


Senior Perspectives

JANUARY | FEBRUARY 2017

BROUGHT TO YOU BY:

SeniorResources 
Our Name. Our Focus.

**A FREE
PUBLICATION**



6 Easy Steps to Healthier Teeth in the New Year ~ Page 10

6 Steps to Managing Diabetes ~ Page 21

8 Activities to Avoid Cabin Fever ~ Page 22

PAGE
04



PAGE
20

PAGE
33



JANUARY | FEBRUARY 2017 ■ WHAT'S INSIDE THIS ISSUE

- | | | | | | |
|--|--|--|---|---|--|
| 4 Valentine's Day History | 10 6 easy steps to healthier teeth in the new year!
<i>by Jackie Lindrup, RDH, M.Ed.</i> | 15 Water, Water, Everywhere
<i>by Jerry Mattson</i> | 20 Vintage Photos: Do you recognize these people?
<i>by Delicia Eklund</i> | 26 Chicago's Worst Snowstorm Ever!
<i>by Dick Hoffstedt</i> | 32 Walking Alongside
<i>by Kelly St. Martin, LMSW, and Richard Vanderputte-McPherson</i> |
| 5 Martin's Meanderings
<i>by Clif Martin</i> | 11 Soul Food
<i>by Gil Boersma, M.DIV., B.C.C.</i> | 16 Keith's World
<i>by Keith Sipe</i> | 21 6 Steps to Taking Control of Your Diabetes
<i>by Diane Jones, RN CDE</i> | 27 Mia & Grace
<i>by Joel Dulyea</i> | 33 Sailing back into history
<i>by Jay Newmarch</i> |
| 6 2016 National NAMPA Awards
<i>by Michelle Fields, Editor</i> | 12 Collectibles: R.S. Prussia porcelain
<i>by Christina Sanchez</i> | 18 What's happening at Senior Resources | 22 8 Activities to Avoid Cabin Fever
<i>by Louise Matz</i> | 28 Ask the Doctor
<i>by Dr. Oluwatoyin Thomas</i> | 34 To a waterfowl: Verse 2
<i>Keeping Danger at Bay by Janet Hasselbring</i> |
| 8 Social Security Questions & Answers
<i>by Vonda VanTil</i> | 14 A Caregiver's Perspective
<i>by Rolina Vermeer</i> | 20 Cathay's Cooking Corner
<i>by Cathay Thibdaue</i> | 24 Game page | 30 Living on Love
<i>by Mike Simcik</i> | |
| 9 Free Tax Preparations | | | | 31 Care Connections
<i>by Lisa Tyler</i> | |

EDITOR

Michelle Fields
231-733-3523
or 1-800-442-0054
michelle@seniorresourceswmi.org
SeniorPerspectives@srwmi.org

GRAPHIC DESIGN

Jay Newmarch
CRE8 Design, LLC
269-345-8845
jaynewmarch@gmail.com

COPY EDITOR

Bonnie Borgeson



ON THE COVER:

Winter's Art.
Glenn Rutgers | gnrutgers@yahoo.com

WRITERS

Laura Beechnau
Gil Boersma
Joel Dulyea
Delicia Eklund
Janet Hasselbring
Greg Hoadley
Dick Hoffstedt
Robbi Juergens
Dr. Aruna Josyula
Jackie Lindrup
Holly Lookabaugh-Deur
Clif Martin
Jerry Mattson
Louise Matz
Jay Newmarch
Cece Riley
Mike Simcik
Keith Sipe
Heather Smith
Kelly St. Martin
Cathay Thibdaue
Dr. Oluwatoyin Thomas
Lisa Tyler
Amy VanLoon
Vonda VanTil
Rolina Vermeer

MEMBER OF



LIKE US ON



MEMBER OF



560 Seminole Rd., Muskegon, MI 49444

231-739-5858

www.SeniorResourcesWMI.org

- An Area Agency on Aging
- An Equal Opportunity Employer
- Serving Muskegon, Oceana and Ottawa Counties
- United Way Community Partner

Senior Perspectives accepts advertising simply to defray the cost of production and distribution, and appreciates the support of its advertisers. The publication does not specifically endorse advertisers or their products or services.

To advertise in upcoming Senior Perspectives publications, contact:

Michelle Fields
Editor of the Senior Perspectives
(231) 733-3523 or toll-free 1.800.442.0054
michelle@SeniorResourcesWMI.org

No part of this publication may be reprinted or otherwise reproduced without written permission from the publisher.

Submit articles for publication or letters to the editor to
SeniorPerspectives@srwmi.org
or to Senior Resources,
560 Seminole Rd.,
Muskegon, MI 49444,
Att: Senior Perspectives.

Enjoy Senior Perspectives Online at www.SeniorResourcesWMI.org

3 STEPS TO PROTECTING YOUR FAMILY



LET US SHOW YOU HOW TO
**PRESERVE YOUR
ESTATE**

TUES.
JAN 10
1:30 PM

THUR.
JAN 26
6:30 PM

THUR.
FEB 16
1:30 PM



FREE WORKSHOP

- Understand Common Planning Traps
- Decide Why Planning Matters
- Take Action

Call Now to Register
231-799-4994



Douglas H. McPhail, PLC
An Estate Planning & Elder Law Firm

AMG Business Center, 800 Ellis Road, Norton Shores, MI 49441

www.dougmcphail.com

25 Years of Estate Planning Excellence

Valentine's Day History

Every February we celebrate Valentine's Day by giving flowers, candy and cards to those we love. We do this in honor of St. Valentine. You may be wondering, "Who is St. Valentine?" Time to brush up on your Valentine's history!

There are different ideas as to where or how the celebration of Valentine's Day began. The Romans celebrated a festival called Lupercalia on February 15. This festival was held to ward off the danger of wolves to their flocks and honored their god Lupercalia. Some people think that Valentine's Day is based on this festival.

Another legend is that St. Valentine was a priest who served during third century Rome. During that time, there was an Emperor who ruled Rome named Claudius II. Emperor Claudius II decided that single men made better soldiers than those who were married and outlawed marriage for all young men serving in his army. Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him imprisoned, and later put to death. Some stories say that the young couples, who Valentine had married, gave flowers and letters to Valentine when they visited him in the prison.

In a slightly different version of the legend, Valentine was an imprisoned man who fell in love with

his jailor's daughter. Before he was put to death he sent the first "valentine" to his love when he wrote her a letter and signed it "Your Valentine." These words are still used on cards today.

Perhaps we'll never know the true identity and story behind the man named St. Valentine, but this much is for sure...February has been the month to celebrate love for a long time, dating way back to the Middle Ages. In fact, Valentine's Day ranks second only to Christmas in number of greeting cards sent.

Another famous name related to Valentine's Day that you may be wondering about is Cupid (Latin cupido, "desire"). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, god of love. Cupid is often said to be a mischievous boy who goes around wounding both gods and humans with his arrows, causing them to fall in love.

Information by Telegraph Information Services



Pam Curtis
Director, CEO

SENIOR RESOURCES 2016 BOARD OF DIRECTORS

Chairperson..... Sherry White
Vice Chair..... Joel Elsenbroek
Sec./Treas..... Kathy Moore

MUSKEGON COUNTY

Tim Erickson Ron Giza
Holly Hughes Kathy Moore
Ken Uganski Sherry White

OCEANA COUNTY

Ken Fisher Bernice Salisbury

OTTAWA COUNTY

Tim Breed Joel Elsenbroek
Kathy Hanes Tom Reinsma
Dr. Gary Robertson Gary Scholten

2016 PROGRAM & PLANNING ADVISORY BOARD

Barb Boelens Allendale
Kathy Hanes..... Allendale
Diane CunninghamMuskegon
Ken FisherOceana
Rolina Vermeer Grand Haven
Gary Scholten..... Zeeland
Anne Soles Pentwater
Cheryl Szczytko..... Caledonia
Peter Theune Spring Lake
Bill Van Dyke..... Holland
Joel Elsenbroek..... Jenison

Our mission is to provide a comprehensive and coordinated system of services designed to promote the independence and dignity of older persons and their families.

This agency does not discriminate against, exclude from participation or deny benefits to any eligible recipient of services on the basis of race, color, national origin, age, sex or handicap.

If you have a discrimination complaint, please contact Senior Resources of West Michigan, 560 Seminole Rd., Muskegon, Michigan, 49444, phone 231-733-3523 or 1-800-442-0054.

SeniorResources 
Our Name. Our Focus.

I Spy

It's easy!

Simply find the penny in this edition. List where you spotted him, clip and return this form for the chance to win a \$20.00 gift card to Russ' Restaurant!



Page # where Abe Lincoln was found

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

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

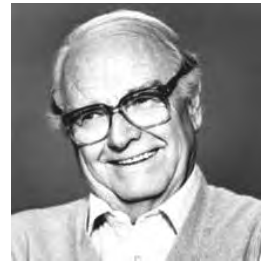
Martin's Meanderings

"Gunsmoke"... Real Radio



BY
CLIF
MARTIN

Serious students of old time radio have called *Gunsmoke* the last great radio drama. Everything about it was just right. The scripts, the actors, the sound effects. Rex Koury's music could not have been better. It played a big part in transporting listeners to the old West. Koury was also a theater organist. He played a show on the Barton pipe organ at our downtown Muskegon theater when it was still the Michigan.



and it didn't look like the pictures I drew in my mind when I listened to it on radio. They used Rex Koury's music but it was arranged to be more in tune with the hyperactive '60s.

I couldn't handle handsome, smiling James Arness as Marshall Dillon. I didn't think the marshall had much to smile about. William Conrad opened radio's *Gunsmoke* with the voice that that was perfect for the role, "I'm that man, Matt Dillon, United States Marshall ... the first man they look for and the last they want to meet. It's a chancy job ... and it makes a man watchful ... and a little lonely."



You can have your TV reality shows. Give me real radio like *Gunsmoke*. I want to draw my own pictures.

Clif says if you have not heard the "real" Gunsmoke you can find it on the internet.

What did Marshall Dillon and Miss Kitty look like when they were doing the radio show? They looked like balding, overweight William Conrad and Georgia Ellis, who didn't look at all like a saloon keeper in the old West. And she didn't look like redheaded Amanda Blake, who played the role on TV. Chester Proudfoot, the marshall's assistant, was played by Parley Baer. He was also the voice of the Keebler Elf in those commercials. Doc Adams was Howard McNear. He's pictured here in his role of Floyd the Barber, cutting Mayberry Sheriff Andy's hair.

I never watched a full episode of the TV version. It didn't sound right

Clif started in radio in Flint in 1950, then moved to Marine City, Havre, Montana, back to Michigan and Grand Rapids, then finally to Muskegon in 1963.

It's Your Life...

Hear It Happen!

- **FREE** Hearing Screening
- **FREE** Ear Examination
- **FREE** Demonstrations

Limited Time Offer!

Buy One **FREE** Get One

Hearing Aid Batteries!!!

Limit 4 packs per Customer. Expires 2/28/17.

ASK US ABOUT OUR INVISIBLE* HEARING AIDS!

*Individual results may vary. Invisibility may vary based on your ear's anatomy.

Muskegon Hearing & Speech Center

1155 East Sherman Blvd.
Muskegon, MI

Call us today!
231-760-8054

A Hearing Health USA Member Company

www.hearinghealthusa.com

Michelle Giddings, BC-HIS
Board Certified Hearing Instrument Specialist #1379



2016 National NAMPA Awards

Letter from the Editor Michelle Fields

I was fortunate to be able to attend the 2016 NAMPA National Convention that was held in Denver, Colorado this past September. NAMPA is the North American Mature Publishers Association. It is a non-profit organization for publishers of local and regional senior publications. NAMPA members publish over 35 publications with a combined circulation of over 1.8 million in the United States and Canada. Senior Perspectives has been a member of NAMPA since July of 2015.

On the first evening of the convention, the members of NAMPA meet for dinner and an awards presentation, recognizing designers, writers and publishers. Prior to the convention, publishers submit individual articles, ads and complete publications for the annual awards competition which provides special recognition for excellence in senior publications. Entries are judged by the School of Journalism of the University of Missouri located in Columbia, Missouri.

Senior Perspectives was honored with 4 national awards in various categories. These awards were presented to the Senior Perspectives staff in October at a special event.



Right, Top: Downtown Denver Colorado. Right, Bottom: Big Blue Bear at the Colorado Convention Center



1st Place Overall Most Improved Publication

(L-R) Graphic Designer Jay Neumarch, Copy Editor Bonnie Borgeson, and Senior Resources CEO, Pam Curtis

Judging for this category needed to exhibit major improvements in both editorial content and design. Senior Perspectives had to submit 3 consecutive issues from Jan.-June of 2016, plus the same cycle of issues from the previous year.

Judge's Notes: "Senior Perspectives is now bigger and better! They have increased their page count from 28 to 36 pages. The presentation is also cleaner and better organized. The color tint on the contents page no longer competes with the advertisement on the facing page. Typography is cleaner and less cluttered."



1st Place | Janet Hasselbring | Category: Personal Essay

Janet Hasselbring (center). This category recognizes the value of personal essays as from any writer as published in a senior publication.

Judge's Notes: " 'A Good Therapy Dog' Hasselbring informs and entertains as she shares personal experiences of bringing her dog to an assisted living facility. Her essay is full of telling anecdotes, recreated to make readers feels as if they were standing in the room watching and listening. That's the power of narrative."

Affordable Assisted Living

A warm & welcoming home nestled in a cozy Grand Haven neighborhood since 1961

Call Sue at 616-842-0170

704 Pennoyer Avenue | Grand Haven | www.christianhavenhome.org

Wonder Aimlessly.

HACKLEY
Public Library

Everything Imaginable.

316 W. Webster Ave., Muskegon MI 49440
hackleylibrary.org • 231-722-7276



2nd Place | Louise Matz
Category: How-To Feature

Louise Matz (center). Entries should demonstrate the usefulness and applicability of the information presented. These pieces offer more than advice as they instruct and enlighten the reader, providing guidance in achieving the desired outcome.

Judge's Notes: " 'Get Ready-The Orioles Are Coming,' Janet doesn't mess around in this concisely written article gives precise how to tips, without sounding bossy. Interspersed are paragraphs describing the joys of seeing these "delights" in your yard. The article is a welcomed blend of advice and impressions."

