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# Senior Perspectives

Muskegon, Oceana, and Ottawa Counties

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MARCH | APRIL 2023

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## Letter from the Editor

# Earth Day



BY  
MICHELLE  
FIELDS

Saturday, April 22nd is National Earth Day. It is the most widely observed holiday around the world. The first Earth Day inspired more than 20 million Americans to demonstrate against the harmful impacts of industrial development on both the planet and human health. Today, Earth Day is a global event, with 200 million people in 141 countries coming together to spotlight environmental issues internationally.

Here are some Earth Day ideas you can do in your own home to celebrate Earth Day today, and every day:

- **Follow the 3 Rs.** Look for ways you can Reduce, Reuse and Recycle throughout your home. You'll save natural resources, energy and money, and you'll reduce waste sent to landfills.
- **Conserve energy at home.** From turning off lights and electronics when not in use to using a programmable thermostat to changing your air filter regularly, there are many small things you can do to save energy and reduce greenhouse gas emissions, while saving money on your utility bills.
- **Recycle your electronics.** Your old, unused or broken computers, tablets, phones and other electronics can often be recycled for free by stores, manufacturers and local governments, which saves natural resources while also reducing pollution.
- **Turn off the tap.** Whether you're brushing your teeth, washing dishes, or taking a shower, turn off the water when it's not needed.

- **Replace your bulbs.** Compact fluorescent light bulbs (CFLs) and LED bulbs may cost more than incandescent bulbs, but they will save money over the long run, last longer, and use up to 90 percent less energy.
- **Bring your own bags to the store.** Use a backpack or bag from home or buy reusable bags that you can keep in your car and use again and again.
- **Buy local.** Buying local produce and other items reduces shipping distances from food sourced overseas, and also supports local businesses and communities.
- **Act local.** Get involved in environmental work in your local community. Local schools, governments, and non-profit organizations often offer opportunities for volunteers to get involved in cleaning up parks, restoring habitats, and other efforts to make communities greener.



You can read more about Earth Day by visiting:

[www.EarthDay.org](http://www.EarthDay.org)  
[www.NationalToday.com](http://www.NationalToday.com)  
[www.EarthReminder.com](http://www.EarthReminder.com)



*Michelle Fields has been with Senior Resources of West Michigan for 15 years. She has been the Editor of Senior Perspectives since 2012 and the Publisher since 2015. Michelle can be reached at [Michelle@SeniorResourcesWMI.org](mailto:Michelle@SeniorResourcesWMI.org). Photos by Dana Fields.*



Pam Curtis, CEO

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- We are committed to empowering older adults and their families to advocate on their own behalf and to support them through our organizations's advocacy.
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**JAN/FEB WINNER: CATHIE HANSEN OF JENISON**

The Valentine Lollipop was found in the Have You Heard story on page 20

# Hands



BY  
NANCY  
ARMITAGE

I recently visited the Muskegon Museum of Art to view the exhibit, HANDS, Stories Told Through the Hands of Our Community. The exhibit features exquisite photography by Jennifer Green of the hands of selected individuals living in and around Muskegon, with accompanying stories by journalist Susan Harrison-Wolffis. As I stood at the entrance to the gallery, I was intimidated by the scope of the exhibit. Within seconds I was drawn into the lush black and white photos of people's hands and the rich words describing their work, their passions, their service to the community. I thought to myself, "These are my neighbors."

And I began to wonder what the story of my hands would say? What would the stories say about selected people in my life?

My mother had beautiful hands, with long, slender fingers and oval nails. I saw them hanging clothes on the line and digging in the flower beds. They scrubbed floors and bathed three children. They worked outside the home, typing and counting out bills for customers at the local bank. And in her final days, they lay in my hands, cool and papery, as all those tasks faded away into Alzheimer's disease.



My father was a tool and die maker. He relied on his hands for precise measurement, but also to fix almost anything and everything that stopped working in our home. They supported the back of my two-wheeler as he ran down the street, ready to let go and surrender me to new adventures. They could keep rhythm with a set of "spoons" and make beautiful music cupping a harmonica. And every night they pressed together as he knelt by his bedside and said his evening prayers.

I thought about my friends, the 82-year-old artist who is still building sculptures from repurposed objects, painting and preparing for her solo shows this spring. My friend Kathi's arthritic hands cared for her mother with Alzheimer's and now gently caress others' hands as she leads their paintbrush around the paper in an art class for those living with dementia. Kent is a retired banker who has been working the land on his acreage in the driftless area of Wisconsin, bringing back native plantings and building a legacy for his sons and grandchildren.

These people are all members of my community. They are not well known, but their hands have made my world a richer place. What would your hands say about you? Be inspired to write your own story about the life journey of your hands. We are all as unique as our fingerprints, and that deserves to be celebrated.

*Nancy Armitage is a full-time artist who lives on White Lake with her partner Dale and their dog, Dino. A life-long learner, she enjoys reading, playing music, walking in nature and time spent with close friends and family. She is the Director of SPARK! White Lake, a free social program for those living with dementia and their care partner. She can be reached at nancy.armitage@gmail.com, or @nancy.armitage.*

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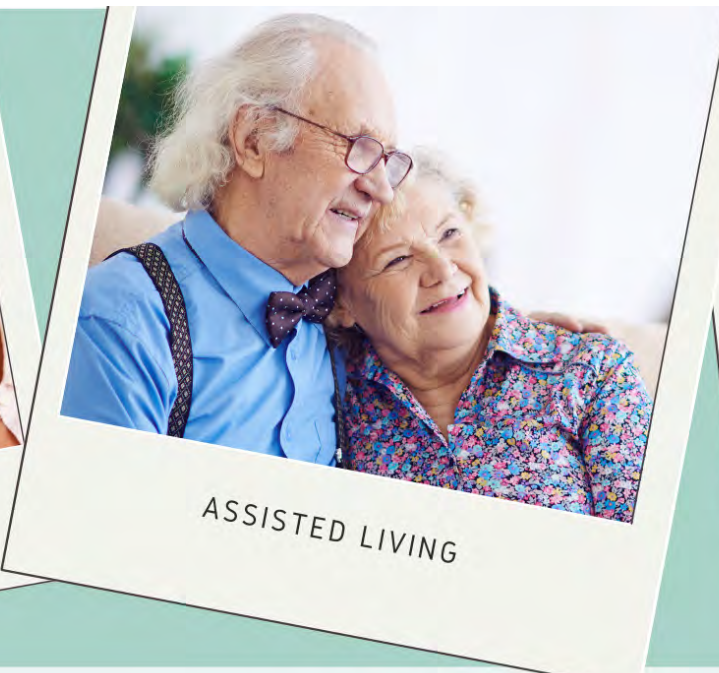
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BY  
KEITH  
SIPE

# The Grange Theatre, Little Tew, Oxfordshire

Recently I was sitting in my favorite chair and dreaming about the days in the early 1970s when my wife Pam and I were living in England, in the village of Little Tew, Oxfordshire. I don't think we really realized how wonderful our time living in England would be. We were a young couple who had been married a little over a year, living in another country and experiencing a time in our lives that would leave an impression on us forever! The memories kept flooding back into our minds over and over throughout the years. Every now and then, Pam and I would share these memories and all the photos we took while living in England. We always wanted to go back to England for a visit and see all the friends we made while living there. That never happened. We did come close in 2020, though.

My daughter and her husband were planning a surprise trip to England for our 50th wedding anniversary. We were to have our celebration dinner at the Falkland Arms in Great Tew on our anniversary day, May 1. But it never happened, for Covid 19 came along and with it all travel plans stopped. So, we waited and hoped that we would be able to make the trip at a later date. But that day never came either, as my wife got sick and



Keith as Sandy Terrill in *Hay Fever*, by Noel Coward

passed away in November of 2021.

I have such wonderful memories to look back on from living in England. Making plans for our return trip with our daughter and her family and sharing the photos and other memorabilia we had collected were all so exciting.

As I sit here thinking about my time living in England and wondering if a trip still might happen, a little spark is deep down inside of me and hoping the trip will still happen. But it will be without Pam. To make a trip like this without the one who you shared it with the first time will be difficult. But one will never know until they try.

Recently, my thoughts went back to when I was on stage in England at a theatre called "The Grange Theatre." I wanted to find more information on The Grange Theatre for this article. I remembered some of the actors and actresses who were part of the Banbury Cross Players of Banbury, England, who acted there. I searched and found information on the Banbury Cross Players. Plus, I found the website for The Grange Theatre of Little Tew, Oxfordshire. To my surprise there is quite a lot of history, including photos and articles on The Grange Theatre, which kept me busy reading. It was so exciting.

We lived in England around 1971-72. The Grange Theatre had its start in 1971 with a play entitled *Memory of Spring* by Val Temlett. The second play was *The Boyfriend* by Sandy Wilson, which Pam and I attended with complementary tickets. The third production was *Beauty and the Beast*, where I was given a part as Colin the Cobbler. The other play I was in was *Hay Fever* by Noel Coward, and my part was that of a boxer named Sandy Terrill.

There were over 100 productions in the lifetime of The Grange Theatre from 1971 through 2009. It was such

a surprise for me to find The Grange Theatre website, and that I played a part in The Grange Theatre history and am in its museum.



Keith as Colin the Cobbler in *Beauty and the Beast*

Looking back over the years of our lives, I have been thinking of all the people we have come into contact with and the effect that has made in not only our lives, but in their lives as well. We all are important in everyone's lives and we do make a difference one way or another. We make many friends and touch many lives. It might be just for a moment in time or it may last for many years, but we are somebody, and somebody important!

While researching the theatre I found photos of the two plays I was involved with. The first one is me playing the part of Sandy Terrill, a boxer in *Hay Fever* and the second photo is from *Beauty and the Beast* as Colin the Cobbler.

Keith may be reached at [rightseat625bg@gmail.com](mailto:rightseat625bg@gmail.com) Please drop him a note, he loves the attention, well, he would love to hear from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon.





