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**A National  
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JULY | AUGUST 2020

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Return to: Senior Perspectives, I Spy, 560 Seminole Rd., Muskegon, MI 49444

**MAY/JUNE WINNER: GARY HOFFMEYER OF WHITEHALL**  
 The popsicle was found on page 7 in the Soul Food story.





## Authors of West Michigan If the Book Doesn't Exist, I'll Write It!

BY  
TRICIA  
McDONALD

After claiming for himself every letter book in the house, three-year-old twin

Nathan then told his mom, "Sister gets all the horse books." This created a problem since Brittany Bennett (mom) could not find any horse ABC books on the market for twin Abigail. Since both children were "horse crazy," Brittany decided to solve the problem by writing the ABC horse book "for sister."

When Brittany started writing *Foal & Friends ABC*, she didn't know her research would put her in contact with horse organizations spanning nine countries and six different languages. Through these horse connections, she learned that every horse breed has its own story and group who love and support them.



*Foal & Friends ABC* is comprised of photographs of mares and foals, each representing a different horse breed (twenty-six in all) to correlate with every letter of the alphabet. Brittany's collaboration with various horse organizations provided her with the stunning photos used in the book.

Brittany and her eight-year-old twins live near her extended family in Jenison. As the mother of twins, "I can use all the help I can get,"



she states. The oldest of seven, Brittany loves having her children grow up close to their grandparents, aunts, uncles and cousins.

A lifelong lover of horses, it is no surprise Brittany had Nathan and Abigail taking riding lessons at three years of age. They continue their love of riding together and also volunteer at Renew Therapeutic Riding Center in Holland.

Future writing projects for Brittany are *Foal & Friends 1 2 3* as well as *Foal & Friends Opposites*. She is currently

collaborating with a geologist from NASA on a book series on horse history, starting during the Ice Age with a horse that crossed a land bridge to the British Isles and never evolved.

When asked what advice she would give to a new writer Brittany stated, "During your research, conduct interviews and collaborate with experts. There is a lot of inspiration that comes from others who are interested in the same field."

*Tricia L. McDonald is an internationally published author, public speaker and writing coach. Her new middle-grade fiction book, The Sally Squad: Pals to the Rescue will be published in March 2020. Her Life with Sally series: Little White Dog Tails, Still Spinnin' Tails, Waggin' More Tails, and Princess Tails are compilations of stories chronicling life with her miniature bull terrier. Quit Whining Start Writing is a guide to help writers put away the excuses and get the writing done.*

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BY  
JERRY  
MATTSON

# Flying Fords

Most people are familiar with Ford cars and trucks, and the company's tractors are known to many folks. Nearly lost to history is the story of the Ford

Trimotor aircraft.

In 1922, Henry Ford and a few other people each invested \$1,000 in the Stout Metal Aircraft Company. In 1925, Ford bought out the others and became the sole owner. Between 1926 and 1933, a total of 199 Ford Trimotors were built. These were used by more than 100 airlines around the world. Today, about 90 years later, very few of the planes still fly and then only to special events and exhibitions.

Nicknamed the Tin Goose, the Trimotor was covered in corrugated aluminum and was one of the earliest airliners made of metal. Most airplanes were fabric-covered until then.

This year, a Trimotor was flown to Marathon, Florida, in February when the local chapter of the Experimental Aircraft Association hosted a three-day event. Here, rides were offered in the nine-passenger plane. My wife and I watched the first flight take off with a full load of passengers. Many older winter visitors signed up for the flight at a cost of around \$75. I passed.

One of the EEA volunteers told me, "She flies low and slow." He also said they were very dependable and were in service a long time. They were powered initially by Curtiss-Wright radial engines and later the more powerful Pratt & Whitney engines.



Scenic Airways used a Ford Trimotor for 65 years, until 2011, as a sight-seeing aircraft over the Grand Canyon. These planes were used by Pan American Airways in 1927 for their first international flights scheduled between Key West and Havana, Cuba. The aircraft visiting Marathon was featured in two motion pictures, *The Family Jewels*, 1965, starring Jerry Lewis, and *Public Enemies*, 2009, with Johnny Depp. The Ford Tin Goose airplanes flew many miles with many passengers. Two of the flying Trimotors will be in Oshkosh, Wisconsin this year when (if) the annual FAA AirVenture show is held, starting on July 20.

Ford Tri-Motor planes are on display in Michigan at both the Henry Ford (Greenfield Village) in Dearborn and the Air Zoo museum in Kalamazoo.

The "Goose" reference to aircraft was used in at least two other times and places. One was the Spruce Goose, the famous, huge aircraft financed

by Howard Hughes in 1947. This one only made one short flight and is now on display in a museum in McMinnville, Oregon.

The Blue Goose was the popular, unofficial, name for North Central Airlines, as the silhouette of a blue waterfowl in flight was the company logo. The company claimed the bird was actually a duck, but a duck in flight does not compare to the majesty of a flock of geese honking overhead. To most people, the logo bird was, and will remain, a blue goose.

All these "Geese" are a part of aircraft history. I was pleased to have been allowed inside the Tin Goose in Florida and now appreciate how much airliners have improved over the years. In Ford terms, I suppose it would be comparing the Model T to a new Explorer.



Although Ford produced thousands of B-24 Liberator bombers at their Willow Run, Michigan, plant during WWII, none of those had the company name on them. The real flying Fords remain the Trimotors.

*Jerry enjoyed seeing this airplane displaying the Ford script on its side. This creation was far different from the vehicles being produced while he worked for the company from 1966 to 2001.*



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# Soul Food

## ...Set apart as sacred

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

Look up the word “consecrate” or “sanctify” and you will find definitions that indicate that something needs to be set apart ... for a sacred purpose.

One of our sons, a single adult, has moved back in with my wife and me and is working at home using headphones and his laptop computer as he communicates with his employer’s administration and production. If we have to go out, we are told to keep a distance of at least six feet from any neighbor or friend, and no touching!

Most of us today have never experienced such a life-changing time and environment, especially for those who love to travel, or need to travel for work. Today’s pandemic affects our whole family, neighborhood, city, county, state, country, and world. So now that it is summer, what are we still facing and how are we going to use our time?

Many of us have retired, yet we want to be helpful; we want to be with our friends and loved ones. Many will still have loved ones to care for within their families. There are always so many needs in our communities and in healthcare facilities for which to pray. This thought led me to an inspiration.

Set apart even a small amount of time each day as sacred. How? Prayer is

always good. What about creating a new activity or interest at home? You could choose something new that reflects what you love. If you live with one or more relatives, make a plan together! Sing a new song. Dust off the old piano or instrument you used to play. One could even learn to play a new instrument. Turn off the TV and tell family stories about times that offered great joy or value to you. Phone people who you miss very much, or those you have not heard from in a while. If you belong to a church or synagogue, call the office and offer to volunteer making phone calls to those who live alone. Or contact someone you have thought you’d like to get to know better.

PSALM 23 - NIV | *A psalm of David.*

*“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”*



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Hartshorn Marina with Chuck Hardy

# Fishing for Seniors



BY  
LOUISE  
MATZ

Do you fish? Did you ever fish? Would you like to try it? If so, you are in the right place. West Michigan is overflowing with spots to go fishing. And, you don't need a boat. However, you will likely want a spinning rod and reel, bait, and a few basic tools. Needle-nosed pliers are particularly helpful if the fish swallows your hook. Extra line, hooks, sinkers, swivels, and bobbers are pretty essential, too. A rag (or gloves) to handle the fish is optional, but it does protect your hands. Artificial bait is always fun to try, too. There's a huge selection of artificial bait (lures) out there for you to purchase. Some work. Some



don't. And some work occasionally.

