

Senior Perspectives

MAY | JUNE 2018

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LAST WINNER: LILLIAN KEYES OF FRUITPORT
The 4 leaf clover was found on page 18 on the child's basket!

An Eye on the Florida Keys

Lives in Pieces

Our Christmas decorations are boxed and put aside until next year. For some families in Marathon, Florida, theirs are gone forever. While there on vacation in February, I saw tree ornaments along the sidewalk next to U.S. 1. Not used this past December, they had been outside since Hurricane Irma hit on September 10, 2017.



BY
JERRY
MATTSON

Extensive damage had been done that autumn day when sustained winds of 130 mph, gusting to 160 mph, along with the Atlantic Ocean surge several feet high, overran the Keys. Five months after the storm, many repairs and much clean-up are yet to be done.

Piles of trash along roadways were continually being picked up. Large areas of dead grass are reminders of where the piles once were. Black rubber marks on the sidewalk were left by front-end loaders making tight turns picking up the waste and dumping it into trucks. Deep scratches in the concrete remain where the bucket's teeth went too deep.

After the piles were removed, bits and pieces still remained. I saw broken glass, bits of mirrors, wood from a louvered closet door, shattered plastic business signs, a flattened lotion bottle, crushed coconuts, pieces of Styrofoam and a CD in half of its plastic case.

The damaged CD was titled *The Ultimate Otis Redding*. One can imagine someone, post-retirement, wanting to do exactly what Redding sang about in (Sitting on) *The Dock of the Bay*. Other cuts on the CD seemed to reinforce the thoughts of someone surviving the storm, including: *Pain in My Heart*, *Try a Little Tenderness*, and *Let Me Come On Back Home*.

Many businesses are open and more are reopening each week. "Now Open" signs are propped up near some of them. One closed restaurant had, seemingly in jest, an "On Vacation" sign posted in front of it. Most of the locally owned businesses seem to have recovered but others have gone out of business.

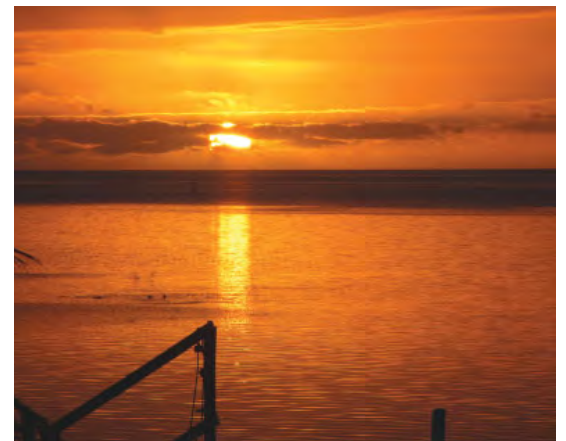


Many buildings on stilts survived, while empty lots exist where ground-level homes once were. During morning walks, I heard the crackling of wind-blown Tyvek on buildings and the hammering of workers replacing blue tarps with new roofs at several locations. Some oceanside duplex



properties have been refurbished, while many others are either still being worked on or remain untouched.

Gone are the armed guards outside the Marathon Home Depot. Tourist flights in helicopters and a 1940 biplane come and go from the airport. Popular bar-and-grills seem to have plenty of business. The tourist count is down, as are the number of places they can stay.



Unaffected by the recent history, pelicans, cormorants and ibis fly into the sea or stand in the shallows hunting for food while iguana and their smaller relatives bask in the sun or scurry about.

There is a dramatic contrast between the beauty of an ocean sunrise and storm-damaged homes waiting to be torn down. Through it all, Floridians are putting the pieces back together, as they've done before.

We'll see how things have progressed when we revisit the Florida Keys in 2019.

Jerry has enjoyed writing since being in high school English classes, many years ago. He continues to seek new publications to write for. As of January 2018, this now includes Farm Collector.

Becoming a Snowbird



BY JACKIE
LINDRUP
RDH, M.Ed.

Tom and I are Michiganders, and mostly retired. We wondered what it would be like to spend a few weeks in Florida out of the Michigan winter this year. Were we Snowbird material? It was finally time to find out! We rented a condo in Florida for the first two weeks of February. I found it on

VRBO in an area recommended by friends called Navarre Beach. Navarre Beach is attached to the panhandle city of Navarre by a mile-long bridge and has the longest fishing pier in Florida (1545 feet!). It is a welcoming community with beautiful fine sandy white beaches on the Gulf of Mexico side, and quiet waters along the Santa Rosa Sound.

We broke up the long drive to Florida by spending the night outside of Nashville. When we arrived in Navarre Beach, the community Mardi Gras parade had just ended and people were walking back to their cars, wearing beads they had caught! We found our building and realized the condo was on the third floor with no elevator! After a couple of trips up and down the stairs we were moved in. Our first trip to the mainland was to Publix for groceries. We stocked the refrigerator and then went to explore the beach by walking on a raised wooden walkway to the most beautiful white sandy beach! The weather was in the low 50s and was abnormally cold for the area, the locals said. We walked the beach and looked for shells, anyway. After all, it wasn't snowing!

The next day we looked at each other and asked, "What are we supposed to be doing?" We were fish out of water, and out of the routines we had at home! After we reminded ourselves we were on a research mission to find out if Florida was for us, we started walking to explore the island. We walked the length of the fishing pier and talked to the fishermen set up like a little community out at the end. We walked to the Sea Turtle Refuge Center near the bridge. Our friends called and invited us to see their condo and to play golf the next day. They had found a good rate for 18 holes on GolfNow! We spent the next few



days exploring the towns of Ft. Walton and Destin to the east and Pensacola Beach to the west. In Pensacola we visited the amazing (and free!) National Naval Aviation Museum and explored the beautiful Pensacola lighthouse. We found the Destin area very busy, but a great place to entertain grandkids in the future. We drove a few miles past Pensacola Beach to Ft. Pickens, an old Civil War fort, and had fun wandering through its huge remains, museum and gift shop. We found another

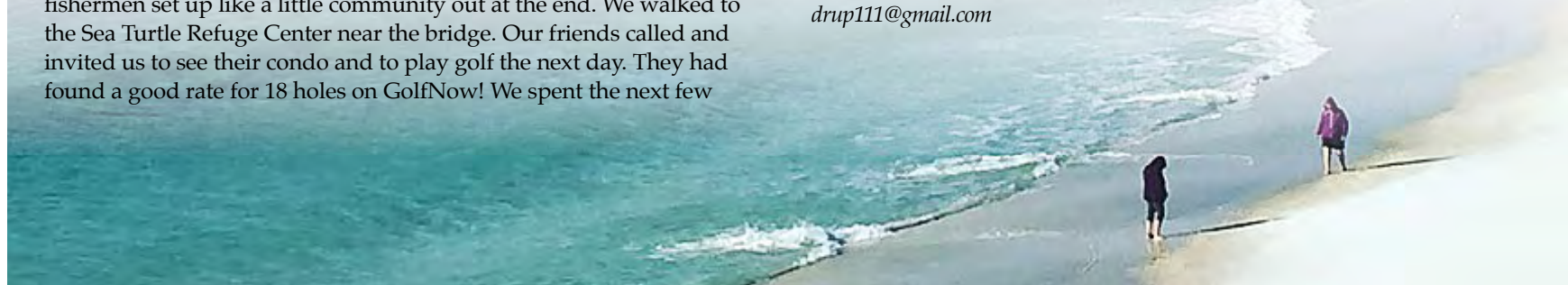
great deal for 18 holes and played a different golf course. It was strange to see the yellow grass, since they seem to only water the putting greens in the winter, but it was great to be outside playing golf and the weather was now in the 60s! Then we drove 3.5 hours to New Orleans to visit the kids and grandkids and spend a quick

two days celebrating Mardi Gras with them. On Mardi Gras Day we walked to the ferry and took it across the Mississippi River to Canal Street, pulling a wagon full of food, chairs, snacks, and jackets. We spent a beautiful warm sunny day catching beads, watching parades, and taking pictures! Then it was back to Florida for week two!

We found that this time it was different. On the drive back we knew we wanted to stop in Pensacola to buy fresh shrimp and red snapper filets at Joe Patti's Seafood to cook at home. We also now

knew where the barbershop was, the restaurants were, the golf courses were, where the post office was and where to buy groceries. We had also learned to relax and start a new routine here in Florida exploring, golfing, walking and enjoying the beach. So before heading north, we signed up for four weeks in 2019 at the same place but on the first floor, in a two-bedroom condo, at the same price! We'll have plenty of room for visitors when we are Snowbirds in Florida for a month next winter!

Jackie Lindrup RDH, MEd. is a retired dental hygienist who enjoys golfing, hiking and kayaking with WEMOG and traveling anywhere. She is the director of Volunteer for Dental, a program that offers dental services for volunteer work to eligible Muskegon and Oceana county residents. To connect with Jackie: jackielindrup111@gmail.com



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

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 want to get 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).



BY
VONDA
VANTIL

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.

Question: I'm retired and the only income I have is a monthly withdrawal from an Individual Retirement Account (IRA). Are the IRA withdrawals considered "earnings?" Could they reduce my monthly Social Security benefits?

Answer: No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as pensions, annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social



Security benefits. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I get Social Security because of a disability. How often will my case be reviewed to determine if I'm still eligible?

Answer: How often we review your medical condition depends on how severe it is and the likelihood it will improve. Your award notice tells you when you can expect your first review using the following terminology:

* Medical improvement expected — If your condition is expected to improve within a specific time, your first review will be six to 18 months after you started getting disability benefits.

* Medical improvement possible — If improvement in your medical condition is possible, your case will be reviewed about every three years.

* Medical improvement not expected—If your medical condition is unlikely to improve, your case will be reviewed about once every five to seven years.

For more information, visit www.socialsecurity.gov.

Question: It's hard for me to get around because of my disability. Can I apply for disability benefits from home?

