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A Senior Resources Publication

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It’s March, spring is almost here. It’s the time when a young person’s thoughts turn to baseball…our national pastime.

I left the city of my birth, but I left my heart back at the little old ball park on the corner of Clark and Addison on the north side of Chicago. You’ll notice I called it a ball park. It is never called a stadium like all those new huge monoliths that have been built in other cities in the U.S. They are cold and lifeless when stacked up against the small, cozy home of the Cubs. The Cubs of my youth, my adolescence, my whole life and the many disappointments, the near misses and the years of nothing get into your system and stay there. Ask any old time Cub fan.

It hasn’t changed too much since that day during their last pennant year, 1945, when an eleven year old boy saw his first ever game played there. As I headed to my seat, the smell of hot dogs filled the air. The old cement steps leading up to the main aisle were worn with grooves from millions of shoes shuffling up and down. At the top, my eyes were greeted by the most beautiful shade of green imaginable. There, real grass is trimmed to a perfect two inch height.

I sat down and first noticed the freshly striped batter’s box, foul lines extending out to the 365 foot painted signs on the red brick outfield wall, which is covered with coppery-green Boston ivy from the cinder warning track to the capstones. Behind are the bleachers with no roof for shade.

The upper and lower deck is covered by a roof held up by a rusted network of iron rafters in a maze of verticals, horizontal and diagonals. The roof flies pennants on flagpoles of all the teams in the league. The foul line flag poles fly flags with the uniform number that management has decided to retire from future use. In dead centerfield, above and behind the bleachers stands the oldest scoreboard in the majors. It is a huge, dark structure painted green like the bleachers. Employees enter and exit by ladders. No electronic wizardry here. Everything is posted manually. It was just under this scoreboard that Babe Ruth hit his famous “called” shot in the ’32 World Series.

Today the sign outside on Clark and Addison is still the same…bright red announcing that this park is officially still called Wrigley Field with listings of upcoming games and other events.

In 2014, Wrigley Field turned 100 years old. Only Fenway in Boston is older. This year marks 71 years since the Cubs have been in a World Series. Forty men who played for the Cubs are in the Hall of Fame. This year will mark 108 years since they’ve won a World Series (1908.) It’s an infamous record that will stand as long as baseball is played. No matter who they put on the field or how badly they play, every game will be a sellout. It’s a social event. The fact that there’s a game being played is just icing on the cake.

With all this said, how do I, as a 71-year fan, stay with the Cubs? Every year I’ve always heard, “Wait till next year.” I’m still waiting and will continue to do so. Last year they teased us again. It was their best team in years with tons of potential but, once again, they came up short.

Being a Cub fan teaches perseverance. You learn to accept defeat, but in the words of my favorite Cub, Ernie Banks, “hope springs eternal and this will be the year.” You can’t help loving that optimism. Remember, being a Cub fan builds character.

Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 60 years. Richard has four daughters, twin sons, four grandsons, one granddaughter, one great granddaughter and one great grandson. Richard is an engineer by profession. His interests are music, reading, travel, water color painting, Mark Twain and John Steinbeck.
Road Work

A Nod to our Age of Portability

I’ve named my column Road Work as a nod to the mobility of work these days. My recent vacation to Australia and Bali would not have been possible without the ability to bring some of my work with me on my travels. While this may be a sad commentary on today’s work world, still in all, I feel fortunate that I live in a time when our work is so mobile.

You see, I’m no spring chicken and remember the days when mobility of work entailed the number of files you could stuff into your briefcase. No laptops or iPads (not even computers), no smart phones or cloud storage containing all things business and personal. Anything you were taking with you was a written copy pulled from a physical file.

We now have digital files that allow us to copy and carry almost anything we need to do our work remotely. Don’t get me wrong, I’m an old dog that is constantly learning new tricks, so I’m not nearly the most proficient or willing disciple of modern work life, but have learned enough about my digital opportunities to allow myself to take my work on the road.

This vacation happened to coincide directly with the production of this most recent edition of Senior Perspectives. Yes, I’m the individual who takes all of the great stories featured in this publication and puts them together, hopefully in a creative way, into the publication you see before you. With the organizational help of Publisher Michelle Fields and the contributors to Senior Perspectives, I loaded up my Apple laptop with files, stories, photos and fonts and headed for the other side of the earth.

As I watched my plane slowly make progress across the Pacific, I sorted stories and combined them with photo and art elements into individual folders. Along with a selection of movies provided by the airline, I whiled away my flight time between a combination of work and entertainment.

Upon my arrival in Melbourne, Australia, happy to have my feet back on solid ground, I was able to begin the process of toning and sizing the photos that would be featured in these month’s publication. I was even able to squeeze in a bit of work before leaving for the Australian Open, where I was able to watch as Brit Andy Murray skillfully knocked off a powerful Aussie crowd favorite to move on to the quarter finals. It was a thrilling, emotional match that I was free to watch without guilt because I was able to get some work done beforehand and didn’t need to concentrate my thoughts on any undone work.

The laptop came out again as I boarded the ferry for Tasmania. The newly remodeled Spirit of Tasmania I comes well equipped with power plugs and USB ports. I wasn’t, by any stretch of the imagination, the only one focused on work as we crossed the waters between mainland Australia and the state of Tasmania. In fact, on the return trip, I found myself sitting right next to a resident who was preparing for his final exams, vacillating between listening to class audio files and typing away at his paper. I have to admit that he was far more diligent with his homework than I was (note exterior photo from the deck of the ferry)!

Again, as I winged my way to Bali, out came the laptop and a little more work was done. Mile by mile, I was able to notch off some work while I was getting to my next destination. Yes, even as I rode the rails via the beautiful Ghan train on my way from Adelaide to Alice Springs, a bit more of Senior Perspectives took shape.

Having worked in publishing for over 30 years, and dating back to the days when pages were designed by hand with paper, wax, border tape and Exacto blades, I find myself marvelling at how far we have come in the last three decades.

Call it the planes, trains and automobiles of Senior Perspectives, this edition has to be the most traveled edition ever created and is definitely an ode to the digital age in which we find ourselves.

As you read through the articles in this month’s edition, take a moment to think about their connection to Melbourne, Hobart, Adelaide, Alice Springs and Uluru, Australia. To Bali Indonesia. And, most importantly, to Bill Gates, Steve Jobs and countless others who have made it possible for us to take our work on the road and avoid the necessity of sitting behind a desk in an artificially lit office! Cheers from Australia, mate!

Photos: Planes, trains and automobiles (ships and buses, too) ... the trip covered them all. This edition of Senior Perspectives was in tow along the way!

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.
Hundreds of photos are donated to The Muskegon County Genealogical Society (MCGS) every year, that do not have information provided. Senior Resources of West Michigan has partnered with MCGS to assist in identifying these nameless photos. Every edition of Senior Perspectives will feature 4-5 photos of individuals, families and places from the Muskegon area.

If you can identify any of these individuals please contact:

MCGS Pictures, C/O HPL-Torrent House, Local History & Genealogy Dept.
315 W. Webster Ave., Muskegon, MI 49440, email us 1972mcgs@gmail.com
White Lake Area Community Business Expo Slated for March 12

A first-hand look at the diverse products and services offered by many of White Lake’s businesses will be available to the public on Saturday, March 12th at the White Lake Community Business Expo held at Whitehall High School.

What is a Business Expo?
“It’s an excellent opportunity for area merchants and service providers to showcase ‘what they do’ to people in our area,” said Amy VanLoon, executive director of the White Lake Area Chamber of Commerce. “We have a vibrant business community that has much to offer to residents, visitors and to each other. They have a lot to be proud of!”

Expect one-on-one interaction with local business owners as well as the opportunity to take part in over $3,000 in booth giveaways. All winners will be announced during the event. The Expo is presented by the Chamber and it is free to the public. This 4th annual event will be held in conjunction with the popular Rotary Pancake Breakfast at Whitehall High School, located at 3100 White Lake Drive. Hours of the Expo are from 8 a.m. to 12:30 p.m.

Area businesses can reserve an 8’x10’ Expo booth with all amenities provided, including full pipe and drape, for $150 for Chamber members and $200 for non-members. 2016 sponsors are Scheid Plumbing, Heating & Cooling, Frontier Communications, Carmichael Heating & Air Conditioning, Redi Rental, Muskegon Co-op Federal Credit Union, White Lake Assisted Living, and the White Lake Beacon.

For additional information or to request an application to reserve a booth, contact the White Lake Area Chamber of Commerce at 893-4585.

White Lake Area Chamber of Commerce
It was several decades ago that Muskegon Chronicle Columnist, Susan Harrison Wolf-fi...
Our Stories

Luella was admitted to Heartland for extensive therapy after hurting her foot.

“I wanted someplace that would be considerate of myself as a patient and have the best therapy; which is why I asked to go to Heartland Health Care Center - Knollview. I would rate Heartland - Knollview a ten out of ten! I enjoyed my stay, but my favorite part was the nurses and therapists. The nurses were so kind and handled me with care. The therapists are very caring and you could tell that they wanted me to get better. I have already recommended Heartland - Knollview to others in need of therapy.”

