



Senior Perspectives

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Senior Perspectives

A Senior Resources Publication

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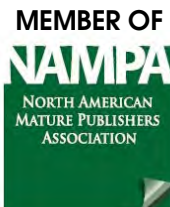


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Read more about Glenn on page 17 of this publication.

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Fact 1: States plan the number of jail cells they will need based on the amount of children not reading at the end of third grade. Shocking? Don't despair. Read on...

Fact 2: Getting books in the home and encouraging parents to spend time with their children with books and literacy is a greater indicator of academic achievement and success in life than intelligence.

Enter Dolly Parton's Imagination Library (DPIL), brought here locally by the United Way of Muskegon, serving children in Muskegon Heights and Holton and T.A.I.L., the Tri-Cities Area Imagination Library, serving children in the Grand Haven and Spring Lake Area public school systems, including parochial, private and charter schools. These local affiliates of DPIL will provide the gift of a book, FREE, every month from birth to age 5, to all registered children in their geographic locations, mailed in their names, to their homes, with dignity. The books, chosen by a blue-ribbon panel of educators and geared to the developmental level of the child, include *The Little Engine That Could* as the first book, and *Watch Out, Kindergarten, Here I Come!* as the last. The cost of the books and mailing, approximately \$2.00 per month or \$25.00 annually, is covered by the local affiliate.

Compare that with the cost of incarceration for a year and you'll have to admit, \$25.00 spent on early childhood literacy is a bargain.

The story of Dr. Ben Carson, neurosurgeon and seeker of the nomination for President of the U.S., demonstrates the power of having books in the home. Ben and his brother, now an astrophysicist, were living on the streets, with drugs, crime, and eventually prison, in their future. Their mother decided she wanted her boys to have a better life than she had. She required them to read two books a week and give her written reports, even though she could barely read them. “Between the covers of a book, I could go anywhere, be anybody, and do anything,” recalls Dr. Carson. Books changed his life – obviously...

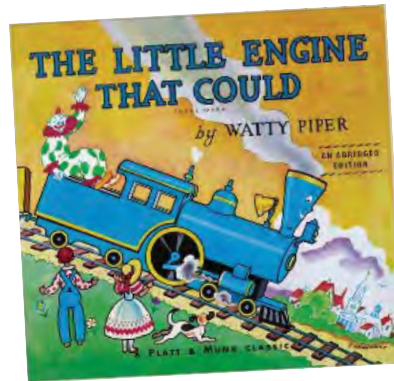
Dolly Parton, growing up in a low-income community in Sevier County, Tennessee, saw how her friends and relatives struggled to read, and how reading difficulties had a negative impact throughout their lives. The Imagination Library, begun in 1996, is her simple, yet powerful, way to inspire families to read to their preschoolers. For whatever reasons, many parents feel apathetic, disenfranchised,



BY
JANET
HASSELBRING

disinherited, and marginalized. Dolly Parton decided to eliminate one of the obstacles keeping them from rising above their circumstances: no child/family would be without books. In 1996, Dolly Parton's Imagination Library was launched. Today the program is international, mailing over 50,000,000 books a year.

Local affiliates of DPIL have three responsibilities: to pay for the cost of the books, to register the children in their area, and to manage the local database. The books are for ALL children; however, since in NW Ottawa County alone (T.A.I.L.'s geographic location) sixty-five hundred families are considered at risk (not reading above a third grade level), they are the families being targeted. Muskegon County is piloting the program first in Muskegon Heights and Holton due to the high needs and until further funding support is identified.



The gift of a book to a child and his/her family is a gift to a community and realizing that a community is only as strong as its weakest members, T.A.I.L. is partnering with organizations, such as READ of Ottawa

County, the school districts, the Chamber of Commerce and North Ottawa Community Hospital to bring the gift of literacy to all children in our community.

Collaborators in Muskegon are the agencies and organizations that are part of Great Start. Muskegon's program grew out of the “Read Early, Read Often” efforts of M.A.I.S.D. and the interest of United Way's president in early literacy initiatives, since she credits reading for changing her odds as a child. The launching of Dolly Parton's Imagination Library was made possible by funding from Kathy Evans Impact Grant from the Community Foundation of Muskegon County, a gift from the family of Richard and Nancy Morgenstern, memorial gifts on behalf of Aaliyah Robere, and a grant from the Great Start Muskegon County program.

Want to learn more? United Way of the Lakeshore, Christine Robere, christine@unitedwaylakeshore.org; 231-722-3134 or Tri-cities Area Imagination Library, Janet Hasselbring, janhasselbring@yahoo.com; 616-402-0961



Note from the Editor

2015 National NAMPA Awards



The North American Mature Publishers Association (NAMPA) is a non-profit association for Editors and Publishers of local and regional mature publications. NAMPA was founded in 1994 to provide mature market publishers with regional information exchanges, support and meeting opportunities. This past June, Senior Perspectives became a Member of NAMPA.

Senior Perspective Editor Michelle Fields attended the 2015 NAMPA National Convention in Melbourne, Florida Sept. 27-30th. Prior to the convention, Editors submitted articles for the Annual Awards Competition which provides special recognition for excellence in senior publications. Entries are divided into four divisions depending on circulation and judged by the School of Journalism of the University of Missouri located in Columbia, Missouri. Senior Perspectives swept the Personal Essay category in their division. Congratulations Joel Dulyea who took 1st place and Dick Hoffstedt who took 2nd. Awards were presented to these writers in December at the annual Christmas luncheon.



Senior Resources Executive Director Pam Curtis presents Joel Dulyea with his 1st place award in the Personal Essay Division. Joel's wife Merijo was able to join in the ceremony.



National NAMPA Members at Conference



(L-R) Senior Resources Communication Director Lisa Tyler, Editor and Publisher Michelle Fields and Graphic Designer Jay Newmarch



(L-R) Copy Editor Bonnie Borgeson, Senior Resources Executive Director Pam Curtis, Writer Joel Dulyea, Editor Michelle Fields and Writer Dick Hoffstedt



Dick Hoffstedt who took 2nd place in the Personal Essay Division is pictured here with Executive Director Pam Curtis and his wife Shirley Hoffstedt.

The Pianist

Chapter Four

[As the MISSISSIPPI QUEEN tied to the dock, passengers on both paddle wheelers were still laughing at Will and some of the others. The race had been a reenactment and the one boat was rigged to explode its stack. He thought it was real when it was all make-believe.]

"We really had you fooled there, didn't we?" said Uncle Barney from behind the wheel in the pilot house.

The American Queen was tying up next to them, and passengers were waving and laughing and pointing at them.

"Nobody told me it was all fun and games," Will said.

"Well, that's the way he is," said Aunt Tilda. "I could tell you about some of the things he's been involved in, and not too. . ."

"Rather you didn't," Barney said, laughing. "Besides, I think it's time for a cold one and something to eat."

They were soon off the boat and walking down the street to a restaurant. As they were seated, Aunt Tilda said to Mary Ellen, "You'd better tell him. It's not going



BY
WEBB
SCRIVNOR

to get any easier."

"Not now," said Mary Ellen. "I don't want to spoil our dinner. It may be the last chance we have to enjoy ourselves."

"By the way, Will," Barney said, "the city is sponsoring another reenactment of a sort. It's a historic walk through the old Santa Fe Trail. You can drive your car or even have a wagon made up to drive. I'm in no hurry to get rid of you, but thought you might like to take part."

"Sounds great!" Will said. "I'll look into it."

"I'm glad you have something to do, Will," Mary Ellen, deciding Aunt Tilda was right, said. "You can write me all about it. You see, my father has insisted that I return home and spend Christmas with the family."

"Maybe I should talk to him," Will said.

"I don't think so. Here." And she handed him the letter.

After reading it, Will said, "We'll miss you—I'll miss you." And the hot passionate look they gave each other would have fried eggs.

"When do you leave?" Uncle Barney asked.

Tilda answered, "Her father sent an airline ticket. She leaves tomorrow at ten o'clock."

"I must go pack for the trip," Mary Ellen said. "I've already sent most of my things home by mail on Friday, when the letter came. I didn't tell you sooner because I didn't want to spoil your fun."

They enjoyed their meals before saying their farewells and going their separate ways until they gathered at the airport the following morning.



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"Well, Barney," said Aunt Tilda, "you'll have Will all to yourself now. You won't have me giving you a hard time."

"Oh," Barney said, "I think I could manage to include you a time or two—if you'd promise to behave yourself."

"You're one to talk," she said, "although you do need someone to keep you in line."

"And you think you're the one to do it?" he asked.

"Might be," she answered, "but as far as I know, I'm the only one who is willing to try."

Will said, "I wish you two would make up your mind. One minute you can't be parted, and the next minute you can't stand to be in the same room."

Just then, Mary Ellen arrived, and they all stood watching the pilots board the plane and the flight attendants busy themselves. Finally, it was time to go.

"Will, would you say good-bye the same as you did at the party where I met you?" asked Mary Ellen.

"You mean, kiss you?" he asked, surprised.

Blushing red, Mary Ellen answered, "Yes, you dumb piano player." She reached up with her arms around his neck and started to kiss him. He put his arms around her as the warmth of his embrace began to grow. With a sudden pat on his shoulder, she pushed him away. "That'll do," she said, with emphasis.

