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NOVEMBER | DECEMBER 2016

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Senior Perspectives

A Senior Resources Publication

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ON THE COVER:

The staff of Senior Resources share a holiday greeting during their summer picnic.

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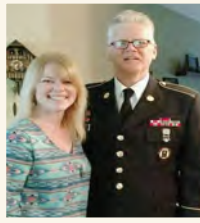
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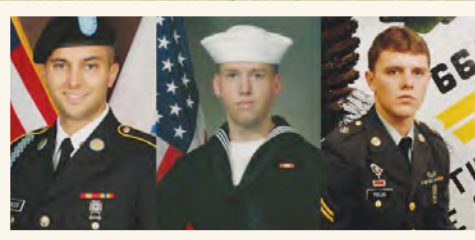
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Jeremiah Evertsen, currently
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Joel Evertsen, US Army.
Husband of Cindy Evertsen



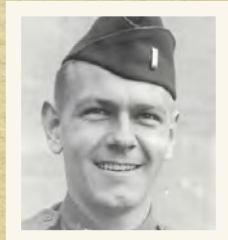
Senior Perspectives Editor Michelle Fields is proud to share (L-R) Jacob
Fields, son, currently serving in the US Army, Michael Cleary, nephew,
currently serving in the NAVY and Michael Fields, husband, US Army
*Michael is also the Companion Care Manager at Senior Resources



Bill Forbear, US Army-Vietnam
War. Husband of Kerri Forbear,
RN Supports Coordinator,
Senior Resources.



Kyle Anderson, currently serving
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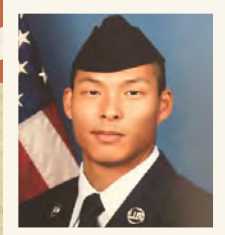
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Richard Hoffstedt U.S. Army, Writer for Senior Perspectives



Daniel Jensen, Marines, Father of Michelle Nelson, SW Supports Coordinator with Senior Resources



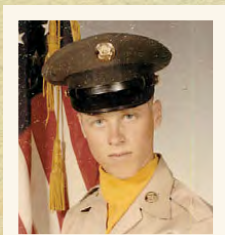
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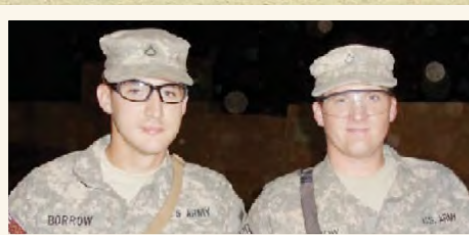
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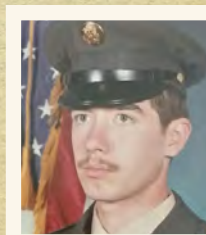
Michael Simcik, Navy Writer for Senior Perspectives



Stan Smart, Air Force Father of Deb Tober, SW Supports Coordinator at Senior Resources



Senior Resources I.T. Specialist Cathay Thibdaue couldn't be more proud of her sons Cody Borrow (left) and Cory Borrow. Both currently serving in the U.S. Army



Michael Walker, U.S. Army, Brother of Mary Austin, Office Manager



Bob Bierenga Navy and MI National Guard



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Harbor Hospice is especially grateful for our veteran volunteers and all they do for our patients and families.

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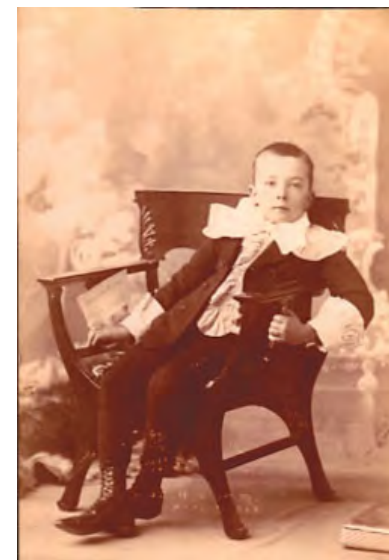
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BY
DELICIA
EKLUND

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

Every year hundreds of vintage photos are donated to the Muskegon County Genealogical Society (MCGS) that have limited, if any, information available.

Family history is like a giant puzzle to me and Muskegon is such a melting pot of people. I would love to try to put the puzzle together, but I need your help! Senior Resources of West Michigan has partnered with MCGS to assist in identifying these photos. This is where you come in. Future editions of Senior Perspectives will feature photos of individuals, families and places from the Muskegon area.

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

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



BY JACKIE
LINDRUP
RDH, M.Ed.

Volunteering at the Light

There are lots of different reasons we volunteer. We have extra time, want to tell people about our wonderful community, we like the water, the beach, the museum, whatever we enjoy most and want to share! Or maybe we want to learn more about something or chose something totally new! Some of those reasons were exactly what started Tom's and my adventure this summer, volunteering at the South Pierhead Light at the end of the Muskegon Channel. We had some extra time as retirees, we love being near the water, and we knew nothing about lighthouses.

We learned it's not called a lighthouse because it doesn't have a house for a keeper to live in. So it's called a "Light." The volunteers at the South Pierhead Light are called Keepers. The gentleman we volunteered with most often we called "The Historian," Dan Gunderson from Bluffton. Dan was one of the original volunteers when

the Light opened to the public last year. In his second year he was already a pro! Dan was also a pro at volunteering for the Muskegon Power Squadron, and had not been looking to be in charge of anything for awhile, he said. But when chatting with neighbors who mentioned they were headed to a meeting about volunteering at a lighthouse, he thought he'd tag along. He was intrigued. He loved the water and anything maritime, and had sailed for over 30 years. This might be interesting and right up his alley!

Fast forward, Dan was hooked and learned quickly how to captivate his climbers at the light with stories about the area, the lake, navigation, the history of three lights on the Muskegon channel, and the former Fresnel lens that used to be in the lantern room but is now housed in the Coast Guard Station in Grand Haven.

Dan, Tom and I worked together on Fridays from 12-4:00 p.m. most of the summer. We agree that the most interesting thing about being a volunteer at the Light was meeting the visitors. People from Germany, Japan, France, South Africa, Australia and all over the United States came to our light! One memorable guy brought his wife and son from Germany to show them where he had come on an ocean going ship several times—to our very harbor. He said it was thrilling to share this with his family, and he shared many memories with Dan that day.

Dan said one day, "I love it when people from Iowa come to visit us. I show them the big map of all the 129 lighthouses in Michigan, and then I ask them if they have seen their lighthouse?" He chuckles, "They only have one! People from Nebraska, Iowa and Texas are especially amazed at our beaches and our dunes."



The South Pierhead Light was built in 1903, the third lighthouse built in the vicinity. The first was a lighthouse in 1850, and the second had a catwalk and a wooden pier that was severely damaged by storms, weather and ships and eventually was removed. In the late 1800s our pictures show a huge amusement park at what is now Pere Marquette Park, with a bowling alley, a restaurant, bathhouse, dance hall and huge roller coaster. The current South Pierhead Light is 50 feet high off the deck, and has 54 steps on four levels to reach the Lantern Room, where a huge 5' Fresnel lens was located for years. The light is now run by solar power and is automated to go on at "nautical twilight."

The Light has been open to the public to climb for only two years. When you visit, you will first sign a waiver and pay a small fee (\$4 fee for adults, \$2 for kids). A volunteer will assist in the climb, pointing to pictures and describing the function of the different levels and the history. Everyone who volunteers is attracted to a different part of the history of the Light. Tom, my husband, is a sailor who grew up on White Lake and began sailing at age 8. Dan loves the history of the lake and anything maritime and navigational. I love the history of the Pigeon Hill dune, the long-ago amusement park and the exotic history of the lakefront. So we each give a little different information to our visitors and keep it fun as they make their climb! When they arrive at the top, what an awesome view and photo op of Lake Michigan, Pere Marquette Park, and the Muskegon Channel! This season we welcomed nearly 2,000 visitors to climb the South Pierhead Light on Muskegon Channel and another 700 were brought inside to experience the Muskegon Breakwater Light as part of

the Bright Lights Festival.



"At Muskegon's South Pierhead Light, we have the honor of sharing our community's fascinating past with visitors from all across the globe. The most exciting thing is that in doing so, we build a brighter future for our lighthouses and connect the next generation to the people that

have helped to make Muskegon the fascinating place it is today. Volunteers help to give our shoreline castles a fighting chance at preservation for the next hundred years and beyond. We believe the lights belong to our community, and we therefore encourage the community to take an active role in their restoration process. Our 20 active volunteers have helped to get the lighthouse open four days a week in only our second season, but without them we would not be able to do the important work that lies ahead!"

Cindy Beth Davis-Dykema, Executive Director of the Michigan Lighthouse Conservancy

How about you? We can always use more volunteers willing to dedicate a summer afternoon a week from 12:00-4:00 to this wonderful place. Tom and I volunteered on Friday afternoons for most of July and August. I encourage you to sign up for whatever amount of time you'd like to spend out there! We guarantee you a Purely Muskegon experience! muskegonlights@gmail.com

Jackie Balcom Lindrup RDH, MEd is a dental hygienist who lives in Harbour Towne. She is director of Volunteer for Dental Care, an organization where eligible people can exchange volunteer time for basic dental care. She enjoys golfing, kayaking and living in W. Michigan. Contact her at jackielindrup111@gmail.com



Social Security Questions & Answers

Question: How much will I receive if I qualify for Supplemental Security Income (SSI) benefits?

