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# Senior Perspectives

LAKESHORE EDITION

SEPTEMBER | OCTOBER 2020

A National  
Award-Winning  
Publication!

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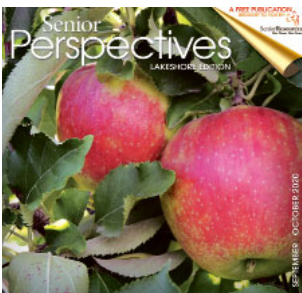
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**JULY/AUGUST WINNER: MICKI SWEET OF MUSKEGON**  
The watermelon slice was found on page 12 in the family music story.

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SENIOR PERSPECTIVES - LAKESHORE

## Letter from the Editor

*'Don't cry because it's over, smile because it happened.'* Dr. Seuss



BY  
MICHELLE  
FIELDS

What a ride this has been! I've been the Editor of Senior Perspectives newspaper since 2013 and the Publisher since 2016. We added an additional publication, Senior Perspectives of Kent County, to our portfolio in November of 2018. We've received 41 National Awards in Excellence over the past 5 years through NAMPA-North American Mature Publishers Association and the National Mature Publishers Association. When I say 'we' I'm talking about the amazing individuals who help make this publication happen. If you have been a regular reader of the Senior Perspectives newspapers, you'll understand when I tell you that we have some of the most involved and committed volunteer writers of any mature publication in the industry. Without fail, these writers come up with the most interesting and thought-provoking articles every issue. Besides the writers, let's talk about the beautiful cover photos on every issue. They were taken and provided to Senior Perspectives by local photographer Glenn Rutgers, who consistently provided award winning photos. And last, but not least are our devoted Copy Editor Bonnie Borgeson and our creative Graphics Designer Jay Newmarch. Without these two in my corner, I might have not been able to pull it off.

But every good ride needs to come to an end. In May of this year, the position of Marketing Director was created at Senior Resources and I was delighted to be offered this new position. Accepting this new position was bittersweet because I knew I would not be able to continue on as the Publisher. I will remain on as Editor, but we are excited to announce that we have hired a new Publisher. Her name is Kristen Reasoner and comes to Senior Resources with a distribution and advertising/sales background. Kris started in July and is learning the ropes quickly. She lives in the Muskegon area with her husband, 2 sons, their black lab and 2 cats. She also has a daughter who resides out of state.

I am truly blessed to have worked with such an amazing group of professionals.

*Michelle Fields is the Editor and Publisher of Senior Perspectives of Kent County and Senior Perspectives Lakeshore newspapers. She has been with Senior Resources of West Michigan for over 10 years. Michelle can be reached at 231-733-3523 or Michelle@SeniorResourcesWMI.org*



*Kristen Reasoner*



*Senior Perspectives Team 2017*



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*Distribution Specialists Jimmy (left) and Denny*



*Senior Expo with Mike Fields and Lisa Tyler*

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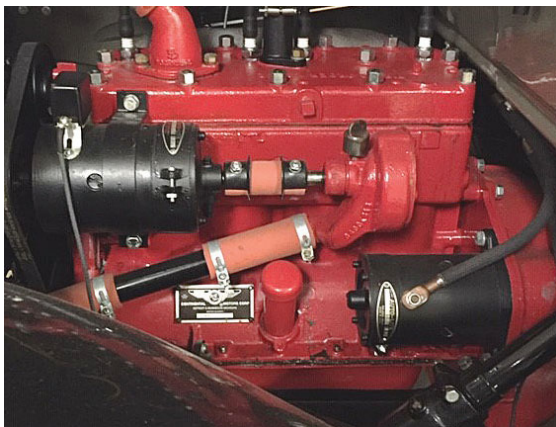
BY  
JERRY  
MATTSON

# Continental

Dave Walborn of Spring Lake has two restored 1934 Continental cars, a four-door sedan and a coupe. He also has a used-up 1934 two-door sedan "parts car." These are all stored in the basement of his home.

In the early 1990s, he decided to look for a car to restore that had some local connection and decided on a Continental. Not a Lincoln automobile, or any of the six other companies producing Continentals from 1907 to the present, but one produced by Muskegon's Continental Motors.

He found one in *Hemmings Motor News*, made a deal and had it shipped from Nashua, New Hampshire, in 1992. It was transported in parts and they weren't all there. He then began a search for items that were missing or broken, including unique hub caps and tail lights. This brought him to the famous, and huge, Hershey, Pennsylvania, swap meet several times. He also sought parts at many other meets, including meets in Auburn and Indianapolis, Indiana, and some in Florida.



By 2002, he had amassed 10 years' worth of Continental parts, sales literature, and other printed documents. He had also recently purchased the coupe in LaGrange, Ohio. Now, a year into retirement, he got enthusiastic about the restoration. He disassembled the coupe and learned how many pieces of it, and the sedan, went together.

The only hood ornament was broken into several pieces, so he made a mold and cast new ones. These were polished, chromed and had the round company logo "Powerful as the Nation" affixed.



Rusted sheet-metal was cut away and replaced, metal parts were sandblasted and put on the body several times until the desired fit was attained. Safety glass was cut, new interiors and refurbished gauges were completed. The four-cylinder, 41-horsepower Red Seal Continental engines were rebuilt.

Special tools and wooden metal-shaping bucks were made, moldings were hand-formed, headlights were repaired and re-chromed and, finally, an original-matching light brown Pittsburg Paint was blended.

He made storage racks for all the separate body parts that were painted. This took up a lot of room in his basement, but they were protected and easily accessible for the reassembly of both cars at the same time.



Many people helped him at his home and much of the special work was jobbed out. Still, Walborn put countless hours in on these cars. He is now proud to show his museum-quality autos to others. They were titled and licensed in 2013 and each has been driven about four miles since then.

Continental Motors did not start out with the idea of being a competitor for some of their customers, but were kind of forced into it. According to the book *Continental! Its Motors and Its People*, "the company built motors for 90 percent of the 600 automobile companies during the past 30 years." (Starting about 1900.) One of these was DeVaux-Hall Motors of Oakland, California, and Grand Rapids, Michigan. When they didn't have the funds to pay for motors they had ordered, Continental made a deal with them to take over the Grand Rapids operation. Hayes Body Corporation manufactured the bodies and transported them from across the street to the assembly plant via a conveyor through a covered bridge.

