

# Senior Perspectives

MAY | JUNE 2017

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**NEXT "I SPY" DRAWING WILL BE JUNE 30!**

# May in Michigan



BY  
LISA  
TYLER

May is a great month – flowers are blooming, we have more sunshine and warmer temps – and it's both Older Michigani-ans Day and Older Americans Month!

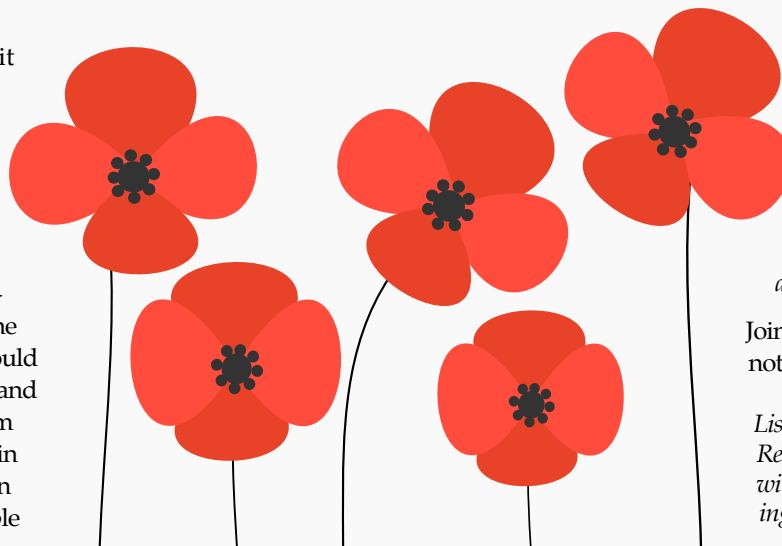
The theme for both Older Americans Month and Older Michigani-ans Day is "Age Out Loud." And in Michigan, May 17, 2017, older adults and their supporters will be speaking out loudly about aging issues.

Each May, hundreds of Michigan residents go to Lansing, to the State Capitol Lawn, to give voice to a platform for legisla-tive action. The day, presented by area agencies on aging and aging network partners, brings in speakers and allows those attending to meet with their state representatives and senators.

## The platform for this year includes:

- Continued progress to make Michigan a no-wait state
- Legislative attention to direct care worker crisis
- Protect Medicaid
- Rebalance Michigan's long term care spending
- Prevent and respond to elder abuse
- Increase dementia care and support
- Approve home accessibility tax credit
- Improve transportation programs

Increasing funding for the Aging and Adult Services Agency (AASA) by \$3.6 million in the FY 2018 budget would reduce wait lists for in-home senior services delivered by Area Agen-cies on Aging (AAAs) across the state, ac-cording to officials. Increasing access to the MI Choice Medicaid Waiver program would allow more older adults to receive home and community-based services, allowing them to remain in their homes. This is a win-win for the state, because Medicaid dollars can support nearly three older adults or people



with disabilities for every one person in a nursing home.

The platform also urges a legislative committee to develop an action plan for addressing the shortage of direct care workers, and urges sufficient funding for elder abuse prevention and enforcement programs. State elected officials are also asked to actively oppose any federal proposal that would legislative Medicaid block grants to states that may mean few financial resources to low-income Michigan residents.

Senior Resources staff and volunteers attend this annual event; if you're inter-ested in attending, please contact Pam Curtis, pam@seniorresourceswmi.org, or 231-733-3521.

Since 1963, Older Ameri-cans Month is a time to learn about, support and celebrate older adults. Get-ting older doesn't neces-sarily mean becoming less engaged or active. Many aging Americans have more time to devote to interests, dreams and goals, and learn new things. The theme, Age Out Loud, emphasizes the many ways older adults are living their lives, while serving as an inspiration to people of all ages.

As the Baby Boomer generation grows older, our state and nation will see a big jump in the 60+

population in coming years. Over the past 10 years in the U.S., the population 65 and older has increased by 30%, and it's projected to more than double by 2060. The 85+ population is expected to grow even more – tripling from 6.3 million in 2015 to 14.6 million in 2040.

To learn more, consider joining our Senior Ad-vocates Coalition – find more information here: <https://seniorresourceswmi.org/advocacy/senior-advocates-coalition/>.

Join us in celebrating the older adults in our lives – not just in May, but every day!

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



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# Diabetes travel tips for your summer adventures!

Anyone with diabetes understands staying healthy and keeping your glucose levels where you want them requires some planning. As summer begins, many of us are making plans to either travel by car across America or fly to some far away destination. The American Association of Diabetes Educators suggests that anyone with diabetes needs to take plenty of time and plan for glitches or delays that can often happen, especially when flying. Here are some helpful travel tips from their website.



BY  
DIANE JONES  
RN CDE

**Over-pack your medications** -If you are gone for a week, pack two weeks of medications (insulin & syringes), testing supplies, batteries, glucagon emergency kit, etc. If you use a pump, contact the company about providing a backup pump in case yours fails. Always have a prescription from your doctor for insulin or oral medication in case of an emergency.

**Protect your supplies**- Keep your medications and supplies with you and never put them in your checked luggage or in the trunk of your car. Extreme temperatures -- either hot or cold -- can damage your medication. If you are flying, keep them separate from your toiletries in original packaging that has your name on them. TSA (Transportation Security Administration) requests a separate bag for your medications/supplies and allows you to go over the 3.4 oz. carry-on limit.



**Identify yourself** - Wear your medical ID bracelet or necklace that notes you have diabetes. A list of your medications and a health card with emergency contact names and numbers (doctor/ family) are important to have with you. Learn how to say in the language you are visiting "I have diabetes," "sugar," or "orange juice, please."

**Carry snacks** - Low blood sugar can hit anytime and food access during travel is unpredictable, so bring snacks such as granola bars, trail mix, or peanut butter crackers. Don't forget to have glucose tablets or gel with you when you travel anywhere!

**Simplify flying** - Visit [www.tsa.gov](http://www.tsa.gov) before your trips to learn about current screening policies. When injecting insulin while flying, the pressurized air can make it more difficult to draw up your insulin. If using vial and syringe, be careful not to inject air into the bottle.

**Monitor often** - New foods, increased activity, and different time zones can mess with your glucose levels so be sure to check often including before and after meals. You should adjust your schedule for injecting if you take insulin. See a diabetes educator before your trip to help with the challenge of changing time zones.

**Love your feet** - Always wear comfortable well-fitting shoes/ socks. NEVER GO BAREFOOT. Check your feet often. Feet and ankles often swell during flights, so think about wearing light knee-high compression stockings or bring thinner socks to change into if your feet swell. Pointing your toes and flexing your ankles during a flight can improve blood flow in your calf muscles/ decrease swelling and lower the risk of blood clots.

**Prepare for a health emergency** - Prior to an overseas trip, get a list of local English-speaking doctors through the International Association for Medical Assistance to Travelers at [www.iamat.org](http://www.iamat.org). If you do need medical treatment, ask your hotel to recommend a local doctor who treats diabetes. Enjoy your summer travels!


In Health, Diane

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




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The 39th Annual White Lake Area Arts & Crafts Festival is expected to draw thousands of people this Father's Day weekend, June 17th and 18th, 2017. Goodrich Park in Whitehall is home of this favorite festival.

Nearly 75 talented and creative artists will participate in this very popular juried art show from 10:00 a.m. to 5:00 p.m. on Saturday the 17th and from 11:00 a.m. to 4:00 p.m. on Sunday the 18th. Those attending can purchase a variety of hand-made art and crafts



BY  
AMY  
VAN LOON

such as jewelry, wood furniture, birdhouses, ceramics, items for the garden, clothing, paintings and prints, folk art, leather goods, floral designs, stained glass, signs, children's toys, and bath items.

A great line-up of musicians will entertain the crowds throughout the weekend, including local artists bringing a variety of genres. The stage welcomes back festival favorites Mike Snell, Tommy Foster, and Oceana Drive Band. This wide array of music is sure to be enjoyed by the many who come out for a great afternoon filled with food, fun, and music.

For those with an appetite, a variety of food vendors will be serving pizza, hamburgers, hot dogs, corn dogs, Italian sausage, fried vegetables, elephant ears and toes, fresh squeezed lemonade, Hawaiian shaved ice, kettle corn and more. Vendors will also be offering various cuisines.

Spend a leisurely day at this popular outdoor event which is held off the shores of White Lake and under the trees at Goodrich Park. It's a beautiful spot to meet up with friends and neighbors you haven't seen for a while, discover some great finds and enjoy the music and ambiance of a sunny summer day. Test your skills on the Inflatable Obstacle Course and bring the kids down for fun in the Bounce



House and Inflatable Caterpillar.

