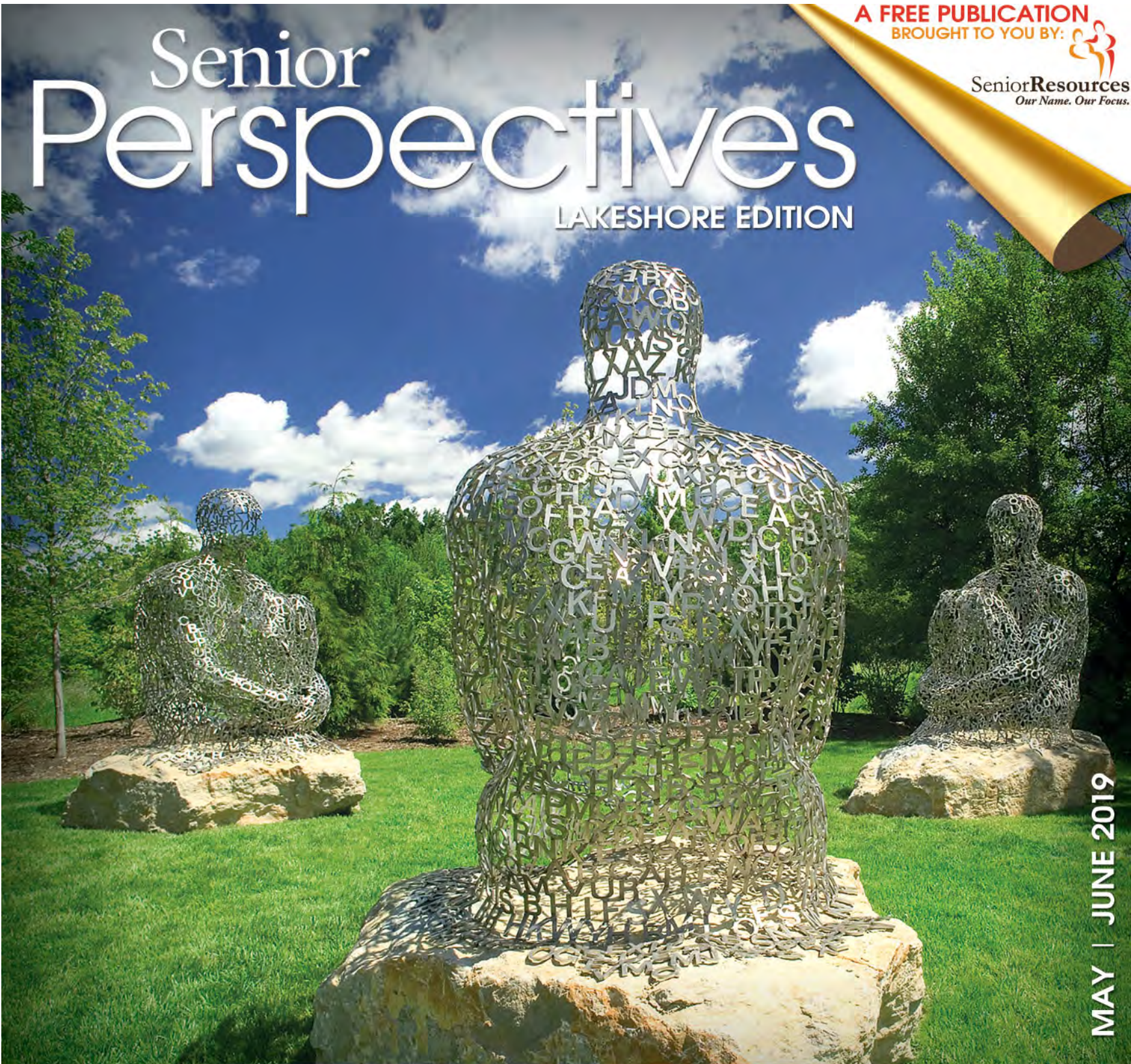


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# Senior Perspectives

LAKESHORE EDITION



MAY | JUNE 2019

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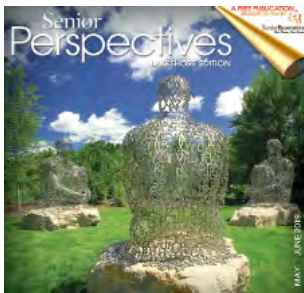
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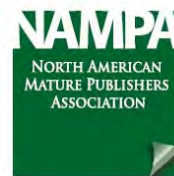
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# Caregiving Q & A Part II

**Question:** Why is it important for caregivers to focus on their own needs?

**Answer:** Caregivers have a challenging job caring for a loved one who may be elderly or have dementia. They need to assemble a support network to provide balance in their lives.



BY JIM POWERS, LMSW

**Question:** Are there implications for the caregiver if steps are not taken to reduce their stress level?

**Answer:** Definitely. Studies suggest that caregiver death is twice the rate of non-caregivers over a four-year period of time. Caregivers may also experience emotional difficulties as well. It is vitally important to identify the extent of stress they are experiencing and develop a strategy to manage their stress level.

**Question:** What are the most practical ways to manage stress levels?

**Answer:** Once caregivers take inventory of the extent of their caregiver role, they can begin to make modifications in their daily routine and alter their beliefs as caregivers. If there is a need to bring in additional resources to the home, there are licensed home care and social companionship programs available to offer some relief from caregiving. Caregivers need to recognize their own worth and reach out to family, friends and perhaps the church for assistance in providing supplemental care rather than trying to be “the little red hen” and do it all themselves. Caregivers need to clearly identify what type of assistance is required; namely time, talent or treasure so the support community can respond

accordingly. Once caregivers give themselves permission to create “me time” without feeling guilty, they can explore social opportunities with friends, discover a senior center or go for walks. Mindfulness and meditation techniques are also proven ways to reduce racing or negative thoughts that intrude on caregivers during the course of the day. It is important to allow for brief respites from caregiving so they can “recharge” their batteries before resuming their duties.

**Question:** What can get in the way of the caregiver seeking help or changing the landscape of caregiving?

**Answer:** A low sense of self-esteem can interfere with caregivers’ attempts to make necessary changes to their caregiving role. Caregivers may feel they are being selfish if they try to indulge themselves with a bubble bath or expensive lotion or believe they will be rebuffed in their efforts to ask for help. They may feel they are a burden on other family members when requesting more help at home. Caregiver assertiveness in identifying and requesting community resources will come with more practice and lead caregivers to recognize it is important to look after their own needs. A basic first step in asking for help might involve posting a list of wishes on the refrigerator for family or friends to view during visits.

*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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# Keith's World

## One Room School House



BY  
KEITH  
SIPE

In many our travels throughout Michigan, my wife Pam and I see many abandoned school houses. Some of these school houses have broken or boarded-up windows, overgrown bushes, and grass growing out of control. The wooden siding is mostly showing through the worn-off paint. Not the

same as it once was many years ago.

At one time, these bushes were groomed and kept in an attractive manner. The grass was neatly cut and whole area was free from any debris and neatly kept. As I sit beside the road and stare at the vacant school house, I remember the sound of children laughing and giggling as they run around on the playground and try to catch each other in a game of tag.

While visiting the Traverse City area we found a one-room school house built in 1896, the Maple Grove School. The school closed in the mid-1950s, when the Maple Grove School consolidated with the Traverse City Public School system. Later it was purchased by a local artist who used it as a studio. Then later again, it was purchased to be converted into a home, but that never happened. It was not until 1998 that Dave and Joan Kroupa bought the school house and transformed it into the tasting room for Peninsula Cellars, moving out of their former location, which is the current Old Mission General Store. It still has many of the features of the old school. The chalk boards are still on the walls, but today they are used to write the names of different wines that are available.

In Muskegon, at 1659 North Buys Road, you will find the Maple Ridge School House. This school is just north of Giles on Buys Road. My son Brian, when he was in school, had the opportunity to attend the one room school house for a field trip. Brian's class experienced the "days gone by" when children attended such one room schools all over Michigan. My daughter Mindy had the same opportunity to attend Maple Ridge when she was in school.

Another one room school house that has special meaning for me is the VanKorlaar School. My cousin Bill and his sisters attended this one room school house in Fremont. It was a couple of miles south of Fremont on S. Warner Avenue. The school was named after Kate VanKorlaar. My cousin Bill said their neighbor Nellie DeBoer's maiden name was VanKorlaar, but wasn't sure if they were related.

One interesting thing about the school was the heating; it was by a stoker coal burn-



Maple Grove School



Maple Ridge School



VanKorlaar School

ing unit. The coal was delivered from a place on Merchant Street in Fremont. The stoker coal burner had to be filled every day by shoveling coal into it. The boys always wanted to have the job of filling it before leaving for the day. On weekends, Bill and his dad, my Uncle Adrian, would head over to the school to keep the stoker going.

VanKorlaar school was your traditional one room, which average around 25 kids. There was a recess in the morning and one in the af-

ternoon and everyone, always, went outside to recess. There was one swing set of three swings, with chains supporting wooden seats. Plus a teeter-totter with two boards (adjustable in three positions for balancing the different weights of the kids). That was it, no other play items. There was a ball field diamond (diamond in the rough, my cousin said) east of the school house.

Inside the school, in the front of the room was a picture of George Washington. There were black boards and a book-case with a complete set of encyclopedias. The kids would

hang their coats on hooks in the respective bathrooms for boys and girls. As you walked towards the main classroom you could hear the creaking of the floors with each step you took.

Most of the time students would bring cold sandwiches, but there was a stove and refrigerator. Since the stove was there, you were able to bake a Banquet pot pie...if you were lucky enough to have one. White and chocolate milk were delivered in small bottles. Sometimes, I was told, there would be a "square bottle" which, of course, everyone wanted. The milk was bottled in

Fremont at Greenwood Farms Dairy.

The school was built around 1900. It was constructed of brick instead of wood, and was a nice building. In the school's early years, it had grades K thru 8. When my cousin Bill attended, the grades were K thru 6. Bill was in the 6th grade in 1960. Two years later in 1962, the school closed for good.

Another interesting point: my mother went to the same school when she was growing up. The school was K through 8th grade then, and my mother went through all the grades. She was a smart lady and knew so much, one would have never guessed she only had an eighth-grade education.

