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Senior Perspectives

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MAY / JUNE 2023

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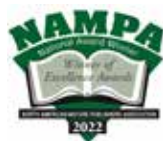
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From the Publisher

Dancing with the Local Stars

My husband Mike and I were able to attend this year's Dancing with the Local Stars -- "Fabulous 50s!" DWTLS is a fundraising event in Muskegon that provides financial resources to local food pantries and food-related programs.

This year, my friends Thea Brown of Senior Resources, Chelsea Robinson and Fran Calandro of AgeWell Services were part of Team 12, Military Rhythm 6 that also included Carly Wasserman, Travis Nadeau, Joshua Spyker, and Brian Mosley. It was an entertaining event featuring a mix of couples and small groups dancing in a fun, yet competitive competition.

For those of you not familiar with this annual event, I was fortunate to sit down with an old friend and co-chair of DWTLS, Marilyn Forton, for a question-and-answer session.

Q: What organizations benefit from the funds raised from Dancing with the Local Stars?

A: We have a list of 40 applicants that have requested funds for this year's event. This is up over the 29 that we had last year. Every applicant must use these funds for food or food-related programs. We are very specific about this. We have a detailed process that our Ways and Means committee has come up with that vets each organization to make sure that we have all their information and that they qualify for these funds.

Q: How many years has DWTLS taken place and how much have you raised?

A: This was our 15th year, founded by Mary Kendall in 2009. This year we are proud to announce that we raised \$248,978. And since 2009, we've raised a total to \$1,817,516.00"

Q: Who organizes this event?

A: The Women's Division Chamber of Commerce. Mary Kendall is the Chair and Founder of this event and Co-chairs are Karen Mogdics, Marilyn Forton, and Jannette Bole.

Q: If any reader would like to make a food pantry donation, who can they contact?

A: They can contact Women's Division Chamber of Commerce at ContactWDCC@gmail.com.
Or mail their donation to: P.O. Box 1665, Muskegon, MI 49443

Photos Provided by **Leo Valdez**. Find him on Facebook at West Michigan Photographer
Michelle Fields has been with Senior Resources of West Michigan since 2009. She is the Editor & Publisher of Senior Perspectives newspaper and a Board Member of the North American Mature Publishers Association. Michelle has won several National Awards in Writing Excellence. When not working on the next issue of Senior Perspectives, Michelle enjoys camping, fishing, and sitting by the campfire with her husband Mike and their GSP Tigo.



Full DWTLS Cast and Committee



Emcees Gary Nelund, Mayor of Norton Shores and D.J. Hilson, Muskegon County Prosecutor



Senior Resources' Dancing Star Thea Brown



L-R Travis, Chelsea, Mike, Thea, Joshua, Carly, Fran and Brian



Dancing Star Chelsea Robinson and Publisher Michelle Fields



L-R Mike, Carly, Thea, Chelsea, Fran and Joshua





Pam Curtis, CEO

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MISSION To provide a comprehensive and coordinated system of services designed to promote the independence and dignity of older persons and their families in Muskegon, Oceana and Ottawa counties - a mission compelling us to focus on older persons in greatest need and to advocate for all.

VALUES We respect the diversity of our region's aging population.

- We are dedicated to a continuum of care that offers a variety of quality options, from home and community to institutional.
- We are dedicated to helping older adults and their families make informed choices to live as they choose.
- 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.
- We affirm the values of innovation, accountability, quality of care, ethical conduct and prudent stewardship of resources.
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Simply find the Watering Can in this edition. List where you spotted it, clip and return this form to win one of three \$20.00 gift cards to Ryke's Bakery. **ONE ENTRY PER PERSON**

Return to: Senior Perspectives, I Spy, 560 Seminole Rd., Muskegon, MI 49444

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MAR/APR WINNER: - GILDA ALLEN OF GRAND HAVEN
MAR/APR WINNER: - REBEKAH BRINK OF TWIN LAKE
IN THE LAST ISSUE, THE UMBRELLA WAS HIDDEN ON PAGE 22.



BY
HILLARY
HATCH -
PUBLIC
AFFAIRS
SPECIALIST

How Social Security Can Protect You from Misleading Advertising and Communications

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising

or imposter communications. You can review Section 1140 at www.ssa.gov/OP_Home/ssact/title11/1140.htm.

For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter

communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.

For emails and text messages, please capture the entire message and any message links.

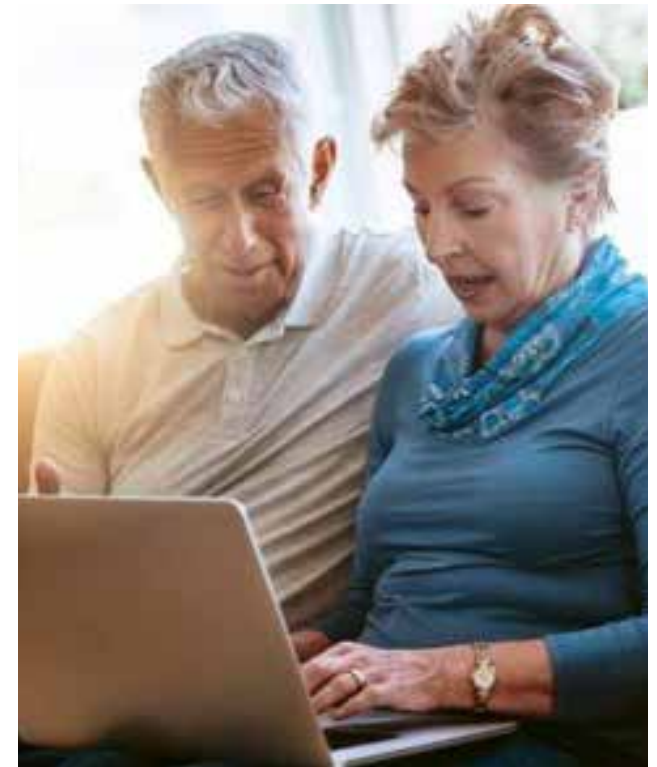
For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.

For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov. You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, What You Need to Know About Misleading Advertising, at www.ssa.gov/pubs/EN-05-10005.pdf.

Please share this information with friends and family and help us spread the word on social media!





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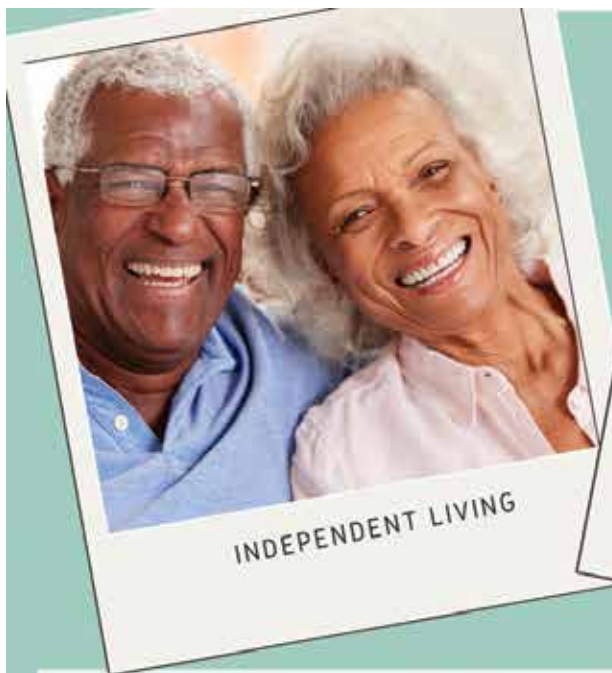
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BY
JOEL
DULYEA

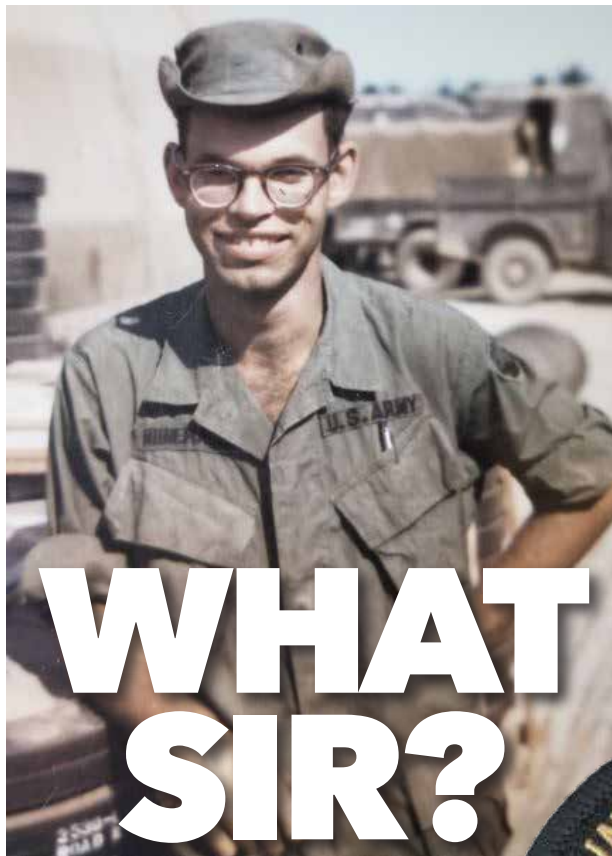
Virginia Nunemaker was worried. It had been too long since she received the last letter from her son who was with the Ninth Infantry Division. On June 8, 1969, she watched a nationally televised broadcast that reported 25,000 soldiers from Ninth Infantry were to be withdrawn and sent home from Vietnam; the first stage of the “Vietnamization” of

the war. The initial group of 778 American troops were welcomed back to the United States on July 10th with a televised tickertape parade in Seattle, Washington. To Mrs. Nunemaker, it was reasonable that she should have heard something from her son, Specialist (SPC) Joe Nunemaker. She wondered where he was, and when would he return home. With no other source of information, she decided to write a letter.