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

## Soul Food

“Love them like family. Feed them like family,” is the slogan on a bag of dog food I purchased for our dog Pastor, an Icelandic Sheepdog. My wife said I should not use my name Pastor for my dog. I said that “pastor” was not my name, it was my calling. “Pastor” literally means “to gather, to feed.” I think it’s a great name for a sheepdog, which were

bred for gathering a flock together.

How do you, or your family, prepare for activities and gatherings when the spring arrives? I hope you still have the mobility to enjoy the outdoors. If you cannot risk walking too far, or choose to walk only with a family member or friend, reach out by phone and make some plans. I hope you have someone who will plan a drive in the country or along a lake (we have big lakes in Michigan, don’t we!), if this is more appealing. We have such wonderful natural wonders surrounding us, called the Great Lakes.



Families everywhere have relatives or friends who get together to eat, catch up on the news, and simply love to break out of the silence of home. Friends and relatives sometimes meet at a favorite restaurant for a meal. Food, such as chitterlings or yams, traditionally eaten by people in the southern U.S., are valued choices for a warm gathering – soul food, indeed!

March and April may start conversations with neighbors, family members, or dear friends that live farther away than you want to venture until the warmth of spring or summer returns. Thank the Lord for phones and the internet that assist us in speaking to our loved ones.

May your soul and mind guide you, and trust that your prayers will be blessed.

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# Senior Perspectives Cooking Corner



BY  
BRANDI  
WALDMAN

## Simple Salisbury Steak

**Ingredients:**

2 Tbsp. water	
1lb. ground beef	2 Tbsp. oil, split
1/3 c. breadcrumbs	1 Tbsp butter
1 small onion, finely chopped (approx. 1/4 cup)	8 oz sliced mushrooms
1 egg, beaten	12 oz. jar beef gravy

**Directions:** Thoroughly mix ground beef, breadcrumbs, onion, egg and water in a medium bowl. Shape firmly into 4 oval patties, 1/2 inch thick. Heat 1Tbsp. oil in a skillet over medium-high heat. Add patties and cook for 10 minutes or until they're well browned on both sides. Pour off any grease. Place patties on a paper towel-lined plate. Heat the other 1 Tbsp oil with the butter in the same skillet. Add mushrooms and cook until well browned (about 6-8 minutes), stirring occasionally. Return patties to skillet and add beef gravy to pan and heat to a boil. Reduce heat to low. Cover and cook for 10 minutes or until the patties are cooked through. Serve with mashed potatoes and a veggie.

*Brandi Waldman is the Staff Educator, HIPAA Privacy Officer and Emergency Preparedness Coordinator with Senior Resources of West Michigan*



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BY  
CATHAY  
THIBDAUE

## Cooked Cabbage

**Ingredients:**

1 tablespoon	coarsely chopped
butter	2 teaspoons minced garlic
1 (15 ounce) can	1 cup chopped sweet onion
chicken broth	salt and ground black pepper to taste
1 head cabbage,	½ cup cooked bacon, crumbled
cored and	(optional)

**Directions:** Melt butter in a large skillet and add sweet onions. Sauté onions and garlic in the butter. When soft, add chicken broth. Bring chicken broth, onions, garlic and butter to a boil. Reduce heat to low and add cabbage. Cover and cook over low heat, stirring frequently, until cabbage, garlic and onions are tender and sweet, about 45 minutes. Season with salt and pepper. Serve with crumbled cooked bacon, if desired.

*Cathay Thibdaue is the Network Manager at Senior Resources of West Michigan*



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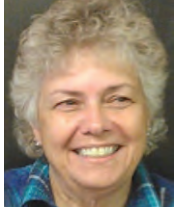
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SeniorResources  
*Area Agency on Aging*



# Home Modification & Assistive Technology Assessments



BY  
CHRISTINE  
WISTRUM

Life can be challenging when you're disabled, but when you add the functional losses that come with aging, you may find yourself struggling to remain living independently in your own home. There are some things you can do to make it easier for yourself though. You may want to consider having a home and assistive technology assessment done. It can help identify problem areas and offer suggestions for modifications and assistive devices that may keep you living on your own for years to come.

For instance, do you worry that you'll walk out of the kitchen leaving something cooking on the stove and start a fire? You may want

to consider using a stove with an automatic shut-off feature or purchasing a buzzer you can wear around your neck while your food is cooking (that way you won't forget it).

Do you care for someone with dementia? Installing a lock located higher up on the door can help prevent that individual from wandering outside in the cold. Do you need to call a friend or family member, but can't remember the person's name or

phone number? There is a device you can get that displays photos of your loved ones so you can see a picture of the person and call them with one touch.

Are you afraid of being scalded while you're taking a shower and you're too slow adjusting the hot water temperature? There are anti-scald devices you can have installed, or different kinds of temperature regulators. Or you may find the answer is as simple as turning down the temperature on the hot water heater a few degrees.

If you're using a wheelchair and have to make your own meals, are counters at the correct height? Do you have cupboards that are out of reach? If you're hard of hearing, will you hear the smoke alarm or the carbon monoxide detector if it goes off? There are potential solutions for all of these issues, and many of them are low-cost.

Disability Network/Lakeshore has staff that will come to your home and do a walk-through with you and assess whether there are home modifications you can use to make it easier to stay home or identify assistive devices that might prove beneficial.

Following the assessment, you'll receive a written copy of the report listing problems and suggestions for resolving them. If there are assistive devices that may make things easier for you, we'll include suggestions, price quotes and contact information for ordering.

If you are interested in scheduling a home/A.T. assessment, call Disability Network/Lakeshore at 616-396-5326. There is no charge for this service.

*Chris is a Gerontologist and an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. She specializes in assistive technology, and she is a member of the Michigan Center for Independent Living's Emergency Preparedness team working to inform older adults and people with disabilities of the need for emergency preparedness planning.*

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BY  
JOEL  
DULYEA

# Waiting for Dawn

I parked at the southern end of the mountain near a ranger station, then hiked north on the Appalachian Trail up to the campsite. I wore a black baseball cap embroidered with gold thread that spelled “Vietnam Veteran, River Rouge Chapter.” I carried in my pocket a mini flashlight with a pink headband. In the dark, I could strap the flashlight to my head. It gave me line-of-sight illumination and left my hands free. The pink headband replaced a lost black one. To think someone would see me wearing pink left me uncomfortable.

Many times, I sat with friends at this circle of rocks 15 miles northwest of Gettysburg on South Mountain, in Michaux State Forest. It was a rustic site beneath a canopy of deciduous trees; a restful place to sit around a campfire in conversation.

I felt uneasy at the familiar fire pit. The campsite could be seen from a nearby dirt road that had been cut through the forest. I decided to follow a deer trail that led to a carpet of soft pine needles in a thicket of evergreens 200 yards off the Appalachian

Trail. I pitched the tent, brewed coffee, removed my hat, attached the flashlight to my head and waited for sunset. The forest was deadly quiet. It seemed secure. No one would find me, or so I thought.

The sound of a truck trickled through the forest, rising from below, coming closer and closer. The thick air shoveled the sound of shifting gears and rusty springs right into my campsite. The growl of the engine stopped 200 yards away. In succession, two doors opened then closed on rusty hinges. There were voices. Surely, they couldn’t find my hiding place. It was almost dark. What were they doing here at such an hour?

I froze cross-legged, seated in front of my orange pup tent. A shadowy figure emerged from the deer trail; the same trail that led to a secure campsite where no one would know I was alone in the forest. The dog stared at me. A twig snapped. I quickly ripped the pink headband from my head and replaced it with the golden thread “VIETNAM VETERAN” hat just in time. Two men over six feet tall stepped into view next to the black lab. My thought repeated, what were they doing here at such an hour?

The taller of the two men had a survival knife in a scabbard on his right hip. He said, “We’re out looking for signs of deer.” I replied in a slow, low gravelly voice, “Hmm. See any?” “No,” he said. He continued to speak with words like “Scull Cliff” and “Bloody Cove” and “Sasquatch,” who was supposedly active in the area. “Hmm,” I said. They walked away.

In succession, two doors opened then closed on rusty hinges. The truck engine started. Two men with a black dog left in the same manner they arrived. The forest became deadly quiet. I fell asleep in the moonless black night, but Sasquatch found me. He reached right through the top of my tent, grabbed me by the neck and shook me awake. A nightmare. The forest was deadly quiet. Except for a whooshing sound that covered the polyester tent. Flashlight. Unzip tent flap. What was that sound? I had pitched my tent on the migratory path of hundreds of daddy longlegs. Flashlight in hand, I sat crossed legged in the dark, waiting for dawn.

*Joel Dulyea is a United States Army retiree, not a Vietnam Veteran, who likes to camp with his wife Merijo, and his daughter, son-in-law, and granddaughter.*





BY  
JAY  
NEWMARCH

## The Graying Globetrotter

# Louisville Is a Home Run!

Louisville had never been on my radar until a couple of friends asked if I wanted to come along for a long weekend. Always game for a new city to explore, I accepted.

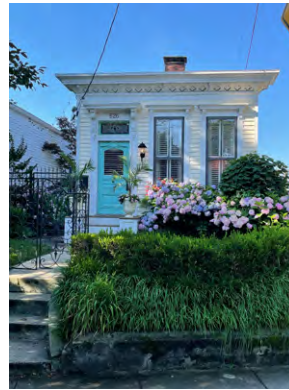
We headed out on a Friday morning, heading south with the warm June sun guiding the way. While it is always fun to be on the road with friends, we added an additional attraction to our trip. We used the app Autio as our tour guide. It is quite cool, offering you options for historical reference and points of interest as you progress down the road. You would be amazed at all the interesting history that lies just off the interstate! With the conversation and our in-car tour guide, the trip to Louisville was a quick one.

Soon we found ourselves crossing the Ohio River with the Louisville skyline beckoning. All I really knew about Louisville was that it was the home of Churchill Downs and the Kentucky Derby. At a previous job, we would plan our big annual gala around the derby, mimicking the big hats, flowers and horse mania associated with the big doings in Louisville. We would all place our wagers on the big winner and then watch it live during our gala. It was a blast.