Answer: The amount of your SSI benefit depends on where you live and how much income you have. The maximum SSI payment varies nationwide. The maximum Federal SSI payment for an eligible individual is \$733 a month and \$1,100 a month for an eligible couple. However, many states add money to the basic payment. For more

information, go to www.socialsecurity.gov/ssi.

Question: Is it illegal to laminate your Social Security card?

Answer: No, it is not illegal, but we discourage it. It's best not to laminate your card. Laminated cards make it difficult — sometimes even impossible — to detect important security features and an



BY
VONDA
VANTIL

employer may refuse to accept them. The Social Security Act requires the Commissioner of Social Security to issue cards that cannot be counterfeited. We incorporate many features that protect the card's integrity. They include highly specialized paper and printing techniques, some of which are invisible to the naked eye.

Keep your Social Security card in a safe place with your other important papers. Do not carry it with you. Learn more at www.socialsecurity.gov.

Question: I noticed that my date of birth in Social Security's records is wrong. How do I get that corrected?

Answer: To change the date of birth shown on our

records, take the following steps:

Complete an Application For A Social Security Card (Form SS-5);

Show us documents proving:

- U.S. citizenship (if you have not previously established your citizenship with us);
- Age; and
- Identity; and

Take (or mail) your completed application and documents to your local Social Security office.

Note that all documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. For details on the documents you'll need, visit www.socialsecurity.gov/ss5doc.

Question: What is Supplemental Security Income (SSI)?

Answer: SSI is a needs-based program that pays cash assistance to people with limited income and resources who are age 65 or older, blind, or disabled. Children with disabilities can get SSI, too. SSI is funded by general tax revenues—not Social Security taxes. To find out if you can get SSI, and how to apply, visit to www.socialsecurity.gov/disabilityssi/ssi.html.



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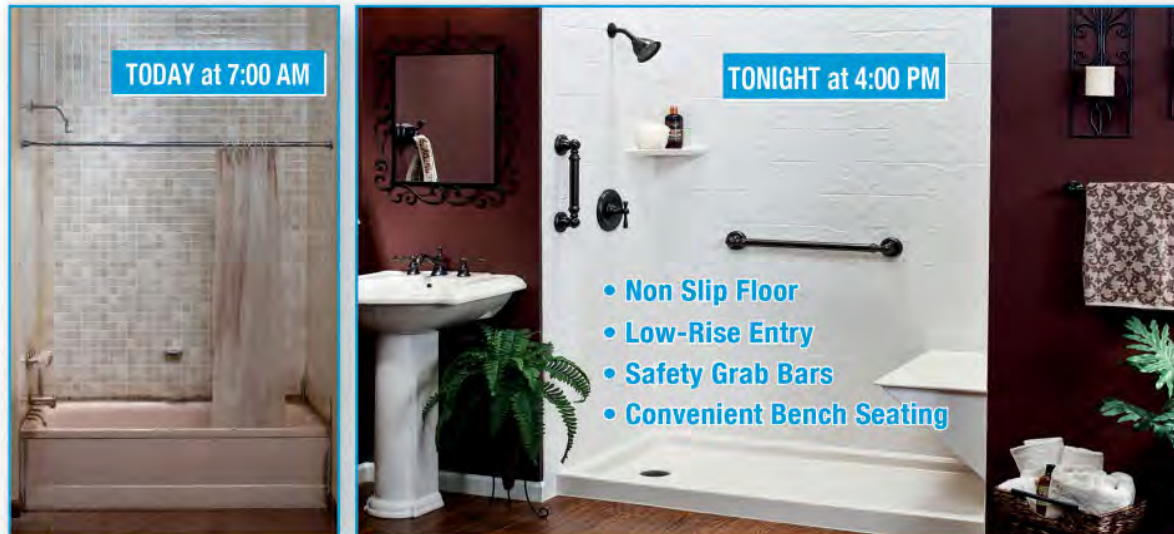
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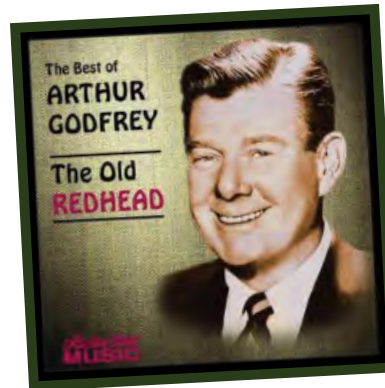


BY
CLIF
MARTIN

Anybody around here old enough to remember when Arthur Godfrey was one the country's greatest, most popular entertainers? He was a big CBS Radio Network star with a morning show before TV came along. When it did, his folksy bad boy charm, singing, and ukulele playing made women go nuts for him. He mercilessly kidded his sponsors and they loved it. His commercials sold oceans of Lipton Tea and mountains of Chesterfield cigarettes. Arthur Godfrey was on the air on radio and TV more hours per week than anyone before or since, and he was responsible for a big part of the network's advertising revenue.

"Arthur Godfrey's Talent Scouts" brought fame and fortune to the McGuire Sisters and other contestants who became big stars. Connie Francis made her first national appearance as a teenager. Godfrey gave her the name Francis because he had trouble pronouncing her real one, Francornero. The weekly hour-long Godfrey variety was a big production, a lot like those old Lawrence Welk shows that PBS runs every Saturday night. You can find some of them on Youtube.

Arthur Godfrey was always in the news in the 50s. He was charged with



"buzzing" the Teterboro airport tower in his private plane. He said a strong wind blew him off course. It created a sensation when he fired Julius LaRosa, a wildly popular young singer, on the air. He told about a goose that took public transportation and got peopled three times. He said he didn't know what it meant. He played with words and made up new ones that became part of our language. "ul ul," Lulu spelled backwards, had a very sexy sound the way Godfrey said it. Network people didn't like some of the things he did but he was such a money maker that they left him alone.

There's a book about the CBS Network that gives Arthur Godfrey an entire chapter. It calls him "the forgotten giant." That's kind of sad story. He developed lung cancer and while he was off the air for surgery, times changed. TV changed and audiences

changed. His style no longer worked. According to some writers, he died a bitter old man. There's lots more that needs to be told about The Old Redhead. I hope a few readers will look him up to get a feeling for the brand of radio and TV we loved in the 50s.

During my last painful days of trying to stay alive in the radio business that had changed more than I could, my boss told me to quit the "Cracker Barrel" style and get rid of the folksy introductions for the news stories. Had I been imitating my idol, the great Arthur Godfrey?

What do you think?

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



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Reflections upon how spiritual growth improves our health



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

Probably the largest daily retail sales of the year happen in November and December, mostly due to Christmas. I still have memories of shopping with my mom in downtown Grand Rapids. Malls were not even thought of then! I have always enjoyed the lights, songs and decorations of Christmas, not to mention the anticipation of gifts under the tree waiting to be opened on Christmas morning. However, if we are focused on how much money was spent or how many gifts we received in order to enjoy the holidays, we are in danger of missing the eternal gifts, offered freely, which many of the symbols and songs proclaim. So I am pondering how I will prepare to be a storyteller to my grandchildren, and how the home my wife and I are blessed with will display the true gifts of the celebration. My life's journey has also placed me before those who struggle to find any future with hope. These souls also need good news.

Long ago, Santa Claus was known as Saint Nicholas (French). In the Dutch pronunciation it was *Sinterklaas* or *Sante Klaas*.

"Sinterklaas is an elderly, stately and serious man with white hair and a long, full beard. He wears a long red cape or chasuble over a traditional white bishop's alb and holds



a gold-colored crosier, a long ceremonial shepherd's staff with a fancy curled top.

"Sinterklaas carries a big, red book, called *The Book of Sinterklaas*, in which is written whether each child has been good or naughty in the past year.

"The Feast of Sinterklaas arose during the Middle Ages. Saint Nicholas (270–343) easily became the patron saint of children. The Roman Catholic Church made his story into a Church holiday. In the north of France, he became the patron saint of school children, then mostly in church schools.

In the Reformation in 16th-17th-century Europe, many Protestants and others changed the gift bringer to the Christ Child or *Christkindl*, and the date for giving gifts changed from the 6th of December to Christmas Eve." (See *"Sinterklaas"* - Wikipedia.org)

From this foregoing history lesson, I found that people of faith wanted the Christ child to be the gift giver. When we remember that God's priceless gift came in the most humble of circumstances ("in a manger he was laid") and continues to give gifts freely to us all, to this day, we too are humbled and become joyful, no matter our surroundings.

Each of us can look back in our lives and remember the people who loved us freely, drawing close to us even in times of trouble; for these memories we have thanksgiving. May each of us give gifts of love to others, as we have been given in our time of need, and in these gifts find the true meaning of Christmas to feed our souls.

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

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Bringing back Tom & Jerry



CHRISTINA
SANCHEZ,
GUEST
WRITER

With our crisp Michigan autumn in full swing, we now look ahead to our most beloved holidays. It's a time of family gatherings and holiday parties filled with laughter, tradition, and the making of memories to come. This year I have a new memory that, as an antiques and collectibles dealer, I will not soon forget. I learned about an old tradition that has come and gone out of the mindset of many--the tradition of Tom & Jerry.

