

Senior Perspectives

NOVEMBER | DECEMBER 2017

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Happy
Holidays...

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I Spy

It's easy!

Simply find this candy cane somewhere in this edition. List where you spotted it, clip and return this form for the chance to win a \$20.00 gift card to Russ' Restaurant - Sponsored by the Law Office of Douglas McPhail!



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

LAST WINNER: ARLON JONGEKRIJG OF HOLLAND, CONGRATULATIONS!

Letter from the Editor

We're taking aim against Alzheimers



BY
MICHELLE
FIELDS

The Senior Resources team for the Walk to End Alzheimer's Disease far exceeded this year's fundraising goal of \$2000. With the leadership of Abbey Gannon and support of the Service Committee we were able to raise a grand total of \$3,011.73!

This year's walk was held on Saturday, September 23rd at Heritage Landing in Muskegon. More than 500 residents from the Muskegon area joined the Alzheimer's Association Walk to End Alzheimer's in the fight to end Alzheimer's disease. Participants raised a record total of \$66,500 to fund Alzheimer's care, support and research programs.

"This year's event was incredible," says Kayla Myers, Walk Manager for the Alzheimer's Association, Michigan Great Lakes Chapter. "We often say that the Walk is like the world's biggest support group. To see so many people in Muskegon coming together to support one another and raise funds and awareness for Alzheimer's is truly inspiring."

Thank you to the Silver Sponsors Allergan, Senior Resources and Cumulus Media Broadcasting of Muskegon for their support of the Muskegon Walk.

In Michigan alone, there are more than 180,000 people living with the disease and over half a million caregivers. In the United States, more than 5 million Americans are living with Alzheimer's disease, the sixth-leading cause of death and the only disease among the top ten causes that cannot be cured, prevented or even slowed. Additionally, more than 15 million family and friends provide care to people with Alzheimer's and other dementias.

To make a donation, visit alz.org/walk.

At the beginning of the Walk, each participant held high a Promise Flower based on the reason for their involvement:

- Blue: I have Alzheimer's.
- Purple: I have lost someone to Alzheimer's Disease.
- Yellow: I am supporting or caring for someone with Alzheimer's.
- Orange: I support the cause and a vision of a world.

Pictured, clockwise from above:

Molly, Cam, Nicole, Bonnie, Steve, Jake, Abbey, Lisa, Toni, Thea, Skylar, Angela and Kescha.

Jake, Abbey, Toni, Skylar, Kescha, Angela, Thea, Lisa, Steve, Bonnie, Nicole and Cam.

Getting the family involved is Nicole with children Skylar, Cam and Molly.



Feeling creaky?

Getting back into yoga in *my 60s!*



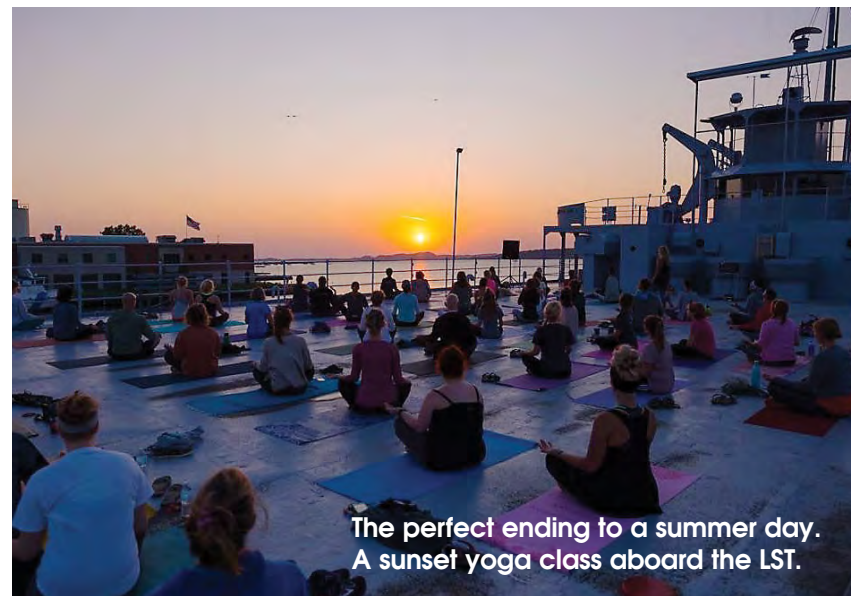
BY JACKIE
LINDRUP
RDH, M.Ed.

I have been feeling a little creaky lately! Since I retired it seems there's lots more time to go out to breakfast, lunch, dinner, coffee, or a drink! A friend who winters in Arizona told me the other day that she has begun asking friends who invite her out to meet for a walk instead! What a great idea! So I decided to try to get my flexibility back by going to a variety of yoga classes after not practicing yoga for many years.

I started with an easy stretching and relaxation class taught by Cathy Caldwell at the First Presbyterian Church on Sherman. Cathy is a long-time yoga instructor with a devoted following of seniors like me who want to stay limber and who attend regularly once or twice a week. She introduced me to many basic yoga poses and started our classes with "feet up the wall" a great exercise to change the blood flow. We ended class with Savasana or "corpse pose" where we would lie on our backs, relaxing for several minutes after an hour and a quarter of practice. Ahhhh!

When my daughter was home from Denver she introduced me to Rootdown, a downtown yoga studio known for fresh juice combos, smoothies and salads. One day I decided to take them up on their "20 consecutive days for \$20" program. This is a great deal since classes normally cost from \$5-\$8-\$15, and is a way to try the different yoga teachers' classes. Incentives are built in along the way, if you make the consecutive days of yoga a priority, and your body cooperates!

I thought it would be a piece of cake to go every day for 20 days or even double up on classes if I got behind! Boy did I learn fast! After the first couple of one-hour classes every muscle in my body hurt! I remember telling someone,



The perfect ending to a summer day.
A sunset yoga class aboard the LST.

"If I was just 20 or 30 again and my body still remembered my high school gymnastics!!!" But I wasn't and it didn't and I made it through only 7 classes in 20 days. It was really a stretch for my body, but the more I did it the stronger I felt! I started doing some of the easier poses at home. Watching and practicing with others in class, some beginners, some more advanced, but all concentrating on their own poses and balance, I gained confidence and enjoyed the challenge. My body also stopped being so sore as my muscles responded!

Imagine you are sitting on a yoga mat on top of a big ship with 100-175 people, listening to soothing music, seagulls and waves, and practicing yoga! A community yoga class was held for a \$5 donation on top of the giant LST ship on Sundays this summer, to raise money for local charities and to benefit the LST Museum. It was always thrilling to be up there on Sunday nights!

Rediscovering yoga has taught me that my body is NOT too old to get stronger and more limber. It's also helping me work on balance and better focus. My flexibility is coming back and, I'm excited to say, I'm not as creaky any more!!!

Jackie Lindrup RDH, MEd. is a retired dental hygienist who enjoys golfing with her father, hiking and kayaking with WEMOG, volunteering at the South Pier-head Light and traveling anywhere. She is the director of Volunteer for Dental, a program which offers dental services for volunteer work to eligible Muskegon and Oceana residents. To connect with Jackie: jackielindrup111@gmail.com

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Soul Food

Gifts & Thanksgiving

As we enter the final two months of each year, it is indeed appropriate that we give thanks to God (Thanksgiving) before we receive our gifts (Christmas). Have you been given one or more spiritual gifts? If this subject is new for you, I will



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

be referencing Biblical quotes such as Romans 12:6-8 and I Corinthians 12:8-10.

One must humbly seek the will of God, leaving to the Spirit the choice of gift or gifts you will receive. Everyone who believes should understand that the spiritual gift is for the service of both those inside a fellowship and/or those who have yet to be born-again. There is no value to a spiritual gift if it is not used for the benefit of others.

A word of clarification: The **fruit** of the Spirit (see Galatians 5:22-23) is a collection of virtues, all of which are available to any believer, as one matures in faith. The **gifts** of the Spirit equip the believer for ministry within the community of faith, and for outreach to the world. The only one who possessed all the gifts was Jesus. One spiritual gift is enough for any one of us when used appropriately. Some will receive two, maybe three. This increased blessing of gifts will come to those mature in faith, and thus to those understanding the responsibility they've been given.

Now since we love to hear what others are thankful for, and to give gifts to friends and family we love, is there a way in which each of us can help others receive their gifts of the Spirit? Indeed, there is a way, and it involves acknowledging the spiritual gift you see in others. You may only see some elements of the gift before you can name it. This is so important in order to build up the beloved community. In order for holiness to increase, our walk of faith must be other-centered and not self-centered, not completely but predominantly. When we are young or immature in our faith it is a great help for an elder friend or family member to acknowledge what they see growing in you spiritually; and never leave out encouragement in scriptural devotion and regular worship.

If you are desiring to grow spiritually, and you are up to a beautiful but challenging book, pick up or borrow a copy of *The Seven Story Mountain* by Thomas Merton. Here's a taste:

"The Life of the Soul is not knowledge, it is love, since love is the act of the supreme faculty, the will, by which humanity is formally united to the final end of all one's striving -- by which humanity becomes one with God."

The Seven Story Mountain by Thomas Merton, p. 209

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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A Veteran's Story

Private Wayne Dulyea disembarked from the Liberty Ship *Hood Victory* in New York Harbor on January 29th, 1946, and called his wife to tell her he was coming home. On his uniform, he wore a Victory Medal and European Campaign Ribbon with three Bronze Battle Stars. Behind him lay the wreckage of war, before him lay his country, his wife, and a son whom he had yet to see.