SPC Nunemaker was with the Second Battalion, 47th Infantry, Ninth Infantry Division at a fire support base sixty-five miles south of Saigon (changed in 1975 to Ho Chi Minh City). His job was to keep generators operational for his battalion and other units in the Ninth Infantry’s area of operations, which was in the heart of the Mekong Delta.

One day a helicopter arrived at the fire base with a lieutenant who carried orders from Battalion Command at Dong Tam. The orders directed him to find SPC Joe Nunemaker and return with him to Dong Tam. Joe asked, “Why Sir?” The Lieutenant replied, “It’s not for me to know.”

Upon landing at Dong Tam, Nunemaker was escorted directly into the office of Second Battalion’s Commanding



WHAT SIR?

Officer (CO). Joe was baffled. He couldn’t conceive a reason important enough for the CO, a Lieutenant Colonel, to require the presence of a low-ranked Specialist. He thought, “You’ve got the wrong guy.”

The CO was busy with a stack of paperwork piled on his desk. He didn’t acknowledge the presence of SPC Nunemaker, who stood at attention in front of the desk. Nunemaker stoically waited while his thoughts whirled. He would not speak until spoken

to. The Lieutenant Colonel eventually raised his head. He looked at Nunemaker and asked a simple question. Joe was so stunned, so bewildered by what the CO said, that he neglected military customs and courtesies and spilled out an emphatic response, “What?” Immediately the CO leveled him with another question, “Do you want to restate that, soldier?” It was not a question. Specialist Nunemaker regained military bearing and asked properly, “What, sir?”

On the flight back to the fire base Nunemaker found the whole episode incredulous. No one would believe that Joe’s mother, Virginia Nunemaker, wrote a letter addressed to her congressman. Consequently, an official Congressional Inquiry was opened on her behalf, to determine the disposition of her son. The inquiry passed thorough the government bureaucracy and eventually landed on the desk of a lieutenant colonel in a war zone, during a bitter time in American history.

What was the question the Second Battalion’s Commanding Officer had asked Specialist Joe Nunemaker? “When was the last time you wrote a letter to your mother?”

Joel Dulyea is a National Award-Winning writer and United States Army retiree who loves to sing with his wife Merijo, spend time with his daughter and son-in-law, and dote on his granddaughter.



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Senior Perspectives Cooking Corner



BY
BRANDI
WALDMAN

Sunny Fruit Salad

Ingredients:
11 oz can Mandarin Oranges
3.4 oz pkg Instant Vanilla Pudding mix
14 oz Pineapple Tidbits, drained
1 ½ c. mini marshmallows
1 c. Cool Whip

Directions: Drain mandarin orange juice from can into a medium sized bowl. Set oranges aside. Into the bowl with the mandarin orange juice, whisk in the package of vanilla pudding until smooth. Stir the mandarin oranges, pineapple and marshmallows into the bowl with the pudding mixture. Fold in the cool whip. Refrigerate until serving. Blueberries optional.



BY
CATHAY
THIBDAUE

Apple Blonde Brownies

Ingredients:
1 cup all-purpose flour
¼ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon nutmeg
1 cup butter, melted
¾ cup white sugar
1 egg
3 medium apples - peeled, cored and thinly sliced
½ cup chopped walnuts or pecans

Directions: Preheat oven to 350°. Grease a 9x9 inch baking dish.

In a large bowl, beat together the melted butter, sugar, and egg until fluffy. Fold in the apples and walnuts or pecans. In a separate bowl, mix together the flour, salt, baking powder, baking soda, nutmeg and cinnamon. Stir the flour mixture into the wet mixture until just blended. Spread the batter evenly in the prepared baking dish.

Bake 35 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean. Ice cream and caramel drizzle optional.

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BY
MICHELLE
FIELDS

Nana Banana's Banana Bread

Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup brown sugar
- ½ cup butter
- 2 eggs, beaten
- 2 cups mashed overripe bananas

Directions: Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan. Combine flour, baking soda, and salt in a large bowl. Beat brown sugar and butter with an electric mixer in a separate large bowl until smooth. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture until just combined.

Optional Ingredients:

My grandma Hazel would never add these extra ingredients, but I do.
A handful of chopped walnuts or pecans, a handful of miniature chocolate chips
Pour batter into the prepared loaf pan.
Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 60 minutes. Let bread cool in pan for 10 minutes, then turn out onto a wire rack to cool completely.

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5 Programs at Senior Resources of West Michigan



BY
LISA
TYLER

May is Older Americans Month! It's been 50 years since Area Agencies on Aging were created, so it seems appropriate to share some information about Senior Resources during this month honoring older adults.



Senior Resources of West Michigan will be 50 years old in early 1974! There are more than 600 Area Agencies on Aging (AAAs) nationwide. Created by an act of Congress in 1973 through the Older Americans Act, the mission of AAAs is to maximize the independence and preserve dignity of older adults. AAAs work with local and statewide service providers and others in the aging network to help older adults remain in their homes for as long as possible. Senior Resources is one of 16 AAAs in Michigan.

1 MI Choice Waiver is a long-term care program for older adults and adults living with a disability who have significant medical needs and are of moderate income. Those eligible are 65 or older or adults 18-64 who are certified disabled, who meet income and medical qualifications, and who live in Muskegon, Oceana, or Ottawa county. Services are coordinated by a registered nurse or licensed social worker through Senior Resources and may include community living supports, adult day care, chore services, personal emergency response systems, home delivered meals, supports coordination, and more. Call our Options Counselors at 231-733-3585 to learn more about Waiver and other available services.

2 We've revived the house call! Our Primary Care at Home program is home-based medical care for older adults who are home-limited and living with chronic health conditions.

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3 Primary Care at Home is designed to lessen emergency room visits and hospitalizations by addressing health in the home, where it begins. Our medical team makes regularly scheduled home visits with time for personalized, inclusive care. Care can include home and telehealth visits, health education, creating a comprehensive health plan, in-home counseling, cognitive health assessments, medication review, remote patient monitoring, and much more. Those who qualify are 60 or older or 18-64 and certified disabled, enrolled in Medicare or Medicare Advantage, home-bound or home-limited, and have at least two chronic health conditions. For more information, call 231-737-4041.

4 We have a variety of caregiver support services, and two full-time staff members devoted to this important topic. Virginia Vazquez and Paula Kolberg facilitate several caregiver support groups, provide education, and are available to assist caregivers with their individual needs. We offer a monthly newsletter, Caregiver Link; caregiver support groups in Muskegon, Oceana, and Ottawa counties; Trualta – a free online resource; and more. Visit seniorresources.trualta.com to



take advantage of the free interactive learning platform to help caregivers with engaging and personalized training to manage care for older adults. You can email caregivers@seniorresourceswmi.org, call 231-733-3531 or 231-683-4760, or our options counselors at 231-733-3585 for more information about any of our caregiver support services.



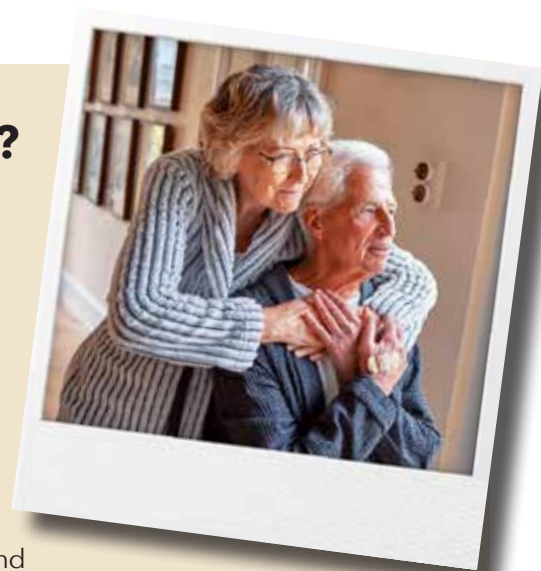
5 The Long Term Care Ombudsman program was created in 1972 to improve the quality of care and life experienced by those living in licensed facilities, such as nursing homes, homes for the aged, assisted living, and adult foster care homes. The ombudsman is an advocate for residents of long-term care facilities, guided by the resident's or family's concerns. The service is confidential and funded by federal and state programs. There is no cost to the resident or their family. To contact the ombudsman for Muskegon, Oceana, or Ottawa counties, contact ombudsman@seniorresourceswmi.org or call 231-327-3199.

You can find more information on our new and improved website! We have the same address – www.seniorresourceswmi.org – but a new and improved look. It's full of great resources, including a referral form, and you can access it any time of day or night.

Lisa Tyler is the communications director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, who graduates from Hope College this May, 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, vice president for CALL 2-1-1, and a member of the Muskegon Rotary Club and Greater Muskegon Service League.

Are You a Caregiver?

As our loved ones get older, many find themselves assisting them with essential daily tasks while juggling a job or other responsibilities. Whether we realize it or not, that's a caregiver and keeping everything together can take its toll. Caregivers need to know that their efforts are appreciated and may need a place to talk openly or receive guidance and support about what to do next. Let us help.



