

Senior Perspectives

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Senior Perspectives

A Senior Resources Publication

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...What's happening at Senior Resources?



Volunteers Aid Area Food Basket



Muskegon's Kids' Food Basket was the site to assemble sack suppers for the area youth. Volunteering for this event included Senior Resources' staff Maria Poort, Sarah Christensen, Eileen

Florea, Kescha Covington, Thea Brown, Henriette Meyers, Angela Dalman, Cindy Evertsen, Robbi Juergens, Theresa Murphy, Michelle Chandler, Lisa Tyler and Michelle Nelson.



UAW Gift Bags Destined for Area Seniors

Thanks to the generosity of UAW Local 1243, the wonderful employees of Alcoa-Howmet in Whitehall filled dozens of red bags with food and paper products to be given to our older adults. (L-R) Jay Larman, Kent Norwood, Thea Brown and Niki Epplert.



Celebrating Older Michiganians' Day in Capitol

On a beautiful Wednesday in May, the Annual Older Michiganians' Day was celebrated in Lansing. Those in attendance were Senior Resources'

Steve Canum, Lisa Tyler and Pam Curtis with State Representative Holly Hughes at the Michigan State Capitol.



Clean Up Crew Helps Out

In May, several Senior Resources employees volunteered to provide lawn clean-up for a disabled home owner. They were Brian Bailey & wife Oneata, Damian Jarocki, Angela Dalman, Henriette Meyers and Melissa Haight.

The Medical Equipment Loan Closet

We are always accepting donations of gently used wheelchairs, walkers, canes, lift chairs and bathing benches. We also are in need of personal incontinence briefs, such as Depends, Prevail and Attends. Supplement and protein drinks (Ensure and Boost) are also a welcomed donation.

Getting to Know your Senior Resources Staff

By Lisa Tyler, Communications Director

Eileen Florea is a registered nurse who has been with Senior Resources since November of 1996. Now working as a Targeted Care Management nurse support coordinator, Eileen has worked with hundreds of participants in her nearly 20 years with Senior Resources. She helped bring in a number of programs, served as emergency preparedness coordinator and is also a certified instructor and assessor in Diabetes PATH courses.



Eileen Florea

About 10 years ago, Eileen reduced her work hours to homeschool her two daughters. She now sees 19 clients – down from the 700 she used to see.

Asked what she enjoys most about her work, Eileen's answer was quick: "The people. They bless me every day. They encourage me with things they're working on every day."

Eileen shared a note she'd just received from a patient who had a variety of severe stomach issues and isn't able to have surgery yet. Eileen gave her many suggestions to strengthen her lungs, and the patient's doctor agreed. The note said, in part, "Thank you so much for being you. Every time you come here I feel wonderful after you leave. You inspire me."

Last issue, we met Eileen's sister, Amy Florea. Eileen and Amy married brothers. They are very close, and used to live next to each other. Many people say Senior Resources is like a family; for Eileen, it's true, literally and figuratively.



Angela Dalman

Angela Dalman is Social Work Supervisor for Senior Resources. She started with the agency in July 1998, just out of college at Ferris State University. She had done internships with organizations serving senior citizens and decided that was an area she enjoyed.

"It's always been really comfortable for me" to work with aging adults, Angela said.

Angela was a supports coordinator for 17 years and was named social work supervisor in February of 2016. During her time, she has seen a change in clients' needs. "Their needs are so much greater," she said. "We're putting in a lot more services than we used to. To have daily care was huge. Now, it's not uncommon to have 4-6 hours of care a day."

Angela has truly enjoyed her work with participants, and noted it took her "17 ½ years to be able to give up my caseload." As supervisor, she is able to share her experiences with staff, and reviews assessments and brainstorms with supports coordinators.

Sometimes a participant wants to remain at home, but family is unsure about the option. "Every family is different," she said. "We promote communication with each other. We try to find a way to make the family comfortable with having services in the home."

Dalman said while paperwork is daunting, she doesn't tire of the people. "It's incredibly satisfying to know our services help someone stay at home."



Creating Awareness for Muskegon Senior Millage

Celebrating Jean Day to raise awareness for the Muskegon Senior Millage. Those who participated include, Melissa Haight, Lisa Tyler, Damian Jarocki, Niki Epplert, Pam Curtis, Janet Mathis, Lisa Carlson, Karla Cradlebaugh, Julie Lupo, Tim Martin and Angela Humber.

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BY
DELICIA
EKLUND

I am still on the hunt for the homes of historical photos! These were given to me by the Muskegon County Genealogical Society (MCGS)!

None of these photos came with information and they all had beautiful settings! Surely they are known and have a family they belong to. If you recognize anything about these photos or settings, please let them know at the Muskegon Genealogical Society. If you have found pictures you need identified, please let the MCGS know!

There are workshops available for my fellow researchers; visit the website for more information and research workshops. www.genealogy-muskegon.com

MCGS Pictures, C/O HPL-Torrent House, Local History & Genealogy Dept., 315 Western Ave., Muskegon, MI 49440, email us at 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@seniorresourceswmi.org or 231-683-2630.

Learning to Protect Your Identity

BY
KRIS COLLEE,
EXECUTIVE
DIRECTOR,
AGEWELL
SERVICES
OF WEST
MICHIGAN
TRI-COUNTY
PROTECTION
TEAM

It's never easy for anyone to admit they did not see the signs of a scam. Even as a tech-savvy, Generation X individual, I have accidentally clicked on a hyperlink from an unknown sender and instantly obtained a virus on my computer. Each time it happens I think to myself, "I should have known better." The truth is that people who invest their time in scamming others are professionals; they actually anticipate that every once in a while, even the most computer literate people will eventually let down their guard. Sad, but true. How can we outsmart the scammers?

When AARP asked hundreds of con artists about their tricks of the trade, the one common response they gave was "get them under the ether." Ether is an emotional response that triggers strong feelings of fear, love, greed and urgency. Many con artists use these to form a quick relationship by asking about your granddaughter, the possibility of losing your house, or even that "if you don't react now, you will lose this amazing opportunity." AARP suggests that you take 24 hours to think about the discussion before you react in any way. After 24 hours, talk to someone else to get their opinion to see what they think first.

The above also goes for meeting love interests on-line. We all have a desire to be loved and make lasting connections with others. "Catfishing" is another com-

mon practice in any generation, but particularly for internet users of social networking and dating websites. Be careful and don't be allured. A lot of strangers on the internet are not always as they seem. Scammers will ask a series of very personal questions to play off of your insecurities. A great tip is if you're chatting with someone and they start to ask lots of personal questions, refrain from answering. Instead, ask them lots of questions.

Last, don't let anyone threaten or pressure you about money. It is scary that scammers commonly impersonate a position of power. The recent IRS and Michigan State Police scams are a great example of abuse of power. Who wouldn't be worried about the IRS seizing assets or you being arrested if you don't comply? Don't let them fool you. Ask for a phone number to reach them. Do not give bank or card information. And never wire money to anyone, anywhere. Ever.

Places you can trust for more information: www.safeseniors.info and AARP are full of great information. The Safe Seniors website, operated by the Tri-County Protection Team, publishes information about recent scams. You can also find us on Facebook under Tri-County Protection Team. Join us on Tuesday, July 26th at The Hub for an all-day training on "Protecting Your Identity" where you can learn more tips for foiling scammers.

Always remember: trust your gut. If something doesn't seem right, it most likely is not!

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Cannons at the Causeway



BY
JERRY
MATTSON

For years, drivers on the M-120 Causeway could not see the cannons near the flagpole in the center of Veterans Memorial Park. Underbrush had grown freely, completely obscuring them. Now, after restoration of the park and the cannons, over 25,000 drivers crossing the Causeway each day can plainly see the freshly painted reminders of WWI.

This transformation for the better was led by community leaders and members of the Northside Lions Club. Upkeep of the park, which honors the county's 596 casualties dating back to WWI, continues with help from volunteers and county / city DPW.

According to a December 9, 1937, Muskegon *Chronicle* story, the cannons were obtained by the Muskegon Disabled American Veterans Post #11. The only cost was \$20 to cover packing and handling fees. Lupe Alviar Jr., military service veteran and Chairman of both the Muskegon County Veterans Advisory Board and the Veterans Park Committee, has done extensive research of documents concerning the park. He has found no information on how the cannons were transported here from Rock Island, Illinois. The original plan was to have them shipped via the Rock Island and Pere Marquette railroads. The field cannons were placed in the park in 1938.

The Model 1906 cannons were designed at the Rock Island Arsenal and were built in 1918. Only 60 or so of these cannons were built for use in WWI. Their comple-

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BUT HE'S LIVED AT THAT HOUSE FOR FIFTY YEARS!

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BUT THERE'S NOTHING WRONG WITH DAD...

STOP DREAMING! SURE, HE'S FINE NOW, BUT SOONER OR LATER SOMETHING'S GONNA HAPPEN...

...HE GETS A STROKE, I'M NOT COMING BACK FROM VACATION... YOU CAN TAKE CARE OF HIM.

NOT ME!

NOT ME!

THEN WE'RE ALL DECIDED! TIME FOR DAD TO GO!

I CALL DIBS ON THE HOUSE! FINALLY JUNIOR'S GETTING OUT OF THE BASEMENT!

SO WHO'S GONNA CALL DAD?

