

Senior Perspectives

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Senior Perspectives

A Senior Resources Publication

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Martin's Meanderings

Facing the Book



BY
CLIF
MARTIN

Have you never read that internet thing called Facebook? I am one of a billion and a half people who hang out on it. It can be fun. You make new friends and reconnect with old ones. On the other side, there are certifiably nutty Facebookers posting stuff that scares me. Maybe they say that about me. You can rant and rave about what you love and what you love to hate. So why am I on Facebook every day? You can post terribly cute photos of your cat. If you do read Facebook you know about that. And I have three or four followers who like to see what silliness I am up to. Here's some of what they read and groan about.

I bought some V/8 vegetable juice. I'm so old that I was with Ragtime Cowboy Joe when he rode the range in a Ford V8. I wonder if the vegetable people had to pay the Ford people to use that name.

Marie Antoinette has reincarnated as the sexy French maid that I just hired. She looked out the window at my woodpeckers and said "Let them eat suet cake."

Do people who watch the really sick, perverse horror films full of gratuitous killing go on to commit violence? Let us hope not. I liked "The Bunnyman Massacre." If you see a six foot tall rabbit with a chainsaw it's not Harvey.

I have joined PETP. People for the ethical treatment of plants. The poor things cry when plucked, cut, chopped or dug. I pledge to eat no veggies. I don't want to think about what happens if I bite them.

I love moss. Green and soft and squishy. My back yard moss is looking good. I am quite overtaken with a strange urge to take off my clothes and roll on it. Is that legal in Norton Shores?

There goes another sexy French maid. I told her I was quite capable of making my own coffee. It did not go well. There was a massive coffee flood. She ran away, babbling French words.

I have special popping corn that is treated to appeal only to squirrels and grackles. When they eat it and the weather gets real hot, they will explode. (Come on, it's a joke. A dumb one, but lighten up. I do no harm to my backyard wild life.)

You think these are bad! You oughta see the total stinkers that I took out. Michelle, our *Senior Perspectives* editor, said that if I promise to behave myself and never do another column like this one, she might let me send something for the next *Perspectives*. Stay tuned for that.

Clif writes blogs, too... five of them. Not as goofy as Facebook. If you are adventurous enough to take a peek, e-mail him at janman30@yahoo.com. If you don't do e-mail there's a kid next door who will be happy to look things up for you.

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Notes from the Editor

A couple of great senior programs



BY
MICHELLE
FIELDS

Hello! I am the Editor of *Senior Perspectives* and have been since 2013. On July 1, 2015, Senior Resources took over all aspects of *Senior Perspectives* including advertising, publishing and distribution, which is keeping us even busier. But did you know, other than the

Senior Perspectives, there are a couple of unique and exclusive programs I'm involved with at Senior Resources?

First, is our FREE Referral Placement Service that offers assistance when needing to find specialized senior housing. As a Senior Resources Placement Advisor, I meet with seniors and their families to review financial considerations, health issues, geographical preferences and other factors to give them the options and information needed to make an educated decision when looking for housing placement. Whether needing a specialized memory care facility, assisted or independent living, all it takes is a phone call to schedule a free and confidential assessment.

Next, is our specialized personal response program called Carenect. The Carenect program was designed by the National Association of Area Agencies on Aging (N4a) and Critical Signal Technologies to better serve the elder population. Senior Resources was chosen as a pilot agency for this program in early 2015 and now



leads the way for other Area Agencies on Aging to do the same.

What makes the Carenect program different from any other personal response button? It all starts at the installation. The Carenect program is installed and managed by your local Area Agency on Aging organization. When we visit the client to install the program, we collect three pages of personal, medical and contact information to share with the Carenect Call Center. This information includes client's doctors, pharmacy, Meals on Wheels provider, therapist, home nursing services, home care agencies, transportation provider, family, neighbors, etc.

After installation is complete and the unit is repeatedly tested, our Carenect client can press their button to reach a Call Center Operator for any reason; to contact and schedule a doctor's appointment, schedule transportation, a home safety issue, comfort or reassurance, to contact their home care agency or therapist. We also have two models to choose from: a home based unit and the Cellular Enabled-GPS Unit that goes with you anywhere!

If you have any comments or concerns regarding *Senior Perspectives*, our Placement Referral Program or Carenect, please give me a call at 231.733.3523 or michelle@SeniorResourcesWMI.org.



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BY
DELICIA
EKLUND

Every year hundreds of vintage photos are donated to the Muskegon County Genealogical Society (MCGS) that have limited, if any, identifying information. Family history is like a giant puzzle to me and Muskegon is such a melting pot of people.

I would love to try to put the puzzle together, but I need your help! Senior Resources of West Michigan has partnered with MCGS to assist in identifying these photos. This is where you come in. All future editions of *Senior Perspectives* will feature 2-4 photos of individuals, families and places from the Muskegon area.

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@gm

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

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A Caregiver's Perspective

Notes from my mother's daughter



BY
ROLINA
VERMEER

Some folks are dreamers and some folks are doers and some are a nicely balanced smattering of both dreaming and making those dreams happen! My mother is one of those. Her whole life was spent caring for others. But in between the stellar care she gave to those who depended on her, she made a rich life for herself. Her friendships and

her creativity got ample attention. She knew how to set boundaries and she knew how to make happen what she dreamed.

Now that mom needs the help and attention of others to make her daily life manageable and safe, her dreams mostly reflect where she has been and what she has accomplished and enjoyed throughout her life. Sometimes the pressure of some of those by-gone days gets muddled and brought into her present day circumstances, and she needs to be reminded that she is retired; the pressure is off. Often though, I find her being wistful and wondering what delicious choices she would make if she "had it to do all over again!"

Still a dreamer, she recognizes the brevity of life, especially a life well lived. Another trip to her birthplace would be nice, a cruise or a picnic, visiting friends or a trip to the beach. Eager and ready she imagines later that she actually walked or drove herself there, made the arrangements or

prepared the lunch. At ninety-two she is not yet ready to call it a day. There is so much yet to enjoy! In her native Dutch there is a lovely expression that describes this personality: Levensgenieter! One who relishes and savors the good life.

It is truly the simple pleasures that mean the most to her. Mom still reads every day, bringing into her studio apartment mountains of books from the library shelves in the activity room where she lives. Though she can no longer track a written page well enough to get through an entire novel, I think much of the pleasure she derives from her reading time centers around the familiarity of a book in her hands, the shelves at her elbow laden with rich volumes and possibilities. A trip to the library is a special treat.

Our weekly drive to the beach brings her special pleasure merely in the notice she takes of the brown trees along the way. Her favorite. Norway Maples? I don't know. But she notices them all. The lovely brown maple outside her building we call "Annie's Tree." Yes. She agrees. It's Annie's tree.

Lake Michigan waves, cotton white clouds against a blue, blue sky, and bossy squawky seagulls are all rich offerings and prompts for reminiscing. She tells me about her youth near the North Sea and the forced evacuation by the Nazis who occupied her beautiful country for most of her teenage years. Stolen time.

We watch boats and barges and track them with binoculars. The "sea" is immense and when

we talk about what could be on the other side, the answer is always, "England." Seeing young people on the beach, couples holding hands and children at play, she says, yes, she'd like to do it all over again. I believe she would.

"The best thing I ever did," she announces with surety, "was to come to the United States." I think she's thinking about the grip her family had on her time and care and how leaving them and coming to the United States allowed her to have her own life: her own children, her own home, her own choices. So brave, that twenty-three year old young bride with her handsome husband, \$148 of borrowed money and a small suitcase each, boarding a ship with a one-way ticket. It was ten years before she could return to show off her three children to her mother and her brothers and sisters.

Is she thinking about those early years as we watch the seagulls and the children on the beach? Maybe she is remembering the many excursions to the beach on the North Sea with her little bothers and sisters. She, the oldest, in charge. I have no doubt she would like to do it all again. In peacetime, in safety and with a little less responsibility. More time to dream.....

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 will contribute articles related to her caregiving experience.

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Dare to Be 100: Part 5

The “E” in D.A.R.E.



BY HOLLY
LOOKABAUGH
- DEUR

Woo Hoo! This is the final article on “D.A.R.E. to be 100!” describing the detailed research and work of Dr. Walter Bortz II and his 100 tips to successful aging. After a lifetime of researching the growing number of centenarians, people who live to 100 and beyond, he simplified his findings into four categories of life habits that are associated with graceful and happy aging. We have been exploring the acronym of D (Diet) A (Attitude) R (Renewal) and now we are at the final installment -- the E of D.A.R.E. – and you can guess...it represents EXERCISE!

We are simply surrounded by the evidence about the critical role that exercise – I prefer the word MOVEMENT to exercise - plays in successful aging. Retrospectively, exercise follows many fads, just like fashion and food, as people evolve, explore new things, and technology develops faster than we do. Everything seems “to come back around” as my grandfather always used to say. Think about disco dancing in the 70’s... and now Dancing with the Stars and Zumba dancing for fitness. Consider the onset of military style calisthenics with no equipment in the 50’s gym classes....and now the Fitness Boot Camps of 2016.

Time for true confession – I have always struggled with creating time and attention to my own personal “exercise” prescription. It wasn’t until recently when attending a certification program on Exercise for Aging Adults that the lightbulb fully lit up for me and my own personal journey. Movement -- integrated into a different type of lifestyle -- is the only way I can change my

Celebrate
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small
changes.

life moving forward. I have spent my entire career focused on helping other people feel, move, and live better, and along the way, I have taken my own health for granted. Being busy does not equal being ACTIVE. While I am always doing something...am I moving enough? Ask yourself that question. And instead of beating yourself up with more guilt and woulda shoulda coulda comments (don’t we have enough of that?) just let it go and say to yourself, “It is NEVER TOO LATE TO START MOVING.” When you are 60 or 90, you can lie down, sit, stand, and walk – and start moving more.

The word EXERCISE almost makes us want to retreat and think, “Oh my, just one more thing to do.” “Not enough hours in the day.” “I am too old to start exercising at my age.” So although Dr. Bortz is absolutely right about the benefits to success, let go of the word “exercise” and embrace “movement.” Movement is a GOOD word! MOVEMENT gets you somewhere. We MOVE forward. When something touches our heart, it MOVES us. If we can make small changes in the amount and time we are moving during the day, research tells us we will make gains as much as if we set aside time to “exercise.”