Stepping away, she picked up her travel bag and marched like the Light Brigade into the plane and out of sight.

Uncle Barney laid his hand on Will's shoulder and said, "Okay, my boy, let's go build a wagon."

To be continued. . .

Webb Scrivner is a Navy veteran, the former Editor of Peninsula Poets, and author of the novel, Drako



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The Man from Illinois

Honest Abe



BY
DICK
HOFFSTEDT

This February we commemorate the 207th birthday of Abraham Lincoln. I will try to point out some little known facts about the man many consider to be our greatest president.

He had an older sister, Sarah, who died at twenty and a younger brother, Thomas, who died in infancy. He did not use a middle name. He was close to his mother, Nancy, who died when Abraham was nine. He was linked romantically with Anne Rutledge who died at 22. The death of these beloved women at early ages took its toll on Lincoln. Some historians attribute these events to his lifelong battle with melancholia. He and his father did not get along to the extent that Abraham refused to go to his funeral.

Lincoln held many jobs including surveyor, river pilot, postmaster and even a bar keeper in Springfield with Wm. Berry called "Berry and Lincoln."

He was very strong and athletic with a sinewy lean frame. He split rails, played baseball and a game called "5s" which is similar to our present day handball. His extreme height of 6'4" helped in many of these games because of his long reach. He's the tallest president thus far in the U.S.

However it was the law that caught his interest. He had less than 18 months of formal education but became self-taught by being an avid reader. Around the age of 25, he received his license to practice law in Illinois. He actually argued a case before the U.S. Supreme Court in 1849 but lost.

While practicing law, politics began to interest him. He first ran for the Illinois State Legislature in 1832 and lost, but ran again in 1854 as a Whig and won the next four elections. He served eight years in the Illinois house. In 1843, he was defeated in his bid for Congress. He won the election for the U.S. House of Representatives in 1846 and served one term. He lost his bid for re-election in 1848. He ran for the U.S. Senate twice and lost both times, including to Stephen Douglas in 1858. Before running for President in 1860, he had served a total of 10 years in elective office but none



as a chief executive. He ran as a Republican in 1860. In 1864, the party changed its name to the National Union Party to attract War Democrats and border state unionists who would never vote Republican. Lincoln won with the second lowest percentage of the popular vote at 39.65%.

He was our first president to wear a beard, the first to use the telegraph, and our only president to hold a patent. It was No. 6469 in 1849, and it was for freeing steamboats from sandbars. It was never manufactured. He started the Secret Service just hours before his assassination. He was not a Mason as so many of our other presidents have been. He established our first Thanksgiving in October, 1863. There are no living descendants today.

Abraham was a spiritual man, read the Bible but was never a member of a church. He was rather private about his beliefs but did confirm his belief in God.

So, how did a man with minimal formal education, early loss of loved ones, only 10 years in elective office with only two being on the federal level, and losing three sons at the early ages of 4, 11, and 18 become one of our greatest presidents? His honesty, devotion to the Constitution, his sense of humor in the face of adversity, his pragmatism and so many more positive attributes may be part of the reason. A quote from Lincoln himself defines the man: "If you want to test a man's character, give him power."

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



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WHAT KIND OF PLACE HAS DAD ENDED UP IN? FIND OUT IN THE THRILLING CONCLUSION ON PAGE 35

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A Caregiver's Perspective

Notes from my mother's daughter



BY
ROLINA
VERMEER

It's been four months since mom moved in with us and the joys and challenges surprise me! I expected challenges and so, I'm sure, did she. But I was not prepared for the particular joys we shared in this time together. Long talks and reminiscences, to be sure, but the delight of laughing at the cat chasing bird shadows on the wall, leisurely watching the

birds splashing in the bird bath or bring their fledglings to feed off the deck; these were unexpected pleasures for me. I'm sure I never expected to slow down quite this much; noting for more than a passing moment the play of sunlight on the trees in the woods and gaining a total disregard for television distractions and insignificant programming. I have developed some laudable new habits and appreciations!

Mom appreciates warm cinnamon swirl raisin toast topped with a thin slice of cheese for breakfast, and the very best coffee! "Delicious," she says, every day, living life with gratitude and appreciating the small pleasures. Seeing the day through her eyes has been such a gift! No crankiness or ungrateful frustration from her! She still influences me and teaches me how to make my way in a world that is often not as kind as she.

Of course, by the end of the day, Mom has tired of the social environment set for her in someone else's

home and she is ready to retreat. "Are you taking me home?" she asks politely. Then begins the tenuous discussion of going home and being home and that home is now here in my house where she has her own bedroom and bathroom and the company of people who love and care for her. But it's not home. Home is away, somewhere else. Maybe her childhood home or maybe the first little house she and my father shared when they came to this country as a young married couple.

Every evening became more challenging and frightening for me as her determination grew stronger and more willful. Wanting to go home! Some nights, late and still not ready to go to bed in the bedroom we made so cozy with her own things and familiar furniture pieces, we would get in the car and drive around looking for home, her home, until tired and wearily confused she agrees that tomorrow is another day and we will look for home in the light of day.

My heart broke for her as my own frustration grew. Where was home? What was she thinking when she made her plea? And so I asked one bright sunny morning over raisin toast and the best coffee, "When you talk of going home, Mom, where is home? What does home mean?"

The answer came simply and sweetly but with a surety I knew to be truth, "Home is my own place. Home is where I am in charge."

I knew then we would make more changes and her life and mine would return to the level of independence we were each missing in this shared living arrangement. The path there will be a careful one and will take some time, but I know it will lead her home.

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 full-time caregiver, Rolina will contribute articles related to her caregiving experiences.



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Make Your New Year's Resolutions Fun, Not Work!



BY
MIKE
SIMCIK

Each year I need to re-evaluate what New Year's resolutions are for, and hopefully, they will be helpful to me. Some cynics would say it's a to-do list for the first week in January. Many critics will say resolutions are just a waste of time. I'm lucky that most of mine have worked in my favor. It's been a whole year now since my last New Year's Eve goals and I probably am a better person.

Sometimes I actually make it over the hump with a resolution. Case in point: I was determined to stop smoking cold turkey, and I did quit that night at my 1992 New Year's Eve party. Twenty-five years later I still do not smoke. In 2013 at my party I was determined to lose weight, and I did. It took 8 months to lose 52 pounds. What's my secret? No sugar, no gluten, and no dairy products. No joke. I'm serious.

I have thought about a new set of goals in 2016 -- things I need to give up or maybe a list of stuff I want to do. But at my age I have already exhausted many activities that I can't do anymore, and there are only a few things left I really

enjoy looking forward to. I don't text, tweet, or Facebook. I don't spend hours on a cell phone but I do email to individuals where I can express myself in detail.

So what are goals I can realistically achieve? This year I'm going to make out a list I can stick to.

I don't have to worry about getting enough exercise; I get plenty of that walking behind a lawn mower all summer and a snow shovel all winter. The first thing on my agenda should be to avoid impossible goals. Of course, everyone knows that making a list of New Year's resolutions can create unwanted stress. Everyone needs goals to achieve in their lives, but wouldn't it be nice to make the list enjoyable?



To tell you the truth I'm tired of trying to be better, leaner, cleaner, smarter, stronger and faster.

So this is what my New Year's list will probably look like for 2016. I resolve to:

- [1] Leave better tips to waitresses than I have in the past.
- [2] Try to be less lecturing and give a lot more hugs.
- [3] Once in a while, do a random act of kindness to a stranger.
- [4] Be less of a critic and more understanding.
- [5] Make a complete list of birthday dates I keep forgetting.
- [6] Let go of baggage that I have dragged around all year.
- [7] Watch less television and listen to more classical music.
- [8] Spend more time with my great grandchildren.
- [9] Create some meaningful art in my workshop.
- [10] Try to help others less fortunate than I am.

My advice to others is to lighten up on yourself. If you still feel like exercising, work on your face muscles instead and laugh a lot more at yourself for all the silly mistakes made. It's normal. Life is too short to waste on putting more pressure on yourself. So when you wake up on the first day of January, put on a fresh face, look in the mirror, and start your year with a bright smile. Who knows, it might be contagious. Pass it on. LOL.

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



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Soul Food

Reflections upon how spiritual growth improves our health



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

Many of our religious and cultural customs reflect how we need to think and live all the time; not just on special occasions or holidays.

As far back as I can remember Valentine's Day was a time to give a card or gift to your sweetheart. The question, "Would you be my valentine?" was taught to us early in Elementary School. I remember having to create Valentine cards for all my classmates, to make sure no one was left out. Red or pink cards and decorations, especially flowers such as roses, decorate the day. And no one will forget the small heart shaped candy. Sweets of all kinds remain a staple for Valentine's Day.

It was much later in life that I discovered that the commemoration originally was to honor Saint Valentine, a Christian martyr from Rome from the 3rd century A.D. My first thought was, naturally, of losing one's life for one's faith. So how did we get from honoring someone for sacrificing his life to asking someone to be your sweetheart?! I went back to the Greek word that sounds a lot like "martyr," and found that it can mean: to testify, be a witness, affirm, speak well of, or reputation; as in the gospel of Luke chapter 21 verse 13 ("This will be a time and an opportunity for you to testify"). I was relieved!! I can acknowledge my sweetheart (it better be my wife :-)) and testify how much she means to me!