Stella was admitted to Heartland for complex nursing and extensive therapy following a stroke.

“The employees at Heartland Health Care Center - Whitehall were very helpful in my recovery from a stroke. After the care I received from the clinical and therapy teams I improved my strength and conditioning and I am 100% more confident in returning back to my daily routines. The team at Heartland - Whitehall was caring and responsive to my needs and I would recommend them in the future to others in need of short-term rehab.”

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231.894.4056

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And I guess, in their way, they are! The end-of-day family members were actively involved in her life! with furniture pieces and that long gone friends and was there with her, that her mother had helped her long since passed. She took for granted my father past experiences and family and friends who had seemed to move about in an inner world of into a world I could not navigate easily with her.

adjust quite well. But I was hit unexpectedly with as we made this transition. Indeed, Mom seemed to I expected a certain relief and peace to come over us Thankfully she has suf ficient funds for now.

I expected a certain relief and peace to come over us as we made this transition. Indeed, Mom seemed to adjust quite well. But I was hit unexpectedly with the overwhelming emotions of another giant leap into a world I could not navigate easily with her. She seemed to move about in an inner world of past experiences and family and friends who had long since passed. She took for granted my father was there with her, that her mother had helped her with furniture pieces and that long gone friends and family members were actively involved in her life! And I guess, in their way, they are! The end-of-day sun downing continued: putting her coat on, asking politely for someone to take her home. No more my challenge, it was a well-trained staff, skillfully redirecting her attention and helping her accept another night in her new home. In the morning, her world was right side up and all was well.

In her new home, she took on the gentle care of others, a wheelchair bound guest who needed a blanket tucked in, a silent gentleman who needed a kind word, a gracious hello to everyone. She built a relationship with the ladies at her dining table. If they were not very conversational, Mom had enough conversation for them all. Dementia is so forgiving. The same stories bear repeating one more time.

I, on the other hand, was all wrapped up in making sure her world was a perfect as possible: arranging for her laundry needs, making sure that attention was paid to the weekly refreshment of her hearing aid batteries, that her teeth fit well enough in her mouth to allow her to chew and enjoy her meals. A lost bracelet and nightgown in the first few days sent me reeling with aggravation! My mother’s life-long attention to detail was now the noose around my neck. And I was tightening it daily. These aggravations would have been hers just a few years ago, but now I began to realize that while I was immersed in them, she was not bothered at all. She cared more about when my little 10-year-old sister would be back home and where my father was spending his time. Did she have a nice book to read? What should she cook for dinner? She should really go to her mother’s house to help out there. For a week or so after we hung pictures and arranged a few items in her new space, she relived her working days when she was an interior decorator. The stress finally got to her and I suggested that at age 91 it was time to retire. A few days later, I think she did.

Christmas came and went and she enjoyed her children and her grandchildren, not always knowing each individual but “I know they are all mine,” she said.

I’m learning to back away and not feel I need to micro-manage her life, her care and her happiness. The care is some of the best anyone could expect. There are days her hearing aids are forgotten or her hair looks a bit too disheveled and once in awhile she forgets her lower dentures. But those are not life threatening oversights. There are regular meals and assistance with activities of daily living. The staff is warm and friendly and respectful to everyone. They check on her regularly and she likes them!

I am allowing my almost daily visit to be more peaceful and social, and less managerial. Calming down has helped me observe my mother letting go of issues and memories to which I still cling, tightly. A wave of grief passes over me as I recognize there are whole pieces of our shared life that are completely lost to her. But I let the wave pass and jump as creatively as possible into her world and meet her where she is now. She is lovely and sweet and still a little feisty. She has strong feelings and deep memories. That she lets me in is a great privilege.

Rolina Vermeer retired in April 2015 as Activity Director of Four Pointes Center for Successful Aging. Almost immediately thrust into her new role as her mother’s caregiver, Rolina will contribute articles related to her caregiving experience.
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Time is said to be a series of re-occurring instances or events, according to Webster’s Dictionary, but I like to think it is also the measure of a single human life.

The clock has been in many different forms, evolving much like mankind. Time has been measured by a long stick in the earth with the sun casting a shadow. Man measured time by placing a small hole in a clay pot, letting it sink slowly into a larger bucket of water. Later came the sun dial, the hour glass and ultimately came the mechanical timepiece called a chronograph.

I wonder how many people in the world understand how clocks rule our lives from birth to death. We each have our own clock when we are born, and our mother winds it up after conception. Unfortunately, only God knows when the tic toc will stop. Everyone has heard of an eight day clock, but what about our nine month clock? Funny how our mother’s heartbeat can sound a little like the ticking of a clock while we’re still in her womb. Notice how our body is measured by the clock, the heartbeat rate per minute, the breathing per minute. We even measure how many yards or miles we can run in minutes. Our clocks are unique because they only happen once in a lifetime.

Ever notice how we keep trying to turn back the clock by using cosmetics, pills, or so-called wonder drugs to take ten years off our appearance? Trust me, those ten years will be back tomorrow morning.

We do things in the time-honored tradition. We also use a lot of clichés like: I have plenty of time; Father Time; time bomb; wasting time; we’re burning daylight; we’re always ahead of or behind time.

The world has always been mindful of the English clock Big Ben and we set our watches to it. But now we have a thing called a Nuclear Clock. What ever happened to the sun dial, when life was slower?


When we’re young, one of the most devastating things we hear is from a teacher sitting behind a desk saying, “Your time is up,” and we still have questions on the test we have not answered yet.

When we’re older, one of the most devastating things we could hear is from a doctor sitting behind a desk saying, “Your time is up,” and we still have questions in life we have not answered yet.

Sadly, all things change. It’s just a matter of time and for someone, somewhere, time is always running out. Everyone wishes they had more time, but then, time heals all things for those who remain.

We can only offer hope and comfort to our friends and family, that there is a place where time is irrelevant and God waits patiently for our clocks to run down. I’m not afraid. Tic toc, tic toc, tic.

Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. As an entrepreneur, he has owned six businesses, including The Twin Gables Country Inn, which he renovated and operated over the course of 17 years. He enjoys fishing, shooting-clay sports, golfing, building bamboo fly rods and writing essays. Mike and his wife Denise celebrated their 46th wedding anniversary in April of 2015.
A Timely Pause to Ask...

When did I become Irish-American?

My daddy taught me the following Irish nonsense poem when I was three years old. I was always called upon to recite it every St. Patrick’s Day and I have never forgotten it. Only heaven knows who wrote it.

_How well I do remember, seventeen years before I was born_  
_My father came from Ireland to hoe the sugarcane and corn._  
_My mother started a laundry with seventeen pounds of starch_  
_And ruined seventeen dozen shirts on the seventeenth day of March!

My dad said we were Irish. So what is Irish? In our family it was God, singing, jokes, ale, whiskey, games of chance, poetry, fun and laughter. My daddy was a talented singer and story teller. I loved Frank McCourt’s book _Angela's Ashes_ and cried over the resemblance of his father to my own. My dad saw rainbows where there were none. While our difficulties were minor compared to those of Frank McCourt’s, I could relate in many ways to the McCourt family’s struggles for security. When I was born, our country was rising up out of the Great Depression, the advent of World War II blew in the wind, and good luck was sparse for everyone, including my family.

The “Luck of the Irish” is a debatable thing. That is to say it is not always “good” luck. Frank McCourt and history tell us much of it was very bad luck. The Irish who made it to America in the early days of the great potato famine suffered greatly. A treacherous ride on a ship to a strange land was far less threatening than the near assurance of starving to death in Ireland. It was no less a struggle when they got here either; but they worked hard, persevered and blended their feisty and stubborn strong will into the cultural mix of America. Our family came from somewhere in that mix of immigrant Irish. My Aunt Eva always said, “We are stubborn, bullheaded Irish, never willing to give up.” I adored my father and his very large family. My aunts and uncles engaged in boisterous arguing, talking all at once to prove their points. A sense of family pride is what “being Irish” means to me. Always giving a hug to everyone, warnings about having good manners, going to church and being polite to strangers and minding my own business: all lessons I learned. Except, no one ever minded their own business. Makes me smile to think about it.

When asked, I say I am Irish and French/Canadian Indian . . . the second part of my “ethnic heritage” coming from my beloved mother. She was the strong side of my parents, reliably picking up pieces and keeping my sister and me together as a family after she and my dad were divorced. But, I still believe I landed emotionally heavy on the Irish side of my coin. I “feel” more Irish. I hope I am Irish and love the idea of having some revolutionary French blood and some wild Canadian Indian blood racing along side-by-side in my veins, too. My work ethic came from my mother.