Here’s what we know from Dr. Bortz about the “E” in Dare to be 100, the final one of his recommended 99 steps to living successfully to be a centennial!

Step 72: Steps for the woman

Step 73: Steps for the man Dr. Bortz outlines the differences for men and woman, but in general focus on 10,000 steps a day – use your phone, a pedometer, or Fitbit or similar type of calculator throughout your day. After dinner, depending on how many steps you have, plan to walk until you hit 10,000. Start small – maybe 5000 steps a day and increase by 1000 a month. You can do it!

Step 74: Keep in rhythm – swing those arms and use music to get yourself moving!

Step 75: Know how hard, how long, how often to exercise. Seek advice from your physician, a physical therapist, an exercise physiologist, athletic trainer or personal trainer. The last thing you want to do is hurt yourself or be so miserable that you don’t keep moving! Help is all around you!

Step 76: Realize it’s never too late

Step 77: Make time for exercise

Step 78: When tired, exercise

Step 79: Don’t fear exercise

Step 80: It’s ok to be sore. Muscle soreness shouldn’t last more than a day or two. Joint pain is a no-no. New pain should always be reported to your health provider.

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WOLFISH TERROR OR SAFE TOGETHER?
SEE THE THRILLING CONCLUSION ON PAGE 35

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- Step 81:** Watch your fuel gauge. Don't start a big movement session without something good in your belly!
- Step 82:** Learn with what and when to fuel the exercise. Again, look for advice if this is new to you.
- Step 83:** Keep your oxygen tanks full – deep, effective breathing is everything when you exercise and move!
- Step 84:** Make exercise your circulation's best friend – try moving in standing/ walking position, and then lie down and put your legs up for ankle pumps to really get the blood that's been pooling in your feet and ankles back in action. Your legs will love you.
- Step 85:** Be strong. Eight to twelve reps of lifting soup cans in all directions can keep you toned. Strong muscles lead to strong bones, too.
- Step 86:** Stay loose -- stretch gently at least twice a week. Focus on your neck and trunk. ROTATION is what we lose first as we age.
- Step 87:** Stay balanced – stimulate your natural balance reactions as a part of fall prevention for sure. Turn your head when you are walking. Practice standing on one foot for 10 seconds.
- Step 88:** Stand straight. We all start to bend forward as we age. Try pretending a string is pulling you up by the top of your head. You will even breathe easier!
- Step 89:** Work dem bones! Just tightening muscles without moving helps our bones be stronger. Stair climbing is a great way to combat osteoporosis.
- Step 90:** Respect your back. Disc problems are rare in older adults, but pinched nerves and stenosis are common. Lie on your back with your knees bent and slowly rock your knees from side to side and relax at the end of the movement. Your back will love you.
- Step 91:** Honor your neck. We are SO hard on our necks! Start with gentle rotation as far as you can in each direction and hold it. Do this every day!
- Step 92:** Keep breathing.
- Step 93:** Use your brain – cognitive function improves with exercise!
- Step 94:** Chase the blues. Exercise and movement are natural ways to increase endorphins and improve mood and combat depression.
- Step 95:** Be sexy, be fit. Fit people have more energy to be amorous too!
- Step 96:** Avoid the big C. Exercise is a factor for reducing risk for all sorts of cancers.
- Step 97:** Walk away from infection. People who move have improved immune systems and keep infections at bay.
- Step 98:** Know that aging is incurable – embrace it and keep moving!
- Step 99:** You don't have to win. What you do and how you move is personal and specific to YOU. You don't need to be in a race with anyone. Just do it -- whatever keeps you moving, at any level.

Celebrate your successes and reward yourself for making small changes. Keep track of your progress on your refrigerator, and if you achieve a goal, do something new. Take a drive along the lake and have a picnic, spend a whole day doing exactly what you want to do, go to a favorite restaurant with a friend, buy new shoes...whatever small thing that you can do just for yourself.

I am privileged to know and meet new older adults every day. I am so inspired by their wisdom and perspective, their sense of "self" and sense of humor, and the contributions and joy they bring to others. Dare to be 100! We need you in this world!

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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My passions – dental hygiene and travel

I have been a registered dental hygienist for 45 years. When I graduated from college we did not wear masks or gloves, we wore uniforms that were dresses and we stood while we cleaned our patient's teeth! Over the years, we began to wear slacks and sit on a stool to work. We wore protective eyewear and gloves, and began to use computers and digital x-rays. We progressed from hand scaling only to using ultrasonics and computer technology, along with polishing and taking x-rays, and worked hard to educate our patients about keeping their teeth clean by brushing and flossing regularly! Many new technologies have been developed in the years I have been a dental hygienist, and it has been a joy and a responsibility to keep up with the professional advancements.



BY JACKIE
LINDRUP
RDH, M.Ed.

One of the great opportunities I have taken over the years, is to attend the International Federation of Dental Hygienists meeting overseas, called the International Symposium on Dental Hygiene. This international meeting is put on in a different member country every three years. Recently my husband and I traveled to Switzerland to attend the 20th meeting held at the Congresscenter in downtown Basel. Now, traveling as a senior citizen, I found it just as exciting and cutting edge as ever! I was amazed to learn how low frequency lasers are able to promote healing of surgical sites in the mouth. I learned how important keeping the mouth clean is for people who have to be intubated. Their chance

of getting pneumonia is so much greater! This ventilator associated pneumonia (VAP) can result in a 50% death rate in ICU situations! Oral care is critical care in the ICU. I was so impressed by this speaker and her seminar that I invited her to do a seminar for dental professionals here in Muskegon in 2017. I watched three dental hygienists receive the prestigious Sunstar World Dental Hygienist Award. The first was for outstanding work in HPV research and new virus identification. The second was for workplace injury reduction. The third hygienist had created a dental hygiene school in Bolivia with the goal of bringing Bolivian women out of poverty through educating them to become dental hygienists. It's amazing to see what hygienists have accomplished around the world and to learn what motivated them to pursue a dream and became top notch in their profession.

In Basel, a total of 1600 dental hygienists attended – 1,000 from host country Switzerland, and 600 hygienists from Europe, Australia, New Zealand, South Africa, the US, and Asia. Dental hygienists network to learn how they work in their respective countries. The first meeting was in 1989 in Oslo, Norway. These meetings have taken place every three years since then and the IFDH includes 32 member countries representing 83,000 hygienists. To be a member, the country must have a professional dental hygienist organization and dental hygiene educational program.



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When I began these travels, I was nearly thirty years younger. It started with a trip to Russia in 1989 to visit two dental clinics in the then USSR, one in Moscow and the other in Leningrad (St. Petersburg). What we learned in these two visits was simple – Russia was 30-40 years behind the US in infection control, dental technology and



materials. And the people were lovely and welcoming; it was the governments that didn't get along!

Next was 1992 at The Hague, Netherlands, where my traveling hygienist friend Joan and I spoke about our travels in the Russian dental clinics, and about dental hygienists being independent business owners as I was with a local

dentist, Dr. Robert Christie in Muskegon. World Health Organization members in the audience were very interested in how these types of business arrangements could work throughout the world, and who would benefit.

Later IFDH meetings included travel to Madrid, Spain, and Sydney, Australia, to present our Muskegon Community Baby Bottle Tooth Decay campaign to a global audience. They were amazed at the pictures of children's black decayed teeth, and listened intently as I described our plan to educate parents, pediatric medical practices and our training protocol.

Then there was a twelve year break from international dental hygiene travel. When I found out the conference was in Switzerland in June of 2016 I convinced my hus-

band to travel with me. He had on his "bucket list" a trip to Norway to visit relatives he had never met. We took that trip first, visiting the relatives, dining with them, and met the whole family. We took ferries and trains to famous sites and were awed by the waterfalls, fjords and hairpin turns and tunnels through the mountains! Then we traveled on to Switzerland! He explored Basel while I spent two days in the seminars and had great conversations with hygienists from Switzerland, Denmark, and Australia, and tried out European dental products. There in Basel as a Baby Boomer in my later sixties, I felt all over again the excitement of combining my two lifetime joys – dental hygiene and travel.

We learned a few lessons traveling as seniors on this trip. First of all, pack light and bring a small suitcase you can handle rolling through airports and lifting onto conveyor belts. A C-pap machine travels as a separate medical device, so you don't have to make room in your suitcase for it. They may ask you to remove it from the case when going through security. We traveled a lot by train, and we learned that distances can be deceiving. When you get off the train to find your hotel or airbnb (we stayed in four, one twice!) just take a taxi. Don't try to save money by walking, dragging your suitcase up the street thinking the hotel is right around the corner! Even with Google maps, dragging suitcases up and down hills is not worth the pain and you feel foolish. Take along a comfortable pair of walking shoes. Put on a smile wherever you go! This will keep you comfortable and put people at ease. And remember Mother Theresa's words, "Peace begins with a Smile!"

Jackie Lindrup RDH, MEd. has been a dental hygienist for 45 years. She offers local dental seminars in Muskegon and is director of Volunteer for Dental Care, a program which offers free dental services to the uninsured after they volunteer hours at community non-profits as payment. She lives in Muskegon with her husband Tom, and they enjoy being volunteers at the Muskegon South Breakwater Light, playing golf, pickleball, kayaking and being at the beach. Jackie can be reached at jackielindrup111@gmail.com

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September Song



BY
DICK
HOFFSTEDT

Music came into my life in the early 1940s. I started taking accordion lessons. It opened my ears to all those great songs from that period. World War II was raging around the world, but it did not dampen the need for all our GIs and the folks back home to have music...for dancing, singing or just sitting back and listening

It was at our fingertips. I mean that literally. All we had to do was use our fingers to spin a dial on a radio or punch some buttons on a beautiful Wurlitzer or Seeburg juke box at our local malt shop...5 plays for a quarter.

The radio brought us programs featuring the big bands like Benny Goodman, Glenn Miller, the Dorsey Brothers and many more. Then there were countless vocalists, some like Doris Day and Frank Sinatra, as part of the big bands and others who sang with basically unknown back-up musicians. I loved them all. I couldn't get enough.

