

Senior Perspectives

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Senior Perspectives

A Senior Resources Publication

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Note from the Editor



BY
MICHELLE
FIELDS

EDITOR OF
THE SENIOR
PERSPECTIVES

We wanted to take a minute to tell you about some exciting changes happening with *Senior Perspectives* newspaper.

We're delighted to announce that Senior Resources of West Michigan is now the Publisher for *Senior Perspectives*. We've partnered with *The Grand Press* to produce an amazing publication and to reach more readers than ever before. Besides our new, enhanced appearance, you'll notice we've increased our page size from 28 to 32 pages.

We've created a larger distribution area to reach locations that are not currently being served within Muskegon, Ottawa and Oceana Counties.

Senior Resources of West Michigan has had the privilege of bringing *Senior Perspectives* to its readers for decades. Since 1974, *Senior Perspectives* has been providing informative articles and information by some of the finest and most respected writers in West Michigan. *The Muskegon Chronicle* published *Senior*

Perspectives for many years until their merger with the MLive Media Group in 2012. Senior Resources then worked with a publishing contractor for three years until our strategic planning process indicated that *Senior Perspectives* could be completely managed and operated in-house, by Senior Resources.

We are also pleased to announce that *Senior Perspectives* is the newest member of the North American Mature Publishers Association (NAMPA). Senior Perspectives is the only senior publication member represented in Michigan.

Finally, *Senior Perspectives* wouldn't be possible without those behind the scene making every publication the best it can be. They are Copy Editor, Bonnie Borgeson and Designer, Jay Newmarch.

You can also view *Senior Perspectives* issues on-line at www.SeniorResourcesWMi.org, under the Publication tab.

We hope you continue to enjoy future editions of *Senior Perspectives*.

Sincerely,
Michelle Fields, Editor and Publisher



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Keith's World

Growing Your Own Food



BY
KEITH
SIPE

Recently on Facebook, there was a picture of two kids picking vegetables from a garden with the caption, "Every School Should Teach Gardening," for food is kind of important. Isn't it a little humorous to find an article saying that how to grow a backyard garden needs to be taught in school? At one time many schools taught home economics and other skill classes to the children. For thousands of years

families have been growing their own food, plus hunting for their meat and the pelts needed for survival.

There is a book of the life and legend of Sgt. Alvin C. York by John Perry. Alvin York was raised in the hills of Tennessee. The family farmed and worked the good earth for survival, and hunted as well. Alvin York was drafted into the war but objected for religious reasons. After much studying of the Bible, and with help from



others, he conceded and served in the army. During WWI, Sgt York became a hero by capturing 132 prisoners and saving the lives of many others. After the war he toured the United States. He was hesitant to share his war experiences, but did it to seek monies for schools in the hill country of Tennessee. In the hills of Tennessee, children didn't spend much time in school, for their time was needed to help with farming responsibilities. Most of the children were lucky to attend 2 or 3 months of classes throughout the year.

Today our society has become dependent on others for the clothes they wear, growing their food, transportation, heating -- and the list goes on and on. After thousands of years of farming and the passing down from one generation to another the lessons of hunting and agriculture -- the basics of survival—it's been lost to today's generation. Now in the year 2015 we "need" to teach gardening in our schools. "The growing of food!" The basics of survival!

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The way we live today has changed from the generations of years gone by. This could be old thinking on my part, but if it comes to where people must live off the land, then there could be an issue. The knowledge of survival is very important and should not be dismissed because of modern technology. Being dependent could be a problem. An example is our apartment: when the power goes out we are very limited in what we can do. We cannot cook or have hot water, no furnace keeps us warm, and we cannot even get into the apartment complex after a couple of hours due to battery issues on the electronic entrance system.

I think we should be able to survive off the land. Many towns, villages and cities have developed or support programs for small gardens. Gardening may have been lost for many over the generations and now that it has come to our attention, something should be done for various reasons.

There is so much to learn today in order to have a prosperous and happy life. Teaching life skills and gardening might not be such a bad idea for our schools. So maybe it isn't as funny as I first stated, for these life skills have been lost to many.

*You may reach Keith at rightseat625bg@gmail.com
I enjoy writing, photography, flying, cooking and living in downtown Muskegon*


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Bike Time Special Attractions



BY
JERRY
MATTSON

Changes will be seen in this year's Bike Time being held in Muskegon July 16 - 19. Much of the activity is being shifted to a site at the old Great Lakes Downs race course property north of The Lakes Mall. Many motorcycles are still expected to be parked downtown and there will be a vintage and antique bike exhibit at the Muskegon Heritage Museum.

Mark Fazakerley had a 1913 Henderson and a 1916 Cleveland on display in the museum last year and plans to have a 1916 Douglas and a 1920 Harley Davidson there for 2015. Fewer than 20 of some of these motorcycles still exist.

Fazakerley began collecting antique motorcycles 25 years ago when he bought a 1909 Excelsior in Menominee, Michigan. He got it from the 80-year-old son of the original owner. The bike had been sitting untouched for 60 years and needed a full restoration. This was done a year later in California.

Photos of the Excelsior, including one of the owner and his wife taken in 1909, are on the wall of Fazakerley's office at Eagle Alloy Inc., while the motorcycle resides at his home, in the den.

His latest two bikes were not found in Michigan. The Douglas, built in England, was purchased at a swap meet in Wauseon, Ohio while the Harley was located in the Netherlands at a business named Yesterdays that specializes in antique motorcycle and accessory sales. The Harley journeyed from Rotterdam to Halifax, Nova Scotia, by ship and then by truck to Chicago where pick-up was made for the final leg back to Muskegon County.

Last year, two vintage motorcycles, a 1960 Ducati and a 1980 Harley Davidson XR 750 dirt-track racer, were



also parked inside the museum. Some bikes from the 1960s era will be on display again this year.

In 2014, as many as 27 older bikes were parked in a special area on the street in front of the museum. These Included an Indian, a Norton and a Bridgestone.

Not all the bikes being ridden through town are noisy, but many of them are. In the past few years during Bike Time, the city was crowded with bikes, riders and local people just there to see the sights.

Amid all this, the Muskegon Heritage Museum at 561 West Western Avenue is an island of tranquility. Here, you can step inside to a quiet environment and step back in time viewing the old motorcycles and excellent displays of Muskegon's history.

During Bike Time, the museum will be open Thursday through Saturday from 11 a.m. to 8 p.m. and Sunday from noon to 3. For those who are not Heritage Association members, there is a \$4 entry fee for adults and \$2 for students.

Stop by this once-a-year event to see the chrome, paint, people and history that is all a part of Muskegon Bike Time.

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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Looking Back, Moving Forward



BY
JANET
HASSELBRING

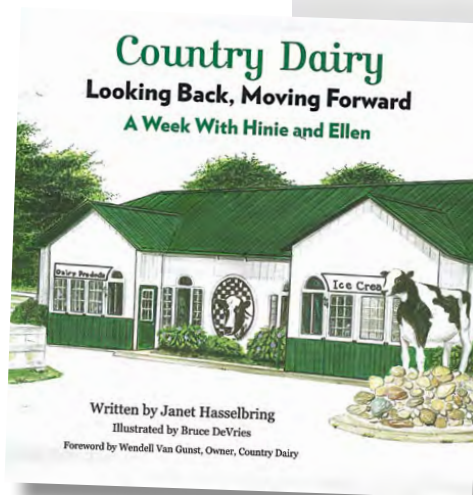
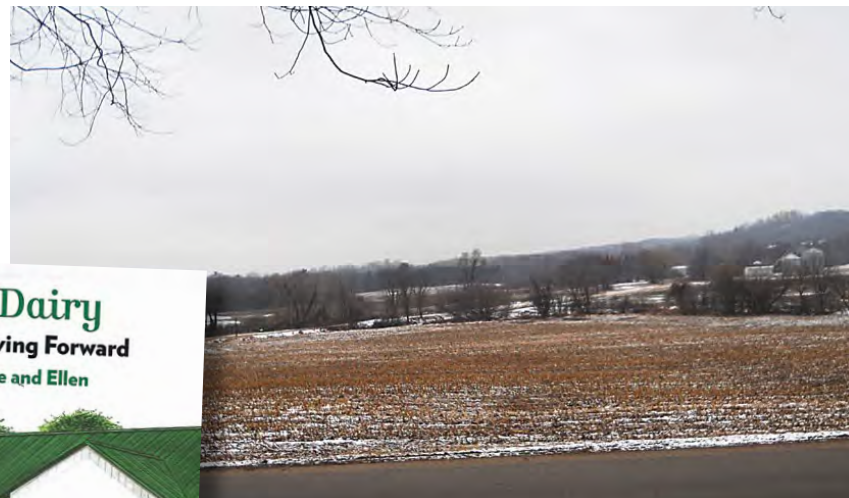
It's summertime and I'm at the family farm with my grandboys. Country Dairy is their favorite place to visit. They drink their bottomless cup of chocolate milk, say hello to the cows munching in the pasture, look for a stray cat in the barns, and jump off hay bales, like I did when I was their age. I am filled with nostalgia as

I walk the familiar haunts of my childhood, for though the place has changed dramatically since I grew up, the memories flood in as we make our way around the farm.

The farm store sits on the old asparagus field, where I, along with my father and siblings, walked up and down the rows with a basket, stooping to snap off the green, ripe stalks. The cherry orchards are gone, but I can still remember standing on my tippy toes, on top of a 10-foot ladder, stretching to reach the cherries at the tops of the trees, popping a ripe, red cherry every now and then. The bean fields are no more, but I recall kneeling by the bushes and stripping the yield into my basket.

The garden is grassed over, but I can still see my mother, Ellen, pulling up radishes and onions and tending her row of peonies. Her rose garden is gone, but I can smell the fragrance of the blossoms, which permeated the back yard when they were in bloom.

From the farm store, I look east past the main barn and the cows munching in the pasture, and I imagine my father, Henry, guiding the plow as he walked back and forth across the field behind his work horses, Maud and Daize. I look up the hill, past the evergreen trees, where the cherry orchard once stood, and see my mother hanging up her washing on the clothesline, hoping no cars would drive by on the dusty road. I look across the highway to the west and think of my parents sitting out on their porch in the cool of the evening, after their chores were done, listening to the birds chirping and the frogs croaking. Lifting their eyes "to the hills," towards Lake Michigan, which my father claimed he could see on a clear day.