2nd Place | Holly Lookabaugh-Deur
Category: Senior Issues



Entries cover regular columns on senior issues, advice, behavior and health issues or senior resources.

Judge's Notes: "A series of pieces called 'Dare to Be 100' condenses a book by Dr. Walter Bortz into usable, meaningful bits of advice. The author's positive personality shines through the text, and she works hard to persuade her audience that taking steps to live longer is not only wise, but worthwhile."



2016 Honorable Mention

(Left) Rolina Vermeer's, A Care Giver's Perspective- Notes from my Mother's Daughter

and (Right) Delicia Eklund's Muskegon County Genealogical Society- Do You Recognize These People?



Editor and Publisher Michelle Fields with Professor Daryl Moen of the School of Journalism at the University of Missouri.

Ring in the New Year

with a Commitment to Better Hearing



If you've been missing out on important moments and conversations with family and friends, it's time for a fresh start.

Beltone makes it easy for you to re-connect with:

- FREE** Hearing Screenings for you and your family
- FREE** Video Ear Inspections and
- FREE** Digital Demonstrations

Or, if you currently wear hearing instruments that aren't performing as well as they should be, stop in for a clean and check. We'll also give you a **FREE** pack of Beltone batteries.

Make the most of your New Year.
Call Beltone today to set up your no obligation appointment.



Make a New Year's resolution that benefits you and your family.



Helping the world hear better



Benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation and proper fit. ©200

MUSKEGON • 843 W. Summit
(231) 755-3920 • 1-800-522-9588

GREENVILLE • 1810 W. Washington • (616) 754-7122
BIG RAPIDS • 550A S. State Street • (231) 796-4606
FREMONT • 108 S. Stewart • (800) 522-9588

HOLLAND • 720 Michigan Ave., Suite C • (616) 394-0577
JENISON • 640 Baldwin • (616) 457-0028
LUDINGTON • 239 N. Jebavy • (231) 843-3039

GRAND RAPIDS • 6161 28th St. SE Suite 4 • (616) 464-1974

Also serving Manistee, Shelby, Hart, Montague, and Tri-Cities



BY
VONDA
VANTIL

Question: My aunt is considering applying for *Extra Help* with Medicare Part D prescription drug costs, but she has about \$10,000 in the bank. Would she still be eligible with this much money?

Answer: Based on the resources you mentioned, it sounds like she may

qualify. However, there are other factors to consider. In most cases, recipients of *Extra Help* are limited to \$13,640 (or \$27,250 if married and living with a spouse) in resources in 2016. Resources include the value of the things you own, such as real estate (other than the place you live), cash, bank accounts, stocks, bonds and retirement accounts. To learn more, visit the Medicare link at www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: What is the maximum Social Security retirement benefit?

Answer: The maximum benefit depends on the age you retire. For example, if you retire at full retirement age in 2016, your maximum monthly benefit would be \$2,639. However, if you retire at age 62 in 2016, your maximum monthly benefit would be only \$2,102. If you retire at age 70 in 2016, your maximum monthly benefit would be \$3,576. To get a better idea of what your benefit might be, visit our online Retirement Estimator at www.socialsecurity.gov/retire/estimator.html.

Question: Do Members of Congress have to pay into Social Security?

Answer: Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees, have paid taxes into the Social Security program since January 1984. They



pay into the system just like everyone else, no matter how long they have been in.

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.

Question: I have never worked but my spouse has.

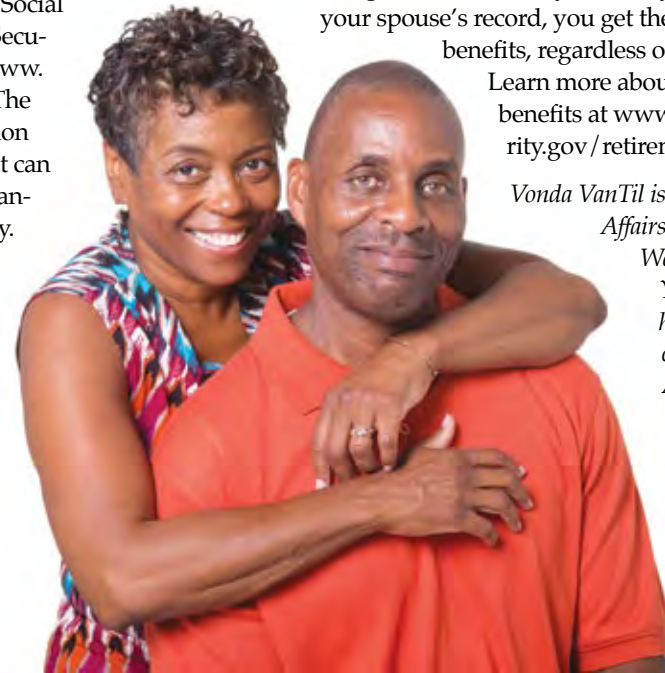
What will my benefits be?

Answer: You can be entitled to as much as one-half of your spouse's benefit amount when you reach full retirement age. If you want to get Social Security retirement benefits before you reach full retirement age, the amount of your benefit is reduced. The amount of reduction depends on when you will reach full retirement age. For example, if your full retirement age is 66, you can get 35 percent of your spouse's unreduced benefit at age 62 (a permanent reduction); if your full retirement age is 67, you can get 32.5 percent of your spouse's unreduced benefit at age 62 (a permanent reduction).

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

Learn more about retirement benefits at www.socialsecurity.gov/retirement.

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



LIFEPLAN LESSONS
brought to you by
THE LAW OFFICES OF
DAVID L. CARRIER, P.C.
ESTATE PLANNING & ELDER LAW
616-361-8400
800-317-2812

The Out-of-Towners

POOR DAD IN A NURSING HOME... GIVES ME THE THE CREEPS!

EVEN WORSE! IT'S ONE OF THOSE 'MEDICAID' NURSING HOMES... WHAT WAS BROTHER BOB THINKING?

HUH?! CAN THIS BE THE RIGHT PLACE?

SURE NICE WINDOW-DRESSING BUT I SHUDDER TO THINK WHAT IT'S LIKE INSIDE...

THIS MUST BE DAD'S ROOM - **Gasp!**

OH MY GOSH!

WHAT KIND OF PLACE HAS DAD ENDED UP IN? FIND OUT IN THE THRILLING CONCLUSION ON PAGE 35.

www.davidcarrierlaw.com

Save This Tax Season

Free Tax Preparation Services

Volunteer Income Tax Assistance (VITA) Services for West Michigan, Goodwill and the Tanglewood Park agencies are here to make tax time easier for you. VITA is ready to kick off their tax season by offering free tax preparation services for low- to moderate-income families in West Michigan.

This year Tanglewood Park will be hosting free tax preparation services on Thursdays from 3-6 p.m. starting in February. Tanglewood Park is just one of many locations offering free tax preparation services this year. To schedule an appointment at a location nearest you, please call 2-1-1 at 1-877-211-5253.

Are you eligible? Free tax preparation with volunteer assistance is available to all individuals with incomes below \$60,000.

Is Free Income Tax Assistance right for you? If you like having a knowledgeable, pleasant person helping with your taxes, and you're not comfortable filling out tax forms on your own, full-service assistance is right for you.

Who is providing this service? The Volunteer Income Tax Assistance (VITA) program is a community partnership between the IRS and local nonprofit organizations led by Goodwill Industries of West Michigan. VITA coalition partners work year round to plan and organize free tax preparation services, recruit and train volunteers, and conduct outreach activities and events to increase awareness of tax credits and free tax preparation services available.

Are the volunteers trained? The volunteers who complete and electronically file tax returns at the VITA sites are required to complete a series of online and classroom training sessions developed by the IRS and local tax experts. The volunteers must also obtain IRS certification as qualified volunteer tax preparers by passing a series of tests. Along with requiring detailed knowledge of tax law, filing statuses, and deductions and exemptions, the volunteers must also pass tests covering privacy rules and ethics.

How do you schedule an appointment? Contact CALL 2-1-1 - dial 211 or 1-877-211-5253 - to find a VITA site that is located near you. The call specialists will help you determine your eligibility and will take your information to schedule an appointment.

What should you bring to your appointment?

To ensure you get all your credits and deductions, bring all of the following that apply to you:

- Social Security or ITIN cards for you, your spouse and any dependents
- Photo ID for you and your spouse
- All income forms: W2, 1099, 1098, SSI, etc.
- Information from all other income sources
- 1095A, 1095B, 1095C, or other healthcare information
- Copy of last year's return
- Amount spent on child/dependent care and care provider's name, address, tax ID number
- Heating paid in 2016 (11/1/15-10/31/16)
- If you are a DTE customer, bring in bill
- Monthly rent amount and total rent paid in 2016
- 2016 summer & winter property tax bills, receipts
- Health insurance premiums paid
- Alimony information
- Bank routing and account numbers
- Information needed for other deductions/credits

Heartland - Knollview



BACK TO
ACTIVE



Make the most of your rehabilitation

Heartland - Whitehall



Heartland Health Care Center - Knollview
1061 West Hackley Avenue
Muskegon, MI 49441
231.755.2255

Heartland Health Care Center - Whitehall
916 East Lewis Street
Whitheat, MI 49461
231.894.4056



Heartland 
Health Care Center

heartlandnursing.com

©2015 HCR ManorCare



BY JACKIE LINDRUP RDH, M.Ed.

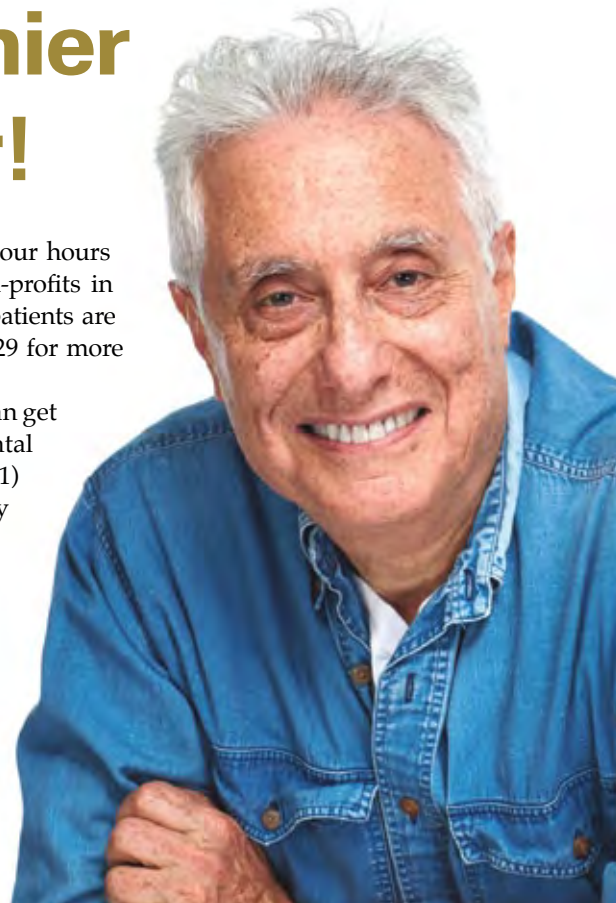
6 easy steps to healthier teeth in the new year!


1. Brush your teeth before bed and in the morning. This reduces bacteria and plaque that give us bad breath and keeps our breath fresh. Rinse if you can't brush!
2. Eat more fruit and veggies (apples, celery, carrots) and less sticky bread and starches for healthier teeth and body.
3. If you have removable dental work, brush gently and soak overnight when you can to give your mouth a rest.
4. Visit your dental professional for more tips, cleanings, and any dental repairs you need! You will be amazed at how comfortable dentistry has become!
5. If you don't have dental insurance and are a resident of Muskegon or Oceana Counties you may qualify for the Volunteer for Dental Care program. This pro-

gram offers dental services free for your hours worked as a volunteer at many non-profits in town. Many of our most successful patients are seniors! Call Suzanne at (231) 766-7129 for more information.

6. If you have Medicaid coverage you can get a dental appointment at two local dental clinics, Muskegon Family Care (231) 733-4800 and Hackley Community Care (231) 737-1335.

Jackie Lindrup is a retired dental hygienist in Muskegon MI. She provides dental seminars to local dental professionals, and is the director of Volunteer for Dental Care which is located in the Access Health building in downtown Muskegon. For more information you can reach her at jackielindrup111@gmail.com



 **Brookhaven**
Medical Care Facility

1890 E. Apple Avenue • Muskegon, MI 49442

- Skilled Nursing • Rehabilitation
- Memory Care • Active Community

Medicare, Private Insurance and Medicaid Accepted



We invite you to get to know us. For more information or a tour of Brookhaven, please call 231.724.3500.

Spacious Private and Semi-Private Rooms

filled with life!

www.brookhavenmcf.org



DONATE YOUR TAX REFUND FOR A WORLD WITHOUT ALZHEIMER'S.

As a Michigan taxpayer, you can quickly and easily help Michigan families living with Alzheimer's disease by donating all or part of your tax return to the Alzheimer's Association. Call us for information or ask your tax preparer about Tax Form 4642 to donate now.

alzheimer's  association®

800.272.3900 | alz.org®

Soul Food

“There’s got to be something more.”



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

Whether you’ve reached retirement or you are still working to provide for your needs or those that depend on you, there comes a time in your life when you can’t escape the thought “there’s got to be something more.” This hunger cannot be filled with higher earnings, more shopping, or more adventures; not even more friends. If you seek a new year’s resolution, choose wisely.

More than all the creatures of this world, what uniquely makes us human is a desire for meaning and purpose beyond what we can see, touch or control. We just came through the most joyous holiday season of every year, which offers our lives in Michigan a way to cope with the freezing temperatures and the accumulation of winter ice and snow. Now there is a new year upon us which begs us to look inside and resolve to make it better or to accomplish something.

Have you ever wondered as you get older why holidays, parties, and material gains only offer temporary fulfillment? Even religious traditions can, at times, seem less fulfilling than before; or we just have a nagging thought that there’s got to be something more. What am I missing? I ought to be overjoyed with what I have seen and accomplished! What is missing is a personal acknowledgement that we have neither created



this world nor do we have any power to control it; and this is true of our own lives as well. Think about it; we did not decide to come into this world nor should we have any choice of when we leave. I do acknowledge that we can make choices throughout our lives, when it comes to health issues, which can prolong our lives (of course in this regard the opposite is also true).