Those radio broadcasts came to us via something called "remotes." The word meant that they usually came from ballrooms across the country...the Waldorf-Astoria in NYC, the Biltmore Hotel in Los Angeles, the Aragon Ballroom in Chicago and even the Royal Hawaiian Hotel in Honolulu. It was pure magic. So many bands – so many singers – too many to list. If I had to choose a favorite of each it would be this: Glenn Miller would be my top choice for the big bands. Nat King Cole is still my favorite male vocalist, and Doris Day my top female vocalist. I was fortunate to see and hear Nat King Cole in person twice.

The music covered a wide range. There were lots of love songs and tunes for the military, like "Praise the Lord and Pass the Ammunition" and, of course, those goofy novelty songs like "Mairzy Dotes," and my all-time favorite, "Open the Door Richard."

But, through all that mixture came a song that caught my attention at that time and lingers with me to this day. It has a very simple name, "September Song." I can't remember where I first heard it or who sang it. The music was by Kurt Weill, also known for "Mack the Knife" and the lyrics were by Maxwell Anderson. It was featured in a Broadway musical in 1938 called Knickerbocker Holiday



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and was sung by Walter Huston, who is the father of actor/director John Huston and grandfather of Angelica Huston. He didn't have a trained voice, but he did capture the essence of its feeling. His version was revived in 1950, and it made the top 40. It has been recorded by dozens of singers and orchestras including Bing Crosby, Frank Sinatra, Stan Kenton and even Willy Nelson. Woody Allen featured it in his film *Radio Days*, and considers it the best pop song ever. I have many of these recordings, including the one by Walter Huston. Now, so much for its history, let's get into the song.

The melody is haunting all by itself. The words have stayed with me all these many years. Let me quote just the refrain: "Oh, it's a long, long while from May to December, but the days grow short when you reach September, when the autumn

weather turns the leaves to flame, one hasn't got time for the waiting game. Oh, the days dwindle down to a precious few, September, November, and these few precious days I'll spend with you, these precious days I'll spend with you." How relevant today those last words are to the relationship I have with my wife. Now we are in the September of our lives. Days dwindle down to a precious few. These days I'll spend with you.

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 61 years. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and one great grandson. Richard is an engineer by profession. His interests are music, reading, travel, water color painting, Mark Twain and John Steinbeck.




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Your **YES vote on August 2nd has made Muskegon County the 72nd Michigan county to have a senior millage. Thank you for taking action on behalf of our seniors.**

Soul Food

Reflections upon how spiritual growth improves our health



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

Labor Day marks the end of summer and the beginning of fall activities. My wife and I often dream, late in summer, of going to school as a child or teenager. Both of us carry a deep love of education and friendships. The funny thing is that our summer and fall dreams often present the fear of not being able to find our classroom or of arriving unprepared. We have had good laughs sharing the details of these dreams, when we can remember them in the morning.

It is often with thoughts of our school days that we enter the season of fall. With this in mind, it surprised me to find two relatively new tributes, both on September 11th – Patriot Day and National Grandparents Day! Sure, I know the card companies love this, but do we really wish to think of fall and grandparents in the same month? I hope you see my humor; however I have a sincere concern for senior safety, even before I became one.

As I became a grandfather last year, I thought of my favorite grandparents and even my great uncle. I have fond memories of all of them, but now I'm thinking about what kind of grandparent I will be. Will this relationship develop naturally, or do I have a choice in the matter? As free and independent souls, I think we do have choices to make.

My father's father was mostly absent in my life because he died early. His wife, my paternal grandmother, seemed cold and distant, but always attentive to the thoughts and behavior of the grandchildren. As I grew in my communication skills I found out how she had a keen interest in our well-being and achievements. After that discovery I couldn't wait to see her again and again. My maternal grandfather was also distant and quiet, but more than willing to push me on an old-fashioned tree swing, though we did not talk to each other much. My maternal grandmother was the suspicious and critical one, and came to live with us when she was a widow and in need of a full-time caregiver. Over those final years of her life, I grew in great admiration for my mother and her willing service to my grandmother, however inconvenient it was at times.

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Every year growing up I couldn't wait to visit Uncle Martin's farm. The brother of my maternal grandmother had a small farm. By the time I was aware of their circumstances he was retired, but raised a few cattle, milked cows, and had chickens laying eggs. My great aunt still cooked on a wood stove, and we had to go outside to use the outhouse! Even though their circumstances were poor and humble, they were gracious hosts. Their hearts were at peace, and they always had time to answer questions, teaching me about animal husbandry and the constant needs of a farm. I could easily see the love Aunt Mildred and Uncle Martin had for each other, and their willingness to give of themselves freely.

Now that both my wife and I are retired we are experiencing the adjustment to this precious time in life. I find my encouragement in the words of Jesus written in the Gospel of Matthew (6:19-21): "Don't pile up treasures on earth, where moth and rust can spoil them and thieves can break in and steal. But keep your treasure in Heaven where there is neither moth nor rust to spoil it and nobody can break in and steal. For wherever your treasure is, you may be certain that your heart will be there too!"

The rewards that come when you give discreetly to those in need, through love, are spiritual blessings. These blessings give you grace, peace, and sometimes healing of mind, body or soul.

Soul Food is written by Rev. Gil Boersma, M.Div., a Board Certified Chaplain and retired pastor with extensive experience in healthcare chaplaincy. He continues to pursue experiences and education to deepen his spiritual life, and practices Spiritual Direction with individuals and groups upon request. He can be reached by sending a text to, or calling (231) 557-5640.

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Cutting Firewood



BY
JERRY
MATTSON

“Tomorrow we’re going to buzz some wood,” my Dad would say.

That meant on Saturday morning, Uncle Jim would be driving his tractor, with buzz rig attached, the quarter mile from his place to ours to do some work.

“Buzzing wood” was a common occurrence in Northern Michigan as I remember it from the 1950s, when I was a young boy. It is probably still done today, to a lesser degree

The buzz saw we used was mounted on the back of Uncle Jim’s tractor. The three-foot- diameter saw blade was attached to the end of a 5-foot-long horizontal shaft. On the other end of the shaft was a flat pulley. Through a similar pulley on the tractor, power was supplied to the saw via a 6-inch-wide flat belt.

Standing behind the tractor, the saw blade was on the right hand side. The operator, or his helper, would drag over a log up to 10 feet long, with an average diameter of six inches, and place it on the moveable table. The table moved forward and backward, with a pivot point near the ground. It was spring-loaded, so it always returned to the “start” position -- toward the operator.

After the log was placed on the table, the operator would slide the log to a point where its end was about 14 inches past the rotating blade. Holding the log in place, he would push the table inward. The blade would cut off a “stick” of firewood with a loud “zing” sound. This was repeated until the log was cut up, or there was a piece left that was too long for the stove. The remaining piece was then cut in two. This was a little tricky, as the operator was much closer to the blade at this point and if the blade hit the wood just right, the piece could be flipped out of the operator’s hands.

It might take two hours or more to cut up a pile of logs. At some point, the pile of firewood would get high enough to be nearing the saw blade. The tractor would be shut down, and everyone on site would toss the wood into a pile away from the saw. It was also a good time to take a break.

A snack might include an Orange Crush, in its distinctive brown bottle, a cold glass of water and a couple of home-made cookies or donuts. After a few minutes we’d be back at it.

It was work, but it was kinda fun too. At the end of the sawing project, we were tired, sweaty and had sawdust all over us.

The job was not done, however, as some of the larger pieces Dad still had to split with an ax. Over the next few days, that would be done and then we’d stack it in rows in the woodshed.

The buzz saw we used was home-built by my uncle. There were no safety devices on it -- no blade guard, no belt guard and no emergency shut-off. We did not wear safety glasses, ear protection or fancy plastic helmets. I also never saw anyone get hurt.

People working around the saw knew of the dangers and respected the equipment. This was just a part of the yearly preparations for winter

A new buzz saw can be purchased for about \$1,750. It has the blade shielded by sol-

id metal and expanded metal guards, has three “Caution” stickers on it and has the drive mechanism shielded. Power is transmitted from the tractor by a shaft from the power take off. The company’s on-line information also contains the statement:

“Children should never be near a buzz saw.”

With all the safety awareness we have now, I cringe to think of anyone, least of all young kids, operating an old buzz saw today. Even the new ones present dangers, but to a lesser degree.

Probably all year long, but especially in the fall of the year, the familiar

zing of a buzz saw at work somewhere in rural America will be heard for years to come.

Jerry is a retired engineer from the Ford Motor Company plant in Utica, Michigan. He enjoys freelance writing for newspapers and magazines and working on old cars. He recently had his sixth story published in Green Magazine, the monthly publication for John Deere enthusiasts



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Keith's World Memories



BY
KEITH
SIPE

It doesn't really matter where you are from; your home...is home.

Whether you were born in Grand Haven, Whitehall, Montague, Muskegon, Ravenna or Fremont, it doesn't really matter, that is your home, which is where your life began. It was your beginning, a place where you started being the person who you are. It's some magical place where you began

in this somewhat crazy world we live in.

I was born right here in Muskegon, at Hackley Hospital. I was a cheap baby, for it only cost my parents around \$95.00 for the three days in the hospital. Matter of fact my wife and our children were born at Hackley Hospital. Have you ever wondered how many children were born at Hackley Hospital over all those years?

My dad was born in Portland, Indiana, and my mother in New Era, Michigan. My son's three boys were all

born in Grand Haven and my daughter's girl was born in Grand Rapids.

I loved the stories my dad shared about growing up in Portland, Indiana. They were fascinating to listen to. Stories about the farm he grew up on where there was no electricity, where they had a summer kitchen on the back side of the house. The other kitchen was more in the center of the house. I remember thinking why would you have two kitchens? Well, the reason was that the summer kitchen was a cooler place located towards the rear of the house. The kitchen stove did double duty by not only cooking food but also heating the house. My dad once told me that he forgot to bring wood in one evening and his dad woke him up at three in the morning to go out and get the wood. It was in the winter and cold. He learned his lesson, I was told.