For the first six months of production, cars were badged as Continental-DeVaux, but were later sold as Continentals. In 1933, they offered the four-cylinder Beacon, priced from \$355 to \$395, and

two six-cylinder models, the Flyer from \$450 to \$535 and the Ace for \$725 to \$815.

For the 1934 market, they produced only one model, the Red Seal Four, an updated 1933 Beacon. Only 983 cars were built in 1934 and all production ceased in July.

The value of Walborn's cars is many times the original price, but he will never sell them. They will be donated to a museum when he no longer is able to enjoy them.

*Jerry was in high school when he bought his first car for \$50, a 1937 Ford two-door sedan. In 2002, he bought his last car, a 1939 Plymouth two-door sedan, from a scrap yard for ten times as much money. That car is now a hot rod which has been on the road for 17 years.*



BY  
ROLINA  
VERMEER

# Choosing Gratitude

Life in the time of Covid-19 has changed how I live my privileged retirement days. All the restrictions of where can I freely venture out in a day's time and the cautionary measures I take when I do have put me in mind of my mother's life during wartime in her native Netherlands. Compared to Nazis patrolling the streets and a nightly 8 o'clock curfew, no gasoline available for those lucky enough to have a car and all the rubber bicycle tires confiscated by the Germans, food rationing when there was any food at all and no fuel to heat their home in winter, my limitations hardly seem worthy of even the slightest annoyance. At this writing, in mid-summer, I'm barely feeling stressed at all over any limits placed on my "normal" life.

Mostly I miss restaurant gatherings with friends, the library, and a few of my regular groups that cannot meet until larger gatherings are possible. I miss traveling and visits from friends and family. I miss handshakes and hugs, a lot! But I've learned to Zoom, and now can attend church via the Internet with my daughter who lives in a distant city. My daily pace has slowed. I've lost the pressure for activity, and with

so many cancellations of our regular summer events, this is the first summer in as long as I can remember that truly has that "lazy, hazy days of summer" feeling! I like it.

I know most of us want life to go back to normal...the normal that did not include fear for the well-being of friends, neighbors, loved ones and ourselves; the normal that did not include a daily report of infection rates and an updated death count. And the other concerns that have my attention: political concerns and social concerns. Big issues!!

Now, in the time of Covid-19, I research and read opinion pages, topical books and blogs. I'm trying to balance this reading and listening and television consumption of a variety of points of view while also distancing myself from news overload. My stress and anxiety levels have diminished and I'm remembering joy in the simple pleasures of a home cooked meal, a walk in the park, and snuggling with our dog.

I'm not at all sure when this world wide pandemic will end and if it will not be followed by another threatening virus. The social and political upheavals around us may bring ominous threats as well. But weddings are still happening, birthdays are being celebrated, babies are being born and the birds are still singing. Today I am counting my blessings and enjoying listening to their songs. Today I am reading quietly in the summer sunshine. Today I am thinking that my normal, as I am living it today, is manageable and peaceful and I am choosing gratitude.

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



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BY  
LOUISE  
MATZ

# Seniors and their Dogs



Interviewing senior dog owners, this is what they say about having a dog:

*"Our best friend." "I've always had a dog. I can't imagine life without one,"*

*"Always happy to see us." "Actually senses our moods." "So much company."*

*"Makes me feel needed." "Makes me feel safe." "Makes life interesting."*

*"Entertaining." "My dog is family." "Adds so much to daily life."*

*"Certainly keeps you from feeling like you are living alone."*

*"Gives you a reason to go for a walk." "Definitely misses you when you're gone."*

*"Someone to buy for." "Someone to love." "Good company - all the time."*

I asked these same dog owners about what they hate or dislike about having a dog. "Nothing" is the reply. They accept unpleasant tasks (scooping poop, cleaning up vomit, wear and tear, etc.) as part of the package, much like caring for a child. These dog owners believe dogs add tremendous value to their quality of life,

certainly worth any time or cost or any effort required.


Of course, there are negatives. Perhaps that's not the right word. Let's just say owning a dog is a big responsibility. It can be costly. It may include unpleasant tasks. It may restrict your freedom. Is it a good idea for you? Only you can make that decision.

*"What's better than a dog? Two dogs!"*

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

*Pictured clockwise from top left:*

*Louise with Boris. Dorothy Venema with Lilly, a King Charles Cavalier. Gail Gilliam with Belle, a petite standard poodle. Laura Martin with her dog Toby. Linda & Jack Lamoreaux with Max, a rescue dog.*



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## Soul Food

### *Gifts of the Spirit*

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

Do you believe that, to be fully human, one must care for the mind, body, and spirit? If this is a new thought for you, take a breath, and take some time to read and explore. Those who have religious upbringing have a head start. If you have had no introduction to the Spirit, access to computers today can help tremendously; and if you have no computer, libraries have computer resources and training to help you. I would not be surprised if a member of your extended family or a close friend would be happy to help you. Bear in mind, just like entering a restaurant or cafeteria when you're hungry, go easy; over consuming on any visit can be overwhelming. I pray that the Spirit has already given you a friend or family member to be with you on the journey.

It was not until I fully retired that I was able to clearly identify my primary gift of the Spirit. I don't know if learning of my gift late in life was due to my varied work experience, or due to my practical focus on fulfilling each part of my job description for which I was being paid. Of course, it's quite likely it was just how it happened for me.

1 Corinthians 12:9-11 (in the "Easy to Read Version" ERV) states "The same Spirit gives faith to one person and to another, gifts of healing. The

Spirit gives to one person the power to do miracles, to another the ability to prophesy, and to another the ability to judge what is from the Spirit and what is not. The Spirit gives to one person the ability to speak in different kinds of languages, and to another the ability to interpret those languages. One Spirit, the same Spirit, does all these things. The Spirit decides what to give each one."

