

Senior Perspectives

MAY | JUNE 2016

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Senior Perspectives

A Senior Resources Publication

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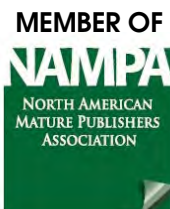
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Adlai Stevenson: *A forgotten statesman*

Some time ago, I wrote about a great man from Illinois, Abraham Lincoln. He was a Republican who won two consecutive presidential elections in the mid 1800s. Now I want to tell you about another great man from Illinois, Adlai E. Stevenson. He was a Democrat and lost two consecutive presidential elections in the mid 1900s. He was the last presidential nominee of either party to do that. He was even encouraged to run for a third time in 1960, but decided not to.

Who was this man, and why did losing two elections in a row obtain for him stature that someone else in the same situation would never get? Let's look at him and see why he is still revered, not only by many in the U.S. but also by people around the world.

Adlai Stevenson was born in Los Angeles in 1900. His father moved the family frequently because of his career. When Adlai was under 10, the family moved permanently to Bloomington, Illinois, where Adlai attended public schools.

He was the grandson and namesake of Adlai Ewing Stevenson, vice-president of the U.S. during the second term of President Grover Cleveland. Through his mother, he was a great-grandson of Jesse W. Fell, an Illinois Quaker pioneer, who was a close friend of Abraham Lincoln. He was the first to propose Lincoln for the presidency in 1858. Politics were a big part of Stevenson's coming of age.

He studied law at Princeton, receiving a B.A. in 1922 and then took some classes at Harvard before returning to Bloomington. After that he enrolled at Northwestern University just north of Chicago, where he received his law degree in 1926. He passed the Illinois state bar exam that same year.

He married Ellen Borden and they had three sons. They purchased a 70-acre tract of land near Libertyville, Illinois. They built a home on it, and it served as Stevenson's official residence for the rest of his life.

He was part of the Unitarian faith, but also attended Presbyterian services with his wife. According to one historian, "religion never disappeared entirely from his public messages; it was indeed part of his appeal."

In 1933 he worked briefly for FDR but returned to Chicago in 1935 to practice law. He continued his relationship with FDR until 1945 in a variety of part-time positions. In that year, he was part of the group that founded the U.N. That period in his life began to stir a longing to enter politics. He did so in 1948 when he became governor of Illinois, serving until 1952. He was considered a "reform" politician, and his four-



BY
DICK
HOFFSTEDT

year term was considered very successful.

Then came 1952 and 1956 where he reluctantly ran for president against the popular war hero, Dwight D. Eisenhower. He lost badly both times. No Democrat could beat "Ike" but Stevenson was willing to give voice to alternative methods of governing the U.S. His theme both times was to "talk sense" to the American people. There was no rancor in him, and he took defeat gracefully. In fact, President Eisenhower thought so highly of Mr. Stevenson that in 1957, he assigned him to serve as consultant to the Secretary of State in preparation for the NATO conference in Paris. That's when both parties talked to each other with no ranting or raving or name calling.

When JFK became president in 1961, one of the first things he did was to have Mr. Stevenson sworn in as a U.S. Representative to the U.N., thereby becoming a member of President Kennedy's cabinet. He and JFK often disagreed on certain issues, but both President Kennedy and his brother Robert admired him for his courage in disagreeing with a U.S. president.

Adlai Stevenson is remembered for his U.N. confrontation with Russia's U.N. representative, Valerian Zorin over missiles in Cuba in October, 1962. Adlai caught Zorin in a lie and was highly praised for his handling of a touchy situation. In 1961, he visited South American countries to lay the groundwork for JFK's Alliance for Progress. He was in Moscow on August 5, 1963 as a member of the U.S. delegation for the signing of the historic nuclear test ban treaty.

The historian Arthur Schlesinger said that "Adlai Stevenson was a great, creative figure in American politics with a sense of humor that helped him through tough times. To the U.S. and the world, he was the voice of a reasonable, civilized and elevated America. He brought a new generation into politics and moved millions of people here and around the world."

Journalist David Halberstam wrote, "Stevenson's gift to the nation was his language, elegant and well crafted, thoughtful and calming."

He died on July 14, 1965 on a London street within sight of the U.S. Embassy. We could use some of that calming language today.

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 60 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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Take a Kid Fishing!

BY
MICHELLE
FIELDS

While driving to an appointment yesterday, I crossed over the Lake Harbor Bridge in Muskegon. I could see an elderly gentleman with a young boy fishing from an embankment where Mona Lake channels into Lake Michigan. It immediately warmed my heart and made me think of my grandfather. One of my earliest memories as a child was fishing with him. My grandfather, Victor Haas, was the Park Manager of Palms Book (Kitchitiki) and Indian Lake State Parks in Manistique. As a young girl, I thought he was larger than life. He was a smart, gentle and caring man that everyone

loved to be around. My brother, sister and I spent every summer in the U.P fishing with him. He taught us all about baits, lures and the rules of fishing. But most important, he taught us patience and the love of fishing.

Fast-forward 20 years, I married my best friend Mike, who also loved to fish. Over the next 27 years Mike and I taught our children and granddaughter to fish. I hope their memories are just as special as the summers I spent with my grandpa.



Photos, clockwise from top left:

Granddaughter Abri with her catch of the day - 2011,
Grandpa Haas - 1948, Jake Fields with a BIG catch,
Zach Fields with his catch, First Fishing Trip Abri and
Grandpa Mike, Kari Fields holds up her catch.



Fishing Facts!

- The state of Michigan borders four of the Great Lakes.
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Photo Identification

Top left: Radium Photo Service, Musk.

Top right: Carolyn Myson Studios Musk.

Bottom left: We were given a marriage certificate with this picture in it. We're not sure the photo is the same couple as on the certificate. The names given on the certificate are Richard and Elizabeth. Married 12/24/1914 in Muskegon MI

Bottom right: VanDyke Studios Musk



BY
DELICIA
EKLUND

Every year hundreds of vintage photos are donated to the Muskegon County Genealogical Society (MCGS)

All of the photos have limited or no information, and remind me of going through the old photo albums at my grandma's house. I would be devastated to lose those photos, but people throw them away all the time! Muskegon has many people from all different areas, and the pictures reflect this. I would love to try to get some pieces of the past to their families, because I would want my past given to me! I need your help!

Senior Resources of West Michigan has partnered with MCGS to try to get these pictures and documents identified. Each issue will print pictures that were given to MCGS. If you are familiar with a document or a person that you see, 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 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, and son Alan. You can contact her at deklund@seniorresourceswmi.org or (231) 683-2630

Muskegon County Senior Millage on August 2 ballot

There are more than 32,000 persons age 60 and older in Muskegon County. This population is projected to double in the next 15 years. Nearly 90% of older adults want to remain in their own home as long as possible, according to a survey by AARP. Home-delivered meals, home care, transportation and other vital in-home services prevent or delay institutionalization, saving public funding in the long run.

Muskegon County Senior Wellness Committee is requesting a 0.50 millage on behalf of Muskegon County older adults. The Muskegon County Board of Commissioners voted to place it on the Aug. 2, 2016 agenda. A levy of 0.50 of one mill in 2016 is estimated to generate about \$2.1 million, and will cost the owner of a \$100,000 home \$25 a year, or 6 cents a day.

Muskegon County Senior Millage services will be available to Muskegon



BY
LISA
TYLER

County residents who are 60 years of age or older. The millage will fund a variety of services that are designed to help an older adult remain safely living in their own home, with independence and dignity. Based on income, service recipients will be asked to share part of the cost of their care.

Senior Millage funds could provide for Meals on Wheels, care management services, home chores, wellness programs and health education, bathing services, homemaker, medication management, personal care, personal emergency response systems, respite care, senior support services, medical transportation assistance, options counseling and assistance, Medicare/Medicaid assistance counseling, expanded transportation assistance, adult day services and congregate meals. For more information: www.MuskegonCountySeniorMillage.com.

Lisa Tyler is Communications Director at Senior Resources and a member of the Muskegon County Senior Wellness Committee.

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The Family Oldsmobile



BY
JERRY
MATTSON

In 1974, Jackie Engel's dad bought a blue 1968 Oldsmobile Cutlass convertible from the original owner, a lady in Traverse City. The car was equipped with a V-8 engine, automatic transmission and power steering but no power brakes. It also had a unique, unplanned, custom treatment. The Olds had been stored for years with a chenille bed spread over the white top and the dye from the spread ran, leaving spots on the convertible material; spots that could never be totally removed.

At that time, Jackie did not have a driver's license, but her brother did and he dominated use of the car. In 1976, when her brother joined the U. S. Navy, the car was hers to drive.

As a young driver, she was not easy on the car. "It was dad's money in the car then, not mine like it is now," she said. She often drove it to high school and has photos of herself, dressed in her high school graduation cap and gown, posing with the car in 1977.

Memories of the car in her early days include being at the wheel when she heard of the death of Elvis Presley in August of 1977. That hit her hard, as she was a back-up singer (one of three Curb Feelers) for a six-piece Elvis tribute group.

A couple of years later, the car needed some repair work and was stored in a barn. Jackie's next car was a 1972 Chevrolet Chevelle. People offered to buy the Olds from her, but she told them she wanted to keep it. The car sat in the barn for about 20 years. It was then moved to Joe Kelly's shop in Twin Lake for restoration.

During the two-year project, a new top was installed, it was repainted in its original color blue, all mechanical issues were taken care of and a set of American Racing Outlaw wheels were added. In 2002, the like-new car was back on the road and Jackie continued the enjoyment she always had while driving the convertible.

Then the next generation wanted a turn at the wheel. Her son, Jeff, asked if he could use the car while he was attending Muskegon Catholic High School. Mom and son struck a deal. She told him, "If you have a perfect driving record, you can



use the car for the prom." His record remained unblemished, so he drove the blue Olds to both the junior prom in 2006 and senior prom a year later. He also proudly drove the car, with mom as a passenger, to the school's annual Mother and Son Dance in 2007.

In the 13 years since it was restored, Jackie has driven the car to work, to local shows and to Grand Rapids. She has also driven it to week-long summer vacations at Silver Lake more than once and to places farther north.