But, once in Louisville proper, it didn't take long for me to realize there are other interests that really preoccupy the city. The biggest of all is the focus on bourbon. Distilleries, demonstrations, tastings, and museums touting the history of bourbon making abound. I have never been a huge bourbon drinker but discovered a new-found interest and appreciation for it. We didn't go crazy, but we did take in a couple of tastings and one museum tour. I learned how to taste, and to taste the dif-

ference between bourbons. After my short weekend I learned I have an appreciation for rye with one in particular; the Angels Envy rye that is finished in vintage rum casks was outstanding. And, for those who want to enjoy something a little tamer, it is not hard to find and enjoy a rum ball while in Louisville.

The next big realization was that, duh, Louisville is home to the Louisville Slugger museum and factory. Listening to the



history of bat making and what goes into selecting the wood, not to mention the aging and finishing of each bat, is quite something. And, oh there were lots of excited kids with looks of wonder on their faces!

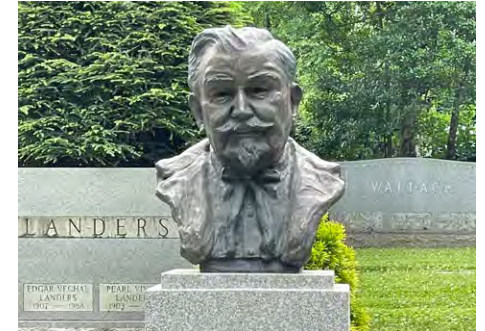
A little less universal in appeal, but right up my alley, was the Saturday morning architecture tour we took in an older section of Louisville. It was a walking tour that took us down streets, alleys and through neighborhood parks. Large mansions gave way to small but meticulous shotgun houses with garden-like yards. One street had been entirely closed off to traffic, replaced with brick walkways, fountains, benches and greenery everywhere. Just outstanding and highly recommended. One of us, I can remember who, read

something about the cemetery in Louisville. Final resting place to Harland Sanders, of Kentucky Fried Chicken fame, and the great Muhammad Ali. Well, on Saturday, we found ourselves passing the cemetery and decided to take a look. It is both incredibly large and incredibly well-heeled and nicely manicured. The headstones, mausoleums, and gardens are worth a look. You will, however, want to grab a map. The labyrinth of lanes will easily turn you around, as we



to a very eclectic selection of artwork. From classical to modern, Old Masters to indigenous artists, it will entertain and enthrall.

On Saturday evening we ended up downtown and wandered up an old train trestle that runs across the Ohio River and has been turned into a linear park. As the sun was setting in the west, we walked across the brightly lit bridge while being entertained by street performers and artists.



found on our pilgrimage to the Harland Sanders gravesite.

What to follow on the heels of a cemetery tour? Well, an art museum, of course! The Speed Art Museum, founded by Hattie Bishop Speed in 1925 as a memorial to her husband, a prominent businessman and philanthropist, is home

Oh, and the food. Wow! Our first night was dinner at the famous and historic Brown Hotel. Founded in 1923, the hotel is a spectacular backdrop to an incredible creation by their chefs, the Hot Brown, an open-faced sandwich consisting of turkey, tomato, and bacon on bread topped with delicious mornay sauce and cheese. It was spectacular and made even better

by the historic atmosphere and top-notch service. Add a mint julep (again with the whiskey) and a slice of derby pie and you'll know you're in Louisville.

Another highlight was our dinner, my birthday dinner at Jack Fry's, an old sportsman's hangout opened in 1933. Photos of past patrons, both famous and infamous, line the walls. You could spend hours just browsing. The dinner was delicious in this loud, crowded, but at the same time intimate, restaurant. As we nearly closed the place, we were able to get a much better view of all the old photos, as most of the tables had already been vacated. Did I mention that the staff was very patient?!

Our leisurely Sunday morning breakfast brought us to Biscuit Belly. We had a lengthy wait to get in, but the line was friendly and the wait worth it. I partook of fried green tomatoes and a chicken biscuit with a side of maple bourbon syrup. Oh, boy! Now that's a way to start your day.

Louisville was also my first experience with an Airbnb. I've always been a bit ap-

prehensive but decided to tamp down my reservations and go with the flow. It was a pleasant surprise. We rented a small, newly renovated house that was both immaculate and charming. Renting the house allowed each of us to have our own bedroom and plenty of room so that we never felt like we were tripping over each other. While it wasn't cheap, it certainly was a better deal than if we'd gotten separate hotel rooms or tried to pack ourselves into the same room. That's something I did in my youth, but don't care to relive that experience in my more "advanced" years!

It was a weekend of wide-ranging activities and tastes. If you've never been to Louisville, I suggest you add it to the list. There's plenty to keep you entertained and in awe.

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

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# NPs, PAs – Making sense of alphabet soup in the medical world



BY  
LISA  
TYLER

If you think you're noticing changes in who is providing your medical care, you're not alone. While in past decades you were almost certain to see a doctor – either MD or DO – in a medical setting, now there's a pretty good chance your primary care provider may have different letters behind their name. Nurse Practitioners (NP) and Physician Assistants (PA) are becoming more prominent in both primary care and hospital settings.



The Bureau of Labor Statistics in 2021 estimated that there are almost 133,000 physician assistants and more than 234,000 nurse practitioners, with growth expected to continue. With a physician shortage over the last decades and a growing aging population, the provider you see may not be a medical doctor or osteopathic physician, as was traditional for many years. While you may be noticing them more frequently, NPs and PAs are not new to the medical field – the roles were created in the mid to late 1960s, but really started growing in the 1970s.

To learn more, I spoke with Dr. Mike Borgeld, MD, medical director for the Senior Resources Primary Care at Home program, a member of the Michigan State University College of Human Medicine faculty since 2017, and a practicing internal medicine and emergency medicine physician since 1991. He oversees nurse practitioners in the Primary Care at Home program.

PAs and NPs both are mid-level health care providers, also called Advanced Practice Providers or Advanced Practice Clinicians. The primary difference between them is in their education paths. They have roughly the same scope of practice but their path to licensure/certification is different. Both work very closely with physicians, who supervise the care they provide patients. About 27 states and U.S. territories allow NPs to have full practice authority, meaning they don't have to have physician supervision. Eleven states – including Michigan – have restricted practice – meaning they must be supervised by a physician.

While nurse practitioners and physician assistants see patients and are often the primary care provider, the education levels differ between them, and from that of a phy-

sician. Both NPs and PAs are licensed healthcare providers who can work alongside physicians; both diagnose and treat illnesses and prescribe medications, and both require a graduate degree, clinical training, and certifications. A nurse practitioner must have their nursing degree before doing graduate level advanced clinical training. A physician assistant typically has 3-4 years of undergraduate studies before their minimum of 27 months of classroom instruction that includes 2,000-plus hours of clinical experience. (Physicians must have at least an undergraduate degree, four years of medical school training, and a post-graduate residency training program in their specialty that can range from 3-7 or more years.)

Specialization is another difference between a nurse practitioner and a physician assistant. A PA obtains a master's degree and then focuses on a discipline by working and gaining experience in that discipline (e.g., family practice, emergency med); they don't need to do additional classes. PAs can change their focus throughout their career without going back to school.

By contrast, nurse practitioners complete specialization during their graduate level advanced clinical training. There are Family Nurse Practitioners (FNP), Pediatric Nurse Practitioners (PNP), Neonatal NPs (NNP), Psychiatric Mental Health NPs (PMHNP), Women's Health NPs (WHNP), Emergency NPs (ENP), etc. In order to change specialty certifications, a NP would need formal education and licensure for that new role. Family Nurse Practitioners are among the most versatile providers and are well qualified to care for patients of all ages in a wide range of settings, including home-based primary care.

Nurse practitioners and physician assistants are an integral part of health care teams throughout Michigan and the U.S., Dr. Borgeld noted. One of the biggest reasons for the explosion over the last few decades, he said, is the "increasing demands upon physicians to provide increasingly complex and advanced medical and surgical care." Nurse practitioners and physician assistants help with the high demand for primary care services and can allow more patients to be physically seen by a qualified provider in a more timely manner. "They are well trained to provide primary care with a focus on disease prevention and health promotion," he added.

Dr. Borgeld said of NPs, "their experience as nurses gives them a unique approach to patient care while their advanced studies qualify them to serve in additional roles that were traditionally the domain of physicians."

Dr. Borgeld emphasized the value of both NPs and PAs in medical care. NPs, with their background as nurses, have a very patient-centered, person-centered focus, he noted. "Our nurse practitioners are good at meeting people where they're at, so to speak, respecting their values and providing individualized person-center care accordingly.

"We are all about collaboration" in the Primary Care at Home program, Dr. Borgeld said. "Everybody's a member of the care team, everyone is a member of the safety team, and all voices are heard equally." He believes in a culture that "empowers and values every individual on the team" whether that's billing, appointment scheduling, medical assistant, etc.

To find out more about nurse practitioners and physician assistants, you can read a blog post from the University of St. Augustine for Health Sciences, <https://www.usa.edu/blog/np-vs-pa/>.

*Lisa Tyler is the communications director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, a senior at Hope College, and Nicholas, a graduate of MSU. Lisa is also an alumnus of MSU, loves scrapbooking and travel, and being involved in her community. She is secretary of the Muskegon Area Intermediate School District Board of Education, past chair of the Kids' Food Basket Muskegon advisory committee, board member for CALL 2-1-1, and a member of the Muskegon Rotary Club and Greater Muskegon Service League.*



# Social Security's Top 5 Data Privacy Resources

By Hillary Hatch

It is important that you stay safe online. When we collect your personal information, we are committed to protecting your privacy. Please review these data privacy resources:

- A great online resource is [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). You can visit this page to open a secure my Social Security account, keep track of your earnings record, and identify any suspicious activity.
- Our Privacy Program page at [www.ssa.gov/privacy](http://www.ssa.gov/privacy) is a central resource to learn about our Privacy Compliance Program, submit a Privacy Act request, and review our privacy policies and reports.
- In our blog post, 10 Ways to Protect Your Personal Information, we cover steps you and your loved ones can take to protect personal data. You can check out this blog at [blog.ssa.gov/10-ways](http://blog.ssa.gov/10-ways)

to-protect-your-personal-information.