*Keith may be reached at [rightseat625bg@gmail.com](mailto: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*

# Disability Etiquette



BY  
CHRISTINE  
WISTROM

Disabilities are a natural occurrence in life, with one in four Americans having at least one disability. You may be born with a disability, or you may acquire one as you go through life.

As you get older, your chance of developing a disability increases greatly. By the time you are in your 80s, you are almost certain to have a disability. Many disabilities are hidden, meaning that you may not readily see that a person is disabled. A few examples of hidden disabilities include heart failure, Crohn's Disease, mental illness, and PTSD.

When we speak of someone having a disability, we show respect by using positive language and focusing on strengths rather than disabilities. Avoid the use of outdated terms like "handicapped," or "retarded," or disempowering phrases such as, "She's a victim of..." or "He suffers with..." We must recognize that our words have power,

and that what we say reflects our core beliefs and attitudes towards what and who we are describing. Speaking in "person-first" language means acknowledging the person first, not their disability. If we use phrases that focus on the disability rather than the person, it is usually demeaning. For example, if we describe someone as being a cancer victim, it draws attention to the cancer and minimizes the individual. "Sharon suffers with cancer; she's my best friend." If we say instead, "Sharon, my best friend, has cancer," we see Sharon as a person before we connect her with cancer.

If you want to assist people with disabilities, be sure they want your help. In most cases, individuals with disabilities want to do as much for themselves as possible. It is a matter of pride and reflects their desire for independence. You may certainly offer to help, but respect the person's wishes if your assistance is declined.

When you are speaking to someone who uses a wheelchair, try pulling up a chair and sitting or bending down so you are on the same level. Standing upright can

appear threatening. Never lean on or sit in someone's wheelchair or move their walker out of reach. Do not ask personal or intimate questions about someone's disability when you hardly know them. Speak directly to the person. All too often, people are reluctant to make eye contact with the person who has a disability, and speak instead to the spouse or children. It is not necessary to talk down to someone who has difficulty with cognition, or to think they can't necessarily make decisions for themselves. Do not yell at someone with hearing loss, or grab the arm of someone who is blind without asking if they need your help first.

Remember, people who have a disability are just people! Showing respect and affording them the dignity they deserve shows understanding and acceptance. If you are in doubt about how to treat someone with a disability, simply treat him or her as a person!

*Chris is a Gerontologist and 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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BY  
JOEL  
DULYEA

# A Walk Interrupted

I remember that the workers of Whitehall Landing had started to undress boats that had been shrink-wrapped for the winter months. The marina was a pin cushion of masts extending from cocooned sailboats toward the grey sky. Each vessel waited to be stripped of its winter shroud and trailered into the water to await fair winds. I know this because I walked the bike trail with intentions of writing a story populated with the things notated during that morning, including the name of a sailboat.

This article is not the story I intended. It has changed, just as comments about the lingering winter have been transformed from complaints to gratitude. As I write this, winter's cold grip is hitting record lows in March. Yet it cannot dissipate the warmth Merijo and I share upon gaining a new perspective.

On the only sunny day in February, our daughter gave birth to our first grandchild. In anticipation of the birth, our expectations grew toward astronomical heights. When friends with grandchildren learned the news that our daughter and son-in-law were expecting, virtually every one of them said, "You will not believe how unbelievably good it is to have a grandchild." One veteran grandparent went so far as to say, "If I could have had grandchildren before children, I would have done that first."

Hello, fellow grandparents! Everything you told us about grandchildren is true!

Now briefly allow me to return to a springtime walk on the bike trail in White-

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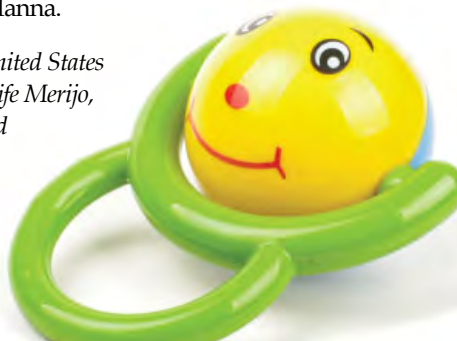
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hall. I do this to thank the City of Whitehall, Alcoa Foundation, Howmet Corp, Michigan Department of Natural Resources, Michigan Natural Resources Trust fund, the White Lake Area Public Library and others. By your efforts you have given us new perspectives that enable us to enjoy life. Thank you for a path through the forest with an Eagle's Nest; thanks for a stroll through the garden of Dirt Daubers and past the Iron Butterfly and around the World's Largest Weather-vane. With gratitude we enjoy the fragrance of honeysuckle, and a rest upon the memorial bench at the bottom of the path that descends from Slocum Street. It was there I recovered from crashing head over heels on my bike at the path's intersection with Lake Street. Today I'm head over heels in love with the newest member of our family.

In the notes I took that spring morning is listed the name of a boat that was up for sale at the marina. I wrote the name down for no reason but have discovered a new perspective now. *Hanna Francis*. That's the name of the sailboat. I hope she found a good home. As for our granddaughter, she and her mommy and daddy are doing well. Prompted by a nautical blessing often used at the beginning of a voyage, we pray she has "fair winds and following seas" and always the best heading to weather storms -- Alison Hanna.

*Joel Dulyea is a new grandfather and a United States Army retiree who loves to sing with his wife Merijo, visit with his daughter and son-in-law and spoil his wire-haired dachshund, Heidi.*



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# Accessible prescription labels for those with visual impairments



BY  
LISA  
TYLER

As we get older, we experience many physical changes – our strength may decrease, we may not hear as well, and sometimes our vision also declines. If you are unable to read your prescription label, now your vision loss has turned into a larger health concern. Each year, there are almost 2 million drug-related injuries due to prescription errors or adverse reactions; more than half are

preventable. Prescription drug mistakes are a leading cause of death and injury to older adults. Fortunately, there are solutions offered by many pharmacies at no extra charge!

ScriptAbility, offered through En-Vision America, provides accessible prescription labels. These are special labels that pharmacists can give to patients with visual or print impairments. Someone needing accessible labels gets their medications with a regular printed label (a “legal” label), as well as a specialty label (“auxiliary” label), which may be large print, Braille, and/or a talking label, depending on the patient’s needs. These accessible labels are provided

at no extra charge by participating pharmacies.

ScriptAbility offers a ScripTalk talking label system. ScripTalk Station is a prescription reader. You can push a button and a voice will speak the information printed on the label. The device uses radio frequency ID. Data is stored electronically on the auxiliary label, which the prescription reader reads out loud. The reading device is available as a loan, free of charge.

Some pharmacies also offer large print labels, or Braille labels. The Braille label is a clear label placed over the printed label on the bottle, so that the legal label is still visible. The large print label is a booklet-style which is attached to the prescription container. Translation services are also available through the company.

ScriptAbility has worked with many pharmacies, including some national chains, to make the accessible labels available to patients. You can visit [www.ScriptAbility.com](http://www.ScriptAbility.com) to find out more – click on the “Patient” button and scroll down to search by ZIP code for nearby pharmacies. When I put in my ZIP code, I found several pharmacies within 10 miles that offer at least one of the accessible labels. There are also mail order pharmacies that participate.

Even if a chain pharmacy participates, it’s possible your local store may tell you they don’t. If this happens, you can contact ScriptAbility at 800-890-1180 and they will reach out to inform the pharmacy of their ability to offer the labels. Agreements are with corporate offices, and sometimes the information doesn’t make it to the individual pharmacy.

If you use a pharmacy that doesn’t offer the specific label type you’d like, contact ScriptAbility at 800-890-1180 and they will reach out to the pharmacy to see if they can offer the labels through them.

If you or a loved one have a vision impairment, help may be just a phone call away. Help take charge of your own health by making sure you can accurately read your prescriptions.

*Lisa Tyler is the Communications Director for Senior Resources. She and her husband are proud parents of Hannah, who graduates in May from Mona Shores High School, and Nicholas, who just finished his second year at MSU. Lisa is a proud alumnus of MSU, loves scrapbooking and travel, and giving back to 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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**Farmer’s Market Trips**  
*Every Tuesday beginning May 7*  
Each week there will be a different pick up location if you need transportation. If you don’t need transportation meet us down there. To reserve your spot call (231) 733-8643.

**Spring Fling Dance - Orchard View Community Center**  
*Friday, May 17, 2019 from 2:00-5:00 pm*  
Come enjoy food, music from the Silverado Band and dancing. Suggested donation of \$3.50-\$6.00. Please call (231) 733-8643 to reserve your spot.

**Tai Chi Classes - White Lake Adult Community Education**  
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# Traveler Tales

## Rolling Down the River



BY  
JAY  
NEWMARCH

Have I mentioned yet that getting around Germany was very easy, if not a bit hectic? Whether by airplane, taxi, bus, train, bicycle or rental car, we were game to race from one to the next. At times, it seemed as if it might well have been a scene out of the *Amazing Race*. Our nephew, who had never been witness to one of my frenetic foreign tours, raced behind with a wide-eyed sense of wonder.

Just this morning, we were up early to pack, drop off our rental car and grab our train that would take us from Trier to Cochem. In fact, we arrived at the station early enough to race, yes race, to catch an earlier, faster train. While Trier, with a population of just over 110,000, was no giant metropolis, we were about to shift down to a lower, slower gear.

We pulled into a tiny, long-in-the-tooth train station that looked like it had been there since the hills that surrounded it were formed. Welcome to Cochem, Germany, population 4,000. Our next mission was to find our latest mode of transportation, riverboat. We



were about to set sail down the Mosel and Rhine rivers.

While my sister immediately went to her phone in an attempt to figure out where we were at and how and where we would get to boat, I stepped outside the station to gather my bearings. It took just seconds to realize that we weren't going to struggle to find our way. The front of the station faced the river and the riverboats were lined along the shore on the other side.

We soon had our luggage onboard our riverboat and walked back to the town to grab a late breakfast and take in the town. Cochem is an old town with winding streets that climb up the hills that surround the town square that lies along the river's edge. We wandered up and down the streets and whenever we got a clear view, you could see Cochem Castle that looked down on the town.

We decided not to climb to the castle as we knew we would be visiting it the next day before leaving Cochem but here's a tip: if you get a chance, take the walk up to the castle. We decided to walk down after our tour the following day and the views are outstanding. And, the restored castle is a sight to behold, too.