A neighbor near their cabin in Reed City had retired from the GM plant in Lansing where the Olds was built. She drove it to his place to show him, slowly covering the final two miles of gravel road. He was not at home. She caught him at home on a return visit. After seeing the restored convertible, he shed some tears remembering when he helped build these cars as a much younger man.

Jackie does not drive it very far, logging from 300 to 2,000 miles each year. The car now has nearly 120,000 miles on it. She keeps it protected at The Mart Dock storage during the chilly and white months.

Jerry, a Ford Motor Company retiree, has had many stories published in newspapers and magazines. Besides freelance writing, he enjoys working on old cars.

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A Caregiver's Perspective

Notes from my mother's daughter



BY
ROLINA
VERMEER

Looking out from the window over my writing table, the early morning haunting grey mist gives me a little shudder. It sets a gloomy tone in my heart. Spring may come a little early this year, but my visions of budding hyacinths and pussy willows will not be satisfied until a spring rain and a cheery sun clean up the

last bit of winter's grey from the street. The days seem to drag and I am dragging too. Mom has moved again and with it comes another adjustment period for her and for all of us, her caregivers: family and assisted living staff.

We do our best, we caregivers, making life-altering decisions for loved ones who can no longer cope with the big picture of finances, good daily care, appropriate socialization and quality of life. Together with caring staff, we had worked out a new arrangement we thought might make for brighter days more appropriate to the level of care my mother required. She was ambulatory and more social than most of the others in her dementia care unit. Moving her to a studio apartment in the building next door not only provided her with a higher level of activity and social opportunity, but also saved a rather considerable amount of money! These are decisions fraught with anxiety for caregivers who watch their loved one's finances slowly dwindle as they

arrange for and provide the very best care they can manage. Mom seemed to understand the opportunity and eagerly agreed with the new arrangement. Family came to make for a well-organized, low stress and fun-filled moving day. The new apartment had exactly the same layout as her old apartment. Under her direction, furniture was placed in its familiar pattern. Artwork and pictures were even re-hung in the same configuration. All seemed to go rather well! With less than a day's work invested, satisfaction reigned. The staff had arranged for mom to have lunch in her new dining room, seated with ladies whose company she would surely enjoy. Dinner was served at the same table. Bedtime seemed simple enough, with dressers and bed configurations exactly as they had been in her previous apartment.

Of course, nothing was as planned the next day. Mom had no memory of the move. No memory at all! She did not remember her delightful time with grown grandchildren who had doted on her the day before. She did not remember that her son had been there, moving furniture, chatting amiably and repositioning and refilling her birdfeeder. Not a single pleasant detail could be recalled the next day as I tried to assure her that all was well and that we had enjoyed the moving adventure the day before. Once again she was intent on going home, though where that was certainly was not anywhere she had spent time in the last 50 years or so. For the next few days, this daily sundowning stressed the staff, it stressed

me and it stressed her terribly. Compounding this behavior, which started late in the afternoon and stretched late into every evening, was my two-day excursion out of town. I was not physically available to distract her, redirect her or explain anything. Phone calls helped a little but no amount of reassurance could convince her that all was right in her world. So many new faces! There were unfamiliar routines and new surroundings. Perhaps the staff had higher expectations than she could live up to. Perhaps I had those same expectations.

Now that I'm home again and back into the routine of regular visits, all seems to be smoothing out a bit. Taking one day at a time, living in the moment, seems the best possible expectation. The fog is lifting, the sun will surely peek its way through the strain of a spring that wants to come. Mom laughs delightedly over familiar stories, together we sing the funny songs she had taught me from her own childhood, and reminiscing about her brothers and sisters has once again brought special pleasures. Who could ask for more than that?

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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Beyond the Card:

Muskegon residents trade volunteer hours for dental treatment

Our dental access program, *Muskegon Volunteer for Dental Care*, was thrilled when Blue Cross Blue Shield Foundation blogger Julie Bitely asked us for an interview. She writes a blog called "Beyond the Card" and wanted to feature our program. MVDC is grateful for funding from Blue Cross Blue Shield Foundation and their interest in our program! Here is the interview article from the blog – thank you Julie and BCBSF!

When Kevin Landingham started dialysis sessions four years ago to treat his high blood pressure, his oral health was the last thing on his mind. He'd just had a dentist appointment through Muskegon County's Veterans Affairs (VA) Agency to get one cavity filled, but other than that, his mouth was fine. Due to the bad taste the medication used in conjunction with the dialysis left in his mouth, he started relying on sour candies during his treatment sessions. "I ate a lot of candy," he said.

The Muskegon Heights resident ended up with 10 cavities, including a molar that eventually had to be pulled. He also felt terrible. "I thought I was getting sick or catching a cold," Landingham said. "I just didn't know it was my teeth doing that."

The VA couldn't accommodate his dental needs, and private dental practices were out of his reach due to price. He ended up hearing about a program called Muskegon Volunteer for Dental Care (MVDC) and decided to give it a shot. The program provides access to urgent dental care and education through a pay-it-forward dental partnership for low-income, uninsured adults.

In the program modeled after a successful Calhoun County program, local dentists volunteer their services for patients like Landingham, who in turn are required to perform a certain number of volunteer hours in the community to "pay" for the dental care they receive.

The Blue Cross Blue Shield of Michigan Foundation awarded MVDC a two-year, \$50,000 grant to support the work they're doing, which is direly needed in Muskegon County. A 2012 Community Health Needs Assessment showed that 74 percent of adult respondents in the county went without dental care due to cost-related barriers such as high co-pays or cost of insurance. Other supporters include the Muskegon County Community Foundation, Mercy Health's Health Project, the Muskegon District Dental Society, Access Health, Delta Dental, the Michigan Dental Association and the Alcoa Foundation.

The program placed Landingham in the care of Dr. John Leitner, a dentist with a practice in Grand Haven. Leitner serves a number of MVDC patients and said he likes the pay-it-forward nature of the initiative.

"I like that it's more than just good health care, it's community involvement,"



BY JACKIE
LINDRUP
RDH, M.Ed.



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Leitner said. He's had diabetic patients able to reduce their reliance on insulin as a result of dental treatment. Leitner explains that oral inflammation can affect other areas of the body. Fixing that can lead to better overall health. He also connects with patients on an emotional level. For someone who hasn't been able to smile or who is in constant pain, being seen by a dentist is a big deal. Patients have cried in his chair.

The staff in Leitner's office huddle every morning to discuss the day's incoming patients. Special attention is paid to MVDC visitors, something Landingham noticed immediately. He said he was welcomed just like any other patient by everyone on staff and has grown to completely trust Dr. Leitner. Together, they've addressed eight of Landingham's 10 cavities so far. Once the last two are filled, he'll move into maintenance mode.

"He's a wonderful dentist. He loves what he does and I just can't say enough good things about him," Landingham said.

Through the program's educational component, Landingham has the tools he needs to stay cavity free long into the future. He now brushes and flosses every day and has switched to using Xylitol gum at his dialysis appointments. He carries around MVDC cards everywhere he goes so he can tell others about the life-changing program.

"I gained my health back," Landingham said.



Dr. Leitner, Suzanne Tanis, Program Coordinator and Kevin Landingham, program participant

For his part, he enjoys volunteering at Hope's Outlet Ministries, a thrift shop in Muskegon. Being able to pay for treatment by giving back is important for dental care recipients and the dentists who provide care, say program director and founder Jackie Balcom-Lindrup and program coordinator Suzanne Tanis. Before receiving service, volunteers must attend a dental health class and complete at least four or eight hours of community service, depending on their needs. Other organizations that benefit from program volunteers include the American Red Cross, Goodwill Industries, Kids' Food Basket, the Muskegon Humane Society, and many more.

"It is really important to the dentists to know that patients have already volunteered their time prior to treatment," Balcom-Lindrup said. "It's a win-win for the patient, the dentist and the community."

From Jan. 2014 through Dec. 2015, the program helped 177 people, who logged 6,126 volunteer hours in the community. In that same time, local dentists provided 522 professional dental services worth \$166,578. Between the hours volunteered by patients and the services provided by dental professionals, the program has given \$319,728 back to the community in its first two years.

Information provided by Jackie Lindrup RDH, M.Ed., Muskegon Volunteer for Dental Care director. You can follow Beyond the Card stories at MIBluesPerspectives.com

ASK THE EXPERT

Q: Is there a link between diabetes and hearing loss?

A: There are close to 30 million people in the United States affected by diabetes and over 34 million Americans have some type of hearing loss. There appears to be overlap between these two groups who represent two of America's largest health concerns. Studies suggest that there is a higher prevalence of hearing loss in those with diabetes when other contributing factors are excluded. Therefore, it's important for those who have diabetes to have their hearing checked regularly. Call **231-760-8054** to schedule your **FREE** hearing evaluation. It's never too late to receive your initial baseline. If hearing loss is present, the sooner it is identified and treated, the more stable we can keep it!



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Soul Food

Reflections upon how spiritual growth improves our health



"When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways."

(I Corinthians 13:11- NRSV)

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

Most of us are aware of the stages of maturing, even as we ourselves are growing and changing. As parents we see these stages in our children. Stages or seasons of growth and maturity occur in our spiritual lives as well. However, this growth requires our own initiative before our spiritual vision sees beyond our own needs. It is not automatic and not fully dependent on the physical growth and development of the individual.

This understanding of spiritual formation occurred to me as I reflected on the special days in May and June which honor our families: Mothers' Day, Fathers' Day, and Memorial Day weekend. Memorial Day originally was, and still is for many, in honor of those who gave their lives in service to our country. Many families still visit the graves of loved ones where flags often fly and flowers and prayers are added. I remember my father, who was a World War II veteran, taking us to visit our family gravesites near or on Memorial Day. It required a road trip from Grand Rapids to Kalamazoo and Dowagiac, Michigan. Today many see Memorial Day weekend as the beginning of summer, a holiday for picnics, spending the day at the beach, and viewing a community parade with friends and/or family.

As I searched a dictionary in hopes of finding a new insight, I discovered that the adjective "familiar" comes from the Latin *familiaris*, which has to do with a family, a household, or having an intimate knowledge of a subject. Further study shows many other uses of the word family which we don't often think of most of the time, like a category in the classification of plants or animals.