*"The farm has changed since they lived here;
Country Dairy is now its name.*

*But the lessons learned from Hinie and Ellen --
Hard work, diligence and faith -- are the same."*

(Country Dairy: A Week with Hinie and Ellen)

Today, Country Dairy is a three-generation centennial farm, located one and a half miles north of New Era, Michigan. My grandfather, Andrew Van Gunst, purchased the land in 1901, when he was 21 years of age. He was just a boy when he and his family came to this country from the Netherlands. A year later, his parents and sibling died of consumption. As an orphan, Andrew worked on farms for his room and board. When he was 18, he purchased 40 acres of his own. In 1957, he sold the farm, now 80 acres, to his son, Henry – my father. Henry's son Wendell purchased the farm in 1968 and transformed it into the dairy operation it is today.

I wrote the book, *Country Dairy: A Week with Hinie and Ellen*, because I wanted my children, grandchildren, and visitors to the farm and farm store to appreciate the farm's legacy and history.

"Look, Grandma, we found a cat!" Awakening from my reverie, I see my grandboys proudly hugging a tawny tom on top of a pile of hay bales. Back to the present....

Janet Hasselbring lives in Spring Lake, MI with her husband Don and Welsh terrier pup, Maggie May (of Rod Stewart fame). They winter in Pelican Cove, Sarasota, FL. Janet is the author of a series of children's books, Tales From Pelican Cove, which portray wild/shorebirds of FL and beyond; a series about Country Dairy which includes a pictorial memoir of life on her family farm (present day Country Dairy) in the 1930's when her parents lived and worked the land; and a memoir of her mother and her life on the farm, entitled, "In the Garden."



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A Never Forgotten August Birthday



BY
DICK
HOFFSTEDT

It was August 1944, and my 10th birthday was drawing near. It was WWII, and many things like certain foods, rubber, and iron were very scarce. The things that we thought we couldn't do without but did. I heard all the talk about shortages, but to a nine-year-old, that didn't register. I wanted a bicycle.

The morning of my 10th birthday, my folks told me to look in the living room. There stood a beautiful, red bike. But something was not right. There were no fenders and no nameplate showing it was either a Schwinn or a Monarch, the two most popular bikes of that time. No nameplate at all. What the heck was this? Dad explained that because of the war, Schwinn and Monarchs were not available. Being the clever mechanic that he was, he had scrounged all over for used bike parts and had welded and fastened them together to make a unique, one-of-a-kind bicycle for his son. He had it painted red in the shop paint booth where he worked as a tool and die maker. I didn't care; I was thrilled. "Can I go out and ride it?" I cried. Dad was off to work and said the inevitable, "If it's okay with your mom, go ahead." "All right," she said, "go ahead but only around the block."

Around the block? Was she kidding? I had to ride the whole neighborhood to see if any of my pals were around to see my new gift. I couldn't find anyone to feast their eyes on this bike with no name. I thought to my-

self that they were probably at the big lagoon in the park. No one was there. Only a crazy kid with a new bike would be out so early.

Dejected, I was about to turn toward home when I saw two teenage boys walking the path next to the lagoon and coming in my direction. They came closer, and I saw that they were smoking and looked tougher than the kids I hung around with. "Hey kid," one of them said. "Where'd you get that new bike?" I told them my story. "We ain't got no bikes," the other one said. "How come you got one?" I was getting scared. They both flipped their cigarettes into the lagoon and

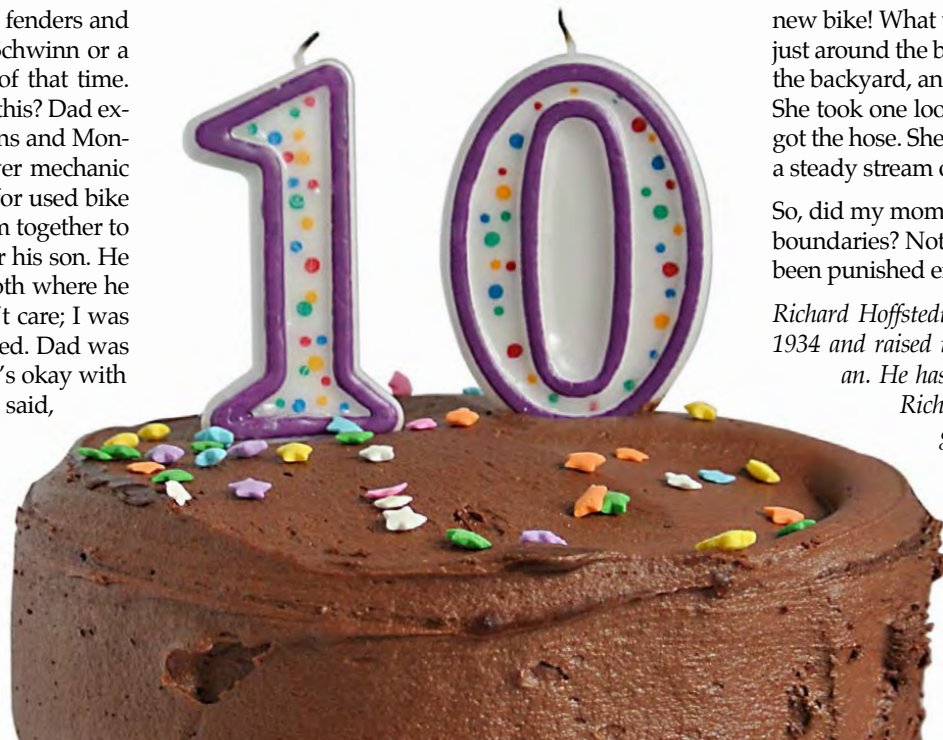
started toward me. I tried to pedal away, but they trapped me with one on each side. They started lifting me and the bike off the ground and walked toward the lagoon. "What are you doing?" I cried. "You'll see." With that, they threw me and my bike into the lagoon, laughed sneeringly and ran back to where they came from.

The lagoon was shallow, and underneath the water was a thick, slimy mud. I struggled to get me and the bike back on shore. Finally I made it. The bike was covered in mud, and so was I...head to toe...so much mud that I couldn't ride back home. So I walked the four blocks and sobbed every step of the way. My new bike! What will mom say? I was supposed to go just around the block, not to the lagoon. I walked into the backyard, and mom was hanging up the laundry. She took one look at me, said nothing and went and got the hose. She washed me and the bike down with a steady stream of cold water.

So, did my mom punish me for going beyond her set boundaries? Not really. I think that she thought I had been punished enough.

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.



BY
VONDA
VANTIL

Social Security
Public Affairs
Specialist

Social Security Questions and Answers

Question: I'm planning my retirement. What is the maximum Social Security benefit I might receive?

Answer: The maximum benefit depends on the age you retire and how much you earned in your lifetime. For example, if you retire at age 62 in 2015, your maximum benefit will be \$2,025. If you retire at full retirement age in 2015, your maximum benefit will be \$2,663. If you retire at age 70 in 2015, your maximum benefit will be \$3,501.

You can estimate your benefits by using our *Retirement Estimator* at www.socialsecurity.gov/estimator.

Question: I'm retired, and the only income I have aside from my Social Security retirement benefit is from an Individual Retirement Account (IRA). Are my IRA withdrawals considered "earnings?" Could they reduce my monthly Social Security benefits?

Answer: No. We do not count non-work income, such as annuities, investment income, interest, capital gains, and other government benefits, and they will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit

CONTINUED on PAGE 29

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."

"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."



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

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Ask the Dietitian

What is a Registered Dietitian (RD)?

Registered Dietitians are food and nutrition experts who use the science behind nutrition to promote and educate individuals on living a healthy lifestyle. We provide diet advice and recommendations to help individuals make unique, positive lifestyle changes.



BY
LAURA
BEECHNAU

Is there a difference between a Registered Dietitian (RD) and a Nutritionist?

Yes! Registered Dietitians have completed a minimum of a bachelor's degree at an accredited university or college in the field of nutrition or dietetics. We also have to complete an accredited supervised practice program (internship) which is typically between six to 12 months. In order to become registered, we have to pass a national board exam administered by the commission on dietetics registration. To maintain registration status, we must complete continuing professional educational requirements every year.

While some nutritionists do have a background in nutrition and may provide good information, there

is no regulation on who can call themselves a nutritionist.

Do dietitians only provide weight loss education?

People often assume the purpose of seeing a dietitian is only to work on weight loss, which is simply not true. Although weight loss is a common topic of interest, there are many different nutrition topics we discuss and provide information for, depending on one's individual needs. Other nutrition topics we commonly discuss include diabetes, renal/kidney disease, heart disease, increasing fiber, and even weight gain for those who are underweight or wanting to gain muscle.

If I see a dietitian, am I going to have to give up all of my favorite foods?

No way! Believe it or not, dietitians do not eat perfect 100% of the time and we understand there are some times where you just have to have that chocolate chip cookie. Enjoying food is something we are passionate about, so we will be sure to include your favorite foods, in moderation, while balancing a healthy diet. A dietitian will not deprive you of foods unless you have specific medical conditions where certain foods must be limited.

Where do dietitians work?

Dietitians work in a variety of areas throughout the community. Clinical dietitians often work in hospitals or other health care facilities to educate patients about nutrition as part of the health care team. They also may work in food service operations in hospitals or

various health care facilities, schools, or correctional facilities, overseeing production and managing staff. Many work in private practice settings, sports nutrition, corporate wellness programs, and even retail. Dietitians are becoming more prominent in grocery stores around the country. There are also dietitians in the research field working at universities, pharmaceutical companies, and hospitals, conducting experiments. Of course, this is just a sample of the types of jobs dietitians can do, and there are many more places you might find a RD.

Who should see a dietitian?

Anyone can see a dietitian! If you have any questions about food, your personal nutrition, specific disease states that affect nutrition, nutrition trends or fads, or to sort out information you see or hear in the media, a dietitian is a good person to talk to. They will be sure to give you researched and evidence-based information to help you on your health journey. Even if you are in good health and just want to be sure you are doing things "right" for living a healthy lifestyle, a dietitian would be happy to meet with you. Not everyone we see has a medical condition!