Thanks to our 2017 sponsors: HarborLight Credit Union and Scheid Plumbing, Heating and Cooling, the proud sponsors of the music and entertainment portion of this favorite fun-filled festival, Chassix and MasterTag who sponsor our inflatables and children's entertainment. For more information on the Arts and Crafts Festival events, contact the White Lake Area Chamber of Commerce at (231) 893-4585 or visit [www.whitelake.org](http://www.whitelake.org).

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# Growl, Chirp, Crunch, Roar, Splash

## Sights and sounds galore at ever-expanding San Diego Zoo



BY  
JAY  
NEWMARCH

A late October trip to San Diego brought me the opportunity to visit the San Diego Zoo for the first time.

A pleasant, sunny morning welcomed me on the day of the visit. I was greatly relieved, having relinquished my rental car the night before. Beware, if you want to stay in

downtown San Diego, most hotels will also charge you for boarding your car. As I planned on spending the remainder of my visit in and around downtown San Diego, I decided it wasn't very prudent to pay for both myself and a car.

I decided, as San Diego has a great transit system, to take the bus out to the zoo. It would be about a 20-30 minute trip, including stops, and a chance to immerse myself more fully in San Diego and its people.

After a nice trip through neighborhoods, past City College and the Naval Medical Center, the bus entered Balboa Park, home to the zoo.

The 100 acre zoo is home to nearly 4,000 animals in a very botanical setting. A fact I was not aware of before visiting, but the San Diego Zoo was at the forefront in designing more open-air, "natural" exhibits for their animals and it shows.

I will admit that I visited the zoo only due to the fact that I had an open day and thought I should take the opportunity to write an article, as the zoo has a very prestigious reputation. Generally not a fan of most zoos, I was very pleasantly surprised by what I encountered on my visit. Not that I'm an expert, but the enclosures do seem spacious, verdant and teeming with life and sound. It is quite a departure from the

concrete enclosures that represented most zoos of my childhood.

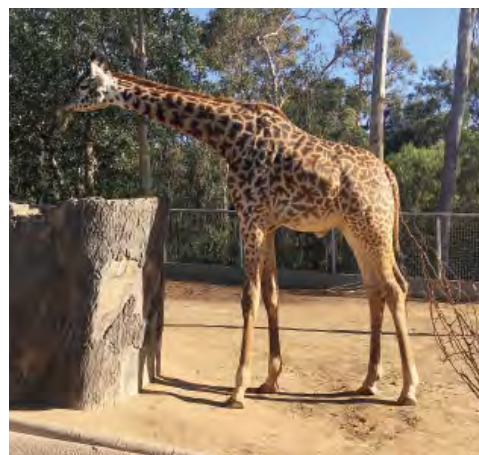
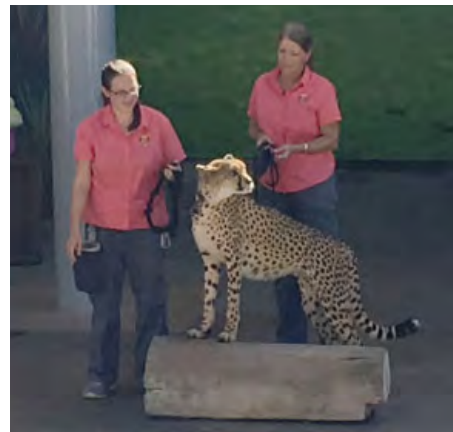
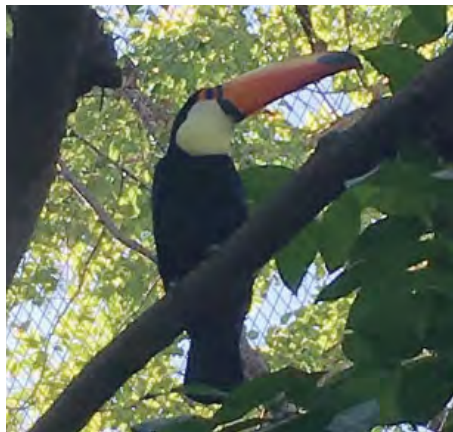
Gathering and enclosing animals for our entertainment is another reason I have steered clear of many zoos. On this account, again, I have to give the zoo a high grade. Beyond housing animals for our viewing, there is a driving focus toward animal conservation and species

preservation. This monumental goal is encompassed in a number of ways. One, they are raising nearly 150 endangered species at the zoo, with over 30 of these introduced back into the wild. You may well have heard about their very successful efforts to save and reintroduce the California Condor back into the wild.

But, beyond efforts in the zoo, they have conservation scientists working around the globe. In fact, according to the zoo, the San Diego Zoo Institute for Conservation Research is the largest zoo-based multidisciplinary research effort in the world.

For the above reasons AND the exceptional visit I had that day, I high endorse both the zoo and their efforts to not only display, but preserve and protect animals. They are not content to have some increasingly rare animals in their zoo, they hope to be able to both increase their numbers and have them continue, or once again, live in their natural habitat. Visit the zoo not only for the incredible wildlife and lush habitats, but also to fund their considerable conservation efforts!

*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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## Soul Food

# What are the seasons of spiritual growth?



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

Spring is the natural time for cultivation of soil, planting seeds, nurturing their growth and development, while looking forward to the harvest we desire in summertime. How does one plan for, and nurture, one's spiritual growth?

Just as in any system of education, which before recorded history had its roots in the family, religious communities developed levels of education to help pass on the faith. Many cultures have viewed humanity's relationship to God as our role in managing creation. Some leaders have offered the description of stages of spiritual growth as a means to describe a believer's progress toward holiness. The apostle Paul wrote in Ephesians 4:14 that "we must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, or by their craftiness in deceitful scheming." (NRSV)

If someone was to research the subject of spiritual growth in order to dis-

cover what others identify as the stages, one will find much variety, including great inspiration. (i.e. The desert fathers and mothers, famous authors like Soren Kierkegaard, or James W. Fowler's Stages of Faith - a work grounded in the theories of human development.) Kierkegaard, a Danish pastor and philosopher, identified three in his Stages on Life's Way. I like how each of his stages made an absolute claim upon the individual. I have identified four seasons: 1-Devotion to God. 2-Cultivating membership in a faith community. 3-Conforming life to the Holy Spirit. And 4-Authentically reflecting Jesus.

I have spent far too much energy and focus on how my efforts or disciplines produce growth. This, I am sure, has been influenced by genetics and my family of origin, due to my Dutch heritage. What I am saying is that when seeking to grow spiritually we must recognize our need to surrender control. Just as we had no choice about when we entered this life, or from which family we came, we need to be open to what God has planned for us, and trust in His presence and desire for our growth. Faith comes from knowing God is real, trusting that there is a plan for each of our lives, and experiencing the Holy Spirit's presence, guidance and empowerment. What I am suggesting is that growing spiritually is about the most important relationship in our lives. Our relationship to God improves all other relationships and generally makes our living more fruitful.

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

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BY  
ROBBI  
JUERGENS

# MMAP Minutes

## Know if you are an inpatient or outpatient

Medicare covers care that you receive while in the hospital. This can be care you receive when you stay overnight, or when you enter and leave the hospital on the same day.

The only way to know your hospital status is to ask. There are no specific characteristics of your hospital stay that automatically make you an inpatient or outpatient. Medicare covers your care differently if you are an inpatient or outpatient.

**Hospital inpatient:** Your attending physician has formally admitted you as an inpatient.

**Hospital outpatient:** You are not formally admitted to the hospital as an inpatient.

**What are observation services?**

Observation services are outpatient services. They are ongoing short-term treatment and assessments of whether you should be admitted as an inpatient or if you can be discharged. Observation services may include an overnight or longer stay, but that does not mean you are an inpatient.

Remember, always ask your doctor if you are an inpatient or outpatient. If you are receiving outpatient observation services for more than 24 hours,



you should receive a notice from your hospital that tells you that you are an outpatient. This notice will also explain why you are an outpatient. Your doctor should explain this notice in person.

This article focuses on Original Medicare. If you have a Medicare Advantage Plan, contact your plan to learn about costs and coverage.

For more information, call the Medicare/Medicaid Assistance Program 1-800-803-7174 or 1-800-MEDICARE © 2017 Medicare Rights Center |

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

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# Your Voice is Needed

By Pam Curtis,  
CEO of Senior Resources of West Michigan

What would services to older adults in Muskegon, Ottawa and Oceana counties look like with a \$20 million hole? That \$20 million not only pays for services for older adults and persons with disabilities, but it's the livelihood of numerous homecare workers and the local businesses that employ them.

In 2016, Senior Resources and its network of service providers served over 12,500 older adults in Muskegon, Ottawa and Oceana counties. These services included supports coordination, options counseling, bathing, medication management, home delivered meals, respite care, congregate meals, wellness programs, and adult day care. You might not think about how these services are funded, and that is okay, but you also may not realize that those funds are at great risk as our legislators in Washington, D.C., discuss budget cuts.

Senior Resources is the designated Area Agency on Aging for

Oceana, Muskegon and Ottawa counties; we receive a variety of state and federal funds that provide the services to help older adults stay home.