Once we have acknowledged the foregoing, we have to come to terms with the need to know and acknowledge the creator, sustainer, and redeemer of this world. This starts with a personal decision, which in turn adds value to your family and community. Have you noticed

that in this article I have stayed away, for the most part, from religious language? I am not against religion; I am simply more passionate about personal relationships with the creator, who fulfills all things.

Jesus said to his disciples, in Matthew 28:20b, “And remember, I am with you always, to the end of the age.” Seeking and knowing his presence then is the key to receiving his peace and guidance. He is not just a story; those who open their heart to him will receive the Holy Spirit to teach and guide them. That makes this soul food an everlasting meal!

Soul Food is written by Rev. Gil Boersma, (M.Div., BCC) a 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.

**Recording & Protecting Your Most
Important Real Estate Records**

MARK FAIRCHILD
REGISTER OF DEEDS

Muskegon County
173 East Apple Avenue
Muskegon, MI 49442
724-6271

www.co.muskegon.mi.us/deeds

Enroll Today! **Muskegon County**
REGISTER OF DEEDS



PROPERTY FRAUD GUARD

WWW.CO.MUSKEGON.MI.US/DEEDS

Property Fraud Guard is a simple tool that helps you protect you or your business from becoming the victim of fraud. Fraud Guard notifies you, as a service free of charge, via email, when your name is on a document being recorded in the Muskegon County Register of Deeds. With Fraud Guard, you stay informed about how your name is used by others.

Enroll today at www.co.muskegon.mi.us/deeds



THE COVE AT LAKE WOODS ASSISTED LIVING



- 4 Private room sizes with kitchenettes
- Suites, large rooms for couples
- 24 Hour staffing
- 3 delicious meals and snacks, breakfast served in room
- Beauty/barber shop
- Podiatry, Vision, Dental, Pharmacy, Lab and X-ray services are available



LAKE WOODS NURSING AND REHABILITATION CENTER

*Your facility of choice for Short-Term
Rehabilitation or Long-Term Care*

- 24 Hour Nursing Care
- Physical, Occupational, & Speech Therapy
- Post Surgical & Wound Care
- Short Term & Long Term Care
- Restorative Nursing



1750 Vulcan Street, Muskegon, MI 49442
231-777-2511 www.peplinskigroup.com

R.S. Prussia Porcelain

A country long gone, A collectible that endures.



CHRISTINA
SANCHEZ,
GUEST
WRITER

Ok everyone, it's Jeopardy quiz time. "This Germanic country was founded in 1525 and was completely dissolved by 1947." Well if you have a keen eye and read the article title you would know the answer is "What is the kingdom, then eventually the country, of Prussia?"

Prussia was originally formed from the combining of two Germanic territories -- the Duchy of Prussia and the Margraviate of Brandenburg. Ruled by the House of Hohenzollern, the armies of these two territories easily defeated other nearby territories, and by 1525 the capital of Königsberg was established. In 1701, the capital was moved to

the city of Berlin and the country endured -- first under the reign of Frederick I, then under Chancellor Otto Von Bismarck. ("Remember the *Bismarck!*" Anyone?) In 1814-1815, with the defeat of Napoleon Bonaparte, the Congress of Vienna redrew Europe's boundary lines. Prussia was given the territory of Saxony in northwestern Germany. It was the obtaining of this territory that formed the basis for Prussia's success in manufacturing porcelain.



Porcelain was discovered by Europe when Marco Polo took his initial trip to China in 1324 and pieces were brought back. The stark white hard clay wares were unlike anything Europeans had ever seen and they clamored for more. By 1500, Portugal had established trade routes to China that were bringing these pieces back to be purchased by royalty and nobility. The porcelain market was monopolized by the Chinese until 1708, when a German alchemist by the name of Johann Fredrich Bottger created what was deemed hard paste porcelain. Johann used a clay source discovered near the banks of the Elbe River close to the small town of Dresden, which was part of the Saxony territory. By 1710, the Royal Meissen Company, under the ownership of the King, was producing porcelain wares at more reasonable but still highly expensive prices. The Meissen Company tried to keep a monopoly on porcelain production, but workers came and went and by the early 1800s many private sector companies were producing competing wares.

It is at this point that our two stories merge. We see the country of Prussia now holding Europe's only source of manufactured porcelain, and manufacture it did! From 1815-1917 over 600 pottery and porcelain companies were estab-

lished. At its height the number of workers was estimated to be around 17,000. Unfortunately, these wares were thought by many Europeans and Prussians to be of lower quality, since they were not produced under the royal seal. Because of this, Prussian companies began exporting these wares almost exclusively to the United States and Canada.

In 1869, Reinhold Schlegelmilch opened a porcelain company in the town of Tillowitz which was part of Upper Silesia, also under Prussian rule. Reinhold's wares immediately stood out. His mold designers and decorating artists, leaning heavily on the influence of the Art Nouveau movement of the late 1800s and early 1900s, produced wares that had bright colors, heavy gold gilding, and detailed transfer decals. These decals were pictures of animals, flowers, and portraits of people from time periods such as Greco-Roman and Romantic. His molds were intricately crafted and based on flowers such as lilies, sunflowers, carnations, and poppies. There is even a very rare line of molds known as "the hidden face" where a lovely but not easily noticed woman's face is hidden in the piece. After World War I, around 1918, the kingdom of Prussia was beginning to



dissolve, as more citizen began identifying as German rather than Prussian. A coup in 1932 led to the end of Prussia's legal and political importance and in 1945, West Prussia was absorbed by Germany while the east was divided between Russia and Poland. Reinhold's factory was in territory that was given to Poland. Factory production under the R.S. Prussia name remained until after WWII but by 1910 production and exports had greatly diminished due to the rise of the Art Deco movement.

Beginning in the 1960s and continuing till today R.S. Prussia pieces have continued to gain momentum and value in the collectible world. The outstanding beauty of the pieces surpasses most other antique German pieces which are plentiful here in the U.S. Look at the pictures included in the article and I think you would agree. A country long gone

from our minds gave us works that retained a place in our hearts.

Christina Sanchez is the owner of Let's Dish It Antique and Vintage Replacement China & Collectibles. You can find her on Facebook at www.facebook.com/chrissantiquesandcollectibles/



Sanctuary at the Oaks

Driving You to Your Destination

Sanctuary at the Oaks residents enjoy FREE transportation services. Our chauffeur brings residents to local medical appointments, grocery shopping, outings and more.

 **SANCTUARY AT THE OAKS**

A Trinity Senior Living Community
Affiliated with Mercy Health

Call (231) 672-2796
for more details!



1740 Village Drive
Muskegon, MI 49442

www.SanctuaryattheOaks.org

save the date
AgeWell Services of West Michigan's 4th Annual
Heels for Meals



Saturday, April 22
6:00 p.m.
Bella Maria's
Event Center
513 W. Pontaluna Rd.
Muskegon, MI 49444

Ticket Price:
\$45 per person or a table of 10 for \$400.

RSVP Purchase your tickets.
call 231.733.8636 or email
heather@agewellservices.org

A Caregiver's Perspective



BY
ROLINA
VERMEER

I have been an erstwhile painter. My wish lists, to-do lists, my bucket list and my list of life goals always include a return to making painting more than a passing fancy. But at the end of the day, I've barely given painting a passing thought. I do not lack for supplies or ideas. I do not lack for inspiration of any kind. But my motivation seems to be hooked to the to-do list that looms over all my personal aspirations and is tied tightly to my sense of purpose and obligation to the needs my family. In this time of my life, that means husband and mother. My husband's independent spirit keeps him very well occupied. Though, as any woman who works from home realizes, when you are home, you are subject to the rhythm of your partner's activities and "quick questions." And almost every day, when the clock indicates late afternoon, I'm off to pop in on Mom to see how she is doing, to offer a ride, a story or a listening ear; to be a presence.

Visiting Mom is easy enough. Her assisted living home is a scant four minutes from my house, driveway to parking lot, with one stop sign and one stoplight in between. And my visits with Mom are mostly very satisfying for us both. Mom's face lights up when she sees me. She is always appreciative, sometimes relieved, rarely disinterested and never angry with me. She may have worked her confusion into a frazzle for the staff that is then glad to see me at that singular moment when I walk through the door and give a quick look around to assess the emotional climate.

I really like these visits. Most of the time. It's rare that I don't stay for an hour or so before I walk with Mom to the dining room, push in her chair and take my leave with a bon appétit and I'll see you tomorrow. I've made my excuses not to join her for dinner and, no, I am not coming back after dinner tonight. But I'll see you tomorrow!

And herein lies my dilemma. My day is so broken up with these visits, even at the end of the day, just before dinner. I feel as if I'd really like not to be obligated to light up her life on a daily basis. I've announced to the caring staff where she lives that I may not be by every day. They

nod in agreement or acquiescence. I come by the next day. On the rare days I don't stop in, I call to check on Mom. She's fine. She's just had her hair done. She is chatting with another resident. She's reading the newspaper. She's been in bed all day. She's refusing to get up. She is refusing a shower or other personal care. She is trying to get out of the building. She is ready to go home. Sigh.....

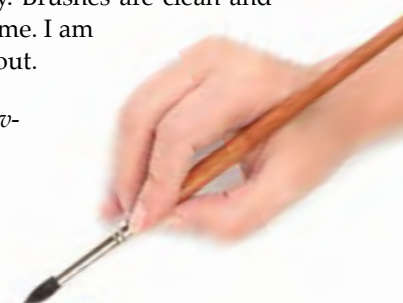
I've sometimes gone two days (when not on a vacation that takes me geographically away) without stopping to visit Mom, without even calling to check on her! They will call me if anything is amiss. Right? They do.

Minds more rational than mine gently correct my perception that the frequency of these visits is necessary. I know. Most other family members are much better at setting the psychological boundaries of caregiving and not making themselves nuts, trying too hard.

Then I think of how much pleasure we have had together. That even now, in her fragile and confused stage of life, we hang out well together. That there will come a day when my heart will crave one more visit: one more chuckle, one more picnic in the car at the beach, one more story of her childhood and life on the other side of the ocean where I could have been a Dutch girl and not this American with a rich Dutch heritage.

The easel is set up. The paints are ready. Brushes are clean and sketches are made. The canvas is calling me. I am listening. One day, I will paint my heart out.

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





WESTSHORE LAW
Linda S. Kaare
Allison Lucas
820 Terrace Street, Muskegon
231-571-9209
info@westshorelaw.com

Powers of Attorney – Wills – Trusts
Medicaid Applications & Planning
Guardianships – Conservatorships
Veterans Benefits – Caregiver Agreements

1 & 2 Bedroom Apartments • Cottages
Daily Scheduled Activities • Optional Meal Program
Handyman and Housekeeping Services • Laundry



A Lifestyle you Deserve, an Apartment you can Afford

The Village at Park Terrace
Muskegon's Premier Retirement Community

1350 W. Hackley - Muskegon, MI (231) 755-6560
www.villageatparkterrace.com TRS 7-1-1



BY
JERRY
MATTON

Water, Water, Everywhere!

Living in Michigan, most of us have seen Great Lakes waves crashing into breakwalls, white water splashing high near a lighthouse or just pounding a sandy beach. We've also seen mirror-like reflections of multi-colored autumn trees in the still water of a small lake or pond. These opposites of water fury and stillness make for memorable moments and favorite photographs.

Family photo albums may include groups celebrating the Fourth of July, Memorial Day or Labor Day at a park on or near an inland lake. This place might be a favorite spot to visit several times over the summer.



At one such gathering, I mentioned to a new acquaintance, "I live near Duck Lake."

"Really? So do I," he said.

"So you live close to Lake Michigan."

"Kinda, but we are much closer to the town of Twin Lake."

"Huh?"

I found it interesting, and somewhat confusing, that there are two Duck Lakes about 15 miles apart in Muskegon County.

Just for the fun of it, I went through my Michigan atlas looking for more Duck Lakes. I also counted Bear Lakes. I found

14 Duck and 12 Bear Lakes in our state. With my follow-the-finger scanning method, aging eyes, wetlands symbols disguising small bodies of water and the lake names being in small print, I may have missed some.

What defines a lake? The 20 largest inland lakes in Michigan range between 5,652 and 20,044 acres. There are a total of 10,759 lakes larger than five acres and over 35,000 smaller ones. Some tallies of Michigan lakes count those as small as one tenth of an acre. That may be why my unofficial "most popular lake name in the state" is Mud Lake. If many of these are of the tenth of an acre variety, they may be just a step or two up from being a mud puddle.

Over the years Michigan has promoted its lakes on license plates. Starting in 1954, our plates have had a variety of water-related sayings on them including Water Wonderland, Water-Winter Wonderland, Great Lake State, Great Lakes Splendor and Great Lakes.

As a teenager, I always felt we were playing second fiddle to Minnesota, since their license plates proclaimed it to be the Land of 10,000 Lakes. Now I find out we have many more than that.

Many of our lakes have the names of birds, fish and animals. Birds are represented by Goose, Teal, Swan, Mallard, Snipe, Loon and Plover. Fish lakes include Perch, Bass, Bullhead, Trout, Pike and Pickerel. Lakes named for animals are Caribou, Deer, Otter, Wolf, Beaver, Buck, Fawn, Gopher, Elk, Toad, Muskrat, Turtle and Mink.

People enjoy these and many other Michigan lakes in both summer and winter. It's nice to live so close to the large and small bodies of water that make our state a true year-round, natural wonderland.

Jerry, a Ford Motor Company retiree, has written several newspaper and magazine stories. Besides freelance writing, he enjoys working on old cars and garden tractors.



Keith's World

Around Town and More



BY
KEITH
SIPE

ing, photography, flying, cooking, history, biking and lives in downtown Muskegon,

Photographs...I could look at photographs for hours. It is one thing I enjoy spending my time doing. There are no favorites either, so I am going to just share some with some thoughts. These photos are just some that I came across while researching other photos.