Laura lives in Fruitport, MI with her husband Nick and rescue pup Walter. She graduated from Michigan State University in dietetics and completed her dietetic internship there as well. 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 3 years. Please submit any question(s) by email to: asktheRD@agewellservices.org



BY
VICKIE
DeCHENEY

During the first year that you have Medicare Part B, you can get a one-time visit that will help you prevent illness. The visit will give you a full review of your health. It will teach you about the preventive services you need to stay well, like certain screenings and shots. Your doctor can also refer you to other professionals for other health care. During the visit, your doctor will record your medical history and check your blood pressure, weight and height. Your doctor may give you a vision test and make sure that your shots are up to date.

He or she may order further tests if you need them. Your doctor will tell you how to prevent disease, improve your health or stay well. You

MMAP Minutes

"Welcome to Medicare" Visit

also will get a written plan when you leave. This plan will let you know which screenings you should get.

This exam is a great way to get the important screenings and shots you need. You also can talk with your doctor about your family history. Then your doctor can tell you how to stay healthy.

This visit is covered once within the first year that you have Part B.

You pay nothing for cost of the visit if you have Original Medicare and you see a doctor who "accepts assignment." Doctors who accept assignment agree to accept the amount that Medicare will pay for a visit or service (called the Medicare-approved amount) as payment in full.

You may have to pay for some costs if your doctor does other tests or procedures during this visit that are not included as part of the visit. Talk with your doctor.

For more information on this and other Medicare services, contact the Michigan Medicare/Medicaid Assistance Program (MMAP) at 800-803-7174.

Vickie DeCheney is Regional Coordinator for the MMAP program. Vickie has been with Senior Resources for 6 years since retiring from the Dept of Human Services.

NELSON PLACE

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The Pianist

Chapter Two



BY
WEBB
SCRIVNOR

In Erie, Pennsylvania, at the city's auditorium, a benefit program had ended a half hour ago, and a few patrons were still rushing across the parking lot.

William Fitzroy Dexter watched his agent, Bob Holliday, slide into the driver's seat. "Bob," Will said, "as I told you after the concert, I can't do this anymore. I'm bored with the same routine—the introduction, flashy program, and the Lullabye ending. The audience deserves better, and I'm really not a child prodigy anymore."

Bob's hand paused on the switch. "Well, Will, there is a seasonal lull this time of year." He started the car and was silent until he stopped before a brick mansion. "Let's talk more about this after the reception." Will nodded his head and entered the mansion.

In the vestibule, the butler removed their overcoats. From the parlour could be heard the sounds of conversation. A lovely blonde woman came out of the parlour, wearing a blue gown that sparkled as she walked. She held out her hands as she said, "Welcome, Mr. Dexter. We thought that after that vigorous performance you might have sought your bed."

"No," Will explained, "I just needed to get out of my tux and back into more comfortable shoes. Besides, I enjoy these receptions, and the bed will still be there

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when I leave."

A young female said, "You can park your shoes under my bed anytime."

"Behave yourself, Mary Ellen," the blonde said, and then to Will, "I'm Caroline Johnson, your hostess for the evening, and this is Mary Ellen Foster." She motioned to the girl who had joined them as they walked into the parlour. "Her father was one of our donors. Come along, now, the others are waiting to meet you."

As they walked deeper into the parlour, the barbershop quartet began to sing, "You're as welcome as the flowers in May." Mary Ellen put a glass of punch in one hand and a small plate of cake in the other. Mr. Foster, her father, kept telling Mary Ellen to behave herself as he said to Will, "I hope my daughter isn't bothering you too much." Caroline stepped in and said, "I'll see she behaves," and she began to show Will around the room, to introduce him to the other guests. Mary Ellen "behaved herself" by looking at Will all evening and giving him little hand waves. Will was surprised that he enjoyed the flirtation. Finally, when the crowd had thinned out, and Will felt it okay to leave, he was standing in the anteroom where Bob had joined him. Mary Ellen came sailing into the room and said, "You're not leaving so soon, are you?"

Yes," Will said. "I've had a grand time and I've thanked the hostess. Time to go home."

"I understand," she said. "I'm sure we'll bump into each other again now and then."

Maybe not. I'm taking a long vacation. A year. Maybe longer."

Then for reasons known only to God, Will bent forward and kissed Mary Ellen. He left no doubt that he meant to do so. Breaking the kiss, he looked at her. She covered her lips with her hands, and her eyes were as wide as an owl's. Time to go. He and Bob went to get in their car while Will was asking himself, Now, why did I do that? I'm not in the habit of kissing the guests-no matter how pretty they are.

They were silent on the way home, but as Bob stopped the car to let Will out, he said with a grin, "You know, Will, maybe you do need some time off."

The next day, Will slept late. His father, Wallace Fitzroy Dexter, was busy at the bank, while his mother, Elizabeth Elsie Dexter, was helping at a church project. So it was six o'clock dinner before the family was together. His sister, Anne Marie, had just asked him, "How did the concert go last night?"

"One of my best, Anne, but also two interesting decisions made."

His father asked, "If they involve us, you'd best tell us while we're together."

"Then prepare yourselves for a shock," Will said, "because I've decided I can't go on giving concerts for a while. I'm burning out. This past summer, I was giving three concerts a week. They all wanted to hear the boy genius. Well, that boy is now a man twenty-two years old, and that man needs a break."

Wallace said, "I've been wondering how long you could prolong your piano career, and I have no objection to your decision, but now I dread asking about your second shocker."

"There was a pretty girl at the reception last night," Will said. "She followed me around most of the evening. She's Mary Ellen Foster—you know her father—and for some reason just as I was leaving, I kissed her goodnight. I didn't mean to. I just did it."

"Wow!" said Anne and began singing, "Willie's gotta girlfriend, Willie's gotta girlfriend..."

With an indulgent smile, Wallace said, "Yes, William, you do need a break."

To be continued...

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



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July 22 • 11-2 p.m. • Customer Appreciation Day

\$1.00 Subs & Sandwiches (some restrictions apply)

August 19 • 11-2 p.m. • Summer Luau Party (Café Patio) • Menu: \$6.50

Pulled Pork & Sauces, Ranch Style Green Beans, Home-style Cheesy Potatoes, Hawaiian Delight Fruit Salad Fluff, Assorted cakes for dessert, Beverage included

August 24-28 • Back To School Sub Special • Please see Café for further details.

TANGLEWOOD CAFE' FEATURED MENU ITEMS:

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FRIDAY, July 10

Caregiving – Take care of you first!

Kim Vasquez, Senior Resources

FRIDAY, July 24

Funeral Pre-Planning

Kelly Zedniki, Sytsema Funeral Home

FRIDAY, August 7

Guardianship vs. Conservatorship

Rachel Cereska, P.W. Services, Inc.

FRIDAY, August 21

Staying Safe in Muskegon County

Alisha Riedl, Muskegon County Assistant Prosecutor

Space is limited, registration is required by calling AgeWell Services at (231) 733-8643 at AgeWell's Wellness Office at Tanglewood Park, 560 Seminole Road.

This seminar is presented by AgeWell Services and the Tri-County Protection Team. The Tri-County Protection Team is made up of professionals from Ottawa, Muskegon and Oceana County who work to protect our disabled and elderly population against abuse, exploitation and neglect in the community. The Tri-County Protection Team also hosts a website about protecting seniors at www.safeseniors.info. Funding for the seminars is provided by Senior Resources of West Michigan.

EVER THINK ABOUT VOLUNTEERING? Have a talent to share? We are looking to start some new clubs and classes and looking for talented individuals like you to share your skills and time with others. Call Mary at (231) 733-8641.

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Participants Raise Critically Needed Funds for Alzheimer's Care, Support and Research

The Alzheimer's Association is inviting Ludington and Muskegon residents to unite in a movement to reclaim the future for millions by participating in the Alzheimer's Association Walk to End Alzheimer's®. Walk to End Alzheimer's will take place on September 20 at Waterfront Park in Ludington, and on September 26 at Heritage Landing in Muskegon.

Walk to End Alzheimer's is more than a walk. It is an opportunity for participants to learn about Alzheimer's disease and how to get involved with this critical cause, from advocacy opportunities and clinical studies enrollment to support programs and services. Walk participants also honor those affected by Alzheimer's disease with the poignant Promise Garden ceremony.

Alzheimer's disease is a growing epidemic and the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's more than 5 million Americans to as many as 16 million by 2050.

To start or join a team today, visit the Alzheimer's Association at act.alz.org/Ludington or act.alz.org/Muskegon. To learn more about disease and available resources, call the toll-free Alzheimer's Association 24/7 Helpline at 800-272-3900.

alz.org/walk

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SENIORCOMMUNITYDAY

GOOD INFORMATION • GREAT TIMES

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Free lunch for all registered attendees and coffee time in the morning

Friday, August 21

8:30 am - 1:30 pm • Baker College of Muskegon

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Registration Form

There is no fee to attend. Registration is only necessary for lunch and to reserve your free seminars. Registration open day of event.

SENIORCOMMUNITYDAY
GOOD INFORMATION • GREAT TIMES
Friday, August 21

Name: _____

Address: _____

City _____ Zip _____

Phone: _____

Email: _____

Mail registration form to: The Senior Marketing Group of Greater Muskegon, P.O. Box 115, Muskegon, MI 49443

Each registrant will receive confirmation via mail.

Please Select two 45 minute sessions and one lunch time:

	10 am	11:15 am	12:30 pm
Gentle Yoga with Peter			
Help Desk for Cell Phones & iPads			
Birdwatching and Feeding			
Road Scholars (educational travel)			
Fruits & Veggies Galore			
Growing Succulents with Skeeter			
VA Roundtable Talks			
How not to get scammed			
iMove, Do You?			
Lunch	NA		

Make sure you don't have a class scheduled during your lunch time!

Door Prize giveaway at 1:30

Schedule • Friday, August 21

8:30 am - 9:00 am	Registration at Gym
8:30 am - 10:00 pm	Coffee Time in Student Center
8:30 am - 1:00 pm	Visit Resource Booths
8:30 am - 11:00 am	Health Screenings
10:00 am - 10:45 am	Session 1 Seminars
11:15 am - 12:00 pm	Session 2 Seminars - Lunch A
12:30 pm - 1:15 pm	Session 3 Seminars - Lunch B
1:30 pm	Door Prizes

ENTERTAINMENT PROVIDED DURING LUNCH



The Senior Marketing Group is dedicated to improving the quality of life of seniors by working together as marketing professionals in the Greater Muskegon Area.