It all started back in June of this year. I frequently find my products to sell at local estate sales and auctions. It is at one of these auctions that I came across Tom & Jerry. You see, there is a wide range to vintage collectibles and, of course, the beloved

TV cat and mouse duo have their following, too. Tom & Jerry merchandise can include dishware, children's tea sets, glassware, and cookie jars. Each of these items can fetch a good price from today's internet collectors. So you can imagine my delight when a large ceramic pitcher and five cups with the bold name "Tom & Jerry," beautifully decorated with Christmas holly, came up for auction. I quickly placed my bid and after I had won, I brought my item home.

The next day, I began researching my treasure. I researched Tom & Jerry vintage merchandise up and down the internet but, interestingly, there was nothing like the set I had purchased pertaining to the cat and mouse characters. Now I began to feel that I had a real mystery on my hands. Luckily that feeling was soon to subside when I looked down into the pitcher. Towards the bottom was an index card lightly covered in dust. I reached in and retrieved the card. I wiped off the dust and began to read what was written in red ink:

Tom & Jerrys Sept. 12

12 eggs separate and beat.

Beat whites till stiff and dry; add 1 tsp. Cream of Tartar....

I had stumbled upon a recipe of some sort, but it was unlike anything I had ever seen. My curiosity was now piqued. I had to figure out what Tom & Jerry was. A simple internet search brought me the answer I was looking for -- and such a unique answer it was.



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Tom & Jerry was a famously popular Victorian era drink from England, primarily served at Thanksgiving, Christmas, and New Year's celebrations. It looks like egg nog but has a completely different texture and taste. It is served hot, spiced, and liquored (the liquor can be omitted for children's drinks). You start by making a batter, then pour boiling water into a large pitcher or bowl or directly into the cups, followed by quickly stirring the appropriate amount of batter into the water. A frothy drink will soon appear, to be served to party goers. The tradition was brought by immigrants to the U.S. from England in the early 1900's. During the 1930s – 1950s United States pottery and glass makers quickly cashed in on its novelty by making items specifically for the Tom & Jerry drink. Homer Laughlin produced a semi-porcelain set, Hazel Atlas a glass one, and several other smaller companies were in the market as well.

During the 1950's the tradition began to fade and, with the exception of a few small areas in Wisconsin and Minnesota, the drink was soon lost to obscurity.

Yet not all has been lost. As estates are cleared and vintage items sold, the once obscure glass and pottery pieces made for Tom & Jerry have begun to have a collectible following. The drink is finding its way back into trendy bars during the holidays in places like New York, Los Angeles, and Chicago.

Old Fashioned Recipe for Tom & Jerry – this recipe makes approximately five 8 oz. servings. Adjust this recipe for the amount of servings you would like. The batter can be refrigerated up to three days or frozen for several weeks.

Batter recipe:

12 large eggs, separated

Beat whites till stiff and dry; add 1 tsp. Cream of Tartar

Beat yolks separately, adding 2 cups sugar. Then add:

1 tsp Cinnamon

1 tsp. Nutmeg

1 tsp. Cloves

1 Tbls. Vanilla

Fold the two egg mixtures together.

For a serving bowl/pitcher: Pour 5 cups of boiling water into the bowl; add 5 shots of brandy and 5 shots of rum. Pour entire contents of batter into bowl. Quickly mix and lightly sprinkle with nutmeg.

For a single serving: Put 1/2 cup of batter into the cup; add 1 shot of brandy & 1 shot rum. Pour 1/2 cup of boiling water into the cup and mix. Sprinkle with nutmeg. Merry Christmas to one and all!

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



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A Caregiver's Perspective



BY
ROLINA
VERMEER

Prior to my life along our beautiful lakeshore and my role as an activity director for Four Pointes Center for Successful Aging, I spent twelve years working in adult day care. Programming for older adults limited by dementia, Alzheimer's disease, stroke and other life changing conditions became a joy and a privilege. Caregiver relief was the goal. For the loved ones safely in our day program, busily occupied for the day, we hoped to have given a day of significant and person-centered activity and, upon return to their homes, they would be well prepared for an evening's rest and a good night's sleep. Ideally their caregiver would have had a day's rest or opportunity to run errands, keep appointments or tend to their employment.

I brought my art experience to this job and created art programs and other cultural experiences for our participants to enjoy. With our participants we gardened, we crafted and we took field trips. We also provided exercise, nutritious meals, socialization opportunities and lots of music! We were proud of what we had created for an increasing population of caregivers and their loved ones. I know we did exceptional work as our team was often invited to present our program philosophy and procedures at regional and national conferences and workshops. We developed caregiver materials and websites and support groups and consulted for other start-up day programs. We knew our stuff....

But nothing prepared me for my own experience as the caregiver for my mother! The early stages of her dementia were easy enough. I was well enough connected in our community to know who to call for the assistance I needed to make all the arrangements mom required. We are so blessed in our community to have the enthusiastic expertise of Senior Resources. Believe me, they have resources! If you need to make the call, they know exactly to whom you should be connected. And they don't care how often you call. I always felt everyone was doing his or her best to get the help I needed for my mother. And it has been stellar! They had lists and phone numbers, recommendations and social workers. I needed them all. If I couldn't manage all the phoning myself, they got on the phone on my behalf. While I was falling apart, they were picking up the pieces and gluing me back together.

The logistics alone are daunting. But then, on top of everything else, there is

the emotional aspect of caring for this woman; my dear mother who can no longer keep a grip on the present realities of life, who is searching for home and for loved ones whose companionship meant everything. My mother is a loving woman, a sweet and kind woman; a woman whose social graces rarely slip, and a very independent and strong woman. Now she is slipping and I feel as if I am slipping with her. I can't fix it for her! I want to...so badly. I want everyone to feel fulfilled and happy! Instead, the longings and the disappointments of life are looming. They are looming high and steadily and wistfully.

Those of us who say we live with little regret have not cared for someone in the end stages of all they had hoped for and dreamed in life. Making a life and making do often meet somewhere in the middle and can get very muddled when love and longing inevitably crash together. So I am reminded to be as generous as I can, with others and also with myself. Maybe for me that means to let go and find that space inside where I recognize that for today my efforts are good enough and that I am, after all, living in the palm of the grand and generous hand of God. In the end, and today, it will be all right.

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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BY
JERRY
MATTSON

A Mystery Solved

“Look,” said my brother, pointing at the window of our home on M-94. Mom, Dad and I all saw the bright light in the southern sky some distance away. Conversation around the table during our evening meal then focused on what might have caused the unusual sighting.

There was a strong wind blowing that night, November 18, 1958, and we thought maybe a fallen tree limb had taken out an electrical transformer.

The following morning, the talk around town, and at the high school, was about the sinking of the limestone carrier *Carl D. Bradley* about 25 miles out in Lake Michigan.

The Great Lakes shipping season was drawing to a close and may have already ended for the local limestone quarry at Port Inland. Still, it made people think about the dangers that faced local men who worked on the boats.

At supper that night, we decided the light we’d seen the previous evening was a flare sent up from the sinking ship. It was a chilling thought and an

image a 14-year-old boy would never forget.

Over the next few days, details were revealed about the lake casualty. The ship was 632 feet long and had a crew of 35 on board when it went down. Two men survived and the bodies of 18 crewmen were recovered in the following 48 hours. The remaining 15 were never seen again. Almost all of the men lived in Rogers City.

Other large ships went down in the Great Lakes over the next several years. *The Cedarville* in 1965, the *Daniel J. Morrell* in 1966 and the *Edmund Fitzgerald* in 1975. Two of these sank in November, the worst month, by far, for shipwrecks on the Great Lakes.

A few years ago, I saw a book titled *Wreck of the Carl D.: A True Story of Loss, Survival and Rescue at Sea*, in a resale shop. The memory of the flash my family saw over 50 years ago came back. I bought the book.

According to the book, the SOS sent out by the *Carl D.* was picked up by many Coast Guard stations and ships. The *Christian Sartori* was the ship closest to the stricken one but for some reason did not get the message. Personnel on board, however, did see the Bradley in the distance.

As Schumacher wrote:

In the wheelhouse of the Christian Sartori, a 256-foot German freighter, Captain Paul Muller and Second Mate Jergen Schwand watch an incredible scene through their binoculars. A large vessel, about three and a half miles distant, appears to be sinking.

The storm they were in was one of the worst they’d seen on the Great Lakes. Winds roared at over 60 miles per hour, kicking up waves 20 to 25 feet high. The two Germans watched the lights on the front of the stricken carrier go out and shortly after that, the aft section went dark. They figured a ship without power was helpless in weather like this and they headed that way.

Close up, it was worse than they could have imagined. The ship had broken in half.

The sound of an explosion breaks through the din of the storm. Mueller and Schwand watch in horror as a gigantic red, yellow and white column of flame erupts from the back of the ship. When the smoke clears, the ship is gone.

I believe that is what we saw.

Flares had been of little use, according to the book. The flash in the sky was the parting sign from the *Carl D. Bradley* which broke up and sank in about five minutes.

The two sections of the carrier now rest upright and properly aligned, with a 90-foot gap between them, over 350 feet deep in Lake Michigan.