Our cruise from Cochem to Strasbourg, France, was only four days, but it allowed us to get a taste for river cruising and to explore the Moselle River and the Rhine Valley. We arrived in Cochem on our own, saving ourselves a bus ride from Strasbourg. Normally, the cruise company transports cruisers to Cochem as the cruise will take them back to Strasbourg.

We departed Cochem in route to Koblenz, where the Moselle River meets the

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Rhine River. At the confluence of the Moselle and Rhine Rivers is a giant monument, 121 ft. high, of Kaiser Wilhelm I atop a horse. Jutting out into the river, it demands attention. The original monument was destroyed during World War II bombing, but was reconstructed in the '90s.

We wandered around the town during the early evening before returning to the boat for dinner.

It was a short night as we wanted to make sure to get an early start the next morning because we'd be cruising down "castle row" and didn't want to waste it in bed. With a quick breakfast, we headed toward the foggy, cold top deck to claim our chairs. It was a chilly morning, but fascinating to see SO MANY castles roll by! Some near ruin, having been captured, burned and rebuilt a number of times. Others restored to their former glory. It seemed as if just about every nearby country came down the river and staked claim to castles at one time or the other.

We passed the Lorelei, a steep stone rock jutting into the Rhine. The rock was said to murmur at one point in time and myth had it that a beauty sat atop the rock distracting captains and causing them to run aground. We did not hear any murmuring and safely went on our way to Mainz.

In Mainz we were able to tour a part of the city, visit the cathedral and spend time at the Gutenberg Museum. It was thrilling to see two of the remaining 29 Gutenberg



Bibles on display and to witness printing on a Gutenberg press. There were also displays of early Bibles and examples of the many items that were used to print on, including plants and cloth. Well worth the visit.

Check out the large Markt Square alongside the Cathedral, too. We were there just as the booths were breaking down, but then the biergarten opened and we were witness to many strolling the square and surrounding streets with good-sized beers in hand.

With a walk along the Rhine, we concluded our visit to Mainz and headed by bus to Worms, where our ship had continued as we enjoyed our excursion. One last gala dinner and a good night's rest saw the arrival of Strasbourg the next morning. We didn't have much time to enjoy Strasbourg, although it looked delightful, as we were heading to Munich by train.



The cruise, as with ocean cruises, includes all meals and beverages. It's nice to move into your cabin and have it deliver you to your next destination. Taking a river cruise allows you to visit much smaller towns and meander down much smaller bodies of water than those allowed with larger cruise ships. It's a nice leisurely pace and an enjoyable way to see the countryside. I'd be happy to sign up for another river cruise and would recommend trying one yourself!

*Jay Newmarch is a marketing professional and graphic artist living in Kalamazoo, Michigan. Jay designs the Senior Perspectives publication for Senior Resources and is an avid traveller who takes every opportunity to visit different corners of the world.*



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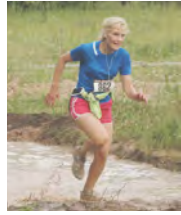
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# Healthy Feet Q&A



BY  
JAN  
SMOLEN, DPM

**Question:** I am 65 years old and I want to run my first 5K. (3.1 miles) What steps should I take to avoid foot and ankle injuries?

**Answer:** First gather the proper equipment:  
1. Running shoes that fit correctly. For proper length make sure there is between 1/2 and 1 thumb's width between the end of the shoe and your longest toe. For most people it is the Hallux (big toe); for some people it is the 2nd or 3rd toes. If the shoes are too short you are at risk of ingrown toenails, sub ungual hematoma (painful dark blue-black discolored toenails), and blisters

on the toes. For proper width stand in the shoes and look in the mirror to check that your foot is not bulging over the side of the shoes. The shoes should not feel tight. Walk around the store with a different brand on each foot. Walk a few laps around the store. Most shoes feel good when you slip them on, but you realize where they bother you after you walk around in them a while.

- If you have a Cavus (High Arched Foot Type) look for shoes for a neutral runner with cushioning and shock absorption.
  - If you a Pronated (Flatfoot Type) look for shoes for an overpronator with support and stability.
  - Not all running shoes are created equal in my opinion. Here are a few of my favorites this year: Brooks, New Balance, Asics and Saucony.
  - If you have never worn running shoes, please be aware they have a large tread on the bottom and could make you trip when walking on carpet.
2. Cotton socks that are thin and not too tight on your toes and go above the ankle.
  3. Bright colored clothes, reflective so you will be easily seen. Yellow, white, orange, red, etc.

**Question:** What is the best surface to run on?

- Answer:**
1. High school track.
  2. A walking or bike path. Just make sure to stay to the right and watch for bikers.
  3. A road that is not busy and has a wide flat shoulder. Running on roads that have a slant can make you prone to shin splints, ankle sprains, knee pain and lower back pain.
  4. Limit your time on a treadmill. They can make you prone to heel pain and plantar fasciitis.
  5. Limit going up and down a lot of hills, because they can make you prone to ankle sprains, shin splints and tendonitis.
- Start running slow. Give yourself at least eight weeks to train before the day of the race. Warm up and stretch before and after you work out. Run a little and walk a little, then repeat for 15 minutes, adding time slowly. Run every other day. It gives your body time to recover. Take 1-2 days completely off per week to rest. Bike or swim some days to give your feet a rest.

**Question:** I started running 3 weeks ago and now I have achy, sharp heel pain, especially when I first start walking. What could it be?

**Answer:** Most likely it is plantar fasciitis, which is inflammation of a thick ligament (the plantar fascia) that runs on the bottom of your foot and connects your heel bone (Calcaneus) to your toes. It is a common injury when people start a new walking or running program.

Some treatments you can try are:

- Rest. Take a week off from running. Bike or swim instead.
  - Recheck your running shoes; they may not be the correct type for you. Try an over-the-counter arch support such as Power Steps or Spencos.
  - Ice and massage your heel. Purchase a new pair of shoes to wear in your house for the next 1-2 months to rest the ligament.
- If you don't improve in a few weeks, contact your health care provider.

*Jan Smolen DPM is board certified by The American Board of Podiatric Surgery and is a Diplomate of the American College of Foot and Ankle Surgeons. She works at Shoreline Foot and Ankle Associates in Muskegon. She enjoys running, hiking and kayaking with her husband Ron and watching their 3 children play sports.*

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BY  
JERRY  
MATTSON

# The Bookworm

Many of the readers of this magazine could probably be classified as bookworms. My mother would not have fit into that category, but among the items she'd stored in her cedar chest was a print titled The Bookworm. When, where or how she came to possess this print will likely remain a mystery.

I thought the print was worth saving and had it matted and framed. In the hallway outside the room where I am typing this, it is a reminder of years gone by when mom had it and of many decades gone by when the painting was created.

The oil-on-canvas painting, 10.5 inches by 19.5 inches, was done by German painter and poet, Carl Spitzweg, in 1850. It is now in the Museum Georg Schafer, Schweinfurt, Germany.

The bookworm in this case is an elderly gentleman standing on the top of a ladder holding a book between his knees, one under his left elbow and is reading one in his left hand. He also appears to be holding another one in his right hand. Maintaining his balance

does not seem to be an issue.

The ornamental sign on the top of the bookcase indicates he is consulting books from the Metaphysik (Metaphysics) section.

My print of The Bookworm is about half the size of the original painting. The overall size is about 11 x 18 inches. At the lower part of the artwork is: Copyright by Max Jaffe, Vienna; No. 410; the painter's name spelled Karl, not Carl; the title of the painting; and Liechtenstein Galerie, Vienna.

I tried to find out more about the print and if it had any value. On-line were several different prints but none of them were exactly what I had. Other suggestions of local contacts did not lead anywhere. When I stopped by the White Lake Library, I talked to Pam Osborn about the print and began to describe it to her. She said, "Is it like that one?" as she pointed to a framed copy of The Bookworm on the wall.



We walked over to it and I told her about the notations on the bottom of mine. She took the piece off the wall and turned it over. There was the exact notation pasted to the back of the print. Someone had cut that off, perhaps thinking the piece would look better in the frame without the added notations. It had been donated to the library without any other additional information.

While in St. Petersburg, Florida a couple of years ago I was looking through a folder with a map and things to see and do in the area. An ad for Haslam's Book Store featured Spitzweg's painting. My wife and I headed there.

Once in the large store, we wandered around a bit, then spotted the framed, 24 x 36-inch image of The Bookworm near the checkout area. The employees we talked to said they knew of no particular significance to the painting.

Although I did not find the information I was seeking, I saw a copy of *Four Quartets* by T. S. Eliot on sale for \$1,600. We wormed our way out of the store, with two, much cheaper, used books in hand.

*Jerry would like to find out more about this print. If you have information on this edition of it, you may contact him at themattsons@hotmail.com.*

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**Question:** I saw a poster that advised people 65 or over with limited income and resources to apply for Supplemental Security Income (SSI). Next month I'll turn 65, and I thought I'd be eligible for SSI. I planned to apply until my neighbor told me I probably would be turned down because I have children who could help support me. Is this true?

**Answer:** Whether your children are capable of helping to support you does not affect your eligibility. SSI eligibility depends solely on your income and resources (the things you own). If you have low income and few resources, you may be able to get SSI. However, if you are receiving support from your children or from anyone living inside or outside of your home, it may affect your eligibility or the amount you can receive. Support includes any food or shelter that is given to you, or is received by you because someone else pays for it. Learn more about SSI at [www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi).

**Question:** What is the benefit amount a spouse may be entitled to receive?

**Answer:** If you are eligible for both your own retirement benefit and for benefits as a spouse, we will always pay you benefits based on your record first. If your benefit as a spouse is higher than your retirement benefit, you will receive a combination of benefits equaling the higher spouse's benefits. A spouse generally receives one-half of the retired worker's full benefit unless the spouse begins collecting benefits before full retirement age. If the spouse begins collecting benefits before full retirement age, the



amount of the spouse's benefit is reduced by a percentage based on the number of months before he or she reaches full retirement age. For example, based on the full retirement age of 66, if a spouse begins collecting benefits:

At age 65, the benefit amount would be about 46 percent of the retired worker's full benefit; at age 64, it would be about 42 percent; at age 63, 37.5 percent; and at age 62, 35 percent.