If you need more information, please contact Denise Amidon at (231) 722-5438.

WAIVER AND RELEASE: Filling in this form indicated I waive and release any and all rights and claims for damages I may have against any of the sponsors or organizers of Senior Community day for any and all claims of damages, demands, actions whatsoever which may arise as a result of my participation in the event. I grant full permission to use my likeness for marketing.

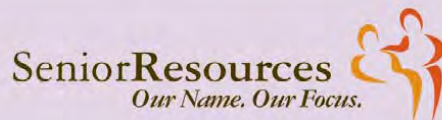


SENIORCOMMUNITYDAY

GOOD INFORMATION • GREAT TIMES

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BY
CLIF
MARTIN

Midge's Tigers

One of the things it takes for a couple to stay together for the long haul is accepting that there are some interests you don't share. Sports is right up at the top for my late wife and me. Back in the Muskegon Mohawks

and early Lumberjacks days, Midge was a big hockey fan. She was proud of the black eyes she got from a flying puck that was fired by the Lumberjacks' Scott Gruhl. When he learned that the puck bounced off of her head to be caught by another fan, he gave her a special puck. I did go to one game with her. Her gall bladder started hurting so much that we had to leave the game and head for the hospital. That probably hurt her more than the surgery. Thanks goodness she wasn't big into football except when the Wolverines were involved in a big one. She went to U of M for a year before I put an end to that by marrying her. Football is totally incomprehensible to me. It looks like a bunch of guys trying to hurt each other for no reason that I can figure out.

We were not completely incompatible. We both yelled at the TV when "Days of



Our Lives" got booted off the air by a tennis match or golf game or whatever sport it was and we could not follow America's favorite dysfunctional family. I still get irritated when a football game delays "60 Minutes" for a half hour.

More recently Midge got interested in the Detroit Tigers in a big way. Our national pastime is the only sport that I can even begin to possibly accept. I tried to get her to explain the crazy rules to me but she just got irritated at my dumb questions. She

really liked Jim Leyland, especially when he got hot, marched onto the field and got ejected for giving the officials a piece of his mind. There was a sports writer whose constant complaint was; "Get rid of Leyland." That was long before he left, and it got my Tigers-fan wife as hot as Jim.

We both liked Ernie Harwell, too. I guess everybody did. When Mario Impemba and Rod Allen did the play-by-play we both liked their style. Sometimes a Tigers game was on a national network with different announcers and it just wasn't quite right. Sports broadcasters have always had as many fans as the players. I wonder if I am the only person still kicking who remembers Ty Tyson. He was the Detroit Tigers first radio voice in 1927 and he was at the mic until 1942.

We who write for the Perspectives must submit our articles far in advance. There's no way to know how the Tigers will be doing when you read this. For Midge, I hope they are at the top of their division or league or whatever you call it.

Clif's next column will be full of his half-baked mutterings from the five blogs that he writes on the internet and maybe something silly that you missed because you don't use Facebook.

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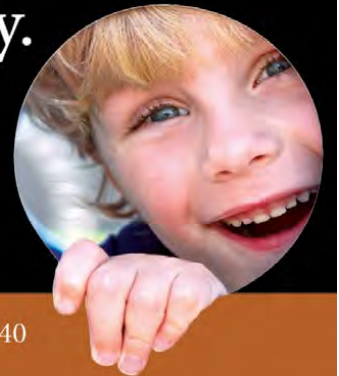


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Soul Food

Reflections upon how spiritual growth improves our health



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

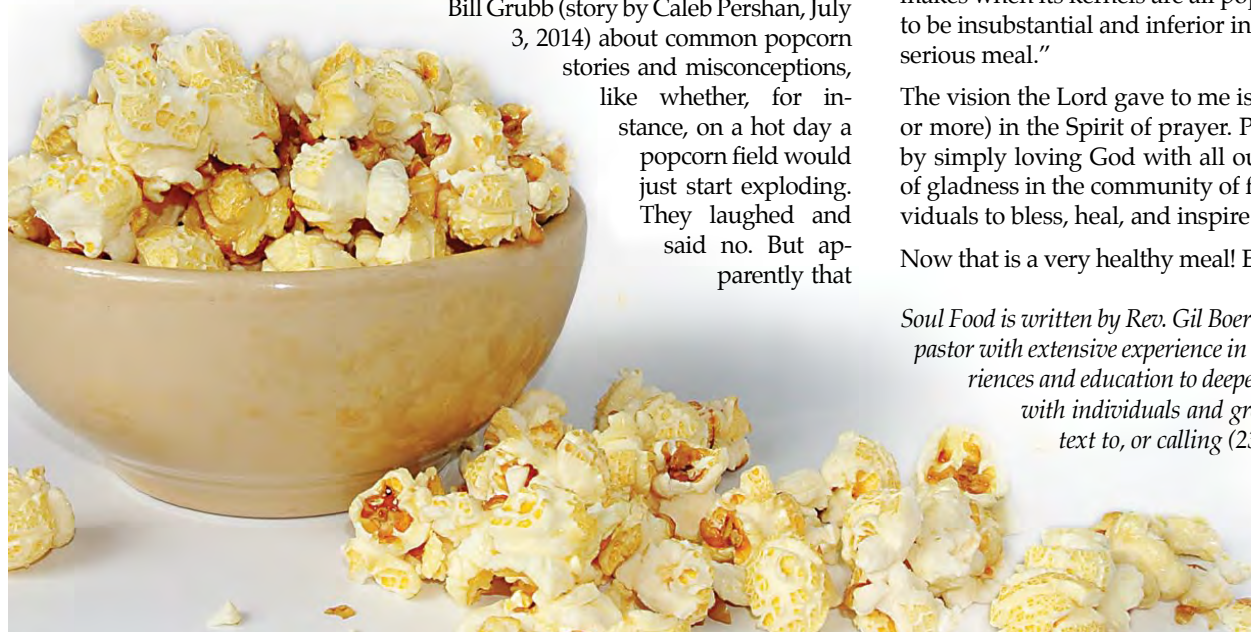
The oil of gladness in our lives, despite the difficulties or trouble we face, is a sign of good health. When, on my rounds as a chaplain, I met a patient in the hospital who greeted me with warmth and joy in the midst of their illness or their recovery from surgery, I was witnessing life at its best. They usually were people who knew that prayer was as natural as breathing.

“Knee high by the Fourth of July!” I will never know how many times my wife and I have repeated that phrase while driving down the highway, noticing the acres of corn growing in the summer throughout the Midwest. Have you ever wondered where popcorn came from, other than a bag or jar? I did

not think of asking this for a long time because I have loved popcorn since I was a kid, and that’s all that mattered! One distinction of a farmer’s field of popcorn plants, versus sweet corn and field corn, is that they have floppier tassels. *Modern Farmer* magazine asked Iowa farmers Ginger and Bill Grubb (story by Caleb Pershan, July 3, 2014) about common popcorn stories and misconceptions,

like whether, for instance, on a hot day a popcorn field would just start exploding. They laughed and said no. But apparently that

like whether, for instance, on a hot day a popcorn field would just start exploding. They laughed and said no. But apparently that



has happened — at least sort of. In 2010 in Kentucky, a popcorn farmer’s crop burst through its kernels, which had formed at very high temperatures and then filled with water, causing the rupture. That said, popcorn typically pops after being dried; the heated kernels retain a modicum of moisture that turns to steam, expanding corn into the pop zone.

Have you ever heard of popcorn prayer? We sometimes use this approach in worship, and it has been used effectively at camps or on retreats. I think it is the oil of gladness which comes by the presence of the Spirit in our lives and our fellowships that produces the best prayer; the kind of prayer that blesses others, lifting people out of their misery, giving seekers direction, and offering hope and joy.

I found the following definition of Popcorn Prayer on www.dictionaryofchristianese.com

“The imagery of popcorn is used in several ways in these five senses: In sense 1, group prayer is like popcorn in that the group’s prayer is made up of an accumulation of small, individual prayers (individuals may at times only speak a single word). In sense 2, group prayers are like popcorn in that people voice their short prayers at random (like the random popping of popcorn). In sense 3, a prayer is like the popping of a popcorn kernel in that it is a single prayer suddenly made. In sense 4, group prayer is like popcorn in that the prayer is made up of the simultaneous voicing of many people’s prayers (like the roaring sound popcorn makes when its kernels are all popping). In sense 5, some prayers are considered to be insubstantial and inferior in the way that popcorn is not considered to be a serious meal.”

The vision the Lord gave to me is that people of faith must gather together (two or more) in the Spirit of prayer. Prayer is not just defined by words spoken, but by simply loving God with all our heart, soul, mind and strength. Then the oil of gladness in the community of faith brings forth the spoken prayers from individuals to bless, heal, and inspire living to serve and love.

Now that is a very healthy meal! Enjoy ... ∞ Gil

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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Busy Life? Healthy Eating?

No Problem!



BY
HEATHER
DAVID, HHP, CPT

Does it feel like life is coming at you fast? Do you have great intentions for eating healthy, but are derailed by your overwhelming schedule? How often have you thought, "Today I will eat better" only to find yourself once again at the drive-through? The reality is that you are not alone. This has become the norm for so many Americans. With aging parents who need help getting to appointments, children or grandchildren having events you want to attend, and working full time, it's a wonder there is time to even breathe. There is good news though: your nutrition does not have to suffer if you just follow the following three simple guidelines.

Plan Ahead

With proper planning, even the most unbelievable of schedules can be achieved while still eating healthy! Planning ahead is three-fold:

1. Upcoming Week - What does the week ahead have in store? Look at your schedule to decide what types of meals can be made that week; then plan your grocery list accordingly. It is unrealistic to believe that you are going to make a meal that has an hour of prep if all you have is 10 minutes to make it. Knowing what the week holds will help you choose meals that you will be able to accomplish.

2. Next Day - Before going to bed at night, look at your schedule for the next day. Pick out what meals you will be eating and do the prep work. If you are going to make a crockpot meal in the morning and the meat is still in the freezer, take it out. If you are taking leftovers for lunch, package them up.