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Caregiver Support Groups

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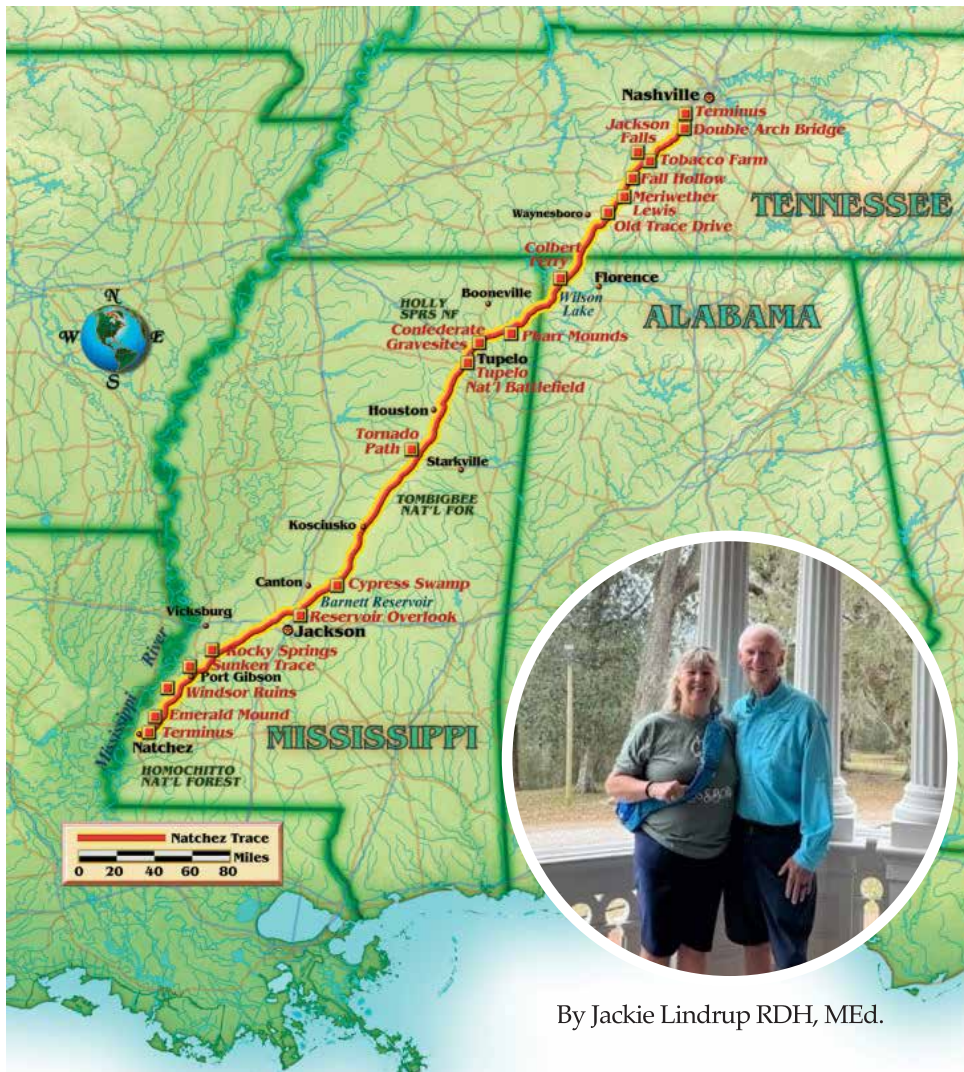
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By Jackie Lindrup RDH, MEd.



Exploring the Beautiful Natchez Trace

We were busy planning our road trip to New Orleans when I saw my husband Tom's eyes glaze over just thinking about the long, hard two days of highway driving ahead. We had only a few days before our grandbaby was going to be delivered there, so we had to drive down quickly. We decided it would be fun to add a little excitement to our drive home and do something different. Our new plan included a few extra days to explore the 444 mile Natchez Trace Parkway. We both agree

it was one of the nicest things we have ever done on a road trip!

We learned about the Natchez Trace Parkway from friends who had driven it. Trip Advisor comments online helped us to find the highlights we should not miss! The original Natchez Trace was an old dirt and vine covered trail in the woods, used for hundreds of years by Native Americans, the army, and people traveling between Nashville and Natchez. In 1938 it became the National Trace Parkway, a unit of the National



Park Service.

Our trip home began by driving three hours from New Orleans to Natchez to connect to the parkway. Natchez was founded in the early 1700s much like New Orleans was, but it is perched on a high bluff overlooking the wide Mississippi River, and a fort was originally built on the bluff to protect the town. We looked over the steep banks along the river to see the beautiful views and then drove down to river level to find a restaurant for lunch. Interestingly a Viking Cruise ship was docked on the river right in front of us!

After lunch we decided to tour one beautiful historic place before starting our drive on the Trace, and chose the Longwood Plantation. As we drove through the gates of the Longwood property, we passed the Viking bus leaving Longwood. We had the same itinerary! Longwood is an unfinished mansion of the Civil War era where three generations of the family lived in the basement waiting to complete the upper six stories. The outside was completed in 1860 but construction was halted in 1861 due to the Civil War anxiety of the times. It is now on the National Historic Register, and it will

never be completed per the wishes of the family who gifted the home. From the outside we couldn't tell the inside was not finished. After our tour we found the Natchez Trace Parkway entrance and began our drive. Our destination was Jackson, Mississippi, about forty miles ahead.

We couldn't believe how beautiful and restful the parkway driving was. There were no trucks, very few cars, and only grass and trees and an occasional turn off to see an interesting site. Every mile is marked by a brown "mile marker" sign. There is a 50 mph speed limit, so it's a leisurely drive. As we weren't in a hurry it worked for us and was very relaxing. Did I mention there were no houses, no stores, no billboards? Just a beautiful two-lane well-maintained road with pull outs where there was something interesting to see or a restroom to visit (which were all clean and, most importantly, open!) Although we weren't camping, there are three campgrounds on the Natchez Trace Parkway and all are free on a "first come first served" basis.



Here are some of our favorite stops along the parkway:

Emerald Mound – we climbed to the top of this huge raised burial ground for exercise and to see how big it actually was. It was built by Native Americans



between 1250 and 1600 A.D. At the Cypress Swamp marker we took a short walk on a mossy path and boardwalks through a cypress swamp. It was a unique place, totally unlike the parkway's beautiful green grass and trees.

"Old Trace" signs marked areas of the original Trace's pathway that was used for hundreds of years by travelers. It was fun to get out of the car and follow in the footsteps where actual people walked so many years ago!

Pillars of Windsor plantation was located just off the parkway. In the evening it was very eerie in the low light because all that remains are stark pillars

of a huge mansion which burned thirty years after it was built in 1860.

We stopped for the night at a hotel just off the Trace in Jackson and filled up the car with gas. On the second day of the drive we stopped in Tupelo, Mississippi, birthplace of Elvis Presley. I stretched my legs by shopping in a wonderful second-hand store named Relic. They had a great sign in front designating "seniors parking," which was a first for me! This shop had everything from Elvis magnets and vintage cowboy boots to pottery and earrings. It was a great way to take a break from driving so I shopped and Tom napped in the car.

We ended our travels on the Natchez Trace at about Mile Marker 430 and stopped in Leipers Fork, Tennessee, near Nashville for a great pulled pork BBQ sandwich, fried okra, and a beer at the Fox and Locke restaurant. It was a shock to return to the highway in Nashville after driving along this beautiful parkway for over 400 miles. We would highly recommend it to anyone who wants to do something completely different from straight through highway driving. The peace and quiet and beautiful views are heavenly. We loved the slower travel pace and new way to enjoy the beauty of our wonderful countryside.

Jackie Lindrup has won two awards for Senior Perspectives. She is a retired dental hygienist and is the Board Chair of Volunteer for Dental, a local non-profit. Her passions are travel and dentistry and whenever possible she combines them to attend international dental conferences. She and Tom enjoyed spending two weeks in Dublin, Ireland, this past summer at the International Dental Hygiene Symposium, meeting the lovely Irish people and exploring the small coastal towns, a side benefit of a great international learning experience!

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BY
EMALEE
OSENTOSKI

How to Manage Your High Blood Pressure: The Lifestyle Approach

Do you or someone you know have hypertension, most commonly known as high blood pressure? More than likely, you do. It's estimated that half of American

adults have been diagnosed with high blood pressure. But do you know what is considered high blood pressure? Or what complications uncontrolled high blood pressure can cause? If you have high blood pressure, you may be wondering if there are other options besides medication that can help to improve your blood pressure. Lifestyle plays an important role in controlling high blood pressure and may even prevent, delay, or reduce your need for medication.

High blood pressure is blood pressure that is consistently higher than 140 over 90 mmHg. Many people may not know they have high blood pressure because most people will experience no symptoms at all. That's why it's important to have regular physical exams and monitoring of your blood pressure. High blood pressure is the leading cause for cardiovascular disease, which includes strokes, heart attacks, heart failure, and aneurysms. It can lead to complications

such as atherosclerosis, which is the formation of plaques on the walls of blood vessels, as well as kidney failure, amputations, and retinopathies in the eye.

The single most important thing you can do to manage high blood pressure is to make lifestyle adjustments. I know that can seem like a daunting task and may not give results as quickly as you'd like, but it leads to better health outcomes long term and can help to prevent worsening blood pressure and other health issues such as diabetes, high cholesterol, and even arthritis. Regular physical activity, reducing your salt (sodium) intake, eating more fruits and vegetables, limiting alcohol, quitting smoking, getting a good night's sleep, reducing stress, and lowering body weight have all been shown to effectively improve blood pressure.



Regular physical activity has been shown to lower blood pressure by 5 to 8 mmHg.