So, my point is that while I love the Irish in me, I have never thought of myself as anything but an American. I concede it is fun to search for distant relatives and see from what we are made. But, we must never forget: We are AMERICANS, no matter our ethnic heritage, all different but miraculously the same. We are a grand mixture representing cultures from around the world. Yet it is recorded in our history that we come together as one nation, all Americans, when we face conflict. We should rejoice in gratitude for that is our unique and unifying heritage—American—from our country’s day of birth.

When did I become an Irish-American? The answer is: I never did. I am simply—an American.
Soul Food
Reflections upon how spiritual growth improves our health

The season of spring may give meaning to any period of our lives when we envision a new beginning or awareness. It may also inspire us to use discipline to break through and rise above our challenges.

Lent is a period of 40 days from Ash Wednesday to Easter, excluding Sundays, observed in the Christian faith traditionally by fasting, in remembrance of the 40 days which Jesus fasted in the wilderness. This season occurs during the months of February, March, and April. Most any calendar purchased today will acknowledge these two days (Ash Wednesday and Easter). Not until I was an adult did I question where the word Lent came from. It comes from the period of Middle English and relates to the word Lenten, which meant the spring. The deeper meaning was inferring the lengthening of the days in spring, and thus bringing more light into our lives.

Before Jesus began his ministry he was led into the wilderness where he went without food for 40 days and nights. During this time Jesus was tempted to prove his significance and power. Temptation often comes into our lives due to common needs that are not being met. I found a helpful thought within the Spiritual Formation Bible, published by Zondervan in 1999: “We may be tempted to meet legitimate needs in illegitimate ways (pg. 1275).” We all face temptation from time to time. The question is -- when the going gets tough, where do we turn for inner strength and hope? Fasting and prayer can help you find the answers; but please be careful to follow what your doctor recommends if fasting would adversely affect your health.

Keep in mind that what I am writing about is a spiritual discipline. A fast may be “partial,” such as eating only vegetables and drinking only water, or by consuming only bread and water like the desert fathers and mothers did, long ago. Jesus engaged in a “total fast” from food for 40 days in the desert, but if he found a source, he may have drunk water. An “absolute fast” would be to not drink or eat anything for a short period of time, like from sunrise to sunset or for 24 hours.” Fasting is a sign of self-denial, humbly seeking forgiveness and/or God’s direction. Jesus taught (Matthew 6:1-4) that we should not draw attention to ourselves when practicing a spiritual discipline. If we think it through, fasting as self-denial could amount to a commitment of time for disciplined prayer, loving our neighbor and/or serving the poor. (“see the chapter on fasting in Richard J. Foster’s Celebration of Discipline: The Path to Spiritual Growth.”

Creation shows us every spring that, as light increases and the earth warms, new growth begins. When we struggle to understand the meaning of life, lose a sense of our value, or face a crisis of faith, a little self-denial seeking spiritual rebirth, or the offering of food or service to the less fortunate will start the renewing of our strength and hope. When we experience love and light coming back into our lives, we usually want to continue the practice. One of my favorite quotes which I have used before in my articles comes from Pierre Teilhard de Chardin: “We are not human beings having a spiritual experience; we are spiritual beings having a human experience.”

Food for your soul will come alive from self-denial, spiritual disciplines, and loving service to others. It’s best to not say a word about it unless you are asked to explain why you are so peaceful and happy. When your spirit is blessed, you can trust that God in heaven knows; and that of course is really all that matters.

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

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As we anticipate warmer weather, many of us begin to talk about being more active! We talk about doing something and often do nothing! There are many reasons why we don’t move more. **What barriers are stopping you from being more active?** Too tired! No time! Don’t have the right clothes! It is too hot outside! Too snowy! Expensive! Boring! It hurts my knees! Don’t want to! Finding time to be active takes planning. You can do it. The rewards are worth it! Everyone’s abilities and schedules are different, so choose the best way to fit in being more active daily such as walking, doing chair exercises, or working out at the gym. Breaking activity into three 10-minute sessions throughout the day is as good as one 30-minute session. Get up and move every 90 minutes if you sit for long periods of time. Take small steps to add more movement into your daily lifestyle.

**What are the health benefits of being active?**

**Being active can lower:** blood glucose (sugar), blood pressure, cholesterol and the risk for heart disease and stroke, and stress and anxiety.

**Being active can also:** keep your joints flexible, your heart, muscles, and bones strong, and your insulin working better.

**What kinds of physical activity are best?**

• Exercise or physical activity such as walking, using the stairs, moving around.
  Move more, sit less!
• Aerobic exercise – cardio – exercise that raises your heart rate. Riding a bike, water aerobics, dancing, etc.
• Strength/Resistance training – activities that build muscle and strength. Lift light weights at home, join a class that uses weights/elastic bands, and use the hotel fitness center when you travel.

**How do you get started?**

• Talk with your health care team about what exercise is safe for you. If you haven’t been very active lately, start with a check-up with your health care provider first.
• Choose what you will do and make a FITT plan.
• Frequency – How often will you do the activity?
• Intensity – How hard should you work? You should be able to talk, but not sing, during an activity.
• Time – How long will you do it? Start with 5-10 minutes and work up to 30 minutes, at least 5 days a week (aim for 150 minutes a week)
• Type of Activity – What will you be doing? Be sure you enjoy doing it and that the goal you have set for yourself is realistic.
• Keep a record of your progress – writing everything down can help you stay on track, or use a pedometer.
• Find a support system – meet with others who are trying to be active. Find a walking buddy or join a group for exercise or support. Get creative!

**Safety Tips**

• Check your blood glucose before and after physical activity to learn how your body responds. The results can prevent low or high blood glucose.
• Learn how to avoid low blood glucose when you are active – eat a snack before exercise or have water and snacks handy during activity.
• If your blood glucose is high before exercise (above 300mg/dl) physical activity can make it go even higher. Be cautious about doing something active at this time.
• Wear medical ID bracelet, necklace or tag in case of emergency.
• Wear shoes that fit well and socks that don’t irritate your feet.

Any amount of physical activity is better than none at all. Be flexible with your plan. On the days you can’t follow your plan, choose something else to do. We can’t blame the weather for everything!

My resources for this article were taken from the American Association of Diabetes Educators and the American Diabetes Association websites.

If you need help getting started, talk with your health care team about making a plan to move more! Spring is a wonderful time to get moving!

In Health, Diane Jones RN CDE.

For more information, call a diabetes educator today. Start your new year with a plan for healthy eating. If you don’t have a diabetes educator, talk to your doctor and request a referral for diabetes education. You can reach me at North Ottawa Community Health System, Diabetes Education, 616-935-7809 or Mary Cunningham RD CDE at 616-935-7810.
This is a photo of Scenic Drive as it passes by Duck Lake Channel. The photo must have been taken around the late 1930’s or early 1940’s from the look of the cars. Duck Lake Channel must have been as popular a place to spend a warm summer afternoon many years ago as it is today. At the time of this photo, the beach is large along the Lake Michigan shoreline. Water levels and beach sand change the shoreline each year, so it’s never the same.

This past summer, my wife and I poked along Scenic Drive a few times to enjoy its beauty. I can only imagine how many people have enjoyed the place over the years.

While looking at my photos, my thoughts go back when I was a teenager riding my motorcycle around on Scenic Drive. This was a very popular place to spend a lazy warm summer day with absolutely no worries. There was a particular summer day when some of my friends gathered to soak up the sun and swim in warm Duck Lake. While there we could see many other people and children playing in and around the channel that flowed from Duck Lake to Lake Michigan.

The sun was very warm that day many years ago, and a ski boat was anchored by the shore of Duck Lake near the channel. The ski boat owners asked if any of us every waterskied. A few said yes, but I had never been up on skis before even though many of my summers growing up were by the lake.

At first I wasn’t very interested in trying to water ski, but my friend who had water skied a few times took up their offer and around the lake he went. It looked like he was having a great time as he sped by those of us who were watching from the shore. He waved and took a second spin around the lake. After the second spin, he motioned to the boat that he wanted to go to shore and came in with little effort.

Now it was my turn. I wasn’t too sure about this water skiing thing, for I had never done it before. My friend and the others that were there eventually talked me into going. I found myself in the water hanging on to a rope and squatting down waiting for the boat to speed off. While sitting there I could just see me being pulled around the lake without skis. Well...I nodded my head that I was ready and sure enough, I chickened out and the boat sped off without me.

My second chance was better and as the boat lunged forward, I found myself hanging on tightly to the rope. I was soon out of the water and heading out to sea, so to speak. It wasn’t a short trip around the lake but an l-o-n-g trip around the lake. I was skimming along pretty good. Thoughts of “hey mom, look-- no hands” crossed my mind, but no, I hung on as if I was dead if I let go. As the boat came closer to where we started, I was motioned to the shoreline. As we swung close to the shore I let go and came right up to the shoreline like an old pro. I could have had a 3-piece suit on and never gotten it wet. It was a perfect landing for the first time.