My dad would tell me that during the winter they stored their vegetables buried in the ground with straw. Their vehicle was a team of horses and wagon. It was many years before they had a car and when they did get a car, it was one that my grandmother won in a contest. Another story was that when electricity came by their farm house, my grandfather would not pay the five dollars for hook up. He thought the cost was outrageous.

My mom also grew up on a farm; she was born in New Era, then later moved to Fremont. She would tell me stories of growing up on a farm – not as many stories of her life as a small child as my dad did, but the ones she

did share were fun to listen to. Farming was the way of life for my parents as well as many others during that time. Sad part was I never asked many questions of either of my parents about when they were young.

In my younger years I did spend a lot of time at the farm in Fremont with my cousins. It was like an 80 acre playground. There was a very tall silo, a big barn, an old farm house (which was replaced by a new house in the late 1940s), corn crib and other out buildings.

The farm in Fremont was special to my mother and the farm in Portland, Indiana, was special to my dad. Our home in Muskegon, where many memories were made, was special to our children.

The memories of where you were born and raised somehow make you think of the old phrase "my old stomping grounds" when referring to where you grew up.

I have many great memories from my childhood and then later those memories grew while raising my family. Now our children have their own families and are making memories. My wife and I are still making memories with our grandchildren that I am sure will be with them for the rest of their lives.

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, and lives in downtown Muskegon.

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MMAP Minutes...



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October 15, 2016
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BY
ROBBI
JUERGENS

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...What's happening at Senior Resources?

Getting to Know You

Arna Robinson and Yalanda McDaniel

By Lisa Tyler

Arna Robinson, RN supervisor, came to Senior Resources in July of 1998, after working with infants and toddlers in a homecare program at Mercy Health. She was a supports coordinator for the first several years before becoming the RN supervisor. She has her bachelor's degree in nursing.

Despite what seem to be a big difference in focus from young children, Arna said the ability to help people is the same. "You're helping them, but they're making you feel useful. It's very gratifying."

Arna has seen many positive changes during her years at Senior Resources. Besides the person-centered approach, technology has changed processes and allowed better information sharing with others. She has also seen changes in programming and has been involved in selling the value of Senior Resources' work to the medical community and state legislators. "We had to show that we gave people choices and that we had the same standards" as nursing homes. "We had to prove cost savings and that we were taking the same people nursing homes would take – that people coming on our programs were frail and needed our care. It's the same medical criteria as they'd need for a nursing home under Medicaid, but they're offered the opportunity to stay home."

As RN supervisor, Arna reviews assessments, services and changes in services that are recommended by supports coordinators. With increased complexity of assessments, she must make sure everything is done correctly and that nothing is missed.

The person-centered approach at Senior Resources is very appealing to Arna, and to Yalanda McDaniel, a supports coordinator with the MI Choice Waiver program. Arna and Yalanda both shared a participant who always insisted on serving tea and dessert when staff visited. "It was important for her to get out her fine china. That was her entertainment, to serve us. And we were able to meet her needs." Arna and Yalanda said they made sure they planned tea time into their assessment time, because it was important to the participant.

Yalanda also started with Senior Resources in July of 1998. She was a recent graduate with her social work degree, looking for a job with certain responsibilities. When she got to the interview and was handed the list of responsibilities, "it was everything I wanted to do," she said. "And here I am, 18 years later."



Arna Robinson

Yalanda described herself as a people person. "I enjoy hearing everyone's story. This is a great program that meets the needs of what they want – to stay home. They're getting exactly what they need to stay home. I'm able to see people happy, especially near the end of their life. We're able to help them meet those wishes and desires."

There have been many changes since Yalanda started at Senior Resources, including the move to Tanglewood Park, but she said the increase in staff is one of the biggest. "Before, we did a little bit of everything; it spread you thin. Now we're more specialized. The options screening is wonderful" to help determine what programs a participant may qualify for.

Yalanda remembered a 91-year-old gentleman who told her that he had helped build the Mackinac Bridge, and another 100-year-old woman with dementia whose caregiver was her 84-year-old daughter. The daughter was still in good health and could drive, and benefited from caregiver classes at Senior Resources.

It's stories like those that keep Yalanda motivated and happy, she said. "I've advocated for the underdogs since I was a young child," she said. Going into social work was like "a light came on."



Yalanda McDaniel



Dog Beach Clean Up

In July, our Senior Resources Service Committee cleaned up the dog beach at Kruse Park in Muskegon.

Pictured L-R are Sarah Christensen, Maria Poort, Kescha Covington, Lisa Carlson, Celine and Michelle Chandler.



June's Cool Shades Contest



Senior Resources' contestants include Deb, Maria, Thea, Pam, Mary, Toni, Virginia Kescha, Deb, Brian, Julie, Karla and Theresa. The winner was Pam Curtis. Inset photo: L-R Deb and Karla



(LR) CARF Representative Michael Griffin, Senior Resources' Kim Vazquez, C.E.O. Pam Curtis, Amy Florea and CARF Representative Lynne Gallaway

Senior Resources Awarded Three-Year CARF Accreditation

By Lisa Tyler

CARF International recently announced that Senior Resources has been accredited for a period of three years for its Case Management and Home and Community Services programs. This is the first accreditation that the international accrediting body, CARF, has awarded to Senior Resources.



CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a three-year accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable, and of the highest quality.

Staff members Amy Florea and Kim Vazquez led the Senior Resources staff through the CARF process, beginning in 2014. "The entire organization worked to create or improve policies and procedures to meet CARF standards," Florea said. "We wanted it to make sense to us." There was a lot of committee work, with many staff members involved, Vazquez said, and that work will continue, since CARF is an ongoing improvement process.

"The CARF accreditation is the very positive outcome to two years of commitment and teamwork by the Senior Resources staff," said CEO Pam Curtis. "Could we have pulled it all together faster? Probably, but this feels better. We always felt we provided good quality services to the people that we serve and this process has given us the opportunity to see what we really had in place, where we were doing really well and what areas needed tweaking. Because CARF is an ongoing process, we will always be striving to improve the quality of the services we provide and enhance the lives of the people we serve."

CARF accreditation is for the Case Management programs – Senior Resources coordinates care for its participants with contracted agencies, assessing needs and working with participants to formalize those plans. The Community Services program provides care such as homemaking, transportation and personal care through contracted agencies.

CARF accreditation provides better credibility with other professional organizations, such as healthcare plans and systems, according to Vazquez. "It's the international standard of quality."

For more information about the accreditation process, please visit the CARF website at www.carf.org.





BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Baked Potato Soup with Bacon, Green Onion & Cheddar

Great for leftover baked potatoes and bacon

- | | |
|---|---|
| 1 stick (1/2 cup) butter | 2 cups shredded cheddar cheese |
| 1/2 cup all-purpose flour | 1 cup sour cream |
| 4 cups whole milk | 2 teaspoons salt |
| 2 – 3 large potatoes, baked and cubed (peeled, if desired) | 2 teaspoons ground black pepper |
| 1 pound bacon, cooked and crumbled (about 1 cup) | 1 clove garlic, minced (optional) |
| | 1/4 cup grated Parmesan cheese (optional) |

Melt the butter in the bottom of a large pot over medium-high heat. Add garlic, salt, pepper to butter. Add milk to butter, then slowly add flour and whisk to combine until thickened. Whisking continuously, slowly pour in the milk and whisk until mixture is smooth. Be sure to get the bottom edges of the pan. Add pre-cooked potatoes, bacon, cheese, sour cream, Parmesan cheese and lower the heat to medium. Stir occasionally until the cheese is melted and the soup is warmed through. Top with chopped green onion if desired.



11th Annual Living It Exp

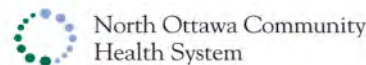
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Ask the Dietitian

BY
LAURA
BEECHNAU

I didn't specifically get a question about this for the article but it's such a common question, I thought it would be a good topic to discuss. What is it, you say? **FAT!**

Now this might come as a surprise to you, but I am a fat-loving fool when it comes to the diet! OK, OK, let me clarify. Like any foods, moderation is the key but fat (and I should say, good fat) should be a part of your daily diet.

In the 90's, the low fat diet was introduced and took off, like many fad diets do. Low fat salad dressings were introduced, low fat crackers, low fat bread, even low fat Oreos. (What?! Low fat Oreos?? Why mess with perfection?) You name it; there was likely a low fat version of any food.

Despite everyone's good intentions on sticking to this diet, we now know that it did NOT help people lose weight. In fact, in some cases it even caused weight gain. For instance, a person might buy a bag of low fat Oreos, feeling like they are making a good decision, and end up eating the whole bag. Why not, it's healthy since it's low fat, right? Well to preserve the flavor, texture, and appearance; when fat is removed manufacturers have to add something else, and often it's sug-

ar. This adds up in the calorie department, which in turn inhibits weight loss.

A recent study actually linked high intake of saturated fats and trans fats to increased mortality (JAMA Internal Medicine). There is still a lot of research being done on the long term effects of certain kinds of fat, but what it keeps boiling down to is the recommendation to replace saturated and trans fats with more unsaturated (poly and mono) fat.

Some examples of these:

- Saturated and trans fats: Meat fats (examples of high fat meats: sausages, hot dogs, bacon, ribs, etc.), many cheese, whole milk and full-fat dairy products, most fried food, butter, coconut oil, desserts and baked goods such as cake, cookies, donuts, pastries, and croissants.

- Unsaturated fats: Fatty fish (salmon, mackerel, albacore tuna, lake trout, sardines), vegetable oils, flaxseed, nuts, olives, avocado, peanut butter.

Again, there is such a thing as "too much of a good thing" but in moderation, healthy fats can be a key component for a healthy and more satisfying diet.

Here is one of my favorite heart healthy fish recipes:



Mediterranean Fish Fillets

Makes 6 servings.

- 1 1/2 pounds firm white fish fillets, such as halibut, striped bass or orange roughy
- 1 tablespoon olive oil
- 1/2 cup finely chopped onion
- 1 can (14 1/2 ounces) diced tomatoes, drained
- 1/2 cup pitted Kalamata, green or black olives, cut in half lengthwise
- 2 tablespoons white wine
- 1 teaspoon basil leaves
- 1/2 teaspoon garlic powder
- 1/4 teaspoon thyme leaves

- Preheat oven to 375°F. Coat baking dish with no-stick cooking spray. Place fish in single layer in baking dish. Lightly salt and pepper the fish. Bake 12 minutes. If fish is over 1-inch thick, increase cooking time to 15 minutes.