In 1995 and 1997, artist Jim Clary of St. Clair, Michigan, dove in a mini-sub to examine the wreckage.

One of the resulting paintings, shown in the photo, was a father and son project. Dad painted the ship in trouble and his son painted the remains as they appear now.

Shipwrecks are a part of the lore of the Great Lakes and stories and artwork of these catastrophes continue to fascinate many of us.

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



Keith's World

Bike Ride with Papa



BY
KEITH
SIPE

Riding a bike is very good exercise for one who can't run anymore. The knee hasn't been in great shape lately. The bike makes it easier to get around the downtown area and even take an occasional longer ride outside of the city.

Every time we go to Brower Park to visit our daughter, I take the bikes along. My son gave me a bicycle rack for our van for Father's Day. What a useful gift for one who like to take a bike along. We can ride all over Brower Park, for there are many roads winding around the campsites. Plus you can look at the different styles of camping and meet people from all over Western Michigan. If you don't know where Brower Park is, it's south of Big Rapids on the Muskegon River, between the Rogers and Hardy Dams. Brower Park is a great place for boating, fishing, swimming and other types of activities.

While camping over the 4th of July, I got to thinking about something to do with the grandchildren. They all had their bikes here and many times we would jump on the bikes and go for a ride around the park which gave me

an idea. I would take each grandchild on a bike ride this summer, so a couple of weeks later, on July 21, I took Sam on the first of four bike rides with the grandkids.



This is Sam anxiously waiting to get started.

We started our ride in the Whitehall area and got on the bike trail by White Lake Drive. Our goal was to ride to Fruitvale Road and back. It was a cloudy day with possible rain showers but we were brave and knew water would not deter us from this challenging ride. What a beautiful route to follow. Winding through the woods and neighborhoods was not what I expected. The trail was a great and

safe way to maneuver through Whitehall and Montague. We stopped many times for photos and to just look around and found much beauty in doing so. We stopped at Dog n Suds for some root beer and onion rings. After our snack I noticed some strange looking clouds to the north.

We headed back to the trail and before you could say "Papa I need to go to the bathroom" -- you guessed it, the rain and wind came with a force that had me wondering if we shouldn't take shelter. But noooooooo, we kept riding with smiles on our faces and laughing all the way back....yup.....soaking wet.

One week later on July 28th the ride was with the second oldest grandchild, Jack, smiling Jack to be exact!



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This ride would not take us to the Whitehall area, but instead we would ride on the bike trail in Muskegon. We started our ride by Heritage Landing and took the bike path through Muskegon to the Causeway and back. We made stops along the trail with our first stop by the LST 393. There were other stops along the way to the Causeway. Here is a photo of Jack sitting on the cannon at the Causeway.

Jack is always thinking. He said he had an idea: let's ride to the US 31 B-B-Q for a milkshake and fries. So off we went to the B-B-Q. Jack had a great ride with his Papa.

Owen was the next one to ride a week later on August 4th.



and the Milwaukee Clipper.

Owen had to make a pit stop when we reached the Clipper.

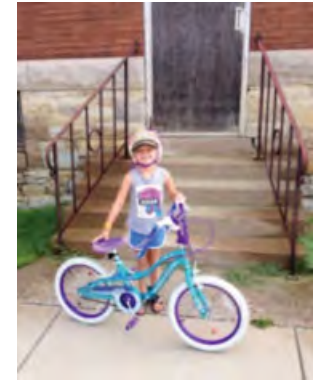
After the pit stop Owen mentioned that he was a little tired and wanted to head back



home with a stop at US 31 B-B-Q. So we did.

Kendell was the last one to go on the Papa bike ride. Papa wondered if he would be able to keep up with her.

Kendell was very excited to go on the ride. Kendell is 6 years old and really loves riding her bike. We took the same route as Owen because there are fewer crossroads to contend with. The trail is a wonderful place to ride by Muskegon Lake, following the shoreline of Muskegon Lake to Lakeside. Kendell likes to stop and look at the boats, she likes to rest on the swing and drink cold water we brought along.



Kendell said she was tired and wanted to head back. We stopped at Max n Marley's for a cold drink and some chips.

Keith may be reached at rightseat625bg@gmail.com Please drop him a note; he loves the attention, well, loves hearing from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon,

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Getting to Know You

Jennifer Tromp & Cathay Thibdaue

By Lisa Tyler

Jennifer Tromp is a Supports Coordinator with Senior Resources. She worked as a social worker at two local skilled nursing facilities before coming to Senior Resources in 1999.

"My interest has always been in the medical arena," Jennifer said. "My mother had multiple health issues. The medical social worker that helped us navigate the health care system and the genetic testing for her specific disease had a great influence on me. I wanted to give back and help others find support to keep their loved ones in their preferred setting.

Jennifer has seen some changes during her time at SR. "Our participants have become more medically complex, and many have complex family situations. They are in need of more services to help them remain at home. We continue to try to educate our participants and their families on the available services we can put in to supplement family support. These services can help keep that participant in their preferred place of residence which may be their home, an apartment, living with family or in an assisted living/adult foster care. We also inform them of other options such as PACE (Program for All-inclusive Care for the Elderly) and skilled nursing facilities. Participants and families are then able to make



Jennifer Tromp

educated decisions based on the options available to them that will best fit that participant's needs and available support systems."

"I enjoy making a difference and helping my participants and their families advocate for their wishes. This may include informing them of other community resources such as the Alzheimer's Association. It may also be informing them of possible durable medical equipment available (such as a transfer bench for assistance in bathing) to help them remain as independent as possible. This may also include respecting and honoring a participant's wishes not to follow recommended treatment plans such as stopping smoking.

"Our calls from participants may include concerns about family dynamics, financial issues, utility shut offs, new / changing medical conditions, finding respite stays, changing their service plans and / or issues needing to be referred to appropriate authorities."

Cathay Thibdaue is the network manager for Senior Resources, for AgeWell Services and CALL 2-1-1. You might call her the "network guru." When there's a technology issue, we call Cathay, and somehow, she figures it out.

Cathay came to Senior Resources in November of 1998, starting as receptionist before doing Medicaid Waiver referrals. When the Information Technology manager left, Cathay took over that position. She learned about computers growing up; her father taught robotics for General Motors, so she and her siblings "learned a lot growing up."



Cathay Thibdaue

When Cathay started, there was one server and a few computers, and Senior Resources had just started having employees with home offices. Now, there are eight servers and about 125 computers, and many employees work out of home offices now.

Cathay grew into her position, she said. She has taken numerous classes on technology, but constantly reads up on what's new. "You never quit, you never stop learning," she said.

What does Cathay like best about Senior Resources? "The people. It's like a family. You enjoy coming to work. I enjoy being here."

When asked for a funny story, Cathay said she's always a bit baffled why the computers seem to fail when she's on vacation. "They'll bring them to me when I'm back, and I'll turn them on, and they work fine. I don't know why that happens when I'm on vacation. I don't have an answer." Maybe those computers just want a vacation, too.

Lisa Tyler is the communications director for Senior Resources. She loves editing and writing. When she's not working, she and her husband Aaron are active with their high schoolers, Nicholas and Hannah.

...What's happening at Senior Resources?



Senior Resources Summer Picnic

The Senior Resources Annual Summer Picnic was a huge success and enjoyed by all who attended. A special thank you to Arna Robinson for hosting this year's event.

Top left: Virginia, Cindy and Thea helping out.

Top center: Cooling off!

Top right: Food, games and good friends.

Bottom left: Jay found a shade tree.

Bottom right: Steve and Brian, our Master Grillers!



Senior Community Day

Baker College was the location for the annual Senior Community Day held by the Senior Marketing Group. Pictured in front of the Senior Resources/MMAP display table are (L-R) MMAP's Sam Kline, Senior Perspectives Editor Michelle Fields and Bob Fountain, also from MMAP

SeniorResources
Our Name. Our Focus.





BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Apple Coleslaw

- 3 cups chopped cabbage
- 1 unpeeled red apple, cored and chopped
- 1 unpeeled Granny Smith apple, cored and chopped
- 1 carrot, grated
- 1/2 cup finely chopped red bell pepper
- 2 Tablespoons brown sugar
- 1 Tablespoon cider vinegar
- 1 teaspoon lemon juice
- 1/4 cup sunflower seeds
- 2 green onions, finely chopped
- 1/3 cup mayonnaise

In a large bowl, combine cabbage, red apple, green apple, carrot, red bell pepper, and green onions. In a small bowl, mix together mayonnaise, brown sugar, cider vinegar and lemon juice. Pour dressing over salad. Refrigerate. Add sunflower seeds just before serving, if desired.



BY
ROBBI
JUERGENS

Each year MMAP Central in Lansing hosts an annual recognition luncheon and presents awards for top counselors in each region. This year the top Medicare/Medicaid Assistance Program (MMAP)/paid staff counselor with 257 hours of Medicare/Medicaid counseling went to Senior Resources' Kescha Covington. Kescha is an Options Counselor and helps people navigate through the resources in our community.

Additional winners from our area were Grand Haven Four Pointes':

- Evelyn Morford - Most counseling hours by a volunteer - 540 hours of counseling time
- Penny Smith - Most outreach hours
- Beth DeWyn - Most outreach hours

REMINDER: Open enrollment runs through December 7, 2016.