Those services also mean local jobs for hundreds of West Michigan residents. Senior Resources has contracts with approximately 100 local organizations to provide services to our clients. What would Muskegon, Ottawa and Oceana counties look like without that \$20 million? What would our older adults do without access to these services? This is where you can help.

Let your voice be heard. Your advocacy is needed to continue the support for our local seniors and disabled individuals. To contact elected officials from your area, please visit our website: <https://seniorresourceswmi.org/advocacy/contact-elected-officials/>.

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Downsizing? Estate planning?

# Don't let your valuables sell for pennies



Yesterday I visited a home in North Muskegon; an 84-year-old woman wanting to sell her long-time collected and cherished china dinnerware set. While her set was of modest value, her decision to have me come in and look at it for valuation and selling purposes was very smart, because many times porcelain/pottery collectibles and dinnerware are put up for sale with estate sales, which can result in a substantial loss of money to either the owners or beneficiaries of the estate. Here are the reasons why:

First, most estate sale businesses base their prices on internet sites such as eBay. eBay is an excellent research tool, but basing pricing of items solely from this site can be tricky, mostly because the items you see currently for sale are those items that are priced too high and are not selling.

How well did the estate sale business research your items? A significant portion of an item's value is based on authenticity, age, and condition. There

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CHRISTINA SANCHEZ, GUEST WRITER

are fakes out there and I have seen local estate sale businesses advertise these items as authentic based on fake backside marks they are unfamiliar with. Also, many items made here in the U.S. and before 1891 lack any sort of backside mark at all, or have marks that are uncommon. Without careful research, estate sales businesses can ask lower prices for these items because they do not know their true value. Finally, condition can really affect the value of an item. Cracks, chips, crazing, and staining on porcelain and pottery all have to be factored into the price of an item to a certain degree, but these issues also need to be combined with the rarity, desirability, and age of the piece(s).

Estate sale businesses will take their percentage no matter what amount the items sell for. If you are familiar with estate sales, then you know that the first day all items sell at full asking price, the next day a 30%-40% discount is given, and the final day is 50% or more. This is when someone like me steps in for the pickings. As an example, this past summer a gorgeous set of antique late 1800s china was being offered for sale at an estate sale in Spring Lake. On the final day of the sale during the 50% off portion, I arrived willing to pay \$300 for the set, figuring it had to have been originally priced at \$500+. Unfortunately for me, I had arrived too late to purchase the set, but when I asked one of the ladies working at the sale what the set had sold for she told me \$150. I truly felt bad that some unsuspecting family had just sold a set of antique china with a \$500+ value for around \$100 after estate sale fees.

One last factor that needs to be considered is the local demand for your pieces. Estate sales focus on selling locally, and one of the sad facts we must face is that the median household income in our local area has taken a substantial decline. There are fewer people here with the disposable income to spend on high-end collectibles and china. In other part of the country and globally this is not a factor. Larger metropolitan areas such as New York, Seattle, Miami, Phoenix, and Dallas have buyers looking to pay a fair price for the items they want. By using internet selling venues such as eBay, Etsy, Ruby Lane, and Facebook you can really get the most money for your items.

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# A Caregiver's Perspective



BY  
ROLINA  
VERMEER

Letting go is hard. It's hard when we send our children off to their own lives and hope we have instilled in them enough respect for personal discipline, hard work, and the joys and responsibilities of adulthood.

It's hard to say goodbye to the delicious sweetness of their innocence and childhood wonder. But the joy of watching them make their ways in the world, and overcome their trials with smarts and flair and, yes, still needing our input from time to time, soothes a momma's heart and makes for proud parents.

There's a different letting go as we care for and nurture our aging parents. My mother's health has taken another hit. Nothing that would be major for most of us, but for a frail lady in her 90s, it's taken her confusion to another level. And though she's recovering well physically, mentally she's not the same momma she was a week ago. And I must let go of that mom and make friends with the lady she is now. I will, I know, but I was not ready to let go and wave goodbye to the mom she was last week. I'll buck up and pull myself together and find new ways to enjoy this mom. I'll try hard not to expect that she will care about her clothes and her hair the way she always has. I'll try to make it easy to help her look and act as dignified as she always has; my momma, the fashionista, the lady,

the role model for grace and propriety. When she doesn't care anymore, I will care for her, but I must let go of any perfectionist ideas that will stress her...or me.

I'll let go of going out for lunch. An occasional ride in the car is about all she can manage now. We'll picnic in the car as we have



so many times before and not worry about shopping or other overwhelming activities.

I'll let go of sparkling conversation and tales of her childhood or the world she left when she and my father emigrated and built a life in a new country. Anything I did not know before will likely not come to me now.

But we can sing favorite hymns and finish poems and verses long ago committed to

memory. She still takes special pleasure in finishing out a well-known and well-loved story or song. And her smile is still bright! We'll look at family photographs until the confusion tires her and she has to stop.

I'll let go of asking her input for birthday gifts and cards. I'll try to remember to have her sign birthday cards for the grandchildren. Her wobbly hand-written wish includes love and greetings from my father, long gone but still so close in heart.

I'll let go of any initiation of conversation that may have come from her in the past. She was a talker! Sometimes it was hard to get in a word! And now her quiet and her silence feel like a punishment. Now I hear only questions: Who is that man? What are they doing? Why do I have to take this pill? Are you sure I'm staying here tonight? Can you drop me off at the streetcar? Did you close up and lock the store? Close dad's office door, will you? Questions I cannot answer but cheerfully acknowledge and I promise to do my best.

Most difficult of all, I'm trying to let go of the idea that I can fix it all for her, that I can unconfuse her.... Slowly she is leaving me. And I am bereft.

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

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BY  
JERRY  
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# Praise for pedal power!

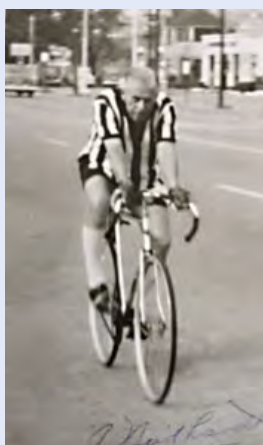
If you have ever owned a bicycle, at some time you probably raced with another biker. Very few people, however, become professional bicycle racers.

Karen and Rollie Mersfelder grew up in Parma Heights, Ohio, and both rode bikes when they

were kids.

Their grandfather, John Neidhardt, a member of the Cleveland Wheelmen, competed in bicycle events during the 1950s and 60s. He was featured in the April 1959 issue of *American Bicyclist*. His wooden-wheeled 1930s-era Schwinn Paramount is one of over 300 bikes on display in The Bicycle Museum of America in New Bremen, Ohio.

When Rollie was about 12, his grandfather rode 40 miles every Sunday with members of his cycle club. About that time Rollie, a Boy Scout, decided to earn a cycling merit badge. His grandfather invited him and his sister along on a Sunday ride. After five miles, he told Rollie and Karen to wait there until the group returned. That young man's ten-mile ride led to many future biking events.



Karen Ann Mersfelder was content to ride her bike for fun. In high school, a friend added an "i" to her initials and she became Kami. Now with a shorter last name, Kami Kral lives in Muskegon. She relocated from Hendersonville, Tennessee, to be near her daughter, Cyndi, in 2014. Kami is an artist, and enjoys painting local subjects near Lake Michigan.



Rollie never lived in Michigan but, as a boy, attended Miniwanca youth camp near Stony Lake. He also competed in bicycle races held in Detroit's Chandler Park and at the nearby Eastland Mall. On a five-day event in northern Michigan, he crashed the second day near Petoskey, ending his participation.

Rollie won the Ohio Junior Championship (up to age 16) in 1958. In 1965, he finished the season 17th in the top 25, for the Nation's Best All-Around Rider.



Getting paid for riding was a touchy subject. Their winnings were delivered in an envelope marked "Merchandise Certificate." The certificate was in the form of cash. It is safe to say that Rollie was a professional bike racer.

He rode throughout the 1960s. In 1970, his daughter, Tracey, was born. Now a dad, he decided bike racing had to go. Later, a son, John, was born.

Among Rollie's acquaintances is Dale Hughes who designed and built the International Velodrome at Bloomer Park in Rochester, Michigan. Rollie has ridden this 1/8 mile track a few times. He has also ridden over 1,000 miles on the Giordana Velodrome in South Carolina.

In Ohio, the annual Tour of the Scioto River Valley (TOSRV) began in 1962. The weekend ride along the Ohio River, from Columbus to Portsmouth and back, is 210 miles. Over 3,000 participate in the event. Rollie has made this ride several times and is planning to ride in 2017. This one will be special as he will be riding at age 75 and his son, at 40, will be a first-timer.

For this family, the wheels just keep on rolling.