- Meanwhile, heat oil in medium saucepan on medium heat. Add onion; cook and stir 5 minutes or until softened. Add tomatoes, olives, wine, basil, garlic and thyme. Simmer, uncovered, 3 minutes.

- Remove fish from oven. Spoon sauce over fish. Return to oven; bake 5 minutes longer or until fish flakes easily with a fork. Serve immediately.

Laura lives in Fruitport, MI with her husband Nick, 9 month old Cecilia, and rescue pup Walter. She graduated in dietetics from Michigan State University where she also completed her dietetic internship. She enjoys visiting MSU for football games, going to the beach, biking, and doing anything outside. She has been working at AgeWell Services of West Michigan for the past five years. Please submit any question(s) by email to: askthenutritionexpert@agewellservices.org

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BY
JANET
HASSELBRING

Things with Feathers

I have a bird in spring

"But it is with poets...that birds achieve their most familiar and powerful poetic status as both symbols of imaginative freedom in their flight and substitutes for the poet in the full-throated ease of their singing." (Introduction, *Bright Wings*, by Billy Collins)

*I have a Bird in spring**
"I have a bird in spring
Which for myself doth sing –
The spring decoys.
And as the summer nears –
And as the rose appears,
Robin is gone." (Verse 1)

After spending the winter in Florida, my husband and I hesitate to return home 'til we're sure spring has arrived. We go south to avoid winter's ravages. Why would we want to deal with its vestiges upon our return? We've been "April fooled" with random snow squalls, icy roads, and freezing temperatures on more than one occasion. We now return in May.

Even then we can never be certain spring is here 'til we sight our first robin, bouncing sturdily across the lawn, singing his cheery roundelay. Since robins' diet consists primarily of worms, they won't return north until the ground is thawed, which makes them such accurate predictors of spring. Even if there is snow on the ground in April – you spot a robin, it's spring.

This year robins heralded spring with a deposit of four bright sky-blue eggs in a nest, on a railing, outside our porch – a nest that sat empty for as long as we've lived here. I was thrilled. Birding up close and personal!

For the next two weeks, the she bird sat faithfully on her eggs, and when the chicks hatched – a mass of feathers and gaping beaks – the feeding frenzy began. The chicks jostled about, jockeying for position, as the parents swooped in with draggling worms, stuffing them into four eager mouths. I, the curious,



doting spectator, worried that the biggest mouth was getting the worm. How did the parents make sure their chicks were being fed equally I wondered? Turns out they weren't.

One day, noticing only three beaks, I peered into the nest and found one chick lying on its back, with its mouth closed. Survival of the fittest (aka biggest mouth) after all.

During all of the incubating, hatching, feeding, and final fledging of the chicks, we kept up our normal activities, but nothing deterred or distracted the parents. Even Maggie, our curious Welsh terrier who woofed and yapped, didn't scare them!

By now, the three remaining chicks had gotten so big they were spilling out of the nest.

Realizing they would be fledging soon, I panicked. I had become attached to my little feathered friends. I didn't want them to leave, yet, being a writer, how could I begrudge them their "freedom of flight and full-throated ease of singing?"

Then one day I came out for my daily inspection to find only one bird in the nest. They had fledged without me! I was determined to see the last one leave, if it took all day. And this one did take her own sweet time.

The mother robin flits about below, calling out encouragement.

"Cheer up, cheer up. Come on down," she called sweetly.

The last chick perches on the edge of the nest.

"Hey Mom, it's kind of nice having all this room to myself."

"I know dearie, but you can't stay up there forever."

"Wow, it's a long way down there...."

"Cheer up. Cheer up," more seriously now. "You can do it."

"I'm scared."



"This is no time for hesitating, my dear. There are some nice juicy worms down here, but you're going to have to come and get them. One, two, three, GO!!"

The chick fluffed out her feathers, flapped her wings a few times, then plumped back down in the nest.

"Cheer up. Cheer up," with a severe whistle, "Spread those feathers and fly! You really must do this – now!"

"OK. I think I'm ready. Will you catch me if I fall?"

"I'm right here."

With that, the last chick spread her wings and half flew, half plummeted, to the ground, joining her mother. Together they flew into the woods and were gone.

The next morning I headed out to the porch with my coffee. Glancing at the railing, I felt a twinge of sadness, knowing my bird odyssey was over. And then I heard them – a string of clear rapid whistles from deep in the wood – "Cheerily, cheerily." My heart leaped with joy. My robins hadn't left me after all.

"Then will I not repine,
Knowing that Bird of mine –
Though flown –
Shall in a distant tree
Bright melody for me.
Return."

*Note: "I have a Bird in spring," poem by Emily Dickinson

Postscript: As I prepare to submit this article, I've noticed more activity around the porch. Checking the nest, I can hardly believe my eyes – two more sky-blue eggs! Looks like my little bird odyssey will play out once again. I'll keep you posted!



Janet (Van Gunst) Hasselbring is a retired educator and musician from the West Michigan area. She resides in Spring Lake, Michigan, near Hoffmaster State Park with her husband, Don, and her yellow lab, Maximus. They spend their winters at Pelican Cove in Sarasota, Florida.

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Elementary Retrospection



BY
JOEL
DULYEA

A Verizon utility truck pulled up to The Lunch Box at the McCormick Convenience Store. Two men dressed in work clothes entered the deli to place an order. I looked away to contemplate the familiar field across the street, to resurrect a forgotten name, another faded memory. On separate occasions I had told two different women behind the

counter, "An elementary school once stood here." They nodded and smiled at me, an unknown geezer; their names were unfamiliar too. On the opposite wall hung children's latched metal containers that gave the deli its name. They seemed too symmetrical but I didn't want to rearrange happiness. The colorful tin boxes evoked memories of an earlier time.

Located on the northeast corner of Bard and Russell Roads, Baker Elementary School once consisted of two buildings and playground, bordered by a farm pasture. Nearest to the intersection was the white, wood-framed, one-room schoolhouse with boarded cupola that faced Bard Road. This building was little used, except for one snowy night under a full moon, when a cold wind strained at the windows to join the squeaky floor and smells of chalk dust and shellac the old school room possessed. Warmed by a fuel oil furnace, my Dad and other fathers taught their sons the meaning of black numbers and lines imprinted on wooden rulers, the color of which matched both the varnished sheen of the floor and the scarred, hinged desktops of the classroom.

The newer five-classroom brick building was right next door. Its main entrance overlooked Russell Road. In front of this door I met a little girl who stared at the



cold sore on my lower lip, pointed and said, "You got cancer." My lip quivered, I fought back tears, then cried, "I do not." Though wounded, I was determined to carry on. I had watched my older brothers Barry and Brad walk from our house with lunchboxes and schoolbooks in hand, until their great adventure was hidden by a front-yard thicket of spruce and pine. With or without cancer, I would continue to follow in their footsteps. When our kindergarten class woke from mid-morning nap, Verenda's diagnosis was forgotten.

I was familiar with the linoleum floors, chalkboards, and painted cinderblock walls of each classroom before attending kindergarten at Baker Elementary. Each

fall the PTO hosted a carnival for neighborhood families. Games were played and prizes given, if you could Pin the Tail on the Donkey while blindfolded. To win a paddleball, kids stood over and aimed clothes pins to drop into a milk bottle. Musical Chairs ended with riotous laughter when a child outsmarted a silly grownup for the last empty metal folding chair. The best prize of the carnival was awarded to the winner of the Cake Walk. Music played as contestants circled a numerated path held to the floor with masking tape. When the record needle was lifted everyone stopped, a number was drawn and the prize awarded. A home baked, white frosted three-layer cake with shredded coconut walked out the door in someone else's hands.

As Dad led me through the noisy hallway, I saw a little boy licking an unknown food stuck on a wooden tongue depressor. I had to have one, but pondered how to ask for it. Somehow an unfamiliar word, spoken in the excitement of the carnival became attached to the focus of my desire. I asked Dad for the untested food. He led me to a classroom, set me on a stool while another man placed a lamp beside me. Black paper was clipped to an

easel opposite the light. This confused me -- food came from a refrigerator at home. The light was bright. "Now sit still", they said. So, I did. The light was turned off. "We're done. Hop on down." I did. The reward was my traced shadow on paper. Dad started to leave. I frowned at the black paper and whined, "I want a silhouette." Dad looked confused. There may have been a fuss but eventually I tasted the correct name. It was more delicious than I could imagine. When presented with the frozen treat on a stick Dad said, "It's called a fudgesicle."

Joel Dulyea, a United States Army retiree, sings with three choirs, enjoys volunteer work and comradery in Muskegon, and writes.