Answer: Yes. In fact, the best way to apply for disability benefits is online. Our online disability application is convenient and secure. You can apply for benefits over the Internet at www.socialsecurity.gov/applyfordisability. If you do not have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to apply. However you decide to apply, begin by looking at our Disability Starter Kit at www.socialsecurity.gov/applyfordisability. It will help you prepare for your application or interview.

Question: Are Supplemental Security Income (SSI) benefits subject to federal income tax?

Answer: No. SSI payments are not subject to federal taxes. If you get SSI, you will not receive an annual form SSA-1099. However, your Social Security benefits may be subject to income tax. Learn more at www.socialsecurity.gov.

Question: I have medical coverage through my employer. Do I have to take Medicare Part B?

Answer: You are not required to take Medicare Part B if you are covered by a group healthcare plan based on either your employment or the employment of a spouse. When your coverage ends, you may contact the Social Security Administration to request a special enrollment for Medicare Part B. We will need to verify your coverage through your employer in order for you to be eligible for a special enrollment. For more information, visit www.medicare.gov/sign-up-change-plans/get-parts-a-and-b/when-sign-up-parts-a-and-b/when-sign-up-parts-a-and-b.html.

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



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Connections

Part 1

Bang. My paddle slapped the side of the aluminum canoe on an attempted j-stroke. Craig said, "Quiet, you'll scare the fish." It was the summer of 1968 or '69 and Craig McHenry and I were trolling a lake for brown trout deep in the woods of Canada.

I dipped the paddle forward into the water and pulled the blade straight back along the side of the canoe, then arced the paddle outward with a flourish that named the stroke. With a string of successful initials, nature seemed to whisper that I belonged with ancient paddlers in birch-bark vessels. The morning shoreline, thick with tall evergreens, reached across the silver water with conical reflections to bear witness

of the sacred unity of earth, water and sky. An enormous, mystical and wondrous silence gently embraced my entire being.

Bang!
"You're scaring the fish."

Craig and I attended the same church in Muskegon, but we weren't friends. He was older than me and belonged to a well-mannered family living in Norton Shores. I lived in the country, played in a barn, rolled the cuffs up on my jeans, wore glasses and knew enough to chew with my



BY
JOEL
DULYEA

mouth closed. Craig was tall, thin and graceful. I was short, awkward and tubby. When we visited the McHenry home, my stomach ached over choosing the wrong fork at the dinner table. We seemed an unlikely pair to share a canoe, but in seven days on the water, sublime nature would eliminate thought of boundaries that separated us.

The week started early on Saturday with a six-hour drive from Muskegon to Sault Sainte Marie, Ontario. Once there, Craig, his father, his two grandfathers, my Dad and I boarded a de Havilland Beaver float plane. The aircraft's bright yellow fuselage, supported by silver pontoons, sat afloat on the Saint Lawrence Seaway, east of the Sault. At first sight, the latent power of the aircraft's big radial engine, with an ominous three-bladed propeller, seemed ready to burst through the cowling. Yet at startup, the engine wheezed, coughed and rumbled like a pair of

PF Flyers tennis shoes in the dryer. We taxied from the dock out into the Saint Mary's River where the pilot pushed the throttle forward bringing the engine to a full-throated growl which sent vibrations through the entire aircraft. The oscillations migrated through the metal floor and bench seats astride the cabin. Soon the same sound waves that enveloped our ears vibrated within my sternum. I looked through a window that rattled with empathy. In defiance of callow reason, the starboard pontoon lifted from the water and soon the plane settled into a drone that eclipsed the sound of thought.

The northbound flight was noisy, bumpy and too fantastic to believe. I seriously considered that someone was playing a trick on me. This couldn't be real. The forest below was reduced to a green, contoured carpet, which undulated to the horizon. I looked for someone walking on the ground for confirmation

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we were flying. That likelihood was obscured by the dense woodland. In the cockpit, a myriad of round dials and toggle switches surrounded the pilot. It was a mystery when he lifted his hand overhead to spin a dial. If this was a conspiracy, it was well-conceived and executed. Maybe we

really were flying.

An hour later, the pilot pointed ahead, and Dad shouted to tell, "That's the lake we'll be fishing." There were multiple lakes nestled in the panorama that lay before us. I nodded in affirmation – it seemed futile to ask of Dad "which lake?" We

began our descent. The trees were too thick to see the ground. We passed over water, then an island with log cabins but still no people. Lower and lower we settled, until the pontoons paused just above the silver-gray surface. I felt the drag concurrent with a tell-tale wake from the starboard pon-

toon. The evergreen shoreline sped past, interrupted at intervals by ominous granite boulders thrust from the silver water - firmly placed hazards for boats or float planes. When we taxied to the dock, two men waited to help unload our baggage: sleeping bags, clothes, rain gear, fishing tackle - including my Shakespeare rod and reel. Our party of six stood on the dock with our belongings to watch the Beaver take flight to return home. The powerful roar faded to the horizon with the promise to return a week later. We turned to leave the dock and stow our gear while evidence of the aircraft's visit lapped the shore.

To be continued.

Joel Dulyea is a United States Army retiree who loves to sing with his wife Merijo, go on dates with his daughter and spoil his wire-haired dachshund, Heidi.

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MMAP Minutes

Medicare "Doughnut Hole" to Close in 2019!



BY
ROBBI
JUERGENS

Medicare beneficiaries with high annual prescription drug costs will get some relief a year earlier than expected as a result of the budget deal President Trump signed in early February. Currently, Part D beneficiaries who have high prescription drug expenses have to pay more once the total cost of their medicines reaches a certain threshold. That's due to a quirky aspect of Part D called the coverage gap, also known as the "doughnut hole."

The doughnut hole has been narrowing each year since the Affordable Care Act (ACA) was passed in 2010. The gap was scheduled to close in 2020, when beneficiaries would be expected to pay 25 percent of the cost of all their prescriptions while they were in the gap.

Under the budget deal, the doughnut hole will now close next year. Begin-

ning in 2019, Part D enrollees will pay 25 percent of the cost of all their prescription drugs from the time they enter the gap until they reach catastrophic coverage.

Congress made the early close of the doughnut hole possible by requiring certain pharmaceutical manufacturers to pay more of the costs for enrollees who are in the coverage gap. Currently, brand-name drug makers pay 50 percent of enrollees' brand name drug costs while they are in the coverage gap. Under the budget law, they will now pay 70 percent. (Source AARP 2/9/18)

Robbi Juergens is the Regional Coordinator with MMAP, Medicare/Medicaid Assistance Program serving Muskegon, Ottawa and Oceana counties. 1-800-803-7174



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BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Really Easy Dump Cherry Crisp

- | | |
|---|----------------------------|
| 2 (21 ounce) cans cherry pie filling
(or fruit of your choice) | 1 teaspoon cinnamon |
| 1/2 cup rolled oats | 1/2 teaspoon nutmeg |
| 1/4 cup brown sugar | 1/2 teaspoon baking powder |
| 1/3 cup white flour | 1 cup chopped pecans |
| | 1/2 cup butter, melted |

Preheat oven to 350°. Lightly grease a 9-inch square baking dish.

Dump cherry pie filling into baking dish. In a medium bowl, stir together rolled oats, brown sugar, flour, cinnamon, nutmeg, baking powder and chopped pecans. Pour over cherries. Drizzle melted butter over top.

Bake in the preheated oven for 40 minutes, or until lightly browned.

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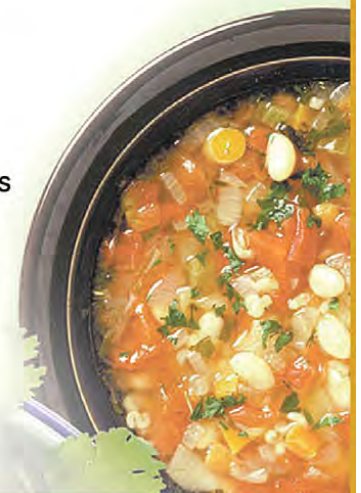
Soup and other foods with high water content help you feel full and satisfied when eating a reduced-calorie diet.

When choosing soup

Look for soups that have

- Low fat content
- A substantial amount of vegetables or legumes, such as peas, carrots, tomatoes, beans
- Not too much salt (recommended daily allowance of sodium is 1,600 mg)

Source: Penn State University Nutrition Department, U.S. National Library of Medicine, Journal of Human Nutrition and Dietetics, TNS Photo Service. Graphic: TNS



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Lakeshore Garden Masters upcoming meetings are for everyone, young and old, who enjoy gardening vegetables, flowers, trees and shrubs, etc. No experience necessary, just the desire to eat healthy and enjoy the outdoors in all its glory! In addition, the club participates in field-trips and local meetings with exciting and informative speakers.

Lakeshore Garden Masters also has for nearly 20 years volunteered at the Monet Garden to the enjoyment of local photographers, young couples proposing, school art classes and more. This corner garden is a delight to the Heritage neighborhood and one of the best kept secrets in Muskegon. Located at 5th St. and W. Clay in Muskegon.

May 21 - We meet at the Monet Garden, 470 Clay Street, Muskegon. This is a fun evening to spruce up the garden and plant annuals to get our pocket-sized picturesque garden ready for the hundreds of visitors to Muskegon! Bring hand tools and dress for the weather. Starts at 4 p.m. and ends at dusk. Come anytime. Join us for the potluck if you wish and bring a finger food dish to pass and a beverage, though not required. Guest fee is \$5 for the event or join for the year for \$15.

June 25 - Meet at the White Lake Community Library, 3900 White Lake Drive, Whitehall. Presenter is Eric Nelson, Landscape Designer, Michigan Certified Nurseryman and Lecturer from Weesies Greenhouse. Eric will speak on "Roses, What's New?" identifying the newest cultivars and colors and why roses aren't as fussy as they used to be! Potluck starts at 6 p.m.; if you wish to join us bring a dish to pass, your beverage and table setting. Or come for the program at 6:30.

