sacrifice! So much I didn't know. He tied everything together for us. He told us why the invasion took place where it did and how that came about, how the five different beaches came to be named, how the Allies communicated with the French underground, the engineering required for the beach landings, and so many other details that made it come alive for us.

The next day began with a visit to Ste. Mere Eglise on the Cotentin Peninsula, where the allied invasions began on June 6, 1944, a day long remembered for the bravery and sacrifice of the U.S. troops. Private John Steele was the American paratrooper who landed on the pinnacle of the church tower in Sainte-Mere-Eglise, the first village in Normandy liberated by the United States Army. A dummy paratrooper hangs from the church spire, commemorating the story of John Steele.



Clockwise from top left: Ranger Memorial at Pointe du Hoc, Ste. Mere Eglise, View from top of bunker at Point du Hoc, Private John Steele at Ste. Mere Eglise



husband both enjoy bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys.

Our next stop was at the Ranger Memorial at Pointe du Hoc. It was here we could tour the bunkers and see the steepness of the 100-ft cliffs that were scaled by the allied forces. La Pointe du Hoc is a promontory overlooking the English Channel on the northwestern coast of Normandy. During World War II it was the highest point between the American sector landings at Utah Beach to the west and Omaha Beach to the east. We ended our day by stopping and viewing the memorials at the beaches of Utah and Omaha.

The next morning, we wrapped up our history lesson by touring the American Cemetery and the WWII Memorial Museum, with its detailed chronology of the events that took place in this region, real life-size exhibits and memorial gardens dedicated to the United States, Canada, and the British.

Golf, gardening and grandchildren were primary interests at retirement for Louise. Since that time, her interests have expanded to include walking, biking, pickleball and mahjonn. Reading and travel are also high on her list. She and her

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Senior Medical Transportation at AgeWell

Transportation to medical appointments has been a need for older adults for many years, and Muskegon County has been fortunate to have had a senior transportation program since 1986 through the American Red Cross. But that's changed. Oh, don't worry – there's still a senior medical transportation program – it's just now housed at AgeWell Services.



BY
LISA
TYLER

On July 1, the senior transportation program located at AgeWell Services in Tanglewood Park, 560 Seminole Road, Muskegon. Other than the host organization, a new phone number, and logos on the cars, not much else has changed. The staff members and volunteers all made the move from the Red Cross to AgeWell, and the goal is for the riders to see little difference.

"When the Red Cross decided to no longer support the services effective July 1, 2019, AgeWell spoke to many community partners and found an immense need for the program to continue," said Kris Collee, executive director of AgeWell Services. "AgeWell Services' Board of Directors chose to welcome this

transportation service due to the community need and how well it fit the agency's mission of providing vital connections to keep [seniors] nourished, active, learning and living independently."

Mark Evans, who oversees the program as senior manager for AgeWell Services and has managed the program for more than seven years, said he and the two part-time dispatchers came to AgeWell, along with about

90 volunteers. While the vehicles now sport the AgeWell Services logo, the goal is for clients to not really notice a change, he said.

The American Red Cross on a national level decided to concentrate on its core businesses – disaster services, services to armed forces, blood, and health and safety. Early in 2019, conversations began with potential partners; AgeWell was a great fit because of its focus on older adults, Evans said.

"I think this will be a really good opportunity for us with an agency that concentrates on services to seniors," Evans said of the move. "There's a more local feel. And with all of the healthy seniors coming to Tanglewood Park, we're hoping some will see the value in this program and become volunteers."

The senior transportation program

needs both volunteer drivers and dispatchers. Either position involves a 4-hour shift – either 8 a.m. to noon, or noon to 4 p.m. It can be once a month, or more frequent. All volunteers go through a background check; drivers also need a driver's license check. No special license is required to drive, and cars and insurance are provided by AgeWell Services. All cars have 2-way radios to communicate with dispatch.

"You need to be a good driver and enjoy conversations and meeting new people," Evans said of the drivers. For dispatchers, some multi-tasking skills are helpful, as they'll be using the computer, telephone, talking to clients and drivers on the 2-way radios.

Volunteers are essential to the program, Collee emphasized. "It is obvious that the real heart of the pro-

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served with more volunteers, Evans said. Many times, drivers and clients develop friendships. Just recently, Evans said a driver came in asking about a patient who'd been hospitalized; the driver wanted to visit in the hospital. It's been a very rewarding experience for most volunteers, he said.

"All we need is you and your smiling face."

To volunteer, call for medical transportation, or find out more, call 231-726-7090.

Lisa Tyler is the Communications Director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, a freshman at Hope College, and Nicholas, a senior at MSU. Lisa is a proud alumnus of MSU, loves scrapbooking and travel, and remaining involved in her community. She is president of the Muskegon Area Intermediate School District Board of Education and chair of the Kids' Food Basket Muskegon advisory committee.

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Personal Thoughts of Caregivers



BY JIM POWERS, LMSW

Question: Do caregivers ever reach the point in their role as a caregiver where they experience thoughts that are unsettling to them?

Answer: Primary caregivers do not volunteer for their job as care aide, driver, appointment scheduler, accountant, behaviorist and family CEO. It is thrust upon them through illness and circumstances. They do come to accept

their role of caregiver as part of a loving commitment to their family member. This responsibility does not mean they are immune to periods of sadness, anger, resentment, isolation, worry and guilt. Many caregivers do not readily discuss these thoughts and

resultant feelings with the general public or even relatives and friends.

Question: What are some of the thoughts they may experience?

Answer: Caregivers are confronted with a number of stressful circumstances in dealing with a loved one who has advancing dementia. It is perfectly normal and at times therapeutic to express their thoughts and feelings when recognizing the decline in their family member and dealing with the increased demands this decline precipitates. A major concern raised by caregivers is who would care for their family member if the caregiver were to experience an incapacitating illness. Worry about staying healthy becomes a paramount concern for them and can lead to health issues if they do not reach out to others for help and support.

Question: Can resentful thoughts cause additional difficulties for the caregiver?

Answer: Resentment can become a pervasive feeling when the caregiver has to take on multiple roles and does not see any relief from this obligation in the near future. Resentment can seep into consciousness when the caregiver has planned for an idyllic retirement in his/her golden years with their spouse only to have these plans dashed due to chronic illness. Some care-

givers have come to resent seeing couples their age in public settings who seem to be happy and healthy. Resentment can morph into a sense of guilt for the caregiver and may cause some sense of self-condemnation and lead to suppressing negative thoughts. Airing some of these thoughts to a close friend or a support group may help the caregiver recognize their thoughts are not unique to them and are normal reactions to emotionally challenging times.

Question: What is the most troublesome thought a caregiver might experience?

Answer: It is not uncommon in the later stages of the disease to wish the loved one would die. The caregiver struggles with their established value system that all life is precious while enduring the painful reality that the person they love no longer has a quality of life he/she would have wished for themselves. Verbalizing these contradictory thoughts to others can be liberating and validating as well as helping the individual cope emotionally on their caregiver journey.

Jim Powers is a licensed social worker who has clinical experience in the mental health field at the local, state and federal levels. He currently serves as the caregiver support group leader at the Little Red House Adult Day Care Services in Spring Lake. The group meets on Thursdays at 10 a.m. at the Little Red House. Jim can be reached at powersj@charter.net

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We the People

I support a simple phrase of only 52 words that were first taught to me by a great civics teacher in my 4th year of high school. Those words are the preamble to The Constitution of the United States. The Constitution had seven original articles and has been amended 27 times since its beginning. The first ten amendments are referred to as the Bill of Rights. The preamble cannot be amended. Here are those 52 words.

We the People of the United States, in Order to form a more Perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

When seen in print, you'll notice that only key words are capitalized. It is still unclear why the framers capitalized key words and not others.

The one phrase that has always been important to me is the one that states "promote the general Welfare." It has guided me as to what I believe to be one of the most important parts of the constitution.

Let's analyze those three words using any standard dictionary.

1. "Promote: 2a – to contribute to the growth or prosperity of, or 2b – to help bring into being."
2. "General: involving, relating to, or applicable to every member of a class, kind or group -- involving, applicable to, or affecting the whole -- belonging to the common nature of a group of like individuals."
3. "Welfare: The state of doing well especially in respect to good fortune, happiness, wellbeing or prosperity in the form of money or necessities for those in need."