Keith may be reached at rightseat-625bg@gmail.com Please drop him a note; he loves the attention, well, loves hearing from you. Keith enjoys writing,



A photo was shared on Facebook of Western Avenue, looking west. This photo from my file is similar but cropped a little different. Notice that in the upper right part of the photo you can see Pigeon Hill. There is a bus traveling east on Western Avenue that I thought looked out of place; it seems newer to me. One important thing about Western Avenue: it doesn't travel east and west -- it is off by around 34 degrees. But then again, I'm sure that was before levels and the compass were invented! (That's supposed to be funny). In the center of the photo at Western and Fourth Street is a parking lot where the L.C. Walker Arena is now located. This photo is from around 1928.

The next photo is of the Union Train Depot on Western Avenue between Sixth and Seventh Street. Actually, when this photo was taken, maybe around 1909, Seventh Street ended at Western Avenue as you headed north. Again, you can see Pigeon Hill in the distance.

Another point is that Muskegon Lake is close to the railroad tracks and there is no Heritage Landing area. It is all water. I read somewhere that 25% of Muskegon Lake has been filled in and if you look at some old maps and photos of Muskegon, you will find this is most likely true.



Are you caring for a family member with a chronic illness and need to talk?

Join us for the Tanglewood Park Support Group, every Friday Afternoon in January 2017

Special Topics to be Covered

1:00 – 1:30pm Special Topic Presentation (below)

1:30 – 2:30pm Support Group Discussion—"Caregiver Concerns"

- January 6th Long Term Care Ombudsman and what does that mean for the caregiver?
- January 13th Common Caregiver Concerns
- January 20th Scams and ID Theft
- January 27th Fitness for the Caregiver

All sessions are drop in – you can attend them all or pick topics that are of interest to you.

Brought to you by:

SeniorResources
Our Name. Our Focus.



Tanglewood Park 560 Seminole Rd. Muskegon, MI 49444

Please call 231-739-5858 if you have questions or require respite care for your special person while you attend the group.

Find topics for February's workshops at www.SeniorResourcesWMI.org



Facilitators,
Robbi Juergens &
Virginia Vasquez



This photo is of Third Street looking north. What caught my interest about this photo today was a booklet I recently read, "Third Street Dock" by Durward H Rose. It's fiction but was based on several events that actually took place from the early years to 1980s. The Third Street Dock was a mystery. The dock is at the end of Third Street in this photo. Only one structure in this photo is still standing today, the former Hume Grocery on the NE corner of Morris and Third Street.

Here is the trestle bridge that crosses the Grand River by Grand Haven. As you travel south over the bridge and look west, you will see this bridge that trains still are using today as they head south. This photo is circa 1902. The bridge looks the same today.



Here is a photo of the Whitney Bridge which is next to Hardy Dam, but it is under water. That's right. A diver said it was 45 feet down to the top of the bridge and another 15 feet or so to the road bed. We were by Hardy Dam this past Labor Day, and according to the depth finder on the boat the depth in this area is around 100 feet.





CHRISTIAN CARE

FAITH. HOPE. LOVE.

Dedicated to Serving Seniors for Nearly 100 Years.

Assisted Living

- Private Resident Rooms
- 3 Nutritious Meals Daily
- Laundry & Housekeeping
- Emergency Call System
- 24 Hour Medical Staffing
- Daily Activities
- Physical/Occupational Therapy
- Medication Management

1530 McLaughlin
Muskegon
(Behind K-Mart on Apple Ave.)
231.777.3494



Call Michele today for a tour!

www.christiancareliving.org

WHEN IT'S HARDEST, WE'RE HERE

When someone you love is seriously ill, Hospice of Michigan is there to help.

From the first call, we're there to support the unique needs of each family. Our certified hospice professionals work with you to create a custom-tailored care plan that provides the spiritual, emotional and physical support needed to get through even the hardest of days... and nights.

Call us any time of day or night to get the help you need. We'll be there.





1930 E. APPLE AVE., MUSKEGON

Call 24/7 toll-free 888.247.5701 | www.hom.org



...What's happening at Senior Resources?

Senior Resources tackling issue of social isolation



By Lisa Tyler, Communications
Director at Senior Resources

Gloria lives alone in a senior apartment complex. Family members take her to church on Sunday, but she is alone most of the rest of the week. She's missing vital social connections, which help us thrive and stay healthy.

Twenty-nine percent of people 65 and older live alone; almost 50% of women 75 and older live alone. There was an era when aging parents and grandparents lived in our homes, but now, many of us don't live in the same city or state with family members.

Having a social network (and we don't mean just Facebook) is vital to help us function at a higher capacity. An estimated one in five adults over age 50 – at least 8 million people – are impacted by isolation. An AARP Foundation study shows that prolonged isolation can be as bad for your health as smoking 15 cigarettes a day!

Negative health effects of isolation and loneliness may be associated with higher rates of chronic health conditions, including heart disease; weakened immune system; depression and anxiety; dementia; and admission to nursing homes or use of emergency services.

Fortunately, Gloria, and many like her, can be helped by at-home health services, providing someone to visit for help with bathing, laundry, shopping, housekeeping or picking up prescriptions. Meals on Wheels can be a vital daily social connection, in addition to providing that needed nutrition. Adult day care provides Gloria with rewarding interactions with other older adults several times a week. She enjoys exercise, crafts, field trips and more. She helps others with craft projects, which also helps her self-esteem.

What can you do to help others who may be experiencing isolation, especially in these winter months?

- Work on existing relationships – invite someone for coffee or out to see a movie or museum.
- Schedule a time every day to call a friend or visit.
- Meet your neighbors, both old and young.
- Use social media like Facebook to stay in touch, or do it the old-fashioned way and write a letter!
- Take a class to learn something new, and meet new people.
- Volunteer to help your sense of purpose, and to help others.
- Visit your local wellness or senior center and become involved in their wide range of programs.

We can all do something to prevent social isolation and loneliness—even a simple phone call or regular check-in can make all the difference. Gloria's supports coordinator reports that her life has dramatically improved with the adult day center and at-home services.

For more information, contact Senior Resources at 231-739-5858, or 800-442-0054. We can help direct older adults or their caregivers to centers in their community, or determine eligibility for services.

Lisa Tyler is the Communications Director at Senior Resources. She enjoys editing and writing, staying busy with her two high school children's activities, scrapbooking, and all things MSU!

Kids' Food Basket

Senior Resources' staff, family and friends volunteered making sack lunches at Kids' Food Basket located at Central Methodist Church.



(L-R) Kendalynn, Chere, Sarah, Thea, Lisa, Renae, Jenna, Mary, Nick, Maria, Henriette, Cindy and Eileen



Deb, Don and Mary packing every bag with care.



Thea, Cindy and Renae are measuring and bagging up the goodies.

SeniorResources 
Our Name. Our Focus.

Support for the Walk to End Alzheimer's



September marked the date for the Walk to End Alzheimer's event in downtown Muskegon. The team from Senior Resources raised \$1596.50. Senior Resources' co-chairs were Abbey Gannon and Toni Dowsett, both Social Work Supports Coordinators. Abbey stated that "I am very grateful for the support of the Senior Resources family and our community who helped us raise this amount."

Left: (L-R) Jan, Lisa, Skylar, Nicole, Abbey, Jake and Henriette
Above: HR Director Nicole with daughter Skylar

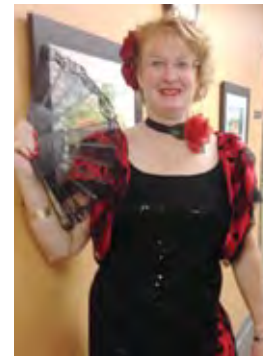
It was a funny, scary Senior Resources Halloween!



The staff of Senior Resources of W. Michigan takes Halloween very seriously.



"Green with Envy" Michelle and Steve



Flamingo Dancer Elizabeth



Frankenstein Mary



"Candy Land" Andrea, Renae and Brandi



The Witches - Kelly, Crista, Teresa and Sarah



Magic Maker Angela



"Rosie the Riveter" Nicole



Golden Thea and Silver Fran



Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Baked Apple Cinnamon Rolls

Sauce:

- 2 tablespoons unsalted butter
- 1 tablespoon heavy cream
- 1/2 cup light brown sugar
- 1 cup applesauce
- 1 teaspoon vanilla extract

Rolls:

- 1 (13.8 ounce) can refrigerated pizza crust
- 1/4 cup light brown sugar
- 1/2 cup granulated sugar
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

For sauce, whisk together all ingredients in small saucepan over medium-low heat. Cook, stirring occasionally, for 15-20 minutes until sauce thickens.

For cinnamon rolls, preheat oven to 350 degrees F (175 degrees C). Lightly spray an 8-inch cake pan with non-stick cooking spray. Roll out pizza dough into 8 x 12-inch rectangle with the smallest length facing you.

Combine sugars and cinnamon, nutmeg together in small bowl. Sprinkle evenly over dough. Pat sugar mixture gently into dough. Roll dough away from you. Dough will be about 2 inches in diameter and 12 inches long. Cut dough into 8 equally thick slices. Place rolls in prepared cake pan and bake for 20 minutes.

Pour sauce over rolls, and, bake for an additional 15 minutes. Let pan cool slightly on wire rack for 10 minutes. Serve.

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



Muskegon County
Genealogical Society



SeniorResources
Our Name. Our Focus.



This picture was found at Anything and Everything antiques in Cloverville. There were also three pictures of children with it. He looks to be a Free Mason.



This picture was found in a box from Boniface Polak, father of Frank (Francis) Polak. Resident of Muskegon until early 1920

We have no information to provide regarding this picture.



BY
DELICIA
EKLUND

Every year hundreds of vintage photos are donated to The Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. We have many pre 1920s photos, and some newer. We'd love to find the families to all of them!

Family history is like a giant puzzle 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. Future editions of Senior Perspectives will feature photos of individuals, families and places from the Muskegon area.

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

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@senior-resourceswmi.org or 231-683-2630.

Reducing Risks:

6 Steps to Taking Control of Your Diabetes



BY
DIANE JONES
RN CDE

As a new year begins, are you wondering what you can do to better control your diabetes? Are you worried about the complications that can happen to you? You can reduce your risk of heart attack, stroke, vision loss, and kidney & nerve damage by keeping your blood sugar, cholesterol, and blood pressure under control.

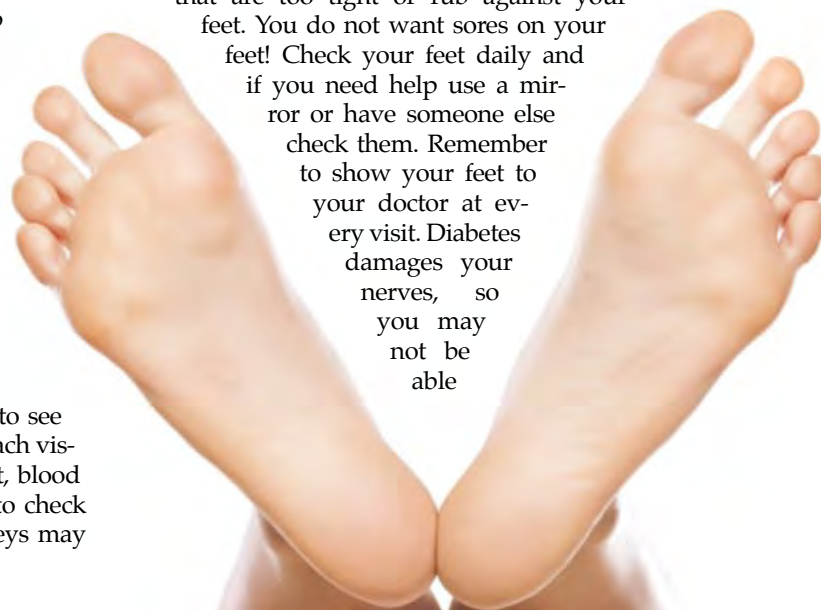
A diabetes educator can help you. It is work self-managing diabetes. Let a diabetes educator work with you to find the best way to eat healthy, be active, monitor your blood sugar, take medication, solve problems, and cope in a healthy way.

Here are some steps you can take to help reduce your risks and avoid other health problems.

- 1. Don't Smoke.** Smoking is especially bad if you have diabetes. It raises your blood sugar and weakens your body's ability to respond to insulin. Vision problems develop faster and it hurts your lungs and heart. You are three times more likely to die of heart disease or stroke than those who don't smoke.
- 2. See your doctor regularly.** Plan to see your doctor about every 3 months. At each visit, the doctor should check your weight, blood pressure, feet, and eyes. Regular tests to check your cholesterol levels, A1C, and kidneys may

be ordered at these visits. Be sure to get your flu shot every year. Keep a record of the tests you should have regularly and know what the target numbers are for each test.

- 3. Visit the eye doctor each year.** Your eye doctor can spot problems with your vision early and prevent them. Always tell your eye doctor you have diabetes, and make sure the exam includes dilating your pupils.
- 4. See your dentist twice a year.** With diabetes you are at a higher risk for cavities and gum disease, so see your dentist every 6 months. Brush and floss your teeth regularly.
- 5. Take good care of your feet.** Always keep your feet dry and clean. Don't wear shoes that are too tight or rub against your feet. You do not want sores on your feet!



Check your feet daily and if you need help use a mirror or have someone else check them. Remember to show your feet to your doctor at every visit. Diabetes damages your nerves, so you may not be able

to feel a sore. If you have a sore on your foot, let your doctor know right away.

- 6. Listen to your body.** If you don't feel well, or something doesn't seem right, contact your doctor to help you figure out what is wrong. You know your body better than anyone.

For more information, download a flyer on reducing risks- www.diabeteseducator.org/patient-resources/aade7-self-care-behaviors/reducing-risks. This flyer includes a list of things you should be doing as well as recommended tests, target levels, and how often you should get them. If you are struggling with how to best manage your diabetes, contact a diabetes educator today.

In Health,
Diane Jones RN CDE

Teaching people with diabetes the skills they need to stay healthy and feel better is my passion. For the past 7 years, I have been working part-time as a certified diabetes educator at North Ottawa Community Health System / Diabetes Education Department. I also enjoy teaching CPR classes as an American Heart Association BLS instructor at the hospital through the Community Education Department.