An ABSOLUTE MUST is a Michigan fishing license. Seniors get a real break. An annual fishing license for seniors in Michigan is only \$11.00! Another good idea is to check the fishing regulations to be sure the fish you catch are "in season" and legal size. Most pan fish have no size limit.

Fishing is easy. You don't need to be an athlete. You can even do it from a wheelchair. You may want to bring some comfort items – food, drink, music, bug spray, sun screen, etc. – or not. I like to bring my phone which



Pottawattomie Bay

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### Petty's Bayou Bridge



has a camera just in case I catch a big one or see something unusual.

Bluegills, largemouth bass, sunfish, speckled bass (crappie), bullheads, catfish, pike and perch are the most popular fish to catch. West Michigan is loaded with many locations for fishing. Even if you are not a fisherman, you have probably noticed people fishing from bridges, docks, and along the shoreline.

Listed below are a few of those locations:

1. Mona Lake at Lake Harbor Bridge: The old road now closed just north of the bridge even offers benches. It's a very scenic and pleasant spot to spend a little time.

2. Muskegon Lake at Heritage Landing offers many scenic options.

3. Muskegon Lake at Hartshorn Marina

4. Mona Lake at "The Tree." This is a spot under a very large willow tree along Seaway Drive. To access, take Seaway Drive east and turn right on Green Street just past Mona Lake Park. Then, turn left on Lakeshore Drive and follow to the end. You are there!

5. Muskegon Lake Channel – lots of room and very scenic at the Muskegon Lake end of the channel.



Heritage Landing

6. Spring Lake from Smith's Bridge in Ferrysburg at 168th Street and West Spring Lake Road, a very popular spot.

7. Spring Lake from Petty's Bayou Bridge on Fruitport Road north of the Spring Lake Country Club

8. Pottawattomie Bayou from Pottawattomie Park at 15600 Comstock Street in Grand Haven. This is a lovely little park with a floating fishing/viewing platform.

9. Muskegon Lake from Muskegon State Park. Take the Snug Harbor entrance on Memorial Drive.

If you are a novice or haven't fished in a long time, here's a suggestion. Pick a spot and check it out. Go visit the spot, talk to the fishermen, see what they're catching and the kind of bait they're using. You're likely to pick up some good tips.

*Fishing is one of the favorite pastimes for Louise. Since moving to a condo, she and her husband will often spend an evening fishing in the private pond. In the winter months they fish in the Florida Keys.*



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## Keith's World

# State Park Camping at Traverse City

BY  
KEITH  
SIPE

During the late 1950s and early 1960s my parents, Duane and Millie Sipe, and their

friends always headed to Traverse City State Park each Labor Day weekend. It marked the end of summer and back to school. I had mixed feelings with that time. I enjoyed going camping at the state park, but didn't like what followed the next day—school!

Some friends would be pulling trailers, pop-up campers, and others would actually be camping in tents. My folks pulled a Holly trailer, like the one showing, (that's me between the car and trailer) to the state park, but the "real" campers used tents. One time, a family forgot their tent poles and had to make use of whatever they could find to keep their big tent up. I'll say this, a lot of folks made fun of them that weekend; it was quite funny the way this family made use of rope to keep that tent up.

A major street, US-31 (Munson Avenue to the locals), divides the state park and the east arm of the Grand Traverse Bay. Traffic wasn't heavy back in the 1950s and I think it might have been only a two-lane road. It wasn't as busy as it is today and one could cross without much difficulty.

Everyone enjoyed going to the beach, and it was the highlight of the day to go to the beach and swim. Everyone enjoyed the cool water and soaking up the warmth of the sun.

As you crossed the road to the beach, I remember a gift shop in a log cabin. In the gift shop you would find items like a little cedar wooden box where you might store something you cherish. It had a little clasp on one side to lock it and fancy hinges on the opposite side. When opening the cedar box, you could smell the aroma of cedar wood it was made from. Another thing I remember was the



*Pictured top: My dad, on the left, and uncle getting ready to head to the beach.*

*Pictured right: Keith helping Dad hook up the trailer.*

*Pictured below: Harry Pothoff trying to get his tent ready for camping.*



pine scent sticks. You would light one end with a match and place it in a little holder. The smoke aroma filled the room, and it was like walking through the woods of Hartwick Pines in Grayling. I bet if you closed your eyes you would be able to find yourself in the woods and smelling the sweet aroma of the pine trees. You could spend hours looking at all the wonderful gifts in this old log cabin by the bay.

Outside, between the gift shop and beach area, was a place you could rent a paddle board. The paddle boards were painted orange and they seemed very

During the Labor Day weekend, the county fair was not far from the state park. It had a race track where sulky horse racing took place on the weekends. One year my dad talked to one of the sulky racers for quite a while, and after he finished the conversation he said he knew the guy from his childhood. I thought that was something special for my dad, for he was born and raised in Portland, Indiana. When my dad was growing up on the farm they never had a car for transportation. When they needed to go anyplace it was done by horses.



big and heavy. Of course, I was younger in those days and everything was heavy and big. If you wanted, you could use the paddles that came with the orange board—a long wooden handle with circular flat disc at each end. You could stand or sit on the board to get around.

One could even dive or jump off the board. It was a lot fun, but a lot of work for a young person.

Another thing the kids liked to do was to go to the railroad tracks behind the state park and put pennies on the track. When we heard the train coming from a distance, we would run to the tracks with our pennies to put them on the rails. After the train went by, it would take some time to find the flattened pennies. We made sure we placed more than one penny on the track, for surely we would lose some as the train went by.

One more memory, an early lesson in life. While attending the fairgrounds activities, I was "ripped off" by one of those carney games. I lost a few bucks that I had saved during the summer. It was a 22-rifle target game. You could win a nice prize for expert shooting. What I learned later was you couldn't win, for the rifle sights were completely off.

Today, the fair grounds are no longer there. The race track is a ball field, at least that is what it looks like from the road.

Now I am in trouble for I am over my word count. Please defend me when you talk to the editor of *Senior Perspectives*. Thank you in advance.

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





BY  
VONDA  
VANTIL

# Eligibility for Spouse's Benefits

With more than 80 years of service, the Social Security Administration has helped secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. In May, we recognized Older Americans month and we encourage you to participate by learning about available Social Security benefits. Did you know that you may be able to receive benefits on your spouse's record if you have not worked or do not have enough Social Security credits to qualify for your own Social Security benefits? To qualify for spouse's benefits, you must be:

- 62 years of age or older; or
- Any age and care for a child who is younger than age 16 or who is disabled and entitled to receive benefits on your spouse's record.

Your full spouse's benefit could be up to one-half

the amount your spouse is entitled to receive at their full retirement age. If you choose to receive spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit.

If you wait until you reach full retirement age to receive benefits, you will receive your full spouse's benefit amount – up to half the amount your spouse can receive. You will also get your full spouse's benefit if you care for a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse's record.