However, if a spouse is taking care of a child who is either under age 16 or disabled and receives Social

Security benefits on the same record, a spouse will get full benefits, regardless of age. Learn more by reading our Retirement publication at [www.socialsecurity.gov/pubs/10035.html](http://www.socialsecurity.gov/pubs/10035.html).

**Question:** I know that Social Security's full retirement age is gradually rising to 67. But does this mean the "early" retirement age will also go up by two years, from age 62 to 64?

**Answer:** No. While it is true that under current law the full retirement age is gradually rising from 65 to 67, the "early" retirement age remains at 62. Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit [www.socialsecurity.gov/planners/retire](http://www.socialsecurity.gov/planners/retire).



BY  
VONDA  
VANTIL

*Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at [vonda.vantil@ssa.gov](mailto:vonda.vantil@ssa.gov)*



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## MMAP Minutes

# Did you know?

BY  
ROBBI  
JUERGENS

### You Can Delay Signing Up for Medicare?

If you are still working and have health insurance through your employer (or if you're covered by your working spouse's employer coverage), you may be able to delay signing up for Medicare. But you will need to follow the rules and must sign up for Medicare within eight months of losing your employer's coverage to avoid significant penalties when you do eventually enroll.

### You have 7 months to sign up for Medicare?

That time counts the three months before you turn 65, the month of your birthday, and three months following your birthday.

### There is a LIFELONG penalty for not signing up?

You'll have to pay a late-enrollment penalty of 10% of the Medicare Part B premium for every year you should have had coverage. The penalty applies as long as you receive Medicare benefits.

### You Can Get Help?

Many people don't realize that each state has a State Health Insurance Assistance Program (SHIP) with counselors who can answer all of your Medicare questions.

### You Can Be an Expert?

If you enjoy volunteering your time, assisting others through the Michigan Medicare Medicaid Assistance Program (MMAP) could use your help. MMAP is the non-profit organization that is most responsible for assisting Michigan's 1.5 million Medicare beneficiaries with the new Medicare Prescription Drug and Medicare Advantage Plan Program choices.

Each Medicare beneficiary has his or her own unique situations and concerns. With the implementation of Medicare Prescription Drug Program, many beneficiaries are facing crucial decisions about their prescription plans. The MMAP program is looking for people just like YOU to become trained MMAP volunteer counselors to provide prescription drug counseling and referral services.

Michigan MMAP counselors assist older adults who have problems or questions about Medicare, Medicaid, Medicare supplemental insurance, long-term care insurance and related issues of interest to seniors. Counselors are trained, certified and supported. MMAP counselors will provide counseling services over the phone or in the client's home, depending on the need of the client.

Volunteers are needed for Muskegon, Ottawa and Oceana counties. If you are interested in learning more about becoming a MMAP volunteer counselor Contact Robbi Juergens, Regional Coordinator for Medicare Medicaid Assistance Program. 231-733-3567 or rjuergens@seniorresourceswmi.org

*Robbi Juergens is the Regional Coordinator for the Medicare/Medicaid Assistance Program located in Tanglewood Park with Senior Resources*

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# Would You Like to Join the Greater Muskegon Woman's Club?



BY  
LOUISE  
MATZ

The Greater Muskegon Woman's Club is a completely volunteer organization, dedicated to community service, philanthropic work and friendship. Their clubhouse is a registered historic landmark built in 1902 and is available to rent for weddings and other special events.

The Club provides a gracious, friendly environment for its members and the community. They offer literary, philanthropic, educational, social, and artistic opportunities, making the Greater Muskegon Woman's Club a unique experience not found anywhere else.

When you join the Greater Muskegon Woman's Club, you join a long line of women who make positive changes in the community. You'll find the members to be very supportive and welcoming. These women host many events and support many local charities. In addition, they have fun and enjoy contributing their time and talents and forming new friendships. Perhaps you've heard of some of their annual events:

**Artisan Market:** Local artisans bring their art and creations to sell at the Woman's Club just in time for holiday gift giving.

**Green Eggs and Ham:** Celebrate reading month and Dr. Seuss's birthday with a breakfast of Green Eggs and Ham.



Yes, the eggs are really green, and all the children receive a Dr. Seuss book and get to meet a character from one of his books.

**Fine Arts Scholarship:** Every year, the Greater Muskegon Woman's Club awards two scholarships, one through MAISD and their "Showcase" program and another through the Muskegon Museum of Art.



**Junk to Jewels Rummage Sale:** Held early in the spring, this rummage

sale is indoors where it's warm and dry. You'll find all kinds of treasures from furniture to clothing, kitchen tools, and knick-knacks.

## Gingerbread

**House:** This event is very popular with children and adults of all ages. All materials are provided, including a take-home box for transporting your finished product.



And, best of all, no mess for you to clean.

**Women of Accomplishment:** Every year, the Greater Muskegon Woman's Club holds a breakfast to award honors to women from the Muskegon area who have made a difference.

Whatever interests you, be it historic preservation, the arts, community events, networking with like-minded women, making friends, helping other local charities...it is all available at the Greater Muskegon Woman's Club.

**Interested?** Go to: [www.muskegonwomansclub.org](http://www.muskegonwomansclub.org) for membership details.

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

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BY  
CATHAY  
THIBDAUE

# Cathay's Cooking Corner



## Raspberry Chocolate Chip Cookies

1 cup butter, softened (2 sticks)	2 1/2 cups flour <b>OR</b>
1/2 cup white sugar <b>and</b>	1 cup Coconut Flour <b>AND</b>
1/2 cup brown sugar	1/2 cup Almond Flour
<b>OR</b> 1 cup Stevia	1 tsp baking soda if using regular
1 large box Instant Vanilla Pudding	flour <b>OR</b> 1/2 tsp baking soda if
mix (I used sugar free)	using coconut flour
2 eggs	1 cup semi-sweet chocolate chips
1 tsp vanilla	1 cup frozen raspberries, thawed

Preheat oven to 350 degrees. Cream the butter and sugars. Add the pudding mix and mix until well blended. Add the eggs and vanilla and mix well. Add the flour(s) of choice and baking soda and continue mixing. Stir in the chocolate chips and then very gently fold in the thawed raspberries. Drop cookies by rounded teaspoonfuls onto a greased cookie sheet or parchment paper. Bake for about 13 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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**Get Juiced?** While proponents say juicing helps your body absorb nutrients, no sound scientific evidence has shown that it is better for you than eating whole fruits and vegetables.

### On the other hand...

- You may want to try juicing if you don't like to eat fresh fruits and vegetables, or if you want to sample ones you haven't tried.
- Make only as much as you can drink at one time since fresh juice develops harmful bacteria quickly.
- If you buy commercially made fresh juice, make sure it is pasteurized.
- Check the sugar content of the juice; some are high in sugar, which can add unwanted calories.



Source: Mayo Clinic, TNS Photo Service



BY JACKIE  
LINDRUP  
RDH, M.Ed.

## Snowbirding – Part 2 Tales from Navarre Beach, Florida

This was our second year renting a condo in Navarre Beach, Florida, located in the panhandle between Destin and Pensacola. We had hoped to enjoy some company this year, to show friends and family the beach, the pier, play some golf and visit the Naval Air Museum. But plans changed unexpectedly and we needed to find other ways to entertain ourselves. We decided to make a list of all the things we wanted to do this trip to refer to when plans fell apart. Here is our list: walk the beach, ride our bikes, walk out on the Navarre Pier to see the fishermen, buy Royal Red shrimp at Joe Patti's Seafood in Pensacola, play golf or at least go to the driving range, buy a King Cake to celebrate Mardi Gras, do some hiking, explore nearby cities. We had a wonderful first two days basking in 70 degree weather with no ice, no snow, and no Polar Vortex. Then for the next five days we were covered in a dense gray fog. We could not see well enough to golf or walk the beach or bike.

Then we were surprised by the wonderful Navarre Beach Mardi Gras parade with 30,000 other people who stand along the street to celebrate. We learned we could put chairs by the road along the parade route a day or two in advance to save our spots. The people located next to us during the parade had started setting up their spot with a tent and food at 8 a.m. (parade was at 1:00). It included a full bar, boiled crawfish, deviled eggs and snacks to feed friends who came by! We yelled and waved, catching a huge number of beads thrown to us from the floats.

As we walked along the Gulf of Mexico one day we saw two unusual fish washed ashore - a Portuguese Man O War, and a Puffer Fish, both very poisonous, the locals warned. We talked to three fishermen on the shore

who were fishing for shark. They usually like to fish at night and recently caught a small tiger shark and a 23 pound Drum from the shoreline on heavy duty reels and rigs.

Huge excitement occurred while we were here when a fisherman reeled in a 9 foot Great White shark from the Navarre Beach Pier! One YouTube video had 80,000 views the first day, and national news teams were out there for three days covering the story. After tagging and unhooking the shark, it was released by three men who were right there in the water with the shark!

The fabulous seafood store Joe Patti's in Pensacola has filled our shrimp and fish needs practically every day that we cook at home. We have eaten shrimp cocktails, sautéed shrimp, shrimp on salad, and shrimp stir fry, redfish and red snapper.

Our new restaurant favorites are Dave's Oyster Bar in Gulf Breeze and Jaco's and The Fish House in Pensacola, featuring oysters, crab cakes, blackened shrimp, and cheese grits. We enjoyed hiking the Black River State Park near Milton with its wooden walkways built over alligators and cypress swamps. My favorite experience was renewing a friendship with my old girlhood friend and



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OB/GYN doctor whom I had lost track of when I left the South 35 years ago. We had shared five years of friendship, through the birth of two of my children and raising our kids on the bayou in Gulfport, Mississippi. I finally located her leading a women's philanthropy group while searching for her on the internet. Through letters we agreed that we would meet next time Tom and I were in Florida. Over breakfast I learned that she had "re-invented herself" after a shoulder injury left her unable to do surgery. We talked for an hour and a half, filling in those 35 years apart! The next day we had lunch with her husband and, after a great seafood meal at The Fish House, they gave us a grand tour of Pensacola in their "street legal" four-person golf cart. It was fun to hear all the inside stories about local events in this up and coming town. We loved Pensacola!