3. Today - In the morning, look at your schedule for the rest of the day. Make sure that whatever you are going to have for lunch is packaged up. Make sure that whatever you are making for dinner will be available. Again, this applies to frozen meat. If it needs thawed, get it out of the freezer.

Save Time

Share the work - Get your children, grandchildren and/or significant other into the cooking process. Not only will the work get done more quickly, but also you are now able to spend time with them and share life.

Shop at off times - Grocery stores are least busy from 6:00-7:30 a.m., and the stockers are not in your way; this is a great time to knock out your shopping in

record time. If you can't go in the morning, ask your favorite grocery store what evenings are the least busy. For many stores that will be Tuesday and Thursday evenings.

Pre-cut produce - Why should you take your precious time to wash, peel and cut fruits and vegetables when all the work is already done for you? Buy them pre-washed, pre-cut.

Bi-weekly and weekly shopping - Plan your menu for two weeks. On week one, buy all the non-perishable food items for the full two weeks and the perishables for the first week. Then the second week all you have to pick up are the perishables.

Prep Ahead - When you have time to cook, make a double batch and freeze it in single servings to be reheated on busy days.

Snack Boxes

Keep these items around to grab and go:
Cupboard

- Nuts - ¼ cup
- Pretzels - 1 oz.
- Fruit - washed
- Food bars (be careful -- these can be really naughty)
- Shake packets
- Triscuits - 6 crackers
- Fish or Chicken foil packs

Refrigerator

- Fruit - washed berries
- Greek Yogurt
- Cheese sticks
- Boiled eggs
- Turkey and Jicama/Celery wraps - 6 jicama or celery sticks wrapped with a total of 3 slices of deli turkey slices
- Smoothie preps - 1 ½ cups chopped fruit with 1 tablespoon lemon juice. When you are ready to eat these, throw them in a blender with ½ cup non-fat milk and two ice cubes.

Try at least one of these suggestions this week to begin your journey toward healthier eating and a happier body. You won't regret it!

Heather David, HHP, CPT, NC is the owner of Shoreline Natural Wellness & Fitness and a passionate healthy lifestyle educator. You may direct any questions or comments to her at (231) 750-2525 or heather@shorelinenaturalwellness.com.

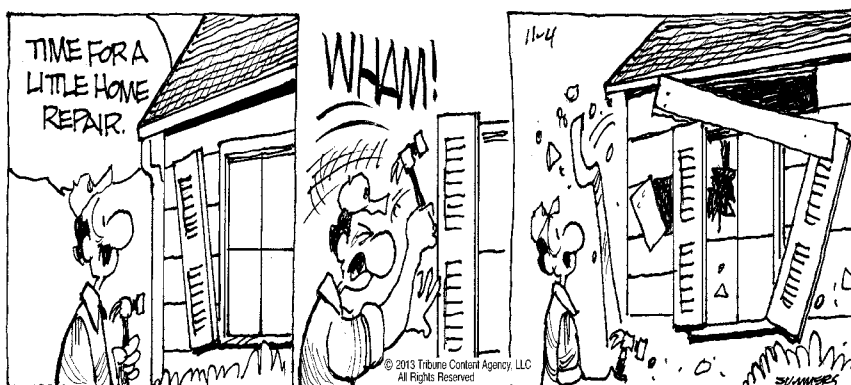


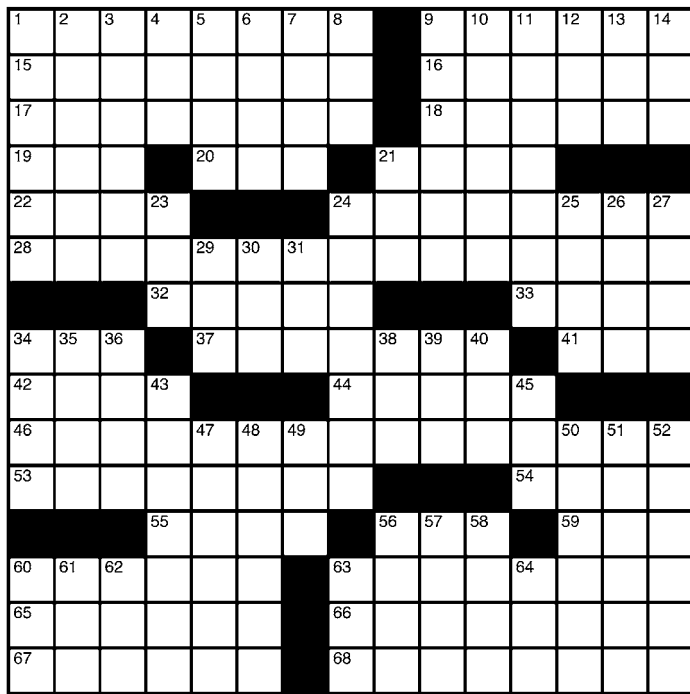
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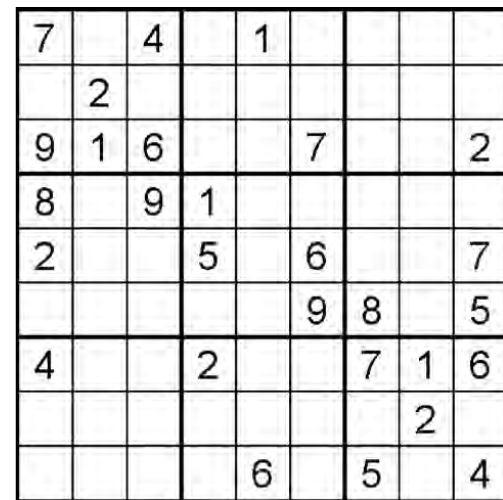




SENIOR PERSPECTIVES



Answers on Page 31



By David L. Hoyt and Jeff Knurek



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

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Find SEVEN GASES in the grid of letters. Write your answers below.

ACROSS

- 1 ___ Husky
- 9 Shoot for, with "to"
- 15 Like poisonous mushrooms
- 16 *Colonial imposition that led to a "party"
- 17 *After-school chum
- 18 "I ___ a clue!"
- 19 Fun-with-bubble-wrap sound
- 20 Sign of success?
- 21 Sweetie
- 22 Novelist Hunter
- 24 Dropped in
- 28 *FedEx, for one
- 32 Simple
- 33 Sty fare
- 34 Prince Valiant's boy
- 37 *Wrestling move
- 41 Record producer Brian
- 42 Tract for Heathcliff and Cathy
- 44 Any Elvis number
- 46 *Some like it hot
- 53 Direct opposites
- 54 Receiving customers
- 55 Wild party
- 56 Sportscaster Costas
- 59 Hwy.
- 60 7-Up, in old ads
- 63 "Whoa! Do that somewhere else!" ... which hints at what can be shared by the beginning and end of the answers to starred clues
- 65 *Summary of atlas symbols
- 66 Notice in passing?
- 67 Cheers up
- 68 They're often displayed on a cart

- 5 Salty spots on margarita glasses
- 6 Steel beam
- 7 Midrange voice
- 8 Wedding column word
- 9 Where telecommuters work
- 10 Deck coating
- 11 ___ dog: conditioned reflex experiment
- 12 Meteor tail?
- 13 Was published
- 14 Telephone no. add-on
- 21 Courtroom VIPs
- 23 Beak
- 24 One-eyed monster
- 25 Repulsive
- 26 Nobel Prize subj.
- 27 Confiscated auto
- 29 Actor Kilmer
- 30 Laramie-to-Cheyenne dir.
- 31 Big truck
- 34 Prefix with dextrous
- 35 Colorful horse
- 36 Kid's punishment
- 38 Bullfight "All right!"
- 39 USN officer
- 40 Sephia automaker
- 43 South African antelopes
- 45 Ike's WWII arena
- 47 Seat of County Kerry
- 48 School writing assignments
- 49 "So what"
- 50 Racket
- 51 Sharp comeback
- 52 "The ___ in view; draw up your powers": "King Lear"
- 56 Actress Neuwirth
- 57 Elevator name
- 58 Dugout rackmates
- 60 Thurman of "Kill Bill"
- 61 '60s-'70s arena, briefly
- 62 PC component
- 63 Word on U.S. currency
- 64 Repent

DOWN

- 1 Nursed
- 2 Under Cupid's spell
- 3 "Help me out, will ya?"
- 4 Eponymous ice cream maker

Summertime Fun

- | | |
|---------------|-------------|
| ArtFair | July |
| Barbecue | August |
| Baseball | Popsicle |
| Beach | IceCream |
| Bike | HotDogs |
| Boating | Sun |
| Camping | Breeze |
| CoastGuard | Sunburn |
| Fireworks | Thunder |
| Fishing | Swimming |
| Frisbee | Vacation |
| Garden | Volleyball |
| Picnic | Watermelon |
| Poolside | Rollerblade |
| RollerCoaster | Sunset |

A Salute to Our Nation Past, Present and Future



BY
MIKE
SIMCIK

Throughout history there have only been two forces that offered to die for you: Jesus for our souls and the American soldier for our freedoms.

We the people do not create wars; that distinction belongs to anarchists and politicians for their own purpose and profit. And they tell us what we are supposed to care about, what we are to be afraid of, and who is to blame for it – and they tell us who we are supposed to hate.

Like Dr. King, I too have a dream: That all men can live and work together in peace and harmony under one sky without fear; that men can grow old and not remember when the last war happened; that someday mothers will never have to

mourn the loss of their babes in arms.

I want to wish a very happy and peaceful Fourth of July to our troops who have protected our nation through unmentionable hardships and pain, foreign and domestic. For 240 years, millions of American soldiers have given their last full measure of devotion.

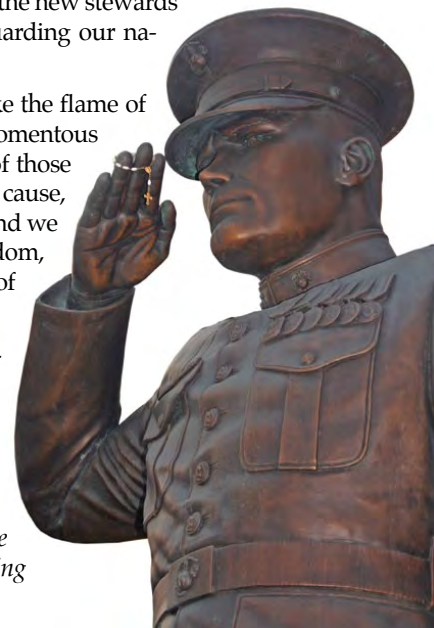
My thanks go out to the men and women who are law enforcement officers and fire fighters, on the job 24/7. Our lives would be intolerable without them. Please support these people as they fight a different kind of battle every day. It is impossible to even imagine our communities without police and fire protection.