On the other hand, wouldn't our relationships, our families, our neighborhoods ... our world, be blessed if we thought less of how others were treating us, and do more to affirm others and sacrifice for the less fortunate? This is the true way to practice our faith and bring love into every situation. If you are looking for blessings in your life, be a blessing to others.

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.

Jennifer Hoffmann recently offered this poem for a bookmark produced by Spiritual Directors International (www.sdiworld.org).

Be a Living Psalm

It matters not.

The dialogue, the arguments are not worth the air you expend.

Rather, pick up the empty beer bottle and crumpled week-old newspaper from the sidewalk.

Stop, for just that moment as you slice the peach with a serrated knife.

Two drops of juice.

Look into the watery eyes of the homeless man; they may or may not be vacant.

Hold the hand of your partner of fifty years; smile at the faint whistle of air through his nostrils.

Lift your eyes to the ballet of eagle and wind; a wind that can sometimes send roof tiles and tree limbs flying.

Slice the radish paper-thin; spread it fan-like around the white plate.

Bless the bread before you eat it.

Know that life shakes herself awake each day; that random pieces fall into your lap.

Your job is to hold praise and lament with equal regard. Your job is to be a living psalm.

In February, or any time of year, give the gift of sweetness to your neighbor, or the stranger - to find wholeness, peace and health.

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BY
DIANE JONES
RN CDE

Managing Type 2 Diabetes: Healthy Eating

In the November/December 2015 *Senior Perspectives*, I touched on seven self-care behaviors that can help you take action to better manage diabetes and prevent complications. For all certified diabetes educators, the AADE 7 Self-Care Behaviors are an important tool we use in teaching self management. As 2016 began, many of us made New Year's resolutions that usually included some kind of

food during the day by eating three meals and having two-three small snacks. The foods you eat affect your blood sugar (also known as blood glucose) so think about what you eat, how much you eat at one time, and when you eat it to better control your diabetes and prevent other health problems. While everyone needs a balanced diet including carbohydrates, proteins and fats to stay healthy, eating right is extra important for people with diabetes. Remember, **All Foods Fit!**

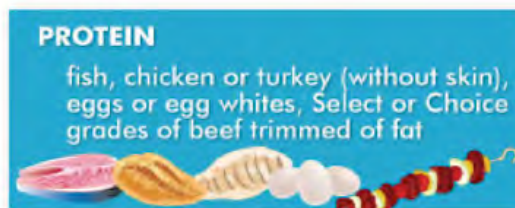
label is already included in the total "carb" count so don't let that confuse you. Count "carbs," not sugar.

- **Measure each serving** - Keep an 8 oz. measuring cup on the kitchen counter to remind you to measure a portion. Use the cup to serve your starchy vegetable or fruit. A simple food scale can help determine "carb" counts for produce or baked items. That way you know how much you should eat and don't overdo it. When you practice this skill at home, eating at a restaurant becomes easier because you can visualize a serving better.
- **Develop an eating plan** - Once you understand which foods raise your blood sugar and how much you should eat, a diabetes educator can help you find a meal plan that works for you and includes foods you like.
- **Prevent high or low blood sugar** - Not eating enough carbohydrates can cause low blood sugar, and eating too many carbohydrates can cause high blood sugar. Please don't stop eating carbohydrates! They are the body's energy source.
- **Set goals for healthy eating** - Changing your eating habits can seem overwhelming. But by working with a diabetes educator you can make a plan that works for you and fits into your lifestyle. It starts with simple goals and a realistic plan to tackle them.

You can also download a flyer on healthy eating - including a worksheet that helps you practice from the AADE website, diabeteseducator.org/patient-resources/aade7-self-care-behavior/healthy-eating. Several pointers shared in this article came from resources on the AADE website.

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.

My husband, Tom and I moved to the Muskegon area 14 years ago, settling in Norton Shores. I am a certified diabetes educator working part-time at North Ottawa Community Health System in the Diabetes Education Department. Teaching people with diabetes the skills they need to stay healthy and feel better is my passion. North Ottawa Community Health System, Diabetes Education Program, 1061 S. Beacon Blvd., Grand Haven MI 49417



diet or gym membership, but unfortunately most of the time we don't follow through because we have no action plan to make it happen. A diabetes educator can help you make a plan focusing on what YOU want to do. Since the holidays are over, and you are looking for ways to get back on track managing blood sugars, let's explore what Healthy Eating looks like.

Having diabetes does not mean you have to give up your favorite foods or stop eating in restaurants. In fact, there is nothing you can't eat. **All Foods Fit!** You don't need to eat special food but you have to eat smaller portions and pay attention to how much you eat at one time. Eating smaller portions is hard to do because our American culture is all about super sizing our food. Portion distortion is epidemic! Spread out your

What should a Healthy Eating Plan look like?

- **Count carbohydrates** - "Carbs" are found in all kinds of foods, including breads, pastas, rice, cereal, fruits, dairy products such as milk and yogurt, starchy vegetables (potatoes, peas, corn, and starchy beans) and sugary foods such as desserts. Counting "carbs" can seem complicated and time consuming, but with practice it gets easier and easier.
- **Read food labels** - Looking at food labels helps you with "carb" counting, so pay attention to the serving size and the total carbohydrates (measured in grams) on the label. The sugar listed on the food

Ask the Doctor

Don't Let Elder Abuse Go Unnoticed

Question: How serious a problem is elder abuse?

Dr. Thomas: Elder abuse is such a big topic. When you think of abuse in general you think of domestic violence, but there are many more kinds of abuse: financial, physical, neglect, partner-on-partner violence and verbal abuse.

Question: Could you explain partner-on-partner abuse, financial abuse and neglect?



DR.
OLUWATOYIN
THOMAS

Dr. Thomas:

Partner-on-partner abuse

This can be something that has been happening since early in the marriage, but can also be because of changing circumstances. Resentment, which may have been building up for years, can change the relationship all of a sudden. If the dynamics of the relationship change, the person who has been abused can start to act out and become abusive. For instance, a husband who has been verbally or physically abusive for years begins having memory issues and, all of a sudden, the wife becomes the aggressor.

Financial abuse

This is especially concerning in people with memory issues. When families aren't involved in helping to oversee them, people can be taken advantage of. I am aware of a case in which a woman had \$30,000 in her bank account and when it was discovered she was a victim of financial abuse \$20,000 was already gone. Financial abuse doesn't just come from scam artists; it can come from family members involved in caregiving who are not acting in the elder's best interest.

Neglect

Neglect can come from family members or care providers who choose not to be involved or who fail to step up to the responsibility or to recognize that a loved one or someone in their charge needs care and help with things like medication and personal care. There is self-neglect, which can happen due to decline in cognition and poor social support.

Question: What are the signs of abuse I should look for?

Dr. Thomas: There are many things you should look for. Is mom having difficulty managing finances? Is she forgetting to pay bills? Those could mean there is financial abuse. Are they missing meals? Are they wearing the same clothes over and over? Are they bathing? Is the house really messy all the time? Those are signs of neglect/self-neglect. Do they seem down all the time? Are they saying they are worthless? Is there an explained bruise or fall? Those could mean there is partner-on-partner or verbal abuse.

Question: What are some of the things can I do?

Dr. Thomas: Communication and a collaborative approach are important. It's how you approach it. If you say, "I want to be on your accounts now!" that can be taken as, "You're doubting me!" I think you can approach it as, "Let's work together. I want to make sure you're safe. I want to make sure you're supported." In most cases, there's no one better to take care of you than family. There are exceptions when a family member has drug issues or is financially dependent on an older parent.

Question: Who can help me?

Dr. Thomas: We work in partnership with Adult Protective Services and Senior Resources. We also have a community health worker (CHW) in our office, which allows us to reach out and find other resources to help our patients. In extreme circumstances we have to work with Adult Protective Services (APS) to put an emergency guardian in place. It can be a complex and challenging issue.

Do you have a question or concern about your loved one's safety? You can contact Mercy Health Physician Partners Geriatrics by calling 231-672-6740.



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About our cover photographer Glenn Rutgers

Glenn has been interested in photography since a young man, but for many years photography took a back seat to life. Then in 2002, he was able to start using his new Kodak digital camera in earnest. Glenn has taken thousands of pictures over the past 15 years. His specialty includes wildlife, flowers, clouds, sunrises, sunsets, and the many phases of the moon.

Several years ago Glenn decided not only to share framed photos, but share to share his artistic ability through note cards and small laminated cards. Nearly 2,500 laminated cards have been distributed in Central America and South Africa. Framed/matted photos, note cards, and small laminated cards are available for purchase.

A number of Glenn's pictures have been published locally and nationally. These publications include, *Birds and Bloom* magazine, *USA Today*, *Senior Times*, Allegan Tourist Council and the *Holland Sentinel*. You can see his work at the *National Geographic* web-site at www.yourshot.nationalgeographic.com and search Glenn Rutgers.

MMAP Minutes...

Medicare Part B premium increase

BY
ROBBI
JUERGENS

Starting January 2016, people who are new to Medicare will see their Part B premium at \$121.80, up from \$104.90 for most enrollees.

Those who already have Medicare will be held "harmless" and will not see an increase in their premium this year.