Late breaking news! We will finally have company just before we leave! My oldest son and his son will be visiting for two days after Mardi Gras, since all the businesses and schools in New Orleans close for Mardi Gras week. We hope that when we drive back to Michigan all the snow will be gone and we can hike, bike and go to the beach all we want!!!

*Jackie Lindrup RDH, MEd. lives in Muskegon, MI with her husband Tom. She enjoys traveling, hiking, biking and golfing. She is the director of Volunteer for*



*Dental, a non-profit in Muskegon that offers free dental care for volunteer hours and a health education class. Jackie is a 2018 NAMPA award winner for travel writing (North American Mature Publishers Association – serving the Boomer and Senior Markets). You can reach her at jackielindrup111@gmail.com.*

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# Jack be Nimble, Jack be Quick...

What's in a name? A lot it seems, especially if your name is Jack. I've been intrigued with the name ever since my first grandson was named Jack seventeen



BY  
JANET  
HASSELBRING

years ago. Derived from Jack-in (earlier Jankin), a medieval diminutive of John, it was common and became a slang word meaning "man." It's now regarded as an independent name, as it is for my grandson.

Jack is the subject of many a nursery rhyme, e.g. Jack be Nimble, Little Jack Horner, Jack and Jill, Jack Sprat, and the beloved fairy tale, Jack and the

Beanstalk. It's a name for fictional characters such as Jack Skellington, a Halloween movie character; Jackstaff, a British superhero; Mr. Jack, a comic strip (1903-1935); Jack Pumpkinhead, a character from the land of Oz; and the notorious legendary killer, Jack the Ripper.

Famous Jack namesakes include President John F. Kennedy (a.k.a. Jack), Emmy Award winner Jack Benny, Oscar Award winners Jack Nicholson and actor/comedian Jack Lemmon, musician Eddie Fisher (a.k.a. Jack), golfer Jack Nicklaus, boxer Jack Dempsey, up and coming tennis player Jack Sock, author Jack London, and more. Jack Ruby stepped out of a crowd and shot Lee Harvey Oswald, the accused assassin of John F. Kennedy, as Oswald was being transferred from a city jail to a country jail in Dallas. Incidentally, the gray fedora Ruby was wearing when he shot Oswald sold for \$53,775 at a Dallas auction. The shackles Ruby wore when dying at Dallas' Parkland Memorial Hospital sold for over \$11,000, while an X-ray of Ruby's head went

for more than \$700!

We carve jack-o'-lantern, do Jumping Jacks to stay healthy, surprise a grandchild with a Jack in the Box, find a surprise in a box of Cracker Jacks, use car jacks to fix a flat tire, pick jack-in-the-pulpits in the woods, walk Jack Russell terriers, try to beat the dealer in Black Jack, eat Apple Jacks for breakfast, admire the Jack pine in Northern Michigan, plug our device into a phone jack, fish the Great Lakes for jack salmon, and chew Black Jack gum.

So if someone asks, "What's your claim to fame?" A lot it seems, if Jack is your name!

*Amberjack is a Florida fish*  
*A flapjack - a pancake on a dish.*  
*Jack cheese is Monterey Jack cheese*  
*Hijack is what you do to an automobile you seize.*  
*A jackal is a long-legged wild dog*  
*A jack bean - a legume you find in a bog.*  
*Applejack is fermented cider, a shade of pale yellow*  
*A jack-a-dandy is a little foppish fellow.*  
*A black jack oak is a kind of tree.*  
*Jack Hills - a range of hills in Argentina I see.*  
*Jackfruit is a tropical fruit, like a pear*  
*Jackboot is military footwear.*  
*Jackdaws are small black crows*  
*Jack by the hedge - plants growing in hedgerows.*  
*Jack is a face card in a deck you deal*  
*A car jack is a device to lift a car you steal.*  
*A jack-in-the-pulpit - a flower in the woods*  
*A cheap jack is a peddler of cheap goods.*  
*A jackalope is a mythical antlered rabbit*  
*Black jack is a game that could become a habit.*



*A jackass is a pack animal, nimble and fast*  
*A Crossjack - a squaresail, a ship's mizzenmast.*  
*A jackapoo is a Jack Russell Terrier/Poodle mix*  
*A jack is a male donkey who's turned six.*  
*A jacket is a piece of apparel*  
*Jack Daniels is a whiskey brand sold in a barrel.*  
*Jack Frost is personified cold.*  
*A Crackerjack is an expert in some field, I'm told.*  
*I wrote this quickly and now it is done*  
*Written before you can say "Jack Robinson!"*


*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 books. Her series, Tales from Pelican Cove, features the wild/shorebirds of FL and beyond, and a second, 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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# A Caregiver's Perspective

BY  
ROLINA  
VERMEER

In her later years, Mom repeated herself often, telling the same stories over and over again. It was not always easy to sit patiently and listen to the same old story, told in the same way, over and over again. A broken record, I thought! Ugh!

"I know! I know!" I wanted to shout! But I never did and I am so glad. I came to realize that Mom's repeated stories were really not so much that she had forgotten she had already told that particular account of something seemingly significant... or not...but that she was doing her own life review. I think that she was making sense of all the things that had happened to her and all the events in her life that had seemed important or had had an impact on her. I'm sure Mom was examining the circumstances that made her life what it was.

And so I began to really listen to my mother as she told her stories once again. I found I could participate in her ruminations in ways I had not been able to when I was in a more passive listening mode. I started to ask questions. Even though I already knew the answers, I asked questions, and Mom began to answer. She shared circumstances and feelings and gave insights I had not known about or expected. They were rich moments of discovery for me and honored her stage of life review in ways that would not have happened had I not taken a moment and been a little more thoughtful in my listening.

As Mom grew frailer and more unable to remember her own life events, I thought

of topics we could discuss that would give her an opportunity to come back to herself a little and enjoy the pleasure of looking back. We talked about all the houses she had lived in since she married my father and began homemaking for her own little household. I found as many photographs as possible of those places, and she marveled at the range of styles and places she had lived. And I marveled that, with a little prompting, she could recall specific details of each home and how each one was made to be welcoming and cozy. She could look back with pride at how she had created order and beauty in all circumstances, for herself and for those she loved.

I asked her questions about the war and about caring for her younger brothers and sisters when I thought I had heard it all. But I hadn't. It was rich and revealing and I learned more about myself in active listening than I thought possible had I merely tried to entertain Mom through another day.

Some days we sat in the car at the beach and Mom looked through binoculars across Lake Michigan -- to "England," she said. Of course. England. From her vantage point on the beach in the Netherlands where she grew up, it would be England. And she told me about taking the ferry to England and how she would like to take that ferry one more time. I had never known she had ever taken that trip. I felt her youth and independence as a young woman. I felt mine.

I am an older adult now, and while I am expecting many good years ahead I, too, look back and enjoy brief moments of recalling events and experiences that have given me pleasure or pause. I hope that if it's ever necessary, my caregivers will be good listeners and participate with generosity in my life review.

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

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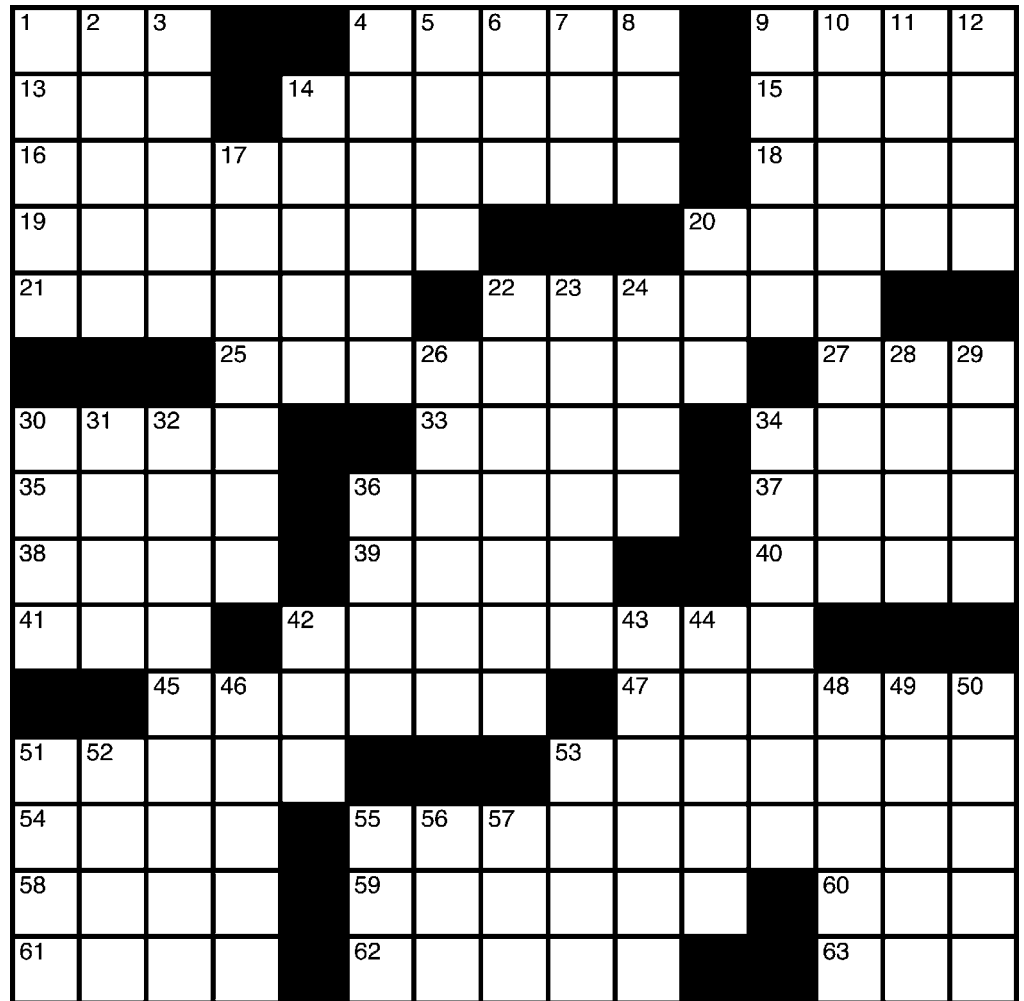
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**ACROSS**