*Jerry enjoys writing on many topics, but his favorite stories seem to involve things on wheels. He has written articles on cars, motorcycles, trucks, airplanes, full-size and garden tractors as well as bicycles.*

# There's a first time for everything

I have told many people that my father never drove a car in his life. He always said there was a first time for everything. It was about to become clear to me just why he didn't drive.

When I turned 13 years old in March 1957, my thoughts wandered towards a different mode of transportation other than a bicycle. I needed horse power. My father was aware of the fact that I was growing up fast and he tried to be supportive of my wants versus needs.

In June of that same year, every red blooded American kid's thoughts turned to sand-lot baseball. We had a great place three blocks away from my home. Every time I went to



BY  
MIKE  
SIMCIK

play ball, I had to pass the house of this guy who always had something to sell in his front yard. There was a Cushman motor scooter, in a reddish and white color, with a sign "For Sale, \$50.00." It needed a little fixing up. Each time I came home after playing baseball I would share that information with Mom and Dad, but it seemed my

hints went unnoticed.

On the third Saturday in June, Mother had brought Dad home after he had worked half day. He sat on the front porch in the shade, wiping the sweat from his head as he waited for me to finish cutting the lawn. After watching me clean the mower deck and sharpen the blade, he walked into the garage

and said, "Michael, walk with me, it's not very far."

We walked two blocks down our gravel road and stopped at the house with the scooter for sale. A lump began forming in my throat. Dad bartered a little with the man and he paid him \$45.00. I started the scooter up and it ran great. Then I promised Dad I would pay him back, as I always paid my debts. He told me to drive home and he would walk back.

After parking the scooter in the driveway, it took seconds for Mother to walk out the front door, very angry. The first thing she said was, "Michael, you're going to kill yourself on that thing." I assured her I would be careful. By that time, Dad walked up and heard Mom's tone of voice. He grabbed the handle bars

of the scooter and steered it onto the street. Dad started the motor, sat down on the seat, and hit the gas. This was the first time in recorded history that he ever operated a motor vehicle.

Dad and the scooter went flying a hundred yards down the road. He tried to turn at the corner but he was going a little too fast. The tires slid on the loose gravel and down he went, skidding about 20 feet. He straightened up the paint-scratched scooter and walked it back home. His trousers were torn and his right hand was slightly bleeding. Mother was still on the front porch, her arms folded with a look of impending doom on her face. Dad looked up at her and said, "See, it's perfectly safe. Michael didn't get hurt at all." I could see Mother's face fighting back the laughter then turned back



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into the house. That was the defining moment stating, "I get to keep my scooter."

*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 celebrated their 48th wedding anniversary in April of 2017.*

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## #1 Caregiver Classes



Senior Resources provides funding for 3 Caregiver Support groups throughout our region. These groups are designed for attendees to share information, insight, advice and encouragement as well as provide caregivers with new approaches to caregiving, including ones that worked for others in a similar situation. Check out our website for class selection, times and locations. [www.SeniorResourcesWMI.org](http://www.SeniorResourcesWMI.org) Facilitated by Robbi Juergens and Virginia Vazquez



## #2 Meet Director Pam Curtis

Pam Curtis is passionate about older adults, and especially about helping them stay in their own homes. It's evident to the staff at Senior Resources, where she's worked since January of 1990, the last eight years as CEO.

"I want to be sure we're available for everybody, all the seniors," she said. "Supporting someone with a meal, a bath, a class to improve balance or respite for a caregiver – that can help them stay at home."

Pam leads a staff of almost 80 people, and she's seen tremendous growth in aging services during her time at Senior Resources. She also shares her passion and expertise on a state and national level. She recently completed a 2-year term as president of the Area Agencies on Aging Association of Michigan and is currently on the board of the National Association of Area Agencies on Aging where she serves as chairperson of the Corporate Relations Committee.

## #3 Senior Perspectives

Since 1974, Senior Resources has been responsible for providing Senior Perspectives to the residents of Muskegon, Oceana and Ottawa counties. There have been many changes over the past 43 years, but thanks to you, readership has never been higher. Since July of 2015, Senior Perspectives has increased its pages from 28 to 36, now distributes over 20,000 copies and has won a total of 6 National Publication Awards in Excellence through NAMPA.



# 6

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## #6 Options Counselors



Left to Right: Deb, Lisa, Pam, Delicia and Supervisor Andrea

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## #4 Ombudsman

Cindy Evertsen is the Long Term Care Ombudsman for Oceana, Ottawa and Muskegon counties. In this role she visits all 23 nursing homes in our region every 3 months and works as an advocate for residents and their families. She attends resident council meetings and investigates complaints of all nature ranging from preferences for meals to abuse and neglect. She is also able to advocate for people residing in assisted living facilities and adult foster care.



## #5 Wellness Classes

Senior Resources contracts with community organizations to provide evidence-based programs (EBP's). EBP's offer proven ways to promote health and prevent disease among older adults. These classes are based on research and provide documented health benefits, so you can be confident they work. Older adults who participate in EBP's can lower your risk of chronic diseases and falls—or improve long-term effects of chronic diseases. Classes include: Fit & Strong, Enhanced Arthritis Exercise, Diabetes PATH and Matter of Balance.



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**Tracy Virta**  
M.A., CCC-A  
Audiologist



BY  
CATHAY  
THIBDAUE

# Cathay's Cooking Corner



## Quick and Easy Quiche

8 slices bacon	1 teaspoon dried parsley
1/2 cup diced ham	1/4 teaspoon dried thyme
1 small onion, chopped	salt and pepper to taste
6 eggs	1 (9 inch) unbaked pie crust
1/4 cup milk	1 cup shredded mozzarella cheese
2 tablespoons all-purpose flour	1 cup shredded Cheddar cheese

### Preheat oven to 350 degrees.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain (reserving 1 tablespoon of grease) crumble bacon and set aside. Heat reserved bacon grease in skillet and sauté onion until soft.

In a large bowl, beat together eggs, milk, flour, parsley, thyme, salt and pepper. Add bacon, ham, onion, mozzarella and cheddar cheese; mix well. Pour mixture into pie crust.

Bake in preheated oven for 45 minutes, or until lightly brown on top and firm in the middle. Serve warm.

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# What's new at AgeWell Services?

Laura Beechnau, AgeWell Services Mission Services Director



BY  
LAURA  
BEECHNAU

We have a lot of new fun and exciting services, classes and events to offer at AgeWell Services.

## MEALS...

February 2016, AgeWell Services enacted a waitlist for our Meals on Wheels program.

We are excited to announce that our wait list has been lifted, and we are taking on new participants. If you are not familiar with our Meals on Wheels program, it is specifically for those 60 years and older who are homebound (little-to-no driving). We deliver a nutritious meal, along with a safety check Monday-Friday. The full cost of a meal is \$6.00, however our participants pay a suggested donation based on their income. If one month they can pay \$3.00 per meal, but the next they can only afford to pay \$1.50, that is okay! We will not turn a senior down for inability to pay.

For those 60 years and older, but are not homebound, we encourage you to try one of our Meal Site locations. We have several throughout Oceana, Muskegon and Ottawa counties. Interested in trying a meal at a site new you? During the month of June, enjoy your first meal on us! Simply find a location nearest you at [www.agewellservices.org](http://www.agewellservices.org), call the Meal Site to RSVP, clip the coupon for a FREE AgeWell Services meal, bring it to the site and enjoy!

## MOTION...

Our Wellness Center is exciting to bring you some new offerings!

- Center for Vein Restoration is offering complimentary ultrasound screenings for varicose and spider veins at AgeWell Services Wellness Center on Wednesday, May 17 and Wednesday, June 21. To sign up, call the Wellness

Office at 231-733-8643.

- Computers 101 class is back! Curt Mencer will be teaching on Tuesday, May 16 and Tuesday, June 20 from 10 a.m.-12 p.m. in the AgeWell Services Computer Lab. You will learn the basics, ins-and-outs of the computer, Internet, social media and more! It'll make you computer savvy enough to be skilled, confident and impress your loved ones! To sign up, call the Wellness Office at 231-733-8643.
- Purchase a shred bag for \$5 at the AgeWell Services Wellness Office to fill with documents to shred at Lakeshore Document Services, 6520 Schamber Dr. in Norton Shores. The bag is reusable as long as it holds up!

## MORALE...

It is only through the dedicated service of our volunteers that we are able to meet the needs of so many seniors in Oceana, Muskegon and Ottawa counties. Here at AgeWell Services we value our volunteers and their commitment to keeping seniors happy, healthy and in their homes.

Are you interested in volunteering for AgeWell Services? Do you have a skill or expertise to offer? Volunteer opportunities include, but are not limited to: Meals on Wheels driver, Café host, special events, Wellness Office, data entry, greeter, food preparation, Advisory Council member, and more! Contact Mary Gherardi, Volunteer and Outreach Coordinator, at 231-733-8641 for more information!