- Our fact sheet, How You Can Help Us Protect Your Social Security Number and Keep Your Information Safe, provides details to safeguard your private information. You can access this fact sheet at [www.ssa.gov/pubs/EN-05-10220.pdf](http://www.ssa.gov/pubs/EN-05-10220.pdf).
- Our Guard Your Card infographic at [www.ssa.gov/ssnumber/assets/EN-05-10553.pdf](http://www.ssa.gov/ssnumber/assets/EN-05-10553.pdf) helps you and your loved ones understand when you need to show your physical Social Security card – and when you do not.

We encourage you to help protect your vital information. Please share these resources with your loved ones.

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



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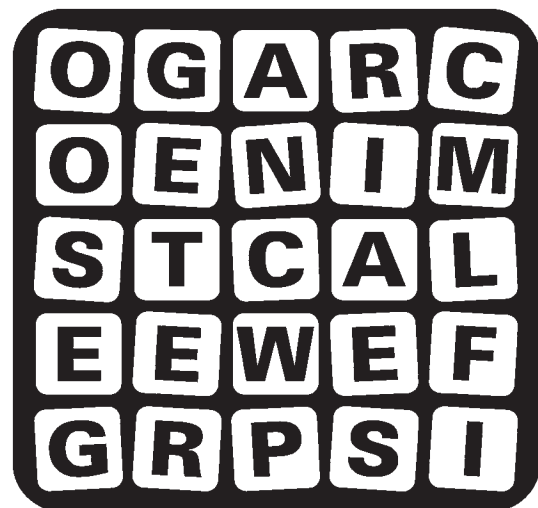
			2	4	3			
6	5						3	1
		8			5			4
2		5		7		1		3
4		1	6			2		
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			9	5	7			



Game Page  
Answers  
on  
Page 39



By David L. Hoyt and Jeff Knurek



5-29-22

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

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							1st Letter Triple	
A <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	H <sub>4</sub>	N <sub>1</sub>	P <sub>3</sub>	T <sub>1</sub>		RACK 1
A <sub>1</sub>	I <sub>1</sub>	I <sub>1</sub>	K <sub>5</sub>	R <sub>1</sub>	C <sub>3</sub>	S <sub>1</sub>		RACK 2
A <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	Y <sub>4</sub>	T <sub>1</sub>	M <sub>3</sub>	D <sub>2</sub>		RACK 3
A <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	T <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>		RACK 4
A <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	M <sub>3</sub>	B <sub>3</sub>	R <sub>1</sub>	R <sub>1</sub>	Double Word Score	RACK 5

PAR SCORE 265-275  
BEST SCORE 324

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association [info@scrabbleplayers.org](mailto:info@scrabbleplayers.org). Visit our website - [www.scrabbleplayers.org](http://www.scrabbleplayers.org). For puzzle inquiries contact [scrgrams@gmail.com](mailto:scrgrams@gmail.com)

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OLIOG

○	○	○	○	○	○
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TMRETA

○	○	○	○	○	○
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NESYRT

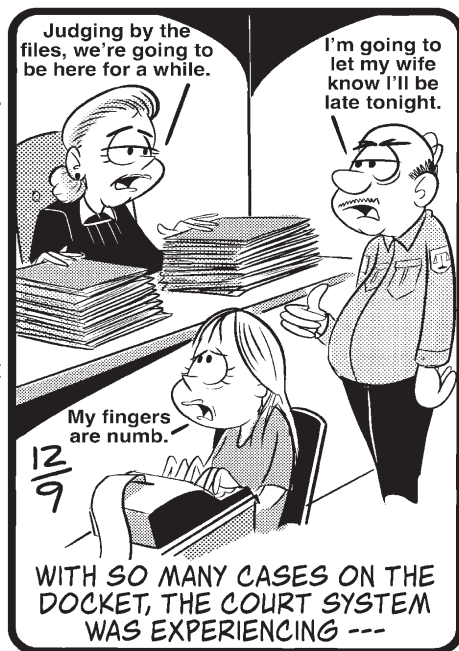
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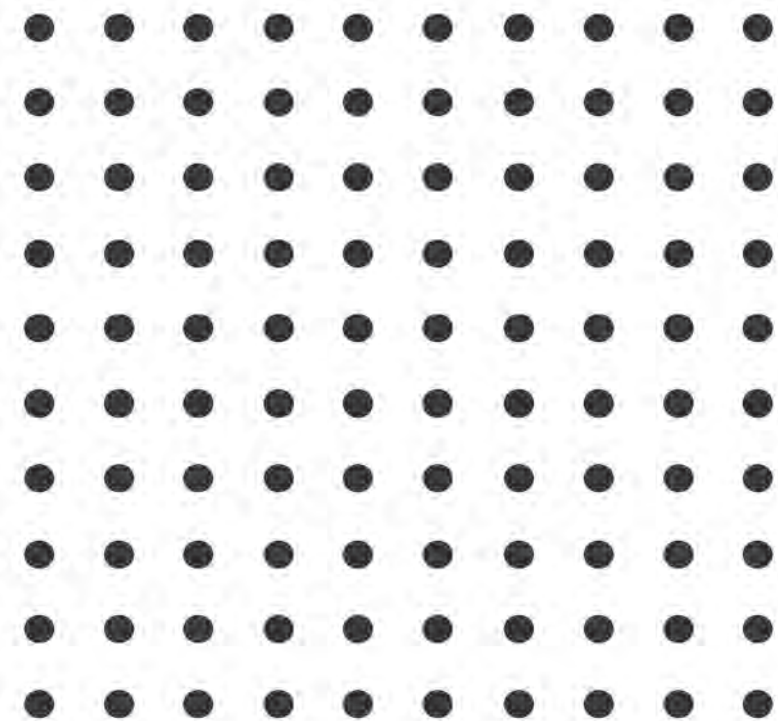
## THAT SCRAMBLED WORD GAME By David L. Hoyt and Jeff Knurek



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

# DOTS and BOXES



Dots and boxes is a simple game with a simple goal: whoever "owns" the most boxes at the end of the game wins. You and your opponent take turns drawing horizontal or vertical lines to connect the boxes. When someone draws a line that completes a box, you write your initial inside to win the box.



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# Viking Ancestors



BY  
DICK  
HOFFSTEDT

My wife and I are in a somewhat unique position. Both our heritages go back to only one country, and that would be Sweden. We are both first born in the U.S. Our heritage goes back two or three centuries as far as we know. Our four parents emigrated to America back in the 1920s. Unfortunately, we never met our grandparents.

So, is our heritage connected to the Vikings? It could very well be. Growing up I heard many stories about these powerful people who pillaged and plundered their neighbors and fought amongst themselves.

For their time, they travelled far and wide in their longboats with the single square sail in the front, with large crews manning heavy oars on each side of the ship. They travelled east and west from their homelands of Sweden, Norway, and Denmark. They are reputed to have gone south to Turkey and Iran. They formed colonies to the east as far as Moscow. Their relationship with Russia has been strained for centuries. As late as 1708, King Charles XII of Sweden invaded Russia, hoping to defeat the army of Czar Peter the Great, but lost a great battle at Poltava which is actually in the Ukraine. It basically ended Sweden's quest for colonies in the east.

Their longest voyages were to the west. In 865, Vikings landed a large army in England. They found Anglo-Saxon kingdoms weak and divided. That included Wales, Scotland, and Ireland as well. From there it was on to Iceland and three small settlements on Greenland's west shore.

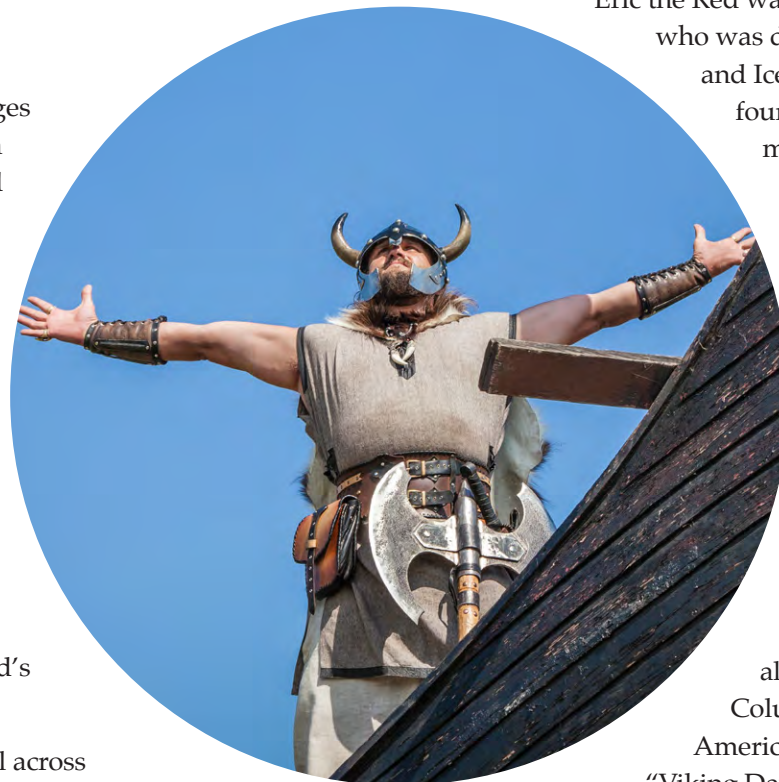
These raids were all across generally cold climates. Viking clothing was important. They were part of a strong Norse honor culture that valued individual worth and status. They took presentation seriously. The many combs and personal care items recovered from archaeological sites show that they were not dirty barbarians and their clothing was a way that Vikings showed their status and set themselves apart. Leather and wool were a big part of their clothing needs. Warriors wore steel helmets with chain mail attached to protect the throat and upper chest. Contrary to modern stereotypes, their

helmets did not have animal horns protruding from them. Horns would be too easy for enemies to grab during battles.