You may reach Keith at rightseat625bg@gmail.com/ I enjoy writing, photography, fly- ing, cooking, history of Muskegon and living downtown.
Alzheimer’s Association Presents Awareness Award

Elizabeth Donnelly-Johnson from the Alzheimer’s Association presented the staff of Senior Resources and Senior Perspectives an award for their efforts and participation to help promote awareness of the Alzheimer’s Association – Michigan Great Lakes Chapter. L-R Amy Florea-Senior Resources Community Services Director, Elizabeth Donnelly-Johnson with the Alzheimer’s Association and Michelle Fields, Senior Resources, Editor and Publisher of Senior Perspectives.

MMAP Minutes...

MMAP=Medicare/Medicaid Assistance Program

Did you know… Medicare/Medicaid Assistance Program covers all of Muskegon, Oceana and Ottawa counties.

In Oceana County 25% of the population is 60 years or over
In Ottawa County 17.6% of the population is 60 years or over
In Muskegon County 17.2% (average) of the population is 60 years or over*

The MMAP office is here to help you with any questions you may have about your Medicare coverage. Do you need help paying for your prescriptions? Do you need help paying your Part B premium? Did you receive a letter from Social Security and need help understanding it?

Call our offices and talk with a highly trained MMAP counselor to see if you qualify for assistance. Our service is free to you. Call 1-800-803-7174 for an appointment.

*percentages from Census.gov

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Affordable Retirement Living for qualified individuals 62 years or older or those with impaired mobility

Senior Housing Association of White Lake

At SHAWL communities, our doors are open and our staff is ready to help you feel at home.

Resident comment:

“SHAWL is unique because you make new friends, occasionally bump into old friends and you feel like you live within an extended family. It’s a community with soul.”

- Art

SHAWL I
225 South Hall St
Whitehall, Michigan 49461

SHAWL II
8363 Cook St
Montague, Michigan 49437

Ph: 231-894-9464
TTY: 1-800-649-3777
Email: jjtiet@LSSM.org
Enjoy Wellness and Pampering Day

By Lisa Tyler, Communications Director

Did you know that Senior Resources has a Service Committee? This committee, chaired by Michelle Chandler and made up of staff members, plans service activities throughout the year. The committee has promoted awareness of Alzheimer’s, Multiple Sclerosis, Parkinson’s, cancer, and supported these organizations and food pantries, domestic violence prevention efforts and more, through walks, food drives, donations and many other events.

In January, the Service Committee sponsored a Staff Wellness/Pampering Day. A guest speaker, Kelly Purdue of the Association for the Blind and Visually Impaired, gave a presentation on glaucoma. January is Glaucoma Awareness Month, and staff learned about signs, tests and tried on special goggles to see what glaucoma looks like. The information is useful for both staff and our participants.

Other special activities that day included a winter hike at Lake Harbor Park, massages, reflexology, paraffin wax hand treatments, learning about essential oils and a delicious catered lunch from Meals for a Week in Grand Haven. Staff also donated dozens of personal care items for Every Woman’s Place. Our special thanks to the following for donating their services: Jasmine Dawn Rogers, reflexologist in Grand Haven; Lacey Dryer, medical massage therapy in Grand Haven; Elaina Brandel from The Creative Edge Hair Salon & Day Spa; Abigail Benedict of Senior Resources, who did the paraffin wax treatments; Eileen Florea of Senior Resources, who brought in essential oils; and Jan Hall, who led the winter hike.
By Lisa Tyler, Communications Director

Senior Resources has been around for more than 40 years. Two staff members – Chere Gardner and Mary Austin – have been a part of the agency for 30 of those years.

Chere celebrated 30 years in January; Mary’s 30th year will come in September. Both started when Senior Resources was located in the Torrent House in downtown Muskegon. Chere started as a part-time accountant, went full-time several years later and only last year reduced her hours when she changed positions from Chief Financial Officer to Grants Manager.

What was the biggest change for Chere? Automation. When Senior Resources was at Torrent House, there was one shared PC with AgeWell Services, and they scheduled days to use it to process payroll. When they moved to Sherman Boulevard, computers were networked. Before that, area plans and grant reports were hand-typed. Financial information was kept in big ledgers.

Mary started doing payroll, all done by hand, when there were only seven people on staff. She assisted Chere and another program. In the early 1990s, she took on management of the office and human resources functions, and case management started, meaning more hiring. Her biggest challenge? In 1998 when Senior Resources took on the MiChoice Waiver program and hired about 20 people “overnight.” It was a huge change. “We tripled our staff from the end of June to the end of July.”

Mary emphasized that each change in location – from Torrent House to Sherman Boulevard to our present location in Tanglewood Park – “each time we moved, we made sure we were accessible” to participants.

Each week, a 2 hour class will provide caregivers with lessons on:

- Coping with dementia/Alzheimer’s disease
- Managing the demands of caregiving
- Improving caregiving skills
- Fitting everyday activities to better fit abilities of loved one
- Creating contented involvement

Savvy Caregiver Classes
at Four Pointes in Grand Haven!

Senior Resources will be offering The Savvy Caregiver program, a six-week session for caregivers starting March 2, 2016. This university tested curriculum has been specifically developed for families dealing with dementia or memory loss. Free respite care can be arranged. Please inquire when registering. Fee: $10, payable at first session. Scholarships available.

Savvy Caregiver Class Schedule:

Wednesdays
March 2 - April 6, 2016

Time:
10:00am - Noon

Location:
Class Room A

Four Pointes Center for Successful Aging is located at 1051 S. Beacon Grand Haven, MI 49417

To register or for more information, please call Senior Resources at: 231-733-3585 or Toll Free 1-800-442-0054

This program is supported by the U.S. Administration on Aging, the Michigan Office of Services to the Aging, and Senior Resources of West Michigan.
Welsh Rarebit

Melt the butter in a saucepan over low heat; blend in the flour, salt, pepper, mustard, Worcestershire sauce; continue cooking and stirring until the mixture is smooth and bubbly, about 5 minutes. Remove from heat; gradually stir in the milk; return to heat and stir continually until the mixture comes to a boil. Slowly pour in the beer; cook 1 minute more while still stirring. Melt the Cheddar cheese into the mixture in small portions until completely incorporated. Remove from heat. Can be served over toasted bread of choice, with chips as a snack, or as a special sauce for vegetables. My daughter adds bacon and makes it a hearty soup.

Pound Cake Cookies

Beat butter and sugar together in a bowl until creamy, using an electric mixer. Beat egg yolks into butter mixture, then gradually beat flour into butter mixture until dough forms. Beat in vanilla. Cover bowl with plastic wrap and refrigerate dough for at least 2 hours.

Preheat oven to 350 degrees F (175 degrees C).

Roll chilled dough into walnut-sized balls and place 2 inches apart onto baking sheets. Flatten balls slightly and press an indentation into the center of each flattened ball.

Bake in the preheated oven until lightly browned, 12 to 15 minutes. Last 2 minutes of baking time, add Hershey Kisses. Fill each indentation with 1 Hershey Kiss. Cool on cookie sheet for 5 minutes before transferring.

<table>
<thead>
<tr>
<th>Welsh Rarebit</th>
<th>Pound Cake Cookies</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup butter</td>
<td>3 cups flour</td>
</tr>
<tr>
<td>¼ cup all-purpose flour</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>60 Hershey Kisses</td>
</tr>
<tr>
<td>¼ teaspoon pepper</td>
<td>1½ cups butter</td>
</tr>
<tr>
<td>¼ teaspoon dry mustard</td>
<td>1 cup sugar</td>
</tr>
<tr>
<td>½ teaspoon Worcestershire sauce</td>
<td>2 egg yolks</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>3 cups flour</td>
</tr>
<tr>
<td>1/2 cup beer</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>8 oz. sharp Cheddar cheese, shredded</td>
<td>60 Hershey Kisses</td>
</tr>
</tbody>
</table>

Cathay’s Cooking Corner

BY CATHAY THIBDAUE
Welcome Spring, 2016! Oh my – so much energy comes from the beautiful sunny days – it is truly inspiring on the Lakeshore! As you read today, this is the third part of the “Dare to be 100” series – founded on the work of Dr. Walter Bortz. Here are a few facts about Dr. Bortz – now 82, Walter M. Bortz II, M.D., is a Clinical Professor of Medicine at Stanford University School of Medicine. He is a graduate of Williams College and the University of Pennsylvania School of Medicine. Dr. Bortz teaches a course entitled “The Roadmap to 100: The Science of Living a Long Life.” Recognized as one of America’s most distinguished scientific experts on aging and longevity, Dr. Walter Bortz’s research has focused on the importance of physical exercise in the promotion of robust aging.

Quick review…D.A.R.E is an acronym for Diet, Attitude, Renewal, and Exercise. Our focus today is on ATTITUDE! Do you know that the most common denominator in people who live to 100 and beyond is quite simply the ATTITUDE in which they live? Attitude is defined in many ways, but the following characteristics are consistent with successful aging:

- Positivity – a belief in the greater good will prevail
- Adaptation to change
- Willingness to try and learn new things
- Being satisfied with what you have
- Embracing “your place in the world” – and taking responsibility to change it!
- Sincere forgiveness of others and “moving on”

I attended a program taught by Dr. Bortz, and his message was simple.