Have you seen the purposefulness of God that ties parent to child and child to grandchild? Even our surname and/or our given name will grow in meaning as we mature and learn the history that ties generation to generation. As we grow in our spiritual lives we see God's purpose guiding and blessing our lives through friends, work, family, and community, etc.

Faith development changed me and my wife, Sara, and with this spiritual growth brought the understanding of God's family. Our faith community gave us a new understanding of family, offering us brothers and sisters who enriched our lives. Some new friends never grew up with other children, or had become estranged from brothers or sisters for many reasons. The loss of family members early in our lives can be devastating, emotionally and spiritually. Both my wife and I have been blessed by friends in our lives who have offered us healing and love.

Love is the key ingredient that brings growth to our spiritual life. If you understand that we are spiritual beings having a human experience, then growing deeper in your spiritual life will guide, heal, and improve your human experience. The scriptural quote which I used to begin this article comes from the first letter of Paul to a community of people in Corinth, a town which is

found today on the southern peninsula of Greece. In the same chapter, Paul writes a beautiful description of the gift of love: "Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends." (I Corinthians 13:4-8a - NRSV)

Through the practice of love one will find healing, hope, deeper meaning and a purpose to life.

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

Monitoring – Blood Glucose Puzzles: What Do Numbers Mean?

A blood glucose check is an important measure of diabetes control. Checking your blood glucose daily provides immediate information about the effects of eating, physical activity, illness, and medicine on blood glucose levels. This gives you information you can act on right away. It is helpful to write your results down in a record book. Sometimes your blood glucose readings are out of target. It can be frustrating and confusing! When you can't explain a high reading, remember that one high number is not a cause for concern. All the numbers don't have to be perfect! Most meters can average all the readings collected, so don't focus on a single number, pay attention to your average blood glucose over time.

Another tool to measure how well diabetes is managed is HgbA1C, a laboratory blood test showing average blood glucose levels over the last 3 months. Keeping your blood glucose numbers and A1C in target is a critical part of self-managing your treatment plan to prevent diabetes complications. To understand your blood glucose numbers, you need to know the recommended blood glucose targets. Remember, the A1C percentage and your meter results are related.

Monitoring blood glucose regularly keeps you in the driver's seat, so meter maintenance is important. If you are needing to replace your meter, now is the time! Check out what's new!

The best meter is the one you will use regularly, and one that enhances your daily diabetes care. User-friendly features do matter! Almost all meters on the market today are no code or auto-code so you don't have to enter a code number or use a plastic "key" for each vial of test strips. Having a backlight to illuminate your meter's screen in the dark is helpful, and if you have low/no vision, an audio (talking) meter could be the one for you. For some people, having a meter that has computer download capability is important. If you have arthritis in your hands, perhaps a meter that has attached strip drums or disks and widely spaced buttons would be best for you. Those tiny test strips are slippery and hard to handle for many people. Don't add to your frustration. Find a meter that works for you. A great place to look for up-to-date information about blood glucose meters is the March/April Consumer Guide 2016 issue of the American Diabetes Association's *Diabetes Forecast* magazine. You can find the magazine online at www.forecast.diabetes.org.

When choosing a new meter, accuracy is also a consideration for lots of people with diabetes. Which meters are the most accurate? All meters are tested and approved by the Food and Drug Administration, and they are held to the same accuracy stan-

dards. For more information on meter accuracy, visit diabetesforecast.org/meter-accuracy.

Remember, the way you feel doesn't always reflect what your blood glucose sugar is doing.

Check your blood sugar levels as directed so you can share this information with your doctor or diabetes educator. Follow a schedule and keep a daily record and use your numbers to help make decisions about your care. Always remember to monitor your blood glucose levels when you are sick because they will be higher than normal. If your numbers are not at goal, don't stop checking your blood sugar! This information can help your healthcare provider make changes to your treatment plan to match your needs.

Your diabetes educator can help you learn: how to use/maintain a meter, tips when you travel, ways to help reduce cost of test strips, when to check/what the numbers mean, what to do when your numbers are out of your target range, and how to record your results.

In Health,
Diane Jones RN CDE

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

Share the Wealth!



BY
CLIF
MARTIN

Don't get excited. I am not advocating some kind of political or economic system. The wealth I would have you share is the wealth of information you now hold in your hands or read on a screen. I richly bless you if you hold the *Senior Perspectives* in your hands because you still like the feel of a real book, newspaper or magazine. On the other hand, it's OK with me if you read it on a screen. I don't care how you read it. But for goodness sake, read it. Save it and pass it on. How can you do that? Pick up extra copies to share and keep

one for future reference. If you are computer savvy, send it online to the kids and grandkids who think they are too young to be seen reading a geezer publication. Those gorgeous cover pictures by Glenn Rutgers, our award winning photographer, look good either way, on paper or screen.

The young upstarts who will one day be dealing with aging relatives might find some surprisingly useful stuff about what

happens at Tanglewood Park. That's our own world class senior services facility, home of Senior Resources. But that's not all. There's some real good writing from interesting local people. Does this sound like a commercial? It is, and I believe every word of it because I wrote it.

My favorite thing about the *Perspectives* is the personal columns from some of our area citizens who have done fascinating things and are still doing them. I thought of asking Editor Michelle to give me an advance peek at this issue before it went to the printer so I could comment. But I decided I would rather read it along with you. When you're done, get out your January/February issue. What? You did not save it? Well, why not! With a little luck you can find a copy of that one and follow along with me as I review it.

Janet Hasselbring is involved in the Dolly Parton Imagination Library. It provides a free book each month to registered children from birth to age five. Janet's article, "I think I can, I think I can" has a picture that takes us back to the famous story of "The Little Engine That Could." It is a joy to know that kids still like that one.

Dick Hoffstedt's column, "The Man from Illinois," told me things I did not know about Honest Abe. I was surprised by some things we take for granted but might not know that Lincoln started.

I had to read Joel Dulyea's "Letterbox Lamentation" because I'm a sucker for alliteration. You relate to that one if your mailbox gets demolished by the snow plow. Remind me to get one of





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those wooden mailbox protector things before next winter. Does Joel have one?

Love classic and antique vehicles and hot rod magazines? Jerry Mattson's column, "Readin' and Racin' Memories" is right up your alley or your dirt track.

I'm just getting started but Editor Michelle gets cranky when we go over the word limit. So I will rave on about other fine Perspectives contributors next time. Oh, what was mine about in the January/February issue? I wrote it so long ago that I don't remember. I hope it was a good one. Read on. Share the wealth.

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.

MMAP Minutes...

Volunteers Needed!



BY
ROBBI
JUERGENS

MMAP (Medicare/Medicaid Assistance Program) is seeking people who enjoy meeting and working with people, who love a challenge, are familiar with computers and the internet, and are interested in helping other Michigan citizens in their area.

A volunteer MMAP counselor meets with Medicare recipients who need help sorting through complex insurance and prescription changes each year. Reasons to join the MMAP Volunteer Team:

1. Make a difference in your community
2. Assist people with their health benefits
3. Help save people money
4. Positively impact other's lives
5. Meet new people
6. Experience professional growth
7. Educate the Michigan public
8. Be part of a dynamic team

Once a volunteer attends the initial four-day training, s/he becomes a certified MMAP counselor. To maintain a MMAP counselor status a volunteer must commit to 65 hours a year. New four-day trainings are scheduled periodically throughout the year. Counselors are trained, certified and supported.

If you are interested in more information or wish to become a MMAP counselor, please contact your local Area Agency on Aging at 1-800-803-7174.

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Please Note: Insurance agents, insurance brokers, and financial planners are not eligible to serve as MMAP volunteers.

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Mother's and Father's Day Tribute from the Staff of Senior Resources of West Michigan



Steve Canum, CFO, with parents Maureen and Lyle Canum



Lisa Tyler, Communications Director, with her mom, Joyce Beauchamp



3 Generations (L-R) Pam Saum, Options Counselor, Robbi Juergens - MMAP Coordinator and Grandma Lola Cirner.



Angela Humber, Data Operations Coordinator with (Back Row) Aunt Gail Weaver, sister Allyson Hoebeke, Julia Hoebeke (Mom) & Angela. Front: Donna Estler (Grandma) & Abigail Dood (Sister)



Michelle Fields, Editor & Marketing Specialist, with her parents, Jerry and Nyela DeJong



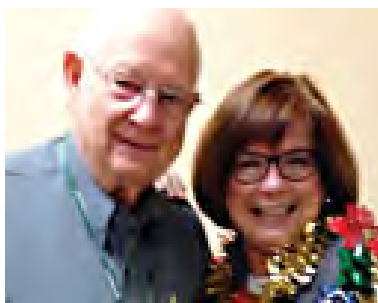
Stacy Strauss, Managed Care Operations Manager, with her beautiful grandmother Bernice Mansfield



Christmas 2012 - Deb Bringedahl, Options Counselor (R), with her sister, Pat Vandal and their mother, Idella Bozick



Jan Hall, SW Supports Coordinator, with her mother, Esther Sangiorgio



Teresa Kleyn, RN Supports Coordinator, with her handsome dad, Jay Larman, Loan Closet Coordinator



Pam Curtis, CEO, with her parents Richard and Florence Van Haver



5 generation. It was taken last year and includes (from top left going clockwise) Cassie Moore, RN Supports Coordinator, grandmother Bobbi Moore, mother Laura Wheeler, great-grandmother Leola Reeves and daughter Madelyn



Delicia Eklund, Options Counselor, with (L-R) her dad Dave Selby, mom Karen Selby, Grandma Donna Burkall, Delicia, husband Andy Eklund and seated is Grandpa Ron Burkall

Senior Resources?

Getting to Know your Senior Resources Staff

By Lisa Tyler, Communications Director

Pam Curtis, CEO of Senior Resources, has been a part of the agency since January of 1990, beginning as program manager when Senior Resources was located in the Torrent House. Pam was named Chief Executive Officer in January of 2009.

Pam was a social worker at a nursing home in Arizona, then a case coordinator at Oceana Council on Aging, before coming to Senior Resources. She is passionate about working with seniors.