Guidance when it's time
to sell **your home.**

five star*
REAL ESTATE LEADERS

Brenda Harris
Five Star Real Estate
231.955.9222
brenda@brendaharrisgroup.com

24-Hour Emergency Service

AIR-CAIRE

Home Medical Equipment & Supplies

Oxygen • Nebulizer • CPAP & BI PAP Supplies • Hospital Beds
 Wheelchairs • Walkers • Diabetic Shoes • Commodes • Enteral Feeding
 Canes • Ostomy • Wound Care • Urological Supplies & Much More

We also offer a large selection of daily living aids & bathroom aids at a competitive price

231-924-4040 or 231-737-7070

16 E Sheridan St • Fremont, MI 49412 | 2440 Glade St • Muskegon, MI 49444
 Located Downtown between the Post Office and Library | Located in between Hackley and Sherman Blvd.
 Fax 231-924-4060 | Fax 231-737-7060

FREE Delivery!
 We bill primary & secondary insurance.

www.air-caire.com

Healthcare QUALITY
ASSOCIATION OF ACCREDITATION

8 Activities to Avoid Cabin Fever



BY
 LOUISE
 MATZ

Cabin fever? Get Out of the House! Mid-winter blues? A bad case of “the Februaries?” Yes, it’s winter in Michigan and it feels really cozy in the house. And, I admit, the weather doesn’t beckon you outside like it does in the other seasons; but I guarantee it will improve your mood and reduce your stress if you simply “get out of the house.” Here are a few suggestions:

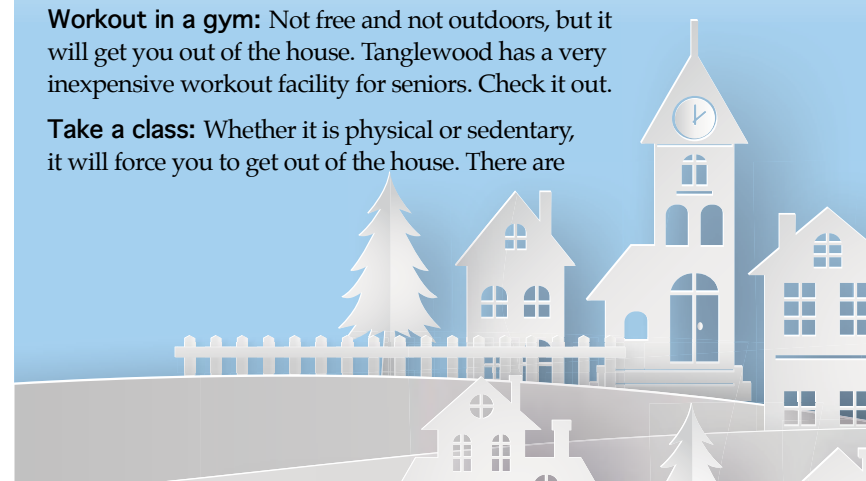
Take a walk: Walk a block or a mile or two. Just getting out of the house will work wonders. In Michigan you can’t let the weather stop you. Simply dress for it.

Put on that hat and gloves, or even long underwear or whatever it takes to keep you comfortable. If it’s too blustery, go to the mall. A favorite walk for me is the path along Lake Harbor Bridge which follows Mona Lake channel out to Lake Michigan. You’ll always find ducks looking for a handout near the bridge. It’s a great place to take the grandkids.

Take up a winter sport: If you are able, check out the Winter Sports Complex for cross-country skiing or ice skating. How about ice fishing, snowmobiling, downhill skiing or snowshoeing?

Workout in a gym: Not free and not outdoors, but it will get you out of the house. Tanglewood has a very inexpensive workout facility for seniors. Check it out.

Take a class: Whether it is physical or sedentary, it will force you to get out of the house. There are



Find us anytime at www.SuperiorMonument.com

**Let us help you design your own
 Cemetery Monument or Marker**

Traditional, custom, cremation or bronze –
 together we can create a meaningful memorial.

Grand Haven
 1003A Beacon Blvd.
 Corner of Taylor
 and Beacon
616-844-1700

Preserving the memories. Honoring the life. Strengthening the love.

**Superior
 Monument**

Muskegon
 354 Ottawa St.
 Corner of Business 31
 and Marquette
231-728-2211

FREE CONSULTATIONS LOCALLY OWNED AND OPERATED

Senior Perspectives
 MAY | JUNE 2016

BROUGHT TO YOU BY:
 SeniorResources
Our Name. Our Focus.
A FREE PUBLICATION

**Have Senior Perspectives Delivered
 All Year for Only \$5.00**

Name _____
 Address _____
 State _____ Zip _____
 Phone _____

Make \$5 check payable to Senior Resources
 and return payment and the coupon to:

**Senior Resources
 560 Seminole Rd.
 Muskegon, MI 49444**

A BI-MONTHLY PUBLICATION FROM SENIOR RESOURCES OF WEST MICHIGAN

Christian Manor Apartments

An Independent Living Center,
 a Beacon of Hope for Seniors
 and Disabled individuals.

*You'll love our friendly
 and courteous staff.*

1480 McLaughlin Avenue, Muskegon, MI 49442 • 231-777-3788

so many options. Might I suggest yoga, zumba, line dancing, drawing, or computer classes. Again, Tanglewood offers a wide range of classes, or you might check the offerings from the school system adult education. And, many free classes are offered by your local library.

Entertainment: Watch your local newspaper for concerts, plays, art exhibits, etc. One of my favorites is the Soul of the City noontime free concerts offered by St. Paul's Episcopal Church. Join a group to play Mah-Jong, bridge, cribbage or some other game. Join a book club.

Places to visit: Church, of course, and church activities are always uplifting. The libraries are a great place to take a seat and browse the latest magazine editions. Barnes & Noble is another good spot just to take a seat and read. Go see a movie. How about visiting the mall or just visiting new stores? Personally, I love to check out the second-hand stores such as Goodwill and Dibs on Resale or go to estate sales.

Take a drive: How about a change of scenery? Take a drive out to Lake Michigan. What an awesome sight even in the winter! I love driving down certain roads after one of those "sticky" snowfalls where the snow is clinging to all the trees. You know, those roads like Fruitport Road from Fruitport to Spring Lake or Lake Harbor Road from Seminole to Forest Park or the roads in Hoffmaster Park. The view is spectacular! Of course, if you can walk in the woods, it's even better.

Volunteer: So many agencies would love to have you. Your help would be welcome and you would get the satisfaction of contributing to the community. Take the first step. Pick an option. Try it. Those winter months will fly!

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



**Get Better.
Go Home.**
Rehabilitation & Wellness

SANCTUARY AT McAULEY
Muskegon (231) 672-2578

SANCTUARY AT THE PARK
Muskegon (231) 672-2202

SANCTUARY AT THE SHORE
Grand Haven (616) 846-1850

Affiliated with
MERCY HEALTH

www.TrinitySeniorSanctuary.org

Muskegon Volunteer for Dental Care
Urgent and preventive dental services for those in need.

IT'S AS EASY AS:

1. Attend a dental health class.
2. Complete your volunteer hours.
3. Receive your dental care. **Must qualify to participate*

231-766-7129

Greater Muskegon Service League | BCBSM | DELTA DENTAL | Women Who Care | MICHIGAN DENTAL ASSOCIATION | Access Health | Muskegon District Dental Society | ALCOA FOUNDATION

www.muskegonvolunteerdental.com

TAKE ADVANTAGE OF A FHA-INSURED REVERSE MORTGAGE FROM A LOCAL EXPERT

REVERSE MORTGAGE USA
A Division of Success Mortgage Partners

Plan for your future and use the equity in your home to achieve financial security. You have the freedom to use the money however you choose:

- Supplement your retirement income
- Payoff an existing mortgage or debt
- Pay for medical care, prescription drugs or in-home care
- Make home improvements and repairs

Call Linda Stenberg at 231-854-1046
lstenberg@ReverseMortgageUSA.com • www.greatlakesreversemortg.com
Reverse Mortgage Loan Originator (RML0) • NMLS License #1113870

Linda has over 16 years of experience to help you!

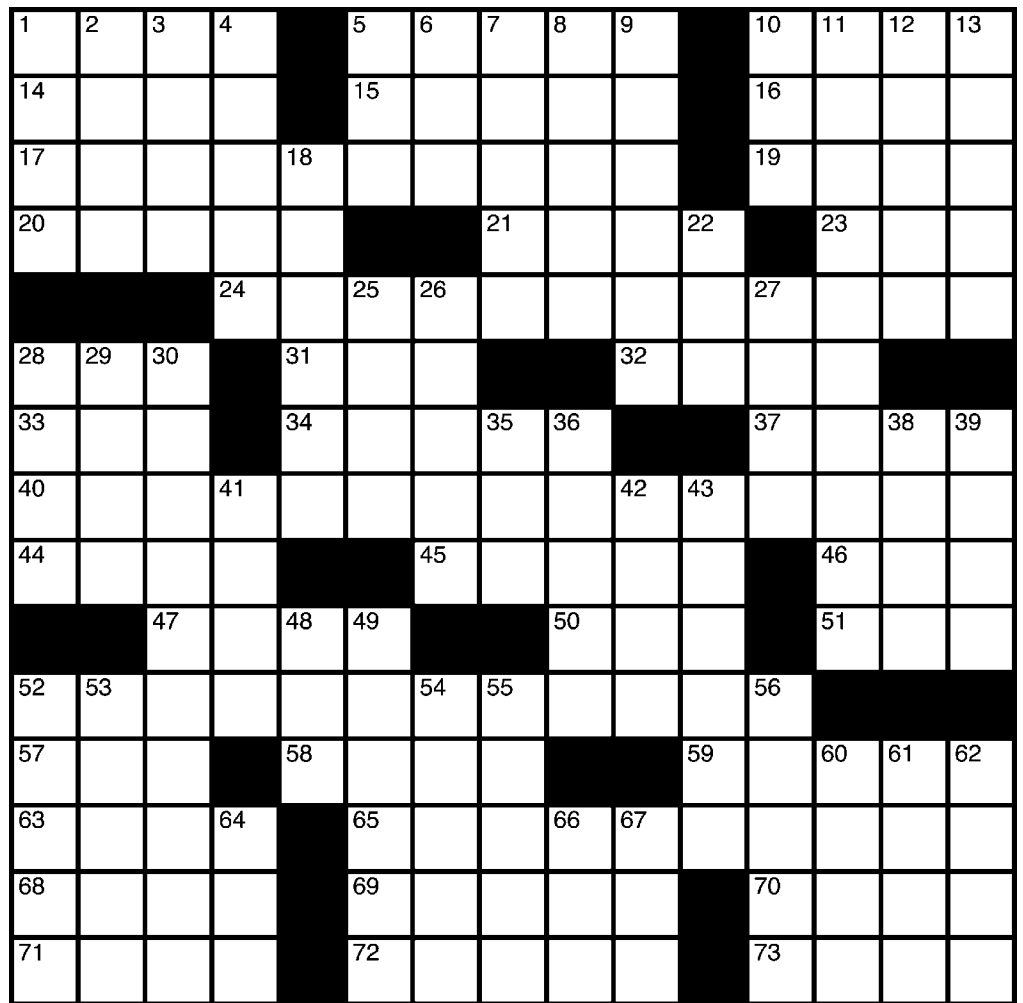
Terms and conditions are subject to guidelines. Some programs are subject to change or be eliminated without notice. Not all borrowers qualify for all programs. Borrower is responsible for counseling costs, taxes, insurance and maintenance expenses. Reverse Mortgage USA is not acting on behalf of or at the direction of HUD/FHA or the Federal government. Reverse Mortgage USA, a Division of Success Mortgage Partners, NMLS#136660 1260 S. Sheldon Rd., Suite 110, Plymouth, MI 48170. HUD ID#212233070, NMLS#1113870, MI License: Reverse Mortgage, USA, 1200 S. Sheldon Rd., Plymouth, MI 48170.

NRMLA

ACROSS

- 1 Victorian
- 5 Like much 67-Down
- 10 Bay of Bengal setting
- 14 Extinct pigeon relative
- 15 First name in puppetry
- 16 ___ jar: lab glass
- 17 Hold banned in amateur wrestling
- 19 Take one's leave
- 20 Make sure of
- 21 Stretched to the max
- 23 Reggae cousin
- 24 Premier League athlete
- 28 Apply gently
- 31 CBS-owned cable sta.
- 32 Pond gunk
- 33 Prefix with footprint
- 34 Pulls down
- 37 Winter pick-me-up?
- 40 Innocents
- 44 Mite-sized
- 45 "Tut-tut!"
- 46 Actress Tyler
- 47 Important stretches
- 50 Beef cut
- 51 Maple syrup source
- 52 Influential teams
- 57 Louisville Slugger wood
- 58 Comfy footwear
- 59 Jewish scholar
- 63 Swindle
- 65 April golf tournament, four of whose winners appear in 17-, 24-, 40- and 52-Across
- 68 Movie plantation
- 69 Sea-born jewelry material
- 70 "Right now!"
- 71 Song and dance
- 72 Urgency
- 73 Snoopy

- 13 A proposal may ultimately lead to one
- 18 Lasso loops
- 22 Dr. Mom's forte
- 25 Spiced tea brewed in milk
- 26 Toe woes
- 27 Mustang, for one
- 28 Chapter 11 factor
- 29 Berry in faddish supplements
- 30 Star of a classic sitcom set at a Vermont inn
- 35 Imprecise degree
- 36 Like provolone piccante
- 38 1998 Sarah McLachlan ballad
- 39 Initial request for an answer?
- 41 Bront' heroine
- 42 German actor Jannings
- 43 Some outdoor grills
- 48 Slot machine part
- 49 ___ tape
- 52 Macaroni Grill selection
- 53 Acting honor
- 54 Golfer Lorena
- 55 AOLers, e.g.
- 56 "Paradise Lost" figure
- 60 Spanish smooch
- 61 Lingerie catalog buys
- 62 Car trip game
- 64 Some advanced degs.
- 66 Floor pad
- 67 Part of IPA



(c)2016 TRIBUNE CONTENT AGENCY, LLC.

DOWN

- 1 Sharable digital docs
- 2 Libertine
- 3 Onetime Palin collaborator
- 4 Feathers one's nest, in a way
- 5 Full of: Suff.
- 6 Gp. with Sharks and Penguins
- 7 Decorator's asset
- 8 Cheering like crazy
- 9 Hangers in lockers?
- 10 Justice Fortas
- 11 Figures in 9-Down
- 12 "Very nice!"



JUMBLE

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

©2010 Tribune Media Services, Inc. All Rights Reserved.