Call your local MMAP office to make an appointment.

Robbi Juergens is the Regional Coordinator for the Medicare/Medicaid Assistance Program (MMAP) and also the Evidence Based Program Coordinator

Holiday Meals for Seniors

By Chelsea Robinson, AgeWell Services Food Service Director

When you think of the holiday season, first thoughts are usually food, gifts and visits with family. Gifts for the holidays aren't just new robes, wallets and gift cards. For many people in the community a special present is just a simple smile or a friendly visit from a family member or friend.

Far too often, seniors in the community feel isolated and lonely during the winter months, especially during the holiday. Thanks to AgeWell Services, the DTE Energy Foundation, Senior Resources and CALL 2-1-1, we are able to provide a free meal for the seniors in Oceana, Muskegon and Ottawa counties. For the sixth year the DTE Energy Foundation has awarded Senior Resources a grant to support AgeWell Services' Meal Sites and Meals on Wheels program to help provide 2,700 Holiday Meals on Thursday, December 15, 2016, for seniors in the community. In addition to providing the grant, DTE Energy employees volunteer by preparing, serving and delivering the meals.

A free meal will be offered to seniors over the age of 60 at several of our meal sites throughout Oceana, Muskegon and Ottawa counties on Thursday, December 15th. In addition to the meal sites, a holiday meal will be served to Meals on Wheels clients that day.

This year's menu includes Rosemary Roasted Pork, Red Skin Smashed Potatoes &

Gravy, Almond Green Beans, Fresh Garden Salad, Dinner Roll, and Savory Strawberry Cheesecake with Cherry Topping.

Area adults over the age of 60 are invited to a free holiday meal on Thursday, December 15th. Reservations are required for this event and can be made by calling the location nearest you from November 14- December 9. Space is limited.

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Pine Grove Manor
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Whitehall, MI 49461
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Tanglewood Park Café
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Chelsea Robinson is the Food Services Director at AgeWell Services of West Michigan located at Tanglewood Park, 560 Seminole in Muskegon. To find out about Meals on Wheel, nutritional services and other wellness programs for seniors in this area call (231) 755-0434 or 1-800-442-6769, or visit agewellservices.org or tanglewoodpark.info.

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Santa Claus is Coming to Town!!!

Bringing in the 64th White Lake Area Christmas Parade



BY
AMY
VAN LOON

On Saturday, December 3, 2016, over 70 participants will line up and follow the parade route from Whitehall to Montague along Business 31/Colby Street. The American Legion and VFW will lead the event along with the proud Christmas Parade sponsor, Miller and Shepherd, as well as the Parade Marshall, all dressed in their finest holiday apparel. The parade begins at two o'clock in the afternoon.



The 64th annual parade promises to be even more exciting with floats from area churches, civic organizations, businesses and area neighbors. Cartoon characters, clowns, parading fire trucks and animals of all shapes and sizes are just a few of the local favorites who will be handing out candy and goodies.

Both Montague and Whitehall High School marching bands will be stepping out, joined by area Brownie and Girl Scout Troops along with various Boy Scouts and Cub Scouts.

As the Grand Finale, Santa will make his entrance with a horse drawn carriage. Following the parade he will be eager to see

children of all ages at his house outside Montague City Hall, located on Ferry Street. Children can visit Santa at his Montague house on Fridays and Saturdays in December; please contact the City of Montague for hours.

This parade is a very special slice of "small town America." What a great way to celebrate this holiday season with family, friends and neighbors. Please dress warmly and join us! For more information or to register your float, contact the White Lake Area Chamber of Commerce at 231-893-4585 or www.whitelake.org

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Date with Daughter



BY
JOEL
DULYEA

My wife and daughter claim difficulty when shopping for me. For Christmas in 2015, I suggested we buy a goat for an African farmer, but they still insisted on gifting me something. That's when I requested time with my daughter each month in 2016.

"Just the two of us, for two reasons. First, you and Mom are often together for obvious reasons. Second, people think better of me when escorted by a woman of such beauty and elegance." Mother and daughter rolled their eyes. I

think my son-in-law Brandon agreed with me.

"Hi Dad. Are you picking me up or should I meet you there?"

"I can pick you up. Still 12:30?"

"Yes, that sounds good. You can come earlier if you want. I'm flexible today."

"Well, how about noon then?"

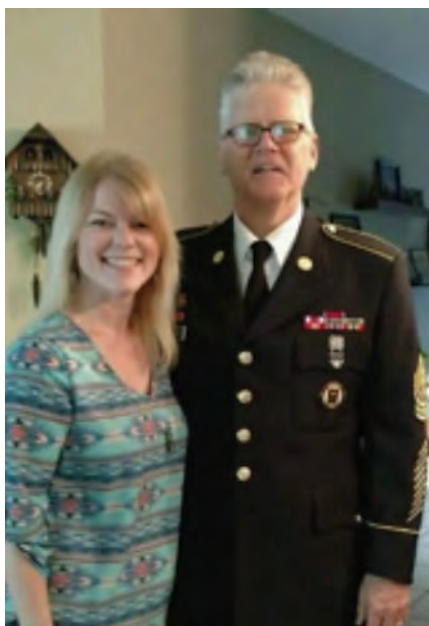
"Sure that works."

"Ok. cu."

Her text message arrived sooner than expected. It was our together-time now.

I was sure she'd heard the story of her birth from her mother. Merijo remembers in detail the false labor pains, the number of days the stork was overdue, the hour and minute at which time labor pains really started and how long they lasted down to the millisecond. My version? The substitute obstetrician who delivered our daughter was drafted 12th overall by the Detroit Lions in the first round of the 1955 NFL draft.

When she left for college, it was 1,103 miles away from our Maryland home. She said she went to get a taste of what it was like to live on her own. On her first trip back from college she stayed out far beyond our comfort zone. I discovered Merijo awake in the living room at 3:00 a.m. waiting. She was worried. I was livid.



I texted my daughter upon arrival at her workplace.

"I'm here when you're ready."

"I'll be right down."

On the way to our destination she suggested we skip the agreed upon restaurant for Curry Kitchen on 3rd Street in downtown Muskegon. "Mom doesn't like Indian food but we both do. The buffet is great, but watch what you eat there."

I agreed to the restaurant and to watch what I eat - meaning don't overeat. Her statement reminded me of the moment ten years earlier when our changing relationship reached a new level of maturity. Merijo and I visited her new home in Maryland. "Please take off your shoes Dad, it keeps dirt off the floor." I replied "Of course."

We passed through the buffet line and then sat across the table from each other.

I asked, "Do you remember the first time you returned from college and stayed out way too late?"

She said, "We didn't talk to one another for three days. I thought if you wouldn't talk with me, I wouldn't talk with you. It was so hard! I just wanted you to forgive me."

"I was thinking our house, our rules; but I was more upset that your mother was worried sick. It hurt Mom that we were avoiding one another. Or rather, I was avoiding you. It was so bad for her that she sat us down, told us to work it out, then left for a walk."

"I thought, I'm 18 and can do what I want, but learned it's just courtesy to let those who care for me know where I am. Brandon and I call each other all the time."

"Often I'll call your Mom just to hear her voice."

"Brandon and I do the same thing, Dad."

"Have I told you my version of the day you were born? Mom and I were both surprised you were a girl. We were certain you'd be a boy and even had a name picked. Through tears Mom asked me if it was OK that you were a girl. I blubbered yes. I was the first to hold you."

Our conversation filled the hour. After I dropped her off at work I received a text message:

"Always enjoy our time together, love you Dad! Thanks for meeting me for lunch." Best Christmas present ever.

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

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MINE! MINE!

DONG DONG DONG

Noooo!

MOM, THOSE DREAMS ARE RUINING YOUR CHRISTMAS!

HEH, HEH - THEY WON'T MISS THIS!

MOM PROMISED THOSE TO ME AND THE GRANDKIDS - YOU ALWAYS WERE SUCH A SELFISH PIG!

OH HONEY, I HOPE THEY'RE ONLY DREAMS ... THEY SEEM SO REAL!

CHRISTMAS BELLS OR SELFISH YELLS? DO YOU HAVE A CHOICE? FIND OUT IN THE THRILLING CONCLUSION ON PAGE 35

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SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35

SCRABBLE™ **G**₂ **R**₁ **A**₁ **M**₃ **S**₁

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A ₁	I ₁	R ₁	R ₁	T ₁	T ₁	P ₃		RACK 5

PAR SCORE 260-270
BEST SCORE 336

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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



BY
DICK
HOFFSTEDT

Every Thanksgiving since I've been married has been spent at one of our family's homes with everyone pitching in to put together a sumptuous meal. I guess I shouldn't say everyone. Let's be honest, it was the women in the family who did it all. The only work the men did was to jockey for the best position to watch the football game.

But one year it was different. My dad had come to this country from Europe as a poor boy of 19. He worked hard all his life and eventually succeeded beyond his wildest dreams. He went into a business partnership that did quite well, and one of its perks was a company membership in one of the most prestigious country clubs in the area. My father loved to entertain. One Thanksgiving, he thought it would be nice to give the ladies a break, so he took the entire family, which numbered about 20, to the country club for their annual Thanksgiving dinner.