The final sentence of the above Bible scripture informs us of a special matter. It is the Holy Spirit that decides one's spiritual gift. This humbles each of us to continue our study and service, while trusting God's choice of what gift would be best suited for us.

I had entered my 60's when I became clear about the gift of Discernment ("what is from the Spirit and what is not") as the gift that was chosen for me, and in which I was becoming faithful to its use. This is the first time I have written about it, and I am now 71. No matter what gift you have discovered in your discipleship, you must recognize that it has a divine purpose which is likely bigger than one can imagine. I have also been humbled when my gift has helped me in my family, like helping me to make wise decisions or offering compassionate regard when someone's in trouble.

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



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# Medicare/Medicaid Assistance Program is getting ready for Open Enrollment



BY  
ROBBI  
JUERGENS

Greetings! At this moment we at MMAP are still learning how to maneuver in our new world. Open Enrollment will start October 15, 2020 and end December 7, 2020. At the time of this article, we are still working from home and doing all appointments via phone. We do not know that the office will be open to the public in time for Open Enrollment, but we will still be available to help as best we can.

Call us at 231-733-3572 to speak to one of our Medicare counselors who can walk you through the process of comparing plans.

*Robbi Juergens is the Regional Coordinator for the MMAP office covering Muskegon, Ottawa and Oceana Counties.*



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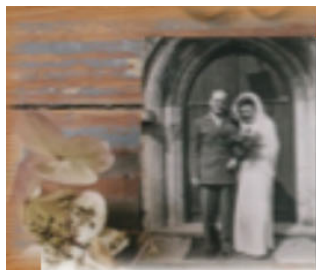
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BY  
VONDA  
VANTIL

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*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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a medical mask, which seemed really unusual. During the concert we all stood up and sang, danced, and enjoyed



was) so I asked him about it. He said he'd had a double lung transplant and his U of M doctors said he should wear a mask to protect himself when out in public. Wow, a double lung transplant! I didn't know a double lung transplant was possible! He asked if he could meet our brother, so we introduced him and his wife to Charlie, then we went onstage and took some family pictures. We didn't give any more thought to the man with the mask.

A month and a half later, in mid-April, I read an MLive article about a

57-year-old Livonia man with a double lung transplant who was admitted to U of M hospital on March 9th (two days after the concert) with Covid-19! He was the first person diagnosed in the State of Michigan. The hospital staff attributed his ability to kick the virus as quickly as he did to his new 29-year-old lungs! Could this have been the same man we sat next to at the concert? We are still wondering if we dodged a bullet. My brother thinks so!



ourselves. It's always a fun time for us to hear our brother sing with the band since we know most of the words! When the lights came back on at the end of the show, I was really curious why this man was wearing a mask (no one else

*Jackie Lindrup is a retired dental hygienist who enjoys hiking, biking and generally being outside. She also loves to golf and shoot pool with her 96-year-old dad in Grand Rapids. She is the Director of Volunteer for Dental, a local non-profit which helps uninsured Muskegon residents receive dental care through their volunteerism in the community. She can be reached at jackielindrup111@gmail.com.*



## A Close Call

BY JACKIE LINDRUP RDH, M.Ed.

Tom and I planned to spend three weeks this winter in Florida being snowbirds, but we came back a week early due to cold, foggy weather. Then I remembered that my brother's band, Foghat, had a show in Jackson, MI on March 7th and now I could see it! My sister agreed to go too, so I picked her up in Grand Rapids and we drove to the Jackson College venue early hoping to

see our brother, Charlie, before the show began. The band usually holds a "Meet and Greet" with friends and fans before the show. We learned later that this event and the post-show autograph signing had been called off due to the news of a novel coronavirus which was making headlines in China. We stood in a long line to pick up our tickets at the "Will Call" kiosk and found our seats in the 10th row a few minutes before the show began.

Sitting next to us was a couple about our age and I noticed the man was wearing



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# COVID's *Legacy*



BY  
NANCY  
ABIADE

By Nancy Abiade, in honor of her sister, Dorothy Pearce RN who has had a slow recovery back to health from COVID-19.



It muddled minds and stole the breath.  
Created pain; sometimes brought death,  
Kindled fear, destroyed the peace.  
Made school and sports and travel cease.

It shut down jobs, made health care woes:  
Exhausted workers - emotions froze.  
Even steady PPE  
Was not a safety guarantee.

With handshakes gone and hugs forbidden  
And friendly smiles all masked and hidden  
The enclaved elders longed so much  
For family to see and touch.

So what is next to move ahead  
To live in hope instead of dread?  
The shift must come inside of us  
To see the good amidst the fuss.

To send a letter, make a call,  
Encourage those who risked it all.  
Spend our time on things that matter;  
Click and scroll beyond the clatter.

The changes wrought in you and me -  
May that be COVID's legacy.

*Nancy Abiade LMSW has been a social worker for Harbor Hospice serving the Poppen Residence, assisted living, and home patients and families for over 7 years. She previously worked as a skilled nursing facility, hospital, and geriatric day care social worker.*



BY  
JOEL  
DULYEA

# Hard Knocks

Three go-karts with young drivers chased one another around the asphalt track, darting through turns and dashing along the straightaways. Laughter rode passenger with my older brothers, Ken, Barry, and Brad, as each jockeyed for the lead. When the three-lap race ended, their excitement spilled into their conversation and fueled an aching desire within their youngest brother.

The three brothers were a source of wonder. At night in our shared

second-floor bedroom, I drifted to sleep hearing stories of neighborhood pickup baseball and basketball games, stories of friends and sometimes girls. They talked of summer jobs at Fergusson's blueberry patch and Kriezel's Dairy. On a sweltering summer day, they swam in a swimming hole created by damming a creek. Barry's catcher's mitt smelled of leather, sweat and spit. His fraternal twin brother Brad could climb our maple tree higher than anyone. All three argued over cards and board games, although Ken, the oldest brother, quit playing chess when Brad beat him in three moves. When he was in high school, Ken was an exchange student to Mexico where he got yellow fever, but he looked the same color to me when he returned home with maracas, castanets, and a red, green, and gold dress for our little sister Teresa. She cried for no good reason when Mom dressed her in it.