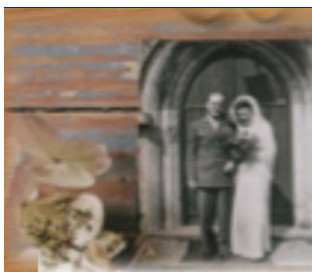
If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$250 and a spouse's benefit of \$400. At her full retirement age, she will receive her own \$250 retirement benefit. We will add \$150 from her spouse's benefit, for a total of \$400.



Want to apply for either your or your spouse's benefits? Are you at least 61 years and 8 months old? Visit [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to learn more about the process.

Are you divorced, but your marriage lasted at least 10 years? You may be able to get benefits on your former spouse's record. Explore more about your eligibility by visiting our Benefits Plan

*Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids*



With limited resources currently available, please share this information with your family & friends. Senior Resources is currently enrolling new participants in our MI Choice Waiver program. This program is a sensible and effective option for older adults who need assistance to remain in their homes or are unable to relocate.

Senior Resources has helped thousands of area seniors through our community-based program that allows you to access services in the community along with receiving support and stay in their own homes or other community setting. This program includes prescreening, in-home assessments, care planning and in-home services.

## SERVICE MAY INCLUDE

- |                                |                               |
|--------------------------------|-------------------------------|
| ✓ Personal Care                | ✓ Independent Living Skills   |
| ✓ Adult Day Services           | ✓ Home Delivered Meals        |
| ✓ Chore Services               | ✓ Homemaker Services          |
| ✓ Counseling                   | ✓ In-home Respite Care        |
| ✓ Transportation               | ✓ Personal Emergency Response |
| ✓ Medical Equipment & Supplies | ✓ Environmental Modifications |

*Our Mission is to provide a comprehensive and coordinated system of services designed to promote the independence of older persons and their families in Muskegon, Oceana and Ottawa counties – a mission compelling us to focus on older persons in greatest need and to advocate for all.*

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To learn more about this program and to see if you qualify for this free service, contact one of our Long-term Care Options Counselors at 231-733-3585 or 800-442-0054  
[www.SeniorResourcesWMI.org](http://www.SeniorResourcesWMI.org)





BY JACKIE  
LINDRUP  
RDH, M.Ed.

# Keeping Music in the Family

One day my daughter Kirsten mentioned that she wanted to learn to play the guitar. She remembered that her grandfather had a guitar he wasn't using any more. She wondered if instead of the guitar he'd like to play the ukulele. Maybe it would be easier on his fingertips at 96. Then she wondered if he'd like a harmonica. That would be even easier!



I remembered that Dad said he had learned to play the harmonica with his class in elementary school. I asked Dad about it during one of our 9 p.m. phone calls. He thought about it awhile and then told me this story:

*It was in my third grade class in Wilton, North Dakota and I must*



*have been about 9 years old. This was about 1933 and my teacher's name was Mrs. Theis. One day just after I got to school Mrs. Theis said, "OK class...settle down...I have a surprise for each of you. Johnny, get the box over there and pass out all the little boxes inside. I am going to give you each a harmonica. We are going to learn how to play it here in class and, yes, then you can take it home and play for your mom and dad." We were all silent...flabbergasted really. She continued on, explaining that this instrument was called a mouth organ. She lifted it to her lips and played a note. The room was silent. She played several more notes and then she played "America the Beautiful." We were stunned...it was so beautiful!*

*Then she said, "Every day when you come to school the first thing we are going to do is take the harmonica from your desk and we will practice." And we did exactly that. First we learned to play single notes, and then how to play the scale. Eventually we learned how to play the first line of "America the Beautiful!" By Christmas we had learned the whole song and the class performed it at the school Christmas event where our parents looked on in disbelief and we smiled. When the harmonica playing ended, there was giant applause from our parents. Later on when I was in the Air Force flying airplanes, I had the same harmonica...and played it for my pals. Fun!*

If you are wondering about Dad's interest at 96 in playing any of those other instruments Kirsten wondered about, his answer is NO! But here's the rest of the story.

He told me that he had learned to play all those musical instruments at one time or another! After learning to play the harmonica, he won a ukulele in a school contest. When he brought home his prize he learned that his father played the ukulele and had fun learning from him! A

few years later while working at the local drugstore for \$1 a week, he found a guitar in a catalog for \$10. His boss helped him order it and charged him half of his weekly pay each week to purchase it. After he learned to play the guitar, his father gave him a neck holder for the harmonica so he

could play the guitar and harmonica at the same time. Now Kirsten has his guitar and is learning to play it by taking online classes at the Fender site on her computer!

It was fun to learn about Dad's musical past! We all thought the music genes were from Mom!

Jackie Lindrup is a retired dental hygienist who lives in Muskegon MI with her husband Tom. She enjoys sharing memories of her 96 year old father Charles Huhn and her travels in the US and abroad. She is on the Board of Directors of Volunteer for Dental, a local non-profit which offers free dental care for volunteer service hours in the community. You can contact her at [jackielindrup111@gmail.com](mailto:jackielindrup111@gmail.com).



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# The Problem of Pain



BY  
CURTIS FREED,  
MA, BCC

C.S. Lewis, the famed Christian writer of the mid-twentieth century, wrote a number of books defending the Christian faith. Lewis's most famous works include *Miracles*, *Mere Christianity*, *The Screwtape Letters*, and the children's classic series entitled *The Chronicles of Narnia*. He also wrote *The Problem of Pain* a number of years

before his beloved American wife, (Lewis was British) Joy Davidman, died of cancer.

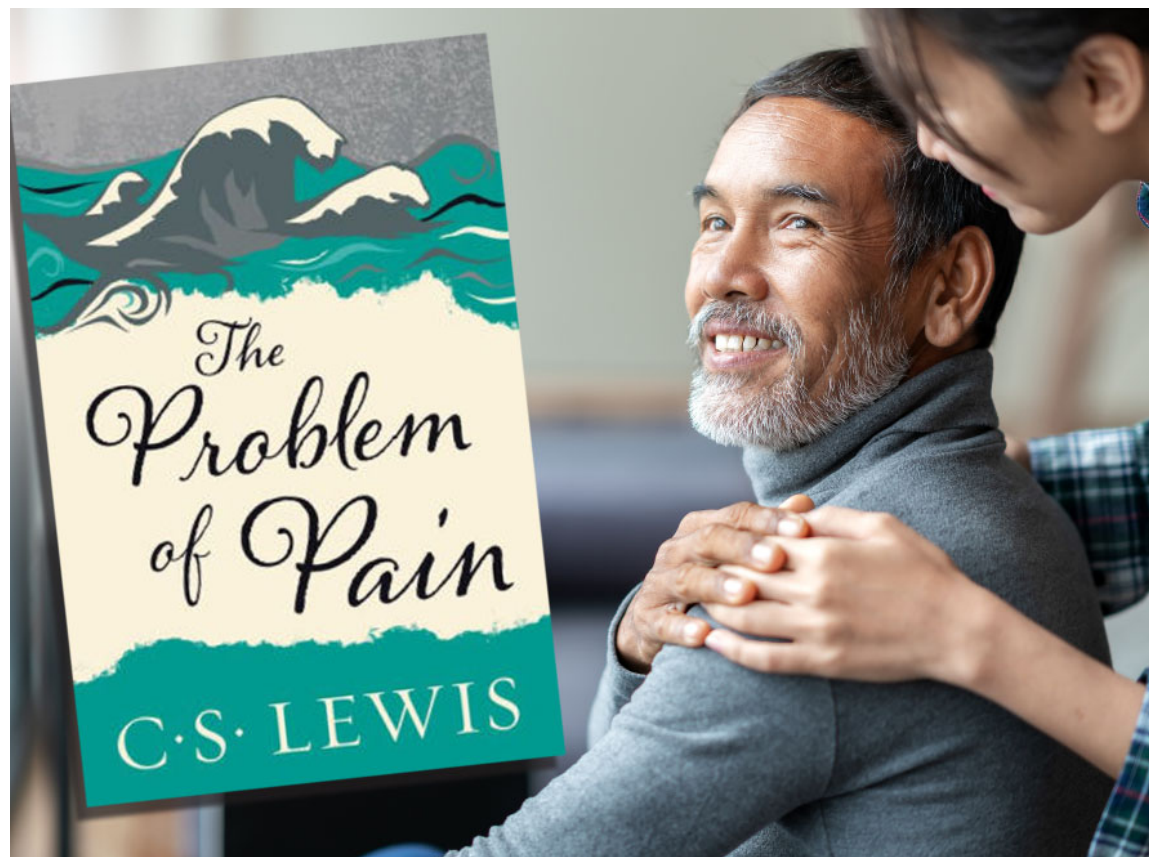
In his book, *The Problem of Pain*, Lewis presents a convincing argument bringing together the central core of Christianity that God is love. At the same time, Lewis presents the mystery of suffering. Lewis brings forth the age-old question of how could a loving God allow for suffering and pain in this world.