- 1 Is blessed with, as talent
- 4 Creator of Finn and Sawyer
- 9 Leave rolling in the aisles
- 13 That, in Spain
- 14 "Olde" store
- 15 Ring over an angel
- 16 Crustacean catcher
- 18 Out of town
- 19 Intent
- 20 OB/GYN procedure
- 21 Hiding spot for a cheater's ace
- 22 Put off bedtime
- 25 Weapon in Clue
- 27 Brewery product
- 30 "Defending our rights" org.
- 33 Electrified atoms
- 34 Scans for injured athletes, briefly
- 35 \_\_ Mawr College
- 36 Piece of pizza
- 37 To-do list entry
- 38 Worse-than-one's-bite quality
- 39 Online TV giant
- 40 Since, in a holiday song
- 41 Fifi's friend
- 42 Slip for a tardy student
- 45 Like the Arctic, compared to most of the planet
- 47 Two-base hit
- 51 Debate issue
- 53 Illness characterized by a red rash
- 54 Soon, to a bard
- 55 Decorator's wall prettifier
- 58 Subtle look
- 59 Lion groups
- 60 Former AT&T rival
- 61 Former fast planes
- 62 Unemotional
- 63 Bladed gardening tool

- 12 String-around-your-finger toy
- 14 Cooking appliance
- 17 Explore caves
- 20 Sailor's word of obedience
- 22 Information that ruins the ending
- 23 Costner/Russo golf film
- 24 Basilica recess
- 26 Water down
- 28 Bank claim
- 29 Salinger's "With Love and Squalor" girl
- 30 Palindromic pop group
- 31 Study all night
- 32 Keats or Byron, e.g.
- 34 Pageant title with 51 contestants (the 50 states plus D.C.)
- 36 Roe source
- 42 Partners' legal entity: Abbr.
- 43 Madison Ave. bigwig
- 44 Most TV "operas"
- 46 Sounds from sties
- 48 "Mutiny on the Bounty" captain
- 49 Slow movement
- 50 Perfumer Lauder
- 51 Four-note lights-out tune
- 52 Singles
- 53 Prefix with care
- 55 Collectors' albums ... and a hint to six puzzle answers
- 56 Gallery collection
- 57 Chihuahua uncle



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**DOWN**

- 1 Makes a difference
- 2 "I won't tell \_\_\_!"
- 3 Buffalo hockey player
- 4 Title venue for Hemingway's old man
- 5 Sported
- 6 Kindle download
- 7 Wall St. debut
- 8 Volleyball barrier
- 9 SeaWorld star
- 10 Backyard bash
- 11 Jai \_\_\_



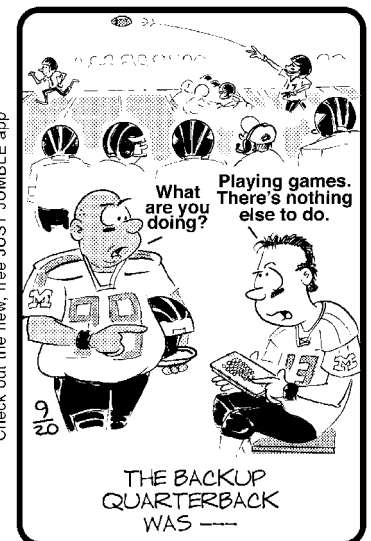
**JUMBLE**

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

SATHS  
 GIMTH  
 FEXRIP  
 FITYON

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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.

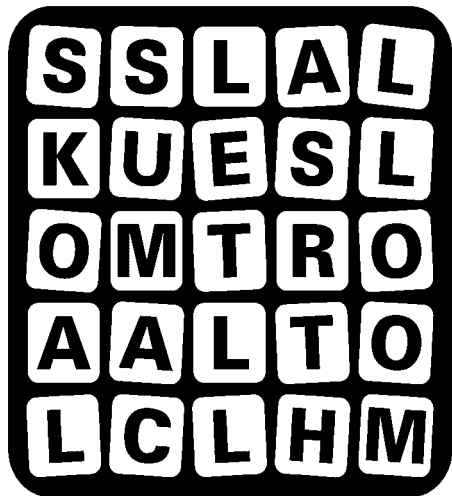
A: [Circled letters: S, A, T, H, S, G, I, M, T, H, F, E, X, R, I, P, F, I, T, Y, O, N]



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

## SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

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

### BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

### YOUR BOGGLE RATING

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

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Find **AT LEAST EIGHT FIVE-LETTER MAMMALS** in the grid of letters.

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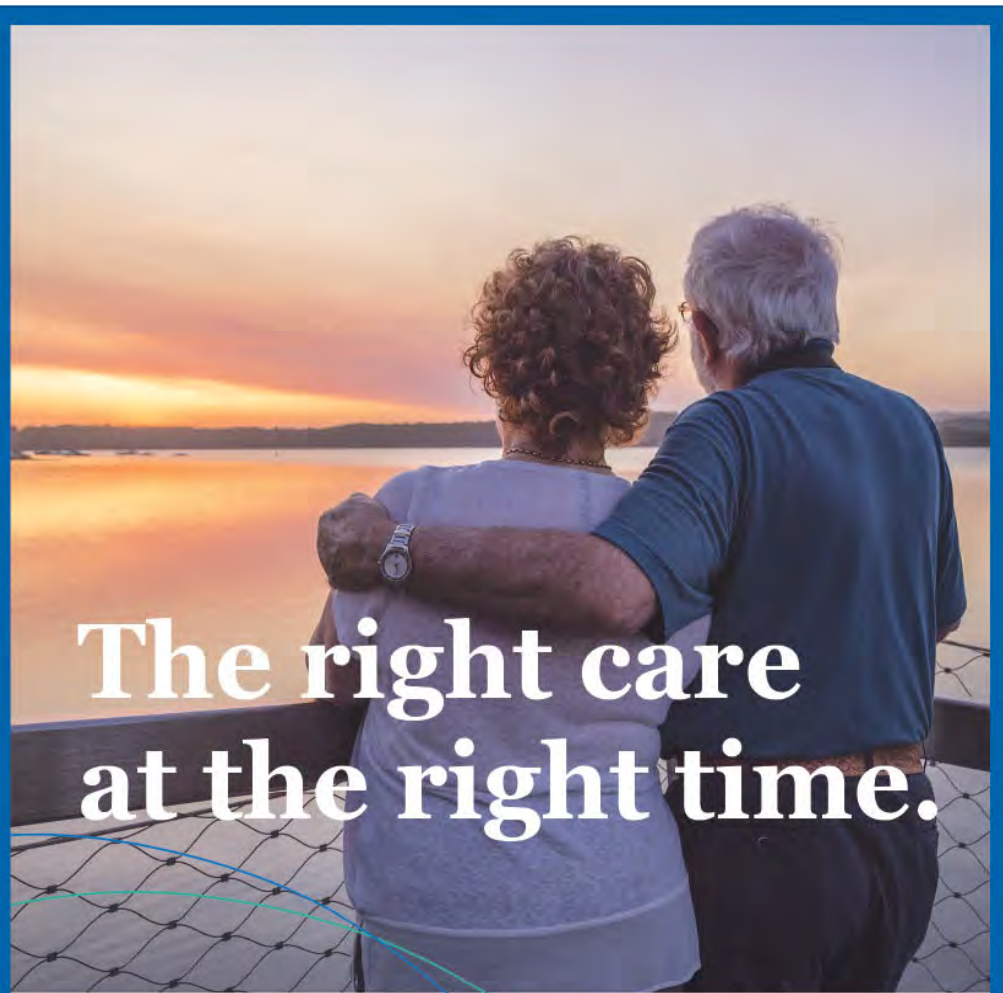
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# Authors of West Michigan From Childhood Stories



BY  
TRICIA  
McDONALD

Growing up, author Tom Laughlin was captivated by stories about his grandmother and her experiences homesteading on the prairies in Montana from 1913 to 1925. One of those stories was how her father was chased from the family farm by an Indian raid when his great-grandfather was only ten years old. These were

exciting stories for a young boy, fascinating material for a first-time author.

Born and raised in Port Huron, Michigan, Tom met his wife of 47 years at the University of Michigan. After graduation they married, and in 1981, with their two sons in tow, Tom and Jackie moved to Grand Haven. Tom started a job teaching and coaching at Grand Haven High School, and Jackie was an RN at North Ottawa Community Hospital.

After 30 years of teaching high school history, Tom retired and finally had the time to write. He had kept a handwritten journal while hitchhiking across America and Europe when a junior in college in 1971, and decided to copy the journal



to the computer for his sons and grandchildren to read. While copying the journal, he realized that much had changed in the 40 years since he had had those experiences. *The Summer of '71: Hitchhiking to Maturity* became a compare-and-contrast outlook on topics such as a divided Europe vs. the European Union, the impact of the Vietnam War, the Communication Revolution, and other changes that have occurred since 1971.

Once Tom finished *The Summer of '71*, his memories returned to his grandmother's stories. The time had come to research those childhood stories to see if they were historically accurate. While researching he learned that the Dakota Wars of Minnesota occurred in 1862, when his great-grandfather was 10 years old. That, and the fact that the town of Melrose was in the middle of the area of combat, convinced Tom that the story of the Indian raid on the family farmhouse was probably accurate. That discovery drove Tom into more research and it became the impetus for his second book, *Portrait of a Prairie Woman: Learning to Love the Land and the People*.

Using first-hand resources such as his grandmother's 1913 diary, letters from the ranch to rela-

tives, and an autobiographical magazine article his grandmother had written, Tom launched his research. Over a two-year period, he made trips to Minnesota and Chinook, Montana, to gather information about his grandmother's parents and her homestead claim. Many of his aunts,

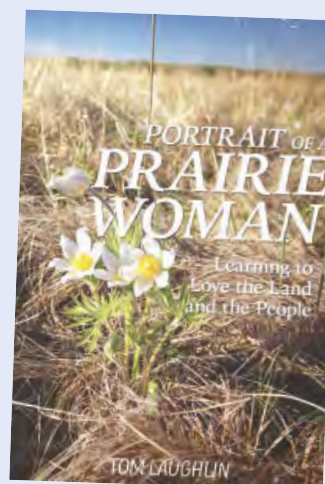
uncles, and cousins had pictures and stories from life on the homestead. He reviewed large amounts of information about homesteading and life in Minnesota and Montana at the turn of the century. Then it was a matter of "putting together a puzzle" of his grandmother's life.