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For more information visit www.lakeshoregardenmasters.org



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Senior Resources staff at
Older Michigianians Day 2017

Older Michigianians Day 2018 will be held on May 16, 2018

Presented by Michigan Area Agencies on Aging and Aging Network Partners

Older Michigianians Day (OMD) is an annual rally that takes place on the lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

Interested individuals are invited to join this event to show their support for policies that support older adults. This free event provides the opportunity to speak with a unified voice to the Legislature expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves and aging service providers.

To learn more about Older Michigianians Day, or to plan your trip to Lansing, please visit the Plan Your Trip page to learn how to register for this event, or contact Lisa Tyler, ltyler@seniorresourceswmi.org, or call 231-733-3509.

This Event Features:

- A Rally on the East Lawn of the Capitol Building
- Keynote Speakers
- Group and Individual Meetings with your State Legislators

Older Michigianians Day is planned by a group of organizations committed to advocating on behalf of the needs and interests of older adults across the State of Michigan. The steering committee is responsible for planning the annual event in Lansing, producing the advocacy platform which outlines legislative priorities, and developing an annual report card that states the achievements of the Governor and the Legislature in accomplishing recommended actions.

For more information contact the Michigan Association of Area Agencies on Aging at (517) 886-1029 or

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Do You Love to Play Mah Jongg? Here's a New Twist!



BY
LOUISE
MATZ

While in the Florida Keys this past winter, I had the opportunity to play Mah Jongg with a couple different groups. Both groups played four-handed Siamese Mah Jongg. As I was familiar with the standard game, this variation came easily. What fun! And, it was more of a mental challenge. For those of you familiar with the game, here

is a simple how-to for this variation as played in Key Colony Beach, FL.

First off, you need two Mah Jongg sets for each table of three or four players. Also, you need two racks for each player. And, of course, you need your official National Mah Jongg League card of standard hands and rules. We threw the dice to determine who was East. However, we did not build walls. Rather, we placed all the tiles upside down on the table and drew our own tiles. East took 28 tiles and the other players took 27.

Arranging the tiles: Players may arrange their tiles on both racks, as many as desired on each, and may exchange tiles back and forth between their own racks.

There is NO CHARLESTON.

The GAME BEGINS with East discarding a tile. Succeeding players select an overturned tile from the table and discard a tile upright. The game then proceeds much like regular Mah Jongg, but the thought process is so different because you are constantly re-arranging 27 tiles and working toward two Mah Jongs.

Tiles are interchangeable IN the racks, not ON the racks. Players must be careful not to put exposures on the wrong rack, ending up with a DEAD HAND. Once a Mah Jongg has been declared, jokers cannot be exchanged from that hand.

The GAME CEASES when one player has declared two Mah Jongs, or when the downturned tiles from the table have been exhausted.

STRATEGY NOTE: The disadvantage of not exposing your own MJ is that the game might finish before you have declared your own Mah

Jongg; and you must have a Mah Jongg exposed in order to be paid. You won't be paid for a MJ that is still IN your rack and not ON your rack. However, once your first Mah Jongg has been declared and exposed, you may not exchange for those exposed jokers.



SCORING and PAYOUTS are made at the end of the game.

- A. The 1st Mah Jongg by a player receives the value on the NMJL card, regardless if it is self-picked; but, if it is jokerless, the value is doubled.
- B. If a player declares and wins the game with a 2nd Mah Jongg, the payout for the 2nd Mah Jongg is doubled, regardless if it is self-picked. Payout is doubled again if the 2nd Mah Jongg is jokerless (excluding singles and pairs).
- C. A player who declares, exposes and wins with two Mah Jongs at the same time receives double the score for both hands.

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

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Lessons for Life

Positive Aging

Last year I turned 60, which came as quite a shock, to be honest, because in my mind I'm still an energetic, fun-loving 20-something. Of course, there were hints leading up to this birthday that I'm not as young as I used to be. For one thing, my bones hurt. Especially when the weather does certain things. It's amazing how much more accurate bones are than most meteorologists. For another, at times it's a struggle remembering words for common things – such as, well, you know, that thing you use when you open your car door and then you put it into the slot so your car starts – oh yeah, KEY! That thing.

Realizing there may only be 20 (possibly 30) years left caused me to step back and reflect on who I am now, and what the rest of my life looks like.

Sociologist Lars Tornstam developed the theory of "Gerotranscendence" to describe the final stage of maturation development. Based on two terms, "gero" meaning aging, and "transcendent" meaning rising above, Tornstam's research found that elders who engage in positive aging have some distinct characteristics, including:



BY BETH
BOLTHOUSE,
MA, LPC




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- Finding joy in small or insignificant things
- Feeling more connected with past and future generations
- Realizing the larger role one plays throughout history
- Reduced fear of death (even if there is some apprehension about the dying process itself)
- More intentional about choices; choosing to remain active, productive, independently engaging in more meaningful activities (art, nature, music, etc.).

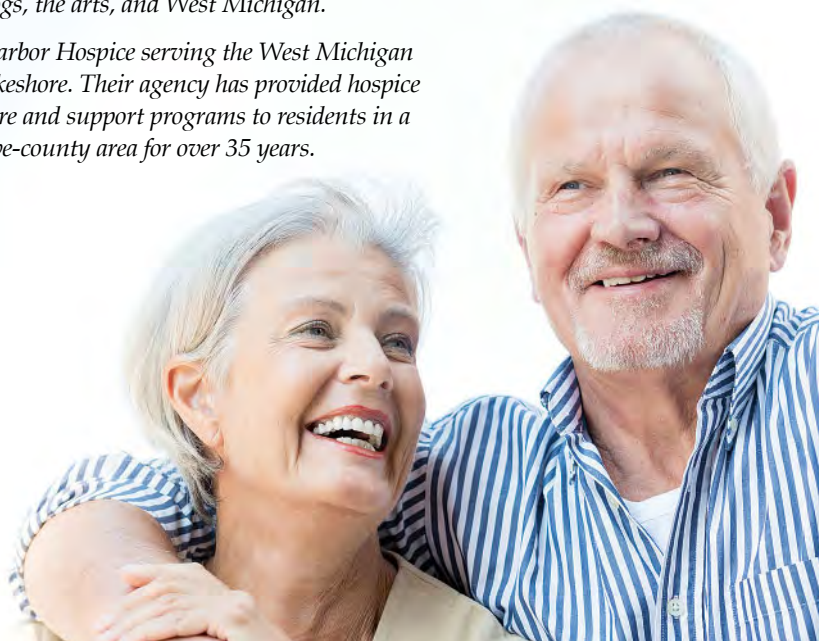
Positive aging is about making choices that provide opportunities to live life on purpose, including what end of life might look like. Having advance directives in place or other legal documents to ensure that our family members know our desires ahead of time can be empowering and free us up to focus on life rather than death.

Perhaps gerotranscendence can be summed up as follows: "This isn't your grandpa's old age!" Growing old does not mean we have to live the stereotypical old age of the past. Rather, today there are opportunities to age with dignity and live the rest of our life on our terms. The images of Mr. Wilson and Fred Sanford are being replaced more frequently by those of Blanche, Dorothy, Rose and Sophia. Perhaps it could be said that gerotranscendence is the secret that turned those frail grumpy old people in *Cocoon* into vibrant thriving older people with purpose and joy for living life intentionally. Positive aging is here for you and for me, in spite of bones and that word that we just can't quite put our finger on! It only requires intentionality about living out the rest of our lives.

Tornstam, L. (2005). Gerotranscendence: A developmental theory of positive aging. New York, NY: Springer Pub. Co.

Beth Bolthouse, a Bereavement Counselor for the Scolnik Healing Center of Harbor Hospice, has been in her counseling profession for 15 years. Currently obtaining her Master of Science in Thanatology at Marian University, she is an avid lover of her dogs, the arts, and West Michigan.

Harbor Hospice serving the West Michigan lakeshore. Their agency has provided hospice care and support programs to residents in a five-county area for over 35 years.



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Walking with *Spring* in Your Step



BY
JESSIE
RILEY

You began life, struggling to move on your own, learning to walk as you established your independence. Walking continues to be important and maintaining your walking ability should not be taken for granted. The old saying “use it or lose it” is very true. To walk well, you need to keep walking

every day. So if you are currently walking well, keep doing it, and if you need to incorporate more walking into your routine, don’t worry, it’s never too late!

The CDC recommends that older adults complete 150 minutes of moderate aerobic physical activity (i.e. brisk walking) each week. With this recommendation in mind, what happens when you are unable to achieve this goal due to prolonged inactivity or chronic illness? Struggling to meet the national recommendation can often lead to a sense of defeat before a step in the right direction has even been taken. But there is good news! Research recently showed that older adults who walk regularly, even if they don’t meet the recommended amount, still benefit from the activity, resulting in an increase of health and longevity. The *American Journal of Preventative Medicine* found that older



adults who on average walk only an hour per week had a 20 percent lower risk of premature death than those who did no exercise.

Walking is essentially the “perfect exercise.” It’s simple, free, and convenient. It doesn’t require any special equipment or additional training. Setting up routine walking doesn’t have to be met with dread either. Springtime is upon us, and getting out to walk the winter dust off can be a fun way to embrace the seasonal change, connect with friends, and move. The area we live in has abundant opportunity for outdoor exploration. Grab a friend and check out county trails, neighborhood sidewalks, sandy

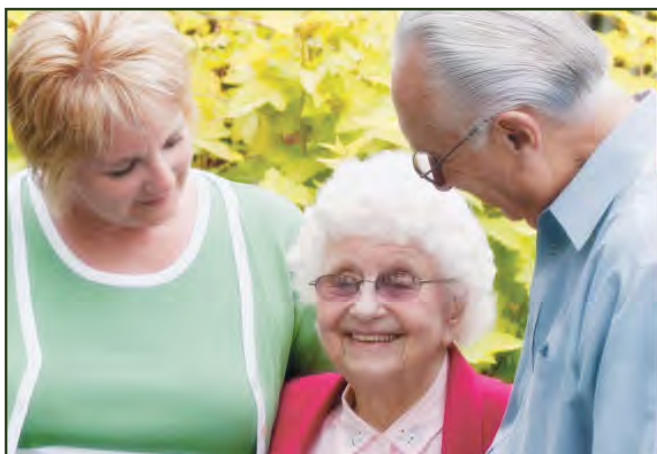
**The sum of the whole is this:
walk and be happy; walk and
be healthy. The best way to
lengthen our days is to walk
steadily and with a purpose.**

– Charles Dickens

beachfronts, or local parks. In addition to the general health benefits of walking, research tell us walking outside improves spiritual wellness, providing walkers with an improved sense of wellbeing and a positive outlook on life.