The mystery of suffering is complex in a world created by a good and loving God.

In the first paragraph of Chapter 2, entitled "Divine Omniscience," Lewis brings forth the focus of the book by stating: "If God were good, He would wish to make His creatures perfectly happy, and if God were almighty, He would be able to do what He wished. But the creatures are not happy.

"Therefore, God lacks the either goodness, or power, or both." He says this is "the problem of pain, in its simplest form." Thus, the argument of reconciling God's love and goodness with the problem of pain cannot be answered. Still, in the following chapters, Lewis attempts to address this basic theme.

Lewis devotes two chapters to the subject of



human pain. He defines pain as "any experience, whether physical or mental, which the patient dislikes...[pain] is synonymous with 'suffering,' 'anguish,' 'tribulation,' 'adversity,' 'trouble.'" Lewis believes pain is a channel in how God gets our attention. He writes, "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world."

Pain speaks to us on several levels. First, it "shatters the illusion that all is well." Second, pain shatters another illusion, "that we are self-sufficient and all that we have is of our own doing." Third, pain teaches us to rely on God. When we make decisions, it is out of the strength we have in Him.

In reading *The Problem of Pain*, a person can come to the conclusion that pain will always end with positive results. However, Lewis does not suggest this. Pain can have a negative impact as well. In other words, the pain and suffering a person experiences in this life may lead to bitterness and rebellion toward God.

Lewis concludes his book with a chapter on heaven. The danger of discussing heaven may give people a false sense of hope, or as Lewis puts it, an "escape...into dreams of a happy world elsewhere." However, Lewis strongly

believes that heaven is the desired outcome of many.

*The Problem of Pain* was first published by C.S. Lewis in 1940. Lewis's style is far different from many of today's contemporary writers. However, its contents are very applicable today for many who are suffering in various ways. I found Lewis's book compelling to say the least.

*Curtis Freed is a Spiritual Care Counselor for Harbor Hospice. He is a Board Certified Chaplain (BCC) with the Association of Professional Chaplains (APC). Prior to joining Harbor Hospice, he worked as a chaplain at Mercy VNS & Hospice for 3 years. In addition, he worked as a chaplain for Spectrum Health at Butterworth and Blodgett Hospitals for nine years. He is a graduate of Liberty University (1987) and Liberty Baptist Theological Seminary (1990).*

*For over 37 years, Harbor Hospice has provided compassionate end of life care for terminally ill patients and their families, addressing medical, emotional and spiritual needs regardless of ability to pay. Serving residents of lakeshore West Michigan, their team of professionals and volunteers connect patients and families with resources to align their goals of comfort and improved quality of life.*





# Under My Skin



BY  
JOEL  
DULYEA

The quarantine of 2020 moved me to wonder if anyone else thought April was the longest month of the year? Days seemed longer with disrupted routines. In our home, there was no coughing or fever, no clinical symptoms of the virus. We had isolated ourselves as required and gained an unasked-for new perspective.

For the time being, it seems our real lives have been canceled for a virtual life in communion with others through Zoom or Skype. I hope July brings better news. Coronavirus has gotten under my skin.

Five years ago, I sought a new perspective when I met a woman on the Camino de Santiago trail east of Pamplona, Spain. From Seattle, WA, Ann was tall, with long blond hair that fell below her

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shoulders. She was 28 years old and a graduate of Boston College. Ann had just settled the estate of her deceased father and was walking the Camino to contemplate how to begin life anew, now without both her parents. I asked her to tell me a favorite story about each parent.

Her father traveled to Boston to visit her at college. While there, Ann convinced him to dress as a Jersey-Girl in a sequined red spandex skirt for an event her sorority hosted. Not satisfied with his appearance, dad asked her to remove the pink from his hair and make it white again. Pink did not go well with his mustache. I asked, "Did he enjoy himself?" She answered, "He had a ball."

Ann confessed she and her mother did not mix well. When mom offered to drive with her from Seattle to Boston, she thought it was not a good idea. Ann said to her mother, "You don't know how to drive a manual transmission." Her mother replied, "I will learn," and she did learn in a local parking lot. Once the journey started, they had disagreements, this time over music. Neither liked the other's choice—until they settled on Frank Sinatra. For three thousand miles, they listened to Old Blue Eyes. During the interludes, mother marveled her daughter with unknown

family stories. In Boston, they shopped together at Target for furnishings, then arranged and decorated the dorm room. I asked Ann if her mother gave her anything before leaving Boston. She just nodded. When Ann returned from the airport, she found an envelope left by her mother tacked to the student bulletin board. The message remains a treasured possession.



A three-hour walk with a stranger whom I will never see again passed quickly.

My Dad lives a quarantined life in Sanctuary at the Oaks. My brother and sister-in-law brought flowers to him last week. A staff member delivered the bouquet and helped Dad shuffle to the window where Brad and Shirley waved to him and he waved back.

I called him yesterday. While I had him on the phone, I asked how he was doing. He was frustrated with his hands-free music device. "Alexa," he said. "Play Jeanette McDonald and Nelson Eddy." His speech was a little slurred and Alexa was not cooperating. I suggested a simpler sentence. After a few unsuccessful attempts, the command was heard, and Dad seemed pleased. Before I left, he told me, "Thanks so much for calling, son." There was emotion in his voice and a reflexive feeling in my chest. In the background, Frank Sinatra was singing, "I've got you under my skin."