As a rule of thumb, aim for 30 minutes of moderate physical activity every day. This could be as simple as walking at the mall, vacuuming your house, dancing, water aerobics, or riding your bike. Studies have shown that strength or resistance training two days a week can also help to lower blood pressure.

Research has shown that certain supplements can also help to lower blood pressure levels. These supplements include CoQ10, omega-3 fatty acids, magnesium, and garlic. These agents can have an antioxidant effect which protect your cells from damage and can reduce inflammation, thereby keeping blood pressure at a healthy level. Getting these vitamins and nutrients from whole food is always best, but supplementation may be necessary.

Omega-3 fatty acids can be found in fatty fish such as salmon, tuna, and mackerel as well as plant sources like chia seeds, flax seeds, hemp seeds, and walnuts. Garlic can be a great flavor additive and can help to lower your need for added salt when cooking. Food sources of magnesium include nuts and seeds, black beans, edamame, quinoa, spinach, and yogurt.

Remember to always talk to your doctor or pharmacist before starting any new supplements. Even though they are "natural," they can still pose a risk. For example, garlic can interact with blood thinning and anti-diabetic medications. Do not stop any medications without speaking to your doctor. This information is not intended to treat, cure, or diagnose your condition.

Emalee Osentoski, PharmD, is a pharmacist with HomeTown Pharmacy and has a passion for Functional and Integrative Health. For more information, please visit www.hometownpharmacy.com/functional-health

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Game Page
Answers
on
Page 39



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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8 letters = 10 points	11-20 = Amateur
9+ letters = 15 points	0-10 = Try again

By David L. Hoyt and Jeff Knurek



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A ₁	E ₁	I ₁	T ₁	N ₁	B ₃	C ₃	RACK 3
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A ₁	O ₁	Y ₄	T ₁	T ₁	R ₁	H ₄	Triple Word Score RACK 5

PAR SCORE 260-270
BEST SCORE 338
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. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

11-06

Game Page Sponsor



Keith's World Life Is Full of It!



BY
KEITH
SIPE

Many times over the years I have made silly comments and one was this: "Life is full of it!" What do I mean by that? For me this comment has many meanings, but one in particular is that life is full of surprises and changes. I'll try to explain.

Have you ever wondered what you will be doing in the future? Like, what will you be doing next week at this time, or next month at this time, or even next year at this time? There have been times in my life where I was blindsided by the changes taking place. Do we really know what the future will hold for us in the next week or month or even a year from now? Do you really know for a fact what will happen next in our lives? There can and will be many changes happening in our lives. Just think for a moment about what you will be doing next year on this day. Where will you be, what will you be doing, or who you will be spending time with? None of us "really" knows what is around the corner or are certain what we will be doing one year from now. We have a pretty good idea, but we don't know for sure. I think we must keep an open mind and know that our future is not set in

gold; it could change in a moment from what we thought or hoped for.

I remember my birthday in 1967. My future was very uncertain. I had no idea where I would be or what I would be doing in a year's time. That day in 1967 I was in Muskegon and it was my birthday and it was a Monday. The year 1968 was a leap year, so there was a February 29th. My birthday would be on a Wednesday in 1968. I would have never guessed that on my next birthday I would be in the United States Air Force and stationed in Wichita, Kansas, at McConnell AFB. I spent my birthday by myself in the barracks. Some fun day, would you say!

I had no idea I would be engaged to marry, either. Life can be full of surprises and full of many changes which I think makes life so very

interesting. From minor changes to major life-changing events.

A life changing event for my daughter and her family is that they are moving to Texas. One year from now, my daughter and her family will all be living in Texas. My son in law accepted a new job and will be leaving in the spring this year. During the summer and fall the rest of the family will move as well. Many things need to be taken care of for the whole family to settle in down in Texas. Even a couple of months ago I would have never guessed this "change in life" event would be happening.

Life is full of surprises, some good and some not so good. We must be ready to handle all situations of life the best we can in order to have a good life.

One more example: back in the summer of 2021 my wife and I were visiting our kids at a campground up north, having a wonderful time with them and the grandkids. One year later, my wife had passed away and I was alone with the kids. This "change in life" is not as good, and it left me with a broken heart.

Keith may be reached at 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 in Muskegon.



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Volunteer – Barb Stevenson

Barb was reared in Arkansas but eventually moved to Muskegon. Recently widowed and retired, she lives with extended family. She became involved with the Foster Grandparent program when a friend from church suggested she'd be a good fit, given her propensity to put people at ease, a quality she honed while working as a secretary for an area municipality.

What she especially loves about 'grandparenting' in the school is being part of the same team as the teachers and administrators and support staff. "I might miss a day, and the next, it's 'Where were you? We missed you!'" she says. Barb often helps students with reading and math, which she embraces with gusto. "Teachers can be short-staffed, and that was especially true during the pandemic. So, I'll read to the kids and help them with their math and spelling."

There's something else that motivates Barb, "I was raised by my own grandparents, and I was always taught that you do unto others. To look after one another."

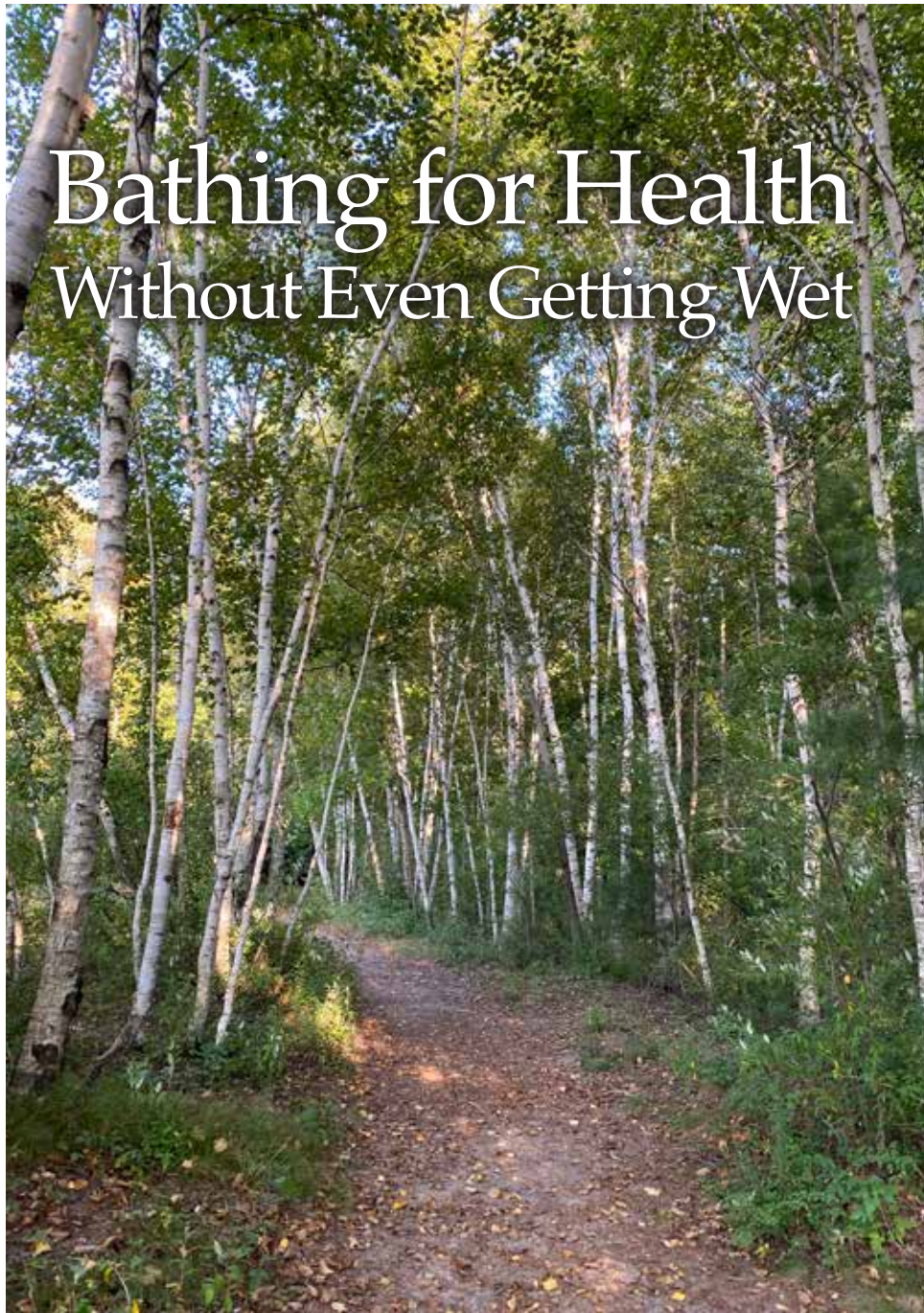
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Bathing for Health Without Even Getting Wet



BY
CINDY
HOGG

When I was a child, our home bordered a large beech forest where we kids all played for hours. A deep cool stream traversed the middle of the forest and we often stripped off at least our shoes, and sometimes more, to

take a dip. This is the image that came to mind when I first heard the term “forest bathing.”

While this is not exactly what forest bathing is all about, there are certain elements that overlap. I know that as a child, I never felt so happy as when I had spent time in that forest – with or without getting wet!

The original phrase was coined in Japan (“shinrin yoku”), which literally means “taking in the forest.” I suspect the concept is nearly as old as time, although it has now become more formalized and is actually being prescribed by healthcare practitioners.

What exactly is forest bathing?

Here’s a quick tutorial: Leave all technology, including your cell phone, at home. Go out into the woods. Take off your shoes (optional). Close your eyes. Breathe deeply. Let the sounds and scents of nature wash over you.