There are enrollees who get help from Medicaid for their Part B premium and are reimbursed for that cost. Those enrollees will see an increase in their premiums and the State of Michigan has agreed to this increase and will still continue to reimburse for that cost. The original increase was slated to be \$159.30 but that was voted down in the Bipartisan Budget Act of 2015. The Centers for Medicare & Medicaid Services Office of the Actuary estimates that states will save \$1.8 billion as a result of this premium mitigation; the State of Michigan will save \$42 million dollars as a result.

If you have any questions about your Medicare coverage or your premiums, please call MMAP at 1-800-803-7174.

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2015 Walk to End Alzheimer's

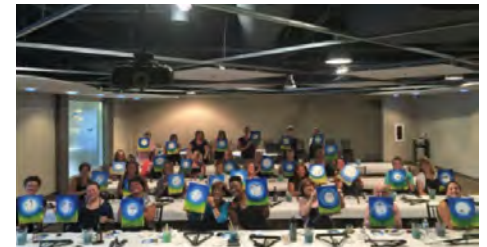
The employees of Senior Resources of West Michigan kept busy in 2015 with their mission to raise funds for their local Alzheimer's Association and the Walk to End Alzheimer's event. In July, several employees and their friends attended the Wine and Canvas event at Watermark 920 in Muskegon. \$280.50 was raised during this event.

In September, Heritage Landing was the location for the Walk to End Alzheimer's. It was a beautiful day and more than \$600 was raised for the Alzheimer's Association.



◀ (L-R)
Cindy, Maria
and Henriët

"The Gang" ▶



▲ Auggie the
Therapy Dog

▲ (L-R) Toni, Melissa, Amanda, Paulina, Renae,
Thea and Kescha

A Message from Maggie



No man needs sympathy because he has to work... Far and away the best prize that life offers is the chance to work hard at work worth doing.

- Theodore Roosevelt

December was a hallmark month for me, not just because of the holidays, but because it was the month that I officially retired as Communications Director of Senior Resources! The above quote from President Roosevelt nicely sums up my feelings about my various careers over the past 35 years. Every position that I had provided me with an opportunity to help build a healthier more caring community, to meet inspirational leaders, philanthropists and volunteers and hopefully, to make a lasting difference.

I have had the honor to have been the Director of the Lakeshore Lung Society, the Youth Volunteer Corps, Head of Health Education for the Muskegon County Health Department, Director of Allocations and Community Impact for United Way and Tanglewood Park's Capital Campaign Director, concluding my career as Communications Director at Senior Resources. What I will remember most from all these adventures is not the hard work, but rather the wonderful people I have met along the way as together we strived to make our work impactful and worthwhile.

My husband and I are now testing our wings as snowbirds in Arizona where wonderful golf courses and mountains abound... just waiting for us to experience and explore! I will also have more time with my mother and aunt (pictured with me), as well as my adorable grandson, Casey.

I wish you all the best and a very Happy New Year! *Maggie Jensen*

Senior Resources?

Survey Winner!



The winner of the \$50.00 Visa Gift Card from the Sept/Oct. Survey in *Senior Perspectives* is Fay Hoffman from Grand Haven. Fay is pictured with Senior Resources Human Resources Director Nicole Epplert (L) and Housing Specialist Renae Gordon (R). Fay picked up her edition of *Senior Perspectives* at Shoreline Vision in Grand Haven.



Blue Skies

By Noel Krueger

A Participant
with Senior Resources

Blue Sky, so far, so high!
Blue Skies, clouds I find.
I will be there
Blue Skies, Blue Skies

Blue Skies, Blue Skies, God I find
Blue Skies, Blue Skies of mine.
I go to all, so far, too far

Blue Skies, Blue Skies
All day I see,
Blue Skies, Blue Skies



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Senior Resources will be offering The Savvy Caregiver program, a **FREE** 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.

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

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March 2 - April 6, 2016

Time:
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Location:
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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.



BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Pumpkin Pancakes

- | | |
|------------------------------------------------|----------------------------|
| 1 1/2 cups milk | 3 tablespoons brown sugar |
| 1 cup pumpkin puree Libby's Pumpkin Filling | 2 teaspoons baking powder |
| 1 egg | 1 teaspoon baking soda |
| 2 tablespoons vegetable oil | 1 teaspoon ground allspice |
| 2 tablespoons vinegar | 1 teaspoon ground cinnamon |
| 2 cups all-purpose flour | 1/2 teaspoon ground ginger |
| | 1/2 teaspoon salt |

In a bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



Peachy Bliss Bread Pudding

- | | |
|--------------------------------------------------------------------------------------------------|-------------------------------------|
| 5 cups crumbled biscuits (pre-packaged or prepared. I prepared Grands! Homestyle Biscuits) | 2 large eggs |
| 2 cups peeled and sliced peaches | 3/4 cup packed brown sugar, divided |
| 1/2 cup pecans | 1 teaspoon vanilla extract |
| 1 3/4 cup Coffee-mate Natural Bliss Sweet Cream, divided | 1 teaspoon sea salt, divided |
| | 3 tablespoons butter |
| | 1/4 cup white chocolate chips |

Preheat oven to 350 degrees F.

Combine biscuits, peaches and pecans in a large bowl; place in 9-inch-square baking dish.

Whisk together 1-1/2 cups Coffee-mate Natural Bliss, eggs, 1/4 cup brown sugar, vanilla extract and 1/2 teaspoon salt in large bowl.

Pour cream mixture over biscuit mixture; let sit for 10 minutes.

Bake for 40 minutes or until set. Cool for 10 minutes.

Whisk together remaining 1/2 cup brown sugar, butter and remaining 1/4 cup Natural Bliss in a small saucepan; cook over medium-low heat, stirring frequently, for 3 to 4 minutes or until smooth and creamy.

Remove from heat; add white chocolate and remaining 1/2 teaspoon salt. Whisk until chocolate melts.

Serve sauce over warm bread pudding.

Recipe provide by Coffee-mate Natural Bliss

Dare to Be 100: Part 2



BY HOLLY
LOOKABAUGH
- DEUR

"If you are going to get old, you might as well get as old as you can!" If you missed Part I in the last edition, this is a quote from Dr. Walter Bortz II, author of *Dare to Be 100*.

DARE is actually an acronym coined by Bortz, identifying what his research shows the keys to successful aging to be: D=Diet, A=Attitude, R=Renewal, and E=Exercise. Our biological compass may come from D, R, and E, but aging research all agrees that ATTITUDE (and genetics) is the most important to a long life.

This month's feature is looking at the D in D.A.R.E. I am not a dietician, and the advice is geared towards the general population. ALWAYS consult your physician or dietician for specifics in diet advice and requirements if you have a significant cardiac history or condition, diabetes – Type I or II – kidney dysfunction, or any significant comorbidity (meaning a diagnosis or condition that may be under control but is ongoing in your life). Dr. Bortz's book is very comprehensive in his 99 tips to living to (and beyond) 100 in a happy way. Here are some highlights about the *D=Diet* part of his text.

- Fiber really does matter; soluble fiber that is!
- 1 simple multi-vitamin
- Calcium matters
- Coffee is okay: 2 cups/day
- Wine is good – 1-2/day
- Watch for chemicals; organic is better; avoid processed foods if you can

The D in D.A.R.E.



- Eat and drink anti-oxidants. Use your diet to fight cancer
- And there are more tips than this!

Let's take a quick moment to focus on one part of diet and what Dr. Bortz has to say about CHOLESTEROL. The human body contains about 150 grams of cholesterol that are essential to life – nerve conduction, sex hormone production and more. Its presence is critical to many body functions including sex hormone production. Extensive variability exists in blood cholesterol levels, from as low as 77 in the Bantu to 280 and above in Western populations. Stress also raises blood cholesterol levels. Students at exam time, accountants

at tax time... all experience surges in cholesterol levels.

Years ago Dr. Bortz wrote a great scientific study called "The Pathogenesis of Hypercholesterolemia" in the *Annals of Internal Medicine*. **Hypercholesterolemia** means "higher-than-we-want – cholesterol – circulating in the blood." It included studies that declare that the level in our blood depends not so much on the amount of cholesterol in the diet. Of much greater significance is the amount of cholesterol that is made by the liver. The liver is the main source of cholesterol – about 1 gram per day. This makes sense since the liver makes the bile that is essential to assist in the amount of fat that is absorbed. Bile is a byproduct of cholesterol metabolism, so it follows naturally that the more fat we eat the more bile we need, and therefore we make more cholesterol. *It is not the cholesterol in the diet that is responsible for high levels in the blood but rather the amount of fat in the diet.*

Much more important than cholesterol levels is the **SIZE OF THE ARTERY**. And what makes larger vessels? Exercise! More on that in our next article! The dimension of the artery is determined by its flow. Exercise makes larger arteries! Keep moving!

Please join me in our next edition of *Senior Perspectives* as we will explore the A in D.A.R.E. to be 100!