In January of Wayne's sophomore year at North Muskegon High School, his older brother, Ralph joined the United States Navy. What would become known as the Second World War began with Nazi Germany's invasion of Po-



BY
JOEL
DULYEA

land 16 months earlier. However, the United States maintained neutrality, and many Americans thought the country should refrain from involvement in another war. One year later, on January 11, 1942, Ralph was at war aboard the aircraft carrier USS *Saratoga* near Hawaii when a Japanese torpedo hit the ship.

Wayne's class of 1943 was the second to graduate from high school with the country at war. They dedicated a plaque to former classmates already serving in uniform. Written on the "Roll of Honor" were the names of his teammates from the '41 North Muskegon High School football team, which ended the 1940 season undefeated, untied and un-scored upon. Soon Wayne's name would qualify to be added.

December 18, 1943 was Wayne's first day of active service in the United States Army. Among his first duties, he applied for \$10,000 in life insurance, payable upon his death to Joyce, his bride of four months. After basic infantry training at Camp Roberts, California, he received orders for artillery training at Camp Polk, Louisiana. When he requested to apply for commissioned officer status, a seasoned drill sergeant said to him, "Son, you'd probably make a good officer, but I strongly suggest you do not try. Second Lieutenants are quick to die on the battlefield." Wayne was assigned a private with the 8th Armored Division in the 398th Armored Artillery Battalion.

On October 26, 1944, the battalion departed Camp Polk. On November 7th the transport ship, USAT *George W. Goethals*, loaded with equipment and

soldiers, sailed from Brooklyn to link up with a convoy bound for England. If Wayne looked off the stern of the ship, he could see the Statue of Liberty as they left upper New York Bay. On his mind was the long goodbye with his pregnant wife before boarding, and the unknown that lay ahead in Europe.

Except for two submarine alerts and the compulsion to vomit over the rail, the trip across the Atlantic was uneventful. A week before Thanksgiving, the battalion disembarked at Plymouth Harbor and marched through rain to a train that delivered the men to "Tent City Paradise at Windmill Hill" adjacent to Tidworth, England. Paradise included straw beds, Sibley stoves, and lots of rain and mud. There was one shower with 16 showerheads for 400 men in the battalion. Latrines were too few, poorly serviced honey buckets.

Private Dulyea's primary military duty was Heavy Artillery Crewman, but on Thanksgiving Day he was assigned KP duty. Turkeys arrived still frozen, forcing the cooks to improvise a substitute dinner. Private Dulyea was left to gut

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turkeys; enough to feed 400 men. In paradise, Thanksgiving dinner was served one day late.

January 4, 1945 the battalion left Weymouth Harbor aboard LSTs (like the one in Muskegon) bound for France. Shortly after midnight the ships met heavy seas. Would-be sleepers had to hold onto their beds to keep from falling out. Below deck in the cargo hold, some of the battalion's M-7 artillery equipment broke loose from their moorings. The M-7 is essentially a cannon mounted on a tank that weighs nearly 8 tons. They were sliding around the deck like children's toys. A Lieutenant ordered Private Dulyea to secure them. Private Dulyea was sure he would be killed if he tried. He interrupted a sailor drinking coffee in the aft galley to tell him the guns had broken loose. The sailor dashed from the galley. Private Dulyea followed and watched in amazement. The sailor grabbed a heavy chain then skillfully timed the waves pitching the ship and chained and secured each gun; but not before one of them punched a hole through the steel inner bulkhead. Wayne would live an-



Private Joel Dulyea

other day thanks to an unknown sailor.

The battalion debarked at LeHavre, France on January 6th then traveled east through cold and snow to arrive at Prosnas on the 10th. Someone found a cache of French wine. Private Dulyea drank as if it were Coca-Cola. He lay down on the floor to

recover from this poor decision. Next to him sprawled another soldier, motionless except for one boot that rolled back and forth, out of rhythm with his moans. In his condition, two thoughts occurred to the private: in battle, he would be useless; he would never drink wine again.



On January 22nd, the battalion supported an attack by the 94th Infantry Division against Nennig, Germany. Private Dulyea thought it remarkable his command post was in Luxemburg, his artillery battery in France, and they were firing shells into Germany. It was a busy day. His M-7 alone fired nearly 200

rounds.

On February 27th, the division crossed the Roer River and began its drive to the Rhine. They crossed the Rhine on March 26th to attack and clear the city

of Dorsten. Subsequently they entered the battle of the Ruhr Pocket, taking Neuhaus and cleaning out the Soest sector. Finally the Division shifted south to Wolfenbuttel, then Blankeberg to clear the Harz Mountain region.

On April 22, 1945, between midnight and 0600, Battery B of the 398th Armored Field Artillery fired 25 rounds, the battalion's last combat activity in the European Theater of Operations. Three days later Private K. Wayne Dulyea's son, Kenneth Wayne Dulyea Jr. was born. Eight months later, on the eve of Wayne's return home, the Muskegon *Chronicle* published an article with the lead: "And He'll Say, 'Hello Son' for First Time."

92-year-old Wayne Dulyea meets with his sons every week for dinner. He insists on paying. All four boys proudly served in the military and make sure to remind their Dad they outrank him.

Joel Dulyea, a United States Army retiree, is back to school at Western Theological Seminary. He loves to spend time with his wife, daughter and his two wire-haired dachshunds.



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MMAAP Minutes

2017 MMAAP Awards



BY
ROBBI
JUERGENS

Each year MMAAP Central in Lansing hosts an annual recognition luncheon and presents awards to the top counselors in each region. The 2017 top MMAAP Counselor, with 198 hours of Medicare/Medicaid counseling, was awarded to Senior Resources' Delicia Eklund. Delicia has been an Options Counselor for Senior Resources

since 2015 and assists people through navigating the resources available in our community.



Additional winners include the following Counselors from Four Pointes in Grand Haven:

- Evelyn Morford for most counseling hours by a volunteer. 642 hours of counseling time
- Mary Giangrande for most outreach hours
- Beth DeWyn for most outreach hours

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

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BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Corn Salad

By Angela Humber, Senior Resources

2 cans fiesta corn (it already has the green and red peppers in it)
½ purple onion chopped
1 cup of mayonnaise

1 cup shredded cheddar cheese (sharp has the best flavor)
Salt, pepper and garlic powder to taste
1 bag of chili cheese Fritos corn chips

Mix all the ingredients except for the corn chips. Add the chips before serving.

Easy No-Fuss Autumn Muffins

By Editor Michelle Fields

18 oz box spice cake mix
15 oz can of pumpkin puree
1 cup of water

Preheat oven to 350 degrees F (175 degrees C). Spray 24 muffin cups with nonstick cooking spray or line with paper liners. In a bowl, mix together cake mix, pumpkin puree, and water until combined. Evenly divide batter among the prepared muffin cups. Bake for 20-25 minutes.



Note from Michelle: I make these muffins every fall. They are very tasty and, surprisingly, not bad for you. If you want to break the rules and throw healthy eating out the window, I suggest to frost muffins with cream cheese frosting and top with candy corn and walnuts. Mmmm-mmm!

*Recipe originally inspired by Food.com with 5-star rating

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- **Use dips made with hummus, low-fat yogurt, light cream cheese**
- **Serve lean meats and seafood.** Try thinly sliced turkey breast, ham and roast beef; broiled salmon and shrimp
- **Use whole grain crackers, chips;** bite-sized servings of cookies and cakes
- **Add pizzazz** with bowls of mixed nuts and olives, wine spritzers made with club soda



Source: WebMD. Graphic: Pat Carr

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The Deer



BY
JERRY
MATTSON

Mom always liked deer.

She bought her deer family many years ago. Not live; they were the concrete, lawn-decoration type. There was an eight-point buck, a doe and a fawn. The buck stood erect, head off to one side "on the lookout." The fawn was lying down, curled up with its nose tucked under a rear leg. The doe, a bit larger than the buck, was looking down at the fawn. They were positioned together, as a family, near her house.

Over the years, Mom would decorate the two larger deer with red ribbons around their necks in the fall. I believe she wanted to protect them from hunters -- especially night hunters -- who might confuse them for real ones. The ribbons also made for a festive look at Christmas.

The deer family stood steadfast there for close to 20 years. Real deer often mingled with the stationary ones while raiding the bird feeder for sunflower seeds. Mom was always excited when the whitetails visited. She often took photographs of them eating outside the kitchen window. She liked the deer.

Like real ones, in time her deer began to show their age. The original paint faded and chipped away. It was matched, somewhat closely, and they were repainted with a little less finesse, but they still looked good.

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About a year and a half after she died, I was back home in November to close the place up for the winter. By dawn's early light, I noticed things were wrong with the deer. Outside, I found the doe's ears broken off. The buck had been moved again and had fallen over. Its head was broken off and its legs were cracked. There would be no repair this time.

I had to use a sledge hammer to break up the buck. That was a tough job to do in more ways than one. I hauled the pieces away in a wheelbarrow. The damaged doe met a similar fate. Using the wheelbarrow, I moved the undamaged fawn back to the shed.



One November night, she was watching TV when a pickup stopped in front of the house. Two guys trotted across the lawn and tried to take the buck. It was too heavy to carry, so they only managed to move it a bit before it fell over on its side and the "hunters" left empty handed.

The aborted theft left a damaged deer. Plastic body filler and paint were used to fix the broken tail and make other, minor, cosmetic repairs. All was well again with the deer.

Ultimately, they outlasted Mom.

I couldn't help but think that the two of us were the only survivors of the real and statue families that had lived there for so many years.

After two more years, I sold the old homestead. While getting rid of things, friends of mine asked for the fawn. Well taken care of, it still resides in a flower garden in front of their home over 10 years later.

Jerry grew up in the U. P. and had many meals with venison on his plate. Hunting was a year-round activity for many residents there, including his dad. Never a deer hunter, Jerry enjoys seeing them roaming the area woods, back yards and occasional city streets.