BY
DICK
HOFFSTEDT

So, there it is in a nutshell as written by our founders. One of the purposes of forming this government was to contribute to the growth of prosperity of not just a select few but every member of our society and to aid, if necessary, in the form of necessities for those in need. Three powerful words, "promote the general Welfare."

Have we always adhered to these words? By no means. We struggled to abolish slavery from our beginning until the horrible Civil War. Reconstruction failed and was replaced by Jim Crow laws. Child labor became rampant, and many citizens, which included women and certain minorities, could not vote. Native Americans were shunted about the country and penned in like cattle. We also fought the battle against the "Robber Barons" who were putting enormous wealth in fewer hands. We're still fighting that battle.

Within the framework of that precious document is built in the ability to change. Hence the 27 amendments. Other changes came through legislative initiatives. The list of changes are many. Slavery was abolished, trusts were busted, child labor laws were enacted, voting rights were given to all citizens, Jim Crow laws were slowly abolished, social security helped seniors become less dependent on begging family and friends for enough to survive, and then seniors received medical help to make sure they didn't die before their time. All these changes were in keeping with that phrase in the preamble... "promote the general Welfare."

Is our system perfect? No system is, but ours has the ability to change things for the better. This part of the Preamble makes me feel that these three words were and still are extremely important.

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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Thinking about a gym or fitness center?



BY
JAN
SMOLEN, DPM

Question: I have joined my local gym/ and fitness center's Silver Sneakers Program and I am shopping for new shoes. I want to know the difference between a cross trainer, running shoe and walking shoe. What type of shoe is best for doing Zumba?

Answer: That's great you are taking advantage of senior discounts at your fitness center. The best shoe for doing Zumba is a cross trainer.

Cross Training Shoes: They are built on a different shoe last than a running shoe. A shoe last is the solid form around which the shoe is molded. The outsole is sturdier and more

detailed for multi-directional movements and sudden stops. They are heavier, have more lateral support and have less mesh for side to side movement. They have more cushioning in the forefoot rather than in the heel like a running shoe does. They are great for a fitness class, yoga, lifting weights, jumping rope, Zumba, and boot camp classes.

Running Shoes: They are built on a shoe last for forward movement. They have more cushion in the heels, as the majority of runners are heel strikers. They are light weight (7-9 ounces on average). They have a mesh upper for breathability and stretch. Running shoes are great for running outside or inside on a treadmill. They can be worn to walk in.

Walking Shoes: They have less cushioning than a running shoe. They have more

flexibility in the forefoot. A walking shoe with no flexibility can cause injuries. As a general rule, walkers can wear running shoes for their walks (I do), but you should not wear a walking shoe when going for a run or going to the gym.

Sources: *Live Strong.com* *New Balance*.

Question: I like to use the elliptical machine but after 20 minutes on it the balls of my feet go numb. Should I be concerned about this?

Answer: If the numbness goes away five minutes after you stop there is no reason to be concerned.

The numbness could be caused by an irritation of the nerves that run between the metatarsal bones in the foot. Switching to a shoe with less flexibility, such as a cross trainer, or placing your feet differently on the pedals may help. Also, ask one of the attendants at the gym to help you properly use the elliptical. If the numbness continues or the numbness turns into achy burning or a feeling like you are walking on a pebble that comes and goes, it could be a Morton's Neuroma, which is a buildup of scar tissue around the nerve between the metatarsal bones. If the symptoms don't improve see a Podiatrist. There are many treatment options for this such as orthotics, icing the area, massaging the area, etc.

Jan Smollen 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., MI. Jan enjoys running, hiking and kayaking with her husband Ron and watching their three children play sports.



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Grand Canyon

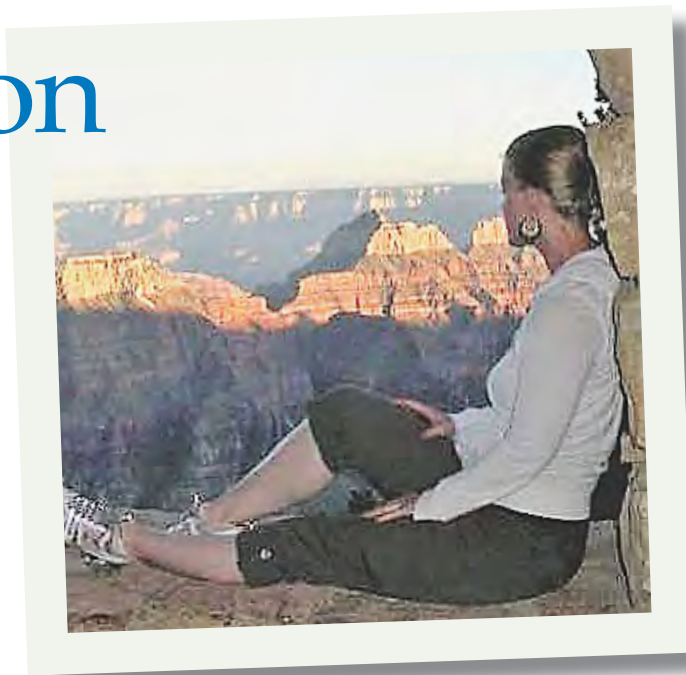


BY
JOEL
DULYEA

We arrived at the Grand Canyon National Park's north entrance before noon, after driving from St George, Utah. The vacation trip was my retirement-from-the-army gift to share with my wife and daughter. There had been opportunities for me to visit the Canyon while in the military, but this was the one site in all my travels that I reserved to see with family. I waited 28 years for that moment with Merijo and Jill; we paid the \$25 entrance fee and

entered the park.

As we approached the North Rim Visitor Center, from my peripheral vision I could sense the depths of the canyon, which elicited a fraction of panic at the imagined abyss. I quickly glimpsed through the shaded tree trunks, across the void of the canyon, a massive rock formation bathed in sunlight. The car steered away from the sight to hug the road shoulder; away from the enormous drop-off two hundred yards distant. We parked in the visitor lot and found firm footing to walk to the visitor center for brochures;



Left: Jill at the North Rim.

then to the Grand Canyon Lodge to inquire at the front desk if our room was ready. The clerk asked us to check back at 2 p.m.

So off we went for our first serious look at what is considered one of the seven natural wonders of the world. The trail to Bright Angel Point is only a half mile round trip. It is a paved pathway with hand rails at narrow places along the way. The drop off at the rails is measured in thousands of feet. On the day we first viewed

the canyon, wind was gusting to 55 MPH. The fraction of panic I felt when driving into the park increased to whole numbers. Now hesitancy accompanied me as I fell behind Merijo and Jill. At the narrowest part of the trail, I wanted to turn back. The wind gusts howled, "Stop!" I feigned calmness as an elderly woman with a walker passed by. (This didn't really happen, a lady with a walker didn't

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appear, but it makes for a better story to add her.)

It was true that I was stuck on the trail - and seemed the only person scared to negotiate it. The altitude is very noticeable. Notwithstanding acrophobia, I managed, with both hands on the rail, to cross the abyss and rescue my ego from certain belittling, and to catch up with Merijo and Jill. The altitude was noticeable in one other way. Trails along the north rim average over 8000 feet above sea level. This brought a higher heartbeat to the hikers who lived only 350 feet above sea level.

Places that can take your breath away are rare. Please count the Grand Canyon as one of the few. It will take your breath away; either on a hike or relaxing on the Sun Porch at the Grand Canyon Lodge during a sunset. The Canyon is too enormous to be captured on digital photo or in a short story such as this. It must be experienced in person. This is the Centennial Year of the Grand Canyon National Park. If you haven't been there, here are two websites to tempt you to go: <https://lib.asu.edu/grand100>; <https://www.nps.gov/grca/planyourvisit/index.htm>.

P.S. Merijo and Jill wanted to walk on the Grand Canyon Skywalk at Eagle Point <https://grandcanyonwest.com/skywalk--eagle-point.htm>. There you can view a four-thousand-foot drop into the canyon through a glass pathway. Our car refused to steer toward that destination.