“Attitude: Believe in 100! If you want to become a centenarian, you must believe you can. Set goals for your later years, both for your financial wealth and your ‘health wealth.’ You need to have enough stored up to keep you going everyday, and have a reserve for those ‘rainy days.’ Stay optimistic.”

Of his 99 steps to daring to be 100, here are the steps that you can read more about in his Longevity Library at http://www.walterbortz.com/library.php Each of these has a detailed discussion and tangible method of improving your ATTITUDE!

<table>
<thead>
<tr>
<th>Step 19</th>
<th>Believe in Longevity</th>
<th>Step 27</th>
<th>Be a responsible ager</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 20</td>
<td>Be necessary</td>
<td>Step 28</td>
<td>Have options ready</td>
</tr>
<tr>
<td>Step 21</td>
<td>Find Meaning in the day</td>
<td>Step 29</td>
<td>Be a Good Neighbor</td>
</tr>
<tr>
<td>Step 22</td>
<td>Be an Optimist</td>
<td>Step 30</td>
<td>Cherish experience</td>
</tr>
<tr>
<td>Step 23</td>
<td>Take Risks</td>
<td>Step 31</td>
<td>Get High on Helping</td>
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<tr>
<td>Step 24</td>
<td>Stay in Control</td>
<td>Step 32</td>
<td>Learn to Learn again</td>
</tr>
<tr>
<td>Step 25</td>
<td>Maintain the creative spark</td>
<td>Step 33</td>
<td>Don’t kill yourself</td>
</tr>
<tr>
<td>Step 26</td>
<td>Seek wisdom</td>
<td>Step 34</td>
<td>Keep Your Senses Sharp</td>
</tr>
<tr>
<td>Step 27</td>
<td>Be a responsible ager</td>
<td>Step 35</td>
<td>Train Your Brain</td>
</tr>
<tr>
<td>Step 28</td>
<td>Have options ready</td>
<td>Step 36</td>
<td>Build Memory</td>
</tr>
<tr>
<td>Step 29</td>
<td>Be a Good Neighbor</td>
<td>Step 37</td>
<td>Keep Order in your Life</td>
</tr>
<tr>
<td>Step 30</td>
<td>Cherish experience</td>
<td>Step 38</td>
<td>Stay Attractive</td>
</tr>
<tr>
<td>Step 31</td>
<td>Get High on Helping</td>
<td>Step 39</td>
<td>Recognize that sex is for life</td>
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<tr>
<td>Step 32</td>
<td>Learn to Learn again</td>
<td>Step 40</td>
<td>Stay in touch</td>
</tr>
<tr>
<td>Step 33</td>
<td>Don’t kill yourself</td>
<td>Step 41</td>
<td>Take on a pet</td>
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<tr>
<td>Step 34</td>
<td>Keep Your Senses Sharp</td>
<td>Step 42</td>
<td>Keep Family Strong</td>
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<tr>
<td>Step 35</td>
<td>Train Your Brain</td>
<td>Step 43</td>
<td>Don’t take yourself too seriously!</td>
</tr>
<tr>
<td>Step 36</td>
<td>Build Memory</td>
<td>Step 44</td>
<td>Work with stress – use it</td>
</tr>
<tr>
<td>Step 37</td>
<td>Keep Order in your Life</td>
<td>Step 45</td>
<td>Have time sense</td>
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<tr>
<td>Step 38</td>
<td>Stay Attractive</td>
<td>Step 46</td>
<td>Know your primary doctor</td>
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<tr>
<td>Step 39</td>
<td>Recognize that sex is for life</td>
<td>Step 47</td>
<td>Pamper your glands</td>
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<tr>
<td>Step 40</td>
<td>Stay in touch</td>
<td>Step 48</td>
<td>Be a good loser</td>
</tr>
<tr>
<td>Step 41</td>
<td>Take on a pet</td>
<td>Step 49</td>
<td>Stay in tune</td>
</tr>
<tr>
<td>Step 42</td>
<td>Keep Family Strong</td>
<td>Step 50</td>
<td>Stay on the road</td>
</tr>
</tbody>
</table>

Although the messages may seem fundamental, each step starts with conscious effort and moves to habit (after 21 days!). We all need reinforcement for the GOOD things that we are doing for ourselves and others to stay healthy. Make this one commitment to yourself for 2016. “I am a capable, good person and I am thankful for the good in my life. With patience and effort, I can always make things better. I feel positive about my future.”

Lookabaugh-Deur is the President of Generation Care; a Board-Certified Geriatric Physical Therapist, a Certified Exercise Expert for Aging Adults, and an advocate for anyone who needs help to feel better! She can be reached at hollyld@generationcare.org.
"It is springtime at Pelican Cove and the fish are jumping. Ruddy sees them as floaters – black specks against the clouds. He lies, dazed, on the shellpath, a heap of tortoiseshell feathers and bones, exhausted from flying thousands of miles for nearly ninety hours without stopping, without eating, without a drink. ‘Kek, kek, kek,’ he croaks feebly, as if to say, ‘Hello world. I’m here.’” (Ruddy - Living on the Wind)

This spring, when you spot your first robin, a sure sign of spring in West Michigan, Ruddy will still be flapping north, high on the thermals.

It’s that time of the year. Though author Scott Weidensaul claims there are birds aloft in the skies of the Western Hemisphere, migrating, at any time of the year, spring and fall are certainly the great pivot points, when the continents are swarming with billions of traveling birds. Even the nonobservant and non-birders among us can’t help but notice skeins of geese and flocks of robins heading north.

I see the Ruddy Turnstones every spring at Pelican Cove, but until I began writing Ruddy, Living on the Wind,* I didn’t know from where they came or where they were heading.

Ruddy Turnstones migrate from the Arctic tundra to Patagonia in the fall, and spend the winter finding what sustenance they can on the wind-raked coasts of South America. Now it is springtime and Ruddy is heading back to polar bear country.

Ruddy’s last meal is a distant memory, a rumble deep in his belly. Before leaving Patagonia, he’d fattened up on crowberries. Refueling on the coast of Brazil, he continued to a wind-swept beach in Venezuela, chowing down a meal of mussels, more than doubling his weight. Now, hours and thousands of miles later, Ruddy is famished and dehydrated.

He can see the fish more clearly now. Fluffing out his feathers, Ruddy totters to the water’s edge to get a drink. He returns to the shellpath, and begins flipping stones and shells. A song trills out of his throat, as he anticipates filling his belly.

“Flip, flip, flip it high
Flip it right up to the sky.
Kek, kek kek, what will I see
Hiding under the shell for me?”

Turnstones get their names from their peculiar flipping, turning strategy; however, they will pick up insects, spiders, worms and snails, sea urchins, brittle stars and crabs, wherever they find them. They hammer limpets and barnacles open, dig for horseshoe crab eggs, and have been known to savor leftovers from a McDonald’s Happy Meal. In the mudflats of the Arctic, they feast on sedge seeds.

For the next two weeks, Ruddy fills his belly, following orders from somewhere deep in his bones: “Eat, eat, eat. Gorge, gorge, gorge.”

A layer of fat is building under Ruddy’s skin, a thick, yellowish layer, along the sides of his body, in the hollow of his neck and under his wings. Ruddy is storing up energy for the next leg of his journey.

One evening, in early March, Ruddy sits on his perch, underneath a star studded sky. A breeze picks up and ruffles the mangroves. Out of the breeze comes a whisper. “It’s time.”

Suddenly the sky is filled with a whoosh of feathers and a cacophony of twitters, screeches and chirps. Ruddy soars heavenward to join his fellows. I now know where he’s headed.

Twin migrations – one local and slow, the other global and swift, are about to collide. A miracle of nature. As Ruddy flaps along on the thermals, female horseshoe crabs, in solid waves of gray, emerge from the high tide onto the shores of Delaware Bay. They drag along males that have clamped ahold of their abdominal spines, jockeying for a chance to fertilize the females’ eggs. Clambering for position at the high water mark, the females dig pits in the sand, depositing their eggs – billions of greenish globes the size of tapioca beads. Crabs push and shove, bullying each other, waving their telsons in the air where they have flipped upside down. The beach, more olive green than brown, looks like it is blanketed by moving cobblestones, paving and repaving a seaside road.

Into the fray comes Ruddy and his entourage, famished and exhausted from their marathon flight. After weeks of feasting on the eggs, Ruddy will take to the skies for the final leg of his journey. Home at last in the Arctic mudflats, reunited with his shebird, he’ll build their nest, breed, and raise a new brood of chicks – until fall, when the miracle will begin all over again.