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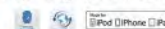
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Keith's World

Traveling in Michigan



BY
KEITH
SIPE

Every once in a while, hitting the back roads of Michigan means heading up north somewhere. And I can't forget "upper" roads, or I should say "skyways," by way of a plane.

A stop to include is the Whispering Pines Grocery Store. It is on Skeels Road, just west of N. Maple Island Road, or as some will say, 5 Mile Corner. This place carries an assortment of

foods and bakery items that most stores do not and that are homemade

-- breads, rolls and pies to mention a few. Sub sandwiches that will fill you up and then some. Their subs are huge and they do not skimp on the meat or anything else.

You like soup? Well, this is the place if you need or want to add any special ingredients to your already great soup. It is a well-stocked grocery store -- and they only take cash, by the way.

I might have mentioned this next place before -- Charlie's Place, just west of Harrietta, on M-37 at W 30th Road. The greatest pancakes ever, if you ask me. Plus, I love the sign on the door "Gun Control means using Both Hands."

An airplane sure comes in handy for my next stop, for it's on Beaver Island at the Paradise Bay Coffee Shop.



Photos, top to bottom: Photo 1 shows August breakfast in Northport, Michigan. Photo 2 is of Whispering Pines Grocery Store. Photos 3 and 4 are of Paradise Bay Coffee Shop on Beaver Island. Photo 5 is a plate-sized pancake from Charlie's Place in Harrietta.



There are two tables and a couple of stools for your convenience. But outside seating is great on a warm day.



Northport, Michigan is up north on the western side of the state. In August of each year, there is an excellent breakfast where hundreds of people gather to chow down on pancakes and sausages. While eating your breakfast, you can listen to music and then after check out all the cool cars in the parking lot. You can even camp out on Friday night to get a head start on all the fun on Saturday.

Michigan is a wonderful place to live and explore. I have only mentioned a few places that I have been. Where have you visited and explored? Where is the best place to visit in Michigan? Let me know, I would love to check it out sometime.

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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A Caregiver's Perspective



BY
ROLINA
VERMEER

A whole summer has come and gone since my mother passed away, mid-spring. And the summer was packed with activity! Once mom's funeral and accompanying events had exhausted their hold on my time and emotions and we had emptied mom's apartment, I had a move of my own to orchestrate!

So glad for the warmer sunnier days, I just kept going. Another life adventure lay at my feet and I picked those feet up and jumped right in. Meanwhile a nephew was getting married and the aunties joyfully committed to throwing the wedding shower. Happiness reigned. Adding to the excitement was the arrival of the first great-grandchild, born to the first grandson and his lovely wife. Though mom had not lived long enough to hold this baby in her arms, she had been given a photo of the ultrasound and had studied it in gleeful amazement.

The wedding couple had a perfect day in June and family gathered again. Happy times. Times together to celebrate another important life event. By July, I had settled enough into our new home to hang pictures and anticipate the arrival of my friend visiting from the Netherlands. She would stay for several weeks to rest and enjoy the beautiful lakeshore. She traveled with us across Lake Michigan to visit friends in Oshkosh while my husband and I spent our annual week marshaling airplanes for the EAA



Airshow. Home again, we regrouped, repacked and headed south to spend a few days with Amish friends. Then it was time for her to fly home and for a few days, no maybe it was a few weeks, or maybe I am still adjusting, a "new normal" is occurring to me.

Missing my mother is a soft and sweet missing, as I am so grateful to have had the time with her for so long. She would have enjoyed the new baby, her great-grandson. Her son, now a grandfather! And celebrating another grandson's wedding would have been wonderful as well! She was a party girl, after all. The accompanying family gatherings and outings would have been relished!

But I needed to remind myself of how frail she had become. All of these magnificent events

would surely have been overwhelming and exhausting for her. And truthfully, including her had become exhausting for me. The minutia involved in her care and the worrying about the details that made her comfortable and safe were ever present. All my summer trips would have had the added layer of concern for and complication of my mother's emotional and physical well-being. And they were not easy.

I occasionally still have a good cry, or get a catch in my throat at some sweet memory. I sigh, inwardly, realizing all the conversations that now cannot take place in the comfort of her living room. And, I also have a few regrets. Mostly I regret the things we never got around to, such as detailing her jewelry boxes or sorting through the mountain of shoeboxes that hold precious photos, many of which will remain a mystery to me now.

But I do not regret that I no longer worry about my mother. I no longer spend my emotional life in a state of heightened awareness that the next phone call could deliver a fateful message. I've had that call. I have survived that call and the resulting circumstances. My mother lives on in all the good thoughts and memories of the times we did have together; times to celebrate life and joy and love, sweet love.

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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Chartered Healthcare Planning Commission

Providing opportunities for all adults to plan for their future.



If you became unable to make decisions about your healthcare, would anyone know your wishes? How will you make sure that healthcare providers know what type of treatment you want and don't want?

Chartered Healthcare Planning Coalition (Chartered) members are passionate about building a system that respects and honors people's choices and preferences for health care. The coalition exists to ensure everyone in our community has a plan for their future health care, AND that the plan is retrievable and followed.

It all starts with a conversation -- about your beliefs, values and priorities; what matters most to you. A thoughtful and challenging conversation is the

start of the process to create a plan. Sometimes these conversations are difficult, and many people prefer to avoid them, but Chartered has resources and professionals to help guide you through this process.

The coalition offers a wonderful benefit to all community members, and it's free -- certified advance care planning facilitators. The facilitator will help you develop an advance care plan that specifically addresses your priorities. For information about how to access a certified facilitator, review advance care planning forms and instructions, or questions about the Healthcare Planning Coalition, please visit www.charteredmuskegon.org/.

One of the most important things that every adult should do to make sure that their wishes are honored is create an advance care plan. Here are some key components:

An advance care plan is a formal way to select a patient advocate and create an official health care plan.

A patient advocate (or Durable Power of Attorney for Healthcare) is someone you name to make decisions about your health care in case you are unable to make those decisions yourself. The document gives that person instructions about the kinds of medical treatment you want. A patient advocate will ensure that your wishes are honored even if you are physically or mentally unable to tell your doctors what you want. Without a patient advocate, if you're unable to express your wishes, the doctors will not know

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which of your loved ones should be making decisions for you.

Health care plans (sometime called "Living Wills") allow you to make your own decisions to direct which types of life-sustaining treatment, if any, you would like to receive if you have a terminal illness or if you are in a permanent coma. When you don't have an official health care plan, your family members will have to make treatment decisions for you. Often times, different family members will disagree on what they think you would want or not want. That's why it's so important for them to know! A health care plan must be made in writing and witnessed by at least two adults. The certified facilitator can walk you through additional rules for witnessing and signing a health care plan.



Having a patient advocate and health care plan are two gifts you can give to your family, AND the best way to ensure that your wishes are followed!

The Charted Healthcare Planning Collaborative consists of multiple community and healthcare organizations whose goals are to educate, create awareness, and give tools to communities regarding advance care planning. This long standing Health Project collaborative is formerly known as the Muskegon End of Life Coalition.

For more information about the free screenings, please contact Charted at 231.672.3201 or visit our website www.chartedmuskegon.org

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#1 Nursing Facility Transition Initiative



Our Nursing Facility Transition Initiative program is available to residents of nursing facilities, on Medicaid, who would like to return to their home, move in with family members, find an apartment or choose another living option. Support and services needed after the person moves may be available for those who meet functional and financial guidelines. Nursing facility residents may request transition services for themselves, or a referral can be made by any concerned individual, such as a family member, friend or social worker.



#2 Muskegon County Senior Millage

Senior Resources is the administrator of the Muskegon County senior millage funds. Phase I funding provided additional resources to AgeWell Services for congregate meals, Meals on Wheels, and elder abuse prevention; to American Red Cross for senior transportation; and to Legal Aid for legal assistance for older adults. Requests for Proposals are underway, seeking services for additional services in Muskegon County. The third phase will be addressing gaps in older adult services. We will be seeking partners to develop new programs or services that don't currently exist in our community or need expansion, geographical areas lacking services, underfunded and underutilized services, and unmet needs. For more information on millage activities, visit our website: <https://seniorresourceswmi.org/muskegon-county-senior-millage/>.

#3 We're Involved in our community



DTE Energy Foundation



United Way of the Lakeshore

Senior Resources employees are committed to our communities and to our staff! We have 100% participation in the annual United Way of the Lakeshore campaign to support vital programs and services in our area. Our Service Committee coordinates community involvement that includes the Walk to End Alzheimer's, a partnership with DTE Energy Foundation to deliver personal care bags to participants, supporting residents of skilled nursing facilities, collecting food items and packing snacks at Kids' Food Basket, doing a pet supply drive, and collecting winter wear for both older adults and children in foster care. Our Fun Committee plans great events for the staff, including an annual picnic, holiday party, and a crockpot cookoff.

5

Things You Might Not Know About



#5 Personal Response Systems

Senior Resources has partnered with the National Association of Area Agencies on Aging and Critical Signal Technology to bring you a personal response system that is designed to keep you more independent and in your home longer. To find out more, call Michelle at 231.733.3523 or Mike at 231.733.3530



#4 Senior Advocates Coalition (S.A.C.)

The Senior Advocates Coalition (SAC) meets several times a year with state and federal legislators and their representatives. This group of advocates – including seniors, caregivers, and service providers – meets regularly to discuss legislative issues that are important to them and homebound older adults who are unable to represent themselves. Meetings alternate with federal Congressional aides and state legislators. The Senior Advocates Coalition meeting schedule can be found here: <https://seniorresourceswmi.org/advocacy/senior-advocates-coalition/>. Our last meeting of 2017 will be Monday, Nov. 13, with federal Congressional aides, from 1:30-3 p.m. at Tanglewood Park, 560 Seminole Road, Norton Shores.