When my brothers drove go-karts, I could not hold my excitement. So, I pestered Dad saying, "I want to drive, too." The track attendant looked down to size me up, then explained the track rules. Dad motioned the attendant aside and spoke quietly with him. I watched with my best pathetic face forward, willing them to set me in a go-cart. An agreement was reached, money was exchanged, and Dad squinted, "You can drive."

I slipped into the seat, mesmerized by the metal framework, tires and steering. At home, in our driveway, on my knees, I pretend-drove the family car; my right hand on top of the steering wheel and my left arm resting on the open window. The steering wheel was exactly right for

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me when I sat in the go-cart.

The attendant pointed to the pedal in front of my right foot, "You push on that to go." I thought, push to go. Then he pointed to the pedal under my left foot and said, "This is the brake. You push on that to stop. You got it?" I nodded, push to go. Then he pulled the starter cord on the Briggs & Stratton attached behind the seat. The go-cart rolled forward slightly, while the engine sent vibrations through the seat and steering wheel. The attendant shouted over the noise, "Give it some gas." I touched the gas pedal with my right toe. The go-cart vibrated at a higher pitch and crept forward. Why won't it go faster? "Give it more gas," said the attendant. I pulled on the steering wheel to scoot forward then poked the pedal down. In a surprise burst of power the go-cart launched straight forward into a barrier of stacked tires. After the first crash, I noticed the black tire barrier snaking completely around both sides the track.

Wikipedia defines The School of Hard Knocks as, "a phrase meaning the (sometimes painful) education one gets from life's usually negative experiences." A corollary saying is, "Be careful what you ask for." All these years later, there are still times when I could crawl into the stack of tires. I've yet to graduate from the school of hard knocks. But wisdom tells me to keep plugging along. As for my Dad? He was cheated. He paid for three laps but got just one with five crashes.

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



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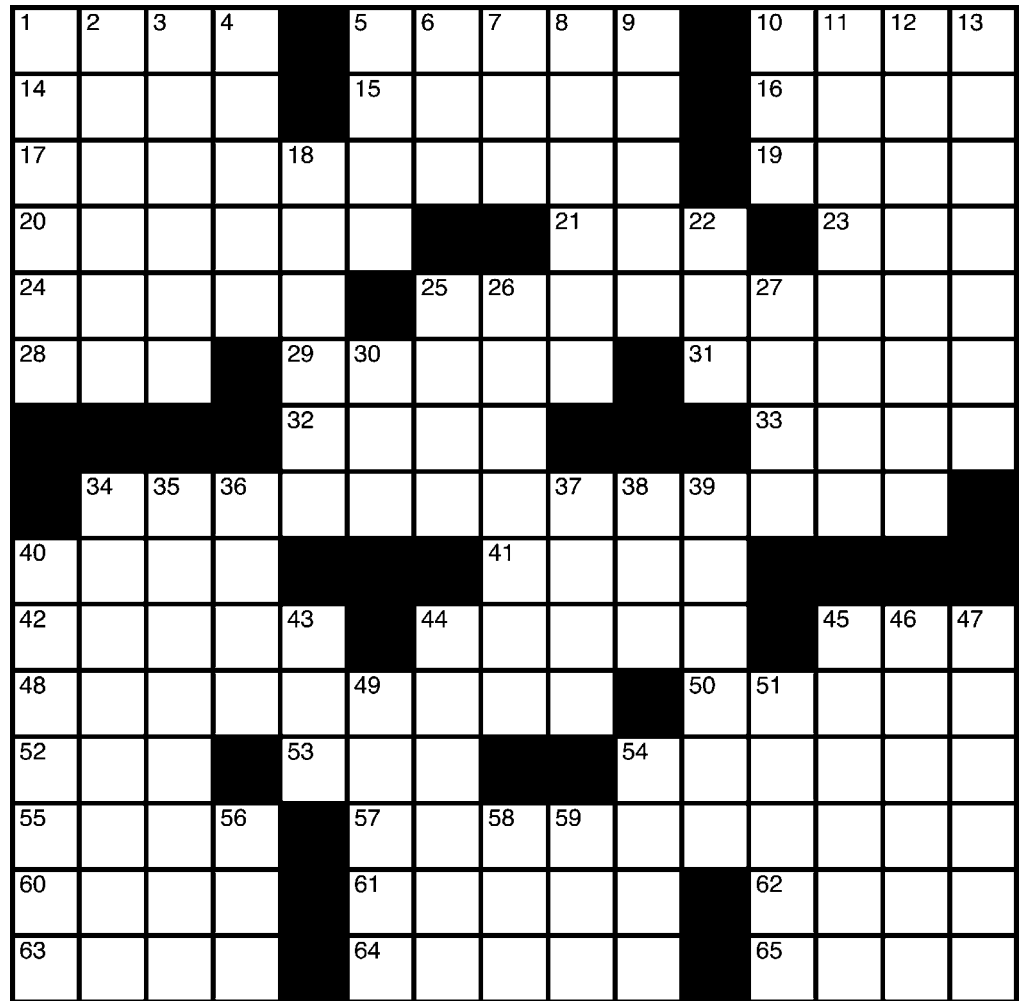
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- 1 Talked into, with "on"
- 5 Calyx part
- 10 Typical artist's apartment
- 14 Samoan capital
- 15 Amtrak option
- 16 Cabinet dept. formed under Carter
- 17 Doughnut order from a king?
- 19 Fifty percent up front?
- 20 Recorded
- 21 GPS info
- 23 Pisa possessive
- 24 Recording device
- 25 Musicians given to tipping?
- 28 Writer LeShan
- 29 Is next to
- 31 Sergeant Bilko, to friends
- 32 Tapestry thread
- 33 Saturn models
- 34 Set of data within an atmospheric analysis?
- 40 Quarterback Tony
- 41 Swamplike
- 42 Protection against Mr. Decay Germ, in old ads
- 44 Continued violently
- 45 MDX ÷ X
- 48 Occupants of a well-insulated nest?
- 50 One of the Coen brothers
- 52 "10538 Overture" gp.
- 53 Ocean bird
- 54 Gets rid of
- 55 M's favorite agent
- 57 How perfume is sold ... and this puzzle's title
- 60 Commercial exchange fee
- 61 Ames native
- 62 Future ENT's exam
- 63 "You've Got Mail" co-star
- 64 Grabs
- 65 Turtles, sometimes