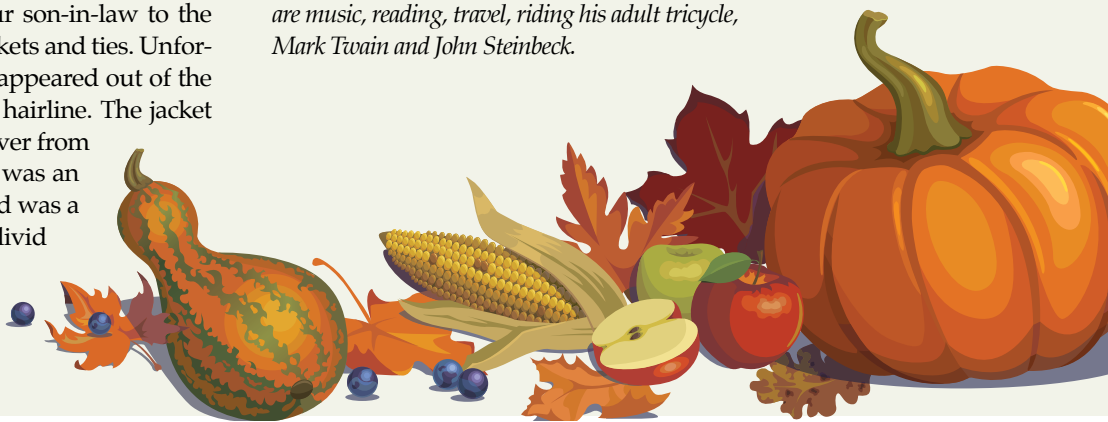
My wife and I had been there many times before and knew that their food and service were renowned throughout the area, and we also knew they had a strict dress code! Somehow we failed to get this information to our son-in-law. He came in a nice shirt with a cardigan sweater but no tie and no jacket. Well the club, being the classy place it was, was totally prepared for such circumstances. They ushered our son-in-law to the coat check room to provide him with one of their jackets and ties. Unfortunately, they only had one of each left. He slowly appeared out of the coat check room, embarrassed and blushing to his hairline. The jacket was about six sizes too big for him and was a holdover from the 70s with a large, loud plaid pattern, and the tie was an extremely bright, wide-striped variety. All he needed was a red rubber nose and big floppy feet. My father was livid but managed to control his temper because he was determined to make this a memorable Thanksgiving.

We entered the lounge to have a drink before dinner. The waiter arrived with all our drinks on a large tray that he balanced precariously on one hand over his shoulder. We all saw him coming across the room, and we all saw the small but obvious fold in the carpet. The rest as they say is history. After taking the waiter out with some help and cleaning up the mess, we were told that our table was ready in the dining room. The color was rising above my dad's collar. He was going into dinner without his usual VO dry Manhattan. This was not going to be easy.

Fortunately there was champagne at the table, so we settled in with a glass and waited for our server...and waited...and waited. I thought my dad was going to start to drink the champagne straight from the bottle. Finally our order was taken and the hors d'oeuvres arrived. We nibbled and waited for our soup and salad. And again, we waited and waited. My dad had wanted this day to go so perfectly and it was anything but. My dad tried to make small talk with my brother-in-law, who was a much laid back kind of guy. I heard my dad ask him, "Are you enjoying the meal?" And my brother-in-law's answer? "Every now and then."

We never went back again. The ladies are back preparing the Thanksgiving dinner and the men are still scrambling for the best spot to watch the game.

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



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A Favorite Holiday Tradition



BY
LOUISE
MATZ

Have you ever made a gingerbread house? Well, thanks to my sisters and the Muskegon Woman's Club, I began making gingerbread houses with grandchildren nearly ten years ago. It's one of my favorite holiday traditions. The Woman's Club makes it so easy and festive. They provide everything you need to make a unique gingerbread house. It is so much fun, and a nice kickoff for the holiday season. With us it's usually a family affair with grandchildren and a sister or two and maybe a friend

at our table. When my grandchildren were very young, I enjoyed being their "assistant." Now that they are older, I join in the fun and create a house for myself. This has turned out to be such a great tradition. The best part is -- **No mess, no preparation, the Woman's Club does it all!** If you are interested, here are the details for 2016:

The event takes place at the Muskegon Woman's Club at 280 West Webster in Muskegon and begins November 18 at 7:00 p.m. This evening session is for adults only. Everyone is welcome at the 10 a.m. or the 1:30 p.m. session on Saturday, November 19, or the 2:00 p.m. session on Sunday, November 20. The cost is \$16 per house for reserved seats. A limit of three guests per house is enforced. Walk-ins are welcome as space allows at a cost of \$21 at the door. Reservations can be made by calling or texting Nancy at 231-730-0887 or email nancy@HousesByNancy.com. Or, you can order and take home a kit for \$25. The Woman's Club has been hosting this well-organized event for over ten years.



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



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Ask the Doctor

The Holidays: A great time to begin the conversation about Advance Care Planning

In our current health care world, there have been many advances in treatment that have improved our quality of life and increased longevity. As we journey in this world, there are several questions that are important to ask:



DR.
ARUNA
JOSYULA

- What is the effect my medical condition will have on me in the future?
- Why should I choose to pursue one treatment method over another?
- What are the risks or benefits of choosing a treatment?
- What if I don't want to choose any treatment?
- Will I have a good quality of life?
- What do I consider a good quality of life?

Thinking about these types of questions, discussing them with loved ones and making plans for your health care — *well before those plans need to be put in place* — is called advance care planning.

Question: Why is advance care planning important?

Answer: A medical crisis could occur at any time (even if you are young or healthy), and you may lose the ability to state your wishes or make decisions. Some of these decisions could be regarding end-of-life care, and research has shown that those types of decisions are not best made under the pressure of a crisis. That's why it is important to make health care plans in advance, so that you can ensure you get the medical treatment you want.

Putting your plans down in writing, in the form of advance directives, is ideal. If not, then having conversations about them with family, friends and health care providers is important, so that your preferences are known.

Question: Why are some people uncomfortable making a plan?

Answer: Advance care planning can be a difficult subject to discuss — it's a deeply personal subject and is based on personal values and beliefs. Some people may feel that talking about illness or end of life is bad luck and could bring on the unwanted event. Others worry that when something is in writing, it cannot be changed. Another concern for some is about the cost of creating Advance Directives.

Question: What are Advance Directives?

Answer: Advance Directives are legal documents that delineate what type of health care you would want in various scenarios. These directives may designate a person who would speak on your behalf if you are unable to do so yourself.

You may complete your own directives in a way that is in line with your personal beliefs and values. Advance directives go into effect only when you are not able to make decisions or speak for yourself. These documents are not set in stone and should be considered "living" documents, meaning they can be updated if new information becomes available or your situation changes. Acceptable advance directives vary from state to state and may include the following:

- **Living Will:** A document in which you delineate treatments you would or would not want if you were dying or permanently unconscious and unable

to make decisions for yourself.

- **Durable Power of Attorney for Health Care:** In this document you designate a person — and one or two alternatives — to make health care decisions on your behalf if you are unable to do so. You should have discussions with the people named in this document prior to completing the paperwork to ensure they understand your wishes and that they are comfortable advocating for you.

- **DNR (Do Not Resuscitate) Order:** is a document completed by you and your physician. It is a physician order stating you would not want CPR (Cardiopulmonary Resuscitation) performed if you were to be found not breathing and without a pulse.

- **POLST (Physician Order of Life Sustaining Treatment):** This is a document that is completed by you and your physician and includes decisions about CPR, whether you would want to be hospitalized and what types of treatments you would want, whether you are hospitalized or not. This is also a physician order.

There are other documents that combine components of those above, such as the Five Wishes form. Other documents are available that discuss organ donation and various treatments, such as dialysis or blood transfusion.

Question: Is there a cost or paperwork involved?

Answer: All of the documents listed above are completed on paper or digitally. Some advance directives, such as Living Wills or the Durable Power of Attorney for Health Care, are completed with attorneys present and may have legal fees associated with them. Some forms, however — such as The Five Wishes form — do not require an attorney to complete. These documents can also require a notary and/or witnesses.

Question: Who should be involved in setting up the plan?

Answer: Advance care planning is personal and is based on your values and beliefs. You can, and should, involve family, friends, other loved ones, faith/spiritual counselors and health care providers as you create your plan.

Question: Who should have cop-

ies of your Advance Directive and where should you store it?

Answer: You should keep originals of your documents in an easily accessible place (not in your safety deposit box or under lock and key). DNR orders should be openly seen — place them on your refrigerator or bedroom door.

You can give a copy of these documents to your health care provider, family/loved ones and people named in your Durable Power of Attorney for Health Care. It is important to keep in mind that if changes are made in your plan, any copies you have would also need to be updated.

Question: What happens if a plan is not in place?

Answer: Research has shown that if advance care planning is not done, you are less likely to receive the treatment you would want compared to those who have a plan in place.

Question: Where can you go for more information or help?

Answer: Your health care provider is a great resource, and there are various websites that can help guide you, including:

- The National Institute of Aging <https://www.nia.nih.gov/health/publication/advance-care-planning>
 - The Conversation Project <http://theconversationproject.org/>
 - Aging with Dignity <https://www.agingwithdignity.org/>
- Mercy Health offers a free Advance Care Planning Guide in English and Spanish, along with an Advance Directive form. Visit MercyHealth.com and type "Advance Care Planning" in the search bar. You can download the documents at your convenience. According to The Conversation Project, 90 percent of people who participated in their national survey in 2013 said that talking with their loved ones about end-of-life care is important, but only 27 percent had done so.