"I want to be sure we're around for everybody; all the seniors," she said. "Supporting someone with a meal, a bath, plowing a driveway so someone can get to the doctor – that can help them stay at home." What has been one of the biggest changes? "We went from granting all in-home services out to a few providers, to purchase of service and giving people choices, expanding participants' choice of providers. It really joined us with the community."

Pam's has aspirations for the aging population: "I'd like to see health care systems recognize the value of home and community-based care to the health of the whole person and for them to partner with organizations like Senior Resources, rather than create things on their own. Less duplication. We can keep up the integrity of their systems and improve the outcomes of their patients."

Senior Resources is blessed with another long-term employee, Community Services Director Amy Florea. Amy has been with Senior Resources for 19 years, serving as a case coordinator, then contracts manager before her current position.

As community services director, Amy sees changes in demographics and services at least once a year as she works to revise and update the area plan. "One of the most fulfilling parts is seeing how resources come together to fill the needs for older adults. Senior Resources helps coordinate those things." Another aspect she especially enjoys is leading small groups, like caregiver groups. "Caregivers are incredible people. They're often spouses, and the amount of work they do is incredible. We help give them awareness of resources and remind them it's OK – vital, actually – to take time for themselves. I tell them, 'who will take care of him if you're gone?'"

The biggest changes Amy has seen in her 19 years are the sheer number of people over the age of 60. "When I first started, there wasn't a question of adequate funding or resources for people. Funding hasn't kept up (with the growing aging population) – not even close."



Pam Curtis



Amy Florea



In February, Senior Resources held its annual Crockpot Cookoff, with prizes given for top vote-getters. Pictured are (L-R) first place winner Emily Zisman (pierogi with Italian sausage and broccoli), second place Andrea Douglas (scalloped potatoes with stuffing), fourth place Damian Jarocki (pickle soup) and third place Deb Tober (cheese tortellini soup).

Crockpot Pierogi Casserole

For a crowd. This serves approximately 8-10 as an entree. For smaller groups, reduce ingredients by half, etc. The brands I normally use are noted, but use whatever kind and flavors you like.

3 boxes Mrs. T's frozen pierogis, Mini-size
2 15-oz jars Classico Creamy Alfredo sauce
4 each Johnsonville Sweet Italian sausages
1 C shredded cheddar cheese
4 C broccoli florets
Additional water as needed
Pan spray (such as Pam)

Sauté the sausages as directed on package. Cool until able to handle, slice and set aside.

Steam broccoli for approximately 2-3 minutes. Remove from pan, quick-cool it under very cold running water. Drain and set aside.

Spray inside of crock pot with pan spray to help keep pierogis from sticking/burning.

Pour about 1/2 cup of Alfredo sauce into bottom of crock pot. Spread 1 box of frozen pierogis on top of sauce. Add about 1/3 of the sausage, 1/3 of the cheddar cheese, and 1/3 of remaining sauce. Continue with 2 more layers: pierogis, sausage, cheese and sauce.

Cook on Low for about 2-2 1/2 hours. Gently stir in drained broccoli florets. Turn heat up to High and cook 1 additional hour.

If you feel the sauce is too thick, you can add some water toward the end of cooking time. I like to put some water in the empty Alfredo jars and shake well to rescue the remaining sauce.

This recipe is very adaptable. You can use any meat or veggie you like. Most veggies will need to be added in near the end so they don't overcook. You can also bake this in the oven in a large casserole dish covered with foil, at 350 for about 40 minutes. Then remove the foil, stir in veggies, and bake uncovered for another 15-20 minutes until the veg. is done and the casserole is a little browned around the edge. (This recipe is the amalgamation of a 20 year old recipe off a Pierogi box, and another recipe I found on the internet. Enjoy!—Emily)



BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Butterscotch Bread

This is an old recipe by Elma Geib and members of the Ruth Circle, First Methodist Church

- | | |
|-----------------------|-------------------|
| 1 egg | ¾ tsp baking soda |
| 1 cup brown sugar | ½ tsp salt |
| 1 tbsp. melted butter | 1 cup buttermilk |
| 2 cups flour | ½ cup walnuts |
| ½ tsp. baking powder | |

Beat one egg until foamy. Add brown sugar and butter, mix until combined. In a separate bowl, combine the dry ingredients together, except for walnuts. Then alternately with buttermilk, mix in to the egg mixture. Mix until completely combined, then add walnuts to the mixture.

Pour into a well-greased bread pan and let rise for 20 minutes. Bake 1 hour at 350°.

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Dare to Be 100: Part 4

The “R” in D.A.R.E.



BY HOLLY
LOOKABAUGH
- DEUR

Starting in 1995, the first of 75 million baby boomers turned fifty years of age! While we know demographics, what we don't know is – beginning in 2045, how many of these baby boomers will turn 100? Part 4 of the series “Dare to be 100” focuses on more of the 99 steps to living to 100. This is based on the many works of Dr. Walter Bortz, a renowned geriatrician who lives life to the fullest every day. His years of study and research have produced simple and specific ways to bind together the physiological and psychological components of successful aging using the acronym D.A.R.E. Bortz clearly states that “...two principal credentials will have to

be presented if most are to make it -- guts and smarts.” Having “smarts” affects each part of your life – the biological, psychological, and social components of living. You are affected individually and collectively as a member of the larger community. Knowledge is one of the two basic ingredients of living to be 100.

We are all in the era of knowledge overload, and nowhere is information more cluttered and diverse than in health care. We are vulnerable as we age, looking for the magic answer(s) and the proven solutions to take away pain, disability, and loss of independence. We have the knowledge.... Let's weed through the next set of steps to D.A.R.E. to be 100.

“R” represents RENEWAL. Steps 54 to 71 are all about the NON- physical aspects of renewing your spirit and your mind – taking charge and finding the joy in the day instead of seeing happiness in the distance.

Everywhere I go – the grocery store, my work, my neighborhood, the gas station.... I see older adults who look “together” – rested, happy and smiling, and interacting with the world and people around them. They clearly have the “smarts”-- as well as the “guts”-- to do things their way, aging gracefully, productivity, and happily. If we can throw away the pre-conceived notion of what we THINK 90+ should look like, and think positively about our collective futures – just imagine how many 100+ adults will thrive in our beautiful West Michigan. We can D.A.R.E. to be 100!

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

“Aging is not lost youth but a new stage of opportunity and strength.”

Betty Friedan
(1921-2006)

STEPS 54 TO 71:

- Step 54: recharge yourself
- Step 55: stay in flow
- Step 56: renew your health
- Step 57: cherish your world
- Step 58: think travel
- Step 59: think when, where, and why retire
- Step 60: make your last nest your best
- Step 61: beware of retirement myths
- Step 62: afford retirement
- Step 63: have a life money plan
- Step 64: be wealth fit--save
- Step 65: keep working
- Step 66: spend it all
- Step 67: lobby for yourself
- Step 68: use leisure
- Step 69: re-learn, re-think, re-educate
- Step 70: sleep enough
- Step 71: keep in rhythm

- Make finding that good feeling a priority.
- Don't isolate yourself to do it; stay in life's “flow!”
- Get an assessment – know your numbers!
- Appreciate nature – learn about it!
- Begin to see MICHIGAN – start there!

- Make your home a happy place!
- Meet with experts – stop guessing
- Financial strain AGES us.
- Having a plan reduces stress
- Save for what YOU want, not what your kids want!
- Having purpose keeps us young at heart!
- Spend \$ on things that matter to YOU
- Sell yourself and make the dream “job”
- Plan leisure activities like they are your “job”
- Take classes, read books, conquer new information
- Stop listening to everyone else; do what your body feels it needs
- Dancing is good for your balance, strength...and your soul!

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“An animal’s eyes have the power to speak a great language.”

Martin Buber



BY
JANET
HASSELBRING

“Good morning, Lena,” I called as Max and I entered her room at the Fountains Assisted Living Lodge in Sarasota, Florida. Max, my yellow Labrador retriever, and I were on our weekly volunteer assignment. Max wagged his tail in greeting. Lena’s eyes lit up when she saw him. I didn’t mind that she greeted Max before acknowledging me. After all, he was the therapy; I merely tagged along. He was the main act; I was the sideshow.

I opened the blinds to let in some spring sunshine, then got down to the task at hand. Max knew the routine. He flopped down by the side of the bed, with that look – *hey, it’s a hard job, but someone has to do it.*

“What’s for breakfast?” I asked. Lena, what was left of her at 90, was sitting up in bed. Her breakfast tray, laden with dishes, hovered in front of her. Lena was essentially bedridden and needed help walking, eating, and dressing. She opted to eat breakfast in her room and my job was to feed her and get as much nutrition into her fragile frame as possible.

While I fed Lena, Max lifted his head, his nose aquiver with the potpourri of smells wafting his way. After a few spoons of oatmeal, Lena lost interest. “What about this coffee cake,” I asked. “It looks like a special treat.” “Oh, I’ll save it for later,” she said, so I set the cake on her bedside table and removed the tray so we could talk. At the word “treat,” Max went on full alert. I should have noticed.

I rearranged her pillows so she could sit back comfortably, then pulled up a chair. We were chatting away, when Lena, making a point, absentmindedly patted the bedcovers. That was all the invitation Max needed. With one leap he bounded up from the floor and landed, PLOP, on top of Lena. All 100 lbs. of him! Thinking he’d squashed the breath out of her, I pulled him away. Where was she? I was about to ring for a nurse when I heard a faint sound like wheezing, coming from her direction. Lena, in a heap of bedcovers and pillows, was barely visible, but a huge smile was plastered on her face. The wheezing sounds were chuckles.

Relieved we hadn’t killed our patient, I straightened her out as best I could. “Are you all right?” I asked.

“I haven’t had a good laugh like this in a long time,” she wheezed. “Good boy,” she said, as she stroked Max’s silky, golden fur. *Good dog, Really?* When it was time to go, Max jumped down and an exhausted Lena settled in for a nap. I straightened up and we left. Walking down the hall, I couldn’t help but notice a distinct cluster of crumbs on Max’s nose. That too, I wondered?

Max, majestic as ever, looked straight ahead. “*Don’t even ask...*” his eyes seemed to say.