STOP IT ALL OF YOU!

I AM ON THIS CONFERENCE CALL!

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**GIVE IT A REST, FATHER KNOWS BEST!
FOR THE THRILLING CONCLUSION, TURN TO PAGE 35**

tion coincided with the end of the war, and these are two of only 16 such cannons still known to exist.

One of the barrels is identified with NORTHWESTERN ORDNANCE CO. 1918 2665 POUNDS NO. 350 R.B.H. stamped at the muzzle while the other has WATERVLIET ARSENAL 1918 2668 POUNDS NO. 79 B.D.JR. The initials are thought to be those of the final inspectors. Interestingly, the weight of the large barrels from two sources varies by only three pounds.

The barrels are mounted on carriages, numbered 58 and 87, dated 1918, from the Rock Island Arsenal. These 4.7 inch Model 1906 Field Guns weigh 8,780 pounds, shoot a 60 pound shell and have a range of almost a mile and a half.

The Watervliet (New York) and Rock Island Arsenals were established in the early 1800s and are still in operation today.

After a successful fund-raising effort, the cannons were removed from the park, where they had been for nearly 80 years, on May 31, 2014. Jackson-Merkey Contractors Inc. volunteered manpower and equipment to get them over the narrow bridge joining the small island to the main park. Erickson's Trucking moved the cannons to the Restore-It-All shop in Muskegon and into the hands of Dan Norris.

Exposure to the elements and vandalism had taken their toll. The cannons were sandblasted, had rusted metal frame sections repaired with steel pieces formed by Porter Steel and Welding, and then were repainted their original color in epoxy paint. "The most difficult part of the job was restoring the hard rubber tires," said



Norris. The tires were loose on the rims and had been badly damaged over the years. Metal box-banding straps, urethane adhesive, body filler and spray-on truck bed liner were all used to get the tires back in shape. Repairing them took a long time. The circumference of the tires, on 60-inch rims, is over 16 feet.

At least two people involved in cannon restoration project have copies of a 152-page book, first published by the War Department in 1910, titled Handbook of the 4.7-inch Gun Materiel - Model 1906, with instructions for its care. This was used to ensure that the proper fasteners and shade of olive drab paint were used on the project.

After the restoration, which took more than a year, the cannons were returned to the park on July 11, 2015.

Norris is willing to keep the cannons in good shape, touching up the paint and performing minor repairs. He enjoys seeing them on his daily commutes to and from work. He feels another connection to the Veterans Park since his dad fought in WWII.

A plaque in the park lists 182 people, businesses and organizations that contributed to the success of the project, spearheaded by County Commissioner Bob Scolnik.

Jerry was drafted into the U. S. Army in October 1967 and spent 13 months in the Republic of Korea with the 2nd Infantry Division.



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A Caregiver's Perspective

Notes from my mother's daughter



BY
ROLINA
VERMEER

At this writing we have been experiencing frequent and lovely spring days. It's Michigan, so of course, we have the regular exceptions to typical spring weather. So also with Mom: typical days of pleasant visits, conversations that delight us both and enjoyable outings are sprinkled with the off days when nothing

seems normal or right or even predictable. My pleasure comes from helping her over the humps of confusion, as best I can, with a little humor, lots of love and some serious story telling and remembrances of days gone by that may have been important to her. Anxious about "going home," she can sometimes be distracted by explaining to me what it was like to live with so many brothers and sisters. Where did they all sleep? Who was in charge? It doesn't take much to get her talking about those days, so long ago.

I know that as the oldest, the burden of so many younger siblings robbed my mother of many typical childhood delights. Adding to that, that her teenage years were spent with WWII literally raging overhead. I'm not sure she had much of a happy childhood. But in conversation, we time travel back to those years, that family, that house. She often thinks she lives there still, that her mother is waiting for her, that her responsi-

bilities never end. This pressure of "home" lives with her almost daily. So in conversations, I try hard to acknowledge and understand, without correcting her misperceptions. I sometimes ask her about the first little house she shared with my father. Then we talk easily about all the houses she has lived in during her sixty years of married life. That I can remember them all is amazing to her. As I lay out the details of those I remember best, she recalls her decorating feats and the joys and challenges of this or that neighborhood. Visibly, she relaxes into her adult life.

My mother's memories largely recount her relationships with her siblings, especially the oldest, nearest in age to her. She remembers some special pleasures but most often she seems to be working out the sadness and disappointment of her father's premature death and the displacement of her status as oldest and dearly loved daughter of this adored man. "My oldest," he would say proudly, which made her glow with pride. Her pregnant mother counted on her for so much after his death. That her mother took her hard work for granted and actively favored the next daughter is not lost in memory to my mom. It's a heartbreak she carries still.

In this time with my mother, I am learning to check my own disappointments in life. I look back and recognize that I too carry some sadness from familial slights, long past. Perceived or

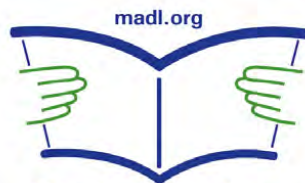
otherwise, they still rumble in my heart. Forgiveness is such a life long process and perhaps the end of life confusions, with ample time to look back, reviving and reliving our personal histories, allows us to come to a healing forgiveness and understanding. Will we take our bitterness, our sadness or our regret to the grave? Perhaps not! Perhaps we can work them out in the replay, the looking back. Reviewing and re-experiencing the sorrows of days gone by could be the magical transformation that puts to rest those sorrows and brings us back to ourselves.

I've come to realize it's important to be a good listener to those whose histories haunt them. Listening with an open heart might just help us understand something important about ourselves and our own humanity and that of those who live firmly in the present with us. Forgiveness takes work. Perhaps my mother is doing this important work! She is most certainly teaching me more than I expected to learn from her at this stage of her life. Thank you, Mom.

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

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Road Work

Stuck in a “No Tipping” Fantasy

BY
JAY
NEWMARCH

One of the most intriguing discoveries of my January trip to Australia was their stance on not tipping. You might immediately be following that statement with the question, “what do you mean no tipping?” Coming from a country where we tip for any number of services and, increasingly for any interaction that involves a counter big enough to sit a tip jar on, it was refreshingly liberating.

You see, we were in Australia to visit an exchange student who had spent his senior year in my hometown in Michigan. The night we flew in, we went off to dinner at a restaurant in his Melbourne neighborhood. As we finished up dinner and got ready to settle the bill, the conversation turned to how large a tip to leave. His reply? None.

We were immediately dumbstruck. What do you mean? Even if the service had been poor, which it hadn't, we certainly would be required to make some token tip, wouldn't we? “No,” he stated, “we don't tip for services in Australia.”

As our trip continued, apart from our Australian friend, we found it hard not to leave a tip. We continued to look around for visible signs of tipping. Not seeing any, we would slink away guiltily as if we were doing something wrong.

About a week into our vacation, we did begin to loosen up and began to release some of our west Michigan tip-induced guilt. The freedom was, quite frankly, exhilarating. Yes, the meals were more expensive, but the price listed was the price we were going to pay. No question about our final bill, it was listed right there

on the price tag, the menu, the service board. No figuring in your head about the minimum and maximum tip that should be left. No constant review of the service being performed. We were free to enjoy the service or the meal as it should be.

Now, I would be lying if I declared that our vacation was tip-free. On the contrary, we found ourselves tipping a number of times but for the very reason that tipping was created. What's that? Because the service was extraordinary. What a novel idea!

When I began to think about our own process, I couldn't help but wonder why we have set up a system where we are expected to tip for any service short of being insulted. And furthermore, I can't help but be a little disturbed that, especially in the restaurant industry, we are subsidizing the wages of those serving us. If we truly had a system of voluntary tipping, our servers would make less than the kid across the street that has been mowing our lawn.

I've been back and asked a number of servers how they feel about the tipping system we have in place. Nearly all have said that they would love a tip-free system if, of course, they were paid enough without the tip. They wouldn't have to worry about a slow night or tight customers. Could it ever happen here in the United States? Probably not, but I'll hold onto the fantasy of a tip-free world until I return again to Australia!

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

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BY JACKIE LINDRUP
RDH, M.Ed.

We are a different kind of community program, one that offers volunteer opportunities for our clients in order to receive basic dental care. First, we check that you qualify financially (250% of poverty or \$29,425 for a single person, \$39,825 for a family of two, \$50,225 for a family of three and \$60,625 for a family of four). You must be a Muskegon or Oceana County adult resident. After finding out that you qualify, you will take a dental health class with a dental hygienist worth one hour of volunteer time. Our program provides basic dental needs of exams and x-rays, fillings, extractions, cleanings, periodontal treatment for gum disease, front tooth replacement with a flipper, and other basic dentistry. Our dental coordinator Suzanne Tanis, will answer your phone call (231) 766-7129 and discuss your dental needs.

The volunteer aspect of our program makes us special. It is a necessary part of our program, and one which also helps the community. The person volunteering learns to share his or her talents, the program receiving volunteer hours gets the help, and dentists volunteer their time, staff, supplies and professional services. Win-win-win!!!

We are in our third year of operation, with 19 volunteer dentists and 18 community partners where our patients can volunteer their time: American Red Cross, Community enCompass, Goodwill, Howling Timbers Animal Sanctuary, Pound Buddies, Muskegon Humane Society, USS LST 393

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Veterans Museum, Valueland World Mission Store, W. Michigan Veterans, Inc., Muskegon Rescue Mission, Habitat for Humanity, Hope's Outlet (2 locations), Muskegon Pregnancy Services, United Way of the Lakeshore, and Kids' Food Basket.