It’s never too late to make a positive change. Start by putting one foot in front of the other and soon you will be walking your way to wellness!

Jessie Riley is the Wellness Director at Four Pointes Center for Successful Aging in Grand Haven, Michigan www.fourpointes.org



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BY
ROLINA
VERMEER

A Caregiver's Perspective

Notes from my mother's daughter

Mom left us almost a year ago and I can't believe how that year has flown by! My life is as busy as ever and I'm still sorting out boxes of Mom's beautiful things and offering crystal and silver and other treasures to the next generation. Wisely, they are selective and border on minimalism so I'm not making much headway with emptying boxes. There will have to be a sale, I'm afraid.

Meanwhile, I come across items that bring to mind little scenarios and make me chuckle and miss the precious days when Mom came to live close to me and we could enjoy daily visits. Mom was privileged to live in a retirement community where a hot meal was served in a very pleasant dining room every day. She enjoyed the company of her peers and ate every bite of a meal she did not have to prepare for herself. She thought it was total luxury. And she loved the coffee!

I kept an eye on the pantry and fridge in her apartment and made sure she had exactly what she wanted and needed to get by on her own for breakfast and a light evening supper, but I must admit, her most dire



need was at least a couple of half gallons of ice cream in the freezer, a large container of whipped topping and plenty of chocolate sauce. I knew she indulged daily and I enjoyed the idea for her. The crackers and cheese and sandwich items, the fruit and yogurt and the crunchy veggies largely went untouched, however. Aside from the noon meal prepared and served to her in the common dining room and sometimes a piece of raisin toast for breakfast in her own kitchen, I saw little evidence of her having eaten anything really nutritious.

I wondered: should I be concerned? She seemed healthy enough and I wanted to keep it that way! But every day, in the little

dish drainer next to her kitchen sink, the evidence betrayed her; only a cup for coffee and two glasses. One glass I knew would be for a drink of water or juice but the other glass would have held at least two scoops of ice cream, a generous layer of chocolate sauce and a large dollop of whipped topping!

Ice cream for supper? Oh my. It's all she cared to eat and that in itself was worrisome. I said little but stewed about it and expressed concern to my friend, whose mother lived in the same building as mine, so she knew the dinner habits and routine there.

"Judy," I said as we were out walking one day, "What does your mom generally eat for supper in the evening?" Her reply came without hesitation, "Ice cream."

I breathed a sigh of relief. Yes, ice cream, or whatever they pleased, for supper. I think I'll keep that special little ice cream spoon of my mother's.

Rolina Vermeer retired in April 2015 as Activity Director of Four Pointes Center for Successful Aging. Almost immediately thrust into her new role as her mother's caregiver, Rolina contributes articles related to her caregiving experience.

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With the 21st Century, Barbara wanted a change. She shifted the focus of the farm to direct marketing. With new energy, she created a labyrinth and added fish boils to the market's menu. Today, visitors walk in the Lavender Labyrinth and gather at evening fish boils.

In 2012, Ms. Bull celebrated 50 years of selling cherries at Cherry Point. When winter came, she started a commemorative memoir, a collection of stories from those 50 years which became *A Point in Time, 1962-2012*, Cherry Point Publishing, 2012. Through another winter, historical research beckoned her to delve into the early days of Blackberry Ridge, Cherry Point's original name. A journalist from New Jersey, Charles W. Jay, arriving in 1871, sent dispatches to Eastern newspapers covering "novelties" of life in rural Michigan. Combining his humorous and sardonic descriptions with many old articles and artifacts, Barbara published *A Point of View: Blackberry Ridge, 1871-1884*, 2013.

With winter writing established, a children's Christmas story followed. In *Benjamin's Gift*, 2015, a shepherd boy carries a red apple and shares it with the donkey at the stable. They see its symbolic "star" appear, as it does in every apple.

Then, challenging herself to a novel, she created Katherine McCloud, a strong character reestablishing the family home begun on Lake Michigan in 1863 by her

great-grandfather. Barbara's own themes are evident in the narrative: the importance of place, family, friendships, responsibility and



work. Readers become friends and a part of *Cloud Cottage*, 2015, as Barbara captures Middle American values, traditions and language. Ending with the answer to a charming mystery, she easily leads into a second McCloud Clan book, *Grey Clouds Blue Skye*, 2016. This book is dedicated to both of her Aunt Helens and to several of our society's issues, in particular, caring for relatives when dementia is present. The end is breathtaking and again leads on. *Whispers on the Wind*, 2017, incorporates a history of connections with the Mohawk nation, French Canadians, and English settlers migrating into West Michigan many years ago. Mysticism and miracles enter Katherine's life along with her readers'.

2018. What's next? A fourth book with exciting 20th Century history and restoration of the Casnovia farmhouse. Barbara smiles when she says, "I've had the same address my whole life."

You will find her this summer at Cherry Point Farm and Market, 9600 West Buchanan Road, Shelby, Michigan. Baked goods, good books, and lots of cherries available.

The Bookman is excited to continue featuring authors living in our Greater Lakeshore Neighborhood. *The Bookman* is located in Grand Haven, MI and owned by Alexa McGuinness, Richard and Sharon Tanis, Diane Steggerda

Authors of West Michigan

Imagine 1962: Driving South from Pentwater in Oceana County, you notice two girls standing behind a wooden stand with "Cherry Pies for Sale." You buy one and meet Miss Barbara Bull, age 9, and her older sister Marilyn working their first year of cottage summers at Cherry Point.

 **the bookman**

BY DIANE STEGGERDA

Education was valued, and the Bull family always returned to Casnovia when school started, and to their farmhouse and apple orchard. Soon Marilyn left for college, leaving the cherries and baking to Barbara. After high school, she was ready for a world away: Mount Holyoke College in Massachusetts. It was not easy competing with students from more demanding Eastern schools, but she did well, and later graduated from the U of M with a Masters Degree in Biology. Recognizing the possible sacrifices in choosing a rural Michigan lifestyle, she joined the family business to become a professional fruit grower. Decades passed as she cared for the orchards, built the business, and enlarged the Cherry Point Farm and Market.

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BY
ROBBI
JUERGENS

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Robbi Juergens is the Regional Coordinator for the Medicare/Medicaid Assistance Program and also the Evidence Based Program Coordinator.

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Count Your Many Blessings—1 by 1

1. The Attitude of Gratitude

I'm late for a meeting – actually I'm the speaker for the meeting. Cutting it close as usual, I'm stuck behind a little old lady who must be going all of 15 mph. Okay, that's the speed limit here, but come on, who goes the speed limit anymore? Okay I cut it close, but I do pride myself on being punctual. It feels like a vise is tightening in my chest. I'm tailgating, inching closer – perhaps I could give her a nudge. Am I in the beginning stages of road rage?

Calm down, it could be your mom in that car, I tell myself. A steady stream of cars makes it impossible to pass. I'd pass on the right except there are cars parked along the street. I glance at my watch. I don't have a prayer of making it on time. If we go any slower, I might as well park the car and walk. My Passat is built for speed, but I'm down to first gear and the turbo is throbbing and pulsating, its energy pent up with nowhere to go. I feel its pain along with the pain radiating down my arm.

I cross the yellow line to get a peek. Aha! Relief in sight. There's a stoplight 500 yards ahead. It's green. Not going to make this one, but at least I can get rid of her soon. Oh no, what if she's heading my way? What if she's going to the same meeting I am? Inhale, hold, exhale....

My blood pressure picks up as I realize I should be there already, checking in with the hostess, making sure my computer is hooked up, using the restroom to fix my hair and apply lipstick. At this rate, I'll be rushing in at the last minute, most unprofessional. I should call them and let them know I'm caught in traffic.

I've got an elephant plunked on my chest now,



BY
JANET
HASSELBRING

as I'm rummaging for my phone. Then I spot it - a police car, tooling along in the oncoming traffic. Suddenly, I'm limp with relief and the realization that the little old lady, the antagonist, I've been cursing, has become my best friend. I don't care if I'm late.

Passing on a yellow line, passing on the right, talking on my phone, oh, this could have been bad. I want to stop her and give her a hug. If she were behind me in the Starbucks line, I'd buy her a latte with 101 shots of espresso, a Venti mocha cookie Frappuccino with 77 shots of espresso, a Frappuccino jug with 60 espresso shots – whatever she wants, it's hers.

We're at the light and it's green. She cautiously turns left. She can take all day, I don't care. I wave and blow her a kiss as we part. I arrive with a couple minutes to spare. During the opening prayer, I silently thank God for a little old lady who saved me from getting a ticket and those dreaded points on my license; for an annoyance that taught me an important lesson about gratitude: grateful people view hassles and annoyances through a different lens, reframing setbacks in a positive light.

2. The Benefits of Gratitude

Research shows that gratitude is associated with less anxiety, less depression, and a sense of wellbeing. Deepak Chopra, spiritual pioneer in mind/body medicine, notes, "The best way to create harmony in life is by nurturing an attitude of simple gratitude." (*Synchrodestiny*, pg. 210)

Gratitude can better the lives of children and adolescents too. Grateful adolescents tend to be happier and more engaged at school. They experience fewer depressive symptoms, less anxiety, and are less likely to exhibit antisocial behavior, such as aggression -- traits that get our attention in the wake of the Parkland School massacre. Peggy Noonan wonders, "What has happened in the past 40 years to produce a society so ill at ease with itself, so prone to violence?" (WSJ, 2/17/2018)

While children could and should learn gratitude from us --grateful parents, teachers, and mentors -- schools are now including lessons in gratitude in their curriculums. After just one week, students who received the training were not only better at thinking gratefully, they also reported experiencing more grateful emotions and greater increases in positive social behavior and emotional wellbeing than students in the control group. We should keep guns out of school of course, but we can also work from the inside out, insuring that our students are well adjusted citizens.