Eric the Red was a Norse explorer who was described in medieval and Icelandic sagas as having founded the first settlement in Greenland. The "Red" was due to the color of his hair and beard. He lived for 53 years, from 950 to 1003. His son, Leif Erickson, landed between Labrador and Newfoundland around 1000 at a place he called Vinland (Wine Land). That would be almost 500 years before Columbus reached North America. Shouldn't there be a "Viking Day" somewhere on our calendar?

So, are my wife and I related to any of the Vikings who lived over 1,000 years ago? This is something we'll never know.

*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 67 years. Richard has six children, five grandchildren and five great grandchildren. 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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# How to *Enjoy* Deer and Flowers at the Same Time



BY  
LOUISE  
MATZ

Am I an expert? No, but I do have 25 years of trial and error on this subject. Our house had a dune in our back yard. It was landscaped with flowering plants from top to bottom. The local deer were regular visitors

and we thoroughly enjoyed their visits. Our dining table looked out through triple sliders at the dune, so it was very visible at breakfast and dinner and throughout the day from the kitchen. It was a feature about this house that we really loved.

When we first moved in, there were many days when we enjoyed a fresh bloom in our landscape. Often, that beautiful flower would disappear overnight. One day arriving home from work, I was delighted to see red tulips in bloom framing our circle driveway. Imagine my disappointment the next morning as I backed out the garage expecting to enjoy the same colorful scene. Deer had discovered this tasty snack and every bloom was gone!

Little by little I began tracking all my current plants, removing those that were attractive to the deer and replacing them with new possibilities. After much trial and error, I came up with a successful plan for enjoying both the flowers and the deer. If you are blessed to be in an

area with those beautiful creatures, perhaps you can benefit from some of my experience.

Most of my information relates to perennials. My knowledge of annuals is very limited. I think marigolds are your best bet for an annual. Otherwise, keep those annuals out of reach or switch to perennials.

My first lesson was to substitute daffodils for tulips. For reasons I don't understand, the deer will not eat your daffodils, but tulips are a favorite deer candy.

Lesson Two: Hostas may survive for a month or two. If there are several plants, the deer may just nibble here and there and appear to do little damage. Then, one day when you least expect it, the hostas will disappear completely or be nibbled to the stubs.

These are the flowering plants that worked well for me. Note that some have longer blooming time than others, giving you a little better result for your efforts.

**Hellebore** (Christmas Rose) blooms from March thru June.

**Periwinkle** blooms from late April thru June.

**Daffodil** blooms in April thru May.

**Hyacinth** blooms in April thru May. The deep purple is my favorite.

**Rhododendron** blooms in May thru June.

**Chives** bloom in May thru June.

**Bleeding Hearts** bloom in May thru July.

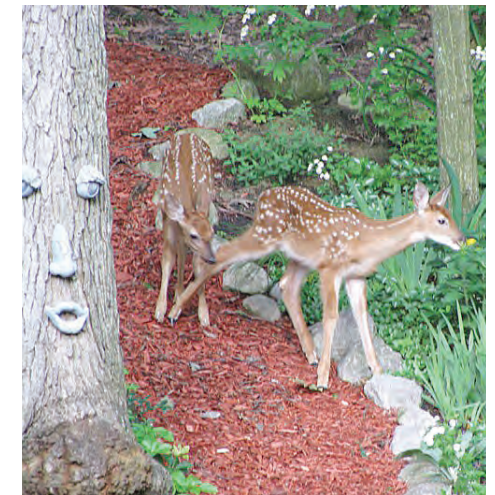
**Short Iris** blooms in May.

The deep purple is very showy.

**Daisy** (early) blooms in May thru June.

**Japanese Iris** (tall) blooms in June.

**Peony** blooms June thru August.



**Loosestrife** (yellow) blooms in June & July.

**Sundrop** blooms in June & July.

**Astilbe** blooms in June thru July and is available in white, pink & red.

**Feverfew** blooms in June thru August. This flower is very easy to grow and spreads rapidly.

**Catmint** blooms in June & July.

**Sweet Williams** (Dianthus) blooms in June thru August.

**Yarrow** (yellow) blooms in July. The yellow Yarrow is very showy.

**Rudbeckia** (Black-eyed Susan) blooms July thru September and is very showy.

**Moonflower** blooms July thru September and primarily in the evening.

*Louise has been writing for Senior Perspectives for over ten years. She enjoys family time, reading, walking, biking, and golf. Pickleball and mahjongg have been added to the list since retirement. She also loves to join her husband for turkey hunting and fishing in the Florida Keys.*

# Understanding Parkinson's Disease



BY  
DIANNE  
MALBURG

Parkinson's Disease (PD) was first described in 1817 by Dr. James Parkinson. It's a chronic neurological disease that worsens over time causing nerve cells in the brain to produce less dopamine. Dopamine is a neurotransmitter that carries signals across the nerve fibers to the parts of the brain that control movement. As dopamine levels decrease in the brain, motor skills are impacted. Four classic symptoms of PD include rigidity (stiffness of the limbs and trunk); bradykinesia (slowness of movement); postural instability (impaired balance and coordination); and tremor (trembling in hands, arms, legs, jaw, and face). Other symptoms may include small handwriting, decreased facial expressions, soft speech, and difficulty swallowing. As the disease progresses, individuals will likely develop a shuffling gait, and the loss of balance may lead to falls.

There is no known cause or cure for Parkinson's Disease. Onset of PD is most common around the age of 60 and increases with age. However approximately 5-10% of patients are diagnosed under the age of 40. With an estimated one million people exhibiting signs of Parkinsonism in the United States, being aware of strategies to prevent or reduce symptoms and slow the progression of the disease becomes important to senior citizens and their family members or caregivers.

Parkinson's Disease can be effectively managed with medication, lifestyle modifications and, in some cases, surgery. Most traditional medications used to treat PD work by replenishing or mimicking the action of dopamine. There is a growing trend to use complementary and alternative medi-

cine (CAM) therapy, also referred to as functional medicine. Several examples of functional medicines that may be beneficial to patients with PD include Vitamin B1, Vitamin D3, Taurine, Omega-3 Fatty Acids and CoQ10.

Vitamin B1 (Thiamine) has been used to promote brain and nerve health. A reduction of Thiamine in the body has been linked to cognitive decline in neurodegenerative disorders. The typical dosage of Vitamin B1 starts with 100 mg every day which



may be titrated to a higher dose over several weeks to reach the desired dose. Vitamin D3 is a fat-soluble vitamin that can be synthesized by the human body, but when the body can't produce an adequate amount, supplementation may be required. Researchers have reported that cognitive impairment in PD was improved following treatment with vitamin D3 at 5,000 IU taken daily. Taurine is a supplement that has been shown to be neuroprotective and supports brain and nerve health. Good sources of dietary taurine are animal and fish proteins, or 500mg twice a day can be

taken to experience beneficial effects. Parkinson's is inflammatory in nature and researchers have spent much of their time exploring the anti-inflammatory effects of omega-3 fatty acids on the disease. Omega-3 fatty acids are strongly implicated in the prevention of cell degeneration and death, with their benefits going well beyond Parkinson's prevention. Deficiencies in CoQ10 have been shown to contribute to age-related neurodegenerative conditions like Parkinson's. A variety of studies have demonstrated that CoQ10 supplementation can slow the progressive deterioration of Parkinson's and prevent dopamine loss.

Exercise significantly improves motor and cognitive functions. Therefore, lifestyle strategies should always involve regular movement. Aerobic physical exercise combined with strength/power training will lead to improving one's balance and coordination. Due to the risk of falls and injuries with Parkinson's, it's important to exercise in a safe environment. Recent advancements in modern surgical procedures offer safe surgeries that can mitigate some of the more severe symptoms associated with PD. The most common one is deep brain stimulation, in which an electrode is implanted into the brain to stop some of the more severe symptoms of Parkinson's.

This information is not intended to treat, cure, or diagnose your condition. Consult with your doctor or local pharmacist before using any new medication or supplement. Consult with your medical provider to discuss concerns related to Parkinson's Disease.

*Dianne Malburg has practiced pharmacy in the community, hospital and long-term care environments and is currently the Vice President of Pharmacy with HomeTown Pharmacy Inc. For more information, visit [www.hometownpharmacy.com](http://www.hometownpharmacy.com)*



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BY  
CINDY  
HOGG

# The Saint on the Other Side of the Door

It all began with a car – or rather, the lack of one. My husband and I have paid cash for our cars for decades. What’s a car payment? But when my current car with 230,000+ miles on it had to be replaced, we were in for sticker shock, especially because we wanted something with super gas mileage, gas prices being what they are. There just wasn’t much out there and the price of what was made our jaws drop. Sigh. Time to come out of retirement and get a part-time job.

But I liked retirement. Very much. And I was already busy, busy, busy, doing things I enjoyed. I did not relish giving up my freedom and flexibility.

The company I found is part of the “gig” economy that matches individuals with seniors and others who need a little help around the house, or with transportation or errands. The job preserved the all-important flexibility I crave, along with the sense of doing something that matters. The work didn’t look hard and payment is almost immediate. Perfect, I thought. Well, except for one thing. I knew that making a cold call on someone I didn’t know – and being put into an unfamiliar situation – would be a stretch for me.

Most people who know me are surprised to learn I consider myself an introvert. Actually, I try to explain, I am a flexivert: outgoing and extroverted when I know people well and quite introverted in unfamiliar situations when I don’t know someone. That’s



when I decided I had to make this job an adventure – who would open the door? I always tried to guess based on their name and the sound of their voice when I called to confirm the visit. I also reminded myself that each stand-alone visit only lasts a couple of hours and no matter how uncomfortable, I could do anything for just a couple of hours, right?

Only, I never experienced any discomfort. Just the opposite. With rare exceptions, when people opened their doors to me, they also opened their lives and hearts. Everyone has a story and I found

I hungered to hear them. The job is just so interesting!