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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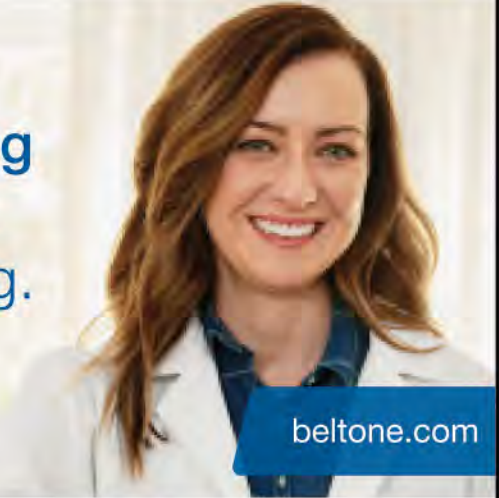
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Something to Think About



BY
JERRY
MATTSON

On December 28, 2018, Tom and Ilene Oleniuk left Houghton Lake on a three-day road trip to Auburndale, Florida. There they would meet friends and spend three months away from the snow. Due to the lack of an available room at their regular stop, they drove about 60 miles farther and

checked in to a motel in Georgetown, Kentucky. They settled in and then went out to dinner. This would be their last day together.

The next morning, Ilene got up and tried to wake Tom but found he'd died in his sleep. It was a shot out of the blue. She was shocked and alone.

Ilene alerted the front desk to call EMS. They arrived soon, followed by the Sheriff and, later, a funeral director. She was treated kindly by all concerned. Another

room was provided for her and a daughter who flew in from Orlando. Paperwork was prepared and signed. Tom, 76, was cremated the next day. With her daughter at the wheel, Ilene's trip to Florida continued.



In June of 2019, Tom was remembered at a gathering of his car friends in Houghton Lake. How many of us have been on trips with our spouse, or other traveling companions, far from home and never considered finding ourselves in Ilene's place? I know my wife and I never have. What would you do? It's something to think about.

Discuss and write down how you would want things done. Give a copy of your wishes to your close relatives; those likely to be involved in funeral plans. Better yet, meet with someone at the facility that would handle the funeral and make plans. This helps all involved, whenever and wherever the death occurs.

In the unlikely event that a death happens while on the road, decisions need to be made quickly. If the person is to be cremated, or the body prepared for shipment, a local funeral home would be involved. Funeral home personnel would also know what documents need

to be prepared and filed to comply with that state's regulations. If a death occurs in a foreign country, the complexity becomes much greater, as the U. S. Consulate becomes involved in processing required documentation.

According to information provided by Chad Davignon, Family Service Counselor at Sytsema Funeral and Cremation Services, Inc., a few thousand Americans die each year while abroad. Shipping remains to the U. S. costs are in the thousands. Within the U. S., shipping costs range from \$1,500 to \$3,000.

Davignon also mentioned that there is a MASA Out of Area Protection Plan on the market for \$449. This is a one-time fee for a policy that covers the cost of body preparation and transportation home. The company coordinates with local officials to arrange transportation of the deceased, relieving much of the stress for family members.

Death is not a popular discussion topic, but it should be talked about. Why not address some of the details now? Your wishes will be known and this may reduce the stress for your survivors. It may be time to think about it, and make preparations.

Jerry and his wife, Suzette, join several other custom and vintage car owners in Houghton Lake for annual trips to the Labor Day car show in Manistiquie in the U. P.

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BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Fruit Crisp

Filling:

6 cups sliced fresh or frozen Peaches / Cherries / Plums or combination of your choice
2 tablespoons cornstarch
Juice from 1 freshly squeezed lemon
1/3 cup granulated sugar or Splenda / Stevia (I use Stevia)

Topping:

1/3 cup all-purpose flour
1/2 cup brown sugar or Splenda / Stevia (I use Stevia)
1 cup cold butter
2 teaspoon ground cinnamon
1 teaspoon nutmeg
1 teaspoon ground allspice
1/4 teaspoon salt
2 cups rolled oats
1 teaspoon vanilla

Preheat oven to 350 degrees F.

Arrange fruit evenly in an 9x9-inch or 11 x 7 baking dish. Squeeze lemon over fruit. Mix together cornstarch and granulated sugar. Sprinkle over fruit and lemon juice.

Mix flour, brown sugar or Splenda/Stevia, butter, cinnamon, nutmeg, ground allspice and salt in a bowl using a pastry cutter until evenly crumbled. Fold oats into flour mixture; add vanilla, sprinkle and press topping into fruit.

Bake in the preheated oven until topping is lightly browned, about 30 minutes. If using frozen fruit bake additional 10 minutes.

Cathay is the Network Manager, Certified HIT Security Administrator and Certified HIPAA Security Professional Accelerated at Senior Resources of West Michigan. She also enjoys boating, fishing and spending time with her family.

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Source: U.S. Agriculture Department, TNS Photo Service



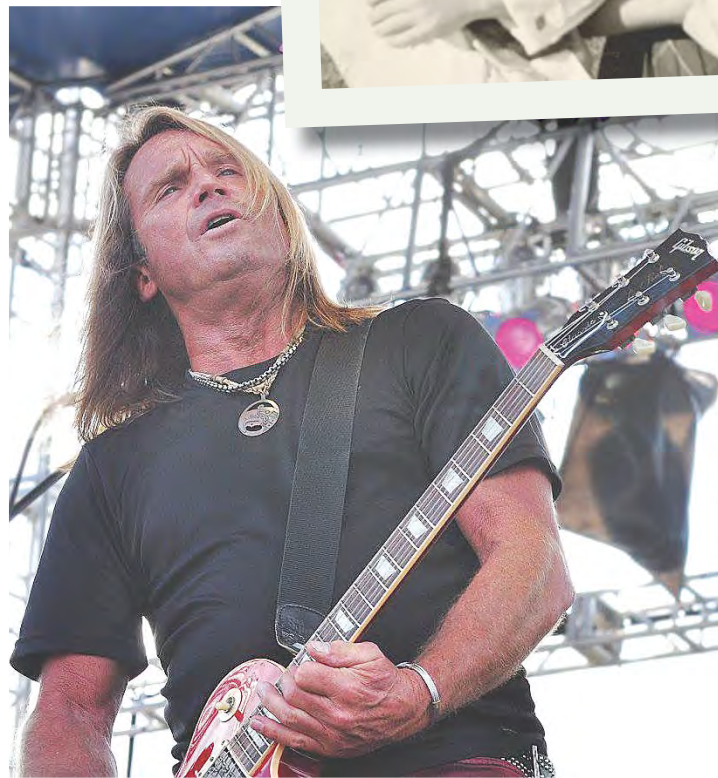
“He Got the Music Genes!”

BY JACKIE LINDRUP RDH, M.Ed.

Have you ever known one of those people who would take up a sport, like downhill skiing, and the next year be a ski instructor?

That’s what happened with music with my brother Charlie. Growing up in Grand Rapids with a more talented younger brother was frustrating, but he’s been exciting to watch. He just made it all look so easy! When we were young, Dad used to ask us kids to perform for family entertainment. He remembers Charlie playing the piano and looking out at the audience before his feet even touched the ground! We took piano lessons as kids, and I had to practice hard every day. Charlie would quickly learn a classical piece, then improvise and play the tune in a variety of ways, jazzing it up, or spinning it to sound like a Rock ‘n Roll tune.

Charlie attributes the biggest influence of his musical life to our mom, who trained as a classical opera singer in college in addition to her English teaching major. She was the soloist in the South and later East Congregational church choirs in Grand Rapids while we were growing up, and was always singing around the house. He remembers playing records for hours as a three-year-old. Eight years of piano lessons honed his theory and skills, as did singing in school and church choirs. He discovered Rock ‘n Roll music on the radio in the late ‘50s and early ‘60s listening to Buddy Holly and Elvis. At 13 Charlie decided to teach himself how to play guitar to imitate his heroes. In high school, he put together a band that played for us after the football games. They even earned money, and that sold him on the idea of being on the stage. I was a proud older sister, and amazed



he could get out in front of a crowd of kids like that and play guitar and sing!