Holiday Meals for Seniors

By Chelsea Robinson, AgeWell Services Food Service Director

When you think of the holiday season, first thoughts are usually food, gifts and visits with family. Gifts for the holidays aren't just new robes, wallets and gift cards. For many people in the community a special present is just a simple smile or a friendly visit from a family member or friend.

Far too often, seniors in the community feel isolated and lonely during the winter months, especially during the holiday. Thanks to AgeWell Services, the DTE Energy Foundation, Senior Resources and CALL 2-1-1, we are able to provide a free meal for the seniors in Oceana, Muskegon and Ottawa counties. For the seventh year the DTE Energy Foundation has awarded Senior Resources a grant to support AgeWell Services' Meal Sites and Meals on Wheels program to help provide 2,300 Holiday Meals on Thursday, December 21, 2017 for seniors in the community. In addition to providing the grant, DTE Energy employees volunteer by preparing, serving and delivering the meals.

A free meal will be offered to seniors over the age of 60 at several of our meal sites throughout Oceana, Muskegon and Ottawa counties on Thursday, December 21. In addition to the meal sites, a holiday meal will be served to Meals on Wheels clients that day.

This year's menu includes: Rosemary Roasted Pork, Red Skin Smashed Potatoes & Gravy, Almond Green Beans, Fresh Garden Salad, Dinner Roll and Savory Strawberry Cheesecake with Cherry Topping.

Area adults over the age of 60 are invited to a free holiday meal on Thursday, December 21. **Reservations are required for this event and can be made by calling the location nearest you from November 20-December 13. Space is limited.**

Community United Methodist Church - Northside Seniors
1614 Ruddiman Dr.
Muskegon, MI 49445
RSVP: (231) 744-8613

Egelcraft Mobile Home Park
2129 Arrowhead Dr.
Muskegon, MI 49442
RSVP: (231) 773-4400

Evergreen Commons
480 State St., Holland
(616) 396-7901

Four Pointes
1051 S. Beacon Blvd., Grand Haven
(616) 842-9210

Georgetown Connection
7096 Eighth Ave., Jenison
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Ladder Community Center
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225 South Hall Rd.
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Tanglewood Park Café
560 Seminole Rd. Muskegon, MI 49444
RSVP: (231) 733-1155
*Reservations for Tanglewood Park Café can be made Monday-Friday between 9 a.m. and 4 p.m.

Chelsea Robinson is the Food Services Director at AgeWell Services of West Michigan located at Tanglewood Park, 560 Seminole in Muskegon. To find out about Meals on Wheel, nutritional services and other wellness programs for seniors in this area call (231) 755-0434 or 1-800-442-6769, or visit agewellservices.org or tanglewoodpark.info.

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Stop a Cold in its Tracks



BY DOUG CORNELL

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

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

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

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

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

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

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

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

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

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

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

“Is it supposed to work that fast?”

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

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

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

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



New device stops a cold if used early.

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

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

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

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

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

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

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

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Traveler Tales

North to Alaska

Been thinking about taking an Alaskan cruise? First tip, pack a raincoat, your patience and some resolve! Sounds miserable but, believe me, it wasn't. Keep reading, I'll explain.



BY
JAY
NEWMARCH

Let me start with our departure city, Seattle. We flew in on the Fourth of July. It was a stunningly beautiful, sunny day. We spent the next two days under a nearly cloudless sky, defying the myth of rainy, miserable Seattle weather. I had only packed two pairs of shorts and remember worrying that they would be in bad shape by the end of our ten day cruise.

With that in mind, we boarded our ship, departed the harbor, and left our sun

behind. Generally speaking, we wouldn't see it again until we reached the southern border of Canada one day before returning to Seattle.

Folks, if you take an Alaskan cruise into the Inside Passage, you will experience rain, even in the middle of July. After all, the experience will take you into the largest national forest in the United States, the Tongass National Forest. Nearly 17 million acres worth! I guess I was naive, but I really didn't realize the extent of the rain they receive each year. Still, I wouldn't trade slogging through all that precipitation for anything. Alaska, even the very small part of it that we saw, was absolutely beautiful. Back to the rain... and the rainforest. Our first port was Ketchikan. Yes, it was overcast and misting, yet the air was intoxicating, crisp, fresh, with a hint of pine. It is what air freshener producers try to replicate but never can.



If you visit Ketchikan, you will find yourself surrounded by totem poles and lumberjacks. If you decide to do nothing else and stay right in town, you'll be entertained. Being a part of a group of ten, we didn't even try to find consensus, we all went our own ways. My sister and I decided that if we were going to travel to Alaska, we wanted to see Alaska. We signed up with Southeast Exposure for a sea kayak trip around the Tatoosh Islands outside of Ketchikan. The mist that had started the day turned into rain as we traveled to our departure point.

Amazingly, the rain slowed to a drizzle by the time we departed the bus and we ended up with a mostly dry, cloudy day out on the water. Now, we are not sea kayakers, but we were game to learn.

Thanks to some instruction by our patient hosts, we were soon on the water and enjoying a serene, pulse-building water adventure. Imagine being surrounded by crystal clear water and the smell of cypress and then mix in pristine forests, seals frolicing in the water and eagles atop trees. Wow!

Early the following morning, we entered Tracy Arm fjords and headed toward the Sawyer glaciers. Towering on either side of us were nearly vertical granite walls, mountain peaks and waterfalls that meandered down to meet the fjord. We stayed in our cabin that morning. We ate breakfast on our veranda as we watched the beautiful scenery pass by.



One thing about our trip down the Tracy Arm fjords that was uniquely spectacular was thanks to an earthquake that



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had hit Juneau about a month before our arrival. The earthquake had caused a greater than normal amount of ice to fall from the Sawyer glaciers, leaving an abnormal amount of scatter ice in the water. The aquamarine blue water and "icebergs" of all sizes and shapes that floated around us was an experience I will never forget. It felt like a scene from *Titanic* without the tragic result. The fjord deadends at the Sawyer glacier and our ship did a 360 so that all aboard were able to witness every angle!

The port of Juneau provided us the opportunity to go into the heart of the Tongass rainforest. A short bus trip to the rainforest on "the road" (there is only one main road) past "the bridge" (there is only one bridge) brought us to the trailhead. Our rainy morning gave way to a fine mist and finally, dry weather. We had our slickers, but we never really needed them. Minus some mud and muck, we had lucked out yet again!

Our guide, a biologist, knew her stuff. As we hike up, up, up from the valley toward the ridge, we learned about both flora and fauna while partaking of wild blueberries, spruce tips (from which they make a mean beer) and leaves. It was great fun to taste our way through the hiking trip! We reached the summit and headed down for a look at Mendenhall Glacier and Mendenhall Lake.

I was dirty, sweaty and tired as we left Juneau that evening. Not feeling like dressing for dinner that night, I stayed in and decided to get some rest. Well, the sites from my veranda allowed no rest. As we sailed toward Skagway, I kept popping up from the bed to take a photo, then another, then another. I am still astounded thinking of all the endless beauty that passed by that evening.

Our last port in Alaska, Skagway, provided the option to take the White Pass & Yukon Route train from the valley up 3,000 feet and then over the Canadian border. As we chugged up the narrow gauge rails laid for those following the gold rush trail, we felt like we were literally hanging over the gorge. On the way, we passed Dead Horse Gulch, a narrow mountain pass where overloaded horses were maniacally forced to trample over one another as they fell from exhaustion. 3,000 animals died on that trail - a sad legacy of the greed, exhaustion and loss of humanity.

We exited the train in Canada for our planned bike trip back into Skagway. Unfortunately, we never experienced the ride... at least on our bikes. The cloud bank was so low that we were literally standing in the clouds. With our bikes hitched behind the van, we drove back across the border and down toward Skagway, waiting for the cloud bank to lift.



About two-thirds of the way back to town, our bike trip ended up being called due to safety concerns. It was decided that travelling down a mountain on the edge of a two-lane road in zero visibility was not a great plan. Even though our luck with the weather didn't hold through our last excursion, it was still a fun adventure. After wandering about town, we headed back to the ship, cold, wet and wonderfully relaxed.

Our last port was Victoria, British Columbia, just north of Seattle. We strolled the beautiful city under sunny skies, taking in the beautiful Victorian architecture, lovely gardens and lively street life. A mime enthralled as we watched seagulls dart and dive about the harbor. One short overnight sail to Seattle and our Alaskan adventure was at its end.

If you get a chance to take an Alaskan cruise, grab your raincoat, some boots and gloves and go! You will be left with extraordinary memories of a very beautiful, unspoiled, nature-filled part of our country.

Wondering about the resolve that I mentioned? Spoiler alert, that had to do with our experience onboard the ship. Stay tuned for my next article and I'll fill you in about life on a modern megaship.

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

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To a Waterfowl Verse 7



*"Her Children Rise Up..."
"Thou'rt gone, the abyss of heaven
Hath swallowed up thy form, yet, on my heart
Deeply hath sunk the lesson thou hast given,
And shall not soon depart."*

BY
JANET
HASSELBRING

(To a Waterfowl, verse 7, William Cullen Bryant)

In the memoir, *In the Garden*, I describe the times I spent with my mother at the end of her life. Though those weren't her best years, health-wise, those *kairos* moments, charged with eternity, changed my life.

As she lay dying, I sat at her bedside, mesmerized, as she traveled back and forth on the pathway to Heaven. I listened as she talked, lucidly, with Henry, my father, who was there in the room. It wasn't until later, when I'd acquired some objectivity, I realized that my father was sent, along with the angels, to accompany my mother to heaven. I knew then I would write her story.