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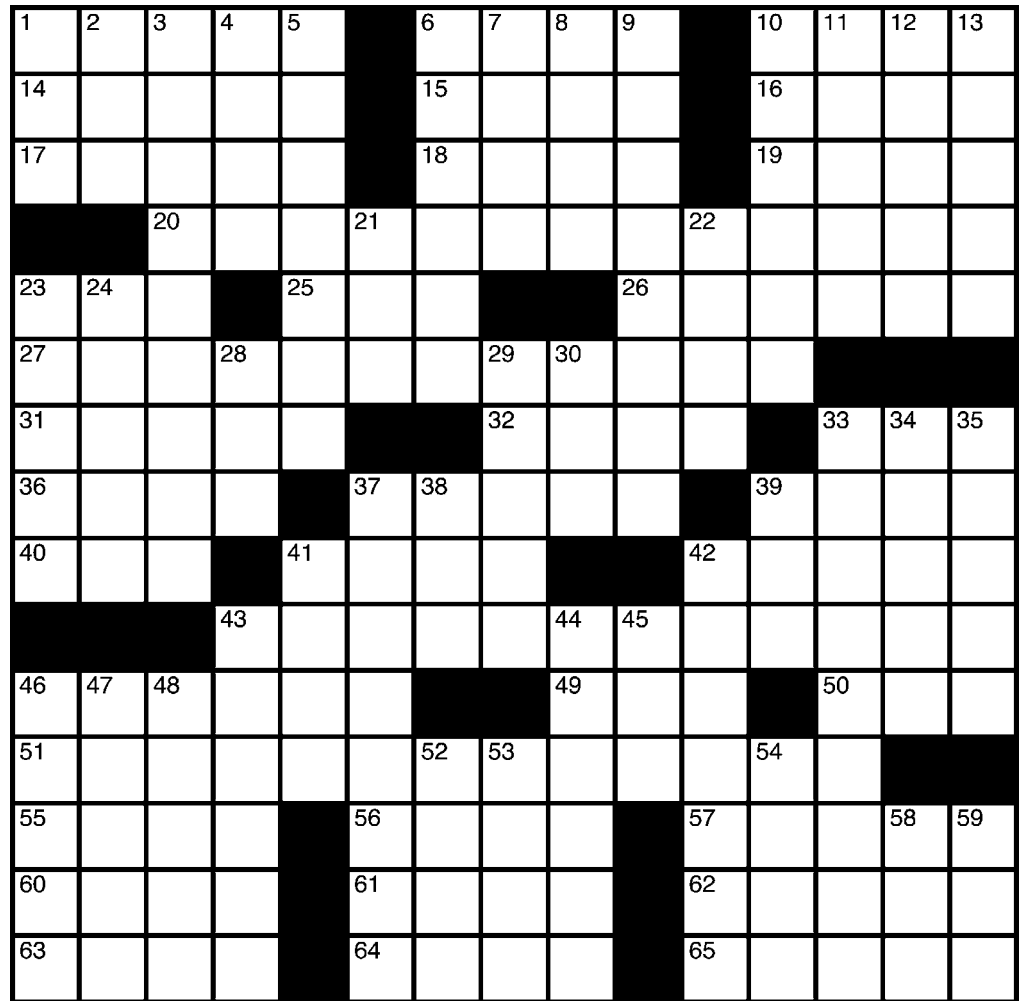
WOLFISH TERROR OR SAFE TOGETHER? SEE THE THRILLING CONCLUSION ON PAGE 35

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ACROSS

- 1 Ignore the teleprompter
- 6 Take for a ride, so to speak
- 10 Pyramid, to Tut
- 14 Supermodel Klum
- 15 "Look what I did!"
- 16 Old-time knife
- 17 "Full House" star Bob
- 18 Alphabetically first of the acting Baldwin brothers
- 19 Sedgwick of "The Closer"
- 20 McDonald's freebies
- 23 Contractor's approx.
- 25 Word ending for enzymes
- 26 Outcome
- 27 Multi-day event featuring rainbow flags
- 31 Alaskan native
- 32 Forever and a day
- 33 Opposite of NNE
- 36 Campus official
- 37 Willy with a chocolate factory
- 39 Indian spiced tea
- 40 Kazakhstan, once: Abbr.
- 41 For the lady
- 42 Prankster's favorite month
- 43 Ride with wooden horses
- 46 Scramble, as a secret message
- 49 Dawn goddess
- 50 Old AT&T rival
- 51 Fruit-flavored hard candies
- 55 Part of Q.E.D.
- 56 "You hurt?" reply, hopefully
- 57 Really bad turnout
- 60 Feel concern
- 61 Luigi's "Bye!"
- 62 Conclude
- 63 "Faster __ a speeding bullet ..."
- 64 Tailor's sewn folds
- 65 Sidewalk eateries

- 12 Two-time Best Actress Oscar winner Streep
- 13 Beauty's beau
- 21 Tire pressure abbr.
- 22 Popular jeans
- 23 "Jeepers!"
- 24 Black Friday deals
- 28 Many a punch line
- 29 __-weensy
- 30 Chinese cookware
- 33 Doesn't lose sleep over
- 34 New Orleans footballer
- 35 Oscar who quipped, "True friends stab you in the front"
- 37 Lottery winners' cry
- 38 Bobby of hockey
- 39 Naval noncom: Abbr.
- 41 Actress Lamarr
- 42 As, on the periodic table
- 43 Like lava
- 44 Colorful little lizards
- 45 "Impressive!"
- 46 Cockpit panic button
- 47 "Little Broken Hearts" singer Jones
- 48 Civil War nurse Barton
- 52 Parisian gal pal
- 53 Linguist Chomsky
- 54 Gossip columnist Barrett
- 58 Michelle Obama __ Robinson
- 59 EMTs' destinations



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DOWN

- 1 Sighs of satisfaction
- 2 Agcy. with narcs
- 3 Astronomical distance
- 4 "I had no __!"
- 5 Walk-on role
- 6 Hung around
- 7 Not windy
- 8 "Zip-__-Doo-Dah"
- 9 '90s Los del R'o dance hit
- 10 "For shame!"
- 11 "Shame __!"



JUMBLE

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

PIMSK
 ○ ○ ○ ○
 VAHNE
 ○ ○ ○ ○
 MUTTUL
 ○ ○ ○ ○
 EWSUIN
 ○ ○ ○ ○

THAT SCRAMBLED WORD GAME
 by Mike Argirion and Jeff Knurek



WHAT HAPPENED WHEN THE FOG LIFTED AT THE AIRPORT.
 Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans: IT " " " "

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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	E ₁	U ₁	N ₁	L ₁	N ₁	C ₃	RACK 1
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	E ₁	I ₁	F ₄	N ₁	C ₃	N ₁	RACK 2
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	E ₁	O ₁	G ₂	T ₁	C ₃	T ₁	RACK 3 Double Word Score
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	E ₁	I ₁	T ₁	C ₃	N ₁	X ₈	RACK 4
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	E ₁	L ₁	C ₃	H ₄	L ₁	S ₁	RACK 5 2nd Letter Triple

PAR SCORE 270-280
BEST SCORE 327

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

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The Ovals

BY
HELEN
TOWNE

GUEST
WRITER

Helen is a former resident of the Muskegon area, now living in Florida. Her current passions are riding her motorcycle, playing tennis, and travelling.

On my last visit to Muskegon I found myself impatiently standing in line at a store near Sherman Avenue. I overheard a young man, who had family in tow weighted down with beach toys, inquiring of a cashier as to a nearby beach where his family could play. Her response was to direct him to Grand Haven. I couldn't believe my ears. I wanted to scream: "GO WEST YOUNG MAN, GO WEST!"

As I exited the building, I spied the family piling into their SUV in the parking lot. I impulsively hurried over to say: "There is a great Lake Michigan beach that's much closer. It's just a short distance—maybe four miles west on Sherman Avenue. As you get close, the road makes a turn to the right. Roll down your windows. White sand dunes line the roadside often spilling sand into the road. You'll feel the cool breeze before you see the water. An abrupt right puts you at the southernmost end of Pere Marquette Park, otherwise known as 'The Ovals,' owned by the City of Muskegon. It's free with plenty of parking and the nicest beach sand anywhere."

I said my piece and proceeded to my car for a walk on my favorite beach. I live in Florida year

round. However, each July I look forward to driving up north to visit the place of my birth, seeing family and friends, and observing the changes to some of the "haunts" of my childhood. Some of my favorite memories took place at the Ovals.

After parking, I ascended the elevated wooden walkway that began my more than 2½ mile hike. Previously, I've viewed deer seeking their path back up the dune after a cool drink from



Lake Michigan. After trudging about one-half mile, one must cross the road. The sidewalk continues the trail along the beach. Here Lakeshore Drive brings visitors in from along Muskegon Lake and lots of bikes whiz by. I see my cousin Kathy heading down Lakeshore towards home after her usual daily exercise walking around the Ovals.

There are a few boats on the horizon. There is an uplifting view of the Muskegon channel and breakwall with its two lighthouses. Kite boarders are performing inside the breakwater. As I stopped to watch the action, I had a conversation with a hopeful kite boarder. He was observing from his padded bicycle seat and gave me a rundown on the requirements for the sport. These participants were putting on a real show. I'm recalling my own father who faith-

fully rode his bicycle daily to view the many activities at the Ovals.

As I meandered through the channel picnic area, I encountered an enthusiastic group setting up for a brunch. This was the closing event of a successful class reunion. They invited me to join in the fun. What a friendly bunch.

I proceeded east through the channel area, checking to see if any of the fishermen "perched" on the wall had a catch. Although not the full buckets of former years, they seemed content with the day.

Finally, the *Silversides* WWII submarine and museum came into view, a major draw for kids of all ages.

I retraced my steps back to my car only to catch a glimpse of the cross-lake ferry entering the channel on its completion of the crossing from Milwaukee. A man relaxing on a bench would take that shortcut to Milwaukee west across Lake Michigan, his BMW motorcycle accompanying him. Then, he would ride on to Colorado. He had ridden it here for his class reunion.

Halfway back, there is a very nice children's playground area. Also, I passed lots of sand volleyball courts. Hey! They took my advice! There was the family I talked with near the store on Sherman. They were building sandcastles, romping in the waves, and making memories. They waved. I forgot to remind the kids of the neat ice cream places just past the exits, generous scoops and reasonable prices. I have a feeling they'll spot them.

Sometimes it takes moving away to appreciate what we have. Thanks, Muskegon, for taking such good care of this irreplaceable resource.



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Ask the Doctor

What Vaccines Should Seniors Get?

Flu

Why get this vaccine? Influenza is the most important vaccine-preventable contagious infection in older adults. According to the Centers for Disease Control and Prevention, between 80% and 90% of flu-related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May. Contrary to popular belief, getting the vaccine does NOT cause the flu.



DR.
ARUNA
JOSYULA

When to get it:

- It is recommended for all adults age 65 years and older.
- It can be taken at any time during the flu season, keeping in mind that it does take two weeks after administration to become effective. Usually, it is recommended to get it at the beginning of the flu season, around late September or early October.

How often: Annually

Benefits to note: The flu vaccine has been shown to reduce the severity and duration if one gets the flu and decrease the risk of hospitalization, serious illness, and death due to flu.

- Where: Medical provider office, clinic or pharmacy

• Ways it is given: If a high dose vaccine is available, this is recommended for those aged 65 years or older. If not, a standard dose flu vaccine is recommended. Given as an injection.