3. A Life of Gratitude

So, what are you grateful for today? Count your many blessings, name them 1 by 1, or 2 by 2, 3 by 3....

Janet Hasselbring is a retired educator and musician. She resides in Spring Lake, MI with her husband and Welsh terrier, Maggie May. They winter in FL, where she is inspired to write her children's books, featuring the wild/shorebirds of FL and beyond. She has also written a series about her family farm, Country Dairy. For additional musings on her mother visit <https://janethasselbring.com>.

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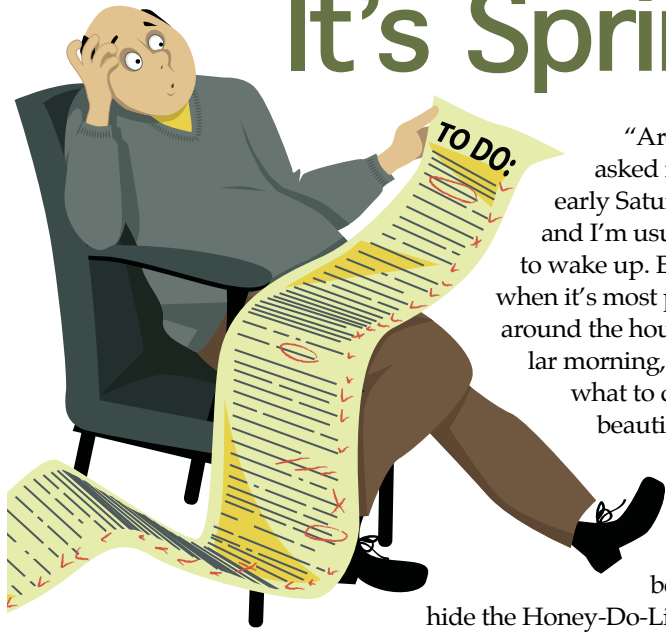
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Keith's World It's Spring!



“Are you up yet?” I asked my wife. It’s an early Saturday morning and I’m usually the first one to wake up. Early morning is when it’s most peaceful and quiet around the house. This particular morning, I am pondering what to do with such a beautiful day ahead of me. Nothing is planned for the day, and the biggest task will be to find a place to hide the Honey-Do-List project jar.

I’m sitting in my chair on the deck looking out towards the crystal clear blue lake. I can see a motionless rowboat resting on the calm water with two men and their fishing poles. The fishing poles are pointing upwards and the fishing line on their poles are lazily resting on the water, motionless. To the south and closer to me was my son Brian and his three, Sam, Jack, and Owen, slowly rowing their boat over to their favorite fishing spot by a small bayou that Brian’s grandpa used to take him to when he was just a little fella. You can usually find Brian and his sons on the water on any given warm, sunny Saturday morning.

I hear the sound of a car pulling into the driveway and it is my daughter Mindy, bringing Kendell to go fishing with her cousins. I motion to Brian and the boys that Kendell is here and for them to turn around and come back to pick her up. As they slowly approach the dock, Mindy is there to catch the rope so that Kendell can climb aboard. Sam slowly rows the boat to the open water and heads towards the bayou to catch some fish for our supper.

Every once in a while, I see a fish jump out of the water, and then return and leave a circle that slowly disappears. I move towards the end of our deck and ask the men in the boat, “How are fish biting this morning?”

All of a sudden, my wife, Pam, appears on the deck with a full pot of coffee. She sets it down on the table and pours herself a cup. For many generations Pam’s family have grown these special coffee bean plants on their plantation, and they roast the beans for one of the best coffees I ever tasted. Pam sits back in her chair and sips the coffee. She smiles at me and asks if I needed a refill. I asked Pam if she had filled the thermos for Brian to take fishing. She did.

Then Pam reminded me that our backyard needs to be picked up after the long winter months and the shed sure could use some paint! “But dear,” I say, “it’s Saturday and I have all summer to do those chores. Honey, it’s spring and those gloomy days of winter are over. Let’s just take a break today.” And she nodded yes with a smile.



BY
KEITH
SIPE

Soon the lilac bushes will be full of flowers and the sweet aroma will fill the air around our place. The windows in our home will be kept open throughout the summer months to let the sweet smells slip in and tantalize me to come outside. We can now go outside without a coat and feel the warm breeze on our faces. We can feel the wind as it blows the fragrance of the freshly cut grass. Aw, spring, don’t you just love it?

Other memories come back, as I remember my childhood, heading towards my favorite part of the woods across the street from where I lived. I would take some time and rest in the grass beside the flowing waters of the creek. I watched the water pass by for what seemed like hours, wondering where the water was going, sure it was far, far away. Occasionally I picked up a stone and tossed it into the water, watching the ripples fan out in circles and then move downstream. Sometimes I would see the squirrels running as they played around the smaller trees, chasing each other.

On my back looking up at into blue sky, I look at the trees so tall and notice a hint of green here and there and see the buds beginning to form.....Ouch, whaaaaat....? Why did you wake me up?!

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



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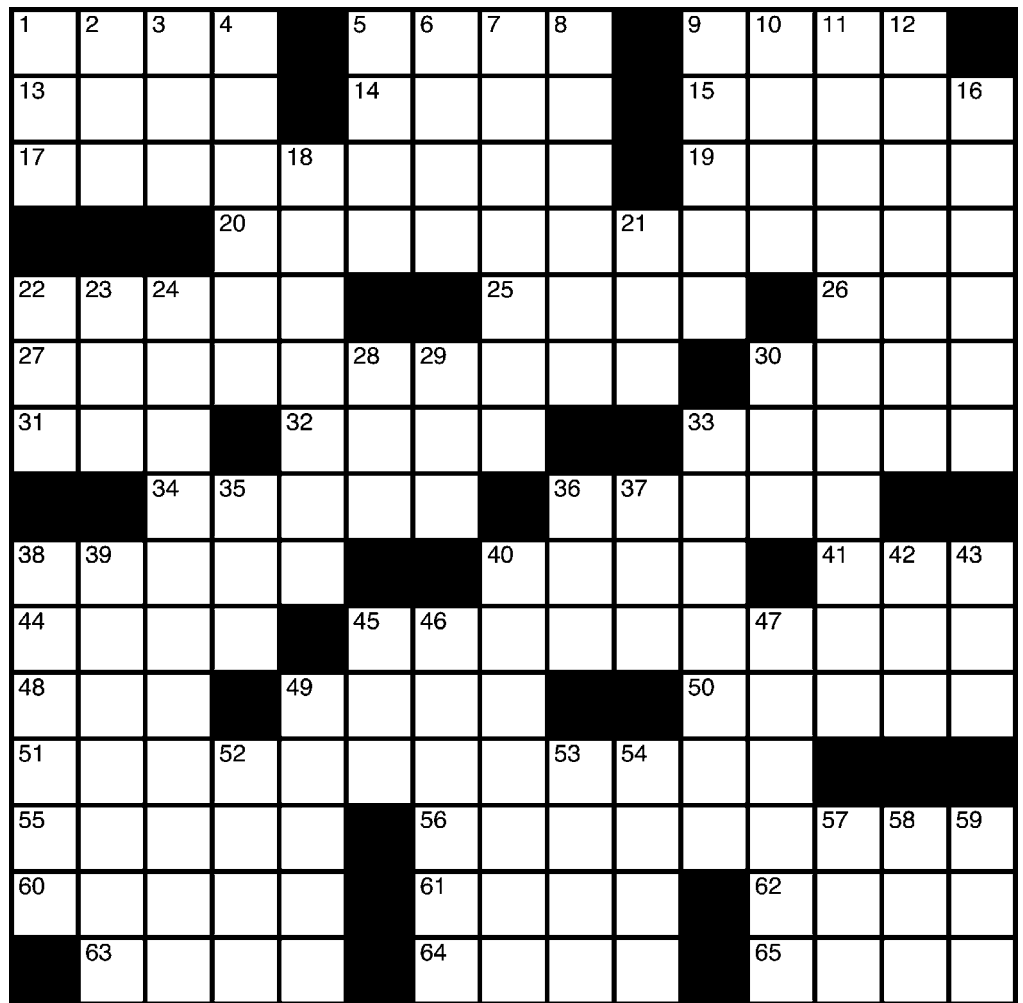


Chestnut
FIELDS

ACROSS

- 1 Corner piece
- 5 Singer James
- 9 One of more than 21 million Indians
- 13 British nobleman
- 14 Composer Janacek
- 15 Perfect
- 17 Shot that can't be blocked
- 19 Complaint
- 20 Office supply
- 22 Elbows, e.g.
- 25 Cause to roll in the aisles
- 26 Electrolysis particle
- 27 Jaguar, for one
- 30 Queen who succeeded William III
- 31 Ring result
- 32 Support for many a 29-Down
- 33 More degrading
- 34 Gucci competitor
- 36 Parade sight
- 38 "My thoughts are ..."
- 40 Economist Smith
- 41 Special ___
- 44 "The Daily Show" host Trevor ___
- 45 Malt option
- 48 Queen's subject
- 49 "___ a man who wasn't there"
- 50 Pug or Peke
- 51 Certain trio member
- 55 Really enjoyed
- 56 Hard times
- 60 Haggard of country
- 61 Sets a price of
- 62 Not in the pink
- 63 R&B-influenced genre
- 64 Editor's mark
- 65 Catering aid