"Not only did Volunteer for Dental Care help me save my tooth but it gives me the opportunity to do something that I love -- give back to the community. I have the pleasure of telling others about the program through volunteering, which is something I already do. It also gives me the option for continued preventative care, regular cleanings and x-rays that I had to pay \$55 for on the sliding fee scale twice a year, so this is a win-win." - Casonda

Do you know someone who might benefit from our program? If so, please ask them to call Suzanne (231) 766-7129 at Muskegon Volunteer for Dental Care. We are located in the Access Health building and would love to answer your questions.

www.muskegonvolunteerdental.com is our website and we can also be found on Facebook.

Jackie Lindrup and her husband, Tom, enjoy hiking, biking, golf and being involved in Muskegon community events. They live in Harbour Towne. To contact Jackie please email her at jackiebalcom111@gmail.com .



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Soul Food

Reflections upon how spiritual growth improves our health



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

When I was a child my father took our family (which includes my mother and my elder brother) to Cadillac, Michigan, where every year, for more years than I can remember, he rented a cottage on Lake Mitchell. The best cottage I remember was the one with a pump organ, one that required the player to move the lower pedals with their feet while playing. This was awesome because my mother was an excellent pianist and organist. This taught me early on in life to value including music in all occasions or gatherings, as much as possible. Along with fishing, swimming and golfing, this was our family vacation every year.

Looking back, I often thought about why Dad always chose the last week in July and the first week in August. I imagine it had to do with how the insurance company he worked for would coordinate requests from their employees so that sufficient staff was on hand at all times. I also imagine that these two very desirable weeks were taken quickly, and maybe went first to those with the highest seniority. However he secured those two weeks, as a family we looked forward to that time for recreation and relaxation every year.

As I prepared this article for July and August, I looked up a definition for "vacation" in a handy dictionary and this is one that I found: "chiefly US and Canadian a period in which a break is taken from work or studies for rest, travel, or recreation. Also called (in Britain and certain other countries) holiday." A definition of recreation takes it further: "refreshment of health or spirits by relaxation and enjoyment." My wife joined me in retirement this year at the end of March, and what has struck us profoundly is that now we can feed our bodies, find recreation, and nourish our spirits on our own flexible schedule, changing our plans to take advantage of good weather rather than accepting the bad (the latter is not possible, of course, when a reservation is involved).

Most all of us have experienced disappointments within the family when planning or carrying out our plans for vacation. This can cause bad memories, and certainly does not feed our spirits. We have the opportunity to grow in wisdom in all experiences when one gives priority to everyone's faith and spiritual formation through disappointments and loss of opportunities (as in unexpected illness or injury). If you have more bad memories than good about vacations, maybe stepping back and contemplating what really feeds your spirit would be in order.

Many people who have set their spiritual lives as a priority have discovered the value of retreats. They are like vacations in terms of rest and renewal, but also recognize the spiritual needs of our soul. In *The Upper Room Dictionary of Spiritual Formation*, edited by Keith Beasley-Topliffe, page 236, in the explanation on retreats it says: "Retreats may be individual or communal and will embody rest, renewal, and reclamation of the awareness of our belovedness; space for reflection on scripture, creation, and our own lives, leading to deepening prayer; stillness, silence, and solitude received as gifts from a loving Creator; a necessary discipline in spiritual formation; and willingness to be challenged and redirected as we discern God's movement in our lives." Now this is true rest, travel, and recreation that feeds our soul.

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

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BY
DIANE JONES
RN CDE

Managing Diabetes: Taking Medications

Diabetes is a complex and serious chronic disease, and I see every day that managing it is a challenge to many people. Diabetes educators focus on seven key areas to help people with diabetes better self-manage, and teaching about taking medications is part of diabetes self-management education. Even with following a meal plan and exercising regularly, diabetes medications for people with Type 2 diabetes may be necessary to keep your blood sugar level under control. Since diabetes increases the risks for other health conditions, other types of medicine may be needed to help prevent diabetes related complications. Often recommended medications include: pills that lower blood sugar, insulin/non-insulin injectable, aspirin, blood pressure medication, cholesterol-lowering medicine, and vaccinations (flu and pneumonia). All medications should work together to lower blood sugar levels, improve blood pressure and cholesterol levels, and reduce your risk of complications such as heart disease, stroke, neuropathy, nephropathy (kidney disease), and retinopathy (vision loss).

Medication Tips

- Don't forget to take them! Ever ask yourself, did I take my pills this morning?
 - Set up a medication tray to help you remember and to prevent taking a dose twice.
 - Set an alarm on your watch/cell phone or ask someone to remind you
 - Link taking your medication with a specific activity like eating breakfast or brushing your teeth.
 - Always be honest with your health care provider if you are not taking your medications as directed. Talk with your pharmacist or diabetes educator about medication safety and how to remove barriers that are keeping you from following your medication schedule.
- Tell your doctor about all medications you are taking, including over-the-counter products, supplements, vitamins and herbs
- Keep your medication list updated to help you remember the name, dose, and instructions
- Tell your pharmacist, health care provider, or diabetes educator if you notice any side effects. Pay attention to how you feel and how your body reacts to each new medicine.
- Follow the specific instructions – when and how you take them does make a difference.

Remember to ask your health care provider, pharmacist, or diabetes educator these questions:

- Why am I taking these medications?
- What will these medications do for me?
- How do I fit them into my daily schedule?
- Will they cause side effects? If so, what should I do?

Many new prescription medications are now available for better blood glucose management. If your HgbA1C is higher than 7% and you feel your treatment plan needs a change, talk with your doctor or diabetes educator about these new medications.

Once Weekly Injectible Medications for Type 2 Diabetes

In 2012, a long-acting non-insulin injectable called **Bydureon** was introduced as the first **once weekly injectable** on the market. Two more weekly injectable medications, **Tanzeum** and **Trulicity** soon were added to this class of medicine. This is a medication that would be added to other oral diabetes medication taken daily.

New Class of Oral Type 2 Diabetes Medication

This medication can help to stop glucose (sugar) from being taken in by the kidneys. In people with Type 2 diabetes, the kidneys can hold on to glucose which can cause blood glucose levels to increase. It can be used with or without other oral diabetes medications and also with long-acting insulin. This once daily pill helps improve blood glucose levels and helps with weight reduction. If this medication is considered, people should have sufficient kidney function. There are three once daily medications in this class, **Invokana**, **Farxiga**, and **Jardiance**.

New More Concentrated Long-Acting Insulins

These new insulins provide better 24-hour glucose management -**Toujeo Solostar (300units/ml)** and **Tresiba FlexTouch (available as 100units/ml or 200units/ml)**.

New More Concentrated Rapid Acting Insulin

Humalog 200units/ml Kwikpen is mealtime insulin with double the amount of insulin in a pen; fewer insulin pens are needed per month.

If you need assistance, call a diabetes educator today. If you haven't checked your blood sugar recently, start today so you can better self-manage your diabetes. You can reach me at North Ottawa Community Health System, Diabetes Education, (616) 935-7809.

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Martin's Meanderings

How Senior Are You?



BY
CLIF
MARTIN

A few years ago there was some talk in the hallowed halls of Tanglewood Park about possibly changing the name of this publication. The younger dudes and dudettes who had come on board didn't like "Senior." "Sounds old," they said, "who wants to be old!" Nothing came of it and that proposal died in committee or wherever bad ideas go.

That one will come up again but I won't be here to deal with it. Our aging population will continue to put new programs into our lives and new words in our language. I don't know how many of my present day fellow seniors are up here with me in the over eighty-five bracket. Whatever that number is, the people who predict such things say it will triple by 2050, putting it somewhere around 18

million. That's a whole lot of old folks needing all kinds of care. Monumental changes are in the works.

I couldn't guess how many of our Perspectives readers are teetering near the top rung of the geriatric ladder along with me. I hope it's a fair number. There is a senior generation gap that I think they share with me. Folks now slipping into their seventies came from a totally different world than the life my contemporaries and I grew up with. Maybe we do need a new term that younger seniors can more comfortably live with. I never liked "retired persons" to describe those of some arbitrary age.

I grew up with radio, FDR, the big bands and World War II. Korea would have been "my war" if I had not been 4-F. If you are pushing 70 you have experienced Elvis, The Beatles and Vietnam. I agree with the historian who said the rock culture that began in the mid to late fifties and turned the world upside down in the '60s is the greatest cultural revolution in modern times. When I see a 65-year-old weeping over the death of a beloved member of the Rock and Roll Hall of Fame, calling him "A demigod who uplifted the masses," I scratch my bald, 86-year-old head and mumble, "I don't get it. I just don't get it."

So how senior are you?

Clif says his next column might be about church bells or cats or old time radio. Or maybe another one about motorcycles, even though he has not ridden one and has no plans to. But you can be sure it won't be about politics or sports.

60s?
70s?
80s?
90s?



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MMAP Minutes...



BY
ROBBI
JUERGENS

To most effectively navigate Medicare, it's smart to be involved in your health care decision-making. This means asking plenty of questions, doing your own research, getting second opinions. Below you will find a list of helpful tips to guide you in this process.