*Joel Dulyea is a retired SGM of the United States Army and an admirer of all those who put themselves at risk to serve every community everywhere; including the caregivers at the Sanctuary at the Oaks who tend to his father. God bless you and keep you, may God's face shine upon you and give you peace.*

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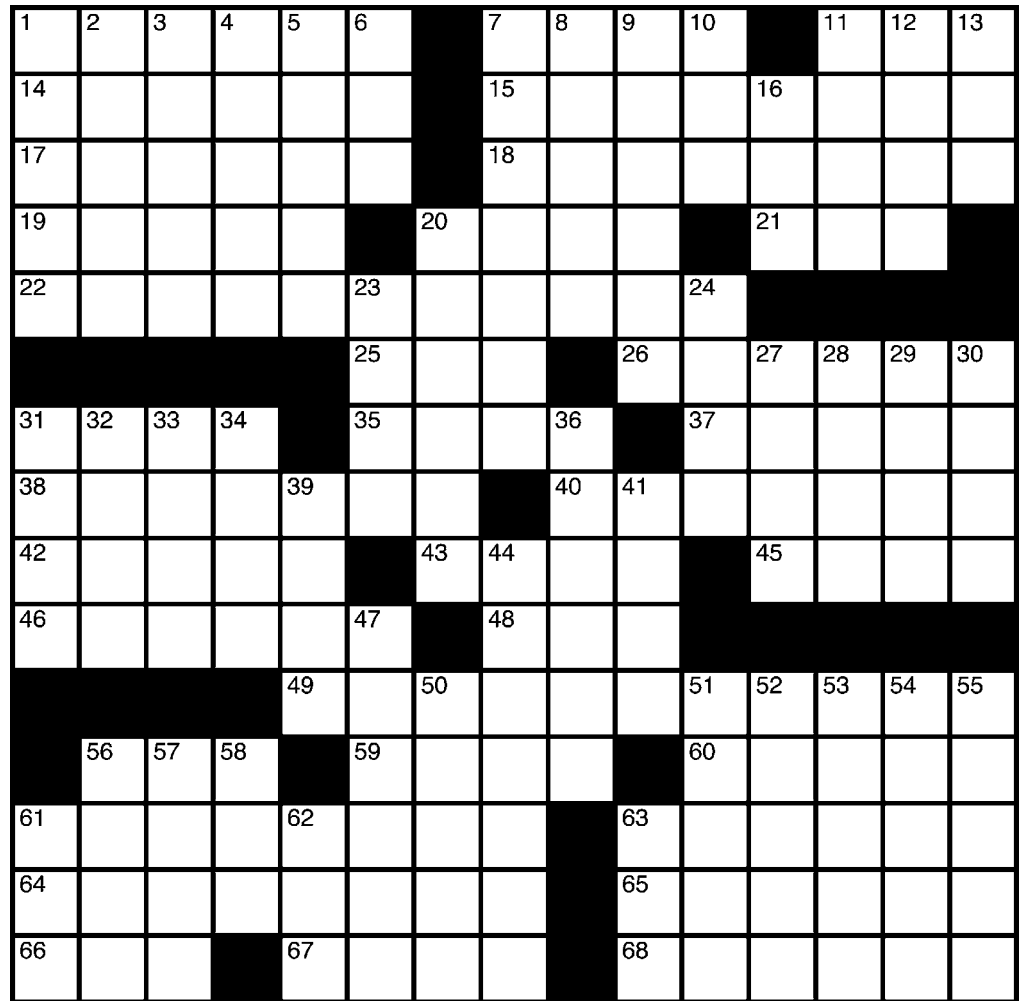
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**ACROSS**

- 1 Throws the first pitch
- 7 Find fault
- 11 Bygone Ford
- 14 They may be hard
- 15 Tavern
- 17 Hunt's TV co-star
- 18 "Next subject"
- 19 Made dinner at home
- 20 "Sold!"
- 21 CIA predecessor
- 22 Historic Potomac estate
- 25 Son-gun connection
- 26 \_\_ land: disputed territory
- 31 Rueful word
- 35 Quick snack
- 37 Simple home
- 38 With 40-Across, NPR broadcast since 1979
- 40 See 38-Across
- 42 Word with box or light
- 43 Levelheaded
- 45 Timer drizzler
- 46 Mussel habitat
- 48 Uno plus due
- 49 "Life of Brian" comedy group
- 56 Plant studied by Mendel
- 59 With 41-Down, tries for a long pass, in football lingo
- 60 Odor
- 61 First or last quarter ... and, literally, what can be found on either end of 18-, 22-, 38-/40- and 49-Across
- 63 Action scenes
- 64 Get-out-of-jail card?
- 65 Museum guide
- 66 32-Down contents
- 67 Fruity coolers
- 68 "Nothing to it!"
- 16 Tokyo-born artist
- 20 Gets the mist off
- 23 World Cup skiing champ Lindsey
- 24 "Moi?!"
- 27 Citi Field squad
- 28 Polynesian capital
- 29 Bright sign
- 30 Text command
- 31 "Time's Arrow" author
- 32 66-Across source
- 33 Covent Garden solo
- 34 Pretentious sort
- 36 Eight British kings
- 39 Agenda listing
- 41 See 59-Across
- 44 Shows up
- 47 Give to charity, say
- 50 Peter of Herman's Hermits
- 51 Webmail option
- 52 Copy exactly
- 53 Old Testament prophet
- 54 Future foretellers
- 55 Really bad
- 56 Carson forerunner
- 57 Nobelist Wiesel
- 58 Duck mascot company, on the NYSE
- 61 Starz rival
- 62 Kellogg School deg.
- 63 Some retirement acct. holdings



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**DOWN**

- 1 Make a run for it
- 2 Connect with
- 3 Parting mot
- 4 Lacquer ingredient
- 5 Former Senator Lott
- 6 Lat. or Lith., once
- 7 Traffic enforcement devices
- 8 Take out \_\_
- 9 Love Is On makeup maker
- 10 Upsilon follower
- 11 Hauls
- 12 Menu possessive linked to the Qing dynasty
- 13 Place in the woods



**JUMBLE**

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

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

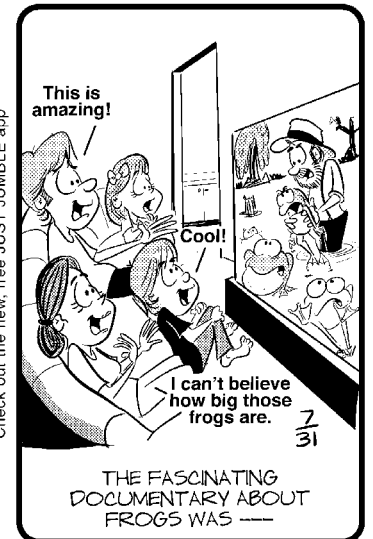
SUGET

BSIRK

GIRDIF

KERBON

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

Answer: " O O O O O O O O " here:



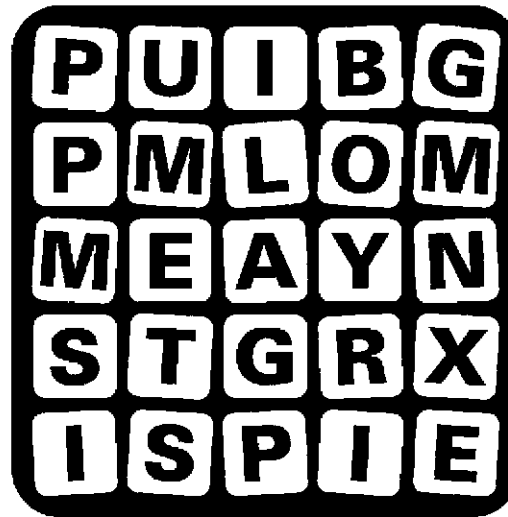
			1	6	4			
1							8	9
	2			3			4	
	5	4				1		6
					3			
6		3				2	7	
				1			2	
5	8							4
			8	9	7			

## SENIOR PERSPECTIVES GAME PAGE

Answers on Page 27



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**  
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 61-100 = Pro  
 31-60 = Gamer  
 21-30 = Rookie  
 11-20 = Amateur  
 0-10 = Try again

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

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to support me  
and my family**

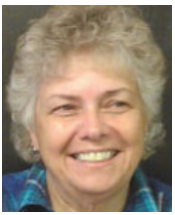
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# Older Adult Nutrition and COVID-19



BY  
CHRISTINE  
WISTRUM

Older adults often have multiple disabilities and fewer resources to draw on than younger people. At times, elderly persons may not be able to afford purchasing healthier foods, or they may find it difficult to even get to the grocery store. They may fear going to any stores where they might contract

the virus. When nutritional status suffers, it has a negative impact on how the coronavirus can affect you. Individuals with poor nutrition are at higher risk of contracting COVID-19, and of being adversely affected by it.