I want to thank the old guards and stewards of our nation, as they are sadly passing from our midst each year, taking with them stamina, forthrightness, and wisdom that our nation needs so badly today. I wish to thank the young guards and stewards of today who protect our nation from foreign intervention, communism and domination, with equal forthrightness.

There is no such thing as a free ride. Everything in life worth having is earned the hard way. Atheism and agnosticism are only words in a dictionary. Every person born will know the fear or love of God, sooner or later. It will be their task, the stewards of today, to raise and educate the new stewards of tomorrow, in all matters for safe-guarding our nation's future.

The light of a single candle is much like the flame of hope in one human heart. It is not momentous by itself. However, when 400,000,000 of those candles are brought together in one cause, that light will be as bright as the sun. And we the people can bask in the light of freedom, truth, justice, and the American way of life for a thousand years.

Mike Simcik is a Navy Veteran, with a degree in Arts and Humanities. He rebuilt Twin Gables Country Inn, owning it for seventeen years, and owned five other businesses as well. He enjoys fishing, shooting clay sports, golfing, building bamboo fly rods and writing essays. Mike and his wife celebrated their 46th wedding anniversary in April.



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BY
ISABELLE
HUDDLESTUN

Reflections

Michigan Again!

Note from Editor: Isabelle's soul lives on in her stories that she wrote for Senior Perspectives. In honor of Isabelle, we will publish the remaining stories she had submitted.

Fascinating facts about our State

- **Petoskey stones are the state stone.** They are fossil fragments from ancient corals found in the north country of Michigan's Lower Peninsula. Fragments of the coral reefs were scattered by glaciers about 1.8 million years ago.
- **The state gem is the chlorastrolite or greenstone.** It has a green color but may be colored from yellowish green to almost black. Pebbles can be found on rocky beaches in Northern Michigan's "Copper Country," particularly on Isle Royale.
- **The state tree is White Pine.** It was the focal point of Michigan's lumbering industry.
- **The state reptile is the Painted Turtle.** We found many of these around our cottage on Clear Lake. The kids would come running and yelling "We've got another painter." They could be caught but were always put back in the water. The kids would tell any strange kids that came by to leave their turtles alone. Many would try to take them home, out of their natural habitat. The painter ranges in length from as small as four inches to as large as ten inches. It has very distinctive yellow and red markings on its head, legs and shell. Normally it lives in shallow water and eats lake vegetation, insects, crayfish and mollusks. In the winter months, it buries itself in the mud and hibernates. It is very gentle and easy to handle. A snapping turtle is a different story!
- **The state game mammal is the white tail deer.** It can be found in much of Michigan and Canada. It lives in groups of up to twenty-five and can run at



forty miles an hour. Its tail, when running, raises like a flag and provides a flash of white, a signal to other deer of danger.

- **Both Michigan and Minnesota claim to be the home of the legendary Paul Bunyan and his Blue Ox.** Many think he was just a fable. Actually, he came from Canada. He became famous during a war in Canada called Papineau Rebellion in 1837. Loggers joined in the fight against the Queen's troops, and Paul Bunyan was always in the front lines swinging his axe or any weapon he could reach. When the war was over he had earned a reputation that would live for hundreds of years, perhaps forever. As the loggers gathered around their campfires at night the stories got bigger and better. The people of St. Ignace in the Upper Peninsula wanted to make sure the Paul Bunyan story would stay in our memories forever. They built a statue of Paul Bunyan and his Blue Ox. We visited it many times. Of course, there is a souvenir shop connected to the area, and a rock climb. I've gone to the statue and have looked at the rock climb and decided it's not for me.
- **Michigan has one of the world's greatest chemical centers in Midland.** My cousin Walt worked there for many years. Michigan also has the world's largest limestone quarry in Rogers City. Michigan is one of the leaders in the production of salt. Michigan is the only state that borders on four out of five Great Lakes.
- **Michigan has 11,037 inland lakes which are ten acres or more in size.** I have been to and have camped on many of these small lakes. We had several lakes just a few miles from the farm near Custer that I grew up on.
- **Michigan was also first in the nation to develop roadside parks and picnic areas.** It is very true, as we have traveled through many states and certainly felt that they just didn't have our lovely parks. We needed the roadside parks to stop at when the kids' legs were restless from car travel. They needed the green grass to run on to perk up, and a place to stop and eat a sandwich and have a cool drink. When we did find a rest stop often it would have no toilet paper. My girls would always carry Kleenex just to be safe. It was especially bad in Canada. Michigan has so many clean rests stops which are greatly appreciated by us who use them.
- **I've written of the Upper Peninsula a few times and I always mention the Mackinac Bridge.** It is one of the greatest man-made wonders of the world. It is always a thrill to go the five miles over the Straits of Mackinac (although not in a wind storm, as it closes then) to enjoy the beautiful Upper Peninsula. I never tired of the beautiful places that we went to up there.

Hurray for Michigan!!!!

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A Timely Pause to Ask... Who will dust the books in the pews?

BY
JULIE
GEORGE

GUEST WRITER

Do you ever feel out of the loop? A bit out of touch? In this day and age of electronic communication, it is easy to feel a sense of loss. Lately, I have been more and more aware of the time I spend alone, totally absorbed by the lighted screen of my computer.

Even at 79 -- a grand age for which I am grateful -- I find myself sitting on the chair, interacting with my computer day in and day out. Duty calls: there is Facebook to fire up and see what is going on with the "grands" or the other G-mas, as we comment in tweeting-like shorthand spelling. "Hope u r gud." OK? "Me, 2." Must check the emails, some of which ARE important business. The Poetry Society of Michigan is my current "business," as I serve as treasurer. As I wade through inquiries about poetry, the time slips by quickly, and I wonder where the day goes sometimes. No complaint here...I love it. And, look at the doors that have opened to us old folks who have learned to ride the internet highway.

My favorite way to communicate is by email on my computer. I have not learned the fine art of texting and my phone of choice is still a "dumb" one. So, for me, email is good. I don't know how to Skype, but I love to see people using Skype to "visit" the kids who live far away. And how wonderful is it that our military guys and gals can keep in touch with loved ones back home. Amazing!

There is the problem of too much "texting"— too much time spent on smart phones or the Kindle, while the entire family is doing the same thing and NO ONE talks to each other anymore. Have you noticed it? Entire families slide into the booth at a restaurant, barely get their bottoms on the seat, and out come the phones, the gadgets they use to communi-

cate with peers. I keep hoping they are not actually texting each other around the table!

On the up side, computer technology has been a blessing for churches in many ways. Missionary families from around the world share videos of projects and activities with us here in the US. In many churches these days, one has the amazing experience of watching and listening to the service via great screens on either side of the altar. The hymns are printed out, the Bible readings, the entire service where one is required to respond, is spelled out so no one ever has to open a book. Whatever musical choice is made, it and the sermon are all electronically enhanced. The sound assures all will be clearly heard -- sometimes to the detriment of those of us with hearing aids!

No matter your church, not being required to hold a heavy book and fumble for the pages makes for better concentration. Eyes and hearts are lifted up in worship, unfettered by formality, or the distraction of looking down to search through a book to find the page.

I found myself reaching for the hymnal one sweet Sunday morning having forgotten that the hymnal, with its pages of notes, liturgical chants and hymns sitting on the little shelf in front of me, was not needed. Soon it may be a thing of the past, and even the Bible will not be needed during the service. That's when I jotted down: Who is going to dust all the books in the pews?

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Coming, Going, and In Between!



BY
JUDY
BROWN

Recently I had back-to-back opportunities to observe families functioning as families ought to function. In many ways, the two scenarios were the opposite of each other; but, in other ways, they shared much in common.

One experience was with a young couple and their first child. Because I work with the wife/mother, I've followed their journey from wedding to pregnancy and from baby to one-year-old. When the husband/father visited our office the other day

to show off his pride and joy, I reflected on their journey.

With money tighter than tight and childcare costs prohibitive, this young man transferred to the night shift and routinely forfeits sleep to care for his daughter with good-natured clumsiness while his wife works. When their child developed a medical condition which threatened her development, it was the wife who provided the faith and steadiness that both of them needed.

In addition, there have been the everyday challenges of home upkeep; vehicle repairs; and staying connected with relatives, friends, and personal interests. Through all of this, I've watched a constant commitment and deference to each other that produces sacrifice which isn't viewed as sacrifice. I've also watched a balance of planning and "whatever it takes" flexibility, mixed with a healthy amount of lightheartedness.

At the opposite end of the spectrum, I've followed the steps of another colleague and her extended family as their elderly mother's health declined. Careful planning and modest living helped provide funds for in-home assistance, extending the time this dear lady could remain in her home safely and comfortably. She had a loose enough grasp on material possessions to spend money when necessary and, later, to be the first to admit she needed to leave her house and move into a care facility.



Several daughters were remarkable in their "let's all pitch in" attitude. They even handled the hurdle of living different distances from their mother which can produce differing perspectives. Their commitment to her wellbeing and their genuine regard for each other protected them from harmful disagreements. Together and without greed or jealousy, they tackled emptying and selling their childhood home where their mom had lived 60+ years. When Hospice became involved, this team of daughters took turns staying in their mother's room around the clock so she wouldn't pass away alone.

My point isn't to criticize anyone or to overlook the fact that some stories simply cannot play out so smoothly. Nonetheless, I don't mind putting some pressure on all of us to behave within our families as we ought to behave, because I'm convinced that these two scenarios can be linked. A child who comes into the world experiencing loving, giving parents is placed on a right path toward being loving and giving in their direction when it's their time to go out of this world. And, in between these two seasons of life, maintaining healthy relationships with family members increases the likelihood of proper behaviors when our family taxes our character.