Shingles (Zoster or Herpes Zoster)

Why get this vaccine? The CDC reports that one out of every three people 60 years old or older will get shingles. Shingles, also known as zoster or herpes zoster, is a painful skin rash caused by the varicella zoster virus, the same virus that causes chickenpox. If you've had chickenpox, you are at risk of getting shingles.

When to get it:

It is recommended after the age of 60, even if one has had shingles.

- What time of year? Any

How often: A one-time dose

- Risks/Benefits to note: It reduces the risk of having shingles, the duration of a shingles attack, and the pain associated with a shingles rash.
- Where: Medical provider office, pharmacy
- Ways it is given: Injection

Tetanus with Pertussis (Tdap)

Why get this vaccine? Pertussis, or whooping cough, can cause spells of coughing that can affect breathing, eating and even sleeping. This vaccine is usually given as a series in childhood, but the effect wears off as people age. Grandparents, siblings and parents are usually the source of whooping cough in babies. Babies have the highest rates of whooping cough-related deaths.

When to get it:

- All adults age 65 year or older who have or anticipate having contact with children 12 months or younger should get a single dose of the Tdap vaccine. For other adults aged 65 years or older, a single dose of Tdap can replace one of the Tetanus (Td) vaccines that is recommended every 10 years.
- What time of year? Any

How often: One dose

- Where: Medical provider office or pharmacy. Given as injection

2 pneumonia vaccines: Prevnar 13 and Pneumovax 23

Why get these vaccines? Pneumococcus can cause many types of illnesses, including pneumonia, ear infections, meningitis, and bloodstream infection

(sepsis). Vaccines can prevent pneumococcal disease in children and adults.

About one million U.S. adults get pneumococcal pneumonia every year, and 5 to 7 percent will die from it. Fewer will get pneumococcal meningitis or sepsis, but the mortality rate in this group is higher. In the U.S., pneumococcal pneumonia, meningitis, and bloodstream infections kill tens of thousands each year, including 18,000 adults age 65 years and older.*

It is now recommended that adults age 65 years and older get both the Pneumovax 23 (PPSV23) and Prevnar 13 (PCV13) vaccines to protect against pneumonia.

When to get them:

- Both vaccines are recommended for adults aged 65 years and older.
- What time of year? Any

How often: These vaccines are both given as one-time doses with some exceptions for certain people. In most adults, the vaccines should be given at least a year apart. If one has never received any pneumococcal vaccine, then it is recommended that that first vaccine be the PCV13 followed a year later by the PPSV23.

- Risks/Benefits to note: It reduces the risk of infection as well as the severity of the illness.
- Where: Medical provider office, clinic or pharmacy
- Ways they are given: Injection

It is important for readers to remember that these are general guidelines. The timing and necessity of each vaccine must be determined individually after discussing these vaccines with your medical provider.

The influenza vaccine and Pneumovax 23 are covered by Medicare. Tdap is covered by Medicare if it is administered after a traumatic injury, but not otherwise. The shingles vaccine (Zostavax) and Prevnar 13 are not yet covered by Medicare.

Except for the two pneumococcal vaccines, which cannot be given together, the other mentioned vaccines can be given together and in conjunction with either one of the pneumococcal vaccines.

*Source: CDC

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BY
MIKE
SIMCIK

“The Buck Stops Here?”

My, how things have changed. We sure could use people like Harry S. Truman and his wife Bess in the White House. It's unusual to consider they were, in fact, conservative Democrats.

Harry S. Truman was a different kind of man when he became our 33rd President. He was born May 8, 1884, he served eight years in the White House from 1945 to 1953, and he died December 26, 1972 at his Independence, Missouri home. Bess, born February 13, 1885, as Elizabeth Virginia Wallace, died October 18, 1982.

Harry and Bess attended grade school and graduated from high school together in Independence. Bess was a very down-to-earth lady and was labeled as the hardest working hostess on Capitol Hill. While being the First Lady for eight years, she earned a considerable claim to fame through all the committees she served on.

President Truman served in the Missouri National Guard from 1905 to 1911, then became a county judge. Later, during World War I, he was sent to France as an Army Captain and saw combat in the Vosges and Meuse-Argonne Campaign. Harry was promoted to Colonel at the end of the war. He was then elected Missouri State Senator for a ten-year term.

The buck stops here! In Harry's term in office as President, he was instrumental in bringing the war in Europe to an end. He forced the surrender of Japan, he issued the Marshall Plan to rebuild war-torn Western Europe, and in 1948 he recognized the State of Israel. The Truman Doctrine and the Truman committee were issued to expose waste, fraud, and corruption in the federal government.

Harry was quoted as saying, “When even one American, who has done nothing wrong, is forced by fear to close his mind and shut his mouth, then all Americans are in peril.”

He probably made as many important decisions as any of the 32 Presidents preceding him.

Quote: “America was not built on fear. It was built on courage, imagination and the determination to do the job at hand.”

After President Eisenhower was inaugurated, Harry and Bess drove home to Mis-



souri by themselves. There were no security measures and no Secret Service people following them.

A measure of Harry's greatness may rest on what he did after he left the White House. The only asset he had was the house he lived in, which was inherited by his wife Bess from her parents. Other than their years in the White House, they lived their entire lives in that home. When he was offered corporate positions at large salaries, he declined stating, “You don't want me. You want the Office of the President and that does not belong to me. It belongs to the American people and it's not for sale.”

When Harry Truman retired from office in 1952, his income was a meager US. Army pension, reported to have been \$13,507.72 a year. Congress noted that he was paying for and licking his stamps on envelopes, in addition to paying for his own travel expenses and food. So they granted him and Bess an allowance and later, a retroactive pension of \$25,000 per year.

Harry Truman and Abraham Lincoln were the two poorest presidents in U.S. history.

A quote from Bess: “Harry and I have been sweethearts and married for 45 years and no matter where I am, when I put my hand out, Harry's hand is there to grasp it.”

Years later, on May 6, 1971, when Congress was preparing to award him the Medal of Honor on his 87th birthday, he refused to accept it, writing, “I don't consider that I have done anything which should be a reason for any award, congressional or otherwise.”

Modern politicians have found a new level of success and untold wealth in cashing in on the Presidency. Today, many in Congress have also found ways to become quite wealthy, enjoying the fruits of their office. Political offices are now for sale, (e.g. Illinois).

Good old Harry Truman had quick wit when he was thinking back at an on-site interview stating, “My choices in life were either to be a piano player in a whore house or a politician in the White House. And to tell you the truth, there's hardly any difference between the two!”

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 47th wedding anniversary in April of 2016.



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more about your Social Security number, visit www.socialsecurity.gov/ssnumber.

Question: I prefer reading by audio book. Does Social Security have audio publications?

Answer: Yes, we do. You can find them at www.socialsecurity.gov/pubs. Some of the publications available include What You Can Do Online, How Social Security Can Help You When a Family Member Dies, Apply Online for Social Security Benefits, and Your Social Security Card and Number. You can listen now at www.socialsecurity.gov/pubs.



BY
VONDA
VANTIL

Question: I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit

www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I'm trying to figure out how much I need to save for my retirement. Does the government offer any help with financial education?

Answer: Yes. For starters, you may want to find out what you can expect from Social Security with a visit to Social Security's Retirement Estimator at www.socialsecurity.gov/estimator. The Financial Literacy and Education Commission has a website that can help you with the basics of financial education: www.mymoney.gov. Finally, you'll want to check out the Consumer Financial Protection Bureau, which offers educational information on a number of financial matters, including mortgages, credit cards, retirement, and other big decisions. Visit the Consumer Financial Protection Bureau at www.consumerfinance.gov.

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Problem Solving – Planning Ahead to Better Manage Your Blood Sugar Levels



BY
DIANE JONES
RN CDE

Life is always throwing us curve balls and even though we try hard to plan for what might happen, unexpected things do happen. When you have diabetes, it is very important to keep your blood glucose within target range - not too high, not too low. When your blood glucose is heading in the wrong direction, you need to know how to problem solve and think through how to prevent it from happening again. If you have had diabetes for years, you know that your needs change over time and adjustments have to be made when previous solutions no longer work. In the last four issues of *Senior Perspectives*, I have been addressing self-care

behaviors: Healthy Eating, Being Active, Monitoring, and Taking Medication. Problem Solving, the 5th AADE self-care behavior, is often misunderstood but everyone with diabetes is working hard all the time figuring out when and what to eat for meals and snacks, when to monitor blood sugar and how to fit exercise into their busy lives. Managing diabetes is all about problem solving and sometimes solutions are not easy to put in place, or you are overwhelmed with everything that has to be done to stay healthy and keep your diabetes under good control.

Diabetes educators can help you figure out how to problem solve using some of these tips:

- **Don't beat yourself-up** – No one is perfect and managing diabetes is not easy.
- **Analyze your day** - what was different? Were you stressed more than usual or were you traveling, had you been sick, had you been less or more active, or did you eat more carbohydrates than usual?

- **Learn from it** – figure out how to correct the problem and act on it. Make a plan or make an adjustment to your plan to prevent the situation from happening again. Carry extra snacks for low blood sugar problems or, if your numbers are too high, consider ways to add more activity to each day.
- **Discuss possible solutions** with your diabetes educator, doctor, or your diabetes support group (face to face or on the Internet)
- **Try the new solutions** and then evaluate if they are working for you.
- **Download a flyer on problem solving** -American Association of Diabetes Educators/patient resources/aade7-self-care-behaviors/problem-solving

Diabetes self-management is a full time job. If you need help and would like to learn more about how to better self-manage your diabetes, ask your physician to refer you to a diabetes educator today.

In Health,
Diane Jones RN CDE

Diane Jones is a registered nurse certified diabetes educator working part-time since 2006 at North Ottawa Community Health System, Diabetes Education Department. Diane and her husband Tom moved to the Muskegon area 15 years ago from Maryland and settled in Norton Shores. She stated that she loves giving people with diabetes the confidence to better manage their disease through education.



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Avoiding the Call to Hospice

Submitted by Harbor Hospice,
adapted from an article by Paula Span

What if I told you about an organization you could call when your elderly parent became so seriously ill that it appeared unlikely she'd recover?