There, you have been introduced to forest bathing.

It really is nearly as simple as that, but the benefits, borne out by more and more scientific studies, are numerous. A listing of many of these studies can be found at the following website: <https://forestbathingcentral.com/forest-bathing-studies/>. It makes for interesting reading when you have the time. Until then, I can share in a nutshell that forest bathing has been shown to:

- Reduce blood pressure
- Increase focus and creativity
- Decrease feelings of stress and anxiety
- Elevate one’s mood
- Improve sleep
- Strengthen immunity

Pretty impressive list!

What is forest bathing not? It’s not a hike in the woods, or any kind of physical exercise. Far be it from me to dissuade anyone from taking a hike in the woods and reaping all the benefits thereof, but forest bathing is a different kind of exercise. While you may be walking, it’s more like wandering. It’s in the noticing of small things often passed by that the most helpful benefits can be found: the symmetrical pattern of leaves on a bush, the mixture of scents, the sound of wind or bird songs or various insects.

Back to the science: while early research focused on visual



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experiences with nature, the research into the benefits of forest bathing has expanded. The following set of studies (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793347/>) looked at all five senses and found that forest bathing created positive benefits from all five: seeing nature, smelling nature, tasting nature, hearing nature sounds, and touching nature all created positive physical and mental effects.

Immunity can be boosted by inhaling phytoncides, which trees emit to protect themselves from infection from germs and insects. Another study showed that an immersive experience with trees lowers levels of cortisol, a hormone associated with stress. We all want less of that!

Good news – you don't have to live near a forest or devote much time to reap the benefits of forest bathing. Urban dwellers can practice this in a park, garden, or arboretum, and just two hours per week has lasting results.

To improve the benefits, many people - especially those in the city - make use of a trained and certified forest guide or therapist. Does it seem odd to have to make use of a guide for such an exercise? Can't you just walk out into the woods? When I was growing up, "certified forest therapist" never appeared on any list of possible career choices! But a

surprising number of doctors and other health care professionals are becoming trained as a way to lead their patients to better health. As one explained it, "The difference between wandering on your own and using a guide is like the difference between taking a yoga class and watching one on YouTube."

Now that Spring has sprung and warmer weather is here, isn't it time to add this simple, eco-friendly, and inexpensive routine to our healthcare portfolios? For more information about the benefits of forest bathing, check out: <https://www.natureandforesttherapy.earth/> or <https://healthy.kaiserpermanente.org/health-wellness/healtharticle.what-is-forest-bathing>.

Cynthia Hogg is a National Award-winning freelance writer who lives in Grand Rapids. She also tries to spend as much time as possible at her vacation home in Ludington, as she is a volunteer lighthouse keeper there and loves to stroll the beaches looking for rocks and sea glass. She treasures spending time with her 10 grandchildren and traveling, especially in combination. She is the creator of the blog www.skipgentravelguru.com and can be reached at cindacord@gmail.com.



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BY
CLIF
MARTIN

SERIOUS SENIOR STUFF



All right, it's not really all that serious, but I thought this title might get your attention.

First of all, a correction of an omission. In the "Clif Goes Bananas" column back in the November/December issue, there was nary a mention of what just might be the best banana song of all. It's "I Like Bananas Because They Have No Bones" by the Hoosier Hotshots. Any songs I talk about here are pretty easy to find on the internet.

If you are not old enough to remember the Hotshots on radio's National Barn Dance, I'd say you are a young senior. Maybe in your 70s. Advanced senior status begins in your 80s. When you hit the 90s, you are very seriously a senior. That's my Senior Perspective.

Upon entering any level of senior life and applying for the benefits that come with it, you must sign the PPP. The Paper Products Pledge. This pledge goes something like this:

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Other serious senior issues you need to consider are related to your nose and your toes. Does your nose sometimes produce a whistle that makes you think there's a bird at your window? Enjoy it! Or, do you have a nasty toenail that catches a thread on your sock and the thread gets caught between your toes and it makes you crazy? Dump that sock and cut your nails.

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Clif invites you to join him for further adventures in serious Seniorland. Stay tuned for that.



BY
JANET
HASSELBRING

For the Birds

Feathers - one of nature's most exquisite and versatile designs. All birds, and *only* birds, have them.

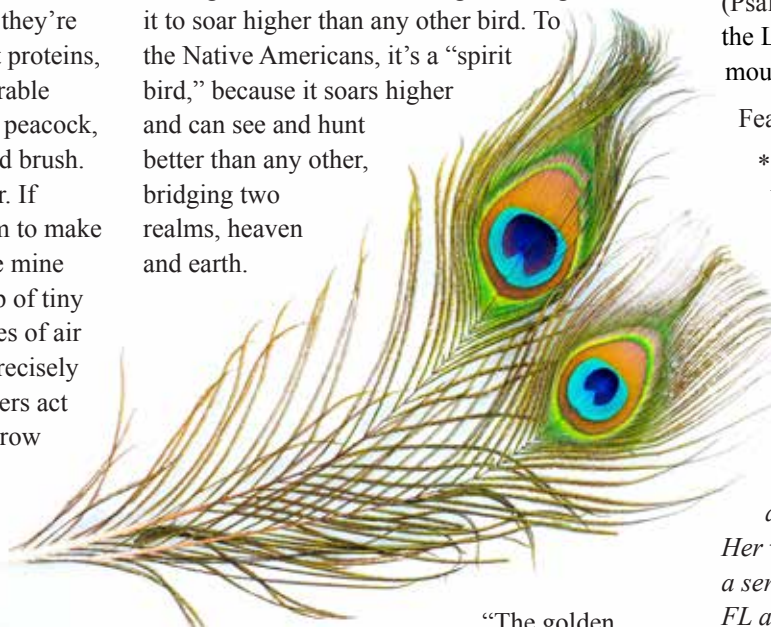
I'm holding a peacock feather as I write – a foot long, nearly weightless, and soft as silk. Feathers are dead. Like hair, they're made of keratin, one of nature's toughest proteins, sheer, light, and strong. My feather is durable enough to protect a bird, in this case, the peacock, fleeing through dense tangles of grass and brush. Birds get a new set of feathers every year. If feathers get damaged, they can shed them to make way for new growth. Maybe that's where mine came from. Feathers are porous, made up of tiny microscopic air gaps. These huge volumes of air inside the feather are the secret to how precisely wing feathers keep birds in the air. Feathers act as a bird's GPS system and oddly, they grow branched, like a tree.

If I haven't convinced you to nominate feathers for the "7 Wonders of the World" list, get this.

My peacock feather's gorgeous greens, brilliant blues, and loamy earth hues are the ultimate eye candy. Feathers have the most vibrant colors in the natural world, and while they're important for sexual attraction and camouflage, their beauty led to the near extinction of many species of birds. For nearly three decades, starting in the 1870s, there was an enormous global craving for feathers to adorn women's hats. Snowy egrets were killed by the thousands for their brilliant white plumes, and the long delicate trailing nuptial plumes that grow off the backs of their heads during mating season, the aigrettes. Their mass killings left the earth looking snow covered. The grass roots campaign to end this savagery led to the formation of the National Audubon Society.

We use feathers to describe how light something is, e.g. "as light as a feather;" but interestingly enough, the extreme lightness of a bird's feathers is more integral to sustained flight than its muscles.

The lightness and size of the golden eagle allows it to soar higher than any other bird. To the Native Americans, it's a "spirit bird," because it soars higher and can see and hunt better than any other, bridging two realms, heaven and earth.



"The golden eagle is our messenger to the Creator," notes Lee Plenty Wolf, a spiritual teacher in the Oglala Lakota tribe. Its feathers were, and still are, sacred, representing the highest values of trust, bravery, and honor.

I stroke my feather. It is exquisitely soft. Feathers are the softest thing nature produces. We cram duck and goose down feathers into pillows, duvets and mattresses, because they make the warmest and lightest types of clothes and bedding we use. Amazing how something nearly weightless is one of the most effective natural insulators known to us, and we've never been able to replicate them.

The world's best-quality down is eiderdown, which comes from a wild sea duck, the common eider, whose feathers help it survive the harshness

of the winter wind-whipped northern seas in the Arctic mudflats. Due to the eiderdown's rarity, superb quality, and labor-intensive gathering, an eiderdown comforter can range anywhere from \$3,000 to \$20,000.

I lay my feather down and reflect on the spirit bird, soaring high, bringing messages to the Creator. I remember other sacred figures of speech that have brought comfort and hope to many a weary pilgrim: "He shall cover thee with His feathers, and under His wings shalt thou trust." (Psalm 91:4). And again, "They that wait upon the LORD shall renew their strength; they shall mount up with **wings as eagles...**" (Isaiah 40:31)

Feathers - birds, and *only* birds, have them.

*"Hope is a feather that perches in the soul,"
by Emily Dickinson

Sources - *The Wonder of Birds*
by Jim Robbins

National Geographic Field Guide to Birds

Janet lives in West Michigan 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 Michigan, in the 1930s, 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.





BY
HILLARY
HATCH -
PUBLIC
AFFAIRS
SPECIALIST

Social Security Questions and Answers

Question: If I retire at age 62, will I be eligible for Medicare?

Answer:

No. Medicare starts when you reach 65. If you retire at 62, you may be able to continue medical insurance coverage through your employer or purchase it from a private insurance company until you become eligible for Medicare.

For more information, read Medicare at www.ssa.gov/pubs, or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I'm 65, not ready to retire, but I want to apply for my Medicare coverage. How can I do that?