Janet Hasselbring, janhasselbring@yahoo.com; 616-402-0961
I still felt the effects of anesthesia when a cheery waitress at Toast ‘N’ Jams approached our table with coffee and proclaimed, “So you’ve had a medical appointment this morning.”

I stared in surprise, “How could you possibly have known that?”

“From the cotton ball attached to your hand.”

Her powers of deduction were admirable and prompted my reply, “You’re a regular Sherlock Holmes.”

Two hours earlier I lay on a hospital gurney when a nurse inserted an I.V. line into my right hand. She was the first in a progression of medical personnel who checked my vitals, weight and medical history. When she left I said to my wife Merijo, “Do you know what an Italian suppository is?” She didn’t remember. The answer seemed apropos to the situation. The prep nurse standing outside the cubicle overheard the answer to the question. She said the doctor was Italian and thought I should ask the question of him. Dare I risk that?

How to dignify what the doctor was going to do to me? Professionalism prevails with the staff — at least their dignity lends credence to the situation. The doctor looked puzzled as he read my medical history, “You’ve had this done before?”

“Yes, it was mandatory at age 50 in the Army and again when I retired from active duty.”

My answer seemed reasonable to him. “So, kind of a going-away present?”

“Gift wrapped. That’s the Army way.”

“These normally are scheduled every ten years.”

“I won’t have to do this again for ten years?”

“That’s correct. Unless we find something unusual.”

Within my anesthetized imagination the sound of Handel’s Hallelujah played. Every ten years. Delighted by the doctor’s decade declaration, I risked the question, “So doctor, do you know what they call an Italian suppository?”

Apparently the question was an interruption to his normal routine. “Excuse me?”

Uh oh. I sensed I broke a rule within the doctor/patient relationship. Surely it was anesthesia that propelled me forward, across the border of propriety. “Do you know what an Italian suppository is called?”

“No.”

“An innuendo.”

The anesthesiologist put me out of their misery.

In recovery, I woke to the sound of my own voice singing an Italian aria accompanied by sweet, voluminous tones emanating from my south end. “Nessun dorma, nessun dorma.” A fluttering escape of gas. “Tu pure o principessa, nella tua fredda stanza.” A sudden crescendo and decrescendo from below. “Ah…Guardi le stelle che tremano d’amore.” The loudest flatulence punctuated the Italian word for love. Merijo was seated in a chair reading a book. She said I’d been singing Italian songs since I returned. Referring to another loud intestinal release she questioned, “Do you have to do that?”

I retorted with a torrent of toots, “Yes I do. It’s so very satisfying.” A nurse whom I did not recognize entered the cubicle. She said she enjoyed our conversation in the procedure room, a dialog which I did not remember. The doctor arrived to declare everything looked normal.

“Hallelujah. Say doctor, do you know what the name of the Italian School of Psychology is?”

“No.”

“It’s Whatzah Muttah U.”

“I’ll add that to my collection of Italian jokes.”

The staff was relieved when the hospital released me with instructions to avoid physical activity, and no driving for 24 hours. Our first post procedure destination was to breakfast in Norton Shores. The waitress approached with our order. She set an omelet before Merijo, then said as she placed a breakfast plate before me, “The special for today. Granola pancakes to help keep you going.”

Her powers of deduction were admirable.

Joel Dulyea, a United States Army retiree, sings with three choirs, acts as business manager for the West Michigan Concert Winds, volunteers with Kids’ Food Basket in Muskegon, and is writing a memoir for his daughter.
Get Ready -
The Orioles Are Coming!

My first oriole arrived on May 3 last year. The first hummingbird arrived on May 4. This is the earliest visit in the last ten years, as they usually arrive during the second week in May. You can bet this year my oranges will be out on the picnic table by May 1. When it comes to orioles, timing is everything. The early bird gets the worm.

Orioles are such a delight. They are bright colored and feel like spring. My oranges have had as many as five feeding at one time. Primarily, I use fresh orange halves to attract them. They will also come to a nectar feeder. Some folks use grape jelly on top of the orange or as a stand-alone. Place the oranges anywhere that you can view easily. Orioles are not too spooky, so placing them on the deck or anywhere else near the house does not seem to be a problem.

You can find nine different orioles in the United States, but only five are common. In Michigan, we are most likely to see the Baltimore oriole. This bird has a beautiful whistling song. When not at a feeder they’re hard to see as they prefer to be at the top of trees in open woods, parks, or suburbs. Orioles spend winter in Mexico, and Central and South America. In the spring, males return before the females. The male is a brilliant orange with a sleek black head and black wings with white bars across, one of our most colorful birds. The female is orange and black also, but the colors are more subdued.

Tips to attract Orioles:

• Start early. Your best chance of attracting orioles is when they first arrive in the spring.
• Use a nectar recipe of four parts boiled water to one part sugar in your oriole feeder. Keep it fresh.
• Offer orange halves on a branch or feeder. I put mine on the deck railing and on the picnic table. Orioles will also eat grape jelly. Serve it in an open dish and keep it fresh.
• Think like a bird when placing your nectar feeder or orange. Don’t hide it under an overhang or branch. Put it out in the open so the birds can spot it while flying.
• If you don’t attract orioles on your first try, don’t despair. It sometimes takes several seasons to find a following.

Louise Matz: Golf, gardening and grandchildren were primary interests at retirement. Since that time, her interests have expanded. Having more time to read and to travel is high on her list. She also discovered pickleball and Mahjongg. She and her husband can now spend more time together bow hunting for deer in the Upper Peninsula, hunting turkeys and fishing in the Florida Keys.
Let's Get to Work

This article was adapted from a blog written by Nathan Kottkamp, the Founder and Chair, National Healthcare Decisions Day Initiative. National Healthcare Decisions Day is April 16, 2016.

We’ve got a lot of work to do. That is one of the simple messages found in the Institute of Medicine’s (IOM) report “Dying in America.”

The IOM identified several flaws in the way that we address end-of-life care in America. Many of these issues are well outside the scope of what National Healthcare Decisions Day (NHDD) can address, but the IOM did strongly urge the on-going and enhanced used of advance care planning as a key strategy to improving end-of-life care. This, of course, is right in NHDD’s sweet spot.

Although advance care planning is not exclusively for end-of-life care, the fact remains that advance care planning—and the lack of it—come into play most often with end-of-life care. And, while it may be hard to pin down the actual number of those who have engaged in advance care planning, various studies suggest that the number hovers around 25%.

As confirmed in the IOM report, Americans seem culturally hardwired not to talk about illness, death, and dying. As a result, we are paying a tremendous price for it. Among other things, there is tremendous waste that comes with lack of planning. In particular, in situations in which there is a lack of planning, we often waste a lot of resources spinning our wheels trying to figure out who a patient’s decision-makers are and what the patient would have wanted. The other key price we pay is making difficult times worse. Specifically, where no advance care planning has been done, family and friends are often thrust into the position of making healthcare choices without ever having discussed the drivers of these choices with the patient—and then they live with the burden of second guessing themselves. In other cases, families and friends never get a proper goodbye because they are too caught up in conflict. Again, advance care planning cannot fix all of these issues, but experience shows it helps to lessen them.

NHDD serves as a platform to do some of our nation’s much-needed work.

Admittedly, it isn’t easy to get people to pause their busy lives long enough to talk about the ends of their lives, but we need to make a concerted effort to do so. We need to be brave enough to bring up the topic in the first place, and we need to be mature enough to confront the topic comprehensively once it has been raised.

To facilitate this, NHDD exists as a catalyst for action.

NHDD has the benefit of being objectively selected—it wasn’t selected because of its relationship to any person in particular. Because of its objective nature, it may be easier for people to carve out some time on April 16 to “have the talk” or—better yet—to have the first of many talks. We just need people to mark their calendars, make no excuses, and do it.

NHDD cannot address all of what the IOM addressed in its report, but if we spur some action at the individual level on April 16, it will almost certainly make it easier to improve things at a health system and community level throughout the year.

Let’s use NHDD to get to work. Please call the AgeWell Wellness office at 231-733-8643 to schedule your free appointment to sit down and begin your work on advance care planning. Appointments are made monthly every second Thursday. Appointments have been filling up, proof we are getting to work.

Harbor Hospice serves the West Michigan lakeshore. Their agency has provided hospice care and support programs to residents in a five-county area for over 32 years.
Recognizing and Treating Late Life Depression

**Question:** Is depression a part of the normal aging process?

**Dr. Josyula:** According to the Geriatric Mental Health Foundation, depression is a serious illness affecting approximately 15 out of every 100 adults over age 65 in the United States. However, it is neither a normal nor an inevitable part of aging.

**Question:** What causes depression?

**Dr. Josyula:** We see depression in our older population for a number of reasons related to underlying medical conditions such as stroke, cancer, heart disease, Alzheimer’s disease and Parkinson’s disease. Medications and treatments for some physical conditions can cause depression as well.