At Michigan State University, Charlie majored in Political Science and minored in Music. But truly all Charlie wanted to do was play with the bands. He slipped away from his studies to play music any chance he could, and I think

they made him sit out a semester because he was not putting in the time with his studies. But he finished. That was a family rule! He played in a club band after college that earned him an audition for the Ted Nugent Band in 1977. He won it, and soon was recording Gold and Platinum albums with Ted (“*Cat Scratch Fever*” and “*Weekend Warriors*”) and headlining concerts all over the world. In an interview my bother did called “The Weekend Warrior Interview” about his time with Ted Nugent, he said Ted and the band let him have some wiggle room and use his creativity as the new guy in the band, which he really appreciated. The interviewer asked if there

was one particular show that stands out in Charlie’s memory from those days. Charlie said, “After a show at the Spectrum in Philadelphia, these

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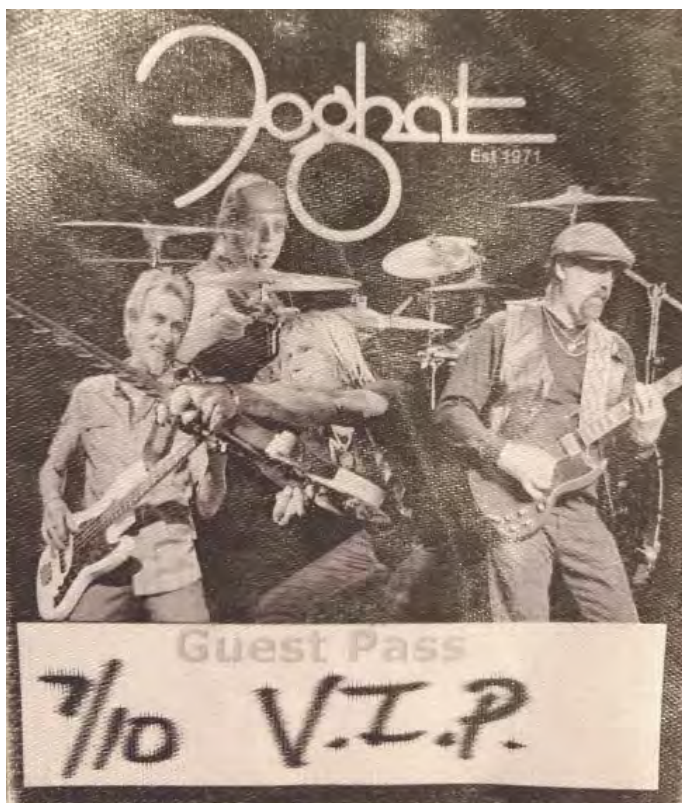
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girls jumped out of the balcony onto us as we were trying to exit the stage. Crazy, but it kind of made us feel like celebrities!" In the late 1970s I was living in New Orleans. I remember our excitement driving to Baton Rouge to hear my brother play with Ted Nugent. We snuck him out the back door with us to New Orleans for the night! We almost ran out of gas on those roads that are built high over the swamps, with no gas stations between Baton Rouge and New Orleans. We were holding our breath and praying the car didn't stop and strand us.

In the '80s he played with Gary Moore (of Irish Guitar Hero fame) and Victory, a German-based hard rock band. In the '90s he played with Humble Pie. Then the band Foghat called him out of the blue and invited him to join the band in 2000, after the passing of their lead singer / guitar player. The story was that their lead singer had personally picked Charlie to follow in his footsteps. Foghat had been around since the 1960s and was famous for songs like "Slow Ride" and "A Fool for the City." These past 20 years with Foghat touring across the U.S. doesn't account for all his time. There have also been private events, Rock 'n Roll Cruises, fundraisers, celebrity golf tournaments and special guest appearances. I think my biggest



thrill was when Foghat played twice at Summer Celebration here in Muskegon at Heritage Landing! It was so exciting to see thousands of people out there enjoying the music as the sun set over beautiful Muskegon Lake!

I remembered hearing that Charlie has "perfect pitch" and wondered what it was like. He explained, "You hear the tone in your brain and reproduce it with your voice and then you can figure out intervals easily." Really. Well, that's why you won't see me in charge of a "sound check," writing music, or singing on the stage! Ask the guy in my family who got the music genes.

Jackie Lindrup RDH, MEd. lives in Muskegon, MI with her husband Tom and enjoys traveling, hiking, biking and golfing. She is the director of Volunteer For Dental, a new non-profit in Muskegon that offers free dental care for volunteer hours. She is a 2018 award winner for travel writing by the North American Mature Publishers Association – serving the Boomer and Senior Markets. Email her at jackielindrup111@gmail.com.



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BY
JANET
HASSELBRING

For the Birds Randomness



A pair of Northern Cardinals have me seeing red this spring. Constant flitting back and forth from the feeder makes me certain they've nested in my backyard.

I envision the shebird building the nest, while the male stays close, exuberant in song. As she incubates the eggs, I imagine the male bringing her food, their bills touching slightly as she accepts the seed. Together they'll work to exhaustion feeding their first brood of nestlings.

I awake to jubilant calls, "Cue, cue, cue," "Cheer, cheer, cheer," and "Purty, purty, purty," their countering – one trilling several phrases, which the other completes, beautifully expressing the harmony of their life.

Imagine my delight when I came across a poem lauding my colorful tenants:

"Not to conform to any other color
Is the secret of being colorful.
He shocks us when he flies
Like a red verb over the snow..."
("The Cardinal," Henry Carlile)

The poem got me thinking. For all that fascinates us about birds -- the free-throated ease of their singing, their freedom of flight, beautiful plumage, and amazing migratory feats -- it's perhaps the fleeting random encounters we have with them that are the most startling, the most enlightening. The fact that I cannot will them into view, cannot time my casual observations of the garden with their flits to the feeder or swoops through the trees, makes me realize how special the random moment when our lives intersect.

Randomness is that state of lacking a pattern or principle of organization; unpredictability. "...Even the smallest of birds have the ability to disappear on a whim and a wing, and conversely to cross your path when you least expect it. The fascination and thrill of birdwatching, whether it's keeping a casual eye on your backyard visitors or trekking into the wild in search of rare species, is entirely based on the element of randomness, of knowing that what you seek may elude you, but that something equally astonishing will take its place." (*The Aviary*, Matt Merritt)

I'm reminded of an encounter my mother had with birds. It was March 1936. My father, Henry, brought his bride, Ellen, a city girl, home from their honeymoon to his small family farm in West Michigan. In my mother's memoir, *In the Garden*, I write:

"The farm is bleak in March. A grim austere landscape greeted Ellen, in her new housedress and apron, as she entered the kitchen and set about fixing breakfast for Henry, who'd left early to do the milking.

"Suddenly her excitement shifted to a twinge of uncertainty. She felt vulnerable, alone, and lost. What was she doing here anyway? She knew nothing of farm life or being a farm wife. Her comfortable leisurely life back home seemed far away indeed.

"Suddenly a flash of red flew past the window. Ellen noticed a male cardinal perched on a limb, his shebird a few branches up. A pair of cardinals, she thought, just like Henry and me. The sight of them lifted her spirits. She loved Henry with all her heart. He was a farmer; she his helpmeet, his farmwife.

"Humming, Ellen started the coffee, set the sausages

sizzling, and stirred the pancake batter. Henry would soon be home. He'd be hungry. She'd better get breakfast ready.

"Ellen's life on the farm had begun."

That moment helped set the foundation for a lifetime of faith, hope, and prayer.

Emily Dickinson's poetic words describe birds as emblems for the quick, lively, ungraspable, and wild essence that distances nature from humans, providing moments of serendipity, good fortune, and coincidences (two {random} events occurring simultaneously):

"Hope is a thing with feathers
That perches in the soul.
It sings the song without the words
And never stops at all."

My mother's faith and hope in God gave a random encounter meaning, transformed it into a coincidence, imbued with spiritual significance. I choose to think it was a miracle.

There is more sweetness in a single strain
That falleth from a wild bird's throat
At *random* in the lonely forest depths,
Than there's in all the songs that bards wrote.
("The Dew and the Bird", Alexander Pope, italics mine)

Janet lives in MI with her husband, Don and Welsh terrier, Maggie May. They migrate to FL for the winter, where Jan drags herself off the tennis court occasionally to write. Her series, *Tales from Pelican Cove*, features the wild/shorebirds of 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.

Sources: *National Geographic Field Guide to Birds and Readers Digest Book of North American Birds*



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A Caregiver's Perspective

BY
ROLINA
VERMEER

I'm feeling the passage of time.

It's been two years since my mother's passing. Two Years!!!! Life has been jam packed with, mostly, all good things. Of course all the closing chores of her beautiful life have been addressed. But, I admit, I've been distracted just enough... or lazy enough...to have a few boxes that still need to be dealt with and the jewelry boxes and some precious things I'm saving for when the grand children are ready for them...which in today's minimalist atmosphere will never come. Ah well.