Another time, I came to play the piano for the residents during the lunch hour. As Max and I walked to the dining room, a fire alarm went off in the building. Max stiffened. I’ll let you in on a secret: for all his 100 lbs., grandeur, and majestic

bearing, Max is a wimp. Beeping smoke alarms, sirens, and thunder – anything with a high frequency, sends him into spasms. At home, he heads downstairs, where he hides under a desk in my husband’s office – the farthest point from the noise. I was about to leave, when the director came by. “False alarm,” she explained. When the alarm sounded a second time, I headed for the door. “No, no,” she said. “I’ll go find out what the problem is. There’s no fire drill scheduled for today. Please stay. The people love to hear you play.”

When the ringing stopped, I tethered Max to a chair and told him to lie down. He was still shaking and gave me a worried look. An aide promised to keep an eye on him, so I proceeded to the piano at the other end of the room. I was well into my concert of oldies, when the alarm sounded yet again. I stopped playing and looked across the room where Max was. He was nowhere to be seen.

“Oh no,” I thought. Perhaps the aide had taken him outside away from the noise, which this time, didn’t stop. Finally I spied him. He was heading to an exit, laboriously pulling the chair along behind. When I freed him, he looked at me, raw fear in his eyes. *I don’t know about the rest of you, but I’m getting out of here.*

These were just a few of the adventures I enjoyed with Max. He was still a pup when we started volunteering. One of my first assignments was answering phones at the Hospice office. Max was in training then and the staff loved him. He was allowed free rein of the building. And, he reigned. Once he returned to my desk with a soup can stuck on his nose. He had a hard time explaining that one. Another time, he emptied the garbage can in the staff room and finished off a Big Mac value meal. To his credit, he had enough manners to leave the condiments. And the time we were invited to a resident’s birthday party. She’d invited a few friends to her room for cake. Max and I stopped by with a card and balloon. The birthday girl, who was 90, was passing around slices of cake, when one of her friends looked at the plate she was given and said, “Ellen, where’s my cake? You gave me an empty plate.” I looked at Max. Staring straight ahead. “No matter,” cooed the hostess, unfazed. “Here’s another piece.” Then she winked at me. That said it all.

No wonder Max loved doing therapy work. Lying around, just being himself. How hard is that? The people adored him. And the payoffs were huge. That was Max – he was a good therapy dog.

Note: Max was a Paws with a Cause reject, but he made a great therapy/Hospice dog. I credit Max with helping us find Pelican Cove, our winter abode in FL. He was loved by everyone who was lucky enough to know him.

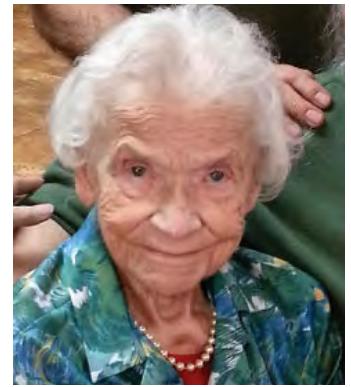


About the author: Janet (Van Gunst) Hasselbring is a retired educator and musician from the West Michigan area. She resides in Spring Lake, Michigan, near Hoffmaster State Park with her husband, Don, and her yellow lab, Maximus. They spend their winters at Pelican Cove in Sarasota, Florida.



Call Me Grandma

On the occasion of Evelyn Nelson's 100th Birthday



Evelyn Nelson breathed fire as she crossed the parking lot at Muskegon Community College. The dark sports car, parked beneath a light pole at the end of the sidewalk, fueled her attention with anger -- its unwelcomed presence begged confrontation.

Merijo and I, lost in conversation, drifted halfway from Overbrook Theater toward the parking lot before we saw her mother bearing down on the Mustang's driver. Merijo unlinked her arm from mine and rushed to intercept her mother. It was too late. The ex-boyfriend appeared frozen to the steering wheel by the heat of her mother's fury. But soon the muscle car tucked tail and vanished emptyhanded out the Sheridan Road exit. The Nelson family car passed through the illuminated parking lot onto Marquette Avenue; Merijo thought her mother's volatility had chased me away forever.

Seven years after we married, I contemplated that introduction to my future mother-in-law. I imagined her as a teenager after the stock market crash of 1929 and wondered if the Depression years explained the folded aluminum foil stashed for reuse in the cupboards her husband Ernie had built. Bookshelves and wicker baskets held used word-search puzzles with solutions checked off lightly, to be erased for a new searcher.

In 1967, after Ernie suffered a heart attack on his walk home from S.D. Warren Paper Mill, she became a single mother of two teenagers. In her cramped backroom, to support her children, she baked pies for The Mill Inn across from the mill and for the AA restaurant on Sherman near Seyferth Park. She cleaned homes for other people and rented out her upstairs apartment to friends and relatives, and us newlyweds.

I thought she was disappointed when I took her youngest daughter away to Ann Arbor the year after we married. It was extraordinary for family to move away, but Merijo and I had ideas of a life together that differed from the one she may have wanted for us. It didn't benefit my relationship with her that Merijo lost sleep work-

ing the third shift to support her husband the college student.

When we visited Muskegon, her mother referred to us as "the kids." Initially I found that amusing. With repetition I took it as an affront, but our relationship remained polite, if not familial. I wouldn't call her mom because I reserved that for my mother. Mrs. Nelson seemed too formal for a member of the family and Evelyn was too informal for someone four decades older. So I said, "Hey" whenever I saw her. Other than remaining silent, "Hey" was it. Years before in Baker Elementary School, when I addressed my 3rd grade teacher that way, Miss Van Lue scolded me, "I am not a bale of hay!" I knew better, but it took the miracle of our daughter's birth for me to settle on an appropriate option.

A letter I wrote to my mother-in-law included my reasons for not using Mom, or Mrs. Nelson or Evelyn when I talked with her. I acknowledged the immaturity displayed when I said, "Hey" and asked her permission, "May I call you Grandma?" Two weeks later her response read, "The life you kids share is yours to live." Her letter was complimentary of our marriage -- she liked how we lived together -- and ended with an answer to my question: "Grandma would be fine." Our relationship turned on a moment of maturity prompted by the birth of her granddaughter.

Grandma Nelson's anger on display in the parking lot of Muskegon Community College four decades ago was a mother bear protecting her cub. Her love was ferocious. It took time to recognize it in reused Pringles tubes loaded with cookies and Cool Whip containers of pies, both mailed to her family so far away from her. She had so little, yet she gave her family everything that mattered.

To Grandma Nelson,
Happy Mother's Day, Mom.
Your Kid

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.



BY
JOEL
DULYEA

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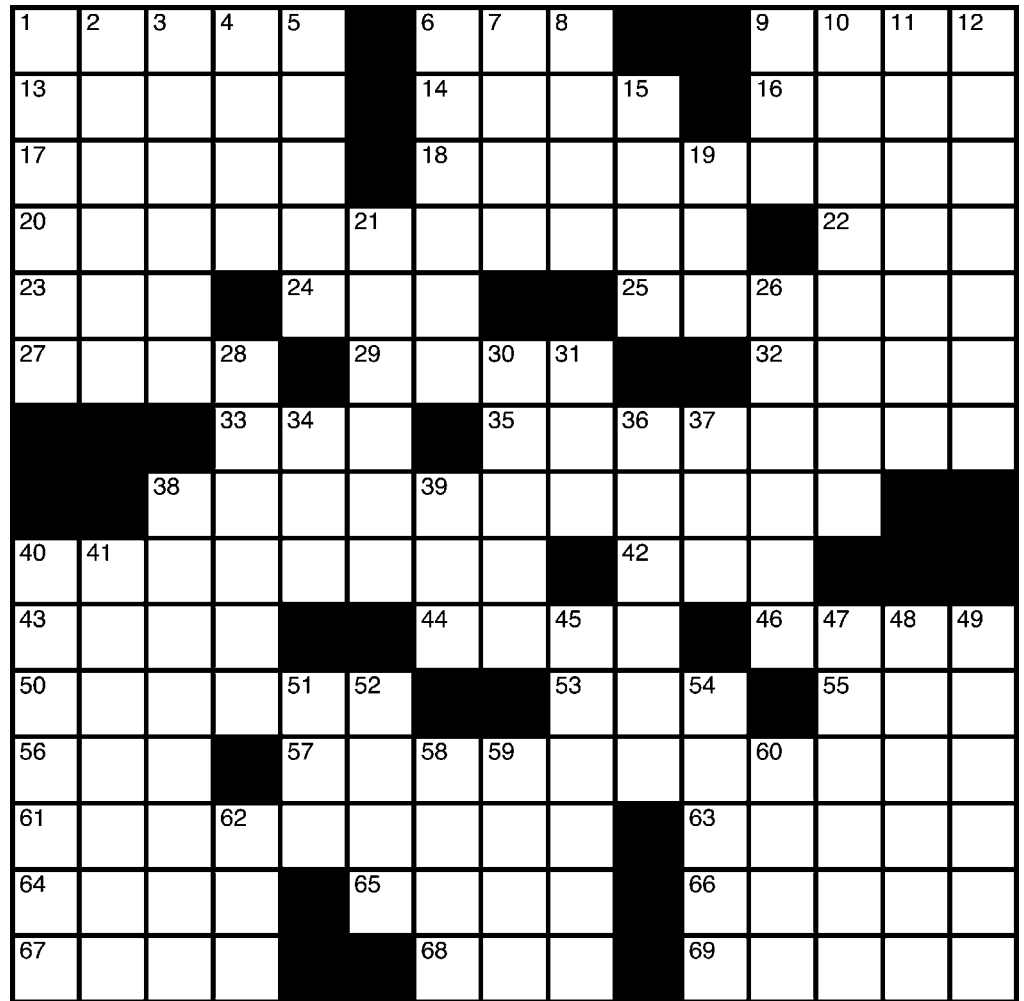
HOW CAN CHIP SLICE THROUGH THE HYPE AND HOOK THE RIGHT SOLUTION? TURN TO PAGE 35 FOR THE THRILLING CONCLUSION.