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



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Martin's Meanderings

Smart Cheeseheads



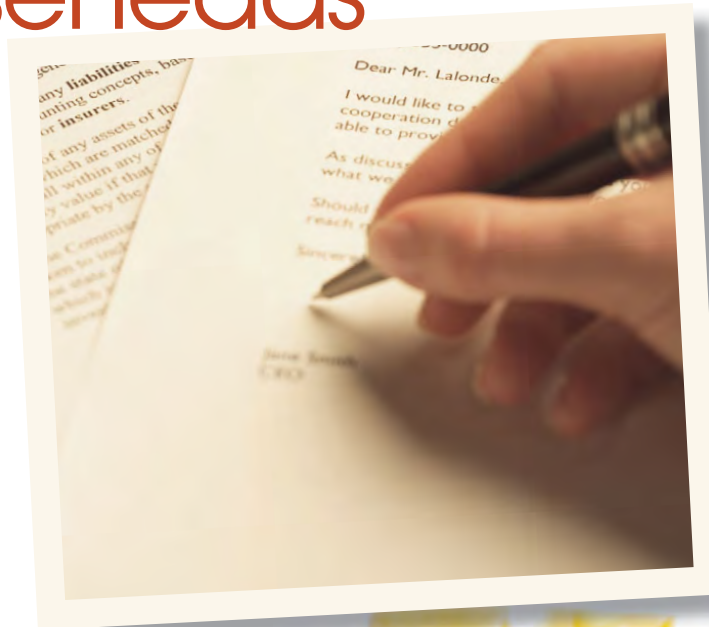
BY
CLIF
MARTIN

We are becoming a nation of Cheese-heads, a term traditionally reserved for the good folks over in America's Dairyland across the big lake. Cheese consumption is way up, Muskegon's Cheese Lady does a booming business, scientists declare that cheese is as addictive as crack, and I am figuring out how to take some with me when I go to that great radio station in the sky.

While I am up there, playing records, chomping on Cheddar or munching on Muenster, my family down here will be dealing with stuff I wish they didn't have to deal with. Things can get sticky and complicated when a last parent dies. I am a widower and a lousy housekeeper. I will probably leave the family with a physical mess. They also must sell the house, close the estate, pay the bills, contact all kinds of businesses and agencies. They should have a good lawyer to help with all that. They need to have lots of legal papers in place before I shuffle off. I am pleased to say that's done. Forgive me if I get preachy, but I most strongly believe that every senior should take care of that right now. Don't let an old guy say, "I don't have anything so I don't need all that. Just bury me in the back yard." If it ever was that simple, it's not anymore.

There is a city in Wisconsin that has been called the town where everybody talks about death. Nearly a hundred percent of La Crosse residents have a document called Advance Directive. It spells out what treatment or life support you want if you become seriously ill or near death. It's even a good idea to have it when you go in for routine surgery. Many hospitals will ask if you one.

La Crosse spends less on end-of-life care than anyplace in the country, and I'm sure it saves families from agonizing over what their loved one would have wanted. My family might not be totally pleased with what's in my Advance



Directive and other papers the lawyer drew up, but at least they can say, "That's what the old man wanted so I guess we're stuck with it."

I must visit the Badger State. I will show up in La Crosse, shake a few hands and whip out my Advance Directive before they can ask me if I have one. Those smart Cheese-heads will greet me with open arms and a carton of choice Wisconsin Cheese.

Clif says his next column will be about small talk. Unless he changes his mind.

Note from Editor: You can find information regarding Advanced Directive on our web-site at www.seniorresourceswmi.org under the Publication tab. You can also contact Harbor Hospice at 1-800-497-9559 for assistance.



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Another Day Trip to Consider



BY
LOUISE
MATZ

Are you familiar with Frank Lloyd Wright? In 1991 he was recognized by the American Institute of Architects as “the greatest American architect of all time.” He was born in 1867 and died in 1959. During that time, he designed over 1000 structures and completed 532 buildings and homes.

He left behind an impressive legacy which includes The Imperial Hotel in Tokyo, the SC Johnson Administration Building in Racine, Wisconsin, the Guggenheim Museum in New York City, Fallingwater in Pennsylvania, and the **Meyer May House in Grand Rapids, Michigan!**

The Meyer May House in Grand Rapids was completed in 1909 for Meyer May, the founder of May’s of Michigan clothing stores. The Prairie style house was designed specifically for him and his family. The furniture, the carpets, the built-ins were all designed by Frank Lloyd Wright. The flow and open floor plan were unique ideas at the time. Through the years, the home had different owners and many changes were made. After Steelcase

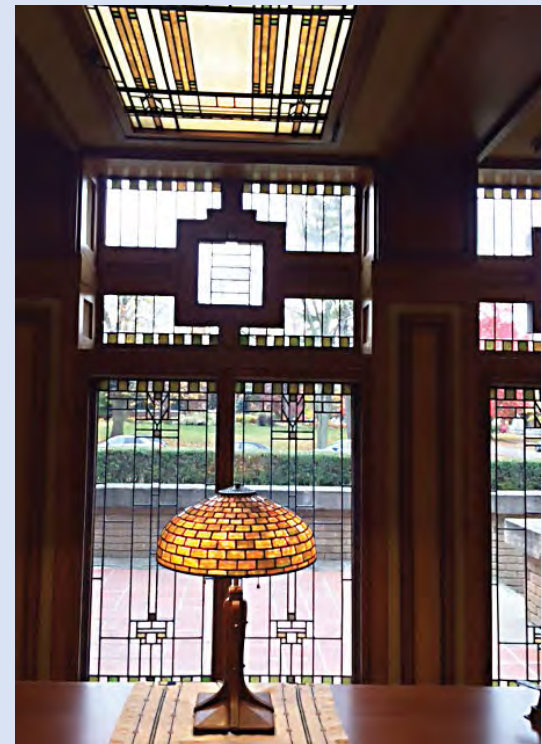
purchased the home in 1985, it was meticulously restored and opened to the public at no charge.

My long time friend Diane Lapinski and I recently decided to tour the Meyer May House. It was far beyond our expectations! Delightful and educational! The tour begins with a film about the restoration which sets the stage for the guided tour. We enjoyed it so much that we are planning a return trip in the summer when the gardens are in bloom and the large urns are filled with flowers. For details about the house or an online tour, go to meyermayhouse.steelcase.com

Thank you, Steelcase, for this lovely gift to the community.

P.S. Diane and I topped off our tour with another first – lunch at the Wealthy Street Bakery. Yum! We will definitely make a return visit.

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



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The Out-of-Towners

POOR DAD IN A NURSING HOME... GIVES ME THE THE CREEPS!

EVEN WORSE! IT'S ONE OF THOSE 'MEDICAID' NURSING HOMES... WHAT WAS BROTHER BOB THINKING?

HUH?! CAN THIS BE THE RIGHT PLACE?

SURE NICE WINDOW-DRESSING BUT I SHUDDER TO THINK WHAT IT'S LIKE INSIDE...

THIS MUST BE DAD'S ROOM -

Gasp!

OH MY GOSH!

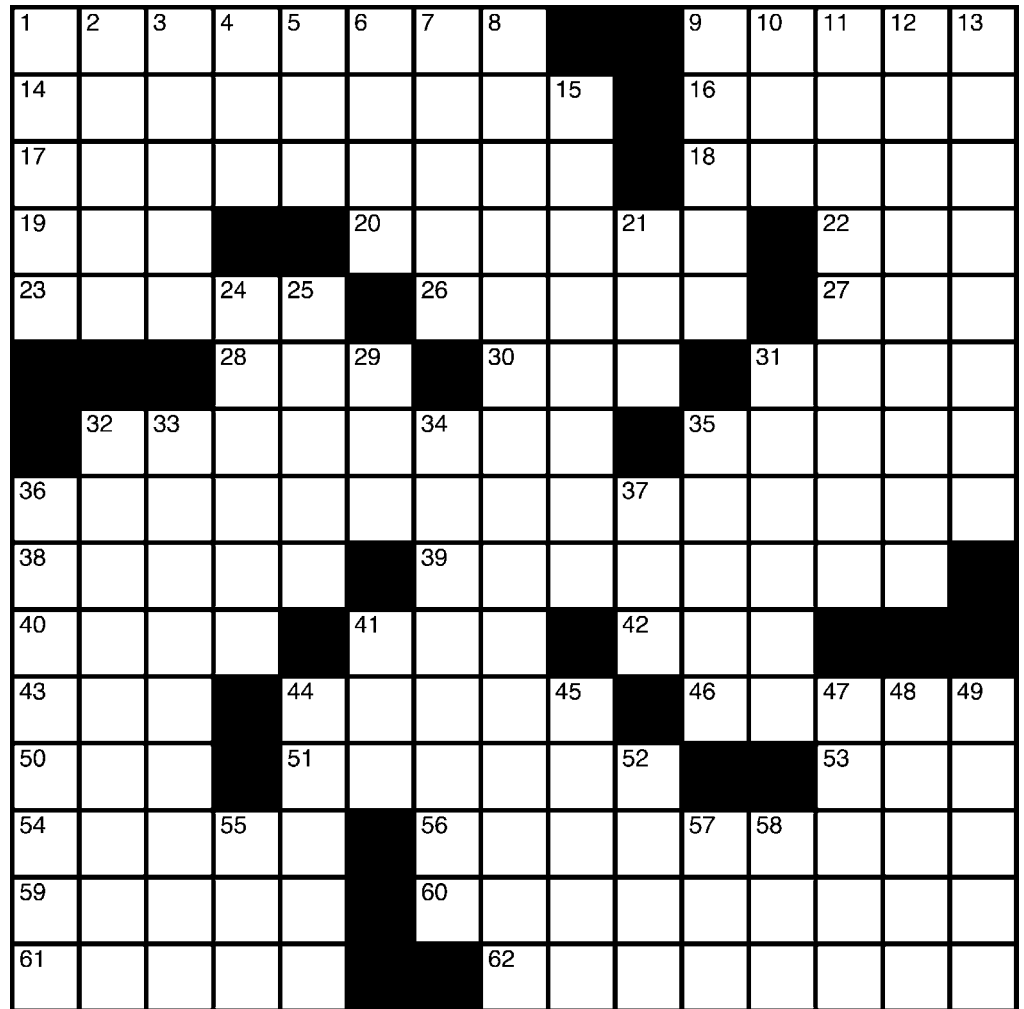
WHAT KIND OF PLACE HAS DAD ENDED UP IN? FIND OUT IN THE THRILLING CONCLUSION ON PAGE 35