My expectation was that I'd be free of the care and concern of the worldly goods of the previous generation. So

many books! So many dishes and kitchen things and mugs! The mugs! Oh my.... But the paper...it's the paper that is taking my breath away. I'm hoarding the tax returns my father saved neatly every year dating back to 1979. To what end? I'd thought they would not be waiting for me to take to the shredder, which for me is the emotional equivalent of erasing a whole portion of my accountant father's life. Yet, there they are. And until I do something with them, they will be there. I looked at my own pile of tax returns...shelved chronologically dating back more than the conventional wisdom guidelines require. I see tax returns that date back to a youth that feels like yesterday and yet at my age is literally almost a lifetime ago!

And then there are the card boxes. I think I've saved almost every birthday card and thank you note ever written to me. I call it my *feel good file* and when I'm a little down, the cards can be a real upper...cheerful, positive, life affirming! All the care



that went into those cards and notes cannot easily be dismissed. The cards I've tossed do not leave a bit of dust in my memory. But those I've saved are treasures to me now. Crazy, isn't it? The boxes of cards accumulate... yes, more than one after all these

years...and now I've had to add all those cards mom saved as well. Some of hers were written before I was born. She was a young woman at the beginning of her adult life. Her photographed youth and elegance and sweetness bring back memories of my own childhood and a way of life that's clearly left behind in today's fast paced world. I love my life today but I loved my life then, too, and miss it as I look back and remember the family events and intimate conversations with my parents.

In Mom's last years she spoke often of her childhood and the life she shared with her seven younger brothers and sisters. Mostly, she longed now for the attentions of her father and her mother. They were the people who loved her most and unconditionally. It's been two years since my mother died and I miss her more each day.

Rolina Vermeer has won several national awards for her essays celebrating the life and inspiration of her mother.

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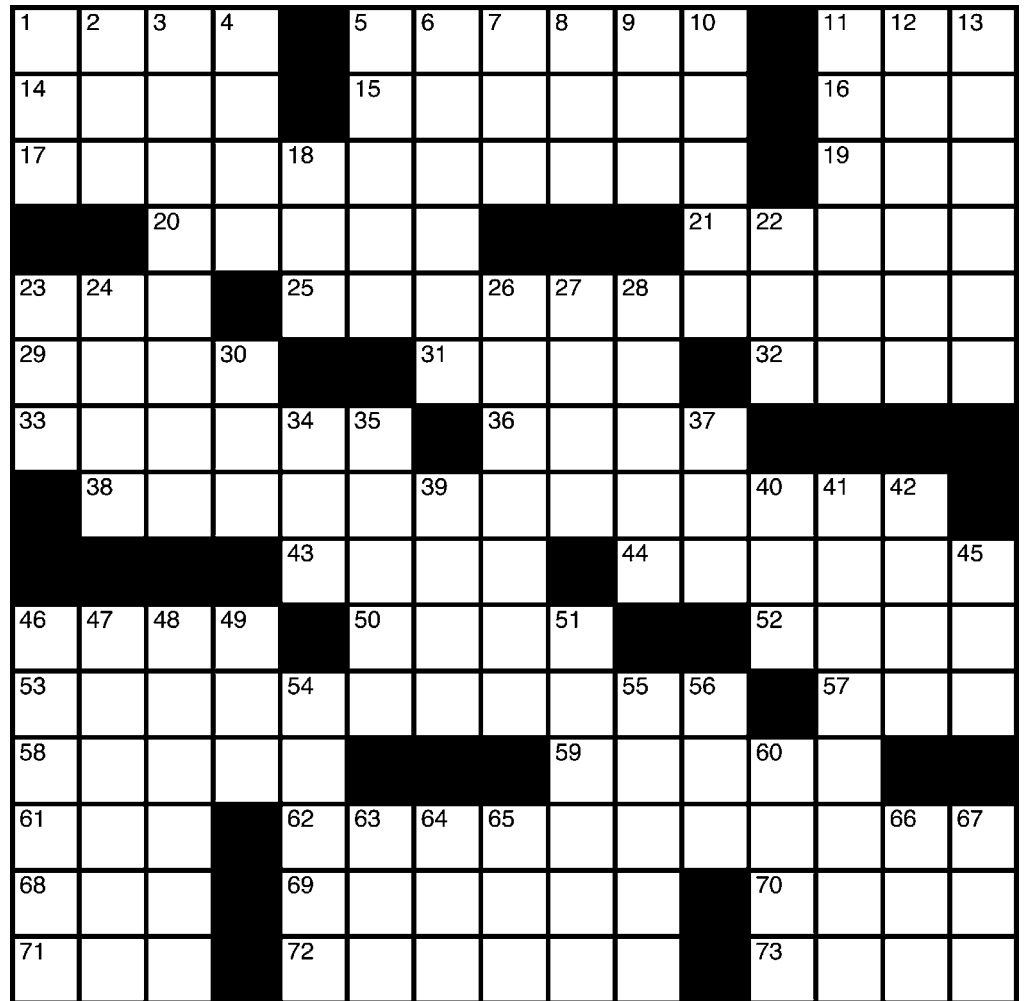
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ACROSS

- 1 "Stay out of my affairs," briefly
- 5 Briefly, e.g.
- 11 CFO's degree
- 14 Window section
- 15 Like the sound of tall grass in the breeze
- 16 "__ the ramparts ..."
- 17 Pizza topping veggie
- 19 Dusting cloth
- 20 Slugger __ Harper of the Nats
- 21 Stylish, clothes-wise
- 23 Remit
- 25 Traditional filled fare of Europe and West Asia
- 29 Preppy shirt brand
- 31 Japanese noodle
- 32 Replaceable joint
- 33 Much-photographed evening event
- 36 Showroom model
- 38 Salad staples
- 43 Unexpected obstacle
- 44 Revealing, as a bikini
- 46 Eye care brand
- 50 Savings vehicles for later yrs.
- 52 Copied
- 53 Baked-in-their-shells seafood dish
- 57 NFL scores
- 58 Car body style
- 59 Saltwater candy
- 61 Covert __: secret missions
- 62 Down payment ... and what 17-, 25-, 38- and 53-Across have in common (besides being food)
- 68 Sara of baking
- 69 Band on the road
- 70 Franc replacement
- 71 Oral health org.
- 72 Emphasize
- 73 French state

- 12 Fab Four member
- 13 Socks pattern
- 18 Metropolis served by JFK and LGA
- 22 Noah's project
- 23 Circle ratios
- 24 Blue, in Baja
- 26 Spanish groceries
- 27 Adam's second son
- 28 Fun and __
- 30 Mar.-to-Nov. hrs.
- 34 UFO pilots, presumably
- 35 Belted Forum garment
- 37 Wine barrel wood
- 39 Siena sweetheart
- 40 Through, in itineraries
- 41 Remove everything from, as a fridge
- 42 Zoomed
- 45 NFL gains
- 46 Coke competitor
- 47 Snuck out to get hitched
- 48 Queasy feeling
- 49 Strike caller
- 51 Abs strengtheners
- 54 Religious factions
- 55 Neck areas brushed by barbers
- 56 Not working today
- 60 At no cost
- 63 Museum display
- 64 Fem. campus group
- 65 Shade of color
- 66 Org. for marksmen
- 67 Tyke



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DOWN

- 1 Fuel efficiency no.
- 2 Pirate's cry
- 3 Singly
- 4 Bar pint contents
- 5 Pet adoption org.
- 6 Nerdy types
- 7 BMOC, for one
- 8 Sixth sense, for short
- 9 MLB scoreboard letters
- 10 "In Treatment" star Gabriel __
- 11 Salt brand with an umbrella girl



JUMBLE

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

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

IMCMI



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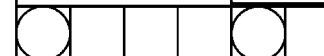
VAUAG



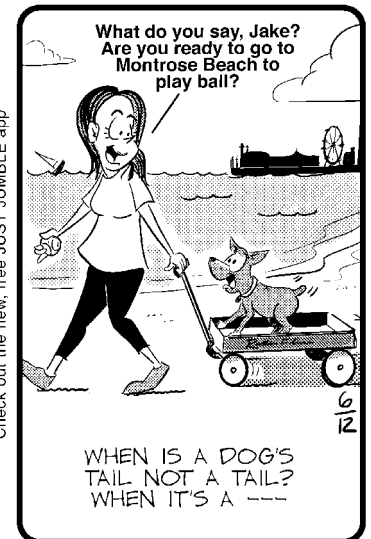
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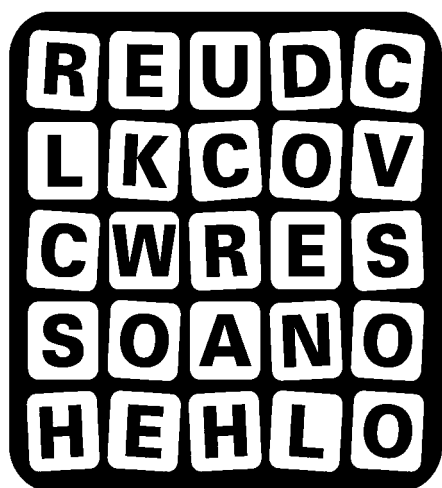
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here: " [] [] [] [] [] " "

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

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.