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ACROSS

- 1 Rosie of "The Jetsons," for one
- 6 Recede
- 9 Downloadable programs
- 13 Golden Gloves venue
- 14 Chimney substance
- 16 ToonDome's ___ E. Coyote
- 17 Camp shelters
- 18 Single proprietor
- 20 The Old Spaghetti Factory alternative
- 22 Big D hoopster
- 23 West Coast sch. with more than 100 NCAA championships
- 24 Martini order
- 25 Gloomy
- 27 Golf hole starting points
- 29 On the topic of
- 32 Fed. power dept.
- 33 "___ Legend": Will Smith movie
- 35 Nook and Kindle
- 38 Self-defense option
- 40 Emphatic military reply
- 42 Actor McKellen
- 43 Japanese soup noodle
- 44 Formula for salt
- 46 Brewpub lineup
- 50 Mr. Fixit's forte
- 53 Singer Orbison
- 55 Aflame
- 56 Chinese chairman
- 57 Fragrant bloomer with typically pink flowers
- 61 Comment after a feast ... or what the first word of 18-, 20-, 38- and 57-Across would sometimes say—if it could talk
- 63 Christmas celebrity
- 64 Future plant
- 65 Nonstick cookware brand
- 66 ___ salts
- 67 Grinds to a halt
- 68 Seek damages from
- 69 Poker-faced

- 8 Like headline typefaces
- 9 "So-o adorable!"
- 10 Cash for fun
- 11 Crowd ___; popular performer
- 12 Order takers
- 15 Overflow (with)
- 19 Artist with the website imaginepeace.com
- 21 Pa's pa
- 26 Hill-building biter
- 28 "Burnt" crayon color
- 30 ___ firma
- 31 Surg. sites
- 34 Mil. mail address
- 36 Literary wrap-up
- 37 Football's Parseghian
- 38 Popped the question
- 39 Bavarian article
- 40 Conjecture
- 41 Think tank guys
- 45 Baby rocker
- 47 King in Shakespeare's "The Tempest"
- 48 Moving engine part
- 49 Hot and humid
- 51 Post-surg. area
- 52 Rapids transport
- 54 Go-aheads
- 58 Inseparable pals, to texters
- 59 Brummell or Bridges
- 60 Captivated
- 62 NFL scores



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Down

- 1 Squeal on
- 2 Parental warning words
- 3 "No fighting, kids!"
- 4 "As seen ___": ad phrase
- 5 Used a stun gun on
- 6 College application pieces
- 7 Mannerless fellow

JUMBLE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

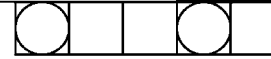
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

SYTTA

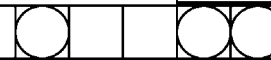


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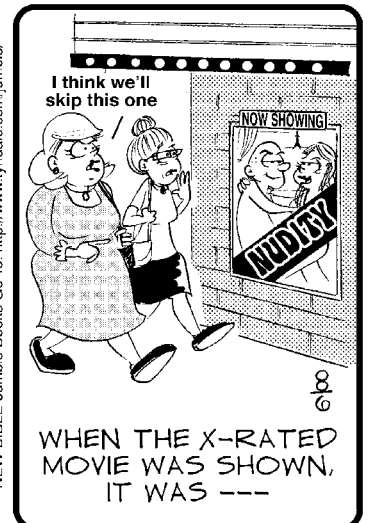
DAKEB



HERETT



LANDAV



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

A: " [] [] [] [] [] - [] [] " [] [] [] [] []

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

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	I ₁	O ₁	S ₁	V ₄	T ₁	L ₁	RACK 1
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	A ₁	E ₁	N ₁	B ₃	W ₄	N ₁	RACK 2
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
A ₁	U ₁	G ₂	T ₁	N ₁	S ₁	M ₃	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"/>
E ₁	E ₁	E ₁	I ₁	V ₄	B ₃	L ₁	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"/>
O ₁	O ₁	U ₁	M ₃	P ₃	S ₁	S ₁	RACK 5

Double Word Score

2nd Letter Triple

PAR SCORE 260-270
BEST SCORE 321

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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BY
LOUISE
MATZ

“ Interesting and Meaningful Quotes from Ordinary People ”

In our journey through life we interface with many people. Sometimes they say things that are particularly meaningful to us, whether they are funny, touching, or words of wisdom. I'd like to share a few such quotes from people in my life.

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.

“Everything in moderation.”

Eldred Martin, my father, said this often. I have come to believe it is a good philosophy for eating, drinking, exercise, and balance in my life.

“Does it get any better than this?!”

Diane Keller, my fishing friend says this often when we are out in the boat in the Florida Keys. It always makes me appreciate how fortunate I am just to be there.

“After I reached a certain age, I decided to put on a full court press to get to heaven.”

Mike O'Toole made this comment one day when we were working out at Tanglewood. Mike happens to be my cousin and we go to the same church. When I asked his permission to quote him, he said “Yes, of course, and I meant it, too.”

“I tied on so many hooks today that my fingers have blisters.”

This one came from my husband Tom just recently when we were fishing the ocean and the mackerel kept biting off our hooks. He was tying mine as well as his. This is part of his “for better or worse” when he took me as his bride.

Here's a long one originally written on Facebook by my daughter-in-law, Rhonda Sheppard. I thought it was particularly touching and it highlights the benefits of adversity:

“At the risk of jinxing myself, I am elated to say GOODBYE 2015! HELLO 2016! More than 10 fractures to my humerus coupled with total nerve damage and a nearly broken spirit? Yeah, that was me in 2015. I've had enough character building in my life, universe. I'm good. Thanks, though, for the additional chapter in my memoir.

What I've learned:

1. I have a pretty high pain tolerance. 2. I have an awesome family. 3. My co-workers are great. 4. There is nothing on TV during normal business hours, and reading with narcotics coursing through your veins is like being on a merry-go-round. Wait, didn't I read this sentence 7,000 times ago? 5. I am ambidextrous. 6. My family rocks. 7. I love kayaking. 8. I have learned so many lessons, too numerous to recount, but most of all, patience. 9. It becomes evident who your friends are in a disaster, and one of my closest and best friends in all the world is my dog, Daisy, I love you so. 10. Nothing matters more than love, and love can heal pretty much all wounds. I've had some doozies, and the one thing that fixes it all...all the pain, despair, and anger... is Love.

Thank you to all (especially my mom and dad, sister, and children) who have been a part of my life, and have supported me through everything. Mostly, though, to my best friend, Steve Sheppard, who happens to be a saint. You are always by my side, even when you probably don't want to be.”

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To Snack or Not to Snack?

BY
LAURA
BEECHNAU

I have been getting a lot of questions lately regarding weight loss and whether snacking is a good choice or not. I often hear people say, "I'll just cut out my snacking" as the first step towards their weight loss journey, and while cutting back can definitely be a good thing, snacking is not always bad!

Now it definitely depends on the individual, but most people benefit from eating smaller more frequent meals when trying to lose weight. If you are anything like me, if I didn't plan snacks in between my meals I would be so hungry by the time I eat that it would be hard to make good decisions. I'd surely grab a package of Oreos rather than peeling and cutting carrot sticks when hunger strikes! On the flip side, mindless snacking is not helpful either. Have you ever sat down with a bag of chips while watching TV and before you know it the entire bag is gone? It happens.

What I typically recommend when a person is trying to lose weight, or to maintain a healthy weight, is to have three meals and two to three "planned snacks" each day. If you plan your snacks and have them ready before you get ravenously hungry, you are likely to feel more satisfied and avoid overeating both at snack time and mealtime.

Snacking is also a good way to increase your fruit and vegetable intake to be sure you get the recommended daily servings (about 4-5 servings for the average adult).

Here are some ideas for healthy snacks to munch on in between meals:

- ¼ cup nuts, such as pistachios, and a piece of fruit
- 2 sheets of graham crackers with natural peanut butter or almond butter
- 4-5 whole grain crackers with peanut butter
- 1 slice of whole grain bread with peanut butter
- Carrots, cherry tomatoes, cucumber, or celery sticks with an oil-based salad dressing or vinaigrette
- Popcorn trail mix: 1 cup of light popcorn mixed with ¼ cup of nuts and 2



- Tbsp. raisins
- Cereal Mix: ¼ cup of nuts, 2 Tbsp. dried fruit, 1 Tbsp. chocolate pieces and ¼ cup whole grain cereal
- Low-fat yogurt with 2-3 Tbsp. chopped nuts
- Hummus with cut vegetables or whole wheat pita bread
- Sliced apple or banana with peanut butter
- Peanut butter smoothie: Blend 1 cup of low-fat vanilla yogurt, one banana and 1 Tbsp. peanut butter

- Fruit smoothie: Blend 6 oz. of low-fat vanilla yogurt, ½ cup of skim milk, 1 cup of fresh or frozen berries (strawberries, raspberries, or blueberries)
- Fresh fruit or vegetables with ½ cup of low-fat cottage cheese
- 13 baked corn chips with fresh salsa
- A hard-boiled egg with a piece of whole grain toast topped with light, non-trans-fat margarine

For your sweet tooth:

- Sugar free pudding
- Sugar free JELL-O (with a little light Cool Whip)
- ½ cup frozen yogurt
- No sugar added hot chocolate

Laura lives in Fruitport, MI with her husband Nick, new baby Cecilia, and rescue pup Walter. She graduated from Michigan State University in dietetics, 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 4 years. Please submit any question(s) by email to: askthenutritionexpert@agewellservices.org



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Ask the Doctor

Osteoporosis, The Silent Bone Disease

Question: What is osteoporosis?

Dr. Josyula: Osteoporosis is a silent bone disease that causes bones to become brittle or fragile, which increases the risk of fracture.

Question: Is this disease deadly?

Dr. Josyula: Fractures from osteoporosis can cause pain, increased dependence on caregivers, and even death. There is data that indicates an



DR.
ARUNA
JOSYULA

increased risk of death in the first year after a hip fracture. Anything we can do to avoid the disease in the first place lessens the risk of death.

Question: Why do you call it a “silent” disease?

Dr. Josyula: Osteoporosis does not present symptoms in the way one might expect. Just because we do not have joint pain, or we have not fallen or had any fractures, does not mean we don't have osteoporosis. In fact, we can have the disease without knowing it, and we do not need to have an injury to cause a fracture. A hard sneeze or cough could result in a fracture of the spine. That is why

prevention, detection, and treatment are so important.