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ACROSS

- 1 Plant reproductive structure
- 9 Sharpens
- 14 Lindbergh nickname
- 16 Goat __: chaotic situation, in slang
- 17 European travel pass
- 18 "You Must Love Me" musical
- 19 NYC travel org.
- 20 Trig function
- 22 West end?
- 23 Internal walls
- 26 Lizard that can shed its tail
- 27 Passing event?
- 28 Book ending
- 30 Like 23 of Haydn's symphonies
- 31 Standing losses?
- 32 Signifies
- 35 "What have we here?!"
- 36 School hallway warning
- 38 Fingers
- 39 Media section
- 40 Anthologies
- 41 Project
- 42 Number of single-syllable U.S. states
- 43 Cosmo, for one
- 44 One Direction singer Zayn __
- 46 Kirkuk native
- 50 "Every Moment Counts" gp.
- 51 1965 Nobel Peace Prize recipient
- 53 Vow taker
- 54 8-Down and others
- 56 A carve turn may be taught in one
- 59 Bring forth
- 60 S-shaped sofa
- 61 Company with antlers in its logo
- 62 Things to obey, like 36-Across and 8-Down

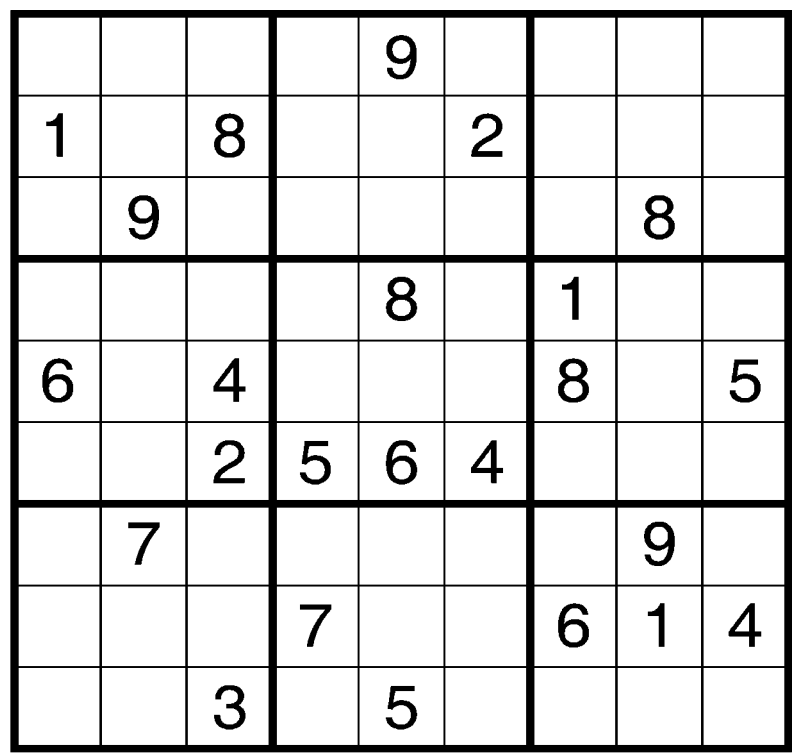
- 9 Highway closer, perhaps
- 10 Highway lane, for short
- 11 Four-time Emmy-winning actress
- 12 Four-stranded DNA structure
- 13 Scoundrels
- 15 Where "Hamlet" opens
- 21 Object
- 24 Spruces (up)
- 25 Like-minded orgs.
- 29 __ Bannon, Paul Newman role
- 31 Jerry who wrote lyrics for many Presley songs
- 32 How a stage line might be spoken
- 33 Rabble-rouser
- 34 Champion of the common man
- 35 Successor to Anwar
- 36 Not laughing
- 37 Brandy designation
- 41 31-day mo.
- 44 Beaux-arts venue
- 45 Sports commentator Olbermann
- 47 Adams who shot El Capitan
- 48 Repeat exactly
- 49 Novelist Hammond __
- 52 Run
- 55 Big name in bar code scanners
- 57 Tin __
- 58 Tommy Pickles' dad in "Rugrats"



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Down

- 1 Diets, with "down"
- 2 Bridge overseas
- 3 Slated
- 4 R&B artist Des' __
- 5 "As wicked dew as __ my mother brush'd": "The Tempest"
- 6 1979-'80 Fleetwood Mac hit
- 7 Food stabilizers
- 8 Highway warning



JUMBLE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

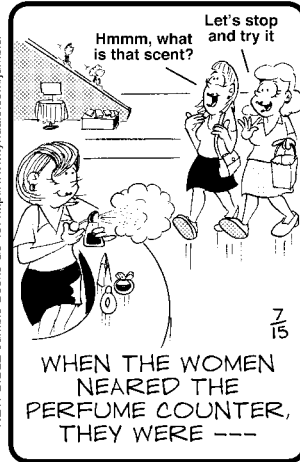
Unscramble these four Jumbles,
one letter to each square,
to form four ordinary words.

BOINS

YAMEL

DUCLOY

MIESED

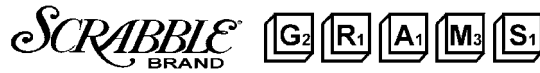


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer: -

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 35



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| A ₁ | E ₁ | I ₁ | O ₁ | U ₁ | Q ₁₀ | S ₁ | Double Word Score |

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| A ₁ | A ₁ | I ₁ | L ₁ | M ₃ | R ₁ | D ₂ | RACK 2 |

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| I ₁ | U ₁ | T ₁ | T ₁ | F ₄ | S ₁ | L ₁ | 2nd Letter Triple |

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| I ₁ | O ₁ | O ₁ | U ₁ | T ₁ | R ₁ | S ₁ | RACK 4 |

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| E ₁ | I ₁ | O ₁ | D ₂ | P ₃ | L ₁ | M ₃ | RACK 5 |

PAR SCORE 250-260
BEST SCORE 323

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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BY
DELICIA
EKLUND

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

Dry Mouth (Xerostomia)



Everyone has a dry mouth once in a while. But if you have a dry mouth all or most of the time, it can make chewing, eating, swallowing and even talking difficult. Dry mouth also increases the risk for tooth decay!

What is Dry Mouth?

Dry mouth, also called xerostomia (ZEER-oh-STOH-mee-ah), is the condition of not having enough saliva, or spit, to keep the mouth wet. Dry mouth can happen to anyone occasionally—for example, when nervous or stressed. However, when dry mouth persists, it can make chewing, eating, swallowing and even talking difficult. Dry mouth also increases the risk for tooth decay because saliva helps keep harmful germs that cause cavities and other oral infections in check.

Causes

Dry mouth occurs when the salivary glands that make saliva don't work properly. Many over-the-counter and prescription medicines, as well as diseases such as diabetes, Parkinson's disease and Sjogren's syndrome, can affect the salivary glands. Other causes of dry mouth include certain cancer treatments and damage to the glands' nerve system. It's important to see your dentist or physician to find out why your mouth is dry.

Treatment

Depending on the cause of your dry mouth, your health care provider can recommend appropriate treatment. There are also self-care steps you can take to help ease dry mouth, such as drinking plenty of water, chewing sugarless gum, and avoiding tobacco and alcohol. Good oral care at home and regular dental check-ups will help keep your mouth healthy.

**Information provided by The National Institute of Dental Craniofacial Research*

Jackie Balcom Lindrup has been a registered dental hygienist for over 40 years, 30 of them in Muskegon. As Dental Coordinator at the Muskegon County Health Department for 12 years, she was active in all forms of dental health promotion. She is currently the director of the Muskegon Volunteer for Dental Care Program which offers access to dental services for uninsured residents. She is also owner of Dental Seminars and Consulting PLLC, offering continuing education seminars for dental professionals in W. Michigan. She and her husband Tom live in Muskegon and enjoy many Michigan outdoor sports including golf, hiking, biking, kayaking and cross country skiing.

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Letterbox Lamentation



BY
JOEL
DULYEA

It happened again. A Muskegon County plow knocked our mailbox off its post in front of our house. The black plastic carcass lay on its side 20 feet from our driveway, vomiting mail onto the snowbank created in the wake of a morning snowplow. The situation disheartened me.

The plastic casing that slipped over the wooden post and supported the mailbox, was split vertically at the seam. To reattach the mailbox seemed futile, given the county's determination to keep roads clear of snow. What would I do?