But it’s also humbling. The more visits I make, the more I sense I am being allowed to serve actual saints who present as ordinary people.

I think of Betty (name changed to preserve her privacy), widowed in her 30s, who fostered 75 children over the years, all of them with severe disabilities. She always took the children nobody else wanted. Physical therapy, diapers, feeding tubes. When her own children were grown, she adopted five of them. The last of the five died last year – when she

was 90. I was horrified when she tried to tip me \$10 at the end of the visit. I felt instead I should be bowing before her or kissing the hands of such a saint. She may be a dramatic example, but is still only one of the many saints I feel I have been privileged to serve.

Over and over, I am astounded at the simple dignity I sense and the kindnesses shown me. “Come on,” people say, “you must meet some grumpy individuals!” Perhaps a few. But I don’t always know what they have gone through so I don’t judge. I am just there to make their day a little brighter.

I feel a little guilty when my clients are so grateful. I am not some great humanitarian; I am being paid to do what I do. But I accept the basic transactional nature of the visit because first of all, there is nothing demeaning in honest work to pay for one’s needs and secondly, because it’s what opens the door to so much more. The money earned may go into the bank to pay for the car, but the experiences continue to enrich my life in unexpected ways. In this age of impersonal contact and online everything, I feel this job keeps me human.

The desire for a new car drove me to the retirement job I didn’t know I needed!

*Cindy Hogg is a freelance writer who splits her time between her homes in Grand Rapids and Ludington. Her passion is travel, especially with her grandchildren. She is the founder of the blog [skipgentravelguru.com](http://skipgentravelguru.com).*



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BY  
CLIF  
MARTIN

## Martin's Meanderings

# Poor Old Helen Trent

Helen Trent was the long-suffering heroine of radio's longest running soap opera. From 1933 to 1960, America listened as Helen longed for "Just a little love, a little kiss" from Gil Whitney. That old song introduced the program for over 7,000 episodes. It was sponsored by Lydia Pinkham's vegetable compound for "female complaint." The story was fiction, but there really was a Lydia Pinkham. Her compound contained a fair amount of alcohol.



Helen's problem was that she was 35, not a good age to be back in the day. The announcer tried to make the listening ladies feel better with, "And now, the Romance of Helen Trent, who, when life mocks her, breaks her hopes, dashes her against the rocks of despair, fights back bravely, successfully, to prove what so many women long to prove: that because a woman is 35 or more, romance in life need not be over, that romance can begin at 35." I didn't make that up. It's a transcript of the announcer's words.

Gil Whitney had been a brilliant and prominent attorney and a secret government agent. He broke poor Helen's longing heart when he married someone else. Helen was still 35 in 1960 when radio was being replaced by TV and sponsors moved to the new home entertainment medium.

The writers came up with a grand tear jerker to end Helen's story. Gil Whitney had finally decided that he loved her after all. Helen was on a balcony, waiting for that long-sought declaration of his love. The balcony collapses with a terrible crash. The last words spoken on one of radio's great daytime serials came from Gil. "Helen?...It's Gil...Helen!"

No love, no kiss for Helen from Gil Whitney. It still makes me teary. June 24th, 1960. The day that radio died with poor old Helen Trent.

*This came from Clif's blog, "Burping Canary Feathers." It's about '30s and '40s pop culture, especially radio. It's on the internet at <https://canfeath.blogspot.com/>*

**Question:** I prefer reading by audio book. Does Social Security have audio publications?

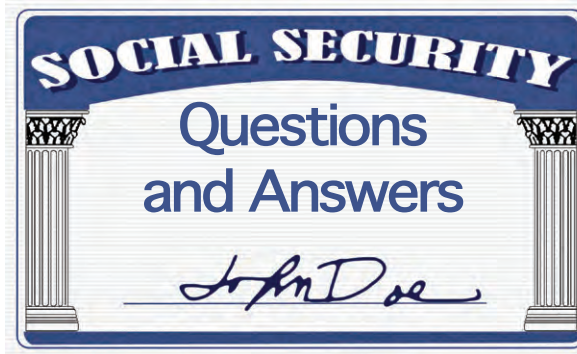
**Answer:** Yes, we do. You can find them at [www.ssa.gov/pubs](http://www.ssa.gov/pubs). Some of the publications available include What You Can Do Online, Working While Disabled - How We Can Help, Apply Online for Social Security Benefits, and Your Social Security Card and Number. You can listen now at [www.ssa.gov/pubs](http://www.ssa.gov/pubs).

**Question:** I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

**Answer:** Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit [www.ssa.gov](http://www.ssa.gov) or call us at 1-800-772-1213 (TTY 1-800-325-0778).

**Question:** How can I get a copy of my Social Security Statement?

**Answer:** You can get your personal Social Security Statement online



By Hillary Hatch

by using your personal my Social Security account. If you don't yet have an account, you can easily create one. Your online 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.

To set up or use your account to get your online Social Security Statement, go to [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

We also mail Statements to workers age 60 and over who aren't receiving Social Security benefits and do not yet have a my Social Security account. We mail the Statements three months prior to your birthday.

**Question:** How can I get proof of my benefits to apply for a loan?

**Answer:** If you need proof you get Social Security benefits, Supplemental Security Income (SSI) and/or Medi-

care, you can request a benefit verification letter online through your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). This letter is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter." You even can select the information you want included in your online benefit verification letter.

**Question:** I'm planning to retire next year. I served in the Navy back in the 1960s and need to make sure I get credit for my military service. What do I need to do?

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retirement, you can do it conveniently and easily at [www.socialsecurity.gov/retireonline](http://www.socialsecurity.gov/retireonline).

**Question:** I am receiving Supplemental Security Income (SSI). Can my children receive dependent's benefits based on my benefits?

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

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BY  
JANET  
HASSELBRING

# A Lenten Challenge



*“Lord,  
help me be the person my  
dog thinks I am.”*

(Anon) – my Lenten challenge this year.

## Lent

Lent is the period preceding Easter in the Christian church, devoted to abstinence, penitence, and reflection, commemorating Christ’s fasting in the wilderness. Lent begins on Ash Wednesday (February 22, 2023), and ends on Holy Saturday (April 8) These 40 days comprise 57,600 moments of 2023’s 525,600 total. \*

One fourth of Americans, approximately eighty million people, mainly Christians, observe Lent, though any person of faith can participate, finding the disciplines helpful in their journey of faith.

Lent is known as the time of “bright sadness,” as pilgrims experience a period of grief followed by joy. But Lent, derived from the Anglo-Saxon term “lencten,” also refers to the lengthening of days, which occurs during this period. For Christians, the renewal of life in nature is tied closely to the resurrection of Jesus, but whatever one’s religious stance, everyone can rejoice as the dark days of winter slowly give way to the lighter, longer days of spring:

Bulbs, seemingly dead in their underground encasements, burst forth in a profusion of color, buds swell on branches, plants, seemingly dead, wake up, sprouting verdant green, robins bound sturdily across the lawn singing their cheery roundelay.

## Chronos and Kairos Time

The Greeks called this passing of sequential time, season by season, month by month, moment by mo-



ment, Chronos; however, they designated another time as Kairos, which has to do with the quality of the moments we spend -- moments when Eternity breaks through our everyday lives, infusing them with spirituality.

## Snack

These are the moments I experience as I journey through Lent with our Welshie, Snack, trying to be the person she thinks I am. I spend lots of time with her, so I have lots of time to practice.

Since Snack, a retired show dog, was gifted to us by her breeder two years ago, she’s woven herself into the fabric of our lives. She’s now a certified therapy dog, no small feat for a breed known to be feisty and independent. She’s definitely got our number: “You may have adopted me, but I own you.” No, she can’t speak in words, but her eyes speak volumes.

When Snack brings me her ball, she expects to play fetch. When she heads to the door on her cat-like paws, it’s time to head out. She has a nose like a

grizzly. If a dog’s nose is their newspaper, Snack reads an entire *Wall Street Journal* on our morning “sniffaris.” She has virtual summits with friends along the way.

She strains on her leash, nose aquiver, tail wagging. “Isn’t life great, Mum?” Truth be known, I don’t walk Snack; she walks me. Though I know she’ll chase anything that moves, it’s hard to imagine her hunting badgers, fox, and vermin, what Welsh terriers were bred to do.

If she meets a dog and has a disagreement, they go at each other, then shake it off and go their separate ways, harboring no grudges or resentments. Oh, that we humans could be so wise!

Snack is my moral compass. No little white lie or dishonesty is worth something untoward happening to her.

I’m besotted with this dog. She inspires love, loyalty, patience, reliability, goodness, and joy. I will do anything for her – including letting her go when her Kairos time is up, though I cannot imagine life without her.

“Lord, help me to be the person Snack thinks I am.”

*\*The number 40, designating time periods, appears 146 times in Scripture, and is thought by religious scholars to signify new life, transformation, or a change from one great task to another – the completion in the realization of an event. (Fathers of Mercy.com)*

*Janet lives in west MI with her husband, Don, and Welsh terrier, Snack. Jan drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild/shorebirds from FL and beyond, Country Dairy, which describes life on her family farm, in west MI, in the 1930’s, when her parents lived and worked on the land, and Tweets, A Twitter Feed of Short Stories and Articles. Her piano gets lonely because she chooses to whack fuzzy yellow balls and dink pickleballs instead of tickling its ivories.*



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Darlene shared special times and nurtured the development of hundreds of youngsters enrolled in the White Cloud Public School system. Darlene was first placed in the preschool room and then into first, third and fourth grade classes. She quickly found her speed and discovered a bonus: spending time with the children helped bridge the loneliness that surfaced after losing her husband Tom.

Darlene wasn’t trained as a teacher’s aide but pitched in on the academics. “I’ll do whatever I can to help them with their schoolwork. Some of them enjoy reading to me, and if they have trouble, I’m glad to help.” Darlene also made sure to spend time with the kids when they were having lunch and recess.

“If you have a heart for kids and the time to share, it’s so worth it. Especially if you’re like me and have it in your blood to be a caregiver.”