For other patients, major life changes can contribute to depression, such as the loss of a spouse or friend, moving from the family home, or even the act of retiring. Limitations of physical function (including loss of hearing and vision), chronic pain, diagnosis of a serious medical condition, and loss of independence are other common factors associated with depression.

**Question:** What are common symptoms of depression?

**Dr. Josyula:** Symptoms of depression vary with each patient, but these are the most common:

- Lack of motivation
- Lack of energy; complaints of fatigue
- Change in appetite or weight; pain; gastrointestinal symptoms
- Change in sleep pattern, such as insomnia or excessive sleeping
- Abandoning favorite activities or hobbies
- Withdrawing socially from friends and family; refusing to leave the home
- Feeling afraid of becoming a burden; feeling worthless

**Question:** Can depression be treated in older people?

**Dr. Josyula:** Yes, depression is treatable. A combination of prescribed antidepressant medications and some form of counseling often deliver the best results.

Treatment will vary depending on each person’s circumstance. A qualified primary care physician will take into account a patient’s complete medical history to determine if there is an underlying physical condition (or even medication) that is causing the depression.

It is important for patients to provide their health provider with a complete list of their over-the-counter medications, prescribed medications, herbal and other supplements, and alcohol use to avoid chemical interactions.

**Question:** Why do older people often resist getting help for depression?

**Dr. Josyula:** We know that only 38 percent of Americans age 65 and older consider depression a “health” problem.* Because few older people know anything about depression, they do not recognize the symptoms and believe that they can handle their mood changes on their own.

For some seniors, there is a social stigma about having a mental health issue. Many people in their 80s and 90s have lived through the Great Depression, WWII, and other significant historical events that have led them to adopt an attitude of “be strong,” “suck it up,” and “do what you have to do.” This understandable mindset can become a barrier to seeking help.

**Question:** When is it time to get help?

**Dr. Josyula:** In our practice, we ask two basic questions to help determine if a patient is depressed:

1. Do you feel little interest or pleasure in doing things?
2. Do you feel down (sad), depressed, or hopeless?

If the answer to either question is yes, then we encourage an evaluation for depression.

Of course, any mention of suicide is a clear sign that the person needs immediate help. Unfortunately, depression is a good predictor of suicide in older Americans. The group that is most vulnerable to suicide is white males who are older than 85—their rate of suicide is six times higher than that of other Americans.*

*Source: Mental Health America, Depression in Older Adults: More Facts

**For caregivers, family members, or friends:** Any obvious changes in behavior of your loved one will warrant a closer look by a primary care physician to determine what is going on and to pursue the best course of action.

If you have concerns about a loved one showing signs of depression, you are invited to contact Mercy Health Physician Partners Geriatrics by calling 231-672-6740.
What I Learned About My Snoring

It started out with my snoring. Not only was this not ladylike, but my husband ended up on the couch every night and my daughter said she could hear me snoring through the walls when she slept overnight in the extra bedroom DOWNSTAIRS. Wow, this was bad!

I tried to ignore it for awhile and bought the stick-on strips to wear across my nose at night, but nothing stopped the snoring. Besides bothering my husband, I thought about the Sisterhood trip I would be taking in a few months with six other women, and we’d be sharing bedrooms. Was I going to make everyone miserable? I didn’t want to bother people and I didn’t want this snoring problem to stop my travel plans! Also, my husband had started to notice that there were times when I was sleeping that I didn’t seem to be breathing. He said it was like I just stopped. And he would listen to make sure I started breathing again! So he was listening to me breathe in the middle of the night, not sleeping like he should be!

After visiting my doctor, she ordered a “sleep study” in order to see what was happening while I was asleep. I had my sleep study done at Mercy Health Sleep Center, where I was hooked up with many electrodes that monitored me while I slept. I was videotaped at this time too, and yes, it was a struggle to fall asleep covered with sticky electrodes and seemingly millions of wires all strung together. Even though I could bring my own pillow, change of clothes and pjs, and had my own private bedroom, just knowing that people were watching me sleep on video from another room was unnerving. On the plus side, they were also at my beck and call just knowing that people were watching me sleep on video from another room was unnerving. On the plus side, they were also at my beck and call in case of the need for a middle of the night trip to the restroom or a glass of water. Remember, I was all wired up, and with those wires and electrodes needed special care to move around. My sleep study appointment lasted from approximately 8 p.m. to 6:30 a.m.

I learned that I had “mild Obstructive Sleep Apnea” (OSA) which meant that I actually stopped breathing for up to 10 seconds 8-9 times an hour. Because I stopped breathing, my body would wake itself up 8-9 times an hour to start me breathing again. I learned that breathing with a CPAP mask at night is the first thing that is tried to remedy the snoring and the abnormal breathing. The American Academy of Dental Sleep Medicine says that the CPAP is the first line option for treating OSA. However, if that doesn’t work, there is an oral appliance therapy that is an effective treatment option, and much better than doing nothing at all. I was willing to give it a try.

I then made another appointment for an overnight to see what type of CPAP mask I would be able to sleep with, what size and style would feel right, and what air pressure would be right. Sometimes this can be done at the first appointment, but not in my case. After another overnight at the Sleep Center, a dainty looking very small mask with pink fabric to cover the plastic that would touch my face seemed to work best, and I slept for several hours with it on. I had one last appointment to be trained how to fit the mask on my face with the straps secured properly on the top and back of my head, how to turn the machine on and review my own numbers and information, and how to take care of the equipment.

I told myself I was going to be successful with this and help my husband get some sleep! Also, I was very concerned that I actually stopped breath-

ing 8-9 times every hour. I learned that untreated OSA increases my risk of a stroke among other things (listed below). It was a struggle to learn to sleep with a mask attached to my face connected to a hose and a machine that blew air into the mask. Being a stomach sleeper has made it doubly difficult! However, I practiced sleeping with it on every night, and found there were very few days I didn’t use the mask when I slept. I was told at the Sleep Center to try to use it at least four hours every night, since it is considered a successful night if you can sleep using the CPAP machine for a minimum of 4 hours. That is the goal. The machine has a special card reader that tracks your breathing, and the people at the Sleep Center get a reading every day as to how well I was doing. By the end of the first month I had successfully reduced the number of times I stopped breathing every hour from 8-9 to .5! And my husband can get a good night sleep! He says that the machine is very quiet and actually lulls him to sleep sometimes like a white noise machine. So far, so good!

I took the CPAP machine on the Sisterhood trip and everyone wanted to try it on and feel the air pressure! We all got some good laughs looking at each other with the mask on, and some good sleep on the four day trip! I have recently taken the machine on a two week road trip through Canada and Maine, and on a plane to New Orleans for a family reunion at Thanksgiving. I learned the CPAP machine is considered a free carry on “medical device” on an airplane. I have become very adept at taking it apart and packing it up when I travel!

For people who absolutely cannot wear a sleep mask, there is a dental appliance therapy that can be made which repositions your jaw to open your airway so that you can breathe and not snore. If the CPAP machine had been too hard for me to get used to, or if there is a time that I cannot use it in the future, I would definitely have a local dentist create this special dental appliance for me. A recent article in the Journal of Clinical Sleep Medicine (7/15/15) states that for those who cannot wear a CPAP, oral appliance therapy is an effective treatment option for those with OSA.

OSA is a chronic disease that affects at least 25 million adults in the United States. Risk factors for OSA include snoring, atrial fibrillation, more males than females, excess weight, narrow airway, and chronic nasal obstruction. If you snore loudly, have unrefreshing sleep, excessive daytime sleepiness, choke or gasp during sleep or are known to have involuntary pauses in breathing during sleep, you are suffering from symptoms of OSA and should check with your physician.

Jackie Lindrup is a dental hygienist living in the Muskegon area. She and her husband Tom live in HarbourTowne and enjoy golfing, biking, kayaking and traveling. Jackie is the director of Muskegon Volunteer for Dental Care, a program for lower income, uninsured residents who first volunteer hours in the community at local non-profits and take an education class to receive basic dental services. She also provides seminars locally for dental professionals in W. Michigan. Before she retired, she was the Dental Coordinator for the Muskegon County Health Department. She can be reached at jackiebalcom111@gmail.com.
It’s officially been a year since I started working at AgeWell Services of West Michigan and without a doubt the annual DTE Holiday Meal Day has been my favorite day by far. It was a day to celebrate our mission of providing a nutritious meal to seniors and a chance to show a true collaboration with Senior Resources, CALL 211 and DTE Energy Foundation.

While we normally serve meals to 1,200 seniors each day, thanks to a $16,500 grant from the DTE Energy Foundation, AgeWell Services was able to serve more than 2,000 meals to seniors throughout Oceana, Muskegon and Ottawa counties on Thursday, December 17.

Each organization had a little piece of the puzzle to make the day a success. Senior Resources was the grant recipient and then distributed the money to AgeWell Services to provide the meals. CALL 211 was a huge help in taking reservations for our Tanglewood Park meal site.