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



BY
MIKE
SIMCIK

The Iron Christmas Tree

What now seems like a hundred years ago, back when I was just a little kid in the early 1950s, everything was perfectly normal during the holidays. All us kids really cared about were the gifts, with our names on a pretty box, under that glitzy Christmas tree.

Between the ages of six and twelve years old, the only subtle changes I noticed on our tree were the bobbles, a few light strings, and a different star or angel on top. Through all those years, Dad took great delight in traveling to remote places in the state forest to chop down his free Christmas tree. He told me they were planted there just for us, and then he would look down at me with a straight face to see if I was still buying into his charade. But, I was growing up and getting smarter. As everyone knows, the pine cone never falls far from the tree. Yes, I was becoming almost as clever as my father.

In my teenage years, I got a part-time job and a motorized vehicle. I had to buy gas, pay for dates with girls and buy Christmas presents for everyone I knew. Somehow, the system didn't seem fair to me anymore because I had always looked forward to growing up, and I soon found myself wishing I was that little kid again. At least, I had some idea of what it felt like to be an adult with responsibilities.

In 1963, two weeks before Christmas, an event happened that rocked the very foundation of our magical holiday season. Mother went off the deep end and bought some new kinds of decorations. That year, she didn't want Dad to cut down a live tree and they had a big argument about that issue.

As Mom and Dad went out to our Chevy station wagon to bring in a large box and two smaller ones, I thought to myself, "What kind of nonsense is this? What happened to normal?" They unpacked the big box and began to erect the strangest thing I had ever seen. It looked like something recovered from Area 51. It was a shiny metal tree. I wondered, "Oh My Gosh! Did a great fire destroy all the Christmas trees in the world?"

After the tree was assembled, with its heavy metal branches and thin strips of

tin foil, it looked to me like a new TV aerial for the roof. "How awful," I thought. I also noticed the disgust on Dad's red face. Then, Mother opened another box and took out what looked like a space gun and two plastic bags of white powder.

She brought out our torpedo vacuum cleaner and stuck the hose in the wrong end. "Well, what in the world is Mom doing now?" I wondered.

Next, she filled one tank on the space gun with water and the other one with the white powder, and she sprayed the whole tree with white fluff called "flocking." That stuff got all over the walls, curtains, and the carpet. But now came the ultimate insult to a traditional Christmas tree: she didn't put on any light strings. Instead, she opened the last box and took out some form of gadget that sat on the floor with a rotating, four-color round thing that cast a bizarre light on the tree.

I could not stand more than a year of this non-traditional, un-natural, futuristic crap. So, in 1964 I joined the Navy for a long hitch. Heck, we even had a better looking tree on our ship.

After a few years, I came home on leave just before Christmas time and I noticed a magnificent real Fraser Fir tree leaning in the corner on the front porch. I asked Dad what had happened to the holiday abomination. He answered, with a bright smile on his face, "I dumped that awful metal tree in the trash can! Welcome home, Sonny Boy."

It wasn't until 1970 that I saw the movie A Charlie Brown Christmas on television, where Charlie and Linus went to pick out a tree for their party. As the two kids walked through the lot of multicolored metal trees, Linus knocked

on one of them. Clang, clang. It sounded like a bell with a crack in it. That's when I realized just how hilarious my mother's iron Christmas tree really was, and they didn't even smell nice.

Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. As an entrepreneur, he has owned six businesses, including The Twin Gables Country Inn, which he renovated and operated over the course of 17 years. He enjoys fishing, shooting-clay sports, golfing, building bamboo fly rods and writing essays. Mike and his wife Denise celebrated their 47th wedding anniversary in April of 2016.



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BY HOLLY
LOOKABAUGH
- DEUR

As the weather grows colder, we often start to slow down a bit, almost in a state of “human hibernation.” Holidays keep the social calendar full, or we may even be melancholy around the holidays from missing people that we love. Roads and walkways may be little slick and prevent us from doing things that we like to do to stay active. We know that attention to our own well-being tends to waver in the early winter months. This is the exact time that we need to put a plan in place for us to **STAY MOVING**, even if it is a different activity then we have been doing all summer.

An “at home” activity plan may be helpful during these months – no equipment required! When we become more sedentary in the colder months we tend to lose **SIX KEY AREAS** of strength, flexibility and endurance. As with any exercise program, it is always best to match a program with an individual assessment, a physician check-up, or a visit to the physical therapist

or other health care professional. In general, however, it is safe to say that there are six important moves that you can do every day to prevent decline in strength and reduce risk of falling.

1. **Quadricep strength** – the muscles on the front of your thigh. These muscles are **CRITICAL** to staying mobile, and they become weak very quickly with inactivity.

Recommended Activity. Move from sitting on a chair to standing – without using your arms – 30 times a day. (Recommend doing 3 sets of 10 as fast as you can safely). If you are struggling, do as many as you can in a row (keep track) and try to work up to 10 without resting. Lean forward as you move from sitting to standing, but stand as straight as you can!

2. **Trunk rotation** – being able to turn your body (and head) in either direction. This is vital for functional mobility. The more we sit, or the more we use walkers, the less flexible our trunk becomes.

Recommended Activity: Stand sideways next to a wall. Keep your feet shoulder width apart and turn your trunk towards the wall, bringing your outside arm as far as it can go along the wall (Your outside arm crosses in front of you) This is a safe way to support trunk rotation, and you can even mark how far you go with a pencil and try to go further each week! I recommend four times each direction, once a day. Hold the position for 15 seconds if you can!

3. **Hip strength** – Muscles on the front, outside and back of the hip. These are essential for stability of the low back, climbing stairs, walking... We need strong hips for everything to work well.



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Recommended Activity: High knee marching. Standing sideways to your kitchen counter holding on with one hand for balance, march in place bringing knees as HIGH as you can for 2 minutes straight, as fast as you can. Your heart will be pumping, and your legs will get tired. The longer one leg is in the air, the more the other leg has to work to keep you standing upright. This is a great way to keep from shuffling when you walk, which is sometimes simply due to weak hip muscles

4. Gastrocnemius strength – your calf muscles. These muscles are essential for walking speed and step length and safe walking in general, as well as stair climbing. They are the first line of defense against falling.

Recommended Activity: Again, stand at the kitchen counter for balance. Do heel raises. Start with both feet at the same time – rock up on the balls of your feet. Keep your knees straight when you do this exercise. Start with working up to doing 30 times without stopping on two feet, then work up to one foot 10 times, then eventually one foot up to the 30 times without stopping. Watch for cramps! If you are prone to cramps with this activity, stretch a little bit first by standing on a step (hold on to railing) and letting your heel drop below the step to feel a slight pull in your calf – hold it for 15 seconds.

5. Postural weakness: Keeping the muscles between your shoulder blades strong – important to posture and preventing osteoporosis to a certain degree. Combat the tendency to slump forward in your shoulders and neck.

Recommended Activity: Stand with back against a wall; bend your elbows and bring your arms out to your side (like wings.) Push into the wall (you can even put a pillow behind your back and arms if more comfortable) and hold for 10 seconds. Don't hold your breath! Do this 30 times – really push hard and you should feel tension across your shoulder blades.

6. Walking endurance and SPEED: The standard for healthy adults is to be able to walk beyond 500 meters or about 550 yards in 6 minutes. If this is a struggle, consult your doctor, as this is a major indicator of frailty and needs intervention.

Recommended Activity: You don't need a FitBit or a smartphone to know that you are walking enough, but they sure can be helpful! Even if you are stuck indoors due to the weather, you need to do continuous walking. If you have a flight of stairs, even better. Climbing stairs adds years to your life! FACT. If you are climbing one stair (up and down continuously) or a flight of stairs, watch for fatigue and your safety of course, but try to do 5 continuous minutes, 2-3 times a day and you will REALLY notice a difference quickly. Walk Walk Walk. Go to the mall, go to a nearby school, but get your walking in your day! 20 minutes a day minimum. 30-40 minutes is even bet-

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ter! Swing your arms and take good strides. Rest if you must.

Don't let the winter doldrums sabotage your health. No equipment needed, just a little dose of self-discipline and 20 minutes a day for exercises #1 – 5 and 20-30 minutes for walking. You can do it! Reward yourself for an active week, and keep track on your refrigerator each day.

Good Health to you all!

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@generation-care.org.

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Chartered Healthcare Planning Coalition

Chartered Healthcare Planning Coalition is a collaborative between community and healthcare organizations whose goals are to educate, create awareness, and give tools to communities regarding advance care planning. This long-standing Health Project collaborative is formerly known as the Muskegon End of Life Coalition.



BY KELLY
ST. MARTIN,
LMSW

Chartered Healthcare Planning Coalition wants to begin a community conversation that brings medical professionals and community members together around the shared responsibility of discussing what matters most to the patients and families facing difficult treatment decisions and how to have these conversations ahead of a medical crisis. The Chartered community partners see the great value in advance care planning.