Our immune systems weaken as we age, and underlying health conditions may make it increasingly difficult to fight off, or recover from, infection. Diet has been found to have a profound impact on the immune system and increased susceptibility to infection. Specific nutrients or combinations affect the immune

system through the activation of cells. To put it simply, our bodies can't heal if we don't provide the building blocks we need nutritionally to keep them healthy. Nutritional deficiencies of energy, protein, and specific micronutrients are associated with a depressed immune function. Iron, zinc, and vitamins A, E, B6 and B12 are vital for maintenance of the immune system.

A poor diet has been associated with both poor mental functioning and declining physical health. In this highly stressful time, we may find ourselves eating for comfort rather than to ensure good nutrition, or skipping meals to save money or to get by until we can get to the store. While foods high in fats and sugar may make us feel better at the moment we are eating them, in the long run they make us weaker and less able to fight off infections and even depression.

If you would like to improve your nutritional status, here are some

tips to help:

- Choose a healthy diet -- try to add more whole grains, fruits and vegetables.
- Exercise daily, aiming for 30 minutes each day. It does not all have to be at one time, but the total time should be at least half an hour and get your blood pumping.
- Try to maintain a healthy weight.
- Get adequate sleep.
- Avoid believing those ads about products claiming to cure or prevent COVID-19. At this time, there is no cure.

If you have questions, or if you can't get to the grocery store, please contact Disability Network/Lakeshore for assistance at 616-396-5326.

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

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**Question: I have never worked but my spouse has. What will my benefits be?**



BY  
VONDA  
VANTIL

Answer: You can be entitled to as much as one-half of your spouse's benefit amount when you reach full retirement age. If you decide to receive Social Security retirement benefits before you reach full retirement age, the amount of your benefit is reduced. The amount of reduction depends on when you will reach full retirement

age. For example, if your full retirement age is 66, you can get 35 percent of your spouse's unreduced benefit at age 62 (a permanent reduction); if your full retirement age is 67, you can get 32.5 percent of your spouse's unreduced benefit at age 62 (a permanent reduction).

The amount of your benefit increases if your entitlement begins at a later age, up to the maximum of 50 percent at full retirement age. However, if you are taking care of a child who is under age 16 or who gets Social Security disability benefits on your spouse's record, you get the full spouse's benefits, regardless of your age.



Learn more about retirement benefits at [www.socialsecurity.gov/retirement](http://www.socialsecurity.gov/retirement).

**Question: I'm trying to decide when to retire. Can Social Security help?**

Answer: Deciding when to retire is a personal choice and you should consider a number of factors, but we can certainly help. First, take a few minutes and open a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). With a my Social Security account, you can access your Social Security Statement and estimate your retirement benefits at age 62, your full retirement age, and age 70. Also, we have several online calculators that can help you decide when to retire. Our Retirement Estimator gives

estimates based on your actual Social Security earnings record. You can use the Retirement Estimator if:

- You currently have enough Social Security credits to qualify for benefits; and
- You are not:
  - Currently receiving monthly benefits on your own Social Security record;
  - Age 62 or older and receiving monthly benefits on another Social Security record; or
  - Eligible for a pension based on work not covered by Social Security.

You can find our Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). Also available at [www.socialsecurity.gov/planners/benefit-calculators.htm](http://www.socialsecurity.gov/planners/benefit-calculators.htm) are several other calculators that will show your retirement benefits as well as estimates of your disability and survivors benefit if you become disabled or die. You may want to read or listen to our publication, *When To Start Receiving Retirement Benefits*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

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

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- Be aware of emails claiming to be from the Centers for Disease Control and Prevention (CDC) or other experts saying that they have information about the virus. For up-to-date information, visit the CDC website at [www.cdc.gov](http://www.cdc.gov) or call 800-232-4636.
- Watch out for people you don't know who call or visit with an offer to help. **Call 2-1-1** for information on local resources if you are in need of assistance or have questions.

SafeSeniors identifies and seeks justice for older adult victims of abuse, neglect, and financial exploitation. **If you suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.**

For more information:  
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BY HOLLY  
LOOKABAUGH  
- DEUR

# The Pesky Prostate

Men starting to read this might be squirming a little bit ...might even need to make a bathroom run. Many gentlemen will certainly validate the notion that problems with their prostate can really control the activities of the day. Let's explore the facts about the prostate and what we can do to optimize urological health in men.

The prostate is a gland unique to men only; it is walnut-sized, located between the bladder and the penis. The bladder stores urine received from the kidneys, and then the urethra transports urine out of the body. The urethra transports urine and semen, from two different systems of the body – the urological system and reproductive system. The prostate partially surrounds the urethra, and the job of this gland is to secrete seminal fluid which nourishes and protects sperm. Because the prostate is located just in front of the rectal area, examination of the prostate during a health exam is usually accomplished with a digital pressure applied through the rectal wall – not especially pleasant, but necessary for a thorough exam of the prostate.

Because of the prostate's location around the urethra, problems with an inflamed or infected prostate can cause a variety of symptoms –ranging from rectal or back pain, to a slowed urine stream, frequent (and often painful) urination, burning with urination, and blood in the urine. The most common complaint is frequent urination or a constant urge to "go," particularly in the night. Three relatively common prostate-related issues include:

- 1) Prostate infection: Left untreated, this condition can quickly escalate into intractable back pain and other systemic symptoms. This is generally treated with specific antibiotics treatment. Prostatitis is a general inflammation of the prostate.
- 2) Enlarged prostate: Called benign prostatic hypertrophy or BPH, prostate growth affects most men over 50. The most noticeable symptom is difficulty with urination. Medication can be helpful to control symptoms. Some elect to undergo a surgical procedure -- a transurethral resection of the prostate (TURP).
- 3) Prostate cancer: It's the most common form of cancer in men (besides skin cancer), but life expectancy is very good, with only 1 in 41 men not surviving. Surgery, radiation, hormone therapy, and chemotherapy can be used to treat prostate cancer depending on the grade and stage of cancer and other factors related to health.

Along with the digital/ manual exam of the prostate for bumps, lumps or changes in tissue density, physicians utilize other tests to determine the health

of a prostate gland. The prostate makes a protein called prostate-specific antigen (PSA), which can be measured by a blood test. If PSA is high, prostate cancer is more likely, but an enlarged prostate can also cause a high PSA.