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

## AgeWell Services Senior Meal Sites

### Community United Methodist Church

1614 Ruddiman Dr.  
Muskegon, MI 49445  
RSVP: (231) 744-8613

### Egelcraft Mobile Home Park

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

### Jefferson Towers

1077 Jefferson St. Muskegon,  
MI 49440  
RSVP: (231) 288-0485

### Ladder Community Center

67 N. State St.  
Shelby, MI 49455  
RSVP: (231) 259-0211

### Pentwater Friendship Center

310 Park St.  
Pentwater, MI 49449  
RSVP: (231) 869-7901

### Pine Grove Manor

1764 E. Apple Ave.  
Muskegon, MI 49442  
RSVP: (231) 577-4825

### First Reformed Church of Ravenna

3327 Mortimer St.  
Ravenna, MI 49451  
RSVP: (231) 577-4825

### SHAWL Apartments

225 South Hall Rd.  
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Can't make it to a Meal Site, but interested in receiving meals? Learn more about our Home Delivered Meal Program. Call: (231) 755-0434

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# An ordinary woman, an extraordinary life

## My Mother

*“There is a power whose care  
Teaches thy way along that pathless coast  
The desert and illimitable air,  
Lone, wandering, but not lost.” (Verse 4, To  
a Waterfowl, William Cullen Bryant)*

My mother’s gravestone bears this designation: “Amazing Grace. Dec 8, 1914 - Sept 1, 2005.” I gaze at the combination of numbers and letters that summarize my mother’s life. I marvel that a single dash (-), set between the dates of her birth and death, can somehow comprise her life.

*“For you created my inmost being;  
you knit me together in my mother’s womb...” (Psalm 139:13-15)*

In *To a Waterfowl*, Bryant reminds us that the dash (which will be found on each of our gravestones), symbolizes a migratory journey, starting with our first gasp of air and ending with the last. One grand pilgrimage with many and various secondary trips throughout.

The one (secondary) experience that would define my mother’s pilgrimage was marrying my father, Henry, and moving to the little farm in west Michigan, to the house on the hill, where they lived together for over sixty years.

“Nothing in Ellen’s life, growing up in a comfortable, well-to-do home in the city, could have pre-

pared her for the stark reality of living on (and off) the land; still, she threw herself into her new life with determination and optimism, for she loved Henry with all her heart and was totally committed to their life together.” (In the Garden, pg. 22)

“There is a power whose care...”

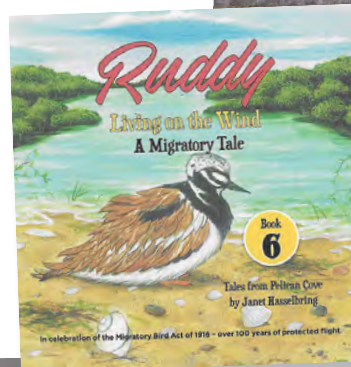
My parents grew up in Christian homes, attended Sunday school, and publicly professed their faith; however, (as I write in my mother’s memoir, *In the Garden*), their faith was honed on the farm, becoming deeply personal through the challenges of making a living and raising their family.

When did my mother first become aware of “a power” that would “teach her way...”? When did she come to “know” the presence of God?

“On a crisp Monday morning in mid-April (1938), Ellen had just pinned her last bed sheet onto the clothesline, when a black-capped chickadee perched on a branch overhead, trilling its heart out. ‘Oh you beautiful creature,’ Ellen called. Something about that plump little bird lifted her spirits and gave her a burst of hope.

“She felt a deep longing within - it came from the very depths of her being, from her soul. It was an awakening to nature and the power of the birds’ singing, trees budding, breezes blowing and clothes flapping in the wind. It was then she knew ‘a power’ beyond all that she could see, smell, hear and feel.

“God was in the chickadee’s song. As she listened, the worries and cares that weighed on her heart,



like a brace of birds, were lifted, and like a bird on the wing, they vanished into the air. With God’s help, she could meet any challenge...” (In the Garden, pp.27, 28)

“Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.” (Psalm 139:7-10)

I gaze at her gravestone and hear the words of the psalmist:

*“All the days ordained for me were written in your book before one of them came to be.” (Psalm 139:16)*

\*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, present day Country Dairy (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/>



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JANET  
HASSELBRING



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BY  
VONDA  
VANTIL

**Question:** Recently, I was told I shouldn't be carrying my Social Security card around. Is that true?

**Answer:** We encourage you to keep your Social Security card at home in a safe place. Do not carry it with you unless you are taking it to a job

interview or to someone who requires it. Identity theft is one of the fastest growing crimes in America, and the best way to avoid becoming a victim is to safeguard your card and number. To learn more, visit our Social Security number and card page at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

**Question:** I served in the military, and I'll receive a military pension when I retire. Will that affect my Social Security benefits?

**Answer:** You can get both Social Security retirement benefits and military retirement at the same time. Generally, we don't reduce your Social Security benefits because of your military benefits. When you're ready to apply for Social Security retirement benefits, go to [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline). This is the fastest and easiest way to apply. For your convenience, you can always save your progress during your application and complete it later. And thank you for your military service!

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

**Answer:** When your father dies, please notify Social Security as soon as possible by calling us



at 1-800-772-1213 (TTY 1-800-325-0778). Another person, such as a spouse, may be eligible for survivor's benefits based on his record. Also, we might be able to pay a one-time payment of \$255 to help with funeral expenses. We suggest reading a copy of our online publication, *How Social Security Can Help You When a Family Member Dies*, at [www.socialsecurity.gov/pubs/10008.html](http://www.socialsecurity.gov/pubs/10008.html).

**Question:** My cousin and I are both retired and get Social Security. We worked for the same employer for years, but he gets a higher Social Security benefit. Why is that?

**Answer:** Your payments are based on your earnings over your lifetime. Unless you are both the same age, started and stopped work on the exact same dates, and earned the very same amount every year of your careers, you wouldn't get the same benefit as your cousin. Social Security benefits are based on many years of earnings — generally your highest 35 years. To learn more about Social Security retirement benefits, visit [www.socialsecurity.gov/retire](http://www.socialsecurity.gov/retire).

**Question:** My husband has been in poor health for some time, and doctors have recently diagnosed him with Amyotrophic Lateral Sclerosis (ALS) — commonly referred to as Lou

Gehrig's Disease. I've heard Social Security has a "fast track" for some people who are disabled. Can you tell me about it?

**Answer:** We have two processes to "fast track" applications for disability benefits. Our Compassionate Allowances initiative allows us to fast track certain cases of individuals with very severe disabilities. There are dozens of different types of disabilities that qualify for this expedited decision, including ALS, and that list continues to expand. Learn more about Compassionate Allowances and see the full list of conditions at [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

Another way we speed up decisions is with our Quick Disability Determinations initiative, which uses technology to identify applicants who have the most severe disabilities and allows us to expedite our decisions on those cases. Read more about Quick Disability Determinations at [www.socialsecurity.gov/disabilityresearch/qdd.htm](http://www.socialsecurity.gov/disabilityresearch/qdd.htm).

**Question:** I applied for disability benefits, but was denied. I'd like to appeal. Can I do it online?

**Answer:** Yes. In fact, the best way to file a Social Security appeal is online. Our online appeal process is convenient and secure. Just go to [www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal) to appeal the decision. For people who don't have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to file your appeal.