In writing *Portrait of a Prairie Woman*, Tom does admit to using a bit of "literary license" to rearrange some of the events to make the story flow better. He also had to make some assumptions about events his grandmother may have

participated in. *Portrait of a Prairie Woman* is a book that generations of readers will enjoy and learn from.

*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: A Novelist's Guide to Writing is a guide to help writers put away the excuses and get the writing done.*

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# It's Party Time!



BY  
DICK  
HOFFSTEDT

Since the beginning of our country, there have been 58 presidential elections. They've been dominated primarily by just two parties, the Republicans and the Democrats. In Europe, Asia, and South America they have multi-party systems. The U.S. has tried many times to mount several different parties with little success.

Since 1900, there have been many candidates who tried to buck the two-party system. The socialist, Eugene Debs tried in 1904 and 1908. One of the most famous was Teddy Roosevelt, who ran as a Progressive (sometimes called the "Bull Moose" party) in 1912. In 1924, Robert La Follette of Wisconsin also ran as a Progressive. In 1948, one of the most interesting campaigns was when three persons challenged the sitting president, Harry Truman, and the Republican Thomas Dewey. They were Strom Thurmond as a States' Rights candidate, Henry Wallace as a Progressive and Norman Thomas as a Socialist. The underdog, President Truman pulled off one of the greatest upsets in U.S. history. In 1968, George Wallace of Alabama and Eugene McCarthy of Minnesota went at it with completely different agendas. Wallace advocating "States' Rights" and McCarthy wanting to end the Viet Nam war. There was John Anderson in 1980, Ross Perot in 1992 and 1996 and Ralph Nader in 2000.

Out of all the third-party candidates in our history, only four were able to garner any electoral college votes. Teddy Roosevelt did the best with 88, then George Wallace with 46, Strom Thurmond with 39 and Robert LaFollette with 13.



As you can see, third party candidates have not fared well in the U.S. Now we have to ask whether any of these candidates had any influence on either of our two major parties. Teddy Roosevelt probably did but only tried once. That's true of most of the major third-party candidates. Once was enough. Ross Perot tried twice and did well in 1992 but not in 1996. There was, however, a minor candidate mentioned above.

His name is Norman M. Thomas. Born in 1884 in Ohio, he went on to graduate magna cum laude from Princeton University in 1905. Later he graduated from Union Theological Seminary and was ordained as a Presbyterian minister in 1911. He became a pacifist during WWI, which led to his evolving into a Christian Socialist. In the 1920s, he became one of the founders of the ACLU. He was also an early proponent of birth control and worked with Margaret Sanger.

Thomas also ran as a Socialist for various New York State offices in the 1920s and 1930s. This led him to run for president six times as a third-party candidate, starting in 1928 up to the 1948 election. Even though he never won an elective office, his ideas and philosophies helped FDR in implementing Social Security and various work programs such as the CCC.

He had three daughters and two sons with his wife, Frances, who died at 66 in 1947. He went on to a prolific career as a writer and lecturer, dying at 84 in 1968.

A plaque in the Norman Thomas library at Princeton University reads, "I am not the champion of lost causes, but the champion of causes not yet won."

*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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# "We Were There," a poem



BY AMY  
GELDERSMA,  
LMSW

I was there in the driveway when 98-year-old eyes took in the sight of her home for the very last time.

I was there when a man told his grandpa, "Guess what? Your name will live on, we're

due with a son."

I was there at the table when a mother had to choose, based on price, will her daughter have a casket or an urn?

I was there when a dog curled up on the bed, next to sleeping hands that no longer pet her head.

I was there with the nurse when she washed a lifeless man, saw his wife gently take the gold band off his hand.

We were there when a woman turned 103, to lessen the loneliness with balloons and sweet treats.

We were there past our shift when a patient needed care; suddenly death was so close and her family wasn't yet there.

We watched a husband help with things he said he never would, because

he realized it was time. He finally understood.

We have heard the greatest secrets, regrets, and fears. We kept them safe within us, all those words that trust our ears.

We counseled the life-long partner when he realized he'll "get nothing," there were no documents in place to protect things shared with his loved one.

We've seen eyes light up over things we take for granted. Like the first snow of the year, which some know will be their last one.

We've shared more laughs than tears, no doubt. Humor exists in midst of the darkness; it's woven so tightly throughout.

We've been the last touches they felt and the last words they heard. I'll never find the perfect way to paint the value of our work.

Instead we must remember what we feel, what we saw, and cherish where we were.

*(Originally published on [www.HarborHospiceMI.org](http://www.HarborHospiceMI.org))*

*Amy Geldersma is a Social Worker and Social Services & Counseling*



Manager for Harbor Hospice. She began as an intern with Harbor Hospice before graduating with a Masters in social work from Grand Valley State University and joining the Harbor Hospice team. Amy has been with Harbor Hospice for 5 years. She knew

very early that end-of-life care was a strong career interest, and now her passion. Harbor Hospice serving the West Michigan lakeshore. Agency has provided hospice care and support programs to residents in a five-county area for over 35 years.

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BY  
CLIF  
MARTIN

## Martin's Meanderings All Shook Up

I am a domestically challenged widower. What I do in the kitchen you do not want to see. My cooking consists of throwing things in the crock pot or the microwave and hoping for something edible. I don't use the regular oven because I don't know how to turn it on.

I use a lot of garlic and onions. When the fragrance gets overpowering, I grab a can and squirt. Why so many freshers-uppers? I need to try them all to see which one does the job best. Will it be Crisp Waters, Enchanted Evergreens, Lavender and Chamomile? Or it might be the one that smells like the Gain detergent that I pour into the washer with no clue about how much to use.

But wait! Another challenge pops up. Glade says I should shake before I squirt. Febreze tells me not to shake. Air Wick avoids the whole question of whether 'tis better to shake or not to shake.

Let me make it clear that I am not looking for a nice lady to share my life and my kitchen. I like living alone. There's just one thing that worries me. What if Midge and her mother are watching me from that corner of heaven where the good Southern cooks hang out? They are sure to be all shook up.

*Clif says if you have advice to offer, please be gentle.*

## New device stops a cold



BY  
DOUG  
CORNELL

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

But scientists have found a quick way to kill a virus — touch it with copper. Researchers at labs and universities worldwide all agree — copper is “antimicrobial.” It kills microbes, such as viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper, destroying the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked again every time he felt a cold coming on. He reports he has never had a cold since.

He asked relatives and friends to try it. They said it worked for them every time. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

Users wrote things like, “It stopped my cold right away,” and

“Is it supposed to work that fast?”

“What a wonderful thing,” wrote Physician's Assistant Julie. “No more colds for me!”

Pat McAllister, age 70, received one for Christmas and called it “one of the best presents ever. This little jewel really works.”

People often use CopperZap for prevention. Karen Gauci, who flies often, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. “Sixteen flights and not a sniffle!”

Business owner Rosaleen says when people are sick around her she uses CopperZap morning and night.



New device stops a cold if used early.

“It saved me last holidays,” she said. “The kids had colds going round and round, but not me.”

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

Some users say copper stops nighttime stuffiness. One man said, “Best sleep I've had in years.”

The handle is sculptured to fit the hand and finely textured to improve contact, so it can kill germs on fingers so you don't spread illness to your family.

Copper may even help stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

CopperZap is made in the U.S. of pure copper. It carries a 90-day full money back guarantee and is available for \$49.95 at CopperZap.com or toll-free 1-888-411-6114.



BY  
JOE  
STAPEL

# Safety and Security Tips for Seniors

Welcome to my first column on Safety and Security. What I hope to accomplish in future articles is to provide you with safety ideas and information that you can use in your daily lives. I will cover such things as home security and what you can do to improve what you have. A lot of us cannot afford to hire an alarm company, but there are many other options available to you without costing a lot of money.

So what qualifications do I have that allow me to give you advice regarding your safety and security?

I was a police officer in Muskegon County for three different police departments for over 20 years and was responsible for the safety and security of the citizens of two cities and one township. I was the first Safety Specialist hired to work for Meijer Corporation's Loss Prevention program. I taught safety and security, including CPR and AED, to Loss Prevention Officers. I was responsible for producing safety and security bulletins and conducting Safety and Fire inspections of all units in my area. I was also a Campus Safety Director for a local small Michigan college. During these positions, I was able to learn many different aspects of both safety and security. I hope to apply a lot of what I have learned and pass it on for you to use in your home, while traveling, while driving, and in everyday life.

Let's start with a fire extinguisher. There are three

classes of fire extinguishers:

### 1. Class A: Air Pressurized Water Extinguishers

These extinguishers are to be used only on Class A fires – Wood, Paper, Cloth, Rubber, and certain Plastics. Never use on flammable liquid fires or on electrical fires.

### 2. Class B: Carbon Dioxide Extinguishers

These CO2 fire extinguishers are only meant for Class B fires. These include Oil, Gas, some Paints and Lacquers, Grease, Solvents, and other flammable liquid fires. They can be used on some Class C fires where electrical, including fires in wires, fuse boxes and energized electrical equipment are involved.

### 3. Class C: Multi-Purpose/Dry Chemical or ABC Extinguishers

Dry-chemical extinguishers, although generally used for class B and C fires, are usually marked as multi-purpose for use in all fires. Generally, this is the type of fire extinguisher that is offered for sale in retail stores for general household use.

All fire extinguishers will be marked with labeling that identifies what class of fire it can be used on.

1. If you do not have a fire extinguisher, you

may want to obtain one. You can consult with your local Fire Department for their advice. If you live in an apartment, it is likely that you will have one already installed and it will be checked by building management.

2. The best home fire extinguisher is an ABC Fire Extinguisher.

3. These are sold at most of the Meijer stores, Home Depot, Lowes, Menards and many hardware stores in the area.

They can be purchased for around \$40.00.

4. Most fire departments recommend purchasing a 5- or 10-pound extinguisher. A reusable fire extinguisher is best, but a non-reusable one is acceptable.

5. All reusable extinguishers have a gauge on them showing red and green with an arrow. If the arrow is on green, it's ready to use. If the arrow is on red it is not ready and would need to be recharged. All extinguishers should be checked on a monthly basis.