If your provider gives you a diagnosis:

- Ask for all of the treatment options, and the benefits and risks of each.
- Find out if your insurance will pay for a second opinion (Medicare typically covers a second opinion before surgery, and will pay for a third if the first and second opinions are different).

If your provider prescribes a medication, find out if:

- Your insurance will cover the prescribed drug. If not, are there other drugs that will work for you?
- The medication may interact poorly with other medications (including over-the-counter drugs) you take.
- A change in diet or special exercise could have the same effect as the medication, or increase its effectiveness.

If your provider recommends surgery, find out:

- Why the surgical procedure is necessary.
- What are the benefits, risks, and alternatives to surgery (such as medication or a change in diet or exercise)

Getting a Second Opinion

If your provider believes you need surgery to diagnose or treat a health problem, you may want to get a second opinion. Medicare will pay for you to get a second opinion if your regular provider recommends that you have surgery or a major diagnostic procedure. Medicare will not pay for surgeries or procedures that aren't medically necessary, like cosmetic surgery. To find a provider for a second opinion, you can visit Medicare.gov/physiciancompare or call 800-Medicare (800-633-4227). TTY users should call 877-486-2048.

The production of this document was supported by Grant No. 90ST1001 from the Administration for Community Living (ACL). Its contents are solely the responsibility of the SHIP National Technical Assistance Center (SHIP TA Center) and do not necessarily represent the official views of ACL.

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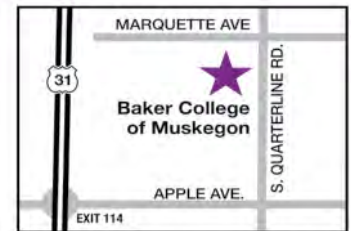


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GOOD INFORMATION • GREAT TIMES
Friday, August 19

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Mail registration form to: The Senior Marketing Group of Greater Muskegon, P.O. Box 115, Muskegon, MI 49443

Each registrant will receive confirmation via mail.

Please Select two 45 minute sessions and one lunch time:

	10 am	11:15 am	12:30 pm
Gentle Yoga with Peter			
Cell Phone Help with Best Buy			
Birdwatching and Feeding			
Healthy Desserts			
The Future of History			
Flowers to Brighten your World			
How Not to Get Scammed			
Unruly Brewing Beer in Michigan			
Zumba/Line Dancing with Francine			
Lunch	NA		

Make sure you don't have a class scheduled during your lunch time!

Door Prize giveaway at 1:30

Schedule • Friday, August 19, 2016

8:30 am - 9:00 am	Registration at Gym
8:30 am - 10:00 am	Coffee Time in Student Center
8:30 am - 1:00 pm	Visit Resource Booths
8:30 am - 11:00 am	Health Screenings
10:00 am - 10:45 am	Session 1 Seminars
11:15 am - 12:00 pm	Session 2 Seminars - Lunch A
12:30 pm - 1:15 pm	Session 3 Seminars - Lunch B
1:30 pm	Door Prizes

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If you need more information, please contact Denise Amidon at (231) 722-5438.

WAIVER AND RELEASE: Filling in this form indicated I waive and release any and all rights and claims for damages I may have against any of the sponsors or organizers of Senior Community day for any and all claims of damages, demands, actions whatsoever which may arise as a result of my participation in the event. I grant full permission to use my likeness for marketing.



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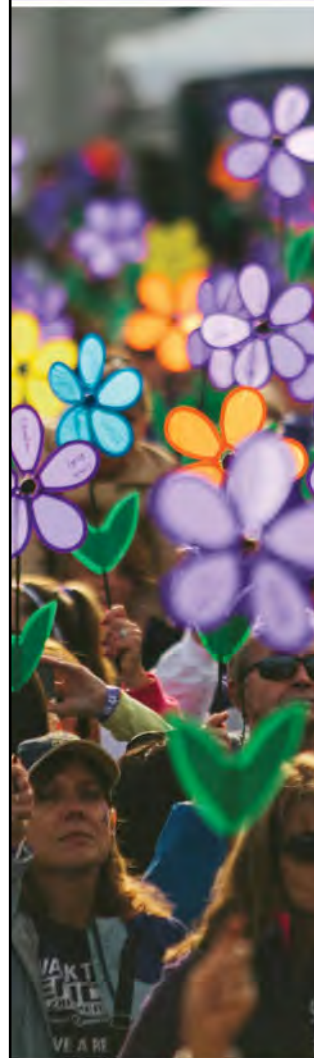
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|--|---|
| 1 (10 ounce) can refrigerated buttermilk biscuit dough | 10 slices pepperoni |
| 10 tablespoons pizza sauce (such as Ragu® Homestyle) | 10 tablespoons shredded mozzarella cheese, or as needed |
| | Canned mushroom, canned pepper, pineapple as wanted |

Preheat oven to 425 °. Spray 10 muffin cups with cooking spray.

Cut biscuits in half and press biscuits, one at a time, between hands to flatten. Place each flattened biscuit in a muffin cup; press into bottom and up sides of muffin cup. Set aside for biscuit to settle and slightly rise, about 5 minutes. Lightly press biscuits into cups as needed.

Spoon 1 tablespoon pizza sauce into each biscuit; top each with 1 slice pepperoni and 1 tablespoon mozzarella cheese. Add any additional items such as mushrooms, pepper, pineapple.

Bake in the preheated oven until biscuit is lightly browned and cheese is melted, about 10 minutes. Remove each pizza from tin and place on a cooling rack, about 5 minutes. These freeze extremely well.



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What Happened at the Chicago Stadium in 1932?

It was 1932, and the country was reeling from the Great Depression.



BY
DICK
HOFFSTEDT

The Democrats were in disarray after 12 years of three Republicans in the White House. Who could they nominate who could beat the incumbent, Herbert Hoover? There were 12 who thought they could. Al Smith, the candidate of 1928, would surely try again. John Nance Garner, the Speaker of the House, was the first Texan to gain serious consideration. There was a man in the governor's chair in New York who had an early lead of delegates but not enough for a first vote victory at the convention. He was, of course, Franklin Delano Roosevelt, and many outside of New England were not familiar with the name. Democrats were nervous about him, because he was basically wheelchair-bound

from crippling polio. However, this had not hampered him from being a successful



governor of our most populous state.

The convention site had not been chosen as of January, 1932. Many cities wanted it, but Chicago emerged the eventual winner. It was also the second largest city in the U.S. at that time, and Illinois had the second largest electoral votes after New York. It was in mid-country and was the center of all railroad traffic. It had great hotels, a beautiful lake-front, and the 1933 World's Fair buildings were almost complete, which gave the city an additional aura. The Chicago Stadium, built in 1929, was chosen as the convention site. At the time, it was the largest indoor arena in the world. It was a logical choice. The Republicans had also held their convention there in early June.

When the convention opened on June 27, 1932, a deadlock seemed likely as

FDR was about 100 delegates short of being nominated. The battle had just begun. The three main issues facing a fifty-year-old FDR were the Depression, his physical fitness and, surprisingly, Prohibition. The latter had been a hot topic even before the crash of 1929. No one knew whether FDR was "wet" or "dry." He said he would abide by the Democratic platform.

As the balloting began, only three of the original 12 had a chance. To get the nomination, 770 delegates were required. On the first ballot, FDR had 666, Al Smith had 202 and Garner had 90. After the third ballot, FDR was still short by 87 votes. There was still no decision, and the real battle had just begun. Many thought that FDR had peaked and Smith or Garner would make their move. After heated debates and all night sessions in the proverbial "smoke filled rooms," FDR finally emerged the winner, but many toes had been stepped on, which he had to contend with before he began his campaign to unseat President Hoover.

In a break with tradition that symbolized a new era, FDR announced that he would fly to Chicago to accept the nomination. Flying was still in its infancy and somewhat dangerous. This move showed FDR's determination to show bravery.

He concluded his acceptance speech with this paragraph: "I pledge you, I pledge myself, to a new deal for the American people. Let us all here assembled constitute ourselves prophets of a new order of competence and courage. This is more than a political campaign; it is a call to arms. Give me your help, not to win votes alone, but to win in this crusade to restore America to its own people." It was a truly pivotal moment in our history.

He was not without his detractors, but he went on to win the presidency four times and achieved historic status during his 12-plus years in the White House. Up to now, he is the last candidate to emerge from a brokered convention and win the presidency.

I wish I could have been there.

Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 61 years. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and one great grandson. Richard is an engineer by profession. His interests are music, reading, travel, water color painting, Mark Twain and John Steinbeck.

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Things with Feathers

To a Waterfowl #1 – Life as a Shorebird

“At whatever moment you read these words, day or night, there are birds aloft in the skies of the Western Hemisphere, migrating.”

Weidensaul, *Living on the Wind*



BY
JANET
HASSELBRING

As the hot lazy days of summer transition into the crisp, cooler days of autumn, over 5 billion birds will fling themselves into the wind. Guided by the stars, the sun, by crystals in their little birdbrains, by landmarks, and by following a path graven in their genes, they will undertake long, arduous journeys to their winter feeding grounds. The flights of these birds are amazing feats and wonderful examples of perseverance, determination and fortitude.