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BY  
DR. TYLER  
CLAVEAU

# Why Fungus Loves Your Winter Boots

If you've spent any amount of time around a public pool, the gym, or in a locker room you've probably run into the term athlete's foot before. In the medical world we call this condition tinea

pedis; tinea meaning "skin conditions caused by fungus" and pedis meaning "of the foot." Unfortunately, athlete's foot as a medical name makes it seem like one population is more susceptible than others. However, anyone can get athlete's foot if the conditions are right.

Typically, athlete's foot is more common in the warm, moist summer months when there is an environment for fungus to thrive. Fungus is a living organism that doesn't often prefer the cold. However, occlusive footwear such as winter boots and thick cotton socks can make our feet warm and moist from sweat, even in the winter. When these conditions occur in the dark spaces of our boots it makes a perfect breeding ground for fungus! Other risk factors include, but are not limited to:

- Sharing a bath towel or walking barefoot in a public changing room
- Excessive sweating (hyperhidrosis)
- Underlying immunodeficiency or diabetes mellitus



- Long term systemic steroids or immunodeficiency medications
- Poor peripheral circulation and lymphedema

Athlete's foot can present in a few different ways and unfortunately, it's not one size fits all. The most common symptom, however, is itchiness of the foot. Along with the itch, there is often a dry scale covering the sole and sides of the foot in a moccasin type distribution. It's also possible to have small itchy erosions and scales between the toes, or small to medium-sized blisters, usually affecting

the inner aspect of the foot.

What can you do to prevent athlete's foot from happening within your winter boots? For one, avoid cotton socks. Cotton is very absorbent and will keep the moisture locked into your feet. Try wool or a synthetic material instead to wick the moisture away. Also, be sure to dry out your feet and boots thoroughly after use and change your socks often. If you notice your feet sweat a lot, an antiperspirant such as Certain Dri can be an effective prevention.

But, what if it's too late and you think you already have a fungal infection? For one, see your local podiatrist to confirm the correct diagnosis. They will typically prescribe a topical medication such as Lotrimin. Additionally, sometimes a foot powder such as Desenex may be prescribed to be used in your shoe and/or sock. For those who do not respond to topical therapy, an oral antifungal such as Terbinafine or Itraconazole may be needed..

*Dr. Tyler Claveau is trained in both forefoot and rearfoot reconstructive surgery, correcting conditions such as bunions, hammertoes, flatfeet, and traumatic injuries. He is physician at Shoreline Foot & Ankle Associates in Ludington.*

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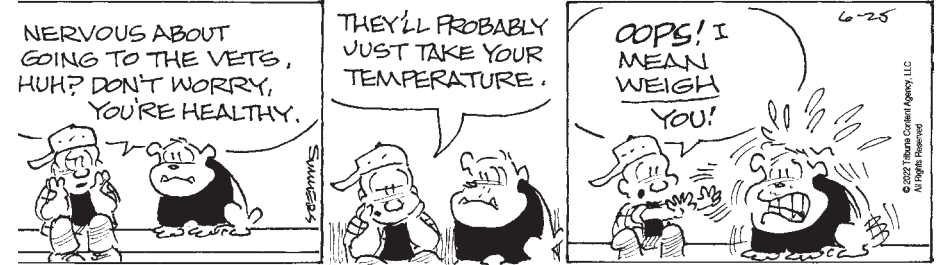
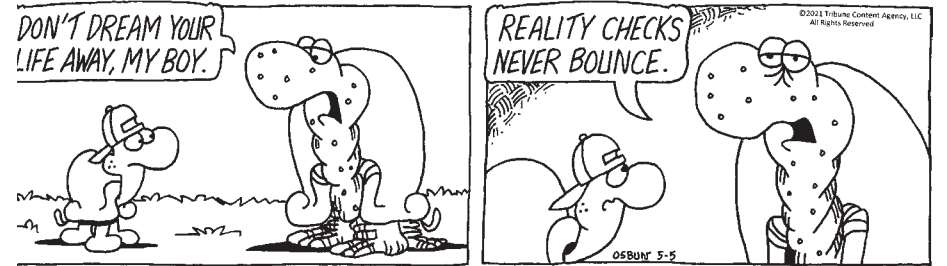
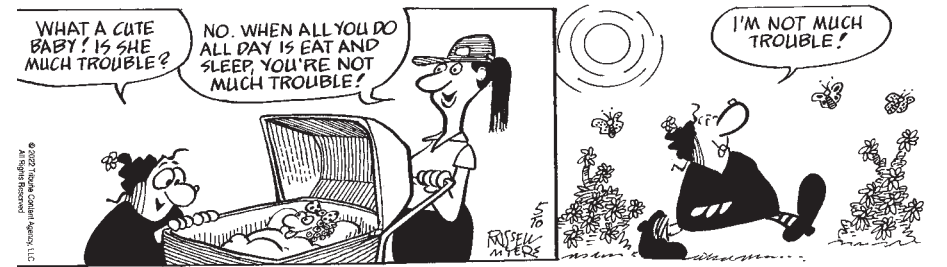
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# Safety Tips for Seniors Who Have ADHD



BY  
JOE  
STAPEL

Eleven million adults have Attention Deficit Hyperactivity Disorder, also known as ADHD.

ADHD is experienced across one's life span, and it affects a large number of senior citizens. According to Martin Wetzel, MD, Associate Professor of Psychiatry at the University of Nebraska, ADHD in the older population is just as complex and sometimes confusing as ADHD at any age. He is the author of *The ADHD Handbook for Patients, Family, and Friends*.

Inattention is one of the top three symptoms for ADHD in adults, and it involves making careless mistakes and lacking attention to details. Also, it includes difficulty paying attention to tasks. You can see why seniors driving with ADHD can be dangerous unless they take precautions to reduce those symptoms while driving. These are also the most common symptoms experienced by persons with ADHD.

Being one of those seniors with ADHD, I was very lucky to be diagnosed in my 50s. Unaware of ADHD, I more than likely had it as a child. The psycholo-

gist who diagnosed me said he would have loved to speak to my parents, as he could not understand how I was able to do all the things I had accomplished.

I was upset easily by other drivers who did dumb things on the road. And as I drove 300 to 500 miles per week for my job throughout Michigan, Indiana, and Ohio, I would run into a lot of them.

Later in life I had to force myself to focus on the road, as I would get distracted very easily and still do. I have a small note on my visor that reminds me to focus on the road. I tend to look out at the scenery and the side of the road at homes, people, and bikers going by instead of focusing on the road.

Stimulation-seeking behavior, driving at high speed, taking curves too fast, even impatience while driving can escalate to anger reaction such as road rage. This type of reaction seems to be prevalent in adults with ADHD.

Drivers with ADHD can increase their safety on the road by doing the following:

1. Drive with a manual transmission rather than an automatic, as it forces you to be more engaged in the moment and less likely to zone out.
2. Reduce distractions. Once you get into the car, fasten your seatbelt and turn off your phone. Do not make or take phone calls while driving, even with a head set.
3. Never drink and drive or take recreational drugs with ADHD, as they will further impair your driving.
4. Focus on the road. Turn off your radio. Do not adjust any dials while driving. The radio, heat or AC, and mirrors can be adjusted while at a stop.
5. Advise any passengers of your condition and whether or not you would like conversation. (I prefer not because I tend to forget where I am going and may miss a turn or exit.)
6. Impulsive errors or reactions, as well as slower or delayed actions, can also heighten the risks for senior drivers with ADHD.
7. Remember to always take your prescribed medications.

Remember, every time you get into the car, set your mind to focusing on your driving. It may save you from an accident. I wish you all the best for 2023 and hope it will be a great year for all.

*Reference articles used were the Vyvanse Treatment website, Web MD, and Very Well Mind.*

*Joe Stapel has a degree in Criminal Justice from Ferris State University. He has worked full and part-time as a police officer for 3 different agencies in Muskegon County. He also was a Licensed Private Investigator in the State of Michigan for 9 years.*

*Joe worked for the Meijer Corporate Loss Prevention Department in Grand Rapids for 28 years as a Security Officer and as the company's first Safety Specialist. He worked for Baker College of Muskegon as the Campus Safety Director for 11 years with a staff of 27 armed officers and 8 dispatchers. Joe held the position of Ordinance Enforcement Officer for Laketon Township in Muskegon County for 3 and 1/2 years.*



# Are Americans Financially Educated on Retirement Savings?

By Hillary Hatch

Financial education helps people learn about savings, credit, and loans. It also helps prepare people for life changes and to weather the unexpected. Financial knowledge is essential when planning for retirement.

So, how prepared are adults in the United States for their retirement? The National Endowment for Financial Education (NEFE) conducts polls on key issues, like retirement savings, that affect a person's financial past, present, and future.

Here's what we have learned over the past year:

- In a financial well-being poll conducted during the COVID-19 pandemic, 85% of respondents confirmed that some aspect of their personal finances was causing them stress. For 31% of respondents, that concern was "having enough saved for retirement."

- In that same poll, 70% said they made financial adjustments due to the COVID-19 pandemic. Of that group, 27% increased contributions to their emergency savings, retirement savings, or other savings or investments. In comparison, 21% tapped into emergency savings—or borrowed against retirement savings.

- In a poll about financial education mandates, 80% of adults said they wish they were required to complete a semester- or year-long course focused on personal finance education during high school. Also, 88% think their state should require a semester- or year-long course for high school graduation.

- In that same poll, 84% of those approaching retirement age said "spending and budgeting" should be taught in schools.

Lifetime financial education can be a helpful tool in preparing for retirement. This includes understanding Social

Security retirement benefits and making the most of retirement income. You can learn more on our Retirement page at [www.ssa.gov/retirement](http://www.ssa.gov/retirement).

A personal my Social Security account should be a part of your financial plan. With a secure my Social Security account, you can verify your earnings history, get personalized retirement benefit estimates, and more. If you don't have an account, you can easily create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

To learn more about NEFE's mission, visit their website at [www.nefe.org](http://www.nefe.org). Please share this information with friends and family.