- 16 "My Fair Lady" lyricist
- 18 People mover
- 21 "Norma ___"
- 22 Square on a muffin
- 23 Relative of a puffin
- 24 What many a countdown clock does
- 28 Suffix denoting resemblance
- 29 Support garb
- 30 Gp. for drivers
- 33 Military aircraft hold
- 35 Bit of a cheer
- 36 Org. regulating vaccines
- 37 ___ school
- 38 Needing to be bailed out ... or where 20-, 27-, 45- and 51-Across may be found
- 39 Supports a cause
- 40 Most dilettantish
- 42 Opposite of post-
- 43 Qantas hub, in itineraries
- 45 Site of the George W. Bush presidential library
- 46 Eco-friendly wheels
- 47 Antarctic explorer Shackleton
- 49 Force
- 52 Pilot's alphabet ender
- 53 Wedding tradition
- 54 MIT center?: Abbr.
- 57 ___ bubble
- 58 Record label for P!nk
- 59 Something to look up to



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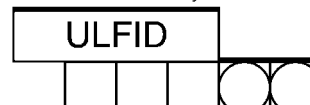
DOWN

- 1 NBA employee
- 2 Homonym of 3-Down
- 3 Homonym of 2-Down
- 4 Habitual booster?
- 5 Pre-coll.
- 6 Gull relative
- 7 Film for which Jessica Lange won her first Oscar
- 8 Plus
- 9 ___ cup
- 10 Inventor's need
- 11 Stock
- 12 "Try this"

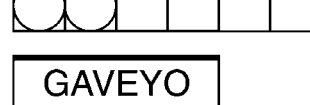
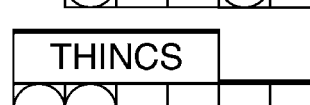
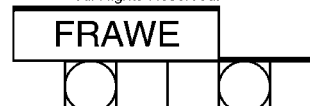


JUMBLE

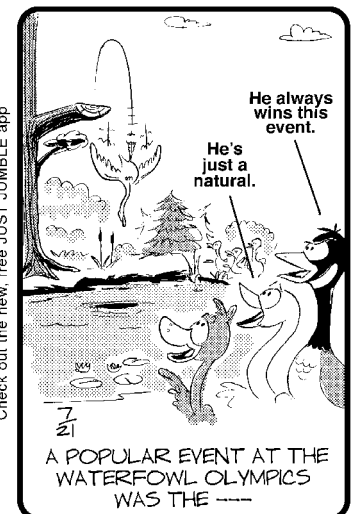
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.



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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.

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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

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

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

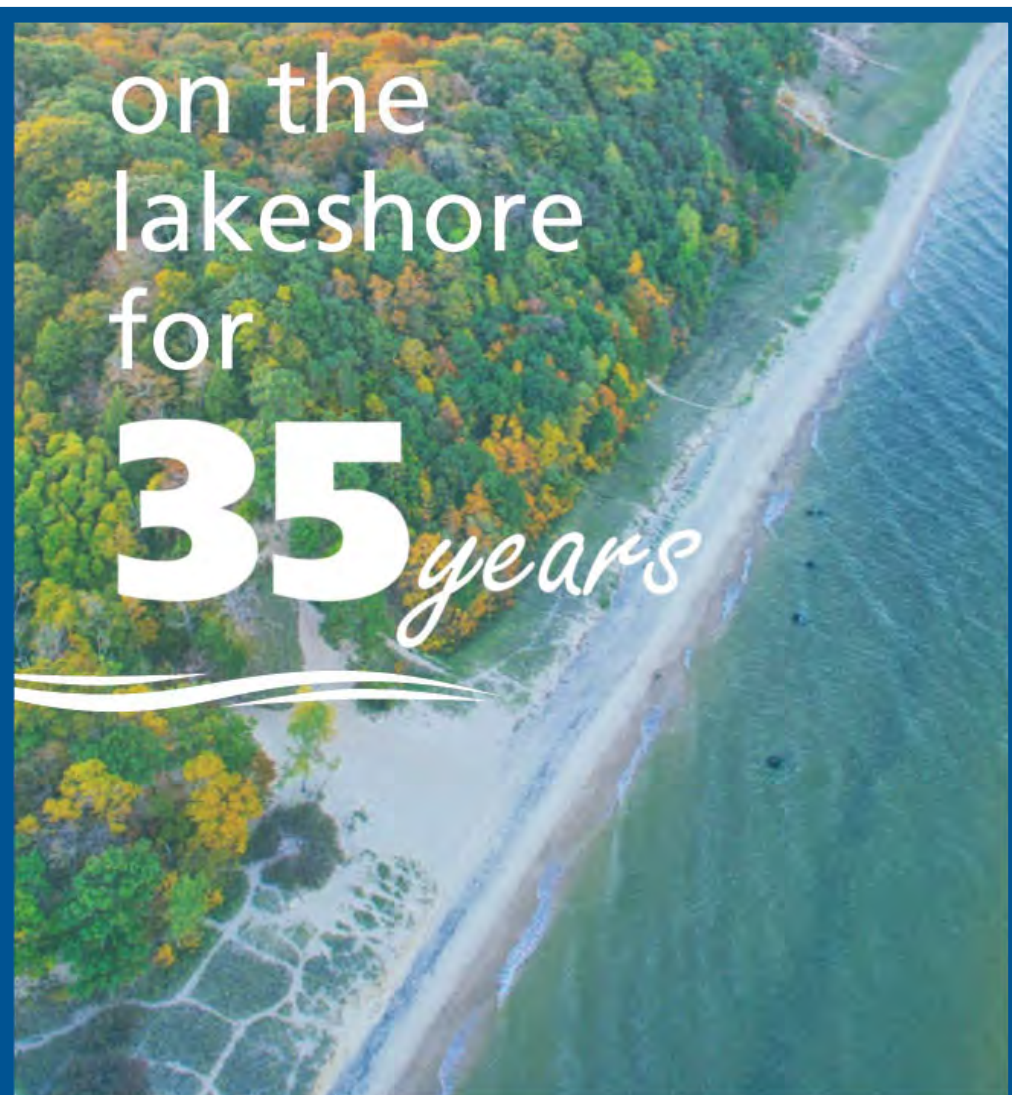
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Famous Foto of Frances



BY
DICK
HOFFSTEDT

My collection of pictures includes so many famous photographs from before World War II that it was difficult to choose just one and write something about it. But the search was fun.

The one I finally chose was significant for me for two reasons. The date was August 14, 1935 and shows President Franklin Delano Roosevelt signing the Social Security Act that we are all so familiar with. If it hadn't happened, I don't know where I would be sitting right now or if I would be sitting anywhere at all.

However, the picture is significant for another important reason, which is the people behind the president. Who are they, and how did they get invited to be present at this auspicious occasion? There were only 21 people in attendance including FDR, plus a few reporters and cameramen. Almost all were ranking members of Congress who helped get the measure through both houses for the president's signature. You will notice one woman among all the men in the room. Who was this woman and why was she there? I can tell you she was not a Member of the House or the Senate.

Her name was Frances Perkins, and she was born in Boston in 1880. She was an American



sociologist and workers-rights advocate who served as the U.S. Secretary of Labor from 1933 to 1945, the longest-serving person in that position and the first woman appointed to the U.S. Cabinet. As a loyal supporter of her friend, Franklin D. Roosevelt, she helped pull the labor movement into the New Deal coalition.

During her term as Secretary of Labor, Perkins helped enact many aspects of the New Deal, including the Civilian Conservation Corps, the Public Works Administration and the labor portion of the National Industrial Recovery Act. With the Social Security Act, she established unemployment benefits, pensions for many elderly citizens and welfare for the poorest Americans. She also pushed to reduce workplace accidents and helped craft laws

against child labor. She helped establish the first minimum wage and overtime laws for workers and defined the standard 40-hour work week. She dealt with many labor questions during WWII, when skilled manpower was vital and women were moving into formerly male jobs.

She got her B.A. in chemistry and physics in 1902 and then her master's degree in political science from Columbia in 1910. She also studied economics at the University of Pennsylvania's Wharton School. She volunteered at settlement houses around the U.S., including Hull House in Chicago.

In 1913, Perkins married New York economist Paul Caldwell Wilson. She kept her birth name, defending her right to do so in court. They had a daughter, Susanna.

Both father and daughter were described as having manic-depressive symptoms. Her husband was frequently institutionalized for mental illness. She became the sole support for her family.

Following her tenure as Secretary of Labor, she was asked by President Truman in 1945 to serve on the U.S. Civil Service Commission, which she did until 1952 when her husband died and she resigned from federal service. In 1946 she published a memoir of her time in FDR's administration, titled *The Roosevelt I Knew*. She died at the age of 85 in 1965.

To me, she is one of the most fascinating women in U.S. history.

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 63 years.

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5 More Facts About Social Security



BY
VONDA
VANTIL

What kind of questions do you and your friends ask about Social Security? When do my benefits arrive? What are Social Security work credits, and do they have anything to do with the way my benefits are figured? Will I be automatically enrolled in Medicare? Read on to find the answers to these questions.

1. Social Security benefits are paid in the month following the month for which they are due. When you meet all the requirements for eligibility, the benefit check you receive is payment for the prior month's benefits. To know when checks will be paid, you can save the Schedule of Social Security Benefit Payments to your "Favorites" or print it by visiting www.socialsecurity.gov/pubs/calendar.htm.
2. We don't pay benefits for the month of death. Social Security uses the same throughout-the-month rule to determine eligibility for the benefit that is due for the month of death. You must live through the full month to be eligible for the payment.
3. Survivors benefits can replace a percentage of the worker's earnings for family members. Survivors benefits usually range from about 75 percent to 100 percent of the deceased worker's amount. Visit our Survivors Planner for information on survivor benefits for your family if you pass away and how you may qualify as a survivor on someone else's record. www.ssa.gov/planners/survivors/

4. Work credits determine eligibility for benefits, but your lifetime earnings are used to calculate your monthly benefit amount. Retired workers need 40 work credits to be eligible for benefits, but your work credits alone do not determine how much you will receive each month. When we figure your retirement benefit, we use the average of your highest 35 years of earnings. See Your Retirement Benefit: How It Is Figured at www.socialsecurity.gov/pubs/EN-05-10070.pdf.