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- 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**

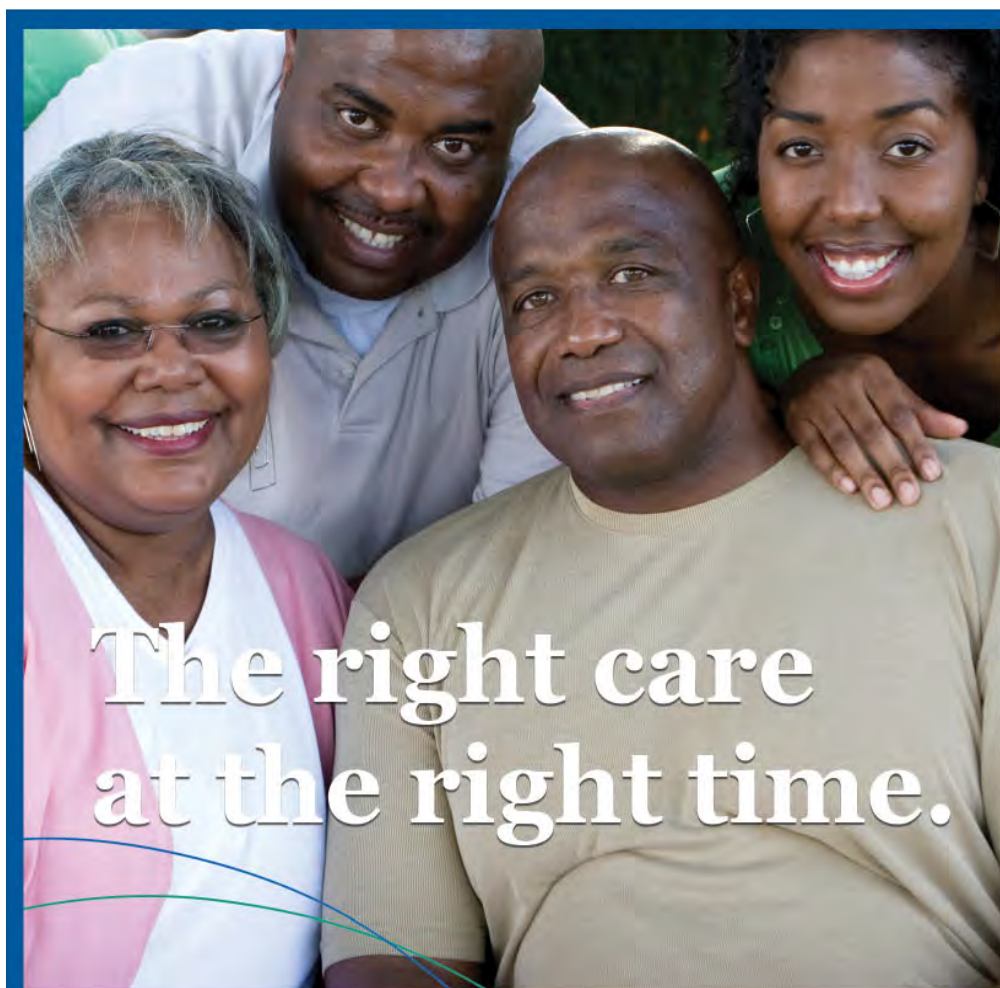
- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

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_____	_____
_____	_____
_____	_____
_____	_____



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Authors of West Michigan Ms. Hen's Pen

BY
TRICIA
MCDONALD

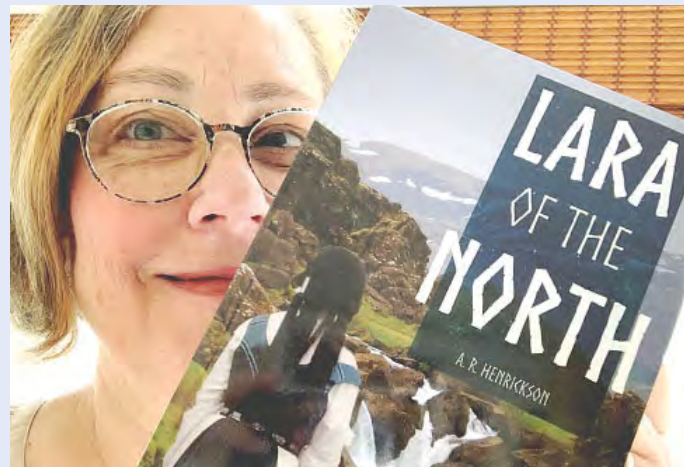
What do you name a spunky, intelligent and fun character who gets into fixes but solves her own problems? To author Amy Henrickson there was no question. Lottie Gunderson was named after Henrickson's great aunt, a career woman ahead of her time who drove a purple Rambler. "I admired everything about her bright, fun, independent, and generous spirit."

Lottie Gunderson, Girl Scientist series for young readers, was created when Henrickson, while working at an elementary school library, discovered that most early reader chapter books had thin story lines and many of the female protagonists were fairies and princesses. She believed that girls could be anything, including scientists, mathematicians, and astronauts. In *Lucky Lottie*, Henrickson's first book in the series, Lottie learns about digestion and the science fair when she swallows her lucky dime. Three Lottie stories follow with *Spotty Lottie*, *Rocky Lottie* and *Lakey Lottie*.

Henrickson, a Grandville native, got the bug to write fiction about ten years ago. Finding it difficult to tap into imaginative writing, she took courses at the Iowa Writing Summer Festival to gain the confidence to write freely without too much self-criticism. "Writing, for me," Henrick-

son said, "is a weird compulsion." She looks at her world and experiences, all day / every day, and thinks about either writing about or painting them. She gets them on paper once her thoughts are sufficiently formed.

At this time, Henrickson's favorite book is her newest fiction, *Lara of the North*, set in Iceland in 1705. It tells the story of fifteen-year-old Lara



who is travelling with friends when she is thrust alone into an unexpected three-year journey. Henrickson states that one of the most fun aspects of writing fiction is when a new character pops out of nowhere to change the trajectory of the story. "I cried when a character died in *Lara of the North*."

In addition to fiction, Henrickson also has two non-fiction books. *John Ball* is a biography of the West Michigan pioneer who donated land for the Grand Rapids, Michigan park and zoo that bears his name. *Let's Explore Mackinac Island* includes history, highlights, travel tips, a walking tour, a quiz, and many illustrations including photos and maps. Kids can use it for school reports; families planning a trip will find it invaluable with all the information compiled into one handy book.

As an elementary teacher, Henrickson was often called Ms. Hen by her students. She also had a large collection of chicken tzocthkes. One day the name Ms. Hen's Pen popped into her mind and stuck. Her daughter helped her create an orange chicken logo to go with the title, as well as her website www.mshenspen.com.

So what advice would Ms. Hen's Pen give to new writers? "Be good observers of people, conversations, and life experiences. Read. Develop a writer's eye when reading. Trust yourself and your own process."

Tricia L. McDonald is an internationally published author, public speaker and writing coach. Her Life with Sally series: Little White Dog Tails, Still Spinnin' 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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Keith's World

Trailside Restaurant New Era, Michigan



BY
KEITH
SIPE

Many years ago, I met my aunt and a few cousins at the Trailside Restaurant in New Era, Michigan. It was a nice restaurant with home cooked meals. While visiting the restaurant, my aunt pointed out some photos on the wall by the booth we were sitting in. One was a school photo from the 1920s of my aunt's husband and two of his sisters. (My mother's brother and two sisters.) I'm not sure if my mother was born at the time of the photo.

On my mother's side all of the children were born in New

Era. They attended the New Era Reformed Church. Sometime in the 1930s they moved to the south of Fremont, Michigan, on the NE corner of M-82 and Luce. It was exciting to see the photos on the wall at the Trailside Restaurant. Many relatives from the Ten Brink clan lived in the New Era area. I'm sure many are still living in the area today, and I don't even know who they are. It is a small town by most standards of today.