Answer:

The easiest and most convenient way is to apply online. Use our online application to sign up for Medicare. It takes less than 10 minutes. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. You'll receive your Medicare card in the mail. It's convenient, quick, and easy. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Get started today at www.ssa.gov/benefits/medicare.

Question: If I have a question about my Medicare bill, who should I contact?

Answer:

First, contact your provider. If you are unable to get your question answered or the problem resolved, then contact 1-800 MEDICARE (1-800-633-4227). For more information about Medicare benefits, visit www.medicare.gov.

Question: I haven't received my Social Security Statement in the mail the last few years. Will I ever get one again?

Answer:

We currently mail Social Security 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. Instead of waiting to receive a mailed Statement, we encourage people to open a my Social Security account at www.ssa.gov/myaccount so they can access their Statement online, anytime.



Question: I want to estimate my retirement benefit at several different ages. Is there a way to do that?

Answer:

Use our Retirement Estimator at www.ssa.gov/estimator to get an instant, personalized retirement benefit estimate based on current law and your earnings record. The Retirement Estimator, which also is available in Spanish, lets you create additional "what if" retirement scenarios based on different income levels and "stop work" ages.

Question: I'm trying to decide when to retire. Can Social Security help?

Answer:

The best place to start is with a visit to the online Social Security Statement. The Statement provides you with estimates of benefits for you and your family as well as your earnings record and information you should consider about retirement and retirement planning. It is easy to access your statement online by creating a my Social Security account. To create an account, please visit www.ssa.gov/myaccount. The "right" time to retire is different for everyone and depends on your individual situation. To help you make your own decision, we offer an online fact sheet, When To Start Receiving Retirement Benefits, that highlights some of the factors to consider. Find this publication at www.ssa.gov/pubs/10147.html.



BY HOLLY
LOOKABAUGH
- DEUR

The Science Behind *Positive Thinking*

As winter turns to spring, and grey skies turn to sunny blue, the seasonal shift in the air often lifts our spirits. Being in a “good mood” creates a positive energy, attracting smiles and connection with others, and inspiring us to see the best in the world around us. So how important is our attitude to our health?

The science behind positive thinking and the power of attitude are both surprising and compelling. What drives optimism? Is it a part of our DNA? How can two people live in the exact same world and read the same news, yet have opposite perspectives? Several peer-reviewed, scientific studies provide a peek into how our mind-body connection works and more importantly, how we can optimize the power of positive thought.

A review of “happiness” studies of 275,000 people over 15 years provides clear evidence that people who feel they are happy are healthier and enjoy more success at work and in their life relationships. Results of this research are clear: an optimistic attitude in the face of adversity is strongly connected to specific health benefits, including reduced heart disease, faster recovery from stroke and surgery, better quality of sleep, less overall inflammation and decreased incidence of chronic pain.

Over 300 studies over the past 20 years verify that chronic stress and negative thoughts can weaken the immune system. Chronic stress is

defined as an emotional pressure over a period when a person perceives they have little to no control. A hormonal reaction occurs in response, with a release of cortisol, contributing to poor quality of sleep, chronic inflammation, and immunosuppression – a reduced ability to fight illness and infection. The health benefits of keeping a positive outlook are many.

Is it really possible to change crabby to cheerful?

To enjoy the health benefits of positive thinking, is it possible to change how we perceive the world around us? Scientists tell us... absolutely we can! Stress is self-reported; if we change the message, the immune system will respond. Proven strategies to impact your attitude include:

Self-talk: Repeat a positive thought or outcome of a situation in your head, out loud, and in writing. This might sound simplistic and a bit silly, but the concept of using a “mantra” at times during the day truly has a physiological response. Lower blood pressure and reduced anxiety are reported benefits.

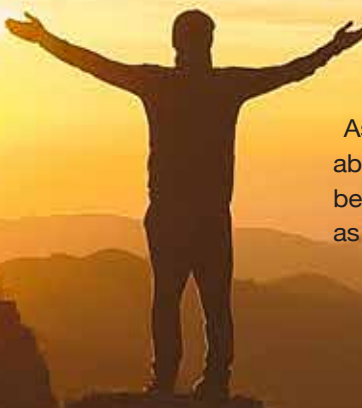
Assume that situations are not about you...at all. Put some distance between the stressful trigger and you as a person.

The person who just cut you off while driving didn’t do that maneuver to you or because of you. Assume he was careless and distracted, with no regard for you as a person. Take a deep breath and remind yourself that it is not important in the big picture of your happiness!

Practice “best case scenario.” Instead of letting yourself spin into negative “what ifs,” try daydreaming into the best possible outcome of a scenario. Visualize you “winning life.” Generate mental images of positive outcomes for your top worry topics.

Mental and physical health are equally important to each person’s total quality of life. How we think and respond to stressors impacts our health in ways that we can control every day. And it’s never too late to become a glass half-full kind of person.

Holly is a board-certified physical therapist specializing in oncology rehab and geriatric care. She has been practicing for 43+ years and founded Generation Care in Muskegon, Grand Haven, and Grand Rapids. As a current partner in Ivy Rehab, Lookabaugh-Deur serves as the Director of Clinical Excellence. She is part of the physical therapy faculty at CMU, GVSU and Spalding University.

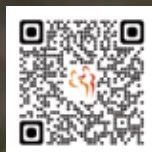


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BY
CHRISTINE
WISTROM

Wonder Dog

I get quite a few calls about training the family dog to be a service dog, and it's always interesting to me the wonderful role these animals play in enriching our lives. Most dogs are naturally eager to be of help to their owners and having a job to do is something they really like, much as we do. It's always good to be needed! But there are also people who want their precious baby to go everywhere with them when the dog isn't trained to do anything for them. They call it a service dog simply so they can bring it everywhere with them. That's not acceptable. A true service dog is trained to perform a task that reduces the effect your disability has on you.

So, when you have a dog that is trained to do something that helps you, how do you let the world know it's a service animal and not just a dog? There are many organizations out there that are willing to take your money in exchange for "certifying" that your animal is a genuine service dog. The problem is, you've just wasted your money because there is no entity that is recognized as having the authority to certify your dog! If you want to be able to prove your dog is a service dog, then you need to document the training program and list the specific tasks the dog does to lessen the effect of your disability. When you keep a file with a list of the trainings, what was included, and how your dog performed, that file is your proof.

You do not have to work with a certified dog trainer in order to train your own dog, but it is helpful. Service dogs need to be extremely obedient when out in public as they act as the ambassador for all service dogs. People look at your dog and understand that it's a service dog, and they expect it to behave. Now that doesn't mean it can't give out with a "woof" if it sees something interesting, but it does mean that it quiets down when you ask it to and sits quietly when instructed to do so.

What can a service dog do for you? There are many ways a dog can do something that helps lessen a disability. Your dog can help you balance when you stand up or walk up or down stairs, or keep people from coming too close to you in a crowded room. Your dog can alert you when an alarm goes off. The list of activities seems to be endless, but these wonder dogs can do so much to make life better!

Most of our dogs are wonder dogs! We love them dearly and just having them with us brings comfort and enjoyment. But, if it's a service dog you want, think about what it can do to help you cope with your disability. Then talk to a trainer about designing a plan that will allow your dog to work for you. That's a true service dog!

Chris is a Gerontologist and an Independent Living Specialist at Disability Network/Lakeshore serving Allegan and Ottawa Counties. She specializes in home modification, assistive technology, independent living skills training, service dog training, and emergency preparedness.



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BY
HILLARY
HATCH -
PUBLIC
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Plan Your Retirement with Social Security

Social Security benefits factor into the retirement plan of almost every American worker. If you are covered under Social Security, you should know how much you might receive in future benefits. These monthly payments are likely to be an important part of your retirement income.

We base your benefit payment on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had low earnings, your benefit amount may be lower than if you had worked steadily or had higher earnings. Even if you never worked and did not pay Social Security taxes, you may be eligible for benefits from a spouse's record. You must be at least 62 years old, and your spouse must already be receiving retirement or disability benefits.

Our Retirement page at www.ssa.gov/retirement is a great place to start mapping out your retirement plan.

For example, have you considered:

- When is the right time for you to start receiving your retirement benefits?
- What documents you may need to provide Social Security for your retirement application?
- Which factors may affect your retirement benefits?

You can use your personal my Social Security account at www.ssa.gov/myaccount to get an instant estimate of your future retirement benefits.

You can also see the effects of starting your retirement benefits at different ages.

You may also be wondering about:

- Benefits for a spouse or children.
- How work affects your benefits.
- If you will have to pay taxes on your benefits.
- Medicare.

You can learn more at www.ssa.gov/retirement. Please share this information with your loved ones to help them prepare for their retirement.