5. If you receive retirement benefits before you reach age 65, you will be automatically enrolled in Medicare. Medicare Part A (hospital insurance) helps pay for inpatient care in a hospital or skilled nursing facility following a hospital stay. It also pays for some home health care and hospice care. Medicare Part B (medical insurance) helps pay for services from doctors and other health care providers, outpatient care, home health care, durable medical equipment, and some preventative services. When you're already receiving retirement benefits, we automatically sign you up for Medicare Parts A and B when you turn age 65. You can then decline Part B if you choose, since it requires a monthly premium. If you are not receiving retirement benefits as you approach age 65, you should contact Social Security three months before age 65 to sign up for Medicare Part A and B. Even if you don't want to retire at 65, you should sign up for Medicare only. For more details, check out our Medicare page at www.socialsecurity.gov/medicare.

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

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Does Your Car's Safety Features "Fit" Your Needs?

Courtesy of Mercy Health

When was the last time you looked at the safety features in your vehicle? Are they meeting your needs? Many baby boomers are facing how their aging bodies could be affecting their driving.

This article is devoted to providing helpful reminders about how to evaluate your safety needs while driving and how to find appropriate resources that will empower you to maintain your independence and drive safely with confidence.

Question: What are some of the basic changes your body will likely



BY
HOLLY
ALWAY

experience as you age — changes that could affect your ability to drive safely?

Answer: Not all people will experience the same physical changes while aging, but two common changes involve vision and mobility, which could impact the way you drive. In addition,

if you're taking medications, you'll want to be alert to any restrictions your medications place on driving. Medications can affect a person's ability to react to driving conditions and to make decisions while driving, so check with your doctor or pharmacist if you have any

questions about driving while on medication. Your body's skeletal changes (e.g., bones becoming more porous) can affect how you sit in your car seats, how you wear (or don't wear) your safety belt, and whether you can turn your head to see those blind spots.

Question: Are there any other common physical concerns that older drivers should keep in mind?

Answer: Cognitive changes may occur during the aging process, affecting the way you process information. This is important when it comes to driving because it is estimated that the average person makes approximately 200 decisions per mile! Slower reaction times, declining hearing and other changes can affect your safety (and that of others) as well.

Question: What is the correct way to wear a safety belt?

Answer: You might find it surprising that many people don't know they can adjust their seat belt so it fits both more comfortably and properly. The correct way to wear a safety belt is across the shoulder and chest and over the hips and thighs. As you age and possibly shrink in stature, it's important to reassess your placement of this important safety feature to reduce your risk of fracture in a collision. For a driver who has lost shoulder mobility, we suggest that you add a ribbon to your seat belt to help you reach it and make the lateral movement across your shoulder and lap easier. You could also purchase an easy-reach handle.

Question: Getting in and out of the vehicle may become more difficult with time. What devices can help with this movement?

Answer: When it comes to the turning motion needed to enter or exit a vehicle, there are several ways to make your life easier. Something as simple as placing a plastic grocery bag on your car seat can provide the sliding surface you may need to help you get out of your car. Another device is a swivel seat cushion, which can help you get in and out of your vehicle as well as positioning you to reach the pedals

and comfortably grip the steering wheel. Some seniors prefer a handy bar, a device you can insert into the door of your vehicle, to help you pull yourself up as you exit your vehicle. Leg lifters are low-cost items to help lift your legs in and out of your car if that movement is becoming a challenge.

Question: What if using your car key is difficult?

Answer: Arthritis in your hands can make using a key difficult. Key holders are available for extending the size of the key in your hand. These gadgets take the pressure off the joints in your hands.

Question: What other safety features in your car are important to adjust for safety?

Answer: Newer vehicles have many features for safety and convenience that are ideal for all drivers, including seniors. However, it is especially important to review safety features in older vehicles and to make the necessary adjustments as you age. Following are a few more features to consider:

- **Head Rests.** These features are necessary for collision safety — they are actually head restraints. They are not optional in a vehicle and should not be removed.
- **Mirrors.** It's important for you to know where the blind spots are in your particular vehicle. You can make adjustments to your side and rear-view mirrors or have different mirrors installed to compensate for blind spots.
- **Proper Placement of Your Driver's Seat.** A wedge cushion can help you position yourself at a proper distance from the steering wheel, gas pedal and brake pedal. It can also help to improve your view of the front of your car. Don't forget to adjust the tilt of your steering wheel too. Many drivers forget about this feature that helps with both comfort and safety.

To find an event in your area, visit www.car-fit.org. To learn more, please call Holly Alway at 231.672.4910.


Online Resources: www.car-fit.org, www.michigan.gov/ohsp

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BY
CLIF
MARTIN

Martin's Meanderings

Facebook Foolish

You are not on Facebook, the internet phenomenon of social networking? It claims over two billion members

world-wide. I admire and envy you for not falling victim to that addiction. You should avoid all Facebook pages except mine. It has become a forum for rants and raves about political and social issues, so I try to lighten it up. Here is what you missed because you had better things to do.

How old can you get? I am so old that I think Martha Stewart is sexy. She cooks pretty good, too.

It's National Disc Jockey Day. I was one back in the day when we were local stars. We got actual fan mail in envelopes with stamps. I got so much mail from Midge Shumate that I thought I should marry her. So I did.

I have trained chickens to cross the road. If they make it to the mailbox I follow them. Unfortunately, chickens are not easy to train.

It is good that I am not into senior dating. It holds no appeal at all. If I had a lady friend she would be jealous of my cat. Cats rule.

Daughter-in-law Jan Mullins-Martin went with me to our writers meeting at Tanglewood Park. She expected to see real old

people like me. Nope, at 88 I am as much as 20 years older than the young upstarts who keep the Perspectives winning awards.

I felt like I should apologize for driving in the driving lane that the guy wanted to use for a left turn into the Henry Street Burger King. Anybody who does that should be sentenced to a slow and painful death.

All right, there you have it. The lighter side of Facebook. If you feel a need for something more serious, join the group with your own rants and raves. But stay away if you don't like pictures of cute cats.

Clif says if you really have nothing better to do, he writes 5 blogs that nobody reads. But you must ask him how to find them.

AgeWell Services of West Michigan

Meal Site Advisory Council

AgeWell Services wants **YOU** to represent your local Meal Site location at the Meal Site Advisory Council on

Tuesday, May 29, 2018, 12-1:30 p.m.

Lunch will be provided.

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Why should you be interested in joining the AgeWell Services Meal Site Advisory Council?

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BY
LISA
TYLER

About Us: Navigating the Senior Resources Website



May is Older Americans Month, so it seems appropriate to focus on the Advocacy page of the Senior Resources website.

If you go to <https://seniorresourceswmi.org/advocacy/> you'll find information about the advocacy that Senior Resources does as an Area Agency on Aging. We are mandated, under the Older Americans Act, to be visible advocates for older adults. We do that in a variety of ways, and the Advocacy page on our site provides opportunities for others to join us in advocacy.

On the main section, you'll find information on the upcoming Senior Advocates Coalition (SAC) meeting, as well as a schedule of meetings for the year. On the left, you'll also find more information on SAC, including the meeting agenda as it gets closer, and information on the policy platform that comes from the state. The SAC is composed of dozens of people with an interest in older adults. It includes staff of agencies serving seniors and older adults themselves. SAC meets about six times a year, alternating meetings with state legislators and staff from our federal representative and two state senators.

SAC is facilitated by Senior Resources CEO Pam Curtis. She sets an agenda based on current topics of interest to older adults, with updates on pending legislation, budgets, and anything that may require advocacy. The meetings are on the second Monday of the month in which they're held, from 1:30-3 p.m. in the conference room at Tanglewood Park, 560 Seminole Road, Norton Shores. Please consider joining us!

Also on the left side, you'll find Advocacy Alerts. As we get updates from our state and national associations, those are placed in this section.

Contact Elected Officials – this provides contact information for the president, senators, and federal representative, as well as our state legislative del-

egation. This includes the governor, state senators, and state representatives. At the bottom of that list are some suggestions for good communication with elected officials – guidelines for email, telephone and visiting.

Scams – this section of the page gives updates on scams that target older adults. The Better Business Bureau tracks scams, and there is a link to their page, as well as ScamAwareness.org. As a reminder, if you or someone you know has been the victim of a scam, please report it to the police. Many people are victimized, and feelings of shame over falling for a scam shouldn't prevent you from reporting it. It's the only way to help others avoid it.

The last section on the Advocacy page is Archived SAC Info and Advocacy Alerts. This is where you can find past agendas for Senior Advocates Coalition.

I hope you'll continue to check out the Senior Resources website, www.seniorresourceswmi.org. Info changes frequently, and it – along with our Facebook page – is a great way to find out what's happening!

Lisa Tyler is the Communications Director at Senior Resources. She stays busy with her husband and two children – Nick, a freshman at MSU (her alma mater), and Hannah, a junior at Mona Shores High School. She also serves on the MAISD board of education and chairs the Muskegon advisory committee of Kids' Food Basket.

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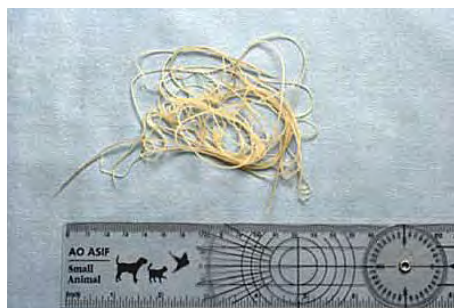
BY
DR. ERIC
PETERSON

Here in West Michigan, springtime means shaking off the cold and getting outside to get some much-needed fresh air! It also means the increased risks of parasites and contagious diseases for our pets! Our pets can acquire these parasites and diseases from both the environment and from other pets.

Q: What is heartworm disease and how can my dog get it?

A: Heartworm disease is a deadly disease caused by a worm that is transmitted by the bite of a mosquito.