"On the morning my mother died...the funeral home attendants prepared to take her body away. The house was eerily still, deafeningly quiet; the life snuffed out of the house on the hill. I knew she had flown away to her heavenly home, where she was free of pain and sorrow, but I didn't want her to go. A voice, from somewhere deep inside of me, thundered, 'No! No!' (In the Garden, pp.109, 110) My cry echoed at the funeral..."

"At the interment we stood staring at the gaping hole that would hold the earthly remains of our mother, grandmother and great grandmother. Suddenly, a child's cry pierced the air. One of my niece's daughters, in a sudden realization of the finality of death, voiced our collective feelings.



'No! We don't want you to go!' Shovelfuls of sand heaped on her lowered casket reminded us that she was gone from us and the house on the hill forever. We were left to mourn her absence in our lives." (In the Garden, pg. 112)

C.S. Lewis describes the sobering significance of losing one's mother:

"With my mother's death all settled happiness, All that was tranquil and reliable disappeared from my life.

There was to be fun, many pleasures, many stabs of joy,

but no more of the old security.

It was sea and island now.

The great continent had sunk like Atlantis."

"A memoir is a reflective rearrangement of actual events." (Larry Woiwoode)

And so I began to research and gather information about my mother. I went deep within her life. I attempted to walk in her footsteps. The more I learned, the more I realized that her death was victorious and peaceful, because of the way she lived. At every crossroads of her life, when she faced a defining, "why" moment, she chose faith over doubt, hope over despair, acceptance over resignation, good over evil, and love, which has no opposite. She surrendered her ego to the will of her heavenly Father – in a sense, "she died before she died."

"Next to the might of God, the serene beauty of a holy life is the most powerful influence for good in the world." (Dwight L. Moody)

As I reflected and wrote, the mystique of those last years became clearer:

"When I think of my mother, I do not think of her as infirm, frail, or weak. I see a wrinkled worn face creased with a smile of greeting. I remember a serene, gentle person radiating beauty and holiness, vibrant peace and stillness, contradictory though it may seem. There was no interruption or distortion blocking the light which beamed from her countenance, the sunshine of God streaming through her. She seemed transparent." (ITG pg. 135)

"...yet, on my heart

Deeply hath sunk the lesson thou hast given..." (WCB)

My mother not only taught me how to die; she taught me how to live as well.

"Her children rise up - and call her blessed."

Note: The author's memoir, In the Garden, tells the story of "An ordinary woman, an extraordinary life" The author's blog, <https://janethasselbring.wordpress.com/wp-admin/> describes lessons she learns from her mother. 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.



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Question: My father receives Social Security retirement benefits, and I will be in charge of his estate when he dies. Should that occur, do I need to report his death to Social Security or will benefits automatically stop?

Answer: When your father dies, please notify Social Security as soon as possible by calling us at 1-800-772-1213 (TTY 1-800-325-0778). Another person, such as a spouse, may be eligible for survivors benefits based on his record. Also, we might be able to pay a one-time payment of \$255 to help with funeral expenses. We suggest reading a

copy of our online publication, How Social Security Can Help You When A Family Member Dies, at www.socialsecurity.gov/pubs/10008.html.

Question: I'm planning to retire next year. I served in the Navy back in the 1960s and need to make sure I get credit for my military service. What do I need to do?

Answer: You don't need to do anything to apply for the special credit for your military service — it is added automatically. For service between 1957 and 1967, we will add the extra credits to your record at the time you apply for Social Security benefits. For service between 1968 and 2001, those extra military service credits have already been added to your record. So you can rest assured that we have you covered. Read

our online publication, Military Service and Social Security, at www.socialsecurity.gov/pubs/10017.html. And when the time comes to apply



BY
VONDA
VANTIL

for retirement, you can do it conveniently and easily at www.socialsecurity.gov/retireonline.

Question: Will my Social Security disability benefit increase if my condition gets worse or I develop additional health problems?

Answer: No. We do not base your Social Security benefit amount on the severity of your disability. The amount you are paid is based on your average lifetime earnings before your disability began. If you go back to work after getting disability benefits, you may be able to get a higher benefit based on those earnings. In addition, we have incentives that allow you to work temporarily without losing your disability benefits. For more information about disability benefits, read our publications Disability Benefits and Working While Disabled — How We Can Help. Both are available online at www.socialsecurity.gov/pubs.

Question: I am receiving Supplemental Security Income (SSI). Can my children receive dependent's

benefits based on my benefits?

Answer: No. SSI benefits are based on the needs of one individual and are paid only to the qualifying person. Disabled children are potentially eligible for SSI, but there are no spouse's, dependent children's, or survivors benefits payable as there are with Social Security benefits. For more information, see our publication, Supplemental Security Income (SSI), available online at www.socialsecurity.gov/pubs. Simply type the title of the publication in the publication search box on the left side of the page. You also may want to read Understanding Supplemental Security Income (SSI), available at www.socialsecurity.gov/ssi/text-understanding-ssi.htm. For even more information, visit our website at www.socialsecurity.gov.

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

AgeWell Services of West Michigan in partnership with The DTE Energy Foundation, Senior Resources and CALL 211 invites seniors 60+ years old to a **FREE** holiday meal on Thursday, December 21.

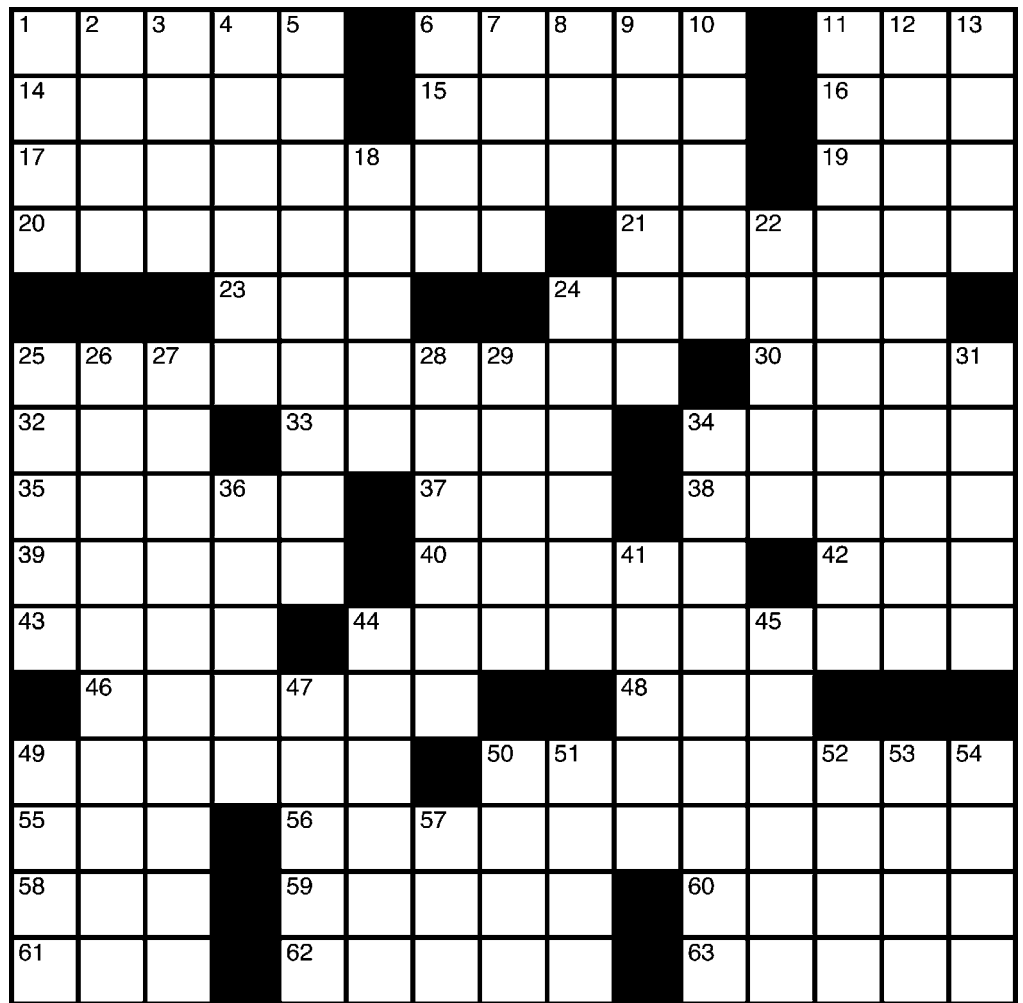
Please call 231-733-1155 to find a location nearest you.
RSVP Required, Monday-Friday 9 a.m.-4 p.m. from November 20-December 13.