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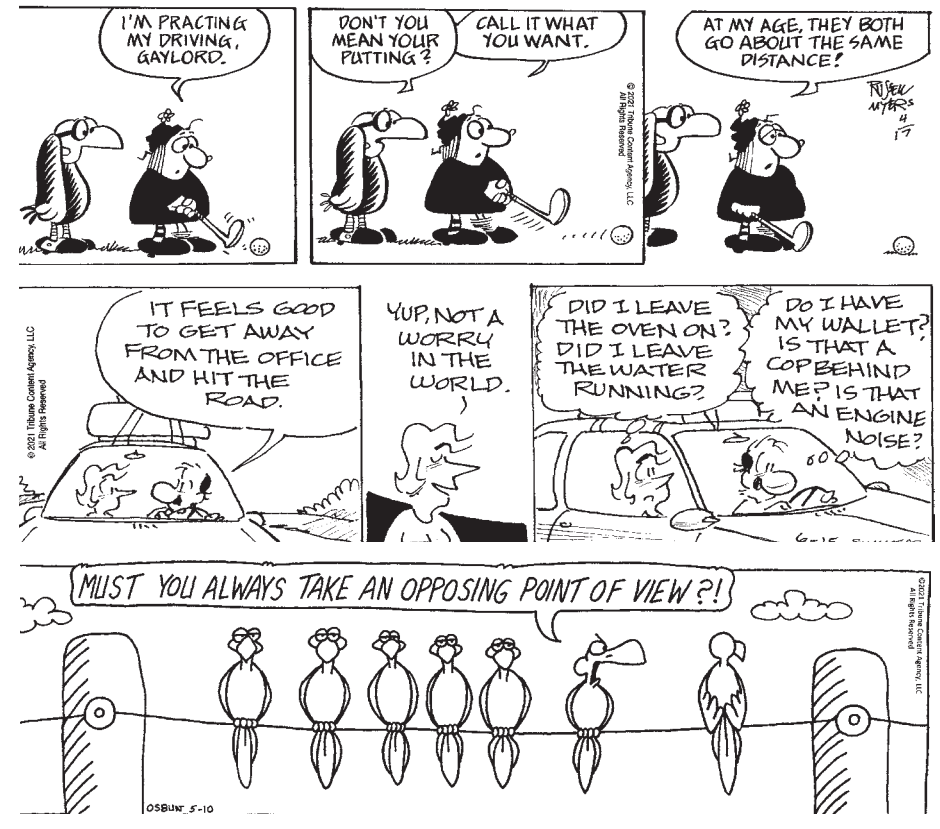


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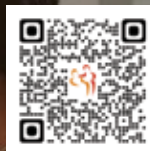


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A Century of Progress 1933 & 1934

BY
DICK
HOFFSTEDT

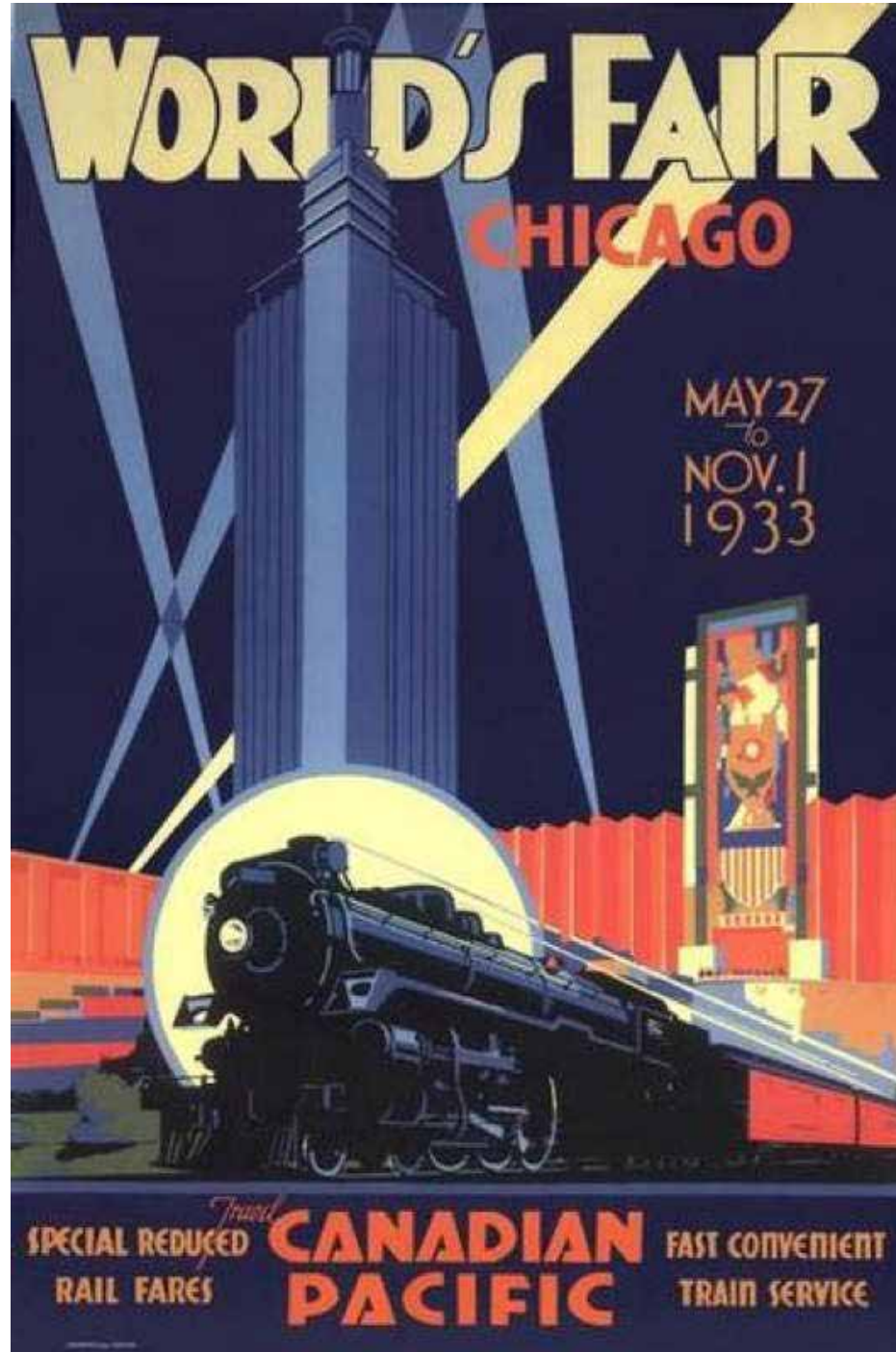
In 1933, only
40 years after
Chicago hosted the

spectacular Columbian Exposition near Hyde Park, it now celebrated its centennial with A Century of Progress, the official title given to it. Why 1933? Because Chicago was incorporated as a town in 1833, thus the 100 years. At that time, it had a population of around 4,000 people. In 1933, it was over three million. The fair was so successful in 1933 that it was held over from May through October 1934.

The fair was located on the lakefront, convenient to the downtown area and public transportation. It was on a three-mile strip of parkland running south from the Field Museum to 39th Street and encompassing the newly man-made Northerly Island.

In many ways this exposition broke with tradition, as modern times demanded a new sort of fair. Exhibits looked towards the future rather than celebrating past achievements. The overall theme stressed advances in the physical sciences and their service to mankind through application to industry. Significant among these were recent developments in electrical lighting, modern building materials and construction techniques. The major exhibit halls contained dynamic demonstrations on a wide range of subjects including science, electricity, communication, transportation, and agriculture. Many foreign nations participated.

The two main attractions were the “Enchanted Island,” which was a



retreat for children, and the “Sky Ride,” which was Chicago’s answer to the Eiffel Tower. Rocket cars traversed the width of the fairgrounds,

suspended 225 feet above the ground from its two 625-foot towers with observation decks.

Souvenirs were available everywhere. Restaurants and cafes did a booming business. Special events throughout the fair ensured repeat visits.

Some of the entertainment was unusual. Sally Rand, the renowned stripper, appeared with her fan dances in quite a few performances. Henry Ford built a pavilion which included a museum and a concert hall. He was a big fan of the Mormon Tabernacle Choir, so he asked them to come and perform in his concert hall. They agreed and started performing twice a day from September 10, 1934, until the end of the fair. Sally Rand and the Mormon Tabernacle Choir, two very different entertainment offerings. Jean Shepherd, who wrote the screenplay for *A Christmas Story*, told about attending the Century of Progress as a boy in his 1966 book, *In God We Trust: All Others Pay Cash*.

A Century of Progress was run like a business by talented men who were wealthy at an early age. Right away they determined not to seek government money to finance the fair and to build only what was fully funded. The fair was a glorious success, with record attendance and





daily profits. After two successful seasons, A Century of Progress closed in November 1934 with all debts paid and a surplus of funds which was divided among various museums.

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 68 years. Richard has six children, five grandchildren and five great grandchildren. He is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck. Richard is a National Award-winning writer.



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Preparing the garden for spring

From starting seeds to creating an outdoor sanctuary, here is a short guide to spring gardening:



Start seeds

- Plant seeds indoors first; when frost period is over, seedlings can be planted outside
- Start seeds outdoors
- Harden and thin seedlings



Plan your garden

Design your own garden (sketch); variety is important (colors, plants, flowers, water feature)



Prepare soil

- For crumbly, moist soil:
 - One part top soil
 - One part organic matter
 - One part peat moss
 - A handful of sand
- Control weeds
- Build garden beds

Blend and lay on top of existing soil, at least 4 in. (10 cm) deep; work into soil with pitchfork



Raise vegetables

- Top easy-to-grow vegetables:
 - Carrots, green beans, lettuce, onion, peas, radish, sweet pepper, squash, tomato



Improve lawn

Grow and maintain a healthy lawn on the basis of good soil; use organic fertilizers; fill in bare spots; mow lawn regularly

Source: iVillage Graphic: Staff, Tribune News Service



Plant containers

Consider shape, colors and variety of plants, flowers; vegetables can also be planted



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Try This

Strange honey shapes

Here's how to make beautiful, fascinating patterns in a jar of water.

You'll need

- Plastic squeeze bottle of honey with a narrow tip
- Tall, clear jar of cold water or tea with a screw-on lid
- Microwave oven

1 Make sure nozzle of bottle is clipped so honey flows in a thin stream



Heat bottle on high in microwave for 30 seconds

2 Slowly squeeze a thin stream of honey into jar, gently moving bottle as you squeeze it

Thin!