I have thought of searching for the old farm, but never did look into taking on the project. I'm sure I will in due time. That might be a great adventure -- digging into some old files to see what I can find.

Each year I plan an event to do with each grandchild. Last year, 2018, I called the day "Anything Can Happen Day with Papa." It is a fun day with each grandchild, Samuel, Jack, Kendell and Owen. But this day was with the second oldest, Jack.




We started by heading up north from North Muskegon, taking the back roads. It was around lunch time when we were going through New Era that I remembered eating at the Trailside Restaurant. I thought it would be a good idea to stop and have lunch with Jack and share with him the photos on the wall. I picked a booth by the photos of my aunts and uncle so that I could share with him the story of the photos. I wasn't surprised to find that Jack didn't have much interest in the family photos. I'm sure he thought, "Who cares about those old people?" But I said, "It was your great aunts and uncle," and again, I'm sure he was thinking "Who. Cares." He was more excited playing with a game

that was on the table -- a piece of wood shaped into a triangle with many holes in it that contain golf tees. You take a tee and jump another until they are all picked up, and maybe there is one left or something like that, I'm not sure.

I did interrupt his concentration once when I pointed out there was a Christmas tree still on display, but with different types of decorations. Jack said, "It's summer, why is there a Christmas tree still up?"

I would recommend stopping at the Trailside Restaurant sometime when you are up in the New Era area. It was a good place to get some good old-fashioned home-cooked food. After eating, we continued our adventure, which eventually ended in a game of miniature golf north of Silver Lake.

Keith may be reached at rightseat625bg@gmail.com Please drop him a note, he loves the attention, well, he would love to hear from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon.




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Coping with Life's Challenges

The word “cope” is a generic term that can sound as though someone is simply managing, or getting by as best they can. Many times that is an appropriate way to look at how we are dealing with disappointments, setbacks and challenges in daily life. However, it may be time to change the way we think about coping so we can increase a sense of meaning or purpose regardless of our circumstances.

At the Bob & Merle Scolnik Healing Center of Harbor Hospice, we started using a new tool to assess how a person copes with loss. The “CABLE” (Coping Assessment for Bereavement and Loss



BY BETH BOLTHOUSE, MA, LPC

Experience, Crunk, 2019) is a way to identify how we currently deal with grief as well as to uncover alternative ways to handle losses.

When we use the word “loss,” it is important to recognize that most of life involves loss. It could be a death, a change in health or level of independence, stress involving an adult child, losing a beloved

pet, or moving from our home into some type of senior housing – each of these things (and many others) are connected to a loss of some kind.

The CABLE is a research-based questionnaire that offers 28 specific strategies for coping with grief. It is used

primarily for helping someone manage and adapt to life after the death of a loved one. Some of the items listed are not often regarded as a coping strategy yet could be considered to help us cope with any type of loss.

For example, telling someone how much we love or care for them, offering an act of kindness, or nurturing someone else are ways to cope. At first these may not seem helpful when we are grieving, yet think about how good it feels when you express love or kindness to another and the sense of warmth and caring that comes back into your own heart. It helps us feel we are not alone in the world and gives us opportunities to experience a sense of purpose.

Reminding ourselves of our positive qualities and strengths is another way we can constructively cope with life's challenges. If you need a nudge to think of specific traits, check out the free Character Strengths profile at <http://www.viacharacter.org/character-strengths>. It will affirm the many good

qualities you already have!

Volunteering can be another healthy and life-affirming way to cope. It reinforces our sense of purpose and the value we bring to our world, and it provides encouragement to our own hearts and minds.

As seniors, coping with challenges in our lives does not have to be “just getting by.” We have an opportunity to be intentional about our choices and the ways we influence others. The boomerang effect that it has on our own well-being can leave a profound and lasting impact that gives us renewed energy and a path to joy regardless of our circumstances.

Beth Bolthouse, a Bereavement Counselor for the Scolnik Healing Center of Harbor Hospice has been in her counseling profession for 16 years. She is currently obtaining her Master of Science in Thanatology at Marian University.

Harbor Hospice has provided hospice care and support programs to residents in a five-county area for over 35 years.

Story references: see bottom of page 29

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BY
CLIF
MARTIN

Martin's Meanderings

Dangerous Deejay Days

I was a radio deejay for almost 50 years. Here I go again, talking about radio. Before I got into radio at age 20, I grew up listening to shows like "Mr. District Attorney." It ran for 14 years, starting in 1939. The comic book didn't come along until 1948. There were a couple of movie versions and it was also on TV. But it all began on radio.

Walter Winchell invented the term Disc Jockey in 1935. You never heard of him? You are so young. Walter Winchell was a wildly popular and influential newspaper and radio news commentator and gossip columnist from the '30s into the '50s. His gossip about the stars got him punched by Al Jolson for something he wrote about Jolson's wife, Ruby Keeler. Like lots of other radio stars, some later becoming famous in movies and TV, he had been a vaudeville performer. He knew how to give an audience what it wanted. If you are superannuated like me, you can still hear his unmistakable voice and shotgun delivery opening the show. "Good Evening Mr. and Mrs. North America and all the ships at sea. Let's go to press!" It might have changed and become more inclusive later, but that's how I remember it.

If you have the good fortune to own that issue of the Mr. District Attorney comic book, please tell me about the sinister gangland disc jockey. How sinister was he? How did they catch him? Any chance he got shot by a jealous husband? That happened at a station where I worked. Oh, the radio stories I could tell. But they must wait until my generation of record spinners has gone to that great radio station in the sky.

Clif urges you to stay tuned for his next tale that might be inspired by his 1933 Philco radio with the leg lamp on top.

References:

Crunk, E. (2019, June). *The coping assessment for bereavement and loss experiences (CABLE): Development and validation of a new scale for assessing grief coping strategies.* Symposium conducted at Webinar presented for the Association of Death Education and Counseling

Learn Your 24 Character Strengths: Free VIA Character Survey. (n.d.). Retrieved from <http://www.viacharacter.org/character-strengths>

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Safety and Security

Safety and Security Tips for Seniors



BY
JOE
STAPEL

Disasters can turn an area upside down in a day. It seems that more and more weather emergencies and power outages are occurring, and it pays to be ready. The following is a list of some items to have on hand when preparing for such events.

1. Flashlights and Batteries - A flashlight or two, with extra batteries, is essential. Many of us have a cell phone with a light on it. Be sure that you know how to use that light. A battery-operated lantern is a good thing to place on a table. One lighting idea I read about was a Crisco candle. A can of Crisco and a sheet

of paper make an excellent long-term candle in a pinch. Roll up the paper to form a wick and stick the wick into the can of Crisco. It will burn for 8 hours a day for a month.

2. Water - Having at least four jugs of water on hand is recommended in case of a power outage. A case of bottled water would also be handy. With conservative use, both could last for a very long time.

3. Food - If there is a major emergency or power outage in your area it is very likely that stores will be closed. When trees are downed, you may not be able or allowed to drive your vehicle. Experts suggest having at least a four-week supply of food available.

A supply of various canned or packaged food is crucial. Items such as Spam (canned meat), beans, canned vegetables and fruit, as well as easy to eat foods like peanut butter, instant oatmeal, and mixed nuts, are good items to have in your pantry. Each time you go shopping, pick up a few of these items. Watch for store specials.

4. Communication Sources - Experts recommend having more than one source of communication so you can call for help in various ways. With a landline (an installed phone) and a cell phone you will have a way to communicate in case one of these phones is not working. You may want to invest in a battery backup unit for your Wi-Fi connection. Also consider obtaining a battery powered radio that will keep you informed of important news and weather bulletins. A great place to look for one of these radios is Goodwill, Salvation Army, or other nonprofit thrift shops.

5. Generator - If you live in a house, you may consider purchasing a generator. An installed standby unit with a transfer switch will run from \$2,000 to \$5,000. Portable units come in various sizes. A large unit may run \$400 to \$2,500 and small units usually run \$900 to \$1,150. I had a standby unit installed several years ago. It is connected to the natural gas line, so it is ready to go. The last time we needed it, it ran for two days, providing us with the only light in the neighborhood. You who live in apartments or condos may have a main generator that runs the entire building community. Check with the housing or property manager in charge of your complex for more information.

6. First Aid Kits - Make sure that you own a well-stocked first aid kit. Most large retail stores have kits for sale. You should already have one of these kits in your home.