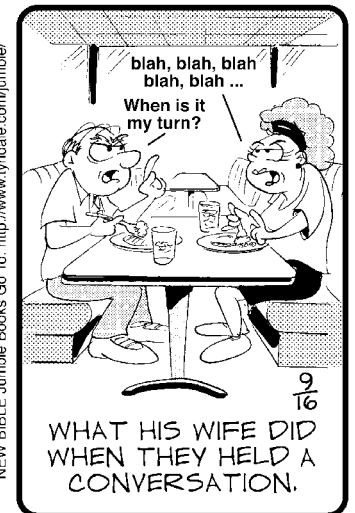
YONPE

TAMEL

VINTER

TARGEY

THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek



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

Ans:

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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35

SCRABBLE™ G R A M S

Hasbro and its logo, SCRABBLE, the associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. © 2016 Hasbro. All rights reserved. Distributed by Tribune Content Agency LLC.

<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	U ₁	K ₅	L ₁	N ₁	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	I ₁	Y ₄	L ₁	P ₃	S ₁	D ₂	Double Word Score 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"/>
I ₁	I ₁	O ₁	N ₁	T ₁	L ₁	F ₄	RACK 3
<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	O ₁	Y ₄	G ₂	G ₂	N ₁	S ₁	2nd Letter Triple 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	O ₁	T ₁	T ₁	D ₂	S ₁	RACK 5

PAR SCORE 260-270
BEST SCORE 325
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. **SOLUTION TOMORROW**
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

07-3

Hearing Loss... or just earwax?

Find out with a complementary hearing screening from

SONUS hearing care professionals

*If it is hearing loss, enjoy

\$750

toward a set of premium hearing aids!

Ends February 28, 2017

231-225-3113

www.SonusHearingAid.com

*\$750 is off MSRP. Hearing aids cannot restore natural hearing. Success with hearing aids depends on a number of factors, including hearing loss severity and ability to adapt to amplification. Hearing screenings are always free. This is not a medical exam and is only intended to assist with amplification selection.

Chicago's Worst Snowstorm Ever!

50th Anniversary



BY
DICK
HOFFSTEDT

It was Wednesday, January 25, 1967 and the temperature in Chicago hit an all-time high for that date of 65 degrees. People were out strolling and biking in their shirt sleeves, remarking how easy this winter was going to be.

Then it hit! At 5 a.m. on Thursday, the 26th of January, the temperature had dropped drastically, and light snow began to fall and then fall some more. "The Hawk," which is what Chicagoans have dubbed the strong winds off of Lake Michigan in winter, began to pound the city. It was the beginning of the worst natural disaster to hit the city since the fire of 1871.

By Friday morning, the 27th of January, the city was paralyzed. Twenty-three inches of snow had fallen, with drifts ranging from six to fifteen feet piling up in various sections of Cook County. People were stranded in their cars, and some joined in long lines as they trekked through drifts to find a safe haven. Many found shelter in hotels, restaurants, fire houses, and many business establishments. Pregnant women were taken to hospitals by sleds, bulldozers and snowplows. Babies were born in cabs. People were stranded at O'Hare Airport for the entire weekend. Sixty people died, with many freezing to death when their cars ran out of gas. All you saw of many cars were their antennas peeking out of the snow. No mail or any other kind of deliveries could be made until the next week.



The Outer Drive, the expressways, and the tollways became huge parking lots. Eleven hundred CTA buses were unable to move. Helicopters were used to get medical supplies to hospitals. Everything ground to a halt. Grocery stores shelves were emptied within hours by people who were fortunate enough to be able to walk to a store. Many people opened their hearts by sharing food and lodging with total strangers.

It wasn't until Monday, January 30, that things started to move a little bit. But it wasn't over yet. On Wednesday, February 1, six more inches fell and then on Sunday, February 5, the city was hit with another 10 inches. In about 10 days, we were buried under 39 inches of snow, with drifts 10 to 15 feet high in some areas.

The Chicago Department of Streets and Sanitation estimated that 75 million tons of snow had fallen on the city. Some of it they were able to dump into the Chicago River. Trains were loaded up with snow and sent south until the snow melted or was dumped in railyards along the way. Many people saw snow for the very first time in their lives.

It wasn't until mid-February that things began to function within reason. It's amazing that a city of three million people could be brought to its knees in a short time. Today there

are still periodic reunions of people who were trapped in various facilities. Today they laugh, but at the time it was a serious situation

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, riding his adult tricycle, Mark Twain and John Steinbeck.

**CHRISTIAN
CARE**
2053 Sheridan Drive
Muskegon, MI 49442
231.722.7165

PRIVATE ROOMS AND INDIVIDUALIZED CARE IN ONE CONVENIENT LOCATION!

REHABILITATION	SKILLED NURSING CENTER	MEMORY CARE
 <ul style="list-style-type: none"> • Private rooms • Short-term • Tailored to meet individual needs • Physical & Occupational Therapy • Therapeutic Activities 	 <ul style="list-style-type: none"> • Medicare Certified Skilled Care • Activity Program • Long-term Care • Private rooms • 24 hour comprehensive care 	 <ul style="list-style-type: none"> • Safe, secure home-like setting • Private rooms • Relationship based care • Specifically designed for individuals with dementia • Therapeutic group activities

Find out more about our specialized services at www.christiancareliving.org

Mia & Grace



BY
JOEL
DULYEA

Our wire-haired dachshunds passed through the opened slider and immediately snarled at an unseen animal. Their barking, which was not unusual, turned aggressive at the rail. The noise from below our deck indicated something larger than that fat squirrel raiding our bird feeder.

It was morning. The kitchen Keurig growled with a promise of coffee. Merijo had started breakfast when I opened Heidi and Gretel's kennel door. They darted from the bedroom, eager to go outside, nose to the deck, in search of intruder animal scent and the perfect place to pee.

Our commotion startled a whitetail deer, which attempted to flee from below our deck. Her right front leg, broken at the joint, swung wildly. She tried to escape in the normal manner, then on three legs, then reared in a desperate attempt to walk upright on her hind legs. The wound appeared fresh; the species must be incapable of screaming.

Heidi and Gretel protested our retreat away from the deck rail, back into the house. The doe remained frantic. The loss of use of her foreleg compromised her gait and chances of survival. Merijo joined me in heartbreak to watch the injured deer's improvised escape. Her struggle preoccupied our thoughts on the commute to Muskegon, until we became absorbed with work.

Later that day we returned to our home in the woods. Low standing oak trees are stingy during the winter, unwilling to discard unproductive brown leaves until spring's new growth insists. Wind conspires with taller, more mature oaks to denude their branches of leaves and prune the dead limbs. When thoughts of the animal surfaced, I grimaced. What could we do for this deer? The first thing I thought was she should be put down. Perhaps she wouldn't return and make me a reluctant witness to her forced adaptations.

The following morning, another whitetail appeared. We watched the healthy doe glide gracefully through the snow. Merijo named her Grace. She was paired with the injured deer sheltered beneath our deck. We called the crippled one Mia. Merijo ignored my suggestion to name her Chester, so the pair were named for a defunct restaurant in Muskegon.

An animal rescue person told us he could not treat or put down Mia because she was a controlled animal. A lady from the DNR recommended we let nature take its course, then shared a story of a three-legged deer that lived on her property for five years. With visions of an ASPCA commercial playing In the Arms of



an Angel sung by Sarah McLaughlin, we purchased alfalfa, corn and a mineral block from the Tri-County Feed Store in Montague, plus carrots and apples on sale from Meijer. Merijo said, "We'll play Mother Nature until spring."

For three days we saw no sign of Mia or Grace. Then one afternoon I left my writing station in the basement to brew a cup of coffee. I turned with cup in hand to look through the sliding glass door and saw Mia standing on three legs, eating from the seed block by the barn. We continued to make accommodations for her and Grace. The squirrels became active again once we started leaving corn below the deck for Mia. Heidi and Gretel gave chase when that fat fox squirrel dared to invade our bird feeders.

We admired Grace's faithfulness to Mia. When we saw her in the woods, we knew Mia was under our deck. But gradually time lengthened between Grace's visits, until Mia was left alone to hobble into our backyard. With Grace gone would Mia survive winter?

Spring was two weeks away; most of the snow had melted. The corn and apples had been undisturbed for over a week. I pulled the shades open to the morning sun and peered for a sign. Beyond the barn, alert ears rotated behind a tree to give away her presence; her flank, camouflaged as a fallen tree trunk, rested on a cover of oak leaves. "Merijo. She's back."

When the whitetail stood up our eyes locked. I flinched with wonder. She glided between pine and oak to disappear into the woods. Nature had taken Mia back.

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

Helping adults age with dignity, one day at a time.

THE LITTLE RED HOUSE INC.
ADULT DAY CARE SERVICES

We provide exceptional adult day care in a home-like, safe and welcoming setting with activities provided by professional and compassionate staff.

\$14.00 per hour - partial or full days

616-846-5720 ■ www.thelittleredhouse.org

Care Compassion Support Peace of Mind

FOR YOUR PEACE OF MIND

- Wills - Trusts - Powers of Attorney
- Guardianship - Conservatorship
- Probate Administration/Contests
- Medicaid Planning - Applications - Appeals

Law Office of David P. Covell, PLLC

900 Third Street • Suite 301, Muskegon, MI 49440
(231) 727-3108

Ask the Doctor

Your Aging Parents and Cognitive Impairment

Question: What signs could indicate that my aging parents may be experiencing issues with cognitive impairment?



DR.
OLUWATOYIN
THOMAS

Answer: The first sign that you may notice regarding your loved ones' cognitive impairment is that they are forgetting details, such as dates and times of appointments — or perhaps they are repeating the same questions, comments or stories from the past. You may also discover that your parents are beginning to misplace items. Everyday tasks, such as taking medications and balancing a checkbook, can also be challenging for them. Essentially, you will begin to notice a decline from what is normal behavior for them.

Question: Are there ways to help encourage my loved ones with short-term memory loss?

Answer: If you notice that your parents are showing signs of cognitive decline, I recommend that you take them for an evaluation to assess what factors could be contributing to their short-term memory loss. There could be multiple causes: an illness, depression, untreated anxiety or post-traumatic stress disorder.

It is important for you to realize that the memory loss and behavior you are seeing in your parents is not something that they are choosing. Rather, it is happening to them. Please keep in mind that correcting them and saying, "I told you to do this" or "Didn't I remind you about that?" is like blaming them, holding them accountable for their actions, which is not fair to them.

When adult children recognize short-term memory loss in their parents, I remind concerned family members that it is up to them to be responsible for how they interact with their parents. I often counsel family members in this way: "You may have to change your behavior and reactions."

For example, if your parents are repeatedly asking the same questions, do not respond with, "I told you that already." This type of response sounds accusatory and can make your parents feel like they are failing. I encourage caregivers to go with the flow...give your parents the answer and refrain from constantly correcting them.

Also, make sure you are not condescending in your communication with your loved ones. Despite their cognitive impairment or decline, you still need to treat them with respect and dignity. They deserve it.

Using simple directions, pictorial clues and written reminders can help your parents with memory tasks. When you give directions, make them as simple and clear as possible. Speak in short sentences and repeat directions, when requested. One-step directions are better than two-step directions, and so forth.

Most important, please pay attention to your tone. It is important for you to recognize that these cognitive changes I have referred to will affect your child-to-parent interaction. Many aging parents struggle with the idea of having to depend on their children when they have always been independent and in control. As you step in more to help with daily tasks, do your best to allow your

parents to maintain their self-respect and dignity.

Question: How can I deal with anger from a loved one who is aging?

Answer: Again, recognize that their anger is likely coming from a loss of control and independence. Try not to take your parents' anger to heart or to think that your parents do not appreciate you or want you there.

Due to their cognitive impairment and changes in mobility, your parents will need to rely on you more, and they may begin to think of themselves as a burden to you. They will need constant reassuring and reinforcement that they are loved.

When I speak with my patients, I like to point out that they are lucky to have family members advocating and wanting to be there for them. I encourage my patients not to view their family's care and involvement as a curse. Rather, it is a blessing because it means that, just as my patients have always cared for their children, their children are now demonstrating their love for their parents.

Question: How can I bring up the difficult topic of making preparation for the future, such as maintaining health, handling finances, and death and dying?



Answer: These important topics need to be addressed, and I invite my patients and their family members to view their physicians as partners in approaching these subjects.

When I care for patients that I determine have some cognitive impairment, and they have not made any arrangements or designated anyone to advocate for them medically or financially, the first question I ask is, "Who do you trust the most?" It is usually a child or close family member.

I encourage patients to schedule a family meeting, making sure that a plan for future medical and financial issues is addressed. I emphasize that once my patients have identified their advocates, it is important for other family members to know who is responsible for what, so there are no surprises.

With the Durable Power of Attorney for Health Care, Living Will and other advance directives, it is important to discuss the patient's wishes regarding health and end-of-life choices. Having those conversations sooner rather than later is better for everyone concerned.

Sometimes, it takes a one-time conversation to make plans for the future, but for other patients, it is a slow process that involves many months and meetings.

I encourage my patients to address these issues early through advance care planning.* By doing so, they are not wishing ill on themselves, but they are planning for a worst-case scenario.

Having decisions in writing and designating trusted people to make decisions on their behalf can bring patients and their adult children peace of mind — so the children are not trying to figure out what Mom and Dad would have wanted done in a medical emergency.

At Mercy Health Physician Partners Geriatric office, our patients and their loved ones are able to come in to meet with our care managers to complete advance directive paperwork. By the time they leave our office, they have everything

filled out. All they have to do is have it signed and return it to our office, where we will scan it into the computer. That way if something should happen, the information is easily accessed and the patient's wishes can be followed.

Question: As my loved one begins to decline and needs more help with management of medications, doing laundry and cooking, what options for living arrangements should I be considering?

Answer: Sometimes family members can step in and do take care of such every day needs. I encourage the adult children of my patients to meet and create a time table of who will be with the parent throughout the week at specific times, and who is responsible for household chores, repairs, medication management and so forth. Often, though, the burden of care falls primarily on one person, and this responsibility can become overwhelming. For the main caregiver, it is vital to have respite.