So now that we know a little more about the mysterious prostate, how do we keep it healthy? Opinions differ, but most experts agree on the following strategies:

- Hydration is very important. Many older adults drink less fluid, thinking that less going "in" will cause less coming "out." Chronic, low grade dehydration actually causes the bladder to involuntarily spasm, resulting in increased urge frequency and intensity. Stay hydrated: 6-8 glasses of water per day, depending on any fluid restrictions due to cardiac or kidney issues, is recommended.
- So how else can we keep the prostate "flushed out?" Stating the obvious, ejaculations are helpful in keeping fluid moving and allowing the prostate to function properly. There is no magic number for frequency, but you get the picture!
- Diet matters! The seven best foods for a healthy prostate include: oregano (carvocral – anti cancer agent), avocado (magnesium), turmeric (anti-inflammatory), sesame seeds (zinc), saw palmetto (herbal), bell peppers (vitamin C), green tea (herbal).
- Following procedures such as a TURP or infection, men often suffer from urinary incontinence or the inability to control their bladder fully. This is usually related to a high muscle tone in the pelvic floor, and can be readily treated by a physical therapist with special training in pelvic health. This is not normal, nor does it need to be a life-long condition.

Prostate issues can be minimized with close attention to changing symptoms as aging occurs. A quirky bladder with all-too-frequent trips to the bathroom can certainly make a man irritable (and rightly so), but it may be telling you more than that. See your doctor soon!

*Holly Lookabaugh-Deur is a physical therapist with 40 years of experience, with specialties in aquatic, oncology, geriatric, and pelvic health rehabilitation. As a board-certified geriatric specialist, she focuses her practice and writing in raising awareness and advocacy for older adults. She welcomes questions and comments at [holly.lookabaughdeur@ivyrehab.com](mailto:holly.lookabaughdeur@ivyrehab.com)*







BY  
CATHAY  
THIBDAUE

# Cathay's Cooking Corner



## Oven Roasted Garlic Parmesan Asparagus

- |  |                                    |
|--|------------------------------------|
| 1 pound fresh asparagus                | Five cloves minced garlic          |
| One teaspoon salt                      | 6 Tablespoons Parmesan cheese      |
| One teaspoon fresh ground black pepper | olive oil spray or spray of choice |

Preheat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil and set aside. Rinse the asparagus and trim off woody end pieces. Mix the salt, pepper and cheese in a separate bowl. Spread the asparagus in a thin layer on top of the prepared cookie sheet. Spray the asparagus lightly with a coat of olive oil spray or spray of choice. Sprinkle with combined salt, pepper, garlic, and parmesan cheese. Top the asparagus with minced garlic. Use your hands to mix the asparagus with all the ingredients, then lay out into an even layer again. Bake in the preheated oven for 8 minutes. Remove from oven and serve immediately.

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



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# How Does Your Garden Grow III

## Bulbs, a Virus, and Quarantine



BY  
JANET  
HASSELBRING

Emily Dickinson, planting seeds and bulbs in her garden, mused, “How few suggestions germinate. Seeds are simpler than suggestions after all.”

How true. I was planning to continue my garden series (began May 2020), for the July / August issue of SP, but how could I ignore the COVID-19 pandemic which has so drastically affected our lives? A friend suggested I combine the two. Hmm, a “suggestion.” Would it germinate?

Voila! People in quarantine, practicing social distancing and isolation, are like bulbs and seeds – storage organs, full of life and potential, lying dormant in the winter, then blooming in the spring! Sound familiar?

As friends shared stories of dealing with the quarantine, it became apparent we were struggling to deal with our “new normal.” I turned to two favorite authors for insight:

Anne Morrow Lindbergh wrote *Gift from the Sea* while vacationing on a Florida island. Alone and isolated, by choice, she was seeking solitude. Alone and isolated, because of COVID-19, we were struggling with loneliness and its handmaidens, despair

and depression.

“No man is an island,” wrote Donne, describing the interconnectedness of all beings. Lindbergh cautions that before meaningful connections with others can occur, we need to know ourselves. Being alone or isolated physically does not, in itself, imply loneliness. You can be isolated but feel close to others. Conversely, one can be with a friend and feel estranged or hug a loved one and feel miles apart. Only when you are connected to your core can you feel connected to others.

Bottom line? Being alone and *disconnected* spawns loneliness; being alone and connected promotes inner peace and spiritual harmony. Brené Brown, writer / researcher writes: “Wholeness is recognizing and celebrating that we are inextricably connected to each other by a power greater than all of us and that our connection to that power and to one another is grounded in love and belonging. Practicing spirituality brings a sense of perspective, meaning, and purpose to our lives...” (Interview, Dan Schwabel, 9/12/2017)

### Friends' Stories

The prompt: “How have you dealt with the quarantine? Did you learn something about yourself you didn't realize before? Is there one experience in particular that stands out?”

Though the details differed, the stories had common themes: establishing daily



routines with physical and mental exercise, maintaining health and hygiene, enjoying nature, undertaking a project, learning a new language or craft, keeping a journal, faith and prayer, using Skype and Zoom, reading aloud, doing random acts of kindness. All agreed they'd learned to dig deep, finding strength and resources they didn't know they possessed. Many pledged to maintain their routine after the quarantine.

### Two favorites:

Gladys is 85. Her son-in-law stops by regularly to check on her. He's placed two chairs on the back porch, 6 feet apart and after finishing his jobs, he and Gladys sit and chat.

Jean's husband is failing physically and mentally. To keep his spirits up during the quarantine, she's initiated “surprise driveway visits,” over a dozen so far. After setting up a visit with friends they head out. During the drive, her husband tries to guess who they're visiting. One day they visit friends in Kalamazoo, who sit outside, wrapped in blankets, chatting with Jean and her husband, who remain in their car.

July 2020. Lilies are blooming in my garden. Free of the bulbs that bound them all winter, they stand straight and tall, braving the elements. We, too, are free from the quarantine that bound us during COVID – 19. Hopefully, we've emerged stronger, more resilient, and more connected to ourselves and others than ever before.

Janet lives in MI with her husband, Don and Welsh terrier, Maggie May. Jan drags herself off the tennis and pickleball courts occasionally to write - her book series, *Tales from Pelican Cove*, features wild/shorebirds and a second series, *Country Dairy*, describes life on her family farm, in west MI, in the 1930's, 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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BY  
DICK  
HOFFSTEDT

# A Decade of Transition

The 1950s was a decade full of significant changes. Our leadership went from Harry Truman, a progressive Democrat, to Dwight Eisenhower, a moderate Republican.

The decade began with our involvement in the Korean War and the loss of too many lives. In the mid-fifties, we gave support for the anti-communist government in South Vietnam which sowed the seeds of U.S. participation in the Vietnam War.

It was also a time of prosperity, with many Americans moving to the suburbs. We saw two-lane highways give way to the Interstate Highway System in 1956. Air travel had the propeller-driven Douglas DC3, a workhorse since WWII, get sidelined by jet planes like the Boeing 707 and the Douglas DC8.

The Russian Sputnik scared the daylights out of us in 1957 and started a race to control outer space with the funding for NASA the following year.

In 1959, we had to add two more stars to our flag with statehood granted to Alaska in January and Hawaii in August. Our 48-star flag flew for 47 years, longer than any other flag before it.

Radio had been my source for music, news, sitcoms and dramas until a 12-inch RCA television came into our home around 1952. It changed

the way we lived. We planned our life around what was on and when. Hollywood fought this phenomenon by bringing out Cinemascope, Cinerama, and 3D around 1953.