Until next time, let's all be safe and secure out there. If you have any questions regarding Senior Safety and Security, Joe Stapel would love to hear from you. His email is jyalan@comcast.net.

~Sources used to gather information were MLive.com and Popular Mechanics.

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BY
SARAH
MAHONEY

Did you know that an estimated 6.6% of all United States seniors 65 and older have a visual disability, according to the National Federation of the Blind? (<https://www.nfb.org/resources/blindness-statistics>) While that might not seem like a lot, the percentage is three times higher than that of the general population. Macular degeneration, cataracts, and other eye ailments contribute to this number, causing visual disabilities in the senior population. If you think about it, you may know someone who has this kind of visual disability.

If you do, know that there is a free program called the Talking Book Program, where audiobooks and players are sent to the homes of those who cannot read standard print. This is a federal program run by a branch of the Library of Congress, and is available to any resident of the U.S. A person qualifies if they are legally blind, have a visual disability that stops them from reading standard print, have a physical disability that makes holding books and turning pages impossible, or an organic reading disability.

If you qualify, they will send a digital player and talking books to your house through the U.S. Postal Service. The player is approximately the size of a hard cover book and has large colored buttons of different shapes and sizes. The players charge from the wall via a cord or can run on an included battery with up to 29 hours of life. Players are loaned for as long as the patron is in the program.

The Talking Book Program has over 90,000 titles to choose from, including some of the newest titles. Book cartridges are about the size of an index card and are mailed separately in hard plastic cases. When you sign up, you can specify which genres and authors you prefer, which helps them select titles for you. You can also call or email the librarian and request specific titles. Then you select how often you would like to get books delivered. The default sends out a book every time one is returned. When you are done listening to a book, flip the paper address card provided and stick the book case in



your mailbox to return. With magazines and downloadable books via smart device apps as well, Talking Books offers a customizable way for anyone to enjoy reading. If you would like more information about the program and live in Muskegon or Ottawa counties, please contact the Muskegon Area District Library for the Visually and Physically Disabled at 231-737-6310, or email the librarian at smahoney@madl.org. If you live in another county, you can call the main Braille and Talking Book Library in Lansing

at 1-800-992-9012 to find a Talking Book library near you. The library works hard to embody the NLS motto, "That All May Read," and this free service might help you to continue the joy of reading.

Sarah Mahoney is Lead Librarian II at Muskegon Area District Library for the Visually and Physically Disabled.

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BY
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BY
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It is Medicare Open Enrollment time. Health insurance companies are filling your mailbox full of advertising for their various insurance plans. Your television and radio are being inundated with more advertising from those same insurance companies. You are ready to unplug your phone because you don't want another robo-call asking you to join a different insurance plan. It feels like we just went through all of this yesterday and now we need to do it again!

Medicare Part D prescription drug plans and Medicare Advantage plans provide coverage for each individual calendar year, January through December. While the majority of companies keep their plans in place from year to year, they are allowed to make coverage changes to their plans each year. Premiums, deductibles and copays can change. The medications your plan covers can change. The pharmacy and doctor network of your plan can change. The purpose of the fall Open Enrollment is to allow you to review the changes that your plan will be making, compare that coverage to the other plans that are available, and then change plans if you think there is a better option for you.

For many beneficiaries, after spending a little time reviewing all their plan options, they determine that staying in the same plan will be their best option. If this is the case, there is nothing that you need to do to automatically roll over into the same plan for next year. Automatic roll over becomes problematic when beneficiaries don't spend the few minutes to make sure

their plan is still the best option. Once Open Enrollment is over and the new calendar year begins, you are locked into your plan for the next year unless you qualify for a Special Enrollment, such as moving or becoming Medicaid eligible. If you did not change plans and there is an expensive medication that your Part D plan no longer covers, you might have to pay full retail cost for it. If your doctor no longer accepts your Medicare Advantage plan, you might have to pay full cost to meet with your doctor or find a different doctor for the next year. No matter how tedious this can be, it is important to check your plan each year.

Medigap plans, also known as Supplement plans, have yearly premium increases as beneficiaries age. After a number of years, a Medigap plan premium might become unaffordable. Unlike Part D prescription plans or Medicare Advantage plans, Medigap plans do not have a yearly Open Enrollment period. As a result, beneficiaries can shop and try to change to a different Medigap at any time during the year. However, medical underwriting can prevent a beneficiary from enrolling into a Medigap. At this point, the beneficiary could drop the Medigap and pay the Medicare A and B deductibles and copays, or they can enroll in a Medicare Advantage plan during the fall Open Enrollment period.

MMAP, the Michigan Medicare Medicaid Assistance Program, is a statewide volunteer program that provides unbiased help answering Medicare questions and explaining benefits for beneficiaries, families, and caregivers. You can reach your local office by calling 1-800-803-7174, the same number on the back of your Medicare and You book. Healthcare is expensive and can put significant pressure on your budget. Reviewing your coverage options each fall Open Enrollment is a simple way to make sure that your healthcare dollars are not being wasted.

Ask the Provider

LET'S GET PHYSICAL: Move More, Sit Less



BY
THOMAS
FOSTER, MD

Courtesy of Mercy Health

You hear it from your doctor, you see it on TV, and your family members keep encouraging you to get moving.

Why is it so important for everyone, including seniors, to get moving and stay moving? What are the benefits of regular physical activity?

The short answer is that you will most likely feel better, reduce your health care costs and have greater independence by remaining more mobile.

Question: What are the major types of physical activity? How often do you recommend seniors do each type of activity?

Answer: A: There are four major types of physical exercise:

- **Aerobic:** Walking jogging, bicycling, gardening, shoveling snow, etc.
Suggested minimum recommendation: 30 minutes of aerobic exercise 5 times a week.
- **Muscle Strengthening:** Weight training, weight-bearing calisthenics or resistance training.
Suggested minimum recommendation:
2 non-consecutive days of week
- **Flexibility:** Putting on shoes, reaching, bending and lifting.
Recommended: Two times a week for 10-20 minutes
- **Balance:** Yoga or Tai Chi to improve stability, prevent falls and reduce injuries.
Recommended: 2 times week

Question: What are some ways lack of physical activity can affect our bodies as we age?



Answer: From mid-life on, age 45 or so, our bodies typically decline without regular physical activity:

- **Aerobic Capacity:** A decrease of 1% per year
- **Muscle Mass:** A loss of lean muscle mass of 1% per year
- **Muscle Strength:** A loss of 2.6-4.1% per year

Question: How can regular physical activity improve my health?

Answer: One important benefit of regular physical activity is improved outcomes with chronic disease, such as

- Vascular disease
- Diabetes
- Hypertension
- Osteoporosis
- Obesity
- Cancer of the breast and colon

Question: Are there other major health benefits from regular physical activity?

Answer: Yes, regular physical activity improves mental health, reduces cognitive decline and reduces the chance of falls and fall-related injuries. In fact, seniors who are active have a greater three-year survival rate than those who were sedentary.

Conclusion: Remember to check with your primary care physician (PCP) before starting an exercise routine. Your PCP will best advise you on a safe activity level for you. Listen to your body and report any concerns you may have.

Don't be afraid to get a trainer or an exercise partner who can show you how best to get started. They can help you get moving and show you the basics, which should include warm-up and cool-down steps. Group activities can be a fun way to meet people, too.

Once you have begun to include regular physical activity into your life, you will realize that the road to a healthier life is a marathon, not a sprint.

Dr. Thomas Foster is with the Mercy Health Physician Partners.

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BY
DELICIA
EKLUND

Hundreds of the vintage photos donated to the Muskegon County Genealogical Society (MCGS) have limited, if any, information available. This month we have a neat picnic photo of a family at a park. I'm sure some family would love to see it! Do you know any of them? Do you know how to get me to them? Are you one of them? 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!

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.

UPDATE: James and Anna - I recently had the pleasure of meeting the family who belongs to this great picture! I met with the daughter and granddaughter of the only man in the picture. James, the man in the picture and his wife Anna, far left middle lady, still have many family members who reside in Muskegon. Not a lot of history was given to me as they don't know much about them. However, they were very pleased to receive the picture of their father/grandfather and mother/grandmother. I know that the picture is back in its home.



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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

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

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

Boggle Answers:

SWAN LOON DUCK LARK CROW
WREN DOVE HAWK

Jumble Answers:

MIMIC GUAVA WANTED GUITAR

ANSWER:

WHEN IS A DOG'S TAIL NOT A TAIL?
WHEN IT'S A - "WAGGIN"



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