Question: Can both men and women get osteoporosis?

Dr. Josyula: Yes, both can get it, although women are at higher risk, particularly after menopause.

Question: What are common risk factors for osteoporosis?

Dr. Josyula: The older we are, the more we are at risk for osteoporosis. The following are other risk factors.

- Family history of osteoporosis
- Smokers (current or former)
- Medical condition, such as hyperthyroidism, rheumatoid arthritis, and lupus
- Certain prostate cancer treatments for men
- Chronic use of steroids, such as prednisone
- Excessive alcohol intake

Question: How is osteoporosis diagnosed?

Dr. Josyula: A radiologist will do a non-invasive bone density test that takes about 10 minutes. This test will indicate if there is osteoporosis or osteopenia, which is low bone density that is not quite to the extent of osteoporosis. Osteoporosis can also be diagnosed if there has been a fracture with a low-impact injury.

Question: When should people get a bone density test?

Dr. Josyula: The United States Preventative Services Task Force recommends bone density testing for women age 65 or older. Bone density testing can also be done regardless of age or gender if there are risk factors, such as those mentioned previously. A medical provider will determine if a bone density test is needed.

Question: Who is qualified to diagnose and treat osteoporosis?

Dr. Josyula: Primary care providers, including physicians, physician's assistants, and nurse practitioners can diagnose and treat this disease. Sometimes specialists, such as oncologists,

orthopedic surgeons, or rheumatologists may also provide treatment. Geriatricians also treat osteoporosis.

Question: Is osteoporosis preventable?

Dr. Josyula: Osteoporosis can be prevented with adequate intake of calcium (about 1200 mg daily from both food and supplement sources) and Vitamin D (about 1000 – 4000 units daily). Patients should always discuss appropriate dosing with their medical provider before starting any supplement. Along with supplements, getting regular exercise, both aerobic (like walking) and weight bearing (like yoga or weight training) will also help to keep bones strong.

Question: How is osteoporosis treated?

Dr. Josyula: Exercise, Vitamin D, and calcium supplementation are part of the treatment. Sometimes a medication is prescribed that is taken by mouth or by injection to help stimulate bone growth. A medical provider will make the decision regarding which type of medication is needed based on a patient's health history and risk factors. Sometimes patients with osteopenia may need treatment with these medications if the medical provider determines the patient is at increased risk of having fractures.

Question: Can osteoporosis be cured?

Dr. Josyula: It can be improved for as long as the medication is being used.

For more information:

- American Geriatrics Society: www.healthinaging.org
- National Osteoporosis Foundation: www.nof.org

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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By the Lake

Some people are fortunate enough to live on or by the lake. Others make it a weekend pilgrimage to experience the beachy side of life. Many go fishing from shore or in a boat, while the privileged dwell on their yachts, also known as their summer cottage on the water, for a time.

It's great fun being keenly observant by watching the year-round lake side activity from the veranda on my home, from the bench on my dock or from my pontoon boat in the warmer weather. We view a lot of different kinds of activity through the large picture windows facing the lake, west or north from my house.



BY
MIKE
SIMCIK

In summer time, the power boaters enjoy the roar of their engines, speeding from one end of the lake to the other and back again, going nowhere fast, making their day a bit shorter, not to mention more noisy. Sometimes when they are having so much fun they forget to check the gas gauge -- oops. Sculling boats, sail boats, canoes, row boats, and paddle boarders go as slowly as they can, making the peace of their day last as long as possible.

People of all walks of life, young and old, come to the lake to swim, sleep, read a book, paint, or watch the sunset. Maybe they come to fly a kite, play volley ball, exercise, or build sand castles. Perhaps they just stretch out on a beach towel and watch the odd-shaped clouds roll by, or just listen to the waves lap the shore. Babies on the sandy beach see all the wonders of nature as a form of magical entertainment. Imagine what the world looks like through their eyes.

The older generation comes by the lake in the daytime to watch the sail boat races. The younger generation go to the beach late at night to watch the submarine races.

It's entertaining to watch lightning coming across Lake Michigan, bringing a sharp line of rain squalls striking the water like a giant curtain moving toward me.

In the wintertime, ice boats and jet skis race across the lake from one end to the other and back again, going nowhere fast. They stop for fuel or to catch their breath, then do it all over again. Ice fishermen, cross country skiers and ice skaters move more slowly, making their pristine day last until they need to come in to warm up by the fire and enjoy a cup of hot chocolate topped with marshmallows.

The lake is a matter of sustaining life for birds and animals. Sea gulls, competing with mergansers, dive into the seasonal waters to catch small fish for dinner. In the winter, eagles fly low with their talons out over a small patch of open water by our docks, hoping to snatch up a larger fish for dinner. When there is no snow, the buzzards on the shoreline get everything else for dinner.

From January to March, we watch the snow squalls and whirlwinds blow across the frozen lake. These images take me back to my youth and ice skating or cross country skiing. In the warm season the shifting sands sculpt the landscape, and the dunes grass bend with the will of the wind.

It is these times that inspire me to write stories about everyday people, wildlife, and the water-covered world we live in. Many would say a day by the water is very therapeutic. I feel that way, too. Why would you go by the lake?

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 46th wedding anniversary in April of 2015.

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- Art

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Older Americans Month 2016: "Blaze a Trail"

BY
HEATHER
SMITH

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are re-inventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While AgeWell Services of West Michigan promotes healthy aging and maximizes independence through

nutrition, wellness, and supportive services to older adults year-round, we will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.



BLAZE A TRAIL: MAY 2016

Mark your calendars...

- May 3: BINGO Night 3-5 p.m. at Tanglewood Park
- May 3: Walk with Ease begins 1-2 p.m. at Lake Harbor Park
- May 5: Matter of Balance begins 2-4:30 p.m. at Tanglewood Park
- May 17-20: Art Auction at Tanglewood Park
- May 30: Memorial Day
- June 7: BINGO Night 3-5 p.m. at Tanglewood Park

Throughout the month, AgeWell Services of West Michigan will conduct community activities and share information designed to highlight art classes, health, fitness, Meals on Wheels, community collaborations, and more. We encourage you to get involved by volunteering, taking a class, joining us for lunch at one of our congregate meal sites or eating in our Tanglewood Park Café.

For more information on these classes and events, please contact AgeWell Services' Wellness Office at (231) 733-8643. Learn more about OAM: www.acl.gov/olderamericansmonth

Heather lives in Roosevelt Park, MI with her rescued Chihuahua Bruno. She graduated from Grand Valley State University with a degree in advertising and public relations. She enjoys spending time with family and friends, watching movies, cooking and taking naps. She has worked at AgeWell Services of West Michigan since January 2015.

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Social Security

Questions & Answers

Question: My wife didn't work enough to earn 40 credits to qualify for Social Security retirement benefits. Can she qualify on my record?

Answer: Even if your wife has never worked under Social Security, she may be able to get benefits if she is at least 62 years of age and you are receiving or eligible for retirement or disability benefits. If your wife qualifies on her own record, we will pay that amount first. If the benefit on your record is higher, she will get an additional amount on your record so that the combination of benefits equals that higher amount. The same is true for any spouse, regardless of their sex. To learn more about spouse benefits go to www.socialsecurity.gov/planners/retire/yourspouse.html.

Question: I'm retiring early, before full retirement age, and I receive investment income from a rental property I own. I've heard there's a limit on income I can make if I retire early. Does investment income from my rental property count as earnings for Social Security purposes?

Answer: No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by government

pensions earned through work on which you did not pay Social Security tax. You can retire online at www.socialsecurity.gov. For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I'm applying for disability benefits. Do I automatically receive Medicare benefits if I'm approved for disability benefits?

Answer: You'll receive Medicare after you receive disability benefits for 24 months. When you become eligible for disability benefits, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first payment. Special rules apply to people with permanent kidney failure and those with "Lou Gehrig's Disease" (amyotrophic lateral sclerosis). Learn more about Social Security disability benefits by reading our publication, Disability Benefits, at www.socialsecurity.gov/pubs/10029.html.

Question: What is a Social Security Statement, and how can I get a copy?

Answer: Your online Social Security Statement gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability, and survivors benefits you and your family may be eligible for. You can get your personal Statement online by using your own my Social Security account. If you don't yet have an account, you can easily create one.

To set up or use your account to get your online Statement, go to www.socialsecurity.gov/myaccount. We also mail Statements to workers attaining ages 25, 30, 35, 40, 45, 50, 55, 60 and older, three months prior to their birthday, if they don't receive Social Security benefits and don't have a my

Social Security account. If you don't want to wait for your Statement, you can access it online, whatever time of year you need it.

Question: My neighbor, who is retired, told me that the income he receives from his parttime job at the local nursery gives him an increase in his Social Security benefits. Is that right?

Answer: Retirees who return to work after they start receiving benefits may be able to receive a higher benefit based on those earnings. This is because Social Security automatically recomputes the retirement benefit after crediting the additional earnings to the individual's earnings record. Learn more by reading the publication, How Work Affects Your Benefits, at www.socialsecurity.gov/pubs

Question: How do I apply for Social Security disability benefits?