Perhaps the most common characteristic I observed in each family was gratitude. My young friends are utterly grateful for the blessing of each other and of their child. Even when her development was in question, their glass remained half full rather than becoming half empty, simply because they had her. My other friend's mother was grateful on a daily basis: for being in her home, for every little thing a daughter did for her, and for "What a nice, safe place!" when she moved into a care facility. Her daughters, in turn, were ever so grateful for opportunities to help and honor their parent.

Gratitude within a family—when someone comes into the world, when someone goes out of the world, and all the time in between.

Judy Brown is the Resource Coordinator for Care Services of Evergreen in Holland. You may reach her at 616-355-5118 or jbrown@evergreencommons.org



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When Fatigue Owns Your Life



BY HOLLY
LOOKABAUGH
- DEUR

“Golden Years. Freedom to do whatever you want to. Time to choose what makes you happy. Get busy livin’ or get busy dying. Wish I was retired and could do whatever I want to...” Do any of these phrases ring a bell? Every day, the media around us and the friends and family in your life will remind you of how awesome it is to be at this stage in your life. How frustrating it is, then, when your mind, your social calendar and your desire say “let’s go!” and your energy level just isn’t moving at the same pace?

Fatigue can be a complicated barrier to living life at its fullest in the stage of life where choice should be paramount. Fatigue is often a long term clinical symptom following treatment for cancer, called Cancer-Related Fatigue (CRF), but just as often it is a daily barrier to activities of daily living. The most severe type of fatigue is constant, unrelieved-by-sleep-or-rest type of fatigue. Fatigue can lead to progressive immobility, which brings about a myriad of clinical conditions such as decline in vestibular and balance responses, weakness, loss of bone strength, inflexibility, mental dullness, poor digestion, skin issues such as pressure breakdown, cardiopulmonary decline, pain, and more. One thing is for sure – movement and activity are one of the top three

indicators of living a long and happy life. The other two prime factors are genetics and sleep habits.

Fatigue can also place a great deal of stress on a relationship, often straining successful and previously-happy marriages as partners begin to share less – one “on the go” and one not-so-much, or dashing dreams of travel and grandchildren activities, simply because there is no energy to join in. Remember, there is a difference between fatigue and “laziness.” Fatigue that does not improve with rest is different than being “tired.” Fatigue may manifest itself in a decline in physical tolerance, mental sharpness, or emotional intolerance and frustration.

So what’s the solution? First, you may be tired of hearing this, but it is absolutely important that your **FIRST** step is to allow a physician to rule out a new, medical cause for the fatigue you are experiencing. Blood chemistry changes, looking for infections, iron levels, hormonal shifts, and assessing cardiac issues like a faulty “pump” or valve are examples of medical causes for fatigue. Once you are cleared, now it is time to slowly “re-boot” your metabolism.

Studies show that the homeostasis, or the balance of stimulation and inhibition messages in our body, responds negatively to immobility. Physiological changes such as a reduction in neurotransmitter production or a decreased sensitivity of hormonal control of the chemistry of our bodies are slower to respond to a simple change in physical demand – like going for a walk. So fatigue leads to less activity, which leads to a sluggish overall state, which contributes to more immobility, and so on and so on. Recommended steps for addressing chronic fatigue include :

- 1.) **Achieve deep sleep** – no TV, no alcohol, try a colder bedroom temperature; get into a routine of the same bedtime and wake time. Stick with it.
- 2.) **Stretching/ gliding your nerve and vascular bundles in your body** (what the heck does that mean?) Think of the 40 miles of nerves in your body as clothesline that needs tension to wake up and do its job. From your fingertips to your toes, stretch and hold positions – four times – hold for 30 seconds – to get the nervous system “re-booted.”
- 3.) **Walk as fast as you are comfortable for 6 minutes.** If you can walk 1500 meters, you can start with large muscle, continuous activity like walking for 5-7 minutes/ day. Add a minute every 2 – 5 days until you are able to continually walk at any comfortable pace for 45 minutes. Sounds like a lot, but it won’t feel that way when you reach this goal. Breathe deeply, swing your arms.
- 4.) **If you can’t walk 1500 meters in 6 minutes, talk to your doctor about a medically assisted return to full function** – often times physical therapy and occupational therapy can monitor and prescribe the right program for you. This is a critical level of tolerance called the “six minute walk test,” and it is a great predictor of serious illness and dysfunction within the next 18 months.
- 5.) **Even moving in a seated position** – and increasing by a minute a day – can make a huge difference in how you feel.
- 6.) **Studies show that 3-4 months of this progressive activity are necessary to REALLY improve your overall energy level and combat fatigue.** This may sound like a lot, but if you think about just marking every day off on a calendar on your refrigerator, or consider the effort as for “just one season,” you may feel like a different person at the beginning of the next season.

And who knows? Maybe at the beginning a new season you will want to do something fun and active – something you have dreamt about doing for years. Make it happen! BEAT FATIGUE! Life is just too short.

For comments and questions, contact Holly Lookabaugh-Deur, PT, DSc, GCS, President of Generation Care at hollyld@generationcare.org

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Senior Resources Honors MMAP Volunteer, Susan Das During Older Americans Month – May 2015



BY
MAGGIE
JENSEN

Susan Das has been a Senior Resources volunteer counselor with our Medicare/Medicaid Assistance Program (MMAP) for over 18 years. She began in 1997 and won the MMAP Volunteer of the Year award in 1998! She soon assumed the responsibilities of serving as a site coordinator for Muskegon County, then on to serving as a regional coordinator for Muskegon, Oceana and Ottawa Counties until 2009 when she returned to her current volunteer role as the Muskegon County site coordinator.

Vickie DeCheney, our current Regional MMAP Coordinator, said that when she thinks of Susan six key words come to mind: knowledgeable, concise, dependable, polite, trustworthy, and steadfast. She said, "Susan exemplifies the theme of Older Americans Month of 'Getting into the Act' as an older adult who has stayed active and has made a significant impact. She certainly has made a positive impact on the quality of life for thousands of Medicare/Medicaid beneficiaries in our lakeshore region!"

MMAP counselors help people understand Medicare eligibility, enrollment, coverage, claims and appeals. They explain Medicare Health Plan Options and Medicare Summary Notices. They help with exploring long-term care financing options, including long-term care insurance, and they help identify and report Medicare/Medicaid fraud and abuse. Statewide MMAP counselors have assisted thousands of Michigan's elder and disabled citizens and have saved them many millions of dollars in out-of-pocket expenses, bringing peace of mind to those who are often confused and frightened when they deal with unfamiliar and daunting government systems.

Senior Resources' MMAP program has over 30 specially-trained counselors like Susan Das who can meet with beneficiaries on a one-to-one basis to help navigate the sometimes overwhelming maze of government services. Senior Resources' 2014 Annual Report stated that MMAP counselors served 5,357 people in our region and also reached 4,259 via speaking engagements and outreach events. In total, MMAP counselors provided 4,325 hours of service.

Are you an older adult who wants to "Get into the Act"? Call 1-800-803-7171 to learn more about MMAP and becoming a volunteer counselor!

Pictured Above: Susan Das (left) a Senior Resources' volunteer with the Medicare Medicaid Assistance Program was honored during Older Americans Month for her 18 years of service assisting thousands of Medicare beneficiaries. Pictured with Susan (left) is Vickie DeCheney (center) MMAP Regional Coordinator and Pam Curtis (right) CEO of Senior Resources of West Michigan.

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Ask the Doctors

Insomnia



DR.
OLUWATOYIN
THOMAS



DR.
ARUNA
JOSYULA

Question: Is insomnia a significant issue for older adults?

Dr. Josyula: Insomnia is a common complaint among seniors. With normal aging, sleep patterns change. As an older adult, you may find you lie in bed longer but don't sleep the whole time. You may also fall asleep earlier in the day yet wake up sooner than you'd like.

Dr. Thomas: Quality sleep is important for a quality lifestyle. Without good sleep, you cannot rejuvenate yourself.

Question: Is it OK to take medications for insomnia?

Dr. Josyula: Many of the common medications for insomnia are not appropriate for older adults. Over-the-counter sleep aids have diphenhydramine as the main ingredient, which can be dangerous for the older adult, causing greater incidence of falling, car accidents and cognitive impairment.

Dr. Thomas: These side effects can affect a patient's cognition, causing lingering sedation and increased risk of falls. Falling comes with consequences like hip fractures, head traumas or shoulder injuries. These are not injuries you recover from easily and which can take you from being high-functioning to being dependent on others for your care.



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Question: Are there contributing factors that exacerbate insomnia?

Dr. Josyula: Depression, anxiety, mood disorders, any disorder where you have chronic pain, trouble breathing and sleep apnea -- all of these can cause insomnia. Many people are in the habit of watching television or spending time on the computer before going to bed. These activities are known to activate the brain. Drinking coffee all day keeps you awake and, because it's a diuretic, can increase trips to the bathroom throughout the night. Some people drink alcohol to help them sleep, but it causes sleep to be disturbed. Consumption of caffeine, nicotine and alcohol can all cause insomnia.

Dr. Thomas: If you are not as active as you had been, don't expect to require the same amount of sleep. You may need to increase your activity level to allow you to be tired and ready to sleep. If you spend several hours in front of the TV, you will not be able to sleep well.

Question: What recommendations do you have for good quality sleep?

Dr. Josyula: The first step is sleep hygiene. What are you doing the first hour or two before you go to bed? Could changes be made to your routine that would be more relaxing -- like a bath, reading a book, or listening to calming music?

Dr. Thomas: The idea is to replace the stimulating activity with something soothing. Also, keeping a sleep diary can help us understand when and how often you wake up. A sleep diary helps track several factors for good sleep, like when you went to bed and woke up, how long and well you slept, what medications you took and so on. It can help us identify the issues that we can do something about. For example, if your diabetes is out of control it could be causing you to get up at night to use the bathroom.

Question: What is a normal sleep duration?

Dr. Josyula: There is no exact number. The right amount of sleep is the amount you need to feel energized to do the things you need to do the next day. Be mindful of signs of sleep deprivation like not feeling rested in the morning, memory problems or irritability.

Dr. Thomas: Sometimes it's the people around you who will notice that something isn't right, that you are not quite yourself. If during your adult life you always had 6 hours of sleep and now you're expecting to get 9 hours, that's not realistic. That is why the sleep diary is important; it can tell us what is normal for you.