What if I told you that this organization would send well-trained nurses to see your parent, aides to lend a hand with daily care, a social worker to help the family grapple with the emotional difficulties? That these folks would deliver equipment you might need — a hospital bed, say, or wheelchair — and all your parent's drugs? What if they'd also send a chaplain if you wanted one? And provide a nurse to call 24/7 when you had questions or problems? And volunteers who would stay with your parent while you took a few hours' break, even if just for a long, quiet walk?

And what if I told you all this would cost you nothing and that Medicare would pay for it all? You'd pick up the phone, right? It's what caregivers so often yearn for and so seldom can locate: expertise, compassion, help that they can afford.

Now, what if I told you this organization was a hospice?

You might still call.

But even if you did call, odds are you'd have waited so long that the hospice team would have very little time to do what it's good at doing — providing care and comfort to the dying and their families. Overall, though, the median length of stay in hospice is just 20 days, and almost a third of patients enroll a week or less before they die.

Yet in surveys after patients' deaths, more than 98 percent of family members say they would recommend hospice to others.

Why do people wait so long to call? Why let what's invariably a wrenching time be even harder than it has to be?

Sometimes, simple misconceptions are to blame. People may think of hospice as a place rather than a service that aims to let people die in their homes. Or they think hospice is for cancer patients, though in fact the majority of those in hospice have other terminal illnesses.

Doctors may neglect to mention hospice care, or may even discourage it.

A study released by a Harvard Medical School team found that about half of patients with metastasized lung cancer, the leading cancer killer, didn't

discuss hospice care with their doctors within four to seven months of diagnosis. Yet the average post-diagnosis survival for metastatic lung cancer is just four to eight months.

Sometimes, though, it's families who don't want to hear the word hospice. They think it's giving up, relinquishing hope.

"Nobody wants to say yes to death," said Don Schumacher, president of the National Hospice and Palliative Care Organization. "America is a death-denying society, much more than others. And the health care system wants to continue to treat and treat and treat."

So even if your physician will sign the form saying that in her best judgment, death is likely to occur within six months if the disease follows its normal course — and that's all that's needed to enroll in hospice — often it's the children who can't bear to acknowledge that a father probably won't rebound this time, that a mother is dying.

So families wait. And the parent dies anyway — maybe in pain that could have been eased, maybe with fears that could have been assuaged or lessened had hospice workers been able to offer more than brief crisis management.

How much hospice care is optimal? Mr. Schumacher thinks three months. Regina Bodnar, director of clinical services at Gilchrist Hospice Care in Baltimore, would prefer six months. But the median stay for a patient in her hospice last year was just 16 days. By the time hospice workers get a call, said Ms. Bodnar, "the patient and family have been going it alone for weeks and months.

"They deserve much more attention and assistance," she added.

It's a pity, isn't it? Eleven years later, I still remember my mother's aide Terry, who sewed a small doughnut-like pillow to prevent pressure sores from developing on Mom's ear as she spent more time in bed. I wouldn't ever have thought of that, but I wasn't a specialist in end-of-life care. I was just glad we'd reached out to people who were.

"Families often wait too long to call hospice because they see hospice as a last resort or as a place for the last few days of life. In reality, hospice can provide care for many months. By reducing suffering for the patient and providing support to families, hospice can improve the quality of life during that final sacred journey," said Kim Holton, RN, BSN, CHPN, director of clinical services, Harbor Hospice.

*Paula Span is the author of **When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions**, by Grand Central Publishing.*

Harbor Hospice serves the West Michigan lakeshore. The agency has provided hospice care and support programs to residents in a five-county area for over 32 years.



*Kelly St. Martin,
LMSW, Clinical
Outreach Coordinator*



Preventing falls in older adults

Every 13 seconds, an older adult is seen in an emergency room for a fall-related injury. Falls are a major health problem among older adults. Did you know that one in two adults living in the United States who are aged 70 and older fall at least once per year? The severity of fall-related complications increases with age.

The primary sequel of falls includes fall-related injuries such as fractures and head injuries, and post-fall anxiety. These lead to loss of independence through disability and fear of falling. The reduction in mobility and independence are often serious enough to result in admission to a hospital, a nursing home, or even premature death.

At AgeWell Services we identified intervention programs with categories to prevent falls -- exercise programs that included both general and specific physical activities. Examples of general physical activity are walking, cycling, aerobic movements, and other endurance exercises. Specific physical activity includes training targeted toward balance, gait, and strength.



BY FRANCINE SAGAN-KILCREASE

Try these six steps to prevent falls:

1. Find a good balance and exercise program. Take a friend.
 - A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.
 - Tai chi is another slow exercise program for better balance.
2. Talk to your health care provider. Ask for an assessment of your risk of falling.
3. Have regular reviews of your medications. Make sure side effects aren't increasing your risk of falling.
4. Get your vision and hearing checked annually. Your ears and eyes are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members. Get their support in taking simple steps to be safe. Falls are not just a seniors' issue.

Francine Sagan-Kilcrease is the Fitness Specialist at AgeWell Services of West Michigan located at Tanglewood Park, 560 Seminole in Norton Shores.

Francine enjoys taking salsa lesson and spending time with her dog, Bailey. She has been a "Pro" for Dancing with the Local Stars for 8 years and has won over 21 trophies and helped bring in over a half a million dollars for local food pantries. To find out about Meals on Wheels, nutritional services and other wellness programs for seniors in this area, call (231) 755-0434 or 1-800-442-6769, or visit agewellservices.org.

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What should we really be celebrating?



BY
JAY
NEWMARCH

I believe that we really miss the true spirit of the Olympics when we reduce the games down to the running counts of medal accumulation. While the 121 medals that the United States won is a commendable accomplishment, how do we compare that wealth of medals to the one gold medal, the first ever by the way, won by Fiji's rugby team in their 43-7 win over Great Britain?

Taking it one step further, how do we compare this one win from a country of 881,000 to the 121 won by a country of 318.9 million? It all seems so apples to oranges, yet we continue to be obsessed with this hardware count instead of the actual human beings pouring their hearts and souls

into their chosen sport. CBS went a step further in ranking the "wins" by gold status instead of total medal count. It appears to the layman that the CBS standard puts an even more onerous standard on the countries participating. Better win a gold because your silver or bronze just doesn't count for much.

All the networks had coverage of the gold medal pole vaulting win of Brazilian Thiago Bras da Silva, and rightly so. He set a personal record and shattered the existing Olympic record with an astounding 19 foot 9.5 inch vault into the skies. It appeared as if the roaring applause of the Brazilian crowd helped to propel him over the bar with room to spare! It was astounding to behold.

Or, how about the story of the 35-year-old American, Anthony Ervin, who bested men that were but two-thirds his age to win the 50-meter freestyle swim. The even more amazing part of that story was the fact that he had originally won the same medal sixteen years earlier! Who comes back after a sixteen-year drought to win a race that is thought to be determined by the strength and reaction time normally associated with those in their teens or early twenties?

While I don't for a minute discount the great achievements involved in achieving medal status, how about those that didn't reach the medal podium?

There's the story of Abbey Dagostino from the United States and Nikki Hamblin from New Zealand. During the 5,000-meter race, Dagostino grazed Hamblin's heel and they both crumpled to the track. Abbey was the first up and, as Hamblin was still prone on the ground, she went to Hamblin's aid.

Both to their feet, they tried to continue the race, only to have Dagostino go down again. Hurt much worse than she thought, Dagostino had once again collapsed. Hamblin returned the favor and, to the protests from Dagostino for Hamblin to try to catch the group, helped Dagostino to her feet before returning to the race. Somehow, through excruciating pain, Dagostino finished the race and was embraced at the finish line by a waiting Hamblin.

Or the story of Yusra Mardini, one of many who represented the very first Olympic refugee team. While the young Syrian girl was nowhere close to winning the 100-meter butterfly race that she participated in, she found herself participating in the Olympics just over a year after surviving a treacherous escape from war torn Syria. The boat that she and others were using to cross the Mediterranean began to take on water. She, along with her sister and another refugee, jumped into the water and pushed the boat to land.

These are just a few examples of stories that I believe truly exemplify what the Olympian spirit is all about. Beyond personal desires, beyond allegiance to country, it comes down to acts of selflessness and the boundless power of the human spirit to succeed – to persevere.

I hope that these and other tales of personal courage and fortitude are what we remember going forward – the best of humankind as inspiration to propel the next group of Olympians toward their destiny. Let's not let them think that the only victory is the medal haul, but instead, the win is in their sacrifice and their resolve in making the Olympic team and representing our country with honesty, honor and humanity. That's the real measure of a true Olympian.

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

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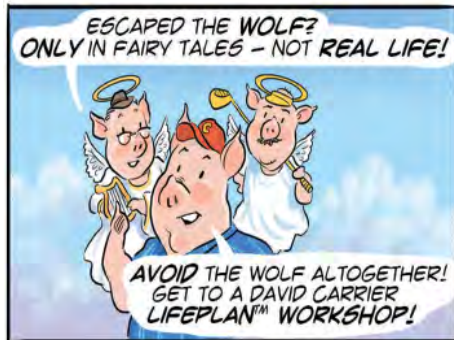
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5	7	4	9	3	6	1	8	2
6	2	1	8	7	4	9	5	3
4	5	9	2	8	3	7	1	6
3	8	6	7	1	9	5	2	4
7	1	2	6	4	5	8	3	9

SCRABBLE® BRAND GRAMS SOLUTION

U ₁	N ₁	C ₃	L ₁	E ₁	A ₁	N ₁	RACK 1 =	<u>59</u>
F ₄	I ₁	N ₁	A ₁	N ₁	C ₃	E ₁	RACK 2 =	<u>62</u>
C ₃	O ₁	T ₁	T ₁	A ₁	G ₂	E ₁	RACK 3 =	<u>70</u>
I ₁	N ₁	E ₁	X ₈	A ₁	C ₃	T ₁	RACK 4 =	<u>66</u>
S ₁	H ₄	E ₁	L ₁	L ₁	A ₁	C ₃	RACK 5 =	<u>70</u>
PAR SCORE 270-280							TOTAL	327

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Jumble Answers:
SKIMP HAVEN TUMULT UNWISE
 Answer:
 What happened when the fog lifted at the airport – IT WASN'T "MISSED"



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