When my wife and I moved into our new home, at the end of our driveway was a perfectly-adequate-metal-mailbox which withstood winter's weather-test for nine years. Merijo wanted to replace it because it looked unattractive. Of course that wasn't reason enough for me – my frugality gene is strong. Then one spring day a blustery storm gave Merijo an ally in the form of a fallen oak tree limb. My disappointment at the demise of the rust-tinged letterbox was countered by Merijo's cheerful statement, "Now we can get the mailbox I wanted from Lowes." There would be no strategic, husbandly delay tactic. There was only one answer to her request that I replace the once perfectly-adequate-metal-mailbox that lay crushed beyond repair. "Yes dear."

With great self-confidence developed from years of experience, I dug a hole with certainty that the deeper I excavated, the more likely the new mail-



box would survive. In the process, I sliced the television and internet connection to the entire neighborhood. When repairmen from the utility company arrived, they finished the hole, fixed the cable, placed the wooden post in the hole and secured the plastic mailbox. My work was done.

Then came the winter avalanche courtesy of the snowplow that knocked our address off its post. It turned out to be a revelatory event which answered my question why some neighbors replicated Fort Michilimackinac beside their mailboxes. A roadside wooden barricade could prevent a snowplow from blasting a mailbox off its perch. But that involved digging post holes. I shuddered at the thought of becoming the subject of conversations that began with, "Hey, there goes that goof ball. Did you hear what he did this time?" Oh no, I wanted to maintain anonymity with respect to utility companies and stay on speaking terms with my neighbors.

For a short time I fantasized life without a mailbox. If mail can't be delivered, then there will be no bills. One can dream a little, yes? A duct tape repair was out of the question. It wouldn't pass inspection, and it was worse than a perfectly-adequate-rusty-mailbox. I needed to find a solution to my vision of vanishing dollars before a new mailbox design captured Merijo's attention.

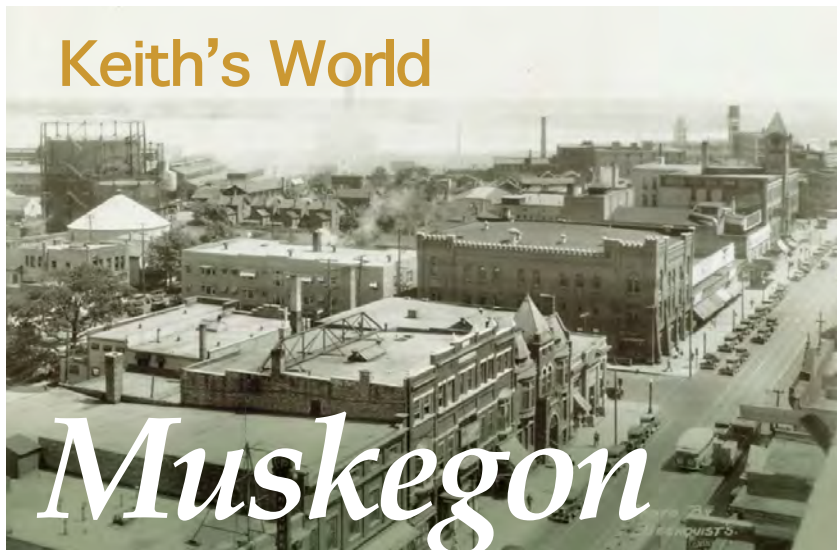
Fortunately I saw a neighbor's rusty mailbox encased in a deep snow bank. With new inspiration, I tightened the vertically split plastic casing to the post with a ratchet strap, then reattached the mailbox. With shovel in hand I began to pile and shape a snowbank around



the post. If this worked, there would be no need for another mailbox. My son-in-law soon arrived with his tractor driven snow blower and offered to help build my snow barricade. The work was finished in minutes. The packed snow bank was hard as concrete, creating a perfectly-adequate-plastic-mailbox, at least until spring.

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.

Keith's World



Muskegon Memories



BY
KEITH
SIPE

There is a page on Facebook called Muskegon Memories and it's a fascinating place for looking back in time. There are close to 5600 members at this site the last time I looked.

This is a place where you can view old photographs of Muskegon and the surrounding area, where people post photos and tell the stories that come with them. Then there are others who

visit and make connections with old friends or share their experiences of the past related to the photos.

Many stories are passed back and forth, bringing back the memories of old Muskegon. The interurban train system throughout Muskegon is one that first comes to mind. For example; do you know about the street car riot in August of 1919? Many street cars throughout the Muskegon area were damaged during the riot. Posted pictures show that the streetcars were either pushed off the tracks or tipped over. It was a mess! I have many photos of the riot in my files. One photo I posted got a response from a person who said his grandfather was standing on one of the turned over streetcars.

Another old picture is of the Schillaci & Company Wholesale Fruit and Produce trucks. Among the people in the photo, one man in particular was recognized by a family member when it was posted on the Muskegon Memories site. Many comments were shared by family members and others.

Photographs of the Lake Michigan Park, Pigeon Hill and the Actors' Colony give a sense of what it was like in the early years of Muskegon. A photo and story of Pascoe's Tavern were shared, and comments stated that it was known as one of the best places for fried fish in the area.

In my collection I have a picture related another restaurant -- Poor Al's on the corner of Getty and Airline. I remember being there when I was around five or so with my parents, and I met a celebrity. I think it was Kit Carson who signed his name on the back of a photo of me from school. I'm going to look for that picture... and now I'm not sure if it was Kit Carson or Gene Autry. Oh boy....

The Federal Square area of Downtown Muskegon is where Market, First Street and Western Avenue all met. The Post Office, Flat Iron Building, Hackley Union Bank, Lyman Building and W.T. Grants all came together. Standing on the street corner you could see in five directions. This was once a very congested place in downtown Muskegon.

Many businesses you might remember: Neisners, Woolworths, Kresge, Brundage, the Opera House, Michigan Theater, Koon and Hopperstead on the corner of Western and Jefferson -- "meet me at Koon and Hopps" was mentioned many times in those days. There were many others stores in the downtown area -- Sears and Roebuck, Walgreens (corner of Western & 2nd, then moved to Western & 1st), Rialto Theater, Hardy's, Arjers, G & L and so many more over the years.



Muskegon's Western Avenue photos will fascinate you for hours as you view the old buildings that are now gone forever. Many people have removed these old historic buildings for other purposes, but they cannot remove the wonderful memories we all have. There is a place where we can share history of Muskegon and it's on Facebook, called Muskegon Memories.

I have always enjoyed history, but a good friend of mine, who by the way enjoys reading each edition of *Senior Perspectives*, shared with me her interests on Muskegon's past years. Now I am fully hooked on Muskegon's history.

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



Ask the Dietitian

Now that my children are grown and no longer living with us, I find it hard to cook for just my husband and myself without wasting a lot of food. Can you give any suggestions on cooking for two?



BY
LAURA
BEECHNAU

That is an excellent question! I hear this struggle quite often, whether it be from retired couples, widows or widowers, or even the younger crowd who are singles or a couple without children. Here are some ideas for preparing meals for one or two people.

- When you cook larger meals, portion in smaller containers right away and freeze. Meals I have found easy to freeze are pastas, soups, chili, enchiladas, casseroles, etc.
- Baked goods are also great to make and freeze. You can make a batch of muffins or cookies, freeze them in two or three baggies and pull them out when the grandkids come over. It's also a great way to avoid eating the entire batch!
- Try cutting recipes in half when you cook. It doesn't work with all things, but often you can make half the amount and still get great results.
- There is nothing wrong with buying healthy versions of frozen meals once in a while. They tend to be higher in sodium, so watch your salt intake throughout the rest of the day. You can

turn them into a healthier meal by adding a salad or vegetable and a fruit to balance your nutrition. Some better options would be Lean Cuisine, Smart Ones, and Healthy Choice.

- Think outside the box! You don't necessarily have to have your typical "breakfast" foods in the morning or "dinner" foods in the evening. You can eat your leftovers for breakfast to avoid letting them go to waste! Also, breakfast-type foods tend to be easy to prepare as single servings, so feel free to enjoy them in place of dinner. Some of my favorites are scrambled eggs with lots of veggies and toast, yogurt with fruit and granola, and loaded oatmeal with dried fruit and nuts.



- Keep your breads and grains in the freezer. If you are like me, you may like toast one day, an English muffin the next day, or a bagel to really mix it up. It can be hard to keep these things on hand if only one or two people are eating them. When you first buy them, put them in the freezer and pull out what you need. Some people even individually wrap them, but if you use them within a month or two I haven't found it necessary.
- You can't beat the taste of fresh fruits and vegetables, but buying them throughout the year can be expensive, and it's difficult to keep them from going bad. You can either buy the fresh and freeze them yourself or go for the frozen version at the grocery store. As long as you avoid frozen fruits and vegetables with added sugar and salt, they have the same nutritional value as fresh. Keep the bags sealed and you can just pull out what you need. You can add frozen fruit to smoothies, yogurt, baked goods, pancakes, or just eat them by themselves. Have you ever tried adding chopped frozen vegetables to pasta dishes? My favorite is chopped broccoli and mushrooms in macaroni and cheese. You can also look for individual frozen vegetables in the freezer section. These are really easy to add to a meal for one or two people.