The music scene was also changing. In the early fifties, romantic ballads by many, including Patti



Some clothing styles were popular in this period, peg pants and white bucks for the guys with poodle skirts and Peter Pan collars for the girls. Girls liked pony tails and guys liked DA haircuts, mohawks and flat tops. Some of the fads that popped up were the hula hoop, Silly Putty, Slinkys, and Frisbees.

It wasn't all fun and games. Polio was a serious epidemic until Jonas Salk and Albert Sabin developed safe vaccines in the mid-fifties. Segregation was still with us, but the U.S. Supreme Court declared that segregation in public schools was unconstitutional. Rosa Parks led the fight in 1955 to end segregation on buses in Alabama. It was the beginning of the battle for civil rights for minorities. For me, it was my coming of age period, going from a high school junior at 17 in 1951 to a husband and father of two daughters by 1959. In between there were two years with the U.S. Army and

completion of my college education under the GI Bill.

It truly was a momentous decade.

Page and Nat King Cole, dominated the pop charts. Then it hit! "Rock Around the Clock" by Bill Haley and His Comets and a young guitarist named Elvis Presley put Rock and Roll on the map for good.

Mom and Pop diners tried to combat the arrival of the fast food giant, McDonald's, who arrived in '53. Drive-in eateries became popular. You ate in your car and were served by carhops on roller skates. Disneyland opened in 1955 and parents made every effort to somehow get their youngsters there.

*Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 65 years. Richard has six children, five grandchildren and four great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.*

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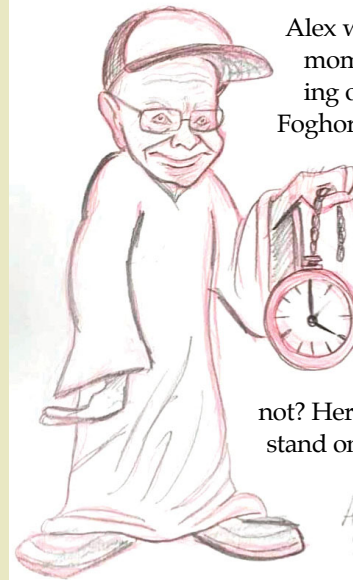
## Martin's Meanderings



BY  
CLIF  
MARTIN

### As Time Goes By

I told my talented twenty-one-year-old grandson Alex Lynn about my days as a big famous deejay in Flint, marrying his grandma who was a radio fan. He saw me wearing my WQWQ hat and got inspired to draw his ninety-year old grandpappy as old Father Time, the original radio record spinner.



Alex was in his early teens when his mom snapped a photo of us wearing our Looney Tunes hats. He was Foghorn Leghorn and I felt just like Marvin the Martian. If you are a dedicated reader of my meanderings and all the other grand articles in this classy publication, you saw that photo in last year's July / August issue. If you are not and you did not, why not? Here it is again. If I can find a box to stand on there will be a current picture of us in our cartoon hats. Alex is gaining height at a great rate and I am losing it even faster.

Alex is number seven grandson and number four adopted grandson. If all goes as planned there will be a photo of the earlier three adoptees on this page in the September / October issue. Stay tuned for that.

*Clif's life as a radio star began in 1950. He married Midge in 1954 and the wedding was broadcast on WMRP radio.*







BY  
JOE  
STAPEL

# Safety and Security Technology 101

Instead of moving to assisted living, many seniors are looking for affordable Smart Technology to help keep them independent and, most importantly, safe in their own homes.

Technology is allowing seniors to live on their own longer and with greater quality of life. Let's explore the best safety devices for seniors to keep them independent. Below is a list, in no particular order.

Many versions of these devices are available; you should do your research before making any purchase. Look at the product reviews. If you are not online, ask someone who has online access to help you research the product or products that interest you.

## Medical Alerts

Medical alerts can come in the form of a pendant, a bracelet, or even a watch. They are designed to call for help with the push of a button. They can also be programmed to provide instant medication and upcoming doctors' appointment reminders. Many Medical Alerts have *automatic fall detection*. Falls are the most common risk for one out of four seniors over the

age of 65.

Before purchasing a Medical Alert think about how it fits with your lifestyle. Do you need GPS tracking and cellular connection? The cost of a Medical Alert contract can range between \$30.00 and \$90.00 per month.

## Smart Home Security Equipment

Home Security Companies are making security equipment easier for seniors and their care givers to use. Senior care givers can check on their

seniors by using their cellphones. The installation of cameras has made a caregiver's job much more flexible.

Other options that can come with Home Security equipment are two-way audio and video doorbells. You can also add motion lights that turn on as you walk into a room.

Security System costs vary, and you should check out all local systems first before you subscribe to a national system. There are many security companies in the local area that you can research online.



## Medication Dispensers

According to senior groups, at least 90% of all seniors have at least one chronic condition. Nearly 70% of them take at least one medication, while over 50% take two.

Medication Dispensers help to ensure that the medication is taken at the correct time, taking the worry out of missing or forgetting it. Taking required medication at the right time is very important to senior health.

Medication Dispensers are designed to be loaded with the proper dose of medication and the time to be taken. When the senior hears the alert sound, they then press a button to dispense the medication. The more popular of these dispensers can run \$16.00 to \$80.00 a month. It is also good to note that an app on a smart phone or iPad can also be used for this need and is much less expensive.

Other items to consider for senior safety at home include:


- Power lift chairs. There are many different versions of these.
- Step-to-step bed rails with an adjustable height bed step stool
- Shower Chairs or Stools for use in the shower or bathtub
- Height adjustment bed safety rail and handle
- Bathroom safety toilet rail with grab bar

As always, research items before purchasing them to see if they fit with your lifestyle and budget.

Thank you and please *Stay Safe*.

These items were referenced from *best safety devices for seniors and best types of devices to keep seniors safe*.

*Joe Stapel worked as a police officer for three different Departments in Muskegon County for 20 years. He also worked for Meijer Corporate Office in Grand Rapids for 28 years as a security officer and as the Company's first Safety Specialist. Joe has worked for Baker College of Muskegon*



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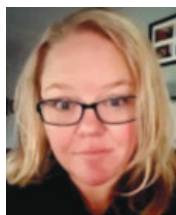
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BY  
DELICIA  
EKLUND

Hundreds of vintage photos are donated to the Muskegon County Genealogical Society (MCGS) with limited, if any, information available. We would love to locate someone from these families and get the pictures back to them! If you know the people in the pictures, please give me a call and let me know! I thought these were neat due to the horse in one, what looks to be twins in the other -- and the smiles on all the faces! Muskegon is such a neat place!

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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](mailto:1972mcgs@gmail.com)



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

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

S	T	A	R	T	S		C	A	R	P		L	T	D		
C	I	D	E	R	S		A	L	E	H	O	U	S	E		
R	E	I	S	E	R		M	O	V	I	N	G	O	N		
A	T	E	I	N		D	E	A	L		O	S	S			
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9	3	8	1	6	4	7	5	2
1	4	6	7	5	2	3	8	9
7	2	5	9	3	8	6	4	1
8	5	4	2	7	9	1	3	6
2	7	1	6	8	3	4	9	5
6	9	3	5	4	1	2	7	8
3	6	9	4	1	5	8	2	7
5	8	7	3	2	6	9	1	4
4	1	2	8	9	7	5	6	3

### Boggle Answers:

LION PUMA GOAT LYNX  
MOLE BOAR MULE SEAL

### Jumble Answers:

GUEST BRISK FRIGID BROKEN

### ANSWER:

The fascinating documentary  
about frogs was - "RIBBITING"





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