ACROSS

- 1 Indian state bordering Bhutan
- 6 Lab glassware eponym
- 11 AOL, e.g.
- 14 Bridges
- 15 Hamal's constellation
- 16 Indianapolis' __ Dome
- 17 2008 Jack Black title role
- 19 Shipping nickname
- 20 Considers with disdain
- 21 Spoke quietly?
- 23 Sch. with a Riverhead campus
- 24 Lure
- 25 Film for which Anthony Quinn won an Oscar
- 30 Author Morrison
- 32 Benz finish
- 33 Tender in Warsaw
- 34 Proceeds
- 35 Georgia of "The Mary Tyler Moore Show"
- 37 Bapt., e.g.
- 38 Austrian composer Webern
- 39 Pet problem?
- 40 Some cake layers
- 42 Grill guard : U.S. :: __ bar : Australia
- 43 Span. title
- 44 Holder of an affectionate message
- 46 Destructive type
- 48 JFK, for one
- 49 Tidbit
- 50 Most like a dive
- 55 Richard __
- 56 Genre of Madonna's "Ray of Light" album
- 58 Longtime Elton John label
- 59 Show shown over
- 60 Discussion venue
- 61 Poetic twilight
- 62 Fluid accumulation
- 63 Ridges on the neck

- 9 Site of a major part of the Bible?
- 10 Start of a repeat
- 11 1980s scandal
- 12 Bug barrier
- 13 Like a pro
- 18 Everyday
- 22 "__ Morgen!"
- 24 Arranged
- 25 Nixon and Ford
- 26 Angel on one's shoulder, so to speak
- 27 Flier's request
- 28 Classical entrance
- 29 Used the dining room
- 31 Tot's rebuttal
- 34 Cleaned
- 36 Novak's TV partner
- 41 Its first truck was a Ford Model A
- 44 Canceled due to rain, say
- 45 Key of Sibelius' First Symphony
- 47 Big name on the farm
- 49 One apparently trapped behind glass
- 50 Pond build-up
- 51 Peak west of the Ionian Sea
- 52 The Auld Sod
- 53 Rabbit's tail
- 54 Highland tops
- 57 "And Venus sets __ Mercury can rise": Pope



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DOWN

- 1 Wants in payment
- 2 Like some flax
- 3 Levelheaded
- 4 German chancellor Merkel
- 5 "The Magic School Bus" teacher
- 6 Family nickname
- 7 Proof word
- 8 Element in some solder



JUMBLE

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

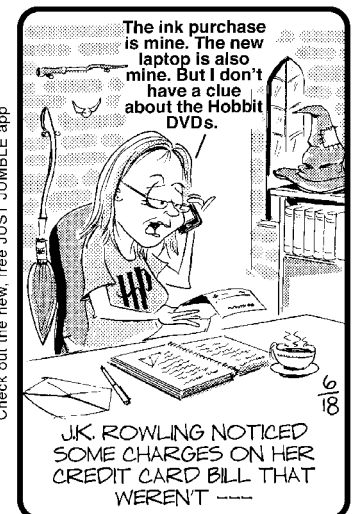
SEYZT
 O O O O
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ATUBO
 O O O O

WORYDS
 O O O O O

CLYHIR
 O O O O O

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



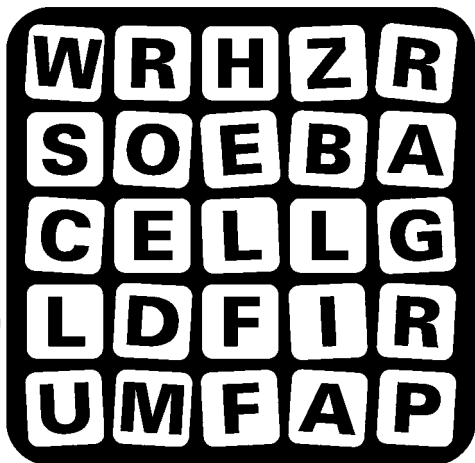
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans: " O O O O O O O O - O O O O O O O O "

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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

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Something Special for Seniors



BY
DICK
HOFFSTEDT

In 1996, I embarked on my first learning adventure with Road Scholar (then called Elderhostel.) It was called “Canoeing Three Rivers” near Brookville, Florida. I started out eagerly anticipating something new but couldn’t know it would mark the beginning of a long friendship with two other men who were also heading south to the same program. One was from Baltimore and the other from North Brunswick, NJ.

Upon my arrival at the campground, I was assigned a small room to be shared by the three of us. We each had a rollaway bed and it was cramped. We intro-

duced ourselves, and the spark was immediate. We were in our mid-sixties, had served in the U. S. Army at about the same time, all married with families and shared a love for books, movies, and theater. We also shared common beliefs in many things. We got along so well and couldn’t imagine anything would come of it.

The program was incredible...manatees brushed up against the bottom of our canoes and bountiful wildlife, including exotic birds and alligators, were everywhere. We ate together, swam together and stayed up late each night just talking. The week went by swiftly, and we reluctantly said our good-byes while exchanging addresses and phone numbers vowing to stay in touch. Yeah, sure, everybody says that but nothing ever happens.

This turned out differently. We started writing to each other; no e-mails, only hand-written letters through the mail. We started planning the program we would like to do the following year. It’s hard to believe, but in over 20 years, we have done 18 RS/EH programs.

All three of us agree that we cannot choose a favorite program. We’ve enjoyed them all. It’s more than just being a great program and learning something new. It’s the experience that we

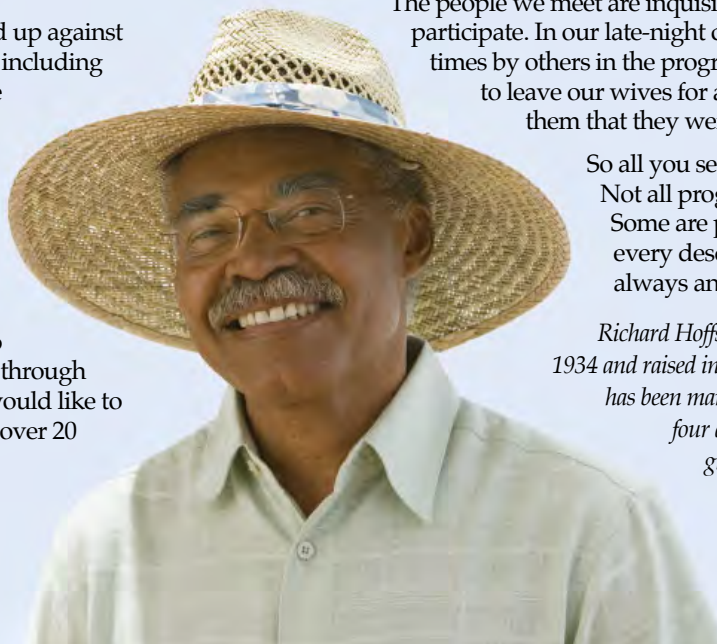
have together, and the program is the “glue” that makes everything come together so well. Each one has been unique and included exceptional hosts, speakers and activities. We’ve chosen things that were off the beaten path and put us into corners of the U.S. and Canada that we probably never would have visited on our other travels.

Here are a few of the things we’ve done. We learned the ins and outs of sailing a 65-foot schooner in the Gulf of Mexico, biked 125 miles on the Katy Trail in Missouri, hiked the Pacific shoreline in Oregon, climbed down a pueblo “kiva” in Mesa Verde National Park in Colorado, white water rafted in Georgia, canoed in northern Wisconsin, and canoed 300 miles north of Toronto. We even hiked, biked, and kayaked at about 8500 feet near Flagstaff. This one tested us greatly. Recently we canoed and kayaked in Lake Fairlee, Vermont. We took turns each day riding in the canoe with our group leader, who shared much of the local history and lore to each of us as we paddled with her.

The people we meet are inquisitive people...eager to learn and participate. In our late-night conversations, we were joined many times by others in the program who wondered how we were able to leave our wives for a week or more each year. We told them that they were glad to be rid of us for a while.

So all you seniors, look what’s out there for you. Not all programs are physically demanding. Some are purely a week of classroom topics of every description. The variety is incredible and always an adventure to look forward to.

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 62 years. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and two great grandsons. 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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Santa Claus is Coming to Town!!!

Bringing in the 65th White Lake Area Christmas Parade

On Saturday, December 2nd, 2017, over 50 participants will line up and follow the parade route from Whitehall to Montague along Business 31/ Colby Street. The American Legion and VFW will lead the event, along with the proud Christmas Parade sponsor, Shepherd and Shepherd, and this year's Parade Marshal, all dressed in their finest holiday apparel. The parade begins at two o'clock in the afternoon.

The 65th annual parade promises to be even more exciting with floats from area churches, civic organizations, businesses and area neighbors. Cartoon characters, clowns, parading fire trucks and animals of all shapes and sizes are just a few of the local favorites who will be handing out candy and goodies.

Both Montague and Whitehall High Schools' marching bands will be stepping out, joined by area Brownie and Girl Scout Troops and Boy Scouts and Cub Scouts.


As the Grand Finale, Santa will make his entrance in his finest attire. Fol-

lowing the parade he will be eager to see children of all ages at his house outside Montague City Hall, located on Ferry Street. Children can visit Santa at his Montague house on Fridays and Saturdays in December; please contact the City of Montague for hours.

This parade is a very special slice of "small town America." What a great way to celebrate this holiday season with family, friends and neighbors. Please dress warmly and join us! For more information or to register your float, contact the White Lake Area Chamber of Commerce at 231-893-4585 or www.whitelake.org.




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Ask the Provider

Opiates & Pain Management: Part 1

Question: What are opiates?

Eric: Opiates are strong drugs, such as Norco, morphine, Percocet, etc., that are used to treat pain. Over-the-counter medications, such as Tylenol and ibuprofen, also treat pain, but opiates have a much stronger effect on the brain's chemistry. Opiates can have grave consequences for older adults taking these medications long term.

Question: Why has there been a rise in the use of opiates in the past decade?

Eric: There was a change in policy from



ERIC EGELER,
PharmD,
PHARMACIST



KAYLA MOORE,
MSW, SOCIAL
WORKER



OLUWATOYIN
THOMAS, MD
GERIATRICIAN

the federal government that asked the medical community to treat pain as the fifth vital sign out of concern that we were not addressing people's pain. That change in policy tipped the scale in favor of using stronger medications, such as opiates, rather than Tylenol, NSAIDs or alternative therapies.

Question: As a pharmacist, what concerns do you have about older patients



when it comes to opiate use?

Eric: When older patients start using opiates at higher doses or chronically, they often experience serious side effects, such as respiratory depression (slow and ineffective breathing), physical dependence, increased falls, confusion and cognitive decline.