- 11 Two-run homer situation
- 12 Like "executrix," e.g.
- 13 Old TV parts
- 18 Urban \_\_
- 22 "Beauty is bought by judgement of the \_\_": Shakespeare
- 25 Fit and muscular
- 26 Certain footrest
- 27 Verve
- 30 Quilting party
- 34 Math branch concerned with surfaces
- 35 Rain forest region
- 36 Beyond slender
- 37 Former PBS "Mystery!" host
- 38 Extractable natural resource
- 39 Louisiana genre featuring the accordion
- 40 Grain-based treat
- 43 "Understood, Cap'n"
- 44 His stories inspired "Guys and Dolls"
- 45 Luck
- 46 Pet that needs a sitter?
- 47 Many Alaska maps
- 49 "\_\_ non sufficit": the world is not enough
- 51 Outdo
- 54 Beltway VIPs
- 56 Put on
- 58 BOAC competitor
- 59 Storied cauldron stirrer



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**JUMBLE**

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

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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.



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

## SENIOR PERSPECTIVES GAME PAGE

Answers on Page 27



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

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- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek



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# Sailing Toward a Better Tomorrow



BY  
CHRISTINE  
WISTROM

If you were to try sailing around the world, you probably wouldn't leave dock without having a map and a plan for how to reach your destination. It is funny then, how we go sailing through life and don't make a plan for where we're going or how we'll get there. Long term goals allow us to chart our course by following specific steps to reach our destination, much like the ancient mariners did when they set out across the ocean steering by the stars. Short term goals are the steps you take to reach your long term goals.

Once you decide what your long range goal is, you can set up steps to get on course. It's easier to move in small increments where you can see your progress rather than trying to take on the entire ocean at once. To set a small goal, look at what you can *realistically* expect to accomplish within the next week. Keep your horizon within sight and don't try to make the entire trip at one time.

Use an action plan and list the steps you'll take to reach your short term goals. *Think about what you want to accomplish.* Your plan should have goals you want to complete. Start with small goals. If you take on too much at once, you may not feel like doing it and if you miss a

day, you'll quit. Make your goals measurable so you'll know when you reach them, and set a time for when you plan to arrive at your destination. Be specific in planning out the activity needed to reach your goals. It can help to connect your new activity with an old habit, so the new activity becomes habit too.

Try working toward your new goal for one week. At the end of the week, evaluate where you are and how your plan is working, making sure to note positive results. It helps to keep a journal with your plan written down and a list of your achievements as you go. On those weeks you don't feel you did very well, look back at where you were when you started. Change may be somewhat slower than what you want (of course, we all want to achieve our goals instantly), but remember, it takes time. Progress happens in stages where each week we move a little closer to our long-term goal. Remember, sometimes you'll take a step or two backwards too. That's just life. Stay on course, and you'll get there!

Be confident about your plan and your goals. You *will* reach them – you simply have to believe in yourself. And remember, each step you take is one step closer to home port.

*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 want to estimate my retirement benefit at several different ages. Is there a way to do that?**



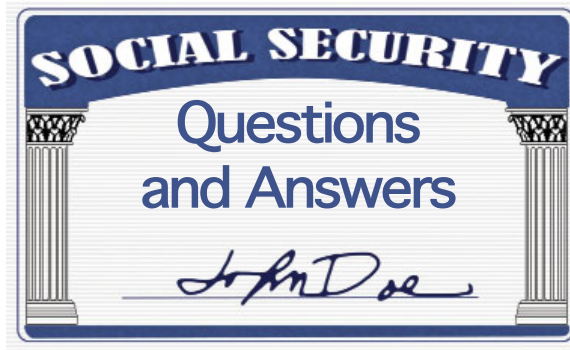
BY  
VONDA  
VANTIL

**Answer:** Use our Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) to get an instant, personalized retirement benefit estimate based on current law and your earnings record. The Retirement Estimator, which also is available in Spanish, lets you create additional “what if” retirement scenarios based on different income levels and “stop work” ages.

**Note from Editor:** I tried this. Worked well, very informative and easy to use.

**Question: I served in the military, and I’ll receive a military pension when I retire. Will that affect my Social Security benefits?**

**Answer:** You can get both Social Security retirement benefits and military retirement



at the same time. Generally, we don’t reduce your Social Security benefits because of your military benefits. When you’re ready to apply for Social Security retirement benefits, go to [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline). This is the fastest and easiest way to apply. For your convenience, you can always save your progress during your application and complete it later. We thank you for your military service!

**Question: I’ve decided I want to retire. Now what do I do?**

**Answer:** The fastest and easiest way to apply for retirement benefits is to go to [www.socialsecurity.gov/retireonline](http://www.socialsecurity.gov/retireonline). Use our online

application to apply for Social Security retirement or spouses benefits. To do so, you must:

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**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).

*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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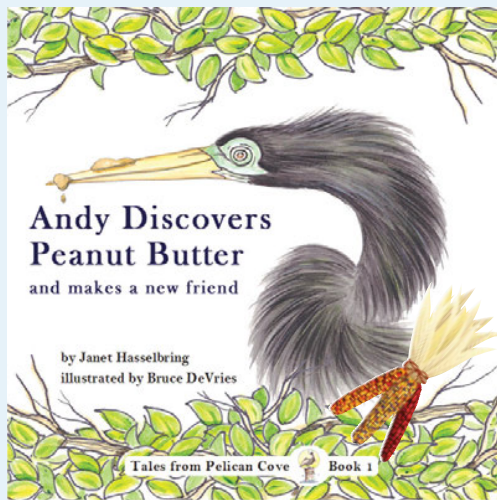


# Authors of West Michigan

## An Anhinga Started the Journey

BY  
TRICIA  
McDONALD

Have you ever heard of an anhinga? If not, you aren't alone. Author Janet Hasselbring had never heard of one either, until she watched it sitting on a perch in front of her Florida condo every day drying and preening its wings. Janet's experience with this water bird became the subject of her first book, *Andy Discovers Peanut Butter*, published in 2007.