When the ruddy turnstones (see March/April issue) take to the wind from the Arctic mudflats and journey to their winter homes in Patagonia, they will fly 5 – 8 days at a time, without food and water. Their wings will flap a total of 3,000,000 times in their quest for food (see map). When they return north in the spring, they will have flown over 13,000 miles.



The red knot, on its way north from Patagonia to Delaware Bay, flies over the bulge of Brazil for 10 days straight – a 240 hour trip, without stopping for food or water. This plucky flier, banded B95, is nicknamed the Moonbird, because in his 20+ years of migrating, he’s flown the equivalent mileage of traveling to the moon and three quarters of the way back. The oldest red knot has become an icon for birders.

The white-rumped sandpiper flies 9000 miles twice each year pursuing summer; the Arctic tern can beat that. Get this: this 4-ounce wonder flies from Nova Scotia across the Atlantic to the southern shores of Africa, back over the Atlantic to Patagonia, back to Africa, over the ocean for the fourth time to Nova Scotia and from there to

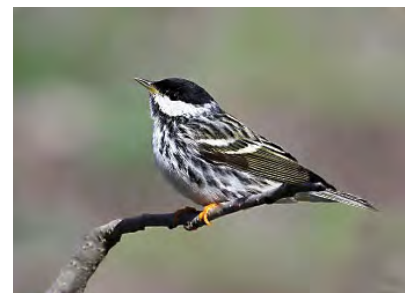
the Arctic mudflats – a dazzling aerial figure eight in pursuit of food.

The blackpoll warbler is one of the gutsiest songbirds. This little sprite starts out from Alaska and flies 3000 miles east to Nova Scotia, where he gorges on webworms and sawflies. When a strong NW wind blows him off his twig, he’s off on a 2000-mile transoceanic flight. A mere 4” long and weighing one-third of an ounce, he’s all feathers, hollow bones and heart. That’s 50 birds to the pound! Since he cannot swim, he must keep flying – up to 90 hours at a time! He doesn’t glide, so if he’s not flapping, he’s dropping. On long flights, he sprints forward, folds back his

wings and drops – over and over again - 20 times a minute.

Flying at night, when the air is less turbulent, birds waste less energy. The cooler air diffuses dangerously high levels of body heat from the constant flapping and reduces dehydration. Enemies, particularly, hawks, are diurnal, and owls, though night prowlers, aren’t agile enough to harm them. Flying against incredible odds, including dehydration, starvation, disease, predators, skyscrapers lit up at night, and satellite towers that can take out unwitting fliers, their GPS systems take them back and forth to the same spots every year!

As summer transitions to fall, billions of “things with feathers,” mostly unseen by us, will be flying overhead.



William Cullen Bryant’s allegorical poem, “To a Waterfowl,” describes a shorebird’s migratory flight, and reminds us that our lives, too, are migratory journeys, similar to that of the shorebirds and songbirds aloft in the skies.

*Whither, ‘midst falling dew,
While glow the heavens with the last steps of day,
Far, through their rosy depths, dost thou pursue
Thy solitary way? (To a Waterfowl, Verse 1)*

Copy and paste this link to read the poem:
<http://www.poetryfoundation.org/poem/182476>

This is the first article in a series that will explore Bryant’s poem verse by verse, seeking what wisdom we can glean from the shorebird. My mother, Ellen, will be the speaker in the poem. As the poem is essentially a profession of faith, her musings are a testimony to her life of faith on the small farm (present day Country Dairy), where she and her beloved Henry eked out a living, raised their children, and honed their faith, in the 1930s (as described in the memoir, *In the Garden*).

Note: *The memoir, In the Garden, portrays the author’s mother, Ellen, an ordinary woman, who became extraordinary by surrendering her will and ego to the will of God at every crossroads of her life. She chose faith over doubt, acceptance over resignation, hope instead of despair. “Not my will, but Thy will be done,” was her mantra. After marrying the love of her life, Henry, Ellen lived her life in the house on the hill, on a farm in West Michigan (the site of present day Country Dairy) rooting herself in the place where she believed God had planted her. There she found her calling as a helpmeet and homemaker. She transformed the house on the hill into a place of beauty and sanctuary for their family.*



Coming in the September/October issue -
To a Waterfowl Verse 1 – A Pair of Cardinals

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

Evergreen Dream



BY
JOEL
DULYEA

Trimming Christmas trees was a good summer job. It lasted longer than stacking hay for Kriesel's Dairy, and seemed more grownup than collecting pop bottles for deposit money. I got the job with help from my junior high classmate, Leroy Johnson. Leroy lived in the village of Dalton, across the railroad tracks from the old community hall, where at four years old I won a Nestlé Crunch chocolate bar in a hula hoop

contest. It was the best prize I ever won. There was that basket of bath soap, but who would admit to winning that?

I'd just returned some pop bottles to Dalton Grocery at West Tyler and Whitehall Road, then spent the change on Bazooka bubblegum and a Marvel comic book. I straddled my red hand-me-down Schwinn up from the ground and peddled toward home, but stopped just after the railroad tracks in Leroy's driveway. Leroy asked if I'd like to work for Mr. Misze over on Hyde Park Road. He owned acres of evergreens up north.



A Sunday afternoon later, Leroy, four other boys, and I boarded a recycled school bus, painted olive drab, in which Mr. Misze drove us to the edge of the Manistee Forest, south of the Big Sauble River near the village of Freesoil. We arrived at a white clapboard bunk house, set amidst acres of evergreens planted row upon row, in fields painted brown by the heat. For two weeks, each of us boys, armed with a machete, trimmed six-foot-tall pine trees into conical shapes fit for Christmas decorations and a visit from Santa. Rows of evergreens stretched through fields that shimmered with heat and smelled of pine pitch. We shuffled in circles around one pine after another, cutting until our blades grew dull with resin. The foreman sharpened our blades before we continued another row – and another field. The sun climbed higher as



did the temperature, to 95 degrees that first day. A tin bucket and ladle carried lusty gulps of water and splashes of coolness upon heads and sweat-stained t-shirts.


Stout Mrs. Misze in kitchen apron, white hair pulled back, met us at the bunkhouse with lunch. "Go wash your hands before you eat," she commanded. We obeyed and washed with Lava over the bathroom's white porcelain, then sat down to half a fried chicken for each boy. There was enough for seconds of green beans, mashed potatoes and gravy, rolls and lemonade, plus ice cream and pie for dessert - paradise after sun drenched work. Mrs. Misze served a banquet at breakfast, lunch and dinner.

After work Mr. Misze bused six sweaty boys to the cool, still water of a Mason County lake. In my imagination, the writer of the 23rd Psalm gained his inspiration from trimming Christmas trees near the Manistee National Forest. The lake restored our souls and gave Mrs. Misze reason to thank God for boys that smelled better at the supper table than they did at lunch.

Sunset brought talk of girls, cars, pop bottle rockets and cherry bombs, until conversation dwindled to stillness. Suddenly, that universal sound employed by adolescent boys everywhere, fake flatulence, erupted to infect our bunk house with laughter. Eventually muffled giggles faded to deep sleep earned by a hard day's work.

Two weeks later Mr. Misze tore our paychecks from his ledger, keeping for his record the carbon copies. My original paycheck and memory of its total are long gone. What lingers is a memory of Leroy, four other boys, and I asleep in the knowledge that tomorrow would bring another hot day, a cool lake, plus breakfast, lunch and dinner.

Joel Dulyea, a United States Army retiree, sings with three choirs, acts as business manager for the West Michigan Concert Winds, volunteers with Kids' Food Basket in Muskegon, and writes.

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SOMETHING MUST BE DONE ABOUT DAD!

HE'S SO OLD! WHY DOESN'T HE JUST GO TO THE OLD FOLK'S HOME NOW?

BUT HE'S LIVED AT THAT HOUSE FOR FIFTY YEARS!

EXACTLY... TIME FOR A CHANGE! NOW, WHEN IT'S CONVENIENT AND EASY...

BUT THERE'S NOTHING WRONG WITH DAD...

STOP DREAMING! SURE, HE'S FINE NOW, BUT SOONER OR LATER SOMETHING'S GONNA HAPPEN...

...HE GETS A STROKE, I'M NOT COMING BACK FROM VACATION... YOU CAN TAKE CARE OF HIM.

NOT ME!

NOT ME!

I CALL DIBS ON THE HOUSE! FINALLY JUNIOR'S GETTING OUT OF THE BASEMENT!

SO WHO'S GONNA CALL DAD?

STOP IT ALL OF YOU!

THEN WE'RE ALL DECIDED! TIME FOR DAD TO GO!

I AM ON THIS CONFERENCE CALL!