Answer: You can apply two ways for disability benefits. You can:

Apply Online at www.socialsecurity.gov or

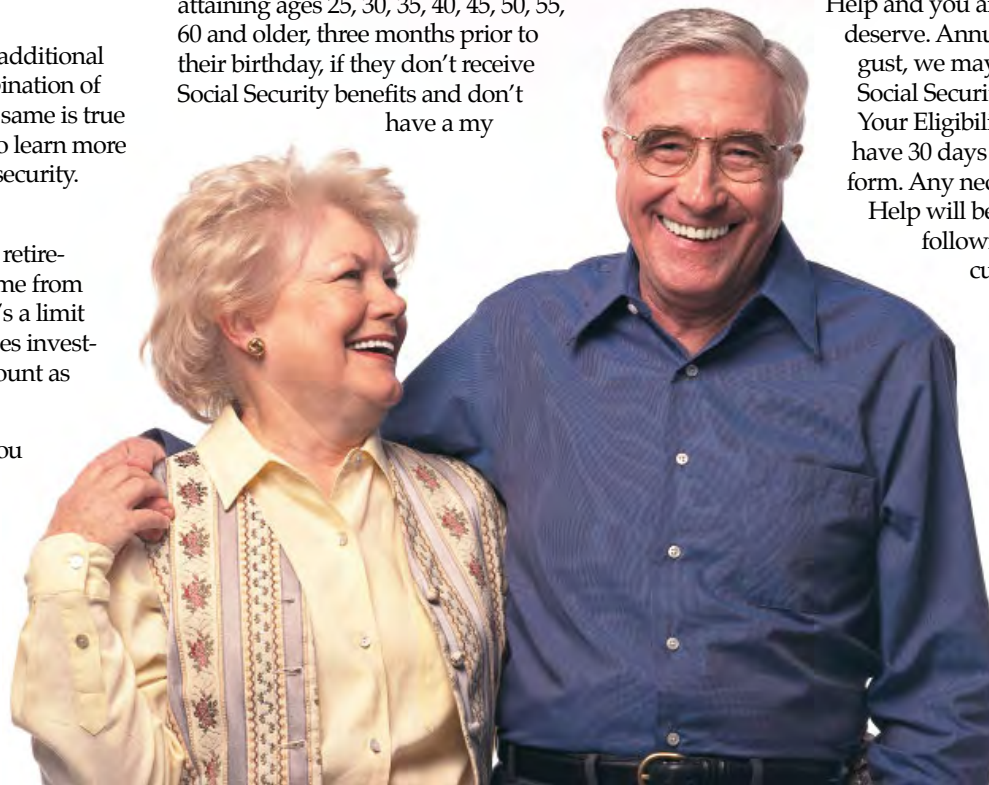
Call our tollfree number, 18007721213 (TTY 18003250778), to make an appointment to file a disability claim at your local Social Security office or to set up an appointment for someone to take your claim over the telephone.

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.

BY
STEPHANIE
HOLLAND

Social Security
Public Affairs
Specialist



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

Keith's World Sports



BY
KEITH
SIPE

At the age of five my cousin knew exactly what she wanted to be when she grew up. I'm 67 and I still don't know what I want to be when I grow up.

The point is most of us don't have a clue what is in store for us in our future. It's a journey with many surprising twists and turns along the way. We may have dreams to become famous, have a special career, or whatever you can imagine, but you never know for sure.

My wife became a junior high girls' basketball coach when our son was five and she was pregnant with our daughter. My wife just loves basketball, the high school and college type. Me...I really don't care. Dribbling a ball back and forth on a court, trying to put it through a rim with some strings hanging from it which is attached to a board, and who knows how high in the air it is, just doesn't seem to be any part of the word "enjoyment" for me, either playing or watching. But "oh no" it's a game enjoyed by many &^*%# people.

Was I ever in for a surprise to find out what was in store for my future. My son found friends who had the same interests as his mother and that little girl my wife was carrying. Yup, you betcha, for the next roughly 20 years, all I heard about was basketball this and basketball that from my family.

Needless to say, there were other sports that I had to endure with both kids. My son



Kendell DeMott, age 5.



and daughter also enjoyed soccer. Soccer is much like basketball with the exception that you use your feet instead of your hands to insert a ball into some sort of a net.

My son had another sporting interest that was a little more palatable...baseball... that was okay with me. It was a sport I enjoyed over the others, and I don't know why.

Both of my kids played pretty good, too. My son was part of a team that won a state championship game in high school and was runner-up another year. My daughter was runner-up in a state championship soccer game, as well as making it to the final four in basketball. I had better not say too much more, for if they read this I am sure I'll never hear the end of it.

Now my children are adults with their own families. My son and his wife have three boys and at the present time my daughter and her husband have a daughter...there could be more from that one.

I'm just going to make a point here: as I have mentioned, our children were involved in sports, so...they think that their children should also have the same interests as they did when they were young.

Now the grand-boys are as interested as their father was in playing sports. The oldest boy plays baseball, soccer and basketball; he really enjoys playing most any sporting game. The next grandson is playing baseball on a team, while the youngest is waiting his turn, for he just turned five, and chomping at the bit to get started. Oh, and he has all the clothing and equipment already.

My granddaughter, bless her heart, at this time is NOT interested in soccer or basketball. Her interest is in HOCKEY. Go figure. A little rub off from her daddy who loves hockey. She has been skating and learning the skills of hockey for the last couple of winters. This coming fall it looks like she will be playing on a team. Oh, and did I mention that she will be turning six? To see this little girl skating across the ice is quite something. It is so cute watching her speeding across the ice with her hockey stick, wearing a pink shirt of course. You can see she is having a great time. I'm sure at some point her mother will get her to play soccer and basketball...or maybe be a cheerleader for her favorite team.

In our time here on earth we try to make the best plans possible, but it just might not work out the way you had planned. Look at me – I have been writing for Senior Perspectives for many years. If I would have said to my English teacher in high school that I wanted to be a writer, I think he would STILL be laughing today.

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

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www.seniorresourceswmi.org.



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38th Annual White Lake Arts & Crafts Festival

The 38th Annual White Lake Area Arts & Crafts Festival is expected to draw thousands of people this Father's Day weekend, June 18th and 19th, 2016. Goodrich Park in Whitehall is home to this favorite festival.

More than 75 talented and creative artists will participate in this very popular juried art show from 10:00 a.m. – 5:00 p.m. on Saturday the 18th and from 11:00 a.m. to 4:00 p.m. on Sunday the 19th. Those attending can purchase a variety of hand-made art and crafts 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 from Chicago blues to bluegrass. This wide array of music is sure to be enjoyed by the many who come out for a great time 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, candy, root beer floats and sundaes, kettle corn and crepes. Vendors will also be offering various cuisines. Festival attendees can't miss the fun and bright ice cream wagon or the aroma of the roasted nuts vendor.

Spend a leisurely day at this popular outdoor event which is held on the shores of White Lake 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 2016 sponsors: HarborLight Credit Union and Scheid Plumbing, Heating and Cooling, the proud sponsors of the mu-



sic and entertainment portion of this favorite fun-filled festival, 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.

By Amy Vanloon, White Lake Area Chamber of Commerce

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Q and A with Dr. Gerald Harriman



Palliative Care

Question: What is the difference between Palliative Care and Hospice?

BY
DR. GERALD
HARRIMAN

Answer: Palliative Care is similar to Hospice, but the major difference is Palliative Care is not limited to people with a shortened life-expectancy, which is the main characteristic of hospice-qualified patients. Palliative Care can be delivered while the patient is still receiving comprehensive therapy, such as cancer patients receiving chemotherapy or radiation therapy. The focus in Palliative Care is to help relieve your symptoms, in order to feel as good as you can and to help you prioritize your goals. Along with that, Palliative Care assists to match the type and extent of care you as the patient wants to receive to the treatment you actually receive. Palliative Care is one of the newest medical specialties recognized, giving it the respect of the medical community and insurance companies, therefore usually being covered by your plan. Most hospitals in the U.S. have a Palliative Care program established for their inpatients.

Question: How is Palliative Care coordinated with my primary care physician or specialist?

Answer: The Palliative Care practitioner, whether it is a physician or nurse practitioner or physician assistant, intends to work alongside your primary care physician or specialist, and not to replace them. This requires close communication of therapy recommendations. The Palliative Care practitioner may utilize

methods of treatment that are not used in other settings. A Palliative Care specialist may see you in the hospital, or an office setting and even at times in your home (which may include a nursing home, assisted-living center or other similar locations). A Palliative Care practitioner is not considered a pain specialist or the chief means to treat other chronic conditions.

Question: What are the benefits for having Palliative Care?

Answer: Palliative Care's aim is to bring comfort as well as clarity to complex clinical conditions. This means not only trying to help the patient feel as good as they can, but also help them address other concerns. A Palliative Care professional may assist in advance care planning or sorting through complex medical scenarios, even in crisis circumstances. The clinician is always working to reach the patient's preferred goals. This can take time to navigate, and so visits are usually more talking than doing. It has been said that the most important medical instrument in palliative care is the chair, to sit down and really communicate with the patient and/or family. It may have to occur over several visits. Palliative Care strives to assure that the patient not only knows and understands their condition or what is going on medically with them, but also realizes they are known and understood as a person, not just as a patient. Palliative Care is not at all about giving up (as so many consider it to be) but is much more about making sure; making sure you get the care you want, your choices, goals and wishes are respected and making sure you are cared for.

You can put it this way: Palliative Care is not about end of life but life until the end.

Dr. Gerald Harriman, Hospice Medical Director & Palliative Care Consulting Physician, joined Harbor Hospice in 2006. He is a 1985 graduate of Michigan State University College of Osteopathic Medicine, where he continues as an Assistant Clinical Professor in the Department of Family and Community Medicine. Dr. Harriman became certified in Hospice and Palliative Medicine in the inaugural year of the Osteopathic Examination in 2009.

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					P	E	P	P	E	R	S	P	R	A	Y	
S	I	R	N	O	S	I	R		I	A	N					
U	D	O	N			N	A	C	L		T	A	P	S		
R	E	P	A	I	R			R	O	Y		L	I	T		
M	A	O		C	A	B	B	A	G	E	R	O	S	E		
I	M	S	T	U	F	F	E	D			S	A	N	T	A	
S	E	E	D		T	F	A	L		E	P	S	O	M		
E	N	D	S		S	U	E		S	T	O	N	Y			

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

SCRABBLE BRAND GRAMS SOLUTION

V ₄	I ₁	O ₁	L ₁	I ₁	S ₁	T ₁	RACK 1 =	60
W ₄	A ₁	N ₁	N ₁	A ₁	B ₃	E ₁	RACK 2 =	62
M ₃	U ₁	S ₁	T ₁	A ₁	N ₁	G ₂	RACK 3 =	70
B ₃	E ₁	L ₁	I ₁	E ₁	V ₄	E ₁	RACK 4 =	62
O ₁	P ₃	O ₁	S ₁	S ₁	U ₁	M ₃	RACK 5 =	67

PAR SCORE 260-270 TOTAL 321

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Jumble Answers:

Jumbles: TASTY, BAKED, TETHER, VANDAL

Answer: When the X-rated movie was shown, it was "BARE-LY" SEEN



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