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

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

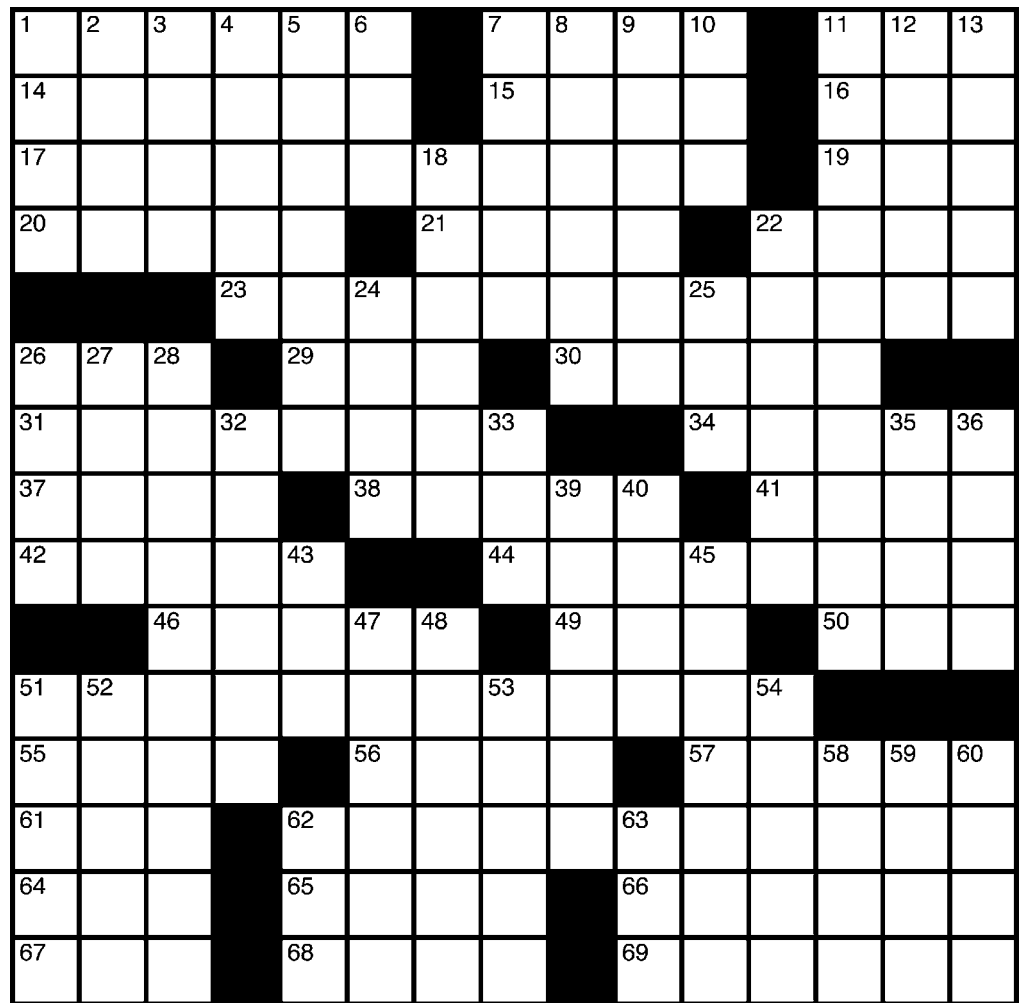
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**ACROSS**

- 1 Bumper car, at times
- 7 Cookbook author Rombauer
- 11 Smoke
- 14 Lancelot's unrequited lover
- 15 Assam products
- 16 Barcelona bear
- 17 Equipment for picnic competitions
- 19 Grabbed a chair
- 20 Melee
- 21 Ballet bend
- 22 State with five national parks
- 23 Embryo development sites
- 26 Priestly vestment
- 29 Right Guard rival
- 30 Old anesthetic
- 31 Willy Loman, in a 1949 play
- 34 Architect Jones
- 37 McDonald's founder
- 38 Make really happy
- 41 Nobel Prize subj.
- 42 "Cheers!"
- 44 Connections traced on ancestry.com
- 46 Tiny amounts
- 49 Chill in the air
- 50 Denials
- 51 Big name on Wall Street
- 55 French friends
- 56 Elevator option
- 57 Horseshoe-shaped letter
- 61 Tried to get into an office
- 62 Lisa Simpson's instrument
- 64 With 43-Down, what a criminal might be on
- 65 Augusta National's \_\_\_ Corner
- 66 British Invasion star
- 67 Doesn't lack
- 68 Nothing more than
- 69 Its flag features a six-pointed star

- 11 San JosŽ denizen
- 12 First name in gravity
- 13 Some black-clad teens
- 18 "This Is \_\_\_ Tap"
- 22 Early Web forum
- 24 Title
- 25 City with two MLB teams
- 26 More than wonders
- 27 Carefree adventure
- 28 Connections traced on ancestry.com
- 32 Modern birthday greetings
- 33 "Can't help ya"
- 35 Disco adjective
- 36 Tip jar fillers
- 39 Lease signer
- 40 "The Very Hungry Caterpillar" writer Carle
- 43 See 64-Across
- 45 Galaxy alternatives
- 47 Title for Bovary
- 48 Distracting bedmate
- 51 "Party on, Wayne" speaker
- 52 City on the Missouri
- 53 Sty denizens
- 54 Ugly campaign tactic
- 58 "AC-mo \_\_\_?"
- 59 "The Wizard of Oz" family name
- 60 Skater's maneuver
- 62 Impact sound
- 63 Geisha's sash



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**Down**

- 1 Weight room count
- 2 Burn soother
- 3 Damon of "The Martian"
- 4 Mazda roadster
- 5 Inters
- 6 Classic auto
- 7 Novelist Calvino
- 8 Deliver from memory
- 9 Succeed
- 10 In the Gospels, Jesus rode into Jerusalem on one



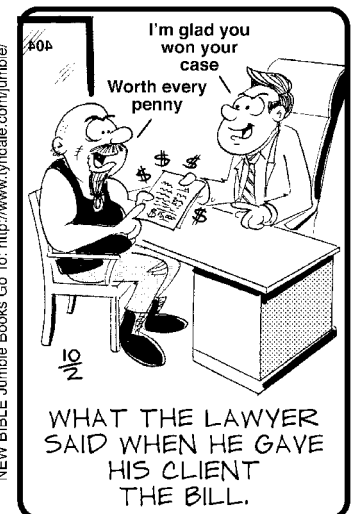
**JUMBLE**

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

GLIEB  
 FRACT  
 YOHRFT  
 GAMEZE

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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.

A: [ ] OF [ ]



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

## SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



By David L. Hoyt and Jeff Knurek

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

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Write your answers below.

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# An immigrant tale told by my mom



BY  
DICK  
HOFFSTEDT

This is a story my mother told me and my family about what it was like to grow up in her native Sweden. She was one of seven children and was born in 1906.

Her father owned a small farm which barely kept her parents, a grandmother, five girls and two boys in clothes and enough to eat. Her education was sparse since all the children needed to help out on the farm.

She was only seven when tragedy struck the family. Her mother died suddenly at the age of 33. No one knew for certain what the cause of death was. My mother's father was now faced with a serious dilemma – how to raise seven children with only an aging mother's help. Finding someone to help raise seven on a meager farm in a remote area of Sweden was not possible. He then decided that his only choice was to split up the family and find relatives that would be able to take one or two of the children. My mother was sent to live with an aunt. After a short time, she was sent back home in exchange for a younger sister. This was a devastating blow to a young girl of seven. She was brought up by her grandmother, who died when my mother was in her early teens.

My mother turned 17 in 1923 and her sister was only a year behind her. Her father was finding it harder to provide what these two siblings needed. He wrote to his brother in Iowa and asked him if he was willing to sponsor the girls and help them get settled in the United States. His brother agreed to take the girls under his wing. So the choice was made.

My grandfather bought two of the cheapest tickets on the *Drottningholm*, a ship that brought many immigrants to America. Imagine two young girls traveling all by themselves across the Atlantic Ocean, heading to a strange land where

they couldn't speak the language.

Arriving in America, they were required to pass through Ellis Island where their uncle was to meet them and sign as their guardian to let them enter the United States. For some reason, he was not there. Evidently there was some miscommunication between their father and the uncle. They waited and waited. Days turned into weeks, six to be exact. Mom said that her younger sister cried all the time, and it was difficult to comfort her. The language was a barrier, and their quarters were very small. Food was meager, but they survived. A Swedish minister tried to help them through this difficult time.

The uncle finally appeared and got all the paper work straightened out so they were free to leave with him. They lived with a cousin in Chicago at first, but her sister ended up in

New York City. My mom stayed in Chicago and became a domestic servant and cook for well-to-do families. She went to various ballrooms and found great joy in dancing. It was a favorite memory until the day she died. She went to night school to learn English, met my dad and raised her own family.

I think these traumatic events affected her for the rest of her life. She always felt that her father was not warm-hearted and was probably a very stoic man. She resented his actions of abandoning her and her sister. Once she got to Ellis Island, she never heard from him again.

*Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 62 years. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and two great grandsons. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.*



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## Feeding America... in our neighborhood

Calvin Church hosted a Feeding America Truck in early March. It was cold outside, but our hearts were warmed to help neighbors in our community receive food. Senior Resources employees and their families came out to volunteer.

*Pictured (clockwise from top) are Renae, Pam, Shelby, Natalie, Sydney, Karla, Bill, Kerri, Angela and Mary.*



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# Ask the Doctor

## When Is It Time to Give Up the Car Keys?

**Question:** Why is driving a safety concern as we age?

**Answer:** Due to various advances in health care and better management of health problems, our life expectancy is at an all-time high, and we expect our ability to drive will keep up with that increase in life expectancy. As we age, physical, visual and mental changes can occur, due either to normal aging or illness, which make it necessary for us to evaluate whether we can safely continue to drive. How medically fit and high functioning we are plays a larger part in determining our fitness to drive than just our chronological age.

**Question:** What signs should I be looking for that could indicate I (or an older adult I know) should not be driving?

**Answer:** There are checklists available through a variety of organizations, such as the National Highway Traffic Safety Administration (NHTSA), the American Association of Retired Persons (AARP) or the American Automobile Association (AAA), that can help assess if there are any red flag signs suggesting driving safety is at risk.