Question: Why might a physician hesitate to prescribe opiates to seniors?

Dr. Thomas: Providers are concerned about how these medications can cause a decline in function and memory, which can increase risk of seniors being institutionalized (assisted living and nursing homes), especially if they are unable to care for themselves. Opiates also put older adults at a higher risk of falls, which can lead to major consequences. Some consequences are immediate—such as death from a brain bleed. In other patients, a fall can result in a hip fracture, which can be very difficult for older adults to recover from. There is a significant psychosocial component to chronic pain management, too, because our older generation was often raised to ignore or deny their psychological/pain issues.

Kayla: Long-term opiate use can put patients at a greater risk for developing a tolerance, meaning the therapeutic impact of the medication decreases with time. As the medication's impact decreases, higher doses are needed to provide pain relief, creating a greater risk for dependence. When patients are trying to taper their pain medications, they can become more sensitive to the sensations of pain and have difficulties coping physically, emotionally and mentally. Opiate use can also mask underlying mental health symptoms, such as anxiety and depression. Patients may rely on opiates to induce relaxation, which can cause a numbing effect on their emotions. In my clinical opinion, using a multidisciplinary approach is the most effective way to treat chronic pain, due to its complexities.

Ask the provider is presented by Mercy Health and features Mercy Health providers. If you have concerns about chronic pain or pain management, or any other health concern for seniors, you are invited to contact Mercy Health Physician Partners Geriatrics by calling 231.672.6740.

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OTAWA COUNTY FARM BUREAU

13 Fearless Things to Know about Your Social Security Number

While many of us look forward to Friday, with its end-of-the-workweek designation and our weekend plans, certain cultures consider it an unlucky day.

While superstitions play an important part in the Friday the 13th jitters, we offer a different approach to this “unlucky” day with 13 fearless things to know about your Social Security number and card.

1. Your Social Security number is your link to Retirement or Disability benefits since we use it to record your wages and earnings.
2. There is no charge to obtain a Social Security number and card. This service is free.
3. We keep your records confidential and don't disclose your number to anyone, except when the law requires, or when your information connects you with other government health or social services programs.
4. To prevent identity theft, keep your Social Security card in a safe place with your other important papers and be careful about sharing your number.



BY
VONDA
VANTIL

5. While you need a Social Security number to get a job or for other services, you often don't need to show your Social Security card. Many organizations can verify your Social Security number directly with us.

6. If your Social Security card is lost, you can replace it up to three times a year with a lifetime limit of 10 replacement cards. Legal name changes and other exceptions will not count toward these limits.

7. You can request a replacement Social Security card online if you have a my Social Security account and meet our qualifications. Visit www.socialsecurity.gov/myaccount.

8. If you suspect someone is using your number for work purposes, be sure and review your earnings record. You access your earnings record in your my Social Security account.

9. If you suspect someone is misusing your number to create credit or other problems for you, report the identity theft with the Federal Trade Commission (FTC) at www.identitytheft.gov or by calling 1-877-IDTHEFT. We also recommend that you contact the Internal Revenue Service (IRS) if fraudulent tax refunds or reporting

is involved, quickly file a complaint with the Internet Crime Complaint Center (IC3) at www.ic3.gov, and monitor your credit reports.

10. The nine-digit Social Security number was initiated in 1936 for tracking workers' earnings over the course of their lifetimes for benefits, not with the intent of personal identification.

11. Until June 2011, the first three digits of a Social Security number were determined by the geographical region in which the person lived.

12. Beginning in June 2011, we assigned Social Security numbers randomly, which protects the integrity of the Social Security number and extends the longevity of the nine-digit Social Security number.

13. Since November 1936, we have issued 453.7 million different numbers. We assign about 5.5 million new numbers a year.

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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Listen!

Listen... listen.... no, no, don't speak. Close your eyes and just listen.

Find a comfortable spot, inside or outside. Turn off the TV and listen. What do you hear? Church bells? A train whistle? Traffic? Wind or rain? The icemaker? The dishwasher? The furnace? Since our icemaker recently decided not to drop the ice cubes, the drop action is now music to our ears. Can you hear it fill again?

Try another indoor spot. How about the doctor's office or the mall? I think the coffee shop in Barnes & Noble would be interesting. People gather there for long periods playing cribbage, studying, reading or playing mahjonn or meeting a friend for coffee. Listen to the voices, each one a different pitch. Can you guess the direction of the voice or the age of the speaker?

Now, let's try an outdoor spot. It could be on your deck or in the woods or near the water. What do you hear? Is it the scurry of a squirrel? Is it a chipmunk? A turkey or a deer? Can you hear the leaves drop?

Do you have a favorite listening spot? How about



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MATZ



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the Muskegon channel, Lake Harbor Park, or Hoffmaster State Park? My favorite place is on the dock when I'm fishing the pond at our condo complex. Sometimes I hear the fish jump or the wind rustling in the trees. My favorite sound is the ducks landing on the water

When did you last just listen? Have you had an unusual listening experience? What is your favorite sound? And, what thoughts do the sounds bring to mind? What memories?

Golf, gardening and grandchildren were primary interests at retirement for Louise. Since that time, her interests have expanded to include walking and biking and mahjonn. 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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Cancer Survivorship: Part 1

Just Alive or Able to Thrive?



BY HOLLY
LOOKABAUGH
- DEUR

We live in a time of incredible, rapid advancements in the effective treatment of cancer, allowing us to feel optimism instead of a sense of doom following the “C” diagnosis. Chemotherapy can now be created by an individual’s own DNA, and survivorship numbers continue to improve, although the number of cancer cases of all types has increased. In 2017, 1,688,780 new cancer cases and 600,920 cancer deaths are projected to occur in the United States. For all sites combined, the cancer incidence rate is 20% higher in men than in women, while the cancer death rate is 40% higher. From 1991 to 2014, the overall cancer death rate dropped 25%. (Seigel et al, CA, 2017) The number of cancer survivors in our world has never been higher, and it is expected to grow exponentially over the next 5 years.

Once the acute treatment is complete, cancer survivors often report ongoing quality of life issues. These are sometimes overlooked as being “rehabilitated” because often there is such a gratefulness to be alive, that people “settle” for less than reaching a maximum potential. A fight against cancer leaves us drained – physically, emotionally, and sometimes financially and spiritually as well.

This series of articles will focus on a few of the common, long term symptoms of cancer survivorship to improve awareness of physical issues you or someone you love may be battling on a day to day basis – and actions you can take to get better!

The first survivorship symptom is Cancer-Related Fatigue. CRF (yes, another health care acronym!) is the most commonly reported symptom, reported by up to 65% of survivors. There are many theories related to this problem which impacts all aspects of our life. We used to believe it was related to anemia and lack of circulating oxygen in our red blood cells, or the body’s response to long term stress. What we know now is that CRF may be the inability of tiny capillaries to open and close and deliver oxygen as needed to hungry muscles during activity. So the more you exercise and push yourself, the worse you actually feel. Resting and sleeping don’t help.

Possible Action Plan for CRF: Research tells us that we can “re-program” our system to tolerate activity by first restoring this essential ability to “feed” our muscles and joints with oxygen and nutrition, and to remove metabolic wastes from the same tissues. If you suffer from CRF, studies suggest a slow “re-booting”

of your system by specific dosages of activity to large muscle groups, starting with 5 minutes of tolerance. When you are able to tolerate 5 minutes without a rest, do a 30-second burst of high speeds of that same exercise, followed by a minute of regular speed of the same movement. Avoid weight training until you can easily tolerate 20 minutes of an activity – walking, stationary biking, water exercise, or whatever floats your boat – by doing it for 3 minutes regular pace alternating with 30-seconds fast pace. Doing this twice a day will speed up the accommodation, but it is not necessary to do it more than once a day. Long term recommendations are to keep moving in this manner for 6 days a week for up to a year. Cancer-Related Fatigue does not improve with rest or additional sleep.

**One additional note on CRF: If you know of someone with a NEW diagnosis of cancer, or someone in active treatment, ENCOURAGE them to start walking every day as much as they can tolerate. Research tells us that chemotherapy is more effective and side effects of fatigue are much less if regular activity is inserted in the treatment plan from the very beginning of treatment, or if the person had a previously active lifestyle. It is NEVER too late to start moving when you are battling cancer.

Seek out guidance and talk to your doctor about your residual side effects that prevent you from living your life to its fullest potential. A physical or occupational therapist who specializes in oncology rehabilitation can be very helpful.

The next issue will focus on lymphedema as a component of survivorship and the new breakthroughs in how you can stimulate your own lymphatic system, whose job it is to filter our blood and protect us from foreign substances. Lymphedema and chronic swelling can be permanently affected through several self-management techniques. Sometimes we don’t even know that we have lymphedema in our belly or groin areas, where the majority of our lymph nodes lie. Read the next issue for more on how to change this forever!

Lookabaugh-Deur is the President of Generation Care; a Board-Certified Geriatric Physical Therapist, a Certified Exercise Expert for Aging Adults, and an advocate for anyone who needs help to feel better! She can be reached at hollyld@generationcare.org.

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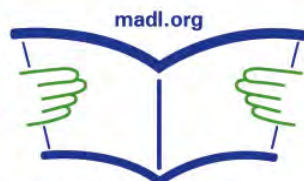
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'Tis the Season in Montague and Whitehall

What better way to ring in the holidays than the 24th Annual White Lake Holiday Walk! This year's Holiday Walk will take place during the week-end of **November 17 & 18** along the streets of Montague and Whitehall with dozens of participating businesses. Enjoy traditional Christmas Open Houses featuring unique gifts and yummy treats from participating White Lake Area merchants. Share the spirit of Christmas with holiday music and a visit with Santa Claus as he strolls along the streets.