Honey will become almost as thin as water

3 After adding a bit of honey, put lid on jar and slowly turn it upside down

© 2013 MCT
Source: NASA's Marshall Space Flight Center Science Directorate

What happened?

For a few seconds, threads of honey fall through the water, making curves, filaments, even transparent rings, then settle into a pool at the bottom

You can sometimes see more beautiful shapes by gently turning the bottle over

The International Space Station crew did this experiment, and since there is almost no gravity in orbit, their honey streams lasted much longer than yours

To reuse honey water later, make tea with it



9 OUT OF 10 SENIORS



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If you try this experiment, take a photo and send it to SeniorPerspectives@Seniorresourceswmi.org to be featured in a future edition.



Protecting Your Feet and Balance as You Age

It's easy to forget about your feet until they start to hurt. Here are some common foot problems associated with aging and how to prevent them.

BY
DR. JAN
SMOLEN

Fat Pad Atrophy: The foot has increased padding under the heel and metatarsal heads to absorb shock. Walking barefoot or in socks all day on hardwood or tile floors can break down the fat pads in your feet, leading to a deep aching bone pain like a bruise. Wear lightweight shoes such as a running shoe in your house if you are doing a lot of cooking or standing on hard surfaces for long periods of time. If you have pain in your heel, try a gel heel pad or an orthotic in your shoes.

Dry Cracked Heels and Dry Skin: As we age there is a gradual decrease in collagen in the skin which, coupled with decreased flexibility and not being able to reach your feet to care for them, can lead to dry cracked heels. The cracks can become deep and painful and a source of infection because the skin is open. Apply triple antibiotic with pain reliever or bacitracin ointment and a large band aid until healed. If they are not healing, see your health care provider or a podiatrist. Vitamin C supplements help maintain collagen. Check with your doctor or pharmacist to see if you can take them.

Flat Feet or Fallen Arches: Sometimes the ligaments/tendon in the feet that support the arch of your feet stretch out and become weak and the arch collapses.

Your shoe size may increase one size. This can also happen in pregnancy from the hormone Relaxin, causing your shoe size to go up. Flat feet has been shown to cause balance problems and increase the risk of falling. Good support is very important. If your shoes are over one year old and you wear them a lot, it's time to throw them out and get new ones. The shoe still may look good on the outside, but it has lost its support. Orthotics are also a good choice. I personally like Powerstep orthotics.

PROTECTING YOUR BALANCE CAN REDUCE FALLS. HERE ARE SOME SIMPLE EXERCISES YOU CAN DO DAILY.

Balance on one foot: Standing on one foot helps improve the communication between your foot and your brain. Stand next to the kitchen counter so you can steady yourself and try to stand on one foot. Have someone stand next to you if you feel unsteady. You should be able to add seconds every time.

Toe Raises: Stand next to the kitchen counter and try to rise up and down on your toes. 5-15 times. Feel free to

increase the number of toe raises over time.

Toe Scrunches: Sit in a chair with a towel under your feet and scrunch the towel with your toes. Do 10-20 repetitions of these.

Toe Traces: Sit in a chair and trace the ABC s with your toes.

Leg Lifts: Sit in the chair and raise your foot as high as you can comfortably. Try to do 25-50 of these.

Jan Smolen DPM is a physician at Shoreline Foot and Ankle Associates with offices in Muskegon and New Era. She is board certified by the American Board of Foot and Ankle Surgery and is a Diplomate of the American College of Foot and Ankle Surgeons.

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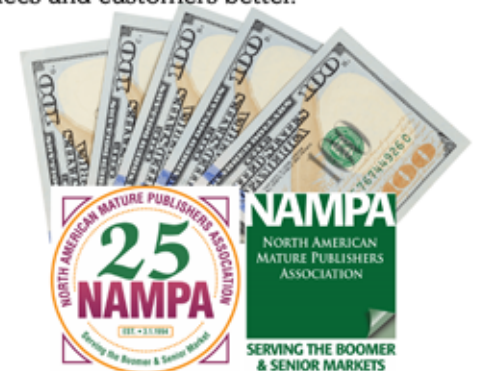
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BY
JERRY
MATTSON

Down South a House Goes Up

Talking with the supervisor of a work crew erecting a new home west of Gulf Shores, Alabama, some interesting facts were revealed.

For the preparation work, 14-inch-diameter wood poles making up the “foundation” were installed 20 feet into the sand. They don’t bore holes for this. High pressure water jets saturate the sand and the pilings are pushed down to the proper level. The pilings were then precisely cut off 13 feet above ground level and notched. A framework was created around the top when 2 x10 planks were bolted in place. Temporary work platforms were installed on all four sides, about halfway up the structure. A large crane was positioned at the site, on heavy wooden mats.

This was a “four box” project as two “boxes” (prefab modules) make up each level of the two-story house. The modules for this job, built in Georgia, were transported by truck. Moving on two-lane Route 180 west, an escort vehicle with flashing amber lights warned drivers that something big was following. The trucks are driven near the center of the road, forcing oncoming traffic toward the shoulder. These house sections were staged in the parking area about four miles away.

About seven in the morning on the big day, the lower two sections of the home were behind trucks parked in the street, the crane boom was fully extended, and the crew was in action. Unhooked from its truck, the trailer with the first section was pushed into position by a skid-steer tractor.

Straps and cables were attached to the first module. Shortly after 10:00, it was lifted over the framework and slowly lowered until one corner touched down. With help from workers using guide ropes and others on the structure with pry bars, the module was lowered into the proper location. This was repeated three more times.

By 3:30, the focus was on the roof sections, already attached to the upper modules. The crane lifted one side at a time to an angle

where men began positioning mounted wood supports creating trusses. Less than an hour later, the final major components of the stilt house were in place.

These modules come complete with electrical, plumbing and Sheetrock work completed. This house had the kitchen and dining/living room, including a 4’ x 14’ island, on the upper floor. At this level, people could see the Gulf of Mexico from the front and Mobile Bay from the rear. To maximize these views, decks were located on both floors on each end. With no elevator, carrying groceries and other supplies up two levels of stairs would be a chore.



An onlooker asked the supervisor how they finally move the sections together once they are close. “We don’t,” was the answer. An inch gap remains, which is needed to remove the lifting cables. This is filled with wood then the sections are lagged together.

With good weather, even with others projects underway, the supervisor said the house should be done in a month. Also, the advantage of a modular building over a stick-built type was the better quality of construction and the shorter completion time. The brands of manufactured units vary in quality. “Some do not fare as well while in transit, resulting in cracks in the Sheetrock and sometimes structural damage.”

In Michigan, most people do not have to walk up about 20 steps to reach the first floor of their home. In Alabama, with this type of house, there are no sump-pump or cracked basement wall issues. We have snow and they have hot summer days. We all contend with, and adapt to, the natural conditions whether we live in the north or the south.

Jerry enjoys learning about things, like the stilt houses, and sharing them with others through his writing. The construction of these houses is a long way from his first experience in building an elevated structure – a young boy’s tree house.



BY
LOUISE
MATZ

Settling In

Whether you're a snowbird heading south for a few months or simply going up north to spend some time in a cozy cabin or a beach resort, there are a few things you absolutely must have to ensure your comfort as a renter. For us it's coffee. This year when we arrived at our rental unit in the Florida Keys, the first thing my husband did was check out the coffee pot. There were two, a Keurig and the old-fashioned type. Surprise! Neither one worked! As it turned out, we contacted the rental office and they brought us a new one in about an hour. Not a pleasant experience, but what if we had not checked it out until the next morning when we like to enjoy our coffee soon after we get out of bed?

The outdoor grill at our unit looked somewhat new. We didn't check it out immediately, but luckily my husband took a look at it before planning to cook. It was a disaster and obviously hadn't been cleaned in a long, long time. Again, the rental agent made good on it and we had a new grill in a week. But what if we didn't check it until the day we planned to cook?



A few other things you might want to check prior to an immediate need:

How to adjust the air conditioning and the heat

Light switches

Dish soap and cleaning supplies

Paper products – toilet tissue & toweling

Do I have an icemaker & does it work

Beach towels

Toilet plunger

Garbage pickup

WiFi

And, how about the television? Which of these remotes does what?

Usually all rental units will have a list of tips and guidelines posted somewhere in the unit. If it is well done, it's likely to answer all your questions. We think we know it all, but there's always a helpful tip or an important message that will make the vacation more pleasant. Take a minute and check it out.

Louise is a national award winning writer. She has been writing for Senior Perspectives for over ten years. She enjoys family time, reading, traveling, walking, biking, and golf. Pickleball and mahjongg have been added to the list since retirement. She also loves to join her husband for fishing in the Florida Keys.



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

ANSWERS FOR GAMES ON PAGES 18 & 19

SCRABBLE G R A M S SOLUTION

A₁ I₁ R₁ P₃ A₁ R₁ K₅ RACK 1 = 63

D₂ E₁ C₃ E₁ I₁ V₄ E₁ RACK 2 = 66

C₃ A₁ B₃ I₁ N₁ E₁ T₁ RACK 3 = 61

P₃ A₁ R₁ L₁ O₁ U₁ R₁ RACK 4 = 59

T₁ H₄ R₁ O₁ A₁ T₁ Y₄ RACK 5 = 89

PAR SCORE 260-270

TOTAL 338

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Answers - Boggle Game:

EMU OWL LARK HAWK ROOK
TERN CROW WREN GOOSE ROBIN

Answers - Jumble:

CLOWN ABATE EXHALE SNEEZE

She was learning to use Microsoft's
spreadsheet and thought it was –
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