The American Geriatric Society partnered with the NHTSA to create the *Clinician's Guide to Assessing and Counseling Older Drivers, 3rd Edition*. In this guide, there is a checklist entitled "Am I a Safe Driver?" that can be used as a self-assessment tool (it is included below). If any of the statements are true for you (or your loved one), do consult with your physician to assess driving ability.



DR.  
ARUNA  
JOSYULA

### Am I a Safe Driver?

Check the box if the statement applies to you.

- I get lost while driving.
- My friends or family members say they are worried about my driving.
- Other cars seem to appear from nowhere.
- I have trouble finding and reading signs in time to respond to them.
- Other drivers drive too fast.
- Other drivers often honk at me.
- Driving stresses me out.
- After driving, I feel tired.
- I feel sleepy when I drive.
- I have had more "near-misses" lately.
- Busy intersections bother me.
- Left-hand turns make me nervous.
- The glare from oncoming headlights bothers me.
- My medication makes me dizzy or drowsy.
- I have trouble turning the steering wheel.
- I have trouble pushing down the foot pedal.
- I have trouble looking over my shoulder when I back up.
- I have been stopped by the police for my driving.
- People no longer will accept rides from me.
- I have difficulty backing up.
- I have had accidents that were my fault in the past year.

**Question:** Why is it so difficult to give up driving?

**Answer:** In our society, older adults lead very active lives beyond retirement, and driving is the primary means of transportation for them to engage in those activities. Driving is the way many older adults access health care, engage in social interac-

tions and ensure adequate nutrition (via grocery shopping or dining in restaurants.) If not supported appropriately, an inability to drive can lead to social isolation, increased depression and a loss of independence that can be devastating.

**Question:** When I renew my driver's license, isn't it the job of the Department of Motor Vehicles (DMV) to ensure that I am (or my loved one is) a safe driver?

**Answer:** The DMV is ultimately responsible for the renewal or revoking of driver's licenses. However, each person is unique in the deficits that affect his or her ability to drive, and these deficits may not be readily apparent when a person applies for a license renewal. Also, driving ability may change after renewing the license. That is why it is important to regularly assess for difficulties with driving (by using an assessment tool such as the one above) and bring it to the attention of your physician, so that appropriate next steps can be taken.

**Question:** What can I say or do to help convince my loved one that it is time to stop driving?

**Answer:** Focusing on the health and safety aspects related to driving could help avoid making this conversation feel like a personal attack. Be supportive by recognizing that this is a difficult decision, and be prepared that multiple conversations may be necessary. Gather information and be ready to offer alternative methods

of transportation so that a plan can be put in place that will allow for your loved one to engage in the activities he or she wants to. *We Need to Talk: Family Conversations with Older Drivers*, a guidebook by The Hartford Center for Mature Market Excellence, is a wonderful resource.

**Question:** What can I do if my loved one is clearly an unsafe driver but won't stop driving?

**Answer:** You can make a report, anonymously, to the DMV. You can notify the older adult's physician. In some situations, when an older adult has dementia, he or she may not have the ability to recognize that they have a problem with driving. In such cases, it may be necessary to hide the car keys, remove the car battery or sell the car.

**Question:** If my loved one gives up his/her license, what can I do to be supportive?

**Answer:** You can reach out to your local Area Agency on Aging, such as Senior Resources in Muskegon, to request a list of agencies or individuals who can help with transportation. You can arrange to have medications delivered to the home. Some grocery stores can deliver to the home. Work with your loved one to create a plan for social outings for which transportation can be arranged through family, friends or church. Reassure your loved one that he or she did the right thing, for both personal safety and that of the public, by giving up driving.

*Seniors are referred through the Mercy Health Physician Partners Geriatrics office either as primary care patient who belongs to MHPP Geriatrics, or they can be referred by a primary care physician to MHPP Geriatrics for a geriatric consult. Call 231.672.6740 for more information.*



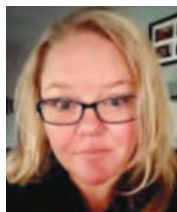
# Your help is needed! Do you recognize any of these people?



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Genealogical Society**



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BY  
DELICIA  
EKLUND

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

Hundreds of vintage photos are donated to The Muskegon County Genealogical Society (MCGS) that have limited, if any, information available. This article features the most recent photos I was given. No information came with these photos. They were brought into the MCGS by an antique store in Muskegon. We would love to locate someone from the families! I'm pleased to say I have had a call to identify a recent photo and I am working to locate the family! Thank you for 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 the 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@seniorresourceswmi.org or 231-683-2630.*

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# The curse of Oak Island



BY  
KEITH  
SIPE

*The Curse of Oak Island* is a program I have been following on the History Channel. Oak Island is in Canada, on the island of Nova Scotia. Two brothers from Traverse City, Michigan, have been looking for treasures there for nearly ten years. For over 200 years, treasure hunters have been looking for the treasures without much luck, according to the reports.

It all started when the older brother, Rick Lagina, got hooked on Oak Island from a story in the *Reader's Digest* issue of January 1965. Rick's brother Marty was also fascinated with the story. Years later, after studying stories of Oak Island, they bought the rights to much of the island and have been active in the search for treasures the past ten years, using modern technology and good old American know-how.

Right after the article in the January 1965 issue of *Reader's Digest*, three



people died, possibly of carbon monoxide poisoning in the deep pits they were digging. Other lives were lost over the last 200 years of hunting for treasures on the island. So far a total of six people have lost their lives and it is said that one more must die before the treasure is found.

There are theories that Captain Kidd and Blackbeard used Oak Island as a hiding place for their plunder. Some of the items that have been found are old Spanish coins, military buttons from British uniforms, a spike from a Spanish galleon along with wood possibly from the deck, just to mention a few. It is also said that the Ark of the Covenant, Holy Grail and other historic artifacts could possibly be buried there. Who knows for sure?

Since 1795 explorers have searched the island, even including the 32nd president of the United States, Franklin Delano Roosevelt, who traveled to Oak Island in search of treasures. Here is a photo of him taken in 1909. The one with the pipe. The team of the Laginas brothers have uncovered many stories about Oak Island. The stories include the possible involvement of the lost crowns jewels of France, a cache of riches hidden by the Knights Templar. Another story is of Elizabethan-era manuscripts that prove William Shakespeare's works were written by Frances Bacon.

I am not sure about all these treasure hunting stories of Oak Island, but I do know many things in our history have happened and we do not have all the facts. So we take some of these stories (facts) and put them together to give us our theories of what may have happened.

I have read fascinating stories of buried treasures right here in Muskegon. Two in particular: in Fruitport Park, where the pavilion was by the water, somewhere there is buried gold. Another one I read recently is off Henry Street, traveling north as you come over the Merrill S. Bailey Bridge (Float Bridge). On the northeast side, a lady owned around 600 acres and it is believed that her brothers buried hundreds of thousand dollars there. Oh well, is it time to get out our metal detectors and go hunting?

*Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon.*

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# Driven to Serve



BY  
MARK  
EVANS

*Mark Evans, American Red Cross*

Cathy Workman has been a volunteer for the American Red Cross Senior Transportation Service for nearly 10 years. Cathy volunteers three times each week, helping as a driver, a dispatcher and in the office. "I enjoy meeting the amazing seniors in Muskegon County and hearing their stories and insights into the past." Cathy is one of 87 volunteers who provided transportation for low income seniors in Muskegon County last year.

In 1985, the United Way of the Lakeshore and Senior Resources, the Area Agency on Aging in Muskegon County, met to discuss an issue of mutual interest. A growing number of Muskegon County's low income seniors were unable to find transportation to their medical appointments. The reasons for their transportation needs were many. Some could no longer drive; others could no longer afford the expense of owning a vehicle. Many had no family to rely on to provide the rides they needed to maintain their health. The American Red Cross was approached for assistance.

The Red Cross is known for their exceptional volunteer workforce and seemed a logical fit to help fill this need in the community. In 1986, the Red Cross started the Senior Transportation Service with a handful of volunteers and two vehicles. Their mission was "to provide medical transportation for Muskegon County's low-income seniors, and thereby improve the quality of their lives and enhance their self-reliance." Thirty one years later, the mission continues.

The Red Cross Senior Transportation Service now has 13 vehicles and annually provides over 19,000 rides to Muskegon County medical facilities. Currently, over 51% of those rides go to dialysis units for people with no other way to get to these lifesaving appointments. Rides are provided at no cost to the low-income clients. In 2016, volunteers provided over 16,500 hours of their valuable time to help 411 clients remain living independently in their residence and still receive the medical care they needed.

The need for this service continues to grow, as does the need for additional volunteers to help with this life saving mission. The Red Cross currently has a waiting list of seniors in need of transportation and has empty vehicles in their parking lot, waiting for a driver. Could you be the one that gets your neighbor to their next medical appointment?



Volunteers work four hour shifts, using Red Cross vehicles to transport seniors from anywhere in Muskegon County to any medical facility in the county. Cathy Workman said, "I enjoy giving my spare time to my community. I also like the flexibility of this volunteer opportunity, allowing me to volunteer when the time is right for me."