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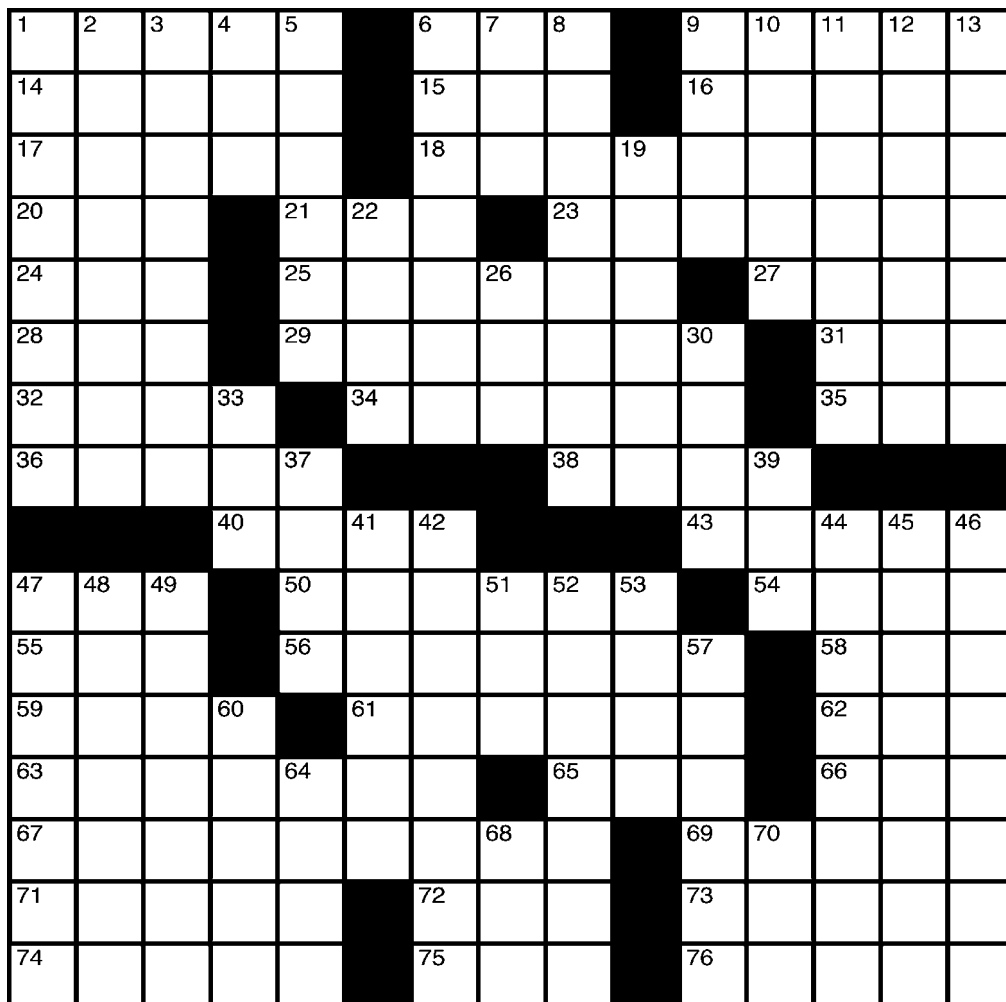
GIVE IT A REST, FATHER KNOWS BEST!
FOR THE THRILLING CONCLUSION, TURN TO PAGE 35

ACROSS

- 1 *Onetime owner of Waldenbooks
- 6 TiVo predecessor
- 9 With 74-Across, what each of the answers to starred clues is
- 14 Ancient Asia Minor region
- 15 Mobile setting: Abbr.
- 16 ___ trot
- 17 Ocean tracker
- 18 Listen
- 20 ___ Balls: snacks
- 21 Hoedown honey
- 23 1841 French ballet heroine
- 24 Minn. winter hrs.
- 25 Gets into a seat
- 27 Compete for the America’s Cup
- 28 “Gotcha”
- 29 *Seller of Geoffrey Bandages
- 31 Tic ___ mints
- 32 Speck
- 34 Ryder Cup chant
- 35 “Lux” composer
- 36 Austere
- 38 Halloween reactions
- 40 Spare pieces?
- 43 *Craftsman company
- 47 First name in shipping
- 50 Chalk holder
- 54 Price number
- 55 “Well, lah-di-__!”
- 56 ESPN Deportes language
- 58 Many a Persian
- 59 Stringed instrument
- 61 Big headache
- 62 “Who Gets the Last Laugh?” network
- 63 Running things
- 65 Excessively
- 66 Common flight path
- 67 Tom Jones’ last Top 10 hit
- 69 Birth-related
- 71 Let up
- 72 Up to, in store signs
- 73 Romantic text
- 74 With 9-Across, what the answers to starred clues form
- 75 It may have a patch
- 76 Discharge, as from the RAF

DOWN

- 1 They catch busses at stadiums
- 2 NASA launch
- 3 Provide critical comments on
- 4 Fjord relative
- 5 *Bullseye logo company
- 6 Depressed areas
- 7 Progressive Field team, on scoreboards
- 8 Sounded right
- 9 Cartoonist Addams
- 10 Fine-tunes
- 11 Took courses at midnight?
- 12 Salad bar option
- 13 SensoTouch 3-D shaver, e.g.
- 19 Neglect
- 22 Baseball’s Moises
- 26 Rebel org.
- 30 *Bergdorf competitor
- 33 Slip
- 37 “Way to go!”
- 39 “Captain Phillips” setting
- 41 Orchard unit
- 42 Take apart
- 44 Fats Waller contemporary
- 45 Border river, to Mexicans
- 46 *Costco rival
- 47 Counsels
- 48 Shower covering
- 49 “Fingers crossed”
- 51 Campus aides, for short
- 52 Trendy
- 53 Golf Galaxy buy
- 57 Ex-Soviet leader Brezhnev
- 60 Sore sort, maybe
- 64 Get one’s feet wet
- 68 Tinkering letters
- 70 Pub pint



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JUMBLE

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

AHTEB

○ ○ ○ ○ ○

RAGUD

○ ○ ○ ○ ○

BITSUM

○ ○ ○ ○ ○

MARFOL

○ ○ ○ ○ ○

THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek



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

A: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ “ ○ ○ ○ ○ ○ ○ ○ ”

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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
I ₁	O ₁	N ₁	H ₄	R ₁	C ₃	C ₃	RACK 1
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	E ₁	U ₁	T ₁	Q ₁₀	N ₁	B ₃	Triple 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"/>
A ₁	I ₁	I ₁	N ₁	L ₁	V ₄	L ₁	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	A ₁	H ₄	P ₃	W ₄	T ₁	R ₁	1st Letter Double 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	D ₂	N ₁	B ₃	M ₃	RACK 5

PAR SCORE 265-275
BEST SCORE 359

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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Are you looking for a *late blooming* perennial?



BY
LOUISE
MATZ

Are you a structured person? Do you make lists and track everything? I do. For example, I can tell you that the hummingbirds arrived at my feeders on May 2 this year and the orioles came on May 4. This may be trivia to some, but to me it is valuable information. I now know that I'd better get my feeders out next year at least by May 1.

Do I have years of garden logs for my perennial garden? Of course. I can tell you what bloomed when and for how long. So, I feel confident advising folks who might be looking for showy perennials to kick in later in the year -- after the astilbe and lilies and daisies have ceased to bloom.

The "star performer" year after year is the Black-Eyed Susan!!! Not only is the yellow-orange color brilliant, but this plant is easy to grow, deer resistant, and draws butterflies and birds. It begins blooming the first of July (sometimes even earlier) and continues until frost. It ranges in height from 18"-24" and does best in full sun. The Black-Eyed Susan is also good for cut flowers. How can you go wrong?

Although they can't hold a candle to the Black-Eyed Susan, there are a few other late bloomers you may want to consider just for variety and uniqueness. The purple Monkshood is one of my favorites. It stands tall and regal and blooms September-October. A friend



of mine in the Upper Peninsula has one that is a deep royal purple, and I look forward to seeing it every year. Yellow yarrow is a good option, too. It's easy to grow, but quits blooming mid-August. Mums offer a variety of colors. The dependable Autumn Joy sedum is hardy and will bloom into November.

For something unique, I recommend planting moonflower seeds early in the summer. By fall, you will be treated to sprawling vines

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with large white bell-shaped flowers that bloom late in the day and at night! Thus, the name Moonflower. It's a real treat to view your garden in the late evening and see those lovely moonflowers glowing.

Louise and her husband, Tom, love the outdoors. They are bow hunters and also love to fish, particularly in the Florida Keys. Louise enjoys spending time with her family, reading, travelling, and playing golf.



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Ask the Doctor

Dehydration: Not Just a Concern in the Summer

Question: What is the medical definition of dehydration?

Dr. Josyula:

Dehydration is a condition in which the patient loses more water and salts (electrolytes) than the patient is taking in. Salts are important because they are involved in all cell processes. Water is important because roughly 50 percent of an older adult's body consists of water.



DR.
ARUNA
JOSYULA

Question: Does dehydration occur naturally?

Dr. Josyula: We lose water and salts during normal daily living: when we sweat, when we exhale, when we urinate and through our bowel movements.

Question: Can dehydration be a serious condition?

Dr. Josyula: Dehydration is a medical state when a person has lost too much water and salt. This can cause severe imbalance in the body's functions. If not treated in a timely and proper manner, dehydration can lead to death.

Question: How is dehydration different from heat stroke?

Dr. Josyula: When dehydration becomes severe enough to cause neurologic problems -- confusion, weakness or becoming comatose -- we refer to that as heat stroke.

Question: Is dehydration a special concern for seniors?

Dr. Josyula: Yes, because in general, we find that older adults do not drink enough water during the course of a day.

Question: Is dehydration a concern only in the summer?

Dr. Josyula: With increased heat in the summer months, seniors need to pay more attention to their water intake, but dehydration is a concern year-round. Even in the winter, dehydration can be a concern. As our bodies age, our skin becomes thinner and we feel colder more often. In the winter, seniors may turn up the heat to stay warm, but that heat can cause dehydration. That is why so many people complain of dry skin in the winter.