*Andy Discovers Peanut Butter* was just the first in a series of seven children's books inspired by the incredible wild/shorebirds of Florida. The series, *Tales from Pelican Cove*, are based on Janet's experiences with various Florida birds. "I weave facts I gain from my research into the stories," she states.

Janet, her husband Don, and their Welsh terrier, Maggie May, are snowbirds who live in West Michigan during the summer months. Grand Haven's culture, history, parks, hiking and biking trails, are some of the reasons she loves the

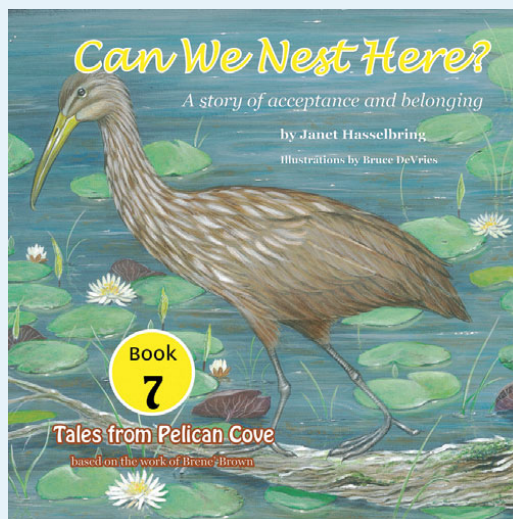


area. Maggie May is a therapy dog and they do "lots of therapy visits."

She grew up on a farm in New Era that is now Country Dairy, a fourth-generation farm with lots of history. In 2012, she wrote *The Country Dairy, Looking Back Moving Forward* as a tribute to her parents. She wanted to make sure her three children and four grandchildren always remembered her parents for their faith, perseverance, and hard work.

She also wrote *In the Garden*, a memoir that portrays her mother's lifetime journey of faith and courage on the farm. This book was inspired by a class Janet took on writing memoir and personal story, and is the book nearest to her heart.

Her most recent book and the seventh in her *Tales from Pelican Cove* series is *Can We Nest Here?* This book, her favorite with regard to inspiration, is based on themes of



acceptance, belonging, connection and vulnerability from the work of author Brené Brown. It is also based on the Dr. Seuss quote, "Why just fit in when you were born to stand out?" Janet has been told that *Can We Nest Here?* is a "must read for

parents and children."

Her successful ability to write for children may have come from her 36 years as an elementary grade teacher in the Grand Haven Area Public Schools district. She also taught music for almost 20 years, and directed SPARKS, an arts education program, during part of her tenure.

If you are a regular reader of *Senior Perspectives*, Janet's name may sound familiar. Writing short stories for SP has become one of the major joys and mainstays of her life. She has earned numerous honors from the NAMPA Annual Awards Competition (which provides special recognition for excellence in senior publications) for her short stories and personal essays. She is currently in the process of having the stories published as a collection of short stories. In addition, Janet is working on a series of articles for SP on "How Does Your Garden Grow?"

*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 was 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  
CATHAY  
THIBDAUE

# Cathay's Cooking Corner



## *Kiwi Salsa*

- |                               |                        |
|-------------------------------|------------------------|
| 2 kiwis, peeled and diced     | 1 teaspoon fresh Thyme |
| 1 Large Tomato diced          | 2 cloves garlic minced |
| 1 fresh lime, juiced          | Salt to taste          |
| 1 large, sweet onion, chopped |                        |

Place the kiwis in a serving bowl, mix with the lime juice. Mix in the tomato, onion, garlic, thyme and salt.

*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 II

## “As We Think, So We Are.”



BY  
JANET  
HASSELBRING

My garden is awash with color and alive with daffodils, crocus, and tulips, just what I envisioned last fall when I braved the cold and placed hundreds of bulbs into the ground. (SP March/April 20)

Easter and the arrival of spring were especially poignant this year, as I watched the miracle of new life in

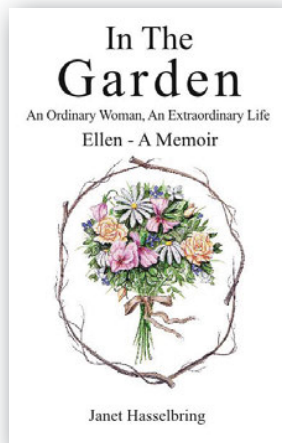
my garden. “God has written the promise of the resurrection not in books alone, but in every leaf in springtime.” (Martin Luther)

Grubbing in the dirt, pulling weeds, planting bulbs and seeds – gardening is helping me realize a deeper truth: our thoughts are like bulbs that produce flowers; seeds that produce crops.

In his book, *As a Man Thinketh*, based on Proverbs 23:7, James Allen claims our thoughts are the most important thing about us. All that we achieve or fail to achieve is the result of our thinking. “Just like nothing can come from corn but corn and nothing from nettles but nettles, good thoughts and actions can never produce bad results; likewise bad thoughts and actions cannot produce good – a truth we understand in the physical world, but fail to grasp in the mental and moral world.”

The analogy of gardening to matters of the heart has its roots deep (pun intended) in religious and secular literature.

In the parable of the sower, Jesus likens faith to the sowing of seeds. Seed falling on a path describes faith without any substance; seed sown in rocky places is faith which falls away when trials and challenges arise; seed which falls among thorns describes faith which fades with competing worries and cares; but seed which falls on rich soil is like faith which hears the word, accepts it, and produces crops, up to a hundredfold.



Allen continues. “A person’s mind may be likened to a garden, which is intelligently cultivated or allowed to run wild; but whether cultivated or neglected it will bring forth. If no useful seeds are put into it or if it is not tended, an abundance of useless seeds will fall therein and will continue to produce their kind.”

The message is clear. If we strive to be holy we must control our thoughts. Because emotions accompany thoughts, they become extremely powerful.