Whitehall will again host the Tree Lighting Ceremony at 7:00 p.m. with festive lights. Children of all ages are invited to bring their ornaments to help decorate this Community Christmas Tree. Members of the White Lake Chorale will be the featured guests as they sing carols and add to the celebration of the joyous season. The aroma of roasted chestnuts will fill the air, and hundreds of luminaries will line the sidewalks Friday evening. Old-fashioned carriage rides will once again await you this year, sponsored by Frontier Communications! Carriage rides will be available on Friday from 5 – 8 p.m. and Saturday from 12– 3 p.m. Coldwell Banker Woodland

Schmidt and Midstate Title are proud to present complimentary Trolley Rides that will transport and deliver anyone wanting to visit any of the participating businesses in Montague and Whitehall on Saturday from 11 a.m. – 3 p.m. Children will want to check out the make-it-and-take-it Christmas crafts at the Nuveen Center in downtown Whitehall, also on Saturday from 11 a.m. – 2 p.m. In addition to children's activities, Santa will be in various stores ready to visit with kids of all ages. A list of Santa's stores and times will be made available. Also throughout the day, carolers will be caroling in the streets and at participating businesses.

Shoppers and passersby are invited to enjoy all the holiday decorations. Participating businesses will host a variety of specialties. There's a lot to check out so be sure to get a Holiday Walk Map, which are available at participating shops, businesses, and at the White Lake Area Chamber of Commerce. Submit a completed map by going into at least 15 of the participating businesses and enter the drawing to win a \$50 White Lake Gift Certificate. All ages are sure to enjoy what both Montague and Whitehall have to offer!

The Holiday Walk hours are Friday, November 17 from 2 p.m. to 8 p.m. and Saturday, November 18 from 10 a.m. to 4 p.m. For more information on the 24th Annual Holiday Walk, contact the White Lake Area Chamber at 231-893-4585 or visit www.whitelake.org.



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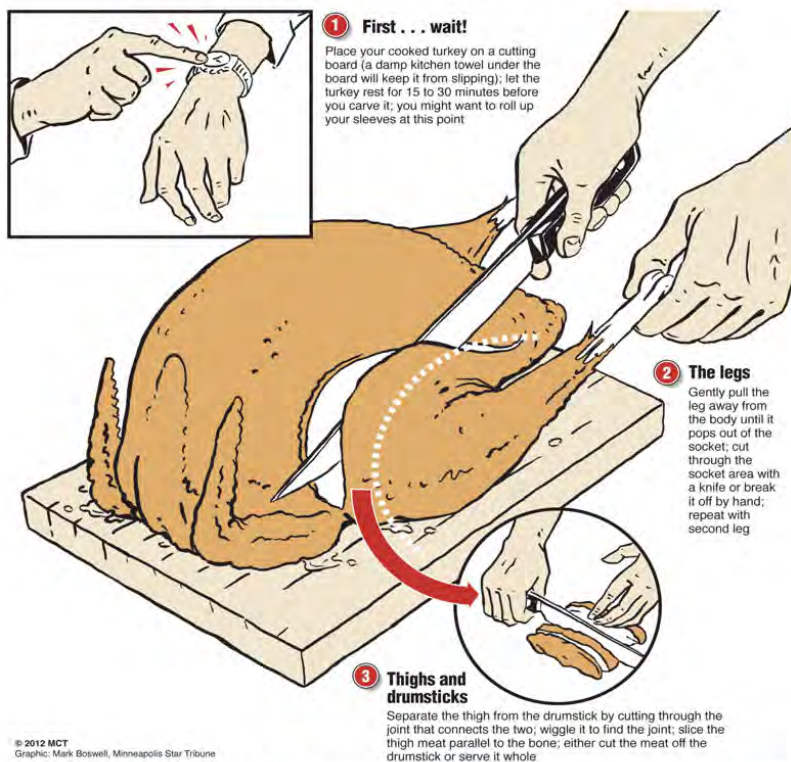
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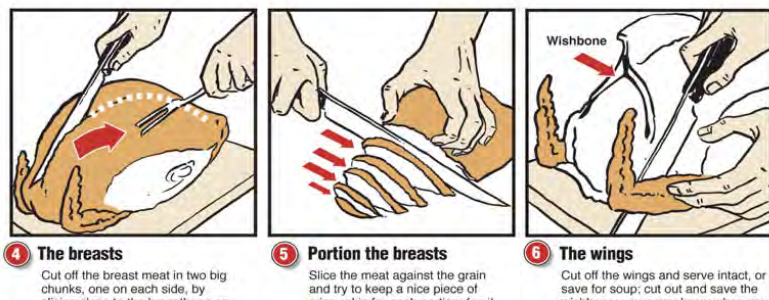
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A Cut Above

For cooks, the pressure of Thanksgiving isn't only about preparing the big bird; it's also about turning the unwieldy chunk of meat into portions your guests can fit on a fork. Here are steps to walk you through the process.



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BY
MIKE
SIMCIK

It Wouldn't Fit Under the Tree

When I was young, my Dad loved to pull pranks at Christmas time. I decided to get even one year by building a surprise package for him that became very large. At the time I was 11 years old and not yet allowed to own a shotgun.

Each time we went hunting with my uncles from Chicago, Dad would borrow one of their shotguns to use. That Christmas Mother and I secretly went to a sporting goods store and bought Dad a new 20-gauge break open shotgun in the factory box. We wrapped the gun box and put it behind the couch so he would not see it. This gave me a great idea.

I purchased a box of shot shells for rabbit and pheasant hunting and I removed one shell from the box. Then, I painted the shell silver, a bit like the Lone Ranger's, and wrapped it in a small jewelry box. I put it in a larger box and so on, with each box being larger than the last and each one was Christmas wrapped with bows and placed inside another, six boxes total.

Come Christmas morning, I tried to place the decorated 36-inch square box under the tree but it would not fit because it was too big and tall. So I pulled the tree away from the corner and put the box in the back corner.

After breakfast, Dad went to the tree and saw the large wrapped box with a bow on it. Naturally, I wanted this one to be opened first.

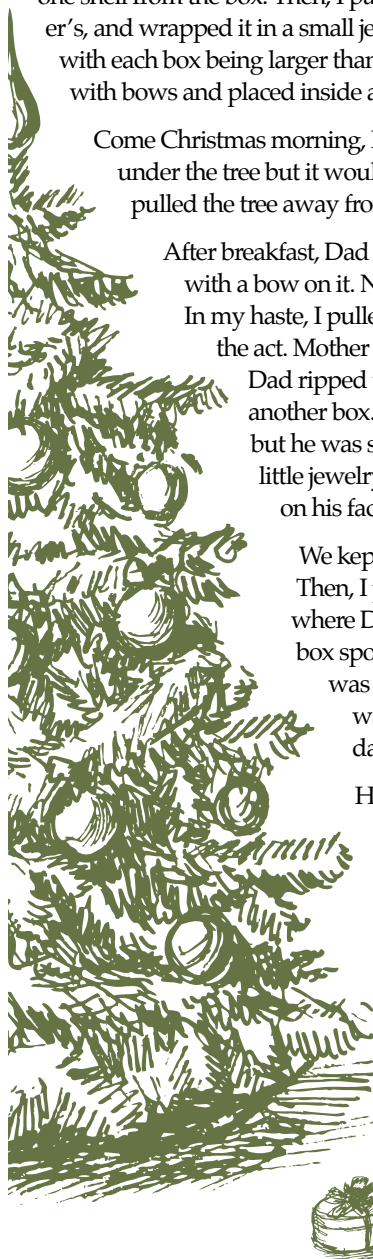
In my haste, I pulled the box out, breaking a few ornaments in the act. Mother was having a cow over that but she kept quiet.

Dad ripped the paper off and opened the box only to find another box. After the third box he was getting a little upset but he was still smiling. When he finally opened the last little jewelry box and saw the painted shot shell, the look on his face just turned to stone.

We kept silent and just let his mind wander a while. Then, I pulled the other box out from behind the couch where Dad was seated. Just the weight and shape of the box spoke volumes. After he opened it and saw what was inside, his eyes began to water. Dad stood up. It was like watching a great big kid doing a happy dance on Christmas morning.

He sure put a lot of game on our table in the following years.

Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. As an entrepreneur, he has owned six businesses, including The Twin Gables Country Inn. He enjoys fishing, shooting-clay sports, golfing, building bamboo fly rods and writing essays. Mike and his wife Denise celebrated their 48th wedding anniversary in April of 2017.



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Do you recognize any of these people? Wrapping up 2017



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Your help is needed! Do you recognize any of these people?

Hundreds of vintage photos are donated to The Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. This issue features recent photos I published, but which were not identified. We would love to give them one more round in the paper and to hear from the families. If you know them, please give me a call or an email and let me know!

Senior Resources of West Michigan has partnered with MCGS to assist in identifying these photos. This is where you come in. Future editions of the Senior Perspectives will feature photos of individuals, families and places from the Muskegon and surrounding areas. We try to find families who have links to Muskegon.

I will give you 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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Answers for Word Search , Crossword Puzzle and Suduko on Pages 24 & 25

A	S	S	A	M		P	E	T	R	I		I	S	P
S	P	A	N	S		A	R	I	E	S		R	C	A
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4	1	6	2	5	8	3	9	7
2	9	7	4	1	3	8	5	6
3	5	8	9	6	7	2	1	4

Boggle Answers:

PIG COW DEER MULE ZEBRA
HORSE GIRAFFE GAZELLE

Jumble Answers:

ZESTY ABOUT DROWSY RICHLI

Answer:

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