Cathy and the entire volunteer team enjoy the friendly atmosphere and the camaraderie found at the Red Cross. "Giving is good for your overall health. Get out there and interact with the world!" Cathy added. "Your help is always so appreciated!"

Your help is needed. The program is well organized and training is provided. To join the Red Cross Transportation team, call 231-720-4254.

*Mark Evans is the Regional Transportation Director for the American Red Cross. Mark is also the Treasurer for the Muskegon Lake Watershed Partnership, an organization that works to improve the water quality of Muskegon Lake. Mark enjoys fishing, kayaking, hiking and volunteering for community improvement projects. Mark.evans@redcross.org*

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# Mother's Day Memories



BY  
LOUISE  
MATZ

Let me preface by saying these quotes are not necessarily favorite memories, but rather the most memorable or the one that jumped into mind when the question "What's your favorite Mother's Day memory" was asked.

❁ Sorry to say I don't have a favorite because they are all special. My children always get me hanging baskets on Mother's Day because that's what I love. And I love that I have thoughtful, caring children. Yes, you can quote me. – *Diane Lapinski*

❁ I'm not a person that needs special treatment on Mother's Day as my kids treat me well all year. However, one Mother's Day jumps to mind. My children were young and my husband took them to his mother's for Mother's Day. His mother lived 350 miles away. I was working full time and caring for a young family and I loved having the day to myself with no demands. I spent three hours at the driving range practicing my golf swing and loved every minute! – *Diane Keller*




❁ When I was a little girl and growing up with five sisters, we always bought my mother a Mother's Day corsage. She put it on in the morning, wore it to church, and wore it all day long. -- *Louise Matz*

❁ A place for everything and everything in its place. If you are the last one to leave the room, turn off the light. – *Dorothy Jones*




❁ Oh, yes, I have a memorable one. I don't even have to think about it. My boys were aged 5, 4, 3, and 2. Unaided by my husband who was still in bed, the boys decided to bring me breakfast in bed. They put cereal in a bowl and added water because they were not allowed to go into the refrigerator. They proudly marched into my bedroom with that bowl of cereal. Of course, I forced every spoonful down and responded positively every time they asked me if it was good. When finished, I asked who climbed up on the cupboard to add the water. Almost in unison, they answered, "Oh, no, we didn't climb up on the cupboard. We got it from the toilet." – *Marlene Kilchenstein*

*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.*




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# American Grace

I've been wanting to write about my friend Samuel Chung for a couple years, so I called him. "Hi Samuel, this is Joel Dulyea. I want to write a story about you and thought I should ask your permission before beginning."



BY  
JOEL  
DULYEA

It wasn't the best time to call. Samuel and his wife were eating lunch together at a restaurant somewhere in Maryland. It was still two weeks before he would leave home to go out on tour with the United States Army Field Band from Washington, D.C. But, he allowed the interruption to tell me about his children. The youngest one of three, following the example of her older siblings, is deciding on which college to attend. Mother and father are very proud of their children. One could say the parents sacrificed much to give their children opportunities. But I'm not sure that is what Samuel would say.

Samuel came to the United States from Korea when he was

20 years old. His ticket to America was a beautiful baritone voice that he first cultivated at the Seoul Music and Art High School in Korea. That the church he attended paid his tuition is an indication of his talent at an early age. With their support, he traveled to Los Angeles then to Winchester, Virginia, to further his studies. He sang in the Washington Opera Chorus for a time, but the income was not sufficient to support his family. When offered a scholarship to the University of Maryland, he had to turn it down to take a job and shore up his family's finances. While employed, a coworker told him about the Army Field Band. When Samuel passed the audition for the baritone singer vacancy in 2002, he told us he had worked on the lawn maintenance crew right outside the building.



I retain an image – a scene of SFC Samuel Chung on a summer tour in Pittsburgh. Samuel, in dress uniform, at attention, sang. His amplified baritone voice fearlessly carried the National Anthem up and down the river, bouncing between Heinz Field and PNC Park and to the ears of over one-hundred thousand people stretched along the Allegheny. Samuel became a citizen of the United States while I was still on active duty serving with him. One day after a conversation with him, I reflected that Samuel has more in common with my ancestors than I do. Their arrivals to this continent are separated by 234

years, but both uprooted themselves from another country and risked everything to come here.

In an interview published by the Field Band Samuel said, "I appreciate America for so many things, so many times. I am going to try my best for the Field Band, because this is my way to pay back the grace of America."

*Joel Dulyea, a United States Army retiree, is back to school at Western Theological Seminary. He loves to sing with his wife, go on dates with his daughter and spoil his two wire-haired dachshunds.*

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BY JACKIE  
LINDRUP  
RDH, M.Ed.

# Hey Dad, tell me the story ...

When my Dad graduated from high school in Wilton, N. Dakota, in 1942, the war was already on. He and a friend decided to hitchhike 21 miles to Bismarck, the capital, to take the Air Corps test to see if they could get in. He was

in good shape from playing basketball and running track. After the test was graded he was told that he was “in the Air Corps and you start flying tomorrow – we need trainers!” Classes were held starting the next day at Bismarck Junior College and at the Bismarck Airport. He became one of the youngest Air Corps flight training instructors at 18! When he began, he had never even seen an airplane. Later he found out it was an IQ test he had taken, and because he had scored 136 IQ he was automatically in. He learned military discipline, how to fly, how to teach others to fly, and was thrilled that he actually got paid!

As a registered dental hygienist, of course, my next question was “Tell me the story about how you lost your front teeth in that plane crash, Dad!” I have cleaned my Dad’s teeth many times over the years, and know that he has a gold partial which at least four front teeth are attached to. While at an Air Force base in Texas, he was in a training mishap over the Gulf of Mexico. The plane crash-landed into the water and Dad’s face smashed into the instrument panel. Later he needed his front teeth extracted, and was so impressed with the beauty of the gold framework of the partial denture that replaced his front teeth!

When he got back from the war in 1946, Dad played baseball (shortstop) in June and July for the Mandan Training School and helped a friend run his drugstore. By August of 1947, he had met my mom and got married and moved to Portland, Oregon, where her parents lived. After their honeymoon in the Canadian Rockies, he got a call from his old baseball team manager saying they needed a shortstop to play in the Amateur World Series in Michigan! Mom and Dad agreed he needed to go, but they had no money. So he hitchhiked over 1300 miles home to North Dakota to meet the team. While hitchhiking through Yellowstone National Park he met a man who was driving to Bismarck. What a piece of incredible good luck! The driver dropped him off at the Mandan Training School in Bismarck where he hopped the team bus to Michigan. They didn’t win the series, but Dad got an offer from the Philadelphia Phillies to come train with them so they could take a better look at him! After discussing this opportunity with his wife, they decided not to pursue a life in baseball, because he would always be gone and didn’t want a life on the road.

However, another sport soon became a lifetime passion for my Dad, and that was golf. While Mom and Dad were living in Portland, he won an S & H Green



Stamp golf bag with 5 clubs, a putter, a 3 wood, two irons and a wedge. When they moved with two young children from Portland to Cheyenne, Wyoming, Dad worked for Swift Ice Cream. One day while driving his distribution route he noticed a golf course at Ft. Warren, a military base in Cheyenne. He stopped to talk with the golf pros and said he would like to learn to “hit a golf ball right.” So they worked out a deal -- once a week the pros would come to the distribution center and eat a pint of ice cream each and take a pint home,



and in turn they gave Dad free golf lessons and the opportunity to hit lots of golf balls with the pros! Through the years his passion has been passed on to his family.

I asked Dad, now 93, what he attributes his longevity to. Of course he said “golf.” If he’s not playing it, he’s studying about it or watching videos of it, or tuned in to golf on TV! We usually play 9 holes and he still beats me at the game every time! He logged in 45 rounds last

summer, and we are getting our family league ready for Tuesday afternoons as soon as the weather warms up. He is a lifetime “student of the game” and loves to offer us personal coaching tips when our balls won’t go straight. We all look forward to learning more stories from Dad!

*Jackie Lindrup is a registered dental hygienist who lives in Muskegon with her husband Tom. They enjoy being outside, walking at the beach, hiking, biking, golfing and traveling. She is the director of Volunteer for Dental Care in Muskegon which offers dental care to the uninsured who volunteer their time at local non-profits and take an education class. She can be reached at jackielindrup111@gmail.com*

# A Picture is Worth a Thousand ~~Words~~

# Memories!



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**Warning: The people having fun in these photos are NOT actors. They are actual residents and employees of Oceana Medical Care Facility!**

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

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

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

**Boggle Answers:**

**BAT HIT TEAM GAME  
SCORE PITCH CATCH  
INNING MANAGE**

**Jumble Answers:**

**BILGE CRAFT FROTHY ECZEMA**

**Answer:**

**What the lawyer said when he gave his  
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