If plans have not been made properly, at some point, the situation can become a crisis. For example, family members can reach a point where they break down and can no longer provide care. This can result in an emergency placement of the loved one into assisted living or a nursing home. I stress to families that avoiding a crisis is crucial for everyone concerned. Planning ahead helps.

Plan A would be that the patient is at home, and the family is able to support the patient while ensuring that the person who is doing most of the "heavy lifting" is getting some respite

time. Plan B would be to consider assisted living. In previous articles, I have discussed what to look for in assisted living versus a nursing home.

You may find it helpful to review the resources at mercyhealthphysicianpartners.com/muskegon before you visit and evaluate such options. In the search bar type Ask the Doctor and click on the link. You will find previous articles on a variety of topics that have appeared in Senior Perspectives.

I usually tell caregivers that when they have narrowed down the possibilities to three or four facilities, they should take their loved one to spend a day there to make sure they are comfortable, to see how they interact with the staff, and to see for yourself that they are well cared for. You will want to include your parents in the decision making and ensure that their voices are heard and their opinions are taken into consideration.

Question: What coping strategies do you suggest for a full-time, live-in caregiver of aging parents?

Answer: When a family member takes on the role of caring for an aging loved one at home, I point out that the caregiver's health is uniquely tied to that of their aging parent.

It is important to recognize that if something happens to the caregiver, the life and living circumstances of the aging parent will be affected. Thus, other family members need to pay close attention to the health of the aging parent and that of the caregiver.

I remind caregivers that when they take on this role, they need to make sure that they make time for them-

selves — and that in order to be able to care for others, they must be able to take care of themselves first. It may sound selfish, but experience has taught me that it is the right and best way to maintain a balance.

Thus, it is vital for caregivers to have a built-in respite time, perhaps weekly or even daily. If you are a caregiver, you need and deserve to rest, relax and take a break on a regular basis. Only then will you be able to give your best to your loved one.

*Mercy Health offers a free Advance Care Planning Guide in English and Spanish, along with an Advance Directive form. Visit MercyHealth.com and type "Advance Care Planning" in the search bar. You can download the documents at your convenience.

If you have concerns about advance care planning or any other health concern for seniors, you are invited to contact Mercy Health Physician Partners Geriatrics by calling 231.672.6740.

Senior Housing Association of White Lake

Affordable Retirement Living for qualified individuals
62 years or older or those with impaired mobility



SHAWL I
225 South Hall Street in Whitehall



SHAWL II
8363 Cook Street in Montague

**At SHAWL communities, our doors are open
and our staff is ready to help you feel at home.**

There are plenty of opportunities to get together with friends and neighbors. Many residents gather to play cards, chat over coffee in our spacious lobbies or participate in educational and recreational programs offered on site.




Phone 231.894.9464 TTY: 1.800.649.3777 • Email: jtiet@Samaritas.org

LIFEPLAN LESSONS™

brought to you by



THE LAW OFFICES OF
DAVID L. CARRIER, P.C.
ESTATE PLANNING & ELDER LAW

616-361-8400
800-317-2812

The Out-of-Towners





www.davidcarrierlaw.com

Three Little Words: Part 2, "Living On Love"



BY
MIKE
SIMCIK

The first time I heard that statement was at a veterinarian clinic after taking our Golden Retriever Happy in for a checkup. He was 15 years old and having problems. The vet said, "It's amazing Happy lived this long and is still in good health. He's **living on love.**" Not long after that visit Happy died, lying in my lap with his head on my chest.

I think it's that way with people: sometimes, despite being in poor health, life is so worthwhile that we just can't give it up without a fight. It keeps us living **on borrowed time.**

Funny, how some older couples die within days or weeks of each other. I knew a guy who, after fifty years of marriage, died a week after his wife did. He probably starved to death because she wasn't there to cook his dinners anymore. Denise and I are going on 48 years in a few months; I think I had better learn how to cook pretty soon. My wife and I are in a special club



called "**married for life.**" There's a lot more involved in marriage than just saying vows like **better or worse**, and **sickness or health**, having arguments, raising kids, and doing your part.

I always felt that looking for that special someone means to **follow your heart.** Fifty years of marriage will always leave a small **trail of tears.** But, when things get tough, saying "**The Lord's Prayer**" every night can make all your troubles seem small and tomorrow is a fresh start. I like to believe the glass is half full and we will make it to 60 years. So, **Heaven can wait** just a little longer. Maybe, the most important things we learn after all these years is that **compromise, communication, and commitment** are the answers. A spouse must also be **your best friend**, and never make a promise you don't intend to keep.

It would seem that the older we get, the more endowed with hindsight we become, and we get preoccupied with **Three Little Word** expressions like **Happy Mother's Day**, or **Happy Father's Day**, as if we're never going to hear them anymore. Most of us try to stay in touch with family and friends, phone, letters, emails or greeting cards. These are great opportunities to tell them how we feel because it may be the last time we see or hear from them again.

I don't envy young people known as the millennials, living in this superficial, disposable, drug-induced, cosmetically-enhanced world. It must be very difficult for them to cope with life every day. But, there are some benefits to being a senior citizen still married after four to six decades and knowing there is someone that still asks you to **Be My Valentine.**

Why can't February the 14th be celebrated 365 days a year? Each time I express myself on a card, then add that all important postscript after my signature, I start humming a great old song by Gordon Jenkins and Johnny Mercer first published in 1934: PS. **I Love You!**

Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. He has owned six businesses, including The Twin Gables Country Inn, which he renovated and operated over the course of 17 years. He enjoys fishing, shooting-clay sports, golfing, building bamboo fly rods and writing essays. Mike and his wife Denise celebrate their 48th wedding anniversary in April of 2017.

Bayview Tower

APARTMENTS

Elderly Community ~ 62 years or older

**Now accepting applications
for 1 & 2 bedroom apartments
for immediate move in.**

Rent based on income/Section 8

Office: 231.726.6984
Fax: 231.726.4356

864 Spring Street, Muskegon, MI 49442
Bayview@imsteam.net

Equal Housing Opportunity

Orchard View Senior Citizen Program

Open to All Area Seniors!

- Arts and Crafts Bazaar
- Bingo, Bridge & Euchre Groups
- Computers for Golden Agers
- Painting Classes
- Water Exercise
- Senior dinner and dancing
- Bowling
- Orchard View Travelers
- Woodcarving Club

1765 Ada Avenue, Muskegon
231-760-1493
www.orchardviewce.org

Senior Resources unveils new activity-based program



By Lisa Tyler, Communications Director at Senior Resources

Our CEO, Pam Curtis, is fond of saying that Senior Resources is an Area Agency on Aging for everyone – not just for the poor, or frail older adults. With that in mind, and knowing that there are numerous older adults with resources who need companionship, Senior Resources introduced Care Connections in early fall of 2016.

Care Connections is an activity-based private pay program. It provides companion care services with a focus on keeping participants happy, healthy and actively involved. Companion care providers will do light housekeeping and meal preparation, but do not provide bathing, toileting or medical services.

Mike Fields, Care Connections manager, said his staff works to find things participants enjoy doing, and try to keep them active, happy and healthy. Crafts, cards, games, shopping, light housekeeping together – these are just a few examples of services a care companion may provide. “We probe to find things they like to do, but may have lost track of,” Fields said. “They start to have fun with the care providers. They look forward to having this person come over.” Fields tries his best to find the right fit between the companion and the participant. Transportation is not offered for participants; most activities are done at the participant’s home.

One caregiver painted pumpkins with her participant, while another decorated lunch bags for Kids’ Food Basket. “The client felt like she was giving back” by decorating the bags, Fields said. Other activities could include scrapbooking, cards and games, shopping for groceries, making gifts or doing correspondence.

The program, which began in early fall, has had greater than anticipated interest, according to Fields. There is a two-hour minimum per visit for a private pay care provider. Providers are available between 8 a.m. and 8 p.m., Monday through Friday. Participants so far include both men and women. Some have cognitive issues, some have physical limitations. The goal is to improve quality of life for all of them. An advantage of working with Senior Resources and Care Connections is the continuum of care provided, Fields said. In addition to the companion care providers, a Personal Emergency Response System (PERS) and housing referral

services are available. If needed, Senior Resources can help with personal emergency response systems, and if home isn’t a safe place to be, they can be referred to a housing coordinator.

Care Connections is a great resource for families needing some respite, Fields noted. “It helps families with knowledgeable guidance that is very valuable to them,” he said. “Their quality of life is being improved, and it makes life better for the senior and their family.”

For more information on Care Connections, contact Mike Fields at 231-733-3530 or MFields@SeniorResourcesWMI.org



Lisa Tyler is the Communications Director at Senior Resources. She enjoys editing and writing, staying busy with her two high school children’s activities, scrapbooking, and all things MSU! Lisa can be reached at LTyler@SeniorResourcesWMI.org

Library for the Blind and Physically Handicapped

Featuring talking books!

madi.org

Muskegon Area District Library

Call 231.737.6310 for information and application or go to www.loc.gov/nls

Reside. Reflect. Relax.

1 and 2 Bedroom Apartments

Independent and Assisted Living

The desire of Retirement Living is to honor God by providing the elderly with a lifestyle that values their identity, their independence and their dignity.

Call Today to **Schedule Your Tour!**
231.798.2220

Check us out online at rlmgmt.com

Chestnut FIELDS

5425 Chestnut Dr. • 1/2 mile east of Lakes Mall on Sternberg Rd.

Walking Alongside

By: Kelly St. Martin, LMSW, is Clinical Outreach Coordinator and Richard Vanderputte-McPherson, Executive Assistant

Everyone will experience a loss at one point or another in his or her life. So then, how can we do our best to help those who are grieving? We attend funerals and bring our favorite casseroles to comfort, but if you have ever grieved, the pain lasts a lot longer than the casserole. The public wants to see the griever “keep busy,” “get over it,” or “move on.” However, the griever is struggling with their new normal, a new day but different.



St. Martin

A person’s life changes forever after the death of someone loved. “Mourning never really ends. Only, as time goes on, it erupts less frequently.” Alan Wolfelt, PhD. So, how do we help?



Dr. Alan Wolfelt suggests that to truly provide support and much-needed help, we help a grieving person by companionship, walking alongside.

Companionship is about *listening with the heart*; it is not about analyzing with the head.

Companionship is about *bearing witness to the struggles of others*; it is not about directing those struggles.

Vanderputte-McPherson

Companionship is about *learning from others*; it is not about teaching them.

Companionship is about *discovering the gifts of sacred silence*; it is not about filling every painful moment with words.

Companionship is about *walking alongside*; it is not about leading.

Grief does not need to be fixed, it needs to be expressed and the grieving person needs to mourn. We need to walk alongside our friends as they find their new normal.

Social Workers do this every day at Harbor Hospice and other agencies, listening, witnessing, teaching and guiding individuals after the death of someone loved. They go beyond a listening ear, offering compassionate support, relief and hope. They help us to understand the grieving process, that it is natural, not a disorder, and the process of healing takes time. This time is different and tailored to everyone individually.

“I enjoy being a social worker because it is what I was made to do. I feel honored that people allow me to fulfill my life’s purpose in walking alongside them during one of the most significant adjustments in life’s journey. I am extremely honored to be a witness to someone’s suffering and watch the beautiful power that comes with healing and growth,” said Stephanie Weesies, LMSW Social Worker for Harbor Hospice.

Harbor Hospice encourages you to be a companion to someone in his or her time of grief. Listen with your heart, witness the struggle, learn, be silent and walk alongside those who need to mourn.

Grief support groups or seminars are available through many agencies in West Michigan. Remember that you, your friend, you are not alone! There is always someone available to listen and walk alongside you through this journey. Harbor Hospice offers weekly support group seminars throughout the year; please call 231.728.3442 or 800.497.9559 for more details or for information on other groups in your area.

Harbor Hospice, serving the West Michigan lakeshore. Their agency has provided hospice care and support programs to residents in a five-county area for over 34 years.



WELCOME HOME!
OFFERING 2 & 3 BEDROOM TOWNHOMES



PARK WOODS
APARTMENTS

- Cable & internet ready
- 24-hour emergency maintenance
- Community room
- Washer/dryer hookups
- Private patio
- Playground
- Located on bus line
- Lawn care

For more information contact our office at:

231.773.3234

800.553.0300 Voice/TTY



924 Shonat St. | Muskegon, MI 49442



(Across the street from Beltline Plaza, follow signs to the office)

“Sailing” back into history



BY
JAY
NEWMARCH

If you have ever wanted to return to the days of the great liners that plied the oceans, carrying passengers in a grace and comfort long gone, grab a plane to Long Beach, California. A glance across the harbor from Long Beach will present you with an unusual sight these days. There, as if ready to set sail into the Pacific, is a stately ocean liner with more history under her belt than most of us could ever accumulate in several lifetimes. The *RMS Queen Mary* is no longer plying the ocean waves, but she remains as a fitting memorial to a mode of travel that combined the necessity of air travel with the slower pace of today’s cruise ships.

The *Queen Mary* departed England on her maiden voyage on May 27, 1936, making regularly scheduled trips across the Atlantic until World War II called her into service. She spent years carrying American troops back and forth across the Atlantic. Dubbed the “Gray Ghost” due to the paint job that turned her elegant black, white and red colorings all a pale gray to blend into the waves of the north Atlantic, she transported over 750,000 troops during the course of the war. The *Queen Mary* still holds the record for most passengers (i.e., troops) ever transported in one vessel, an astounding 16,683!

In 1947, refitted and readorned in her pre-war trappings, The *Queen Mary* spent the rest of her career carrying Hollywood elites, royalty, politicians, business moguls (not to mention us regular folks in accommodations other than first class) across the north Atlantic on schedule and in luxury.

Now, in retirement, she’s hosting a new generation of visitors, allowing them a glimpse into a lifestyle that most of us would never have been able to afford.

From the minute I walked up toward the grand old



lady, I was amazed at her presence. No doubt, she has seen better days, but still, at the ripe old age of 80, she commands attention, even in the company of much younger relatives. You see, this hotel and



notice most of all is the expanse of beautiful wood paneling, shining brass fixtures, railings and rich carpets. Certainly we can still find luxury in some of our finer hotels and restaurants, but there is an unmistakable substance to this luxury. It is grandeur that is meant to last the test of time, and by every measure it has. Don’t get me wrong, there are signs of age everywhere, but there is something to be said for showing your age gracefully rather than trying to cover it up.



museum is right next to the disembarkation site for Carnival Cruise line’s Long Beach operation.