For the fifth year, the DTE Holiday Meal grant was able to provide a warm, healthy holiday meal at our 16 meal sites and to all of our Meals on Wheels clients. In addition to providing the grant money, nearly 50 DTE employees volunteered their time. Several DTE employees came the day before to help prepare the warm holiday meals, as well as to package frozen breakfast meals for Meals on Wheels clients. Most of them helped the day of the event by delivering meals or by serving meals at one of our meal site locations.

“I look forward to volunteering and serving at Tanglewood Park every year,” said DTE Energy Employee Tony Ferrier. “It’s cool to see a lot of familiar faces year after year and to meet some new seniors every year.”

Almost everyone in the building dressed up wearing their holiday sweaters, and they decorated their individual work areas to help get in the holiday spirit because the annual DTE Holiday Meal Day really is more than just a meal. It’s about coming together, enjoying the company of friends and family, and meeting new people.

“Each year my girlfriends and I come together,” said Rosemarie Pospisil. “The meal is always wonderful and the DTE employees do a fabulous job volunteering and serving.”

Working in Marketing, I often hear about our seniors and their success stories, but I rarely get to witness them firsthand. During the DTE Holiday Meal Day I had the pleasure of serving 400 seniors their holiday meal at Tanglewood Park meal site.

Heather lives in Roosevelt Park, MI with her rescued Chihuahua Bruno. She graduated from Grand Valley State University with a degree in advertising and public relations.
Social Security is at the forefront of adapting and meeting the ever-changing needs of our customers. Technology plays an important role in helping us provide the world-class customer service America expects and deserves. And we’re changing to keep current with new laws and judicial rulings as well.

Social Security listens to your needs as we improve the technologies that enhance the customer experience. We continue to look for new services to add to my Social Security to make it an even more powerful resource for you and your family, at www.socialsecurity.gov/myaccount.

Another way we’re evolving is by adapting to legal and social changes. In 1935, when Social Security was created, the definition of “family” was different than it is today. On June 26, 2015, the Supreme Court issued a decision in Obergefell v. Hodges, holding that same-sex couples have a constitutional right to marry in all states. As a result, more same-sex couples will be recognized as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments.

Not only have we adapted to provide benefits for same-sex spouses, but transgender people can now change the gender marker on their Social Security records based on identity, with no requirement for reassignment surgery.

Our mission at Social Security is to deliver services that meet the changing needs of the public. By keeping the public informed of their benefit estimates with my Social Security and adapting to our changing society, we will continue to achieve our goals and help you achieve yours. No matter who you are, you deserve the benefits of Social Security. Find out more at www.socialsecurity.gov.

Stephanie Holland is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 455 Bond St, Benton Harbor MI 49022 or via email at stephanie.holland@ssa.gov
The retired couple walked into the Odds ‘N Ends shop in Whitehall. They had never been there before and decided to stop and just to look around. They were actually searching for some wooden table legs for a home project. Just inside the front door something caught their eyes, but it wasn’t what they were looking for.

Sitting about knee-high on a well-used wooden tool box was an old Minnesota sewing machine. As both a sewer and a quilter, she was familiar with sewing machines, with three of them at home. Neither of them had ever seen or heard of this brand of machine. The gilt designs on this one made it stand out from the average older machines and the one-color plastic ones of today.

“Would you want that for a home decoration?” he asked her.

“I’m not sure.”

“OK.”

After a walk through the shop, the old machine drew them back for another look. The $25 price tag seemed cheap enough. They already had a spot for it on a small sewing-themed table made from the cast iron base and treadle of an old Singer machine and a finished hardwood top.

“Does something interest you over there?” asked the lady behind the front counter.

“We’re looking at the old sewing machine,” he said. Then he carried it over to her.

“I can go twenty on it,” she said.

“Sold!” was his reply.

Once home, some cellophane tape that held the loose, sliding access plate in place was removed and the stainless steel parts were polished. Next, some rubber caps were put over the metal “feet” and it was placed on the Singer table. It seemed to be a natural fit.

Then came an internet search for information on the old Minnesota machine. It did not take long to find out enough.
that these sewing machines were once sold by Sears. That tidbit led to a history of the retail company on a website of the International Sewing Machine Collectors’ Society. That source supplied much of the following information.

Founded in 1893, Sears Roebuck & Co. was, next to Singer, one of the most important suppliers of sewing machines in North America from the 1890s through the 1950s. Due to the low prices Sears charged, sewing machine sales were a success. Being a mail order business, their overhead was low so they could undercut competitors’ prices by 50% or more.

The Sears catalogue of 1894 featured copies of the Singer Models 12 and 48K, made by the Goodrich Sewing Machine Company of Chicago. These were being marketed as the “Improved Singer” and the “Improved High-Arm Singer” in blatant violation of the trademark law. The “Improved Singer” was soon renamed the “Success.”

Besides Goodrich, the National, Free, Davis and Domestic Sewing Machine Companies were all Sears suppliers. Davis, producing the Minnesota models, became nearly the sole supplier to Sears until 1912. They were named Minnesota because that was the home state of Richard Sears, founder of the mail-order company. Some of these models were fancy, with color embellishments and even mother-of-pearl inlay.

A series of Minnesota machines were sold throughout the 1920s. Later the Economy, Franklin, and Franklin Rotary models were introduced. Finally, in 1933, the Kenmore made its debut.

This Minnesota model S machine, now a front room display item, is likely over 100 years old. The model’s manufacture date is listed as being from the 1910s. This old machine has found a new home. The search for the wooden table legs would continue on another day.

Jerry, a Ford Motor Company retiree, has had many stories published in newspapers and magazines. Besides freelance writing, he enjoys working on old cars.
Over the weekend I was able to spend some time with my extended family. While we all gathered at the table for dinner, my 10 year old cousin announced that he didn’t want any vegetables because “vegetables are healthy and healthy food is gross.” Now, while I’m sure that none of you have recently made that announcement at dinner, I imagine that the thought has crossed your mind once or twice. Do you find yourself adding salt to food to make it taste better? Or covering your vegetables in a cheese sauce to make them more enjoyable? “Healthy food” often gets accused of being bland or lacking in flavor. However, it doesn’t have to be that way. This month, the Academy of Nutrition and Dietetics would like to encourage you to savor the flavor of eating right.

One tip to creating flavorful dishes is to remember that how food is cooked can affect its appearance, flavor, and nutritional value.

• Overcooking vegetables can cause them to lose their bright color and crisp texture. Some nutrients (B vitamins and vitamin C) are destroyed by heat. Cooking asparagus, green beans, or broccoli until just tender will retain those important nutrients.
• Leave edible skins on fruits and vegetables. Vitamins and minerals are found in the skin. Just be sure to clean them with a soft brush and water before cooking.
• Grilling or roasting vegetables at 450° F will lend for a sweet, smoky flavor.
• Onions can be caramelized for a sweet flavor. Simply cook them slowly over low heat with a small amount of oil.

A second tip to creating flavorful dishes is to get to know your spices! Learning to use a variety of spices will encourage you to use less salt. And we all know that we should be cutting back on our salt intake!

• Basil: can be added to meat dishes or to fruit salads. Just be sure to add it at the end – cooking basil may ruin its flavor. Using dried basil instead of fresh? A general rule of thumb is to use one part dry to three parts fresh.
• Thyme: can be added to meat or vegetable dishes. Please note that it does contain Vitamin K and might not be recommended if you are on certain medications such as Warfarin (Coumadin).
• Turmeric: this yellow-colored spice can easily be added to a stir fry for a flavor boost.
• When experimenting with spices, it is always better to err on the side of caution – you can always add more, but taking away is not an easy task!

Still not sure how to get started? Try this recipe from the Simple Vegan Blog:

**INGREDIENTS**
- 1 2/3 cup chopped red bell peppers
- 2 cups chopped carrots
- 1 1/3 cup chopped yellow bell peppers
- 1 2/3 cup chopped zucchini
- 1 cup broccoli florets
- 1 cup chopped red onions
- 1 tbsp dried thyme
- Balsamic vinegar to taste

**INSTRUCTIONS**
1. Preheat the oven to 390 °F
2. Place the chopped vegetables onto a baking sheet, add the thyme and balsamic vinegar to taste.
3. Bake for about 25 minutes or until the vegetables are cooked.
This recipe makes 4 servings.

Julianne lives in Ferrysberg, MI. She graduated from Western Michigan University with a degree in dietetics. She completed her dietetic internship with Michigan State University. Julianne enjoys MSU football, exercising with friends, and cooking. She has worked at AgeWell Services of West Michigan for the past year.
Avoiding the Hazard Part Two

You learn, Chip... Glitz and glamour are the sand traps of life!

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Like I said, a hole in one!

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

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Scrabble Brand Grams Solution

Rack 1 = 66
Rack 2 = 67
Rack 3 = 64
Rack 4 = 58
Rack 5 = 89

Par Score = 265-275

Total = 344

Boggle BrainBusters Answers:

Robin, Heron, Goose, Stork, Quail, Crane, Finch
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