Question: What causes dehydration?

Dr. Josyula: There are many causes of dehydration. The most obvious one is that people do not drink enough water, but there are others. Some medications, such as diuretics, cause dehydration. An infection that leads to fever, vomiting, or diarrhea can also lead to dehydration. Too much exposure to heat or too much exercise can result in dehydration as well.

Question: What are the signs of dehydration?

Dr. Josyula: Dry mouth and dry throat can be signs, but there are medications that can cause these symptoms as well. Feeling thirsty, weak, dizzy or confused can also be signs of dehydration. It is important to note that diabetes can also cause a person to feel thirsty, so it is best for patients to discuss all of their symptoms with their doctor. People

with dehydration often feel like their heart is racing, or that they are having palpitations, which can also be a red flag. Fainting and decrease in urine output are of special concern.

Question: When is it important to seek professional help?

Dr. Josyula: If a person notices a decrease in urine output -- even for just one day -- the person should seek help. Confusion, sluggishness, and non-responsiveness are also reasons to seek professional help. Inability to keep down fluids is a reason to go to a hospital emergency department.

Question: How is dehydration treated?

Dr. Josyula: I tell my patients that if they can take in water by mouth, they should do so. I encourage my patients to take in four 8-ounce glasses of water per day. If a patient is losing fluid due to diarrhea, vomiting or athletic activities, then I suggest that he or she drink fluids with electrolytes, such as power drinks like Gatorade or Powerade. When dehydration is more severe, patients need to go to the hospital to receive IV hydration.

Question: What about coffee and tea?

Dr. Josyula: These drinks are diuretics, which promote dehydration. Even carbonated drinks are diuretics. They are not a substitute for water. If water tastes too bland, I suggest that patients flavor the water with slices of fruit.

Question: Is there a way to prevent dehydration?

Dr. Josyula: As our bodies age, they have less tolerance for dehydration, so it is best to remain aware of daily fluid intake and any conditions or medications that could lead to dehydration. Drinking water is the best prevention.

If you have concerns about osteoporosis, you are invited to contact Mercy Health Physician Partners Geriatrics by calling 231-672-6740.

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Murals on the Ceiling

Even as a child, I spent a lot of time looking up, noticing that many ceilings had a great deal of character. Some had lines and grooves in the plaster, while others had special fancy molding separating the walls from the ceiling. I've seen hardwoods lapped together, placed in geometric patterns or made into fan shapes. Other ceilings were adorned with embossed tin, some painted bright or multi-color, and some even had pictures of animals or heavenly stars.

As I got older, I experienced many structures and cultures. I was fortunate enough to travel a bit, going to places like Greece, Germany, England and Austria. I visited Rome to see the Sistine Chapel and the world's largest unsupported church dome, with their gilding and murals, both at St. Peter's Basilica. The churches on the Islands of Capri, and Ischia, off the coast of Italy, with the beautiful art work were worth seeing. Next, I traveled to Malta to visit Europe's third largest, unsupported dome at St. Mary of the Assumption Church in the town of Mosta, and I witnessed all the hand-painted murals, mosaics, and frescoes on their ceilings.

For a long while, I thought there was nothing that could surpass the beauty, architecture and grandeur of all that I had experienced in my life as I looked up at ceilings or walls. But I was wrong, as I am reminded every day that there is something greater than man-made art.

One day, after seeing St. Peter's Basilica, a thought occurred to me. I remembered a painting in one area that made me think of another canopy I enjoyed even more than all the great ceilings -- a greater one, more than any mortal could ever attempt to paint. It was the sky we all look at and take for granted every day.

So many times a year, we hear weather forecasters tell pilots, balloonist



BY
MIKE
SIMCIK

and people in general that the ceiling of the earth's canopy is unlimited, meaning a clear sky. This term pertains to the greatest height that an airplane can safely operate, or the distance from the ground to the lowest level of cloud formation. When I think about it, the ceiling really is unlimited. The world's canopy is an ever-changing mural in living color. The sky can be cheerful, foreboding and stormy, or inspirational. Sometimes, all three can happen in the same day.

We make up poems, sonnets and clichés about the living mural, like "Red sky in the morning, sailor take warning" or "Red sky at night is a sailor's delight." For as long as we have been on earth, people of all ages have been lying on the ground gazing up, leaning against a tree, or stopping work in the field for a while, long enough to look up and watch an odd-looking cloud or the changing sunset.

I can't make up my mind which is more exciting to watch: storms or sunsets. They both stimulate a wide range of emotions. Storms bring rain, dark clouds, wind, fire and lightning with a thunderous ovation to repeat the performance. They make us feel humble, small, and not quite as brave as we like to think we are. Sunsets bring warmth, rainbows, and a plethora of colors from golds and crimsons to lavenders and pinks. The setting sun has a wonderful calming effect on us at day's end. But, no matter how you're stimulated, look up at least once a day and enjoy the living murals on the ceiling.

Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. As an entrepreneur, he has owned six businesses, including The Twin Gables Country Inn, 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 celebrated their 47th wedding anniversary in April of 2016.

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Social Security

Questions & Answers

Question: Will my son be eligible to receive benefits on his retired father's record while going to college?

Answer: No. At one time, Social Security did pay benefits to eligible college students. But the law

changed in 1981. We now pay benefits only to students taking courses at grade 12 or below. Normally, benefits stop when children reach age 18 unless they are disabled. However, if children are still full-time students at a secondary (or elementary) school at age 18, benefits generally can continue until they graduate or until two months after they reach age 19, whichever is first. If your child is still going to be in school at age 19, you'll want to visit www.socialsecurity.gov/schools.

Question: When a person who has worked and paid Social Security taxes dies, are benefits payable on that person's record?

Answer: Social Security survivor's benefits can be paid to:

- A widow or widower — unreduced benefits at full retirement age, or reduced benefits as early as age 60;
- A disabled widow or widower — as early as age 50;
- A widow or widower at any age if he or she takes care of the deceased's child who is under

BY
STEPHANIE
HOLLAND

Social Security
Public Affairs
Specialist

age 16 or disabled, and receiving Social Security benefits;

- Unmarried children under 18, or up to age 19 if they are attending high school full time. Under certain circumstances, benefits can be paid to step-children, grandchildren or adopted children;
 - Children at any age who were disabled before age 22 and remain disabled; and
 - Dependent parents age 62 or older.
- Even if you are divorced, you still may qualify for survivor's benefits. For more information, go to www.socialsecurity.gov.

Question: I want to make sure I have enough credits to receive Social Security retirement benefits when I need them. How can I get a record of my Social Security earnings?

Answer: The best way for you to check whether you have earned enough credits (40 total, equaling 10 years of work) is to open a free my Social Security account at www.socialsecurity.gov/my-account to review your Social Security Statement. Once you create an account, you can:

- Keep track of your earnings to make sure your benefit is calculated correctly. The amount of your payment is based on your lifetime earnings;
- Get an estimate of your future benefits if you are still working;
- Get a replacement 1099 or 1042S.

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In some states, you can even request a replacement Social Security card online using my Social Security. Currently available in some areas in the United States, it's an easy, convenient, and secure way to request a replacement card online. To find out where we offer this service, visit www.socialsecurity.gov/ssnumber.

Question: Although I stopped working a few years ago, I had additional seasonal earnings after my retirement. Will my monthly Social Security retirement benefit increase?

Answer: Possibly. And, you can get Social Security retirement or survivors benefits and work at the same time. Each year, we review the records for all working Social Security recipients to see if additional earnings may increase their monthly benefit amounts. If an increase is due, we calculate a new benefit amount and pay the increase retroactive to January following the year of earnings. You can learn more about how work affects your benefits by reading our publication, *How Work Affects Your Benefits*, at www.socialsecurity.gov/pubs.

Question: My aunt is disabled as a result of a car accident. Does Social Security have a special program for people who are obviously physically or mentally disabled?

Answer: Social Security is committed to expediting the application process for people with severe disabilities. Through our Compassionate Allowances program, we can quickly identify diseases and other medical conditions that qualify, based on minimal objective medical information, and that allows us to make payments much sooner

than the usual review process allows. Compassionate Allowances is not a separate program from the Social Security disability insurance or Supplemental Security Income programs. People who don't meet the Compassionate Allowances criteria will still have their medical conditions reviewed by Social Security. Learn more about our Compassionate Allowances at www.socialsecurity.gov/compassionateallowances.

Question: How do I apply for disability benefits? And, how long does it take to get a decision after I apply for disability benefits?

Answer: You can apply for disability benefits online at www.ssa.gov/disabilityssi/apply.html. Getting a decision on your disability application usually takes three to five months. The time frame can vary depending on:

- The nature of your disability;
- How quickly we can get your medical evidence from your doctor or other medical source;
- Whether it's necessary to send you for a medical examination; and
- Whether we review your application for quality purpose.

Question: I'm going to visit relatives outside the country for two weeks. Can I still get Supplemental Security Insurance (SSI) payments while I'm there?

Answer: Your SSI usually will stop if you leave the United States for 30 consecutive days or more. Since you are going to be away for only two weeks, your SSI should not be affected. However, it's important that you tell Social Security the date you plan to leave and the date you plan to come back, no matter how long you expect your travel to last. Then we can let you know whether your SSI will be affected. For more information, visit www.socialsecurity.gov or call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

Question: Are Supplemental Security Income

(SSI) payments paid only to disabled or blind people?