You step into the ship from a covered gangplank that opens to an expansive lobby and registration area. What you

After check-in, I travelled up one deck to find my cabin. As I reached the landing of M deck, I saw the old Travel Bureau straight ahead. The travel bureau allowed first class passengers to plan their land excursions while on the ship. The fully functioning travel agency could book hotel and restaurant reservations as well as land transportation, such as train or plane tickets. One can imagine, after a leisurely breakfast mid-Atlantic, a well-to-do cabin class couple sitting down with an agent in the Travel Bureau and pursuing their hotel and dining options once they reach England, Europe or some more exotic location.

Nestled in an alcove off the main passageway on the starboard side of the ship, was my door to my cabin. Again, upon entering, I marveled at the beautiful maple paneling and cabinets that enveloped my cabin. Two large portholes opened to the sounds of seagulls and a view of downtown Long Beach. I felt as if, just maybe, we really were about to set sail into the Pacific.

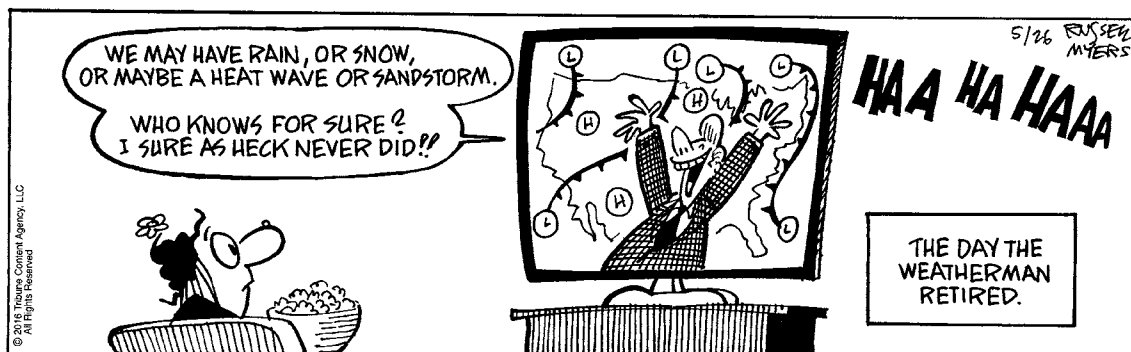
Of course, the view of downtown Long Beach remained the same for the next two days as I investigated every square inch of space on the ship that was allowed (and a bit where I wasn’t).

It really is a remarkable step back in time and reminder of the more leisurely pace of travel. Now squeezed into seats that barely allow you to reach out an arm, it was amazing to imagine spending a few days dining, shopping and relaxing their way to Europe. Truly a more civilized way to get from point A to point B.

If you visit, take a tour or two so you really get a good feel for the ship and then head out exploring on your own. There are lots of nooks and crannies for you to get lost in. Go ahead and get lost in them and take a trip back in time!

To top off my stay on the *Queen Mary* was a scheduled reservation to their famed Sunday Brunch. It is held in the cabin class Grand Salon, or first class dining room in layman’s terms, and was definitely something to behold. This unparalleled dining experience deserves its own story, so check out your March/April edition of *Senior Perspectives* for the sights, sounds and tastes of one grand conclusion to my first class experience on the famed *Queen Mary*.

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.





BY
JANET
HASSELBRING

To a Waterfowl: Verse 2

Keeping Danger at Bay

As I write, hunting season is in. Deer graze in peril, pheasants scoot in and out of sparse piles of brush, migrating shorebirds fly exposed against a cloudless sky – all of them fighting

the odds against hunters in camouflage who would do them harm. Hunting dogs bark or “bay” at game until their masters can arrive on the scene. “Keeping at bay” can also mean to keep something or someone stopped awhile, until help arrives.

The annual exchange between hunters and unsuspecting prey is described by William Cullen Bryant in his poem, To a Waterfowl:

“Vainly the fowler’s eye

Might mark thy distant flight to do thee wrong,

As, darkly painted on the crimson sky,

Thy figure floats along.” (Verse 2)

Migration is a challenging enterprise – dehydration, lack of food, veering off course, battling wind currents, and always, the feared fowler -- all pose threats for the shorebird. My mother also faced challenges on the farm – the farm symbolizes her migratory journey.*

Eking out a living...

“A sick cow contaminates and ruins the entire day’s milk. Too little rain and newly planted seeds suffocate; too much and they wash away. A windstorm destroys the annual cherry crop...” (ITG, pg. 32)

Losing a daughter...

When my sister died, my mother was “stunned beyond belief. As she struggled to comprehend

the incomprehensible and accept the unacceptable, her spirit sagged and slowly ebbed away. She appeared dazed and lifeless. Finally, paralyzed by grief, she withdrew to her room.” (ITG, pg. 65)

Estrangement...

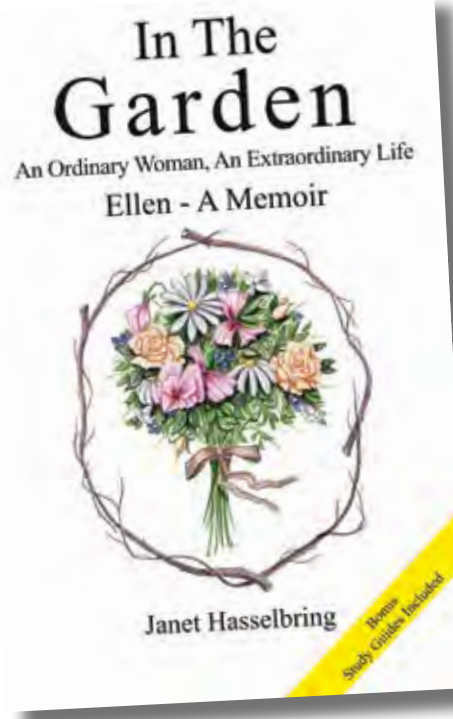
How could my mother have known that when she sent her youngest son to the jungles of Viet Nam, her relationship with him would be changed forever? “To her dying day, she held out hope she would see or hear from him one last time, but it was not to be...” (ITG, pg. 75)

The shorebird eluded the hunter’s gun. My parents eluded danger, too – not death, certainly, but despair, disillusionment, bitterness, resentment, bitterness and hopelessness, which for us humans is a worse condition than death, affecting eternity. Through Scripture, prayer, and surrender, they chose, faith, hope, love, acceptance – in essence, they chose God’s will over their own.

“Faith is what God asks of us. His invisibility is the test of faith. To know who sees Him, God

makes Himself invisible.” (*Unbroken*, Hillenbrand)

“Their faith enabled them to see life beyond the cornfields, the cherry orchards, the clothesline, and the garden, and helped them through the disappointments of a blighted cherry crop, rotted potatoes, diseased cows, and sick children...” (ITG pg. 74)



My parents joined the ranks of spiritual greats, who throughout history, in the face of great loss, illness, imprisonment or impending death, accepted the seemingly unacceptable, thereby finding, “the peace that passeth all understanding.” As they honed their faith, through the rough and tumble of life on the farm, they came to know and trust their Lord. They did not forsake their Jesus, and in turn, He kept danger “at bay,” until “silhouetted against the crimson evening sky,” He called these emptied, tired, humbled pilgrims home.

*In this series on Bryant’s masterpiece, my mother, Ellen, is the speaker in the

poem. As the poem is, essentially, a profession of faith, her musings are a testimony to her life on the small farm (as described in the memoir, *In the Garden*).

Janet Hasselbring is a retired educator and musician. She resides in Spring Lake, MI with her husband and Welsh terrier, Maggie May. They winter in FL, where she is inspired to write her children’s books, featuring the wild/shorebirds of FL and beyond. For additional musings on her mother visit her blog: <https://janethasselbring.wordpress.com/wp-admin/>

I'm glad I asked for
Harbor Hospice.
My family is too.

HARBOR
HOSPICE

HarborHospiceMI.org
231.728.3442
800.497.9559

The Out-of-Towners Part Two

BROTHER BILL! COME IN! DAD'S CERTIFIED NURSE'S AIDE IS JUST REVIEWING HIS AGENDA FOR THE DAY ...

...AFTER THE EXERCISE BIKE WE HAVE YOUR MENTAL AGILITY GAMES ...

WHAT ABOUT EUCHRE WITH THE GUYS?

PLENTY OF TIME FOR THAT ... REMEMBER -

HEALTHIER BODY, HEALTHIER MIND!

KIDS, LET'S FACE THE FACTS, WITHOUT MY LIFEPLAN™ TO PRESERVE MY SAVINGS, THERE'D BE NO MONEY TO PAY FOR ALL THE EXTRAS THAT MAKE SUCH A DIFFERENCE NOW ... GOING TO DAVID CARRIER'S LIFEPLAN™ WORKSHOP ALL THOSE YEARS AGO HAS SURE PAID OFF!

CARE FOR A MINERAL WATER?

HONEY, AS SOON AS WE'RE DONE HERE, WE'RE GOING TO CALL AND RESERVE A SEAT AT A LIFEPLAN™ WORKSHOP!

I'LL DRINK TO THAT!

HAPPY ENDINGS = CHOICE NOT CHANCE!!

1000'S OF FAMILIES DEPEND ON THE CARRIER TEAM FOR THEIR 'HAPPILY EVER AFTER'S'...

WHAT DO THEY KNOW THAT YOU DON'T?

FIND OUT AT A LIFEPLAN™ WORKSHOP!

WARNING! WARNING!

1. YOU CANNOT HIRE DAVID AT THE WORKSHOP
2. YOU CANNOT BUY ANYTHING AT THE WORKSHOP
3. YOU WILL BE TELLING YOUR FRIENDS AND NEIGHBORS ABOUT THE WORKSHOP!
4. DID WE MENTION THAT IT'S FREE?!

3 PROMISES AND 1 GUARANTEE

1. THE LIFEPLAN™ WORKSHOP GOES FAST!
2. YOU WILL LEARN NEW THINGS!
3. YOU WILL HAVE FUN! (WELL, A LITTLE)

DAVID'S WORKSHOP GUARANTEE: YOUR BIGGEST ELDER LAW PROBLEM WILL BE SOLVED AT THE WORKSHOP. NO CHARGE!

THE LAW OFFICES OF

DAVID L. CARRIER, P.C.

ESTATE PLANNING & ELDER LAW

Limited Seating! CALL TODAY 616-361-8400

Toll-Free 1-800-317-2812 • Email: David@DavidCarrierLaw.com

131 S. Seaway Drive, Norton Shores • 4965 E. Beltline NE, Grand Rapids

Also in Holland & Portage

DO THE MATH! AVOID NURSING HOME POVERTY OR GO BROKE!

36 MILLION PEOPLE WORLDWIDE SUFFER FROM DEMENTIA (MIT Technology Review)

\$8282.00 PER MONTH FOR SKILLED CARE (BEM405)

January Workshop Dates:

Thurs., Jan. 5, 6pm, Holland
Sat., Jan. 14, 11am, Norton Shores
Sat., Jan. 21, 11am, Holland
Sat., Jan. 28, 11am, Norton Shores

February Workshop Dates:

Fri., Feb. 3, 2pm, Holland
Sat., Feb. 11, 11am, Norton Shores
Sat., Feb. 18, 11am, Holland
Fri., Feb. 24, 2pm, Norton Shores

DON'T DELAY! CALL TODAY!

GO TO A LIFEPLAN™ WORKSHOP

616-361-8400 • 800-317-2812

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

P	R	I	M		O	N	T	A	P		A	S	I	A	
D	O	D	O		S	H	A	R	I		B	E	L	L	
F	U	L	L	N	E	L	S	O	N		E	X	I	T	
S	E	E	T	O			T	A	U	T		S	K	A	
				S	O	C	C	E	R	P	L	A	Y	E	R
D	A	B		S	H	O		S	C	U	M				
E	C	O		E	A	R	N	S			T	B	A	R	
B	A	B	E	S	I	N	T	H	E	W	O	O	D	S	
T	I	N	Y		S	H	A	M	E		L	I	V		
			E	R	A	S		R	I	B		S	A	P	
P	O	W	E	R	C	O	U	P	L	E	S				
A	S	H		M	O	C	S			R	A	B	B	I	
S	C	A	M		T	H	E	M	A	S	T	E	R	S	
T	A	R	A		C	O	R	A	L		A	S	A	P	
A	R	T	S		H	A	S	T	E		N	O	S	Y	

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

SCRABBLE G.R.A.M.S. SOLUTION

U ₁	N ₁	A ₁	L ₁	I ₁	K ₅	E ₁	RACK 1 =	<u>61</u>
D ₂	I ₁	S ₁	P ₃	L ₁	A ₁	Y ₄	RACK 2 =	<u>76</u>
T ₁	I ₁	N ₁	F ₄	O ₁	I ₁	L ₁	RACK 3 =	<u>60</u>
S ₁	Y ₄	N ₁	A ₁	G ₂	O ₁	G ₂	RACK 4 =	<u>70</u>
T ₁	O ₁	A ₁	S ₁	T ₁	E ₁	D ₂	RACK 5 =	<u>58</u>

PAR SCORE 260-270 TOTAL **325**

Hasbro and its logo, SCRABBLE, the associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada © 2016 Hasbro. All rights reserved. Distributed by Tribune Content Agency LLC.

Jumble Answers:
PEONY METAL INVERT GYRATE
 Answer:
 What his wife did when they held a conversation – NEVER LET GO



Estate Planning begins with understanding

We understand that legal matters can be deeply personal and confusing. Our goal is to prepare an individualized estate plan that ensures your assets are handled in accordance with your wishes.

Our experience and compassion can help with:

- Veterans Aid and Attendance
- Probate Procedures
- Decedents Estates
- Guardianships and Conservatorships
- Wills and Trusts
- Medicaid Planning
- Powers of Attorney
- Elder Law/Long-Term Care Planning
- Estate Administration
- Estate and Gift Tax Returns



Anna Urick Duggins
Direct (231) 722.5415



Nancy Ann Hornacek
Direct (231) 722.5406

Call Today for Your Consultation!

Personal. Professional. Practical.

PARMENTER O'TOOLE
Attorneys at Law

We make your objectives ours. | parmenterlaw.com | 231.722.1621