6. Usually, the most likely place for a fire in a house is in the kitchen. Always locate your fire extinguisher near the closest way leading to an exit from the home or apartment. Have it mounted or located where it can be obtained quickly if needed. Never put it inside a cupboard or in a closet.

7. Read up on how to use a fire extinguisher. Call your local fire department to see if they have any training you can attend to observe or participate in. Or you can watch a video on YouTube on how to properly use a fire extinguisher.

8. If you live in an apartment, they may have set up something with the local fire department



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where residents can observe or actually use a fire extinguisher on a real fire to see what happens.

9. In the case of a fire, call 911 first or have someone else do it. If there is an alarm system in your apartment, activate it.
10. When using a fire extinguisher, think of the word PASS - Pull, Aim, Squeeze and Sweep. Pull and twist the pin. There should be a plastic seal holding the pin and by twisting the pin you will break the seal.

Aim the nozzle at the base of the fire while standing at a safe distance.

Squeeze the lever to spray.

Sweep the nozzle from side to side until the fire is out. Remember to stay calm.

If you use up the extinguisher and you still have an active fire or flame, set the extinguisher down and exit your home or apartment immediately. If there is an alarm in the hallway of your apartment, pull it.

Never re-enter a burning building. Always go at least 50 feet away from the home or building that is on fire. This is called your evacuation point. If you have other people living with you, you should plan ahead and designate an evacuation point where you can meet in case of an emergency or if you had to leave your home in a hurry.

In an apartment there should be a location already chosen for all residents to meet in case of an emergency. If you do not have one you should call your apartment manager.

*If you have any questions regarding Senior Safety and Security, Joe Stapel would love to hear from you. His email is [jjalan@comcast.net](mailto:jjalan@comcast.net)*

# The day with the most light is the day we fight

## Muskegon Residents Join the Alzheimer's Association to Shine Light on Alzheimer's Disease

On June 21, 2019, Muskegon residents will show their purple pride by joining advocates across the world to participate in The Longest Day®. Held annually on the summer solstice, The Longest Day symbolizes how for those caring for someone with Alzheimer's disease or other types of dementia, every day is the longest day. On this day with the most light, participants will fight the darkness of Alzheimer's through an activity of their choice. Together, they will use their creativity and passion to raise funds and awareness to advance Alzheimer's Association® care, support and research programs. The event coincides with Alzheimer's & Brain Awareness Month® in June.

On The Longest Day, participants will choose an activity – biking, hiking, playing bridge, swimming, knitting and more – to shine a light on the 5.7 million Americans living with Alzheimer's disease and the more than 16 million family members and friends providing care and support. In Michigan alone, there are more than 190,000 people living with Alzheimer's and more than 517,000 family members and friends caring for them.

"The Longest Day offers local residents a really unique opportunity to help raise funds and awareness to fight Alzheimer's disease," says Melissa Goodson, Development Director for the

Alzheimer's Association, Michigan Great Lakes Chapter. "Whether you're baking your grandmother's favorite pie recipe and hosting a bake sale or raising money through a Euchre tournament in honor of your dad, there's an activity for everyone."

### Key facts about Alzheimer's include:

- Alzheimer's disease is the sixth-leading cause of death in the United States.
- 5.8 million Americans are living with the disease.
- 16 million family and friends provide unpaid care to people with Alzheimer's or other dementias in the United States.
- Every 65 seconds, someone in the United States develops Alzheimer's.
- In 2018, friends and family of those with Alzheimer's provided an estimated 18.5 billion hours of unpaid care, a contribution valued at \$234 billion.
- In 2019 Alzheimer's and other dementias will cost the United States an estimated \$290 billion. This number is expected to rise to \$1.1 trillion by 2050.

*Visit [alz.org/thelongestday](http://alz.org/thelongestday) for more information and to register. The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's®. Visit [alz.org](http://alz.org) or call 800.272.3900.*

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Help us reach more families in Muskegon living with Alzheimer's disease or another form of dementia. We are currently seeking volunteer community educators to teach programs in our community. Schedule is flexible, and training will be provided. Email [mglcvolunteer@alz.org](mailto:mglcvolunteer@alz.org) to learn more!

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# Traveling? You Can Still Access Social Security Online



BY  
VONDA  
VANTIL

Now that the weather is beginning to warm, you might be planning a vacation or trip. Social Security is here for you when you're traveling, whether it's just a state away or when you're overseas.

Our online services page directs you to a wide variety of useful links at [www.socialsecurity.gov/onlineservices/](http://www.socialsecurity.gov/onlineservices/).

Through our online services, you can:

- Apply for Social Security benefits
- Get your Social Security Statement
- Request a replacement Social Security card
- Appeal a decision
- Find out if you qualify for benefits

Some of these features require you to have a my Social Security account, which is something every-

one should have no matter what stage they are at in their working life.

If you already receive Social Security benefits or Medicare, you can create or log in to your personal my Social Security account to:

- Get your benefit verification letter (includes Medicare and SSI)
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- Change your address and telephone number
- Start or change your direct deposit
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- Get a replacement SSA-1099 or SSA-1042S for tax season
- Report wages if you work and receive Disability Insurance benefits (SSDI) or Supplemental Security Income (SSI)

Create a my Social Security account today at [www.socialsecurity.gov/myaccount/](http://www.socialsecurity.gov/myaccount/) to take advantage



of these easy-to-use features. Also, share our online services page with friends and family, who might not know how easy and secure our website is.

*Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at [vonda.vantil@ssa.gov](mailto:vonda.vantil@ssa.gov).*

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# Ask the Provider

## Weight and Older Adults

*Courtesy of Mercy Health*

Are you interested in learning more about whether weight loss could help improve your quality of life? If the answer is yes, you're not alone.

Obesity is a complex, chronic disease that is influenced by a variety of factors, including some that are out of your control. When it comes to lifestyle choices, a registered dietitian can help you work toward your personal goals with food and beverage choices that are based on your preference, budget and desired outcomes. What follows are some frequently asked questions regarding weight and older adults.

**Question:** Is obesity common in older adults in America?

**Answer:** Yes. According to the Centers for Disease Control and Prevention, 36.5% of U.S. adults are obese, with higher rates of obesity in certain age groups. Adults 40–59 years have an obesity rate of 40.2%, and adults aged 65–74 years have an obesity rate of 40.8%. Adults older than 75 years of age have a slightly lower obesity percentage of 27.8%.



BY  
DEBRA  
WARREN, RD

**Question:** Should all adults affected by obesity be on a restrictive diet to lose weight?

**Answer:** No. For older adults, diets should be individualized based on medical conditions, physical ability / function, individual goals and life expectancy. It is

best to consult with your provider as you decide about your care plan. If weight loss is your choice, the care plan must include adequate protein and calories to prevent malnutrition and/or development of pressure injuries.

**Question:** Should I be on a restrictive diet if I am an older adult with diabetes, chronic kidney disease, and/or cardiovascular disease?

**Answer:** The current standard of care is this: An individual's diet should be determined with the person and in accordance with his/her informed choices, goals and preferences, rather than exclusively by diagnosis. In some cases, medications may be more beneficial than dietary changes and could reduce the risk of malnutrition. It is best to consult your medical provider when

making these decisions.

**Question:** Can medications impact weight and/or appetite?

**Answer:** Yes. Talk to your doctor or pharmacist about possible side effects and drug-nutrient interactions that can impact weight and appetite.

**Question:** I am over the age of 50, with a Body Mass Index (BMI) over 30 and have co-morbid conditions\*. Should I consider weight loss surgery?

**Answer:** Talk to your primary care physician about whether weight-loss surgery is a good option for you. Due to hormone and metabolism

changes, significant weight loss is achieved and maintained more successfully with surgery than with diet and exercise alone. According to the American Society for Metabolic and Bariatric Surgery, bariatric surgery can help improve or resolve many co-morbid conditions including, but not limited to, diabetes, hypertension and high cholesterol. Also, patients often report improved mobility and quality of life after losing excess weight with bariatric surgery.

*To learn more about weight management options, talk with your doctor or health professional. Or visit [www.MercyHealth.com/Weight-Management](http://www.MercyHealth.com/Weight-Management)*

*\*Long-term, chronic conditions*

## Lakeshore Garden Masters invites all gardeners!

Lakeshore Garden Masters is a group of novice and seasoned gardeners that enjoy learning and sharing gardening tips and ideas. Meetings are from March through October on the 4th Monday of the month at 6:30 p.m. Dues are only \$15/year or \$5 for a guest/per meeting. Everyone welcome! May 20th meeting will be held at the Monet Garden in Muskegon at 470 Clay Street. We'll be sprucing up the garden and planting annuals. If you want to help, we start at 4 p.m. We will have a finger food potluck

starting at 6 p.m. Bring a dish, a chair and your hand tools. June 24th meeting will be at the Spring Lake Library, 123 Exchange Street, Spring Lake. Clarence Falsstad will present on Shade Gardening and what plants are successful in the cool part of your garden! Potluck starts at 6 p.m., bring a dish to pass, your table setting and beverage. Or come for the presentation which starts at 6:30 p.m.

**For more information, contact Susan Thorpe at [holbox04@gmail.com](mailto:holbox04@gmail.com) or 248-310-2312.**



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any of these people?



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BY  
DELICIA  
EKLUND

Hundreds of vintage photos are donated to The Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. There are a couple large group photos this time. One looks to be a pretty good celebration! 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 either group 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 an Options Counselor 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, son Alan and daughter Rowyn. You can contact her at deklund@seniorresourceswmi.org or 231-683-2630.*



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# A Picture is Worth a Thousand Words

# Memories!



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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

H	A	S		T	W	A	I	N		S	L	A	Y		
E	S	A		S	H	O	P	P	E		H	A	L	O	
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8	7	1	6	4	3	2	5	9
9	6	5	7	2	8	3	1	4
4	2	3	9	1	5	8	6	7
1	9	6	4	8	7	5	2	3
3	8	4	2	5	9	6	7	1
2	5	7	1	3	6	4	9	8
5	3	2	8	9	1	7	4	6
6	4	9	3	7	2	1	8	5
7	1	8	5	6	4	9	3	2

### Boggle Answers:

MOUSE HORSE KOALA OTTER  
MOOSE CAMEL LLAMA SLOTH

### Jumble Answers:

STASH MIGHT PREFIX NOTIFY

### Answer:

The backup quarterback was –  
PASSING TIME



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