“Just like the underlying energy field forms atoms which then bind together into molecules and ultimately manifest into the physical universe, so all that goes on inside of us has its foundation in an underlying energy field. The movements in this field create our mental and emotional patterns as well as our inner drives,

urges, and instinctual reactions. Call it Chi, Shakti, or Spirit, it’s an underlying energy that flows in particular patterns through us.” (Michael Singer, *The Untethered Soul*)

Because we cannot escape our thoughts, Singer cautions, “Once these energies capture your consciousness and all your powers of awareness focus on them, this power begins to feed them. Consciousness is a tremendous force. The thoughts and emotions on which you concentrate become charged with energy and power, becoming stronger the more attention you give them.”

Jesus appropriately uses a tree to symbolize this power: the barren fig tree symbolizes one who has little faith and like the tree, takes up space but bears no fruit. Contrast that image to the tree in Psalm 1: “Blessed is he whose delight is in the law of the Lord...he is like a tree planted by rivers of water which yields its fruit in season and whose leaf does not wither.”

I used that analogy to describe my father working his farm in the 1930s. “As Henry walks back and forth across the field, behind the horses, he guides the planter as it drops seed corn into the furrows, reflecting on the Scriptures he’s studied and memorized. Like the seeds that fall on rich tended soil, he becomes like an apple tree, planted by rivers of water, bearing its fruit in season....” (*In the Garden*, pg. 25)

How does your (mental) garden grow?

*Janet lives in Michigan with her husband, Don and Welsh terrier, Maggie May. Jan drags herself off the tennis and pickleball courts occasionally to write - her book series, Tales from Pelican Cove, features wild/shorebirds 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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# American Music in the 19th Century



BY  
DICK  
HOFFSTEDT

Classical music dominated American concert halls in the 19th Century. Folks who couldn't afford the expensive venues were aching to hear popular or "pop" music. Late in the century Eubie Blake and Scott Joplin came along with ragtime and the beginnings of jazz. John Phillip Sousa became the "March King." The Civil

War brought the "Battle Hymn of the Republic" for the North, "Dixie" inspired the South, and "Taps" was used by both sides. Some of this music had lyrics but much of it didn't.

Prior to the Civil War Stephen Foster became known as "The Father of American Music." Born in 1826, he produced parlor and minstrel music until his untimely death in 1864 at the age of 37.

There was, however, a contemporary of Foster's who went on to international fame with a different style of music. His name is Louis Moreau Gottschalk, born in 1829 in New Orleans. He grew up in a neighborhood filled with Creole music with its African-Caribbean rhythms. He started on the piano at an early age, and it was his instrument for the rest of his life.

He was soon recognized as a child prodigy and made his informal public debut in 1840 at the Saint Charles Hotel. Two years later, at the age of 13, he went to Europe to receive classical training from some of their best instructors. After a concert in Paris, Frederic Chopin remarked, "Give

me your hand my child; I predict that you will become the king of pianists." Franz Liszt also recognized Gottschalk's extreme talent.

He returned to America in 1853 and began to travel extensively, giving concerts wherever he could. By 1854, his journeys began to take him to Cuba and Puerto Rico and later to South America.

By the 1860s, Gottschalk had established himself as the best-known pianist in the "New World." Although born and reared in New Orleans, he was a supporter of the Union during our Civil War, giving concerts to raise money to support Union troops.

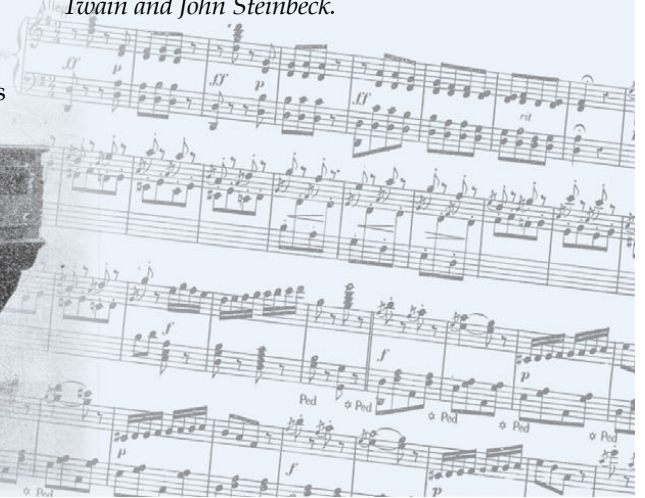
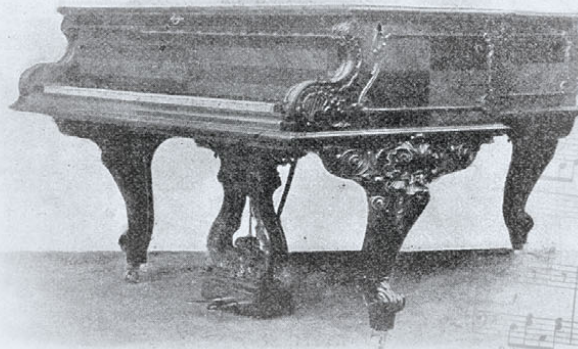
In September 1865, he had to leave America after a scandal involving a young female student. He began his last tour in South America. His concerts were tremendously successful and sometimes took the form of "monster concerts" involving up to 650 performers.

Most of Gottschalk's compositions, such as his most popular, "Bamboula," are for solo piano. He also wrote for full orchestra – works such as

"Symphony Number 2 and "Grand Tarantelle." He composed patriotic music like "The Union." Countless recordings have been made of his compositions.

His life ended in his hotel room in Rio de Janeiro on December 18, 1869. The exact cause of his death remains a mystery. He was only 40 years old. In 1870, his remains were returned to America and were interred at Green-Wood Cemetery in Brooklyn. Why Brooklyn and not New Orleans? Just one of the mysteries surrounding the life of one of America's greatest composers, Louis Moreau Gottschalk.

*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

# The Adoption Option



BY  
CLIF  
MARTIN

On July 5th, 1991 our son Clif Jr. and his wife Ann became the Martin five when they adopted three brothers ages 9, 8 and 6 ½. Just a year later, the Damfinos international Buster Keaton Society was formed to honor the great silent film star. Because the Keaton family had a summer

home in Muskegon, the Damfinos hold an annual convention here every October.