Once the larval (immature) worm is injected into the dog, it finds its way to the heart and lungs. From there it reproduces and sets up a population of heartworms that feed on heart and lung tissue as well as mechanically blocking blood vessels. Dogs with heartworm disease typically do not show any signs until they have had the disease for nearly two years. Heartworms will lead to a congestive heart failure-type condition for our dogs. They typically have a cough, experience exercise intolerance and can wheeze when they breathe. Heartworm disease can be treated, but it is much safer to test and prevent the disease before it causes problems. To prevent heartworm disease, dogs must have a small blood test annually and then take a monthly heartworm preventative product (usually a tasty chewy-type treat) year-round so they do not become infected.



Q: What are intestinal parasites?

A: There are many kinds of intestinal parasites that our dogs and cats can get from their environment. The usual route of infection is fecal-oral transmission. This does not mean that your dog or cat ate poop! Worm eggs can be on grass, sticks, and the bottoms of our shoes, almost anything in our environment. The eggs are very hardy and can survive outdoors for months to years. The most common types of intestinal parasites are roundworms, hookworms, whipworms, tapeworms, coccidia, and giardia. These parasites can lead to vomiting, diarrhea, weight loss, and an array of other health issues for your pet. Most of those parasites we can get too! The most susceptible people are young children, the elderly, or anyone who is immune compromised due to medications or disease. These parasites can be prevented with easy-to-use medications. Stool samples are required to properly diagnose the type of parasite that your pet might have so the right medicine can be used to treat them. It's important to test stool at least annually.

Q: Do I need to worry about ticks?

A: Yes, absolutely! Ticks have been found in the lower peninsula of Michigan since 2004 and since then, their populations have grown exponentially. Adult ticks are most active in the spring and fall as they like cool, damp conditions. As soon as the thermometer hits 40 degrees, ticks come out of hibernation and are ready to feed -- even if there is snow on the ground! It takes temperatures of -10 Fahrenheit to kill off ticks in the environment. There are at least four types of ticks currently in Michigan and all of them can spread a variety of diseases such as Lyme disease, Rocky Mountain Spotted fever, anaplasmosis, ehrlichiosis, and many others. These diseases can be deadly, and we can get ticks just as easily as our pets. They can spread those same diseases to us too! Remember to use the appropriate medications for your dogs and cats to prevent ticks from feeding and spread disease. It's also important for us to wear insect repellants so that we do not get fed on, too. Prevention is the absolute key!



There are a variety of other diseases and parasites that your dogs and cats can be exposed to as they start to head outdoors, too many to cover here. A great online reference for all of your parasite questions is: www.petsandparasites.org. Ask your veterinarian for specific advice on your pet to decide what vaccinations and preventative products would be best suited to your needs. By bringing your pet into the office at least annually, and establishing a relationship with your veterinarian, he or she can help to keep your pet healthy in any situation.

Dr. Eric Peterson is a North Muskegon High School graduate and has lived in Muskegon life-long. In 2003, he graduated from the College of Veterinary Medicine at Michigan State University. He currently owns and practices at Northside Veterinary Hospital and Holton Road Veterinary Clinic in Muskegon. He has been married to his lovely wife Marisa for nine years and together they have four wonderful children ages 7, 5, and twin 3-year-olds. Dr. Peterson can be reached at edp@northside-vet.com.

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Don't let your feet ruin your day at the beach



BY
DR. TRAVIS
PIPER

As millions of Americans hit the beach this summer, protecting your feet can make the difference between a fun and relaxing summer, or a long summer of foot problems.

Here are some tips to keep your feet happy and healthy.

Puncture wounds and cuts:

Wear shoes to protect your feet from puncture wounds and cuts caused by rocks, shells, broken glass and other sharp objects. Don't go in the water if your skin gets cut. Bacteria in lakes can cause infection.

Sunburns:

Feet get sunburned, too. Rare but deadly skin cancers can occur on the foot. Don't forget to apply sunscreen to the tops and bottoms of your feet.

Burns:

Sand, sidewalks and paved surfaces get hot in the summer sun. Wear shoes to protect your soles from getting burned, especially if you have diabetes.

Ankle injuries, arch and heel pain:

Walking, jogging and playing sports on soft, uneven surfaces like sand frequently leads to arch pain, heel pain, ankle sprains

and other injuries. Athletic shoes provide the heel cushioning and arch support that flip-flops and sandals lack. If injuries occur, use rest, ice, compression and elevation to ease pain and swelling. Any injury that does not resolve within a few days should be examined by a podiatric foot and ankle surgeon.

Diabetes risks:

The 20 million Americans with diabetes face serious foot safety risks at the beach. The disease causes poor blood circulation and numbness in the feet. A diabetic may not feel pain from a cut, puncture wound or burn. Any type of skin break on a diabetic foot has the potential to get infected and ulcerate if it isn't noticed right away. Diabetics should always wear shoes to the beach and remove them regularly to check for foreign objects like sand or debris that can cause sores, ulcers and infections.

For more information on these and other foot and ankle health topics, visit the American College of Foot and Ankle Surgeons' consumer website FootHealth-Facts.org.

Travis Piper, DPM is board certified in Foot and Reconstructive Rearfoot and Ankle Surgery by the American College of Foot and Ankle Surgeons. He is a partner at Shoreline Foot and Ankle Associates with offices in Muskegon, Fremont, Shelby and Ludington. www.shorelinefaa.com.

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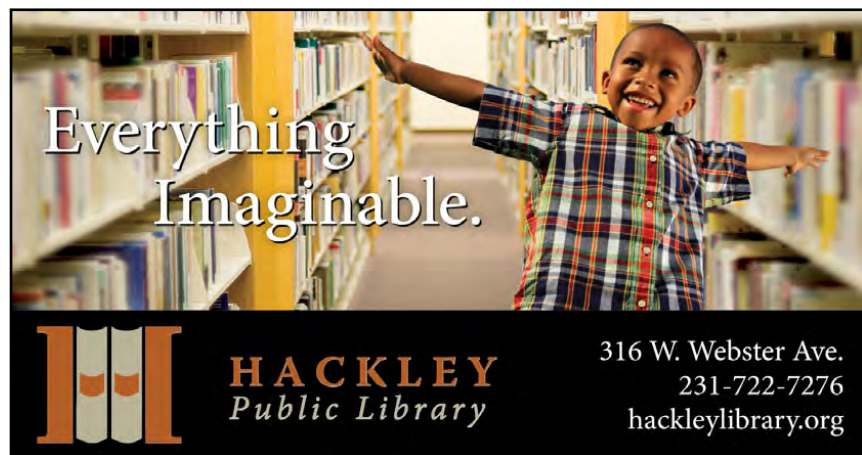


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Soul Food



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

“Honor your father and mother...” is the first Commandment (of the ten) which identifies a benefit for faithfulness.

As a nation we honor the importance of parents every year through Mother’s Day in May and Father’s Day in June. I am sure that those who read my article, for the most part, will be those who remember the blessings of their parents throughout the years. I am also aware of, and my heart goes out to, those who received little to no blessings from parents for various reasons. My hope is that I can share thoughts that can inspire and honor your blessings through your faithfulness.

“To be human is to be both dependent and interdependent. ... Initially when we think of family spirituality, we think of teaching children to say grace at meals, reading Bible stories to them at night, and going to worship as a family. Family spirituality is more multifaceted than this. Family spirituality extends beyond the child-parent stage to the whole system of family relationships that span generations.”⁽¹⁾

Grandparents, and even neighbors, who open their hearts to young adults or children through kindness and encouragement can experience, without advanced planning, a profound moment when another soul is inspired by your presence or words. This influence, which causes another individual to look at their life experi-

ence in a new way, helps them gather courage to make different choices. You may be the one who offers the best tributes of a mother or father to another soul, which uplifts someone in their time of need.

For some of us who still remember the hurt feelings, or actual injuries received from one of our biological parents, there is healing through a loving God who teaches and restores us. We then can offer as a surrogate the love of an elder to those in need placed in our path.

Finally, I wish to give praise to men and women who have adopted one or more children. There is absolutely no doubt in my mind and soul that you become their parent and the adoptees become your children! I pray you have received the Lord’s blessing for your love and faithfulness. I would like also to prayerfully encourage you to tell them the truth when the Spirit gives you direction. My biological mother did not learn that she was adopted until after her mother who adopted her passed on. By then she had no opportunity to meet her biological mother, if she was still alive. The shame that influenced her parents’ decision was that my mother’s father was the biological father. The early 20th century was, I’m sure, a different time socially. However, I believe if both parents’ spiritual life were deeper, the choice may have been different. I lived through a time when I did not understand my mother’s sorrow. On the positive side, my mother’s faith, as it grew through music and leadership, is what initially inspired me to offer my life to pastoral ministry.

(1) p. 103, *Dictionary of Christian Spiritual Formation*, Kieth Beasley-Topliffe, Editor, 2003

Soul Food is written by Rev. Gil Boersma, M.Div., a Board Certified Chaplain and retired pastor. He can be reached by sending a text to, or calling (231) 557-5640

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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. These two look to be the same person, but taken at very different times in Muskegon. He has a great uniform on! We would love to locate someone from his family and get the pictures back to them. If you know them, please give me a call and let me know.

Senior Resources of West Michigan has partnered with MCGS to assist in identifying these orphan 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 any information that I received while gathering the photos from MCGS. If you can help to identify any of these individuals or know the family, please contact, or have them contact: MCGS Pictures, C/O HPL-Torrent House, Local History & Genealogy Dept. 315 W. Webster Ave Muskegon, MI 49440. Email us 1972mcgs@gmail.com

Delicia is an Options Counselor with Senior Resources. She grew up in Norton Shores and loves everything history! She spends much time researching her own family, as well as local history. She loves spending time with her husband Andy and son Alan. You can contact her at deklund@seniorresourceswmi.org or 231-683-2630.

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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

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

Boggle Answers:

CUBS METS REDS PADRES
DODGERS RANGERS MARINERS

Jumble Answers:

FLUID WAFER SNITCH VOYAGE

Answer:

A popular event at the waterfowl
Olympics was the – SWAN DIVE



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