Answer: No. In addition to people with disabilities or blindness, SSI payments can be made to people who are age 65 or older and have limited income and financial resources. For more information, read our publication, *Supplemental Security Income*, at www.socialsecurity.gov/pubs/11000.html.

Question: Where can I go to find general information about Medicare benefits?

Answer: Social Security determines whether people are entitled to Medicare benefits, but the program is administered by the Centers for Medicare & Medicaid Services (CMS). You can visit CMS' Medicare website at www.medicare.gov, or call them at 1-800-MEDICARE (1-800-633-4227). Online or by phone, you can find answers to all your Medicare questions at CMS.

Question: Will my eligibility for the *Extra Help* with Medicare prescription drug plan costs be reviewed and, if so, how often?

Answer: If you get the *Extra Help*, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for *Extra Help* and you are receiving all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the *Extra Help* will be effective in January of the following year. Go to www.socialsecurity.gov/prescriptionhelp for more information.

Stephanie Holland is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 455 Bond St, Benton Harbor MI 49022 or via email at stephanie.holland@ssa.gov

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Keith's World

USS Silversides

Over the years, I have found myself spending much time digging around and finding the deep secrets of Muskegon's history. I have taken my interest to include research in other areas beyond Muskegon, like Newaygo County and Ottawa County; my file is getting much bigger. Learning of our past is a fun way to spend time.



BY
KEITH
SIPE

I served 21 years in military service and enjoy finding old photos and stories about past wars and events. There is so much history to learn that it's impossible for schools to teach it all. If you find you have an interest in something, then spend the time and research it. Time well worth spending. You learn so much.

What makes history interesting? I'll give you an example... a man by the name of Clarence Zylman was the featured Boogie Woogie Bugle Boy from WWII and is from Muskegon. He lived on Irwin. I didn't know that.

The other day I was down at the USS Silversides, which is located by the channel at 1346 Bluff Street (I have driven that little stretch of road many times and never knew it was called Bluff Street), spending time with my friend Joan Gawron. I learned many things about the history of the submarine.

The USS Silversides is docked in the channel and has been a part of Muskegon for nearly 30 years. You can tour the submarine and even go below to see how life was under water. Many groups over the years have toured the submarine and slept overnight in the submarine. How cool is that!

Every so often the volunteers will start up the USS Silversides and let the engines run for a while.

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Above: This photo is inside of the USS Silverside Submarine Museum. You can use the periscope and check on what is going on outside. Again...how cool is that! Kids just love looking through the periscope and dreaming about what it was like way down deep underwater.



Left: This photo was taken during WWII on the deck of the USS Silversides. I am told that the dog was the submarine's mascot. Above: The USS Silversides's deck, in dock, with other submarines

a.m. to 4 p.m. and Friday & Saturday 10 a.m. to 5:30 p.m. Take the time and go and visit the museum. I'm sure you will enjoy your time there as much as I did.

You may reach Keith at rightseat625bg@gmail.com/ I enjoy writing, photography, flying, cooking, history of Muskegon and living downtown.

This summer the USS Silversides Submarine Museum is featuring the "Instruments of War Musical." What, might you ask, is that? Well...it's not about instruments and gauges on the submarine, but the playing of instruments during wartime. You should check this out this summer.

I learned so much from Curator Peggy Maniates who shared many things with me about the USS Silversides Submarine Museum. I must admit it was my first time at the museum. Peggy mentioned to me that they have over 3,000 books in their library that a member may check out. Over the next year they are adding another 8,000 and that's amazing.

Joan Gawron's invitation to visit the museum was well worth my trip and I thought should share it you in "Keith's World." Joan volunteers many hours a week at the museum and surely enjoys herself. Joan also introduced me to her friend Teresa Folkmier, the Manager of Guest Relations.

Everyone is invited to visit the USS Silversides Submarine Museum at 1346 Bluff Street in Muskegon. I'm sure if you have any questions they wouldn't mind you giving them a call at 231-755-1230. There is a site you can visit on line at www.silversidesmuseum.org, or email them at contactus@silversidesmuseum.org

They are open Sunday-Thursday 10

New Festival "Hops" onto the Summer Calendar!



By Amy L. VanLoon, Executive Director
White Lake Area Chamber Of Commerce

August gets hotter this year with the addition of a new summer-time festival! BridgeHop will be a celebration of the White Lake Area encouraging all to hop the bridge between the two towns of Montague and Whitehall and enjoy exciting events in various locations. The White Lake Area Chamber of Commerce is thrilled to launch this new event for the first time, and promises a schedule packed full of activities for this 3-day festival.

Mark your calendars for August 4th, 5th & 6th, and bring your family and friends out to enjoy BridgeHop! Activities include the well-known Community Picnic and 5k race, a parade, barbeque cook-off, outdoor movies, family fun, community dancing, live entertainment and more. A full schedule of festival events will be released this summer. The festival acts as a fundraiser with proceeds going toward renewal of the White Lake billboard located on US-31, to continue marketing the White Lake area as a destination to travelers. For more information on BridgeHop as well as sponsorship and volunteer opportunities, contact Kait Irey at the Chamber of Commerce, info@whitelake.org or 231-893-4585.

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Surrounded with Care

It Takes a Team



BY
NANCY
ABIADÉ, LMSW

Just as it can take a village to raise a child as life begins, it can also take a team to bring comfort to those whose lives are ending. Recognizing the complexity of human beings, composed of physical, social, emotional and spiritual needs, hospice programs use an interdisciplinary team of doctors, nurses, social workers, CENAs, chaplains, pharmacists and volunteers to bring comfort to their patients and families.

Each patient's case is reviewed biweekly in a team meeting to ensure the best quality of care for them and their families. The most striking component of our team is that the social worker starts the conversation on each client. When we do this, we do not talk about "the 71-year-old Caucasian female with heart disease." We discuss "Mary" and how "Mary" is feeling throughout her day and how "Mary and her family" are handling changes. This personal approach ensures that our team is always focused on the client's goals and the greatest need.

The social worker addresses the advance directives, coping skills, and patient and family needs.

The chaplain notes any spiritual isolation that may occur due to the disease process.

The volunteer coordinator reports if the patient and family are receiving support from a volunteer who could be providing social visits or respite support so that the caregiver might get some time away.

The nurse relays information about the current physical condition of the patient and notes any comfort or safety concerns.

The CENA (nurse's aide) reports to the nurse their observations and any concerns about the patient's physical abilities, including bathing, dressing, eating and transfers.

The pharmacist reviews all of the current medications for effectiveness and prevention of interactions.



The doctor listens to all of the reports from the other disciplines and makes medicine changes as needed to ensure that the patient's comfort is always maintained.

Each team member provides expertise in their own field, and together they address the needs of the whole person. The care setting may be the home, an assisted living facility, an adult foster care home, a skilled nursing facility or an inpatient hospice residence such as the Leila and Cyrus Poppen Hospice Residence. The team approach allows hospice to more comprehensively serve the patients' and families' needs.

Nancy Abiade, LMSW, Social Worker at Harbor Hospice. 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 32 years.

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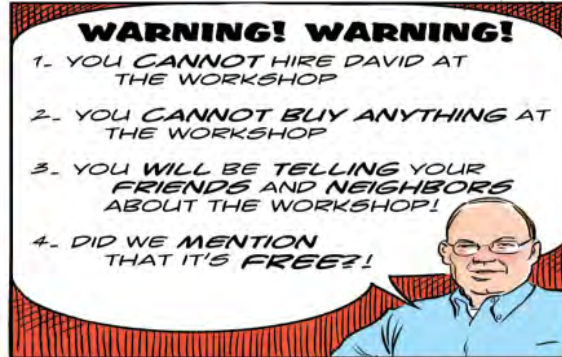
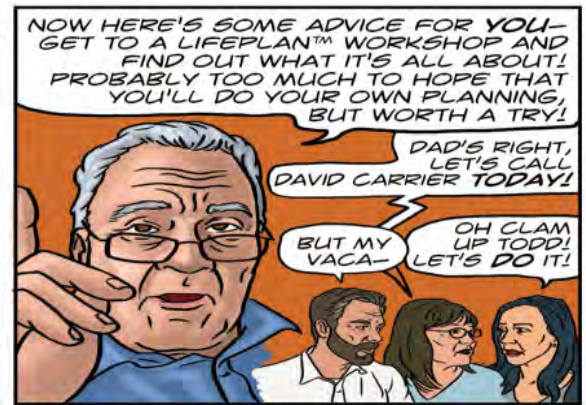
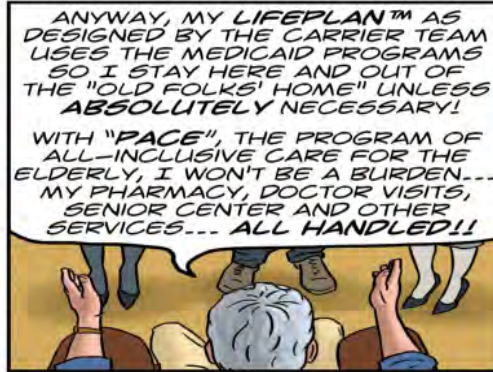
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