The new Martin brothers were at the Frauenthal Theater watching a Keaton silent film while I played the organ. In the audience were Buster's widow, Eleanor, along with Adrian Booth, Buster's co-star in a 1939 film and we were able to meet them. When we learned that adoption was Adrian's favorite project, it was clear that we needed a photo and she was happy to provide us with one.



*Here are the boys with Adrian Booth (L-R) Travis, Steven and Ken.*

Adrian Booth appeared in movies with John Wayne, The 3 Stooges and Boris Karloff as well as Buster Keaton and many others. Adrian was born in Grand Rapids MI and passed away in California in 2017, just shy of her 100th birthday.

Later, our daughter Melanie Lynn and her husband Dan went to Hollywood, Florida, and adopted newborn Alex at the hospital. So now there were four adopted grandsons. You have seen Alex's drawings in my columns. He turned 21 in July. Add the three other grandsons, and five great granddaughters that came along, plus a great grandson being raised by his grandparents and you have a family that I can't keep track of without a calculator. With lots of luck, I hope to get a photo of the whole clan.

*Because of the pandemic, the Damfinos won't be coming to Muskegon this year. To learn more about their virtual convention, you can look them up at [www.busterkeaton.org/](http://www.busterkeaton.org/)*





# Safety and Security

## Financial Scams

BY  
JOE  
STAPEL

Just since the beginning of this year, Muskegon County

law enforcement, along with Muskegon AgeWell Services, have done a number of things to address financial exploitation against elders. Ottawa, Oceana, and Kent counties will be discussed in future articles.

Every year an estimated 1 in 10 older adults are victims of elder abuse, neglect, or financial exploitation. *Financial scams targeting Seniors have become so prevalent, they are now considered to be the CRIME OF THE CENTURY.*

Over 60% of all reported elder financial abuse is committed by family members of the victim! Most of these incidents are committed by adult children, grandchildren, or nieces or nephews. Many times, even a friend or a caregiver attempts to take advantage of a person in order to get their money.

The most common financial crime committed by family members or friends and caregivers close to the victim is the theft of money or valuables.

Some of the other types of fraud are:

1. Signing or cashing pension or Social Security checks without permission
2. Misusing ATM or credit cards



3. Forcing or manipulating an elderly person to hand over property or other resources
4. Denying medical services to conserve funds
5. Convincing an incapacitated senior family member to sign a power of attorney or change his/her will

Between January 1st and April 15th there were 18,235 Covid scams reported by Americans to the Federal Trade Commission. These scams amounted to \$13.44 million in losses to the victims. (Reported from AARP Fraud Watch network)

In Muskegon County, AgeWell Services, the Muskegon County Sheriff, the Norton Shores Police Department, and the Muskegon County Prosecutor's office decided to join forces and formed the Muskegon County SafeSeniors

Investigative Task Force in February of 2020 to help senior victims of fraud. Currently, Muskegon County is the only county in the state that has a task force to investigate elder abuse.

Since its beginning, this Task Force has filed charges against persons in over 50 cases of senior financial exploitation. These charges have resulted in over \$400,000.00 being returned to victims.

The Task Force is actively investigating over 40 more cases at this time. All of these cases have involved family members, close friends, or persons working for the victims. Examples of the cases in Muskegon County being investigated are:

1. A Senior victim is confined to a wheelchair and has caregivers who come in to assist. It was discovered that two of the caregivers were stealing blank checks and writing checks to themselves, their family members, and others. Over \$10,000 in fraudulent checks were written.

A family member of the senior discovered that one of the alleged persons who was taking checks also had their personal bills being paid from the senior's checking account.

2. A Senior victim is confined to a wheelchair or a bed because of a serious illness. The senior allowed homeless family members to move in as they could use the help. The family members

were using the person's debit card to purchase goods for the home and food for the senior. The senior victim then discovered the family members were transferring money to personal cash apps. The senior victim estimates that around \$2,500 was spent or withdrawn without permission. Warrants have been requested for the family members.

The Task Force consists of the following members:

Muskegon County Sheriff, Michael Poulin  
Muskegon County Prosecutor, D.J. Hilson  
Norton Shores Chief of Police, Jon Gale  
SafeSeniors Team Coordinator, Chris Burnaw  
Executive Director of AgeWell Services, Kris Collee

Two Muskegon County Detectives and one Muskegon County Prosecutor work full time on these cases, thanks to funding from the Muskegon County Senior Millage and other sources.

They are Detective Bruce Morningstar, NSPD, and Detective Darric Roesler, Muskegon County Sheriff's Office, along with Kathryn Norton, Senior Assistant Prosecutor.

The Muskegon County SafeSeniors Investigative Task Force conducts criminal investigations involving victims over the age of 60 with an emphasis on financial exploitation and physical abuse and neglect cases. The goal is for a complete investigation of these cases leading to prosecution, conviction, and recovery of monies and property which can be returned to the victim.

The Muskegon County Vulnerable Adult Multi-Disciplinary Team meets monthly to review referred cases of Vulnerable Adult Crime. The Team, coordinated by SafeSeniors, is made up of representatives from law enforcement, prosecution, Adult Protective Services, Health West, medical providers, and legal and financial resources. Learn more at [www.safeseniors.info/](http://www.safeseniors.info/)

If you suspect abuse, neglect, or exploitation of a family member, a friend, or neighbor, please call state-wide 855-444-3911.

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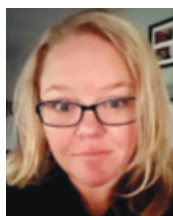
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BY  
DELICIA  
EKLUND

Hundreds of vintage photos are donated to the Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. This looks like a great family photo to me and I would love to know more about the them! We want to locate someone from the family and get the picture back to them! If you know them, please give me a call and let me know!

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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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# 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

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

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

**Boggle Answers:**

**DOLPHIN GAZELLE GIRAFFE  
LEOPARD BUFFALO**

**Jumble Answers:**

**THYME RATIO KARATE BUREAU**

**ANSWER:**

**After scuba diving for hours, they  
were ready to — TAKE A BREATHER**



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