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

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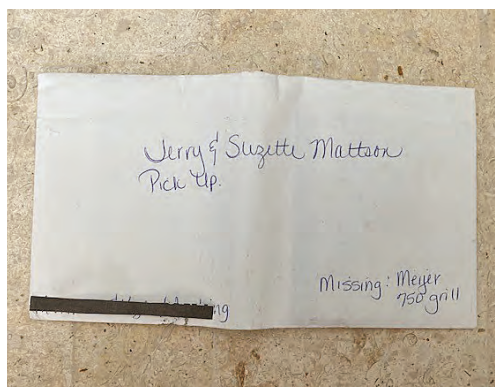
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# Unexpected



BY  
JERRY  
MATTSON

I was working in my shop around 2:30 on November 29, when the phone rang. The call went to the recorder. I heard a woman's voice say, "I am looking for a Suzette Mattson or a Jerry Mattson. I think I've found something you may have lost...." The recording stopped. Sue answered the phone in the house. Was this a scam?

A few minutes later, she came out to the shop. "Well, that was an unusual phone call," she said. Then she told me someone named Sharon Lake had found several gift cards in an envelope in her car with our names on it and the names of our two grandsons. The cards were for a restaurant, some fast-food outlets and Meijer. Then she found our contact information on Google and called us. Sue arranged to meet with her at the Aldi store near the Home Depot off Henry Street at 5:00 p.m. Sharon would be driving a Ford Flex.

Both of us were wondering what may have happened. Had our daughter pur-

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chased them for Christmas gifts and misplaced them? Did someone we know find them and put them in the wrong car, as we also have a Flex? I called our daughter. She had not purchased any gift cards.

We pulled into the Aldi parking lot and spotted a woman standing by a Flex and waving. It was getting dark by then, but her car was not the same color as ours. She handed the folded-up envelope to us and said she was glad they got back to the right people. I tried to give her a small reward, but she refused. We thanked her and opened the envelope. Among the cards were two from Meijer worth \$100 each.

"I can't figure out how these got in my car," she said. "They must have been stuck to a bag or something else I put in the car. If you find out how this happened, please let me know."

We thanked her again and left to get something to eat. On the way, we called our daughter again to update her. She asked us send a photo of the envelope to her. She was with her older son, now 19, on the way to Grand Rapids.

They looked at the photo and decided the cards must be from the Scrip program when the boys were attending Reeths-Puffer intermediate and middle schools. This put an "ancient history" element into the mystery.

Then it started to make sense.

In the restaurant, I told Sue, "I know who put the cards in the car."

"Who was it?"

"You."

"Me?"

"Yes. That has to be our old Flex."

Sue then added that Sharon said the envelope had appeared after she'd slammed the brakes in an emergency situation.

Later that evening, I called Sharon and told her I may have solved the mystery. "Is your Flex a 2011?" I asked.

"Is this your old car? I've owned it for five years. My daughter wondered about this possibility."

Although we don't remember the card incident, I'm sure we had searched the car. Sharon said she'd had the car detailed two times and the dealer probably went through it before selling it. The gift card package went undetected for over six years.

When it was found, it's lucky for us it was by an honest person who could have easily used the cards. Thanks to you, Sharon Lake.

*Jerry has disassembled several cars and trucks in the past. His 'finds' were limited to pocket change or an occasional hand tool like a screwdriver or a wrench. There was never anything of real value where 'finders keepers' would be inappropriate.*

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# Camp Courage Helps Children Through Their Grief



BY  
 SUSAN  
 NEWHOF

Dealing with the death of a loved one is never easy. And for children, the loss can be especially devastating. Often the grownups they would normally go to for comfort are deep in their own grief and can't offer much support. Surrounded by sadness and unable to sort out their feelings or get answers to their questions, children can become fearful, uncertain or angry and carry their pain into adulthood.

That's why Harbor Hospice founded Camp Courage in 1994 for any child in Michigan six to fourteen years old who is grieving the death of someone close. At this three-day sleep-away camp, held at Pioneer Trails on beautiful Blue Lake in Muskegon County, no conversation is off limits. Woven among typical summer camp fun, such as swimming and enjoying campfires, counselors

offer campers creative, healing activities and child-sized tools to help them begin to feel safe and "normal" again.

### The important role of volunteers

Camp Courage offers several meaningful volunteer opportunities, so if you have a heart for children you can be part of helping them through their grief journey. For example, before and after camp, volunteers are needed for behind-the-scenes support such as running errands, picking up supplies and assembling camper backpacks. Volunteers who are computer savvy help with data entry and create the annual souvenir photo calendar.

On opening day, volunteers are on hand to welcome families and check in campers. Crafty volunteers can join the team that assists campers with craft projects.

Camp counselors and cabin buddies sign on for a full three-day shift. This year they will arrive Tuesday evening, June 20, before camp begins and depart Friday after-

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noon, June 23. Counselors work in teams of two or more, depending on the number of campers in each cabin. You don't need prior counselor experience. All volunteers who will be working side-by-side with the campers receive specialized training for working with bereaved children.

### Who comes to Camp Courage?

One young mother grieved deeply when she lost her father, the wonderful man who raised her after her mother died. She also worried about her two daughters, because her father was a loving grandfather to them and helped raise them, too. The children's school counselor told them about Camp Courage and both girls attended that summer.

When they returned from camp, they could talk about their grandfather more easily. The youngest was comforted sleeping with the pillowcase she made at camp with her grandfather's picture on it. Camp Courage gave the older daughter time to focus on herself and not feel she needed to take care of her grief-stricken mom, too.

After a teenager lost his mother to cancer, he was invited to be a counselor at Camp Courage, and he loved it! He returned to camp for four years and went on to college to study elementary education. Working with the children, he says, "...changed my life and gave me direction."

### No child is left out

Each year, the Harbor Hospice team sees the impact of Camp Courage for children

struggling with grief. To be sure the cost of camp does not prevent any child from attending, the only charge to families is a \$10 application fee, which is waived if needed.

Seniors often spend time with grandchildren and their friends, and many seniors are raising grandchildren whose parents are not able to. Because of that, you may know of a young person who is struggling with grief and will benefit by attending Camp Courage. You can get more information, including the registration process for children and how to become a volunteer, by calling the Harbor Hospice main number at 231-728-3442 or going to the Harbor Hospice website at [harborhospicemi.org/services/camp-courage](http://harborhospicemi.org/services/camp-courage).

Deadline for camp applications is April 28.

Children should not have to grieve alone. At Camp Courage they find the understanding, the friends, the compassion and the tools they need to begin to heal. And you can help.

*Susan Newhof has been writing since she was old enough to hold a pencil. For decades she has captured the stories of people and programs for organizations as diverse as the American Red Cross, Genesee County Parks and Harbor Hospice. She also writes fiction and family biographies. Susan champions the wellbeing of people, animals and the earth, and promotes humane treatment of all creatures. She is currently writing a book about her little flock of city hens.*



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# You Can't Make These Things UP!



BY JACKIE LINDRUP RDH, M.Ed.

I had just finished grocery shopping and carried the bags out to my car. I opened the driver's side door, threw the two bags onto the passenger seat and heard the thump of something falling to the floor. Looking over from the driver's seat to see what fell out, I muttered, "Oh, crap!" From out of nowhere a woman's voice said "THAT'S NOT VERY NICE!" I looked around and no one was there. Then I looked down at my new watch and knew the words had to have come from it. As crazy as it sounds, my watch had picked up my tone of voice and words and scolded me!

I have had my doubts about being monitored by my Apple watch. I'm sure it was given to me for my birthday so I could monitor my heart rate and my activity, such as my daily number of steps like my Fitbit watch used to do. After all, my husband Tom was alerted by his Apple watch that he had A-Fib this past year. But when it comes to scolding me, I am

drawing the line! Maybe I can figure out how to turn her off in "settings." I sure hope so!

*Jackie Lindrup is a retired dental hygienist who also provides local dental continuing education seminars and serves as chair of the Volunteer for Dental non-profit board. She enjoys pastel painting, reading, and hiking in our local parks. She loves traveling to national and international dental conferences and spending time in New Orleans with her kids and grandkids. Please reach out to her at jackielindrup111@gmail.com*



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8	4	6	9	5	7	3	1	2

## ANSWERS FOR GAMES ON PAGES 18 & 19

### SCRABBLE G R A M S SOLUTION

P<sub>3</sub> A<sub>1</sub> N<sub>1</sub> T<sub>1</sub> H<sub>4</sub> E<sub>1</sub> R<sub>1</sub> RACK 1 = 68

A<sub>1</sub> I<sub>1</sub> R<sub>1</sub> S<sub>1</sub> I<sub>1</sub> C<sub>3</sub> K<sub>5</sub> RACK 2 = 63

D<sub>2</sub> A<sub>1</sub> Y<sub>4</sub> T<sub>1</sub> I<sub>1</sub> M<sub>3</sub> E<sub>1</sub> RACK 3 = 63

T<sub>1</sub> E<sub>1</sub> N<sub>1</sub> T<sub>1</sub> A<sub>1</sub> G<sub>2</sub> E<sub>1</sub> RACK 4 = 58

B<sub>3</sub> A<sub>1</sub> R<sub>1</sub> R<sub>1</sub> O<sub>1</sub> O<sub>1</sub> M<sub>3</sub> RACK 5 = 72

PAR SCORE 265-275

TOTAL 324

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### Answers - Boggle Game:

SWAN GOOSE CRANE  
EGRET PELICAN FLAMINGO

### Answers - Jumble:

SILKY IGLOO MATTER SENTRY

With so many cases on the docket,  
the court system was  
experiencing —  
TRYING TIMES



## Estate Planning & Elder Law Begins With Understanding

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



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Trust and Estate Administration



**Nicole M. Osborn**  
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Wills and Trusts  
Financial and Health Care  
Powers of Attorney  
Guardianships and Conservatorships  
Federal Gift and Estate Tax Returns  
Trust and Estate Administration



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