I hope you find some of these ideas helpful! Here is one last tip -- check out one of my favorite websites for recipes. It's written by a local physician in Muskegon! <http://www.101cookingfortwo.com/>

Laura lives in Fruitport, MI with her husband Nick and rescue pup Walter. She graduated in dietetics from Michigan State University, where she also completed her dietetic internship. She enjoys visiting MSU for football games, going to the beach, biking, and doing anything outside. She has been working at AgeWell Services of West Michigan for the past four years. Please submit any question(s) by email to: askthenutritionexpert@agewellservices.org

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Social Security

Questions & Answers

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Answer: No, it is not illegal, but we discourage it. It is best not to laminate your card. Laminated cards make it difficult — sometimes even impossible — to detect important security features and an employer may refuse to accept them. The Social Security Act requires the Commissioner of Social Security to issue cards that cannot be counterfeited. We incorporate many features that protect the card's integrity. They include highly specialized paper and printing techniques, some of which are visible to the naked eye. Keep your Social Security card in a safe place with your other important papers. Do not carry it with you.

Question: Can I delay my *retirement* benefits and receive benefits as a spouse only?

Answer: It depends on your age. If you are full retirement age and your spouse is receiving Social Security benefits, you can choose to file and receive benefits on just your spouse's Social Security record and delay filing for benefits on your own record up until age 70. By filing for just benefits as a spouse, you may receive a higher retirement benefit on



BY
VONDA
VANTIL

your own record later based on the effect of delayed retirement credits. You can earn delayed retirement credits up to age 70 as long as you do not collect your own benefits — and those credits can increase your benefit by as much as 8 percent for each year you delay. You can use our online Retirement Estimator to test out different scenarios. Go to www.socialsecurity.gov/estimator.

Question: I saw a poster that advised people 65 or over with limited income and resources to apply for Supplemental Security Income (SSI). Next month I'll turn 65, and I thought I'd be eligible for SSI. I planned to apply until my neighbor told me I probably would be turned down because I have children who could help support me. Is this true?

Answer: Whether your children are capable of helping to support you does not affect your eligibility. SSI eligibility depends solely on your income and resources (the things you own). If you have low income and few resources, you may be able to get SSI. However, if you are receiving support from your children or from anyone living inside or outside of your home, it may affect your eligibility or the amount you can receive. Support includes any food or shelter that is given to you, or is received by you because someone else pays for it. Learn more about SSI at www.socialsecurity.gov/ssi.

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Alzheimer's Disease: Devastating our Families and Resources

BY
SUSAN
THORPE

GUEST WRITER

We recognize and support the 15.7 million family members and friends who provided 17.9 million hours of unpaid care to the 5.3 million people with Alzheimer's Disease. One third of them have been providing care for five years or more often in addition to caring for their own families and children. The physical and emotional impact of caring for someone with Alzheimer's Disease and other dementias resulted in an estimated \$9.7 billion in increased caregiver health costs in 2014 alone. These are staggering statistics.

In addition, we can expect that between 2015 and 2050 more than 28 million Baby Boomers in the US will develop Alzheimer's Disease. This disease is not slowing, it's growing. Why? Because we have not made it a priority to fund the research to find a prevention, cure or treatment to slow or stop this devastating disease that impacts the individual, their families and friends trying desperately to get from day to day.

Then we must acknowledge the continued rising costs of a runaway disease that is draining our Medicare and Medicaid resources. Alzheimer's Disease is the MOST expensive disease in America, costing

\$226 billion dollars in 2015 and rising to \$1.1 trillion by 2050. Two thirds of this is paid by Medicare and Medicaid. For a disease that is the sixth leading cause of death out of the top ten killers, it is the only one that cannot be prevented, cured or even slowed. Isn't it time we make it a priority to find a cure? Isn't it time we show our support for the millions of caregivers who struggle every day with caring for a person with Alzheimer's Disease?

Senators Stabenow and Peters have committed their support in the fight against Alzheimer's Disease which is a huge step forward for Michigan. We need a continued grassroots effort, however, to bring this issue to a high priority level in Washington to increase funding research dollars to combat Alzheimer's Disease.

Write, call, email, Twitter, and Facebook your legislators and future elected officials to fund research to find a cure for Alzheimer's Disease. Your future and mine depends on it.

Susan Thorpe,
Alzheimer's Association Volunteer Ambassador
Michigan 2nd Congressional District



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Readin' and Racin' Memories



BY
JERRY
MATTSON

Once bitten by the car bug, it seems there is no cure. And I was bitten as a child.

I still have some *Hot Rods and Racing Cars* comic books. The oldest one I have is from July 1954, when I was nine years old. All 20 of them are more than 50 years old, and my name is written in ink on most of them. I had a younger brother, but these were mine. I also have the September 1957 issue of *Speed Demons*.

These comics were published bimonthly by the Charlton Comics Group of Derby, Connecticut, and cost ten cents each. The most recent issue of HR and RC I have is dated June 1961. Interestingly, it was

still Volume 1, 10 years after the publication was introduced. There is no name on it, so it may have been my brother's. By then, I was in high school and a subscriber to *Hot Rod* magazine.

From reading racing comics to attending a real car race was a logical step. I saw my first dirt-track car racing at the Upper Peninsula State Fair in Escanaba. I must



have been about 10 years old at the time. My dad, brother and I saw both stock car (then called jalopies) and midget races. We preferred the jalopies, with all the crashes and roll-overs. There were fewer of the more expensive midgets and they had to be push-started since they did not have starters. That really slowed the action. About 10 years later, I felt the excitement of on-track competition for the first time, driving a 1953 Chevy on the same track.

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While growing up, I looked forward to listening to Sid Collins and his radio crew broadcast "The Greatest Spectacle in Racing" from Indianapolis each May.

When I was in the eighth grade, we got our first television, with an antenna mounted on a 30-foot-high tower attached to the house. It was black-and-white and we could only get Marquette's Channel Six on a regular basis. Some Green Bay stations could be picked up by rotating the antenna to the "just right" position, but the reception was still marginal.

By accident one night I found car racing being broadcast live from Grand Rapids on WOOD-TV, hosted by Al Ackerman. All weather conditions had to be perfect for this to happen at our house on the northern edge of Lake Michigan. Repeated efforts to see more weekend events from the Grand Rapids Speedrome never materialized. Tuning in at the proper time resulted in the audio coming and going with the video being mostly snow.



The photo of the "Little Deuce Coupe," the July 1961 Hot Rod Magazine cover car, was taken at the Gilmore Museum near Kalamazoo in October 2015.

Later, the Indy 500, the Daytona 500 and Grand Prix races from all over the world could be seen on programs like ABC's *Wide World of Sports*. Now, these races and many more can be found on TV being shown live throughout the racing season.

As time passed, I visited many of the raceways I used to read about in magazines. A collection of speedway programs attests to that. Car books and magazines still find their way into our home, but few find the exit door. I consider this a research library, and really - a necessity.

Now, about sixty years after my first exposure to auto racing, my racecar driving days are well behind me, but I do have two street rods that are about the same vintage as those in the old comics. Some things never seem to change.

There may be a saying about taking the boy out of the garage, but not being able to take the - oh, never mind. This older boy is still in the garage.

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

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Caregivers Make a Difference



BY
MARY ANNE
GORMAN

While many facets of hospice care have changed in the last three decades, the importance of the primary caregiver has not. In many ways they are the “unsung” heroes of hospice care. Every day, this important role of caregiver is assumed by husbands, wives, children, parents, friends, and neighbors. They become nurse, companion, cheerleader, and confidant to our patient.

Twice in my life, I have been that hospice caregiver – once for my brother-in-law, taken from us way too young, and again years later for my elderly father. I remember being bone tired from loss of sleep and from the weight of grief knowing that our time together was short. Even with great support from the hospice team, I had my moments of questioning, Am I giving the right amount of pain meds? Am I doing the breathing treatments correctly? Are we re-positioning enough to prevent skin breakdown?

And it’s not just the physical care that is tough. On an emotional level caregivers sometimes bear the brunt of anger and frustration over losses that the patient is feeling. It would be easy for many to say, “I can’t do this,” and yet most family and friend caregivers stay the course. They are there through the homestretch, in their

own humble and sometimes awkward way, taking care of their loved one.




I’m often asked, “How will I know I’ve done the best job as a caregiver?” For some, this might mean taking a leave from their job, or reducing hours, or hiring extra in-home help. I suggest that caregivers imagine themselves six months ahead and looking back, ask the question, “What do I want to remember about this time?” That helps prioritize and focus on what matters most.

Caregiving also can take many forms. Sometimes it’s doing what is needed yourself, but that is not always practical or in one’s comfort zone. I encourage caregivers to seek out resources through church or community agencies to ease some of the burden.

So to the caregivers of yesterday, today and tomorrow, I say thank you for making hospice care possible for the patients we serve. It wouldn’t be possible without your help.

Mary Anne Gorman is the Executive Director of Harbor Hospice serving the West Michigan lakeshore. Their agency has provided hospice care and support programs to residents in a five-county area for over 32 years.

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

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| F ₄ | L ₁ | U ₁ | T ₁ | I ₁ | S ₁ | T ₁ | RACK 3 = | <u>62</u> |
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| I ₁ | M ₃ | P ₃ | L ₁ | O ₁ | D ₂ | E ₁ | RACK 5 = | <u>62</u> |

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