Advance care planning is making decisions about the healthcare you would want to receive if you happen to become unable to speak for yourself. These are your decisions to make, regardless of what you choose for your care, and the decisions are based on your personal values, preferences, and discussions with your loved ones. These discussions provide opportunities to discover important information about ourselves and our loved ones. Making the time to have important conversations allows time for honest discussion, reflection and planning that is often not possible during times of crisis.

Often, we believe that others instinctively know what we would want under certain circumstances; however, having end of life conversations prevents our loved ones from second-guessing themselves. It may be helpful to look at it as giving your loved one the gift of peace of mind.

Advance care planning includes:

- Getting information on the types of life-sustaining treatments that are available.
- Deciding what types of treatment you would or would not want should you be diagnosed with a life-limiting illness.
- Sharing your personal values with your loved ones.
- Completing advance directives to put into writing what types of treatment you would or would not want – and who you chose to speak for you – should you be unable to speak for yourself.

The following resources from Chartered can help you get started:

www.seniorresourceswmi.org - Senior Resources is an excellent website for advance care planning. Navigate the website and click on the “publications” tab. This is where you will find the Michigan Long Term Care Ombudsman’s frequently

asked questions and a legal, printable durable power of attorney for health care form.

www.theconversationproject.org - This website is easy to navigate and provides a literal road map to advance care planning discussions. It is designed for advance care planning at home. Each user can download and print off a starter kit. The “kit” begins with preparations for the discussion and if you follow the prompts your advance directive will be completed.

www.agingwithdignity.org - This is the home of our community endorsed Five Wishes document. The Five Wishes advance directive is adored because it allows us to not only tell others what we want done but also how we want to be treated. It addresses our social and spiritual needs as well as our medical needs. The Five Wishes document is available at Tanglewood Park, most physician offices and at Harbor Hospice.

AgeWell Services and Harbor Hospice offer FREE advance care planning assistance on the 2nd Thursday of every month from 10 a.m.-noon at Tanglewood Park. Call the Wellness Office at (231) 733-8643 to schedule your 30 minute appointment.

Chartered would like to add control into this historically uncontrollable part of our lives. Please use the resources available to you and begin to chart your course.

Harbor Hospice serving the West Michigan lakeshore. Their agency has provided hospice care and support programs to residents in a five-county area for over 32 years. Kelly St. Martin is the Clinical Outreach Coordinator for Harbor Hospice.



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The Alzheimer's Association Honors Caregivers During National Alzheimer's Disease Awareness Month and National Family Caregivers Month

Answers on Alzheimer's Program Available for People Living with Alzheimer's and Their Caregivers

In 1983, President Ronald Reagan, who was later diagnosed with Alzheimer's disease, designated November as National Alzheimer's Disease Awareness Month. President Bill Clinton named the week of Thanksgiving as a time to honor caregivers in 1997, and that has expanded to National Family Caregivers Month. As an organization founded by caregivers, the Alzheimer's Association applauds caregivers and hopes to make their efforts a little easier year round with innovative resources that have been designed specifically with families in mind.

The Alzheimer's Association offers free resources to guide families impacted by Alzheimer's disease, including a new program in Muskegon where those with memory loss or their caregivers are invited to meet one-on-one with an Alzheimer's Association social worker to discuss their concerns. Answers on Alzheimer's is offered at Tanglewood Park every third Tuesday of the month from 9 a.m.-12 p.m., and is confidential and free of charge, although contributions are welcome.

"Our goal is to introduce Muskegon area families to the Alzheimer's Association so that they know there's somewhere to turn for help," says Sarah Hicks, Program Coordinator for the West Shore region of the Alzheimer's Association, Michigan Great Lakes Chapter. "This disease can be very isolating and stressful. We want people in the community to have access to all the services the Alzheimer's Association provides, and to know we're here for them, we'll help them through this journey,



President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983.

and we won't stop fighting for them until we find a cure."

In addition to this program, the Alzheimer's Association offers a number of other resources that can help those impacted by memory loss, including a toll-free 24/7 Helpline (800-272-3900), helpful articles and information on alz.org, a caregiver message board (alzconnected.org), and local education programs and support groups.

alzheimer's association®

There are 180,000 people living with Alzheimer's and 510,000 unpaid caregivers in Michigan, according to the Alzheimer's Association® 2016 Alzheimer's Disease Facts & Figures.

For more information on Alzheimer's disease or available resources, or to sign up for the Answers on Alzheimer's program, visit the Alzheimer's Association Michigan Great Lakes Chapter at alz.org/mglc or call 1-800-272-3900.

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BY
JANET
HASSELBRING

To a Waterfowl (Hoeing In the Garden)

#2* - Verse One - A Pair of Cardinals

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

*Whither, 'midst falling dew,
While glows the heavens with the
last steps of day,
Far, through their rosy depths, dost thou
pursue
Thy solitary way?
(To a Waterfowl, verse 1,
Wm Cullen Bryant)*

In Bryant's beloved poem, *To a Waterfowl*, the speaker addresses a shorebird in flight: “As dew falls and the sun sets in the rosy depths of the heavens, I wonder where you are going?”

In this series on Bryant's masterpiece, my mother, Ellen, is the speaker in the poem. As the poem is essentially, a profession of faith, her musings are a testimony to her life of faith on the small farm (present day Country Dairy), where she and her beloved Hinie eked out a living, raised their children, and honed their faith, in the 1930s (as described in the memoir, *In the Garden*).

As the waterfowl begins its journey, it has no idea what challenges and difficulties it may encounter along the way, so Ellen, when she married the love of her

life, Henry, and began a new life on the farm, had no idea what life held in store for her:

“Nothing in Ellen's life, growing up in a comfortable, well-to-do home in the city, could have prepared her for the stark reality of living on (and off) the land; still she threw herself into her new life with determination and optimism for she loved Henry with all her heart and was totally committed to their life together.

The farm is bleak in March. A grim austere landscape greeted Ellen in mid/late March as she and Henry returned from their honeymoon and began settling into their new home. Looking out the kitchen window, on her first morning on the farm, she would have seen the sun rising to the east. Barren, scraggy trees stood here and there in the yard. Sooty stale piles of snow were reminders of winter's frigid blast. Patches of green dotted the snow-covered pasture and a ring of water circled the frozen pond - hopeful signs that the bleak barrenness would not last forever. The pond wound lazily uphill to the woods - a scruffy, scraggy army of trees guarding the rear boundary. She might have seen the cows, relieved of their saggy udders, straggling out in a line to greet the first signs of spring, following their leader to seek what sustenance they could find in the grim austere wilderness of the pasture.

As she waited for Henry to return from his early milking for breakfast, her sense of excitement and exuberance shifted to a

twinge of uncertainty and doubt, triggered, perhaps, by the foreboding scene framed in the kitchen window. Suddenly, she felt vulnerable, alone and unsure of herself. What was she doing here? She knew nothing of farm life or being a farm wife. Her comfortable, leisurely life back home, only one and a half miles away, seemed far away indeed. ...Yet, here she was in the kitchen, dressed in her new house dress and apron, feeling lost and alone.

Suddenly a flash of red flew past the window. Ellen noticed a male cardinal perched on a limb in the yard, his shebird a few branches up. A pair of cardinals, she thought. A pair, just Henry and me. The sight of the birds lifted her spirits. Henry would be home soon. He would make everything right. She loved him with all her heart. He was a farmer, so she would be his farm wife. Well, a housewife who lives on the farm, she thought. Somehow that sounded better.

Ellen started the coffee, set the sausages sizzling and whipped the pancake batter into a froth. Henry would be home soon. He would be hungry. She had better get busy fixing his breakfast. Ellen's life on the farm had begun.” (In the Garden pp 22, 23)

And so it was, on her first morning on the farm, that a pair of cardinals brought hope and reassurance to Ellen. It would not be the last time that Dickinson's “things with feathers,” lifted Ellen's spirits and put a song in her heart.

I love the image of my mother, standing

there in the kitchen, in her new house-dress and apron, full of love for Henry and full of hope and promise for their future together. How could she have known how dramatically her life would be shaped and fashioned by the farm and in return, how indelibly the farm would bear the stamp of her (their) presence?

In the beginning, it was her love for Henry that nurtured and sustained her, but as time went on and the challenges of eking out a living and raising a family on the farm increased, that love would find new meaning and strength in their shared faith in God and His Word.

“I know the plans I have for you,” says the Lord, “plans for good and not for evil, to give you a future and a hope.” (Jeremiah 29:11 RSV)

*Part 1 of this series appeared in the Sr. Perspectives July/August issue

Note 1: *Mimi the Mimic and the Great Migration* is Janet's 5th book in her Tales from Pelican Cove series, and is based on Emily Dickinson's “things with feathers,” poem. Note 2: The memoir, *In the Garden*, portrays the author's mother, Ellen, an ordinary woman, who became extraordinary by surrendering her will and ego to the will of God at every crossroads of her life. She chose faith over doubt, acceptance over resignation, hope instead of despair. “Not my will, but Thy will be done,” was her mantra. After marrying the love of her life, Henry, Ellen lived her life in the house on the hill, on a farm in west Michigan (the site of present day Country Dairy) rooting herself in the place where she believed God had planted her. There she found her calling as a helpmeet and homemaker. She transformed the house on the hill into a place of beauty and sanctuary for their family. To view the memoir visit www.principia.com or www.janethasselbring.com.

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