Question: What if I go to bed and can't sleep?

Dr. Josyula: Sleep onset latency is that time you get into bed until you fall asleep. As you age, it is more prolonged. If you know you don't fall sleep until midnight, don't go to bed at 9 p.m. Know what is normal for you.

Dr. Thomas: We often recommend exercising earlier in the day, drinking chamomile tea, and getting exposure to sunlight, which can help your body regulate day and night. The supplement melatonin works well for older adults as it occurs naturally in the body and doesn't give you that groggy feeling.

Questions: What recommendation do you have for persistent insomnia?

Dr. Josyula: Don't try to treat the problem with over-the-counter medications, as those can be harmful. Continue talking with your doctor until you have found a solution.

Dr. Thomas: Success can happen when you and your doctor work together to figure it out. People often want an easy solution but medication is not always the way to address insomnia.

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



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- Improving caregiving skills
- Fitting everyday activities to better fit abilities of loved one
- Creating contented involvement

Savvy Caregiver Class Schedule:

Wednesdays
August 26 - September 30

Time:
1:00 - 3:00 p.m.

Location:
White Lake Library

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

White Lake Library is located at
3900 White Lake Dr., Whitehall

Turkey Hunting 2015 in Manton, Michigan



BY
LOUISE
MATZ

What fun! The hunting was a little tougher this year. We're a little older and Tom was still recovering from some serious health issues. Daughter Molly and her husband Brian kept telling us they were seeing lots of turkeys at their place in Manton. They encouraged us to come up to hunt. When we got there, Molly showed us many spots in and around the area where we could hunt. It looked good for turkeys, but it was very hilly. Walking the hilly terrain with hunting clothes and carrying a gun was not quite the same as walking the mall!



The first day towards evening we set up our decoy at the rear of their property where they had seen the turkeys roost. We sat very still for a long time. No luck. We're both thinking this is going to be tough hunting. The next morning we drove to an area near a spot where we had seen turkeys the day before. We drove to the top of a hill, got out of the truck, and began calling. Immediately, we heard gobbles! So, without needing to walk very far, we set up our decoy just out of sight of the truck and resumed calling. Again, the turkeys gobbled. For about 15 minutes, we called and they gobbled. We couldn't always tell if the turkeys were moving closer or farther away. But we could tell there was more than one turkey! In fact, seven turkeys came strutting and gobbling and putting on a show for that decoy hen. It was so much fun for us and pretty easy hunting, too.

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.

CONTINUED from PAGE 8

may be affected by a government pension from work on which you did not pay Social Security tax. If you have wages or self-employment income and you are under your full retirement age, this income may affect your benefit amount. For more information, visit our website at www.socialsecurity.gov or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I've only been working for a few years, and I'm wondering how I earn Social Security benefits. What are credits and how many do I need to qualify for benefits?

Answer: We use your total yearly earnings to calculate your Social Security

credits. "Credits" are the units we use to measure whether you qualify for Social Security benefits. The amount needed for a credit in 2015 is \$1,220. You can earn a maximum of four credits for any year. The amount needed to earn one credit increases automatically each year when average wages increase.

You must earn a certain number of credits to qualify for Social Security benefits. The number of credits you need depends on your age when you apply and the type of benefit for which you are applying. No one needs more than 40 credits for any Social Security benefit. You can learn more about earning credits by reading [How You Earn Credits at www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

Honoring your Journey



BY
KELLY
ST. MARTIN

At Harbor Hospice it is our privilege and passion to honor each patient's journey. We are invited into each patient's home at a critical, intimate time. It is during these times that we learn who each patient really is and we hear their stories. We use our skills to meet their needs, their wishes. We honor their journey.

In the spirit of one man's journey, let me introduce Nancy and Kenneth. Nancy is one of our social workers. She specializes in the care of our facility-based patients, bringing an extra level of care when it is needed the most. It is Nancy who listens to their stories and walks along each patient on their journey.

Using her love of writing, Nancy frequently writes stories, poems, or keepsakes for her patients and families. She honors their journey.

While just a small boy going to Spaniola's to buy a nickel's worth of flour for his mother, Kenneth Miszewski (now 91) determined that he would do everything that he could to help others. Hence, when WWII began, after finishing high school he enlisted in the military. Initially denied due to poor eyesight, Kenneth persisted and was eventually accepted into the Army Corps of Engineers where he served as a driver of heavy equipment to rebuild bombed roads and bridges. Today in frail health after a stroke, Kenneth lives in a local nursing facility and receives care from Harbor Hospice. As his social worker, I was privileged to hear his courageous story. Hospice programs are pleased to honor veterans for their service to our country, and as a Level IV We Honor Veterans Program, Harbor Hospice has conducted Veteran Pinning Ceremonies for over 200 veteran patients since becoming a We Honor Veterans program.



Like most WWII vets, Kenneth downplays his service, but his work placed him directly in harm's way. At the Pinning Ceremony recently held at the facility, his nephew, Dennis John Phelps, himself a Navy veteran, reported that Kenneth was the youngest in his company. Driving the heavy equipment to gunfire and was often subjected to enemy planes, including some of the first jet fighters. Kenneth recalled that more than once he had to dive under his bulldozer for shelter. He volunteered for this duty since he was not married and most of the other men had families waiting for them. After returning safely to Michigan, Kenneth never drove again, walking to work daily until

his retirement. Harbor Hospice Veteran Volunteer Steve Allen presented a commemorative pin and a certificate of commendation at a special ceremony where family, facility and Harbor Hospice staff had gathered. Kenneth was presented with a poem written in his honor, "Bridges of Freedom."

His niece, Nora Phelps Radel, has his many medals and scrapbooks filled with photos. Kenneth proudly wore his medals to lunch following the ceremony. The poem and the commendation hang in his room on proud display for a soldier who served his country well.

Bridges of Freedom

When just a youth of nineteen years,
You heeded duty's call.
The Army Corps of Engineers
Was where you gave your all.

To rebuild bridges Hitler bombed,
You drove a diesel lifter
Across the span, above the waves
To bring supplies much swifter.

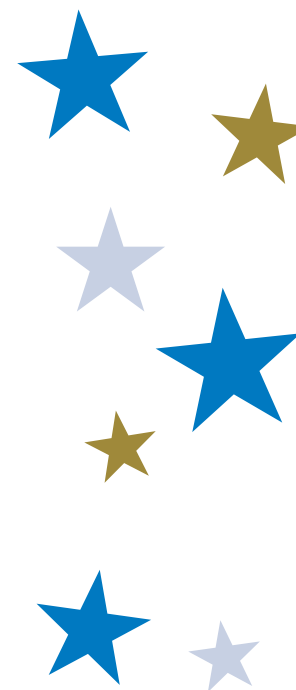
The older soldiers worked below,
Beneath protecting steel,
But you drove fearlessly above
Despite the dangers, real.

You faced the daily spinner bombs,
Stuck bravely to your task,
And built bridges for our freedom,
Beyond what we could ask.

Two Bronze Stars commemorate
The valor you displayed.
We humbly give our gratitude
For the difference that you made.

Written by Nancy K. Abiade, Harbor Hospice Social Worker
March 11, 2015, For Kenneth Miszewski, In Honor of your service in WWII

Intro written by Kelly St. Martin, LMSW, ACSW, Clinical Outreach Specialist at Harbor Hospice. Story and Poem written by Nancy Abiade, LMSW, Social Worker at Harbor Hospice.



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BY
JOEL
DULYEA

Souvenir

In July of 1999, two months of professional baseball remained in the life of historic Tiger Stadium. I returned to Detroit with my wife, Merijo, to watch one last game, a contest between the Detroit Tigers and Milwaukee Brewers. We learned that Al Kaline would appear before the game to sign autographs with two other Hall of Fame Tigers, but our late arrival jeopardized my chance at seeing them. Energized by the residue of boyhood hero worship, I ran, trailing Merijo, through the bowels of the stadium to the third-base-side pedestrian walkway. I sighed with relief when the stadium usher placed a barrier behind us to close down the line.

Baseball had been played at the corner of Michigan and Trumbull Avenues since 1895 when the ball field was first established and named Bennett Park. It was called Navin Field when Babe Ruth hit his 700th home run here. Four years later it was renamed Briggs Stadium and the Detroit Lions joined the Tigers in calling it home. It was always Tiger Stadium to me, and as I stood in line early memories surfaced.

I could hear “charge” played on the organ, the crowd noise, and individual shouts of vendors, “Get your program here. Peanuts -- get your peanuts.” Cotton candy was sold, and boxes of Cracker Jack with the special prize inside. Cigar smoke, blended with stadium noise stirred the air with excitement. Enthralled, I fell deaf to familiar sounds of my mother’s voice. Seated next to me, invisible to my sight, were Dad and my sister. I spit into my Wilson baseball glove then punched it with my fist and prayed to catch a foul ball.

Our seats were on the first base side, midway between home plate and the right field wall -- tucked way back underneath the steel girders of the upper deck. I thought, “How can I catch a foul way back here?” But awe consumed any disappointment. Steel posts blocked from view portions of the field, but not the Tiger right fielder. Al Kaline’s name was written on my baseball glove, his signature burned into a Louisville Slugger back home. There he was, in the flesh.

At the crack of the bat, a ball hit skyward toward right field disappeared from view, its flight path obscured by the upper tier of seats that acted like the exterior car visor on our family Chevrolet. I watched Al Kaline glide to his left over the lush, green field, toward the first base foul line. The ball reappeared below the upper deck and dropped into his glove. The crowd applauded. He stepped into his throw toward the infield, removed his cap, ran his hand through his hair, readjusted the cap back on his head, turned and trotted back to his position. I was enthralled. From that moment, each summer I anticipated the trip to Detroit; to see Al Kaline, Willie Horton and Bill Freehan play ball on the greenest grass in the world while I waited to catch a foul ball with my hand-me-down Wilson glove.

The Tigers won the World Series four times -- twice in my lifetime. Not long after our visit, professional baseball abandoned the storied stadium to make new memories in a new ball park. I never did catch a foul ball there, but my last memory of Tiger Stadium is of walking away with a baseball signed by three Hall of Fame players: Hal Newhouser, who pitched the deciding game in the 1945 World Series, George Kell, and my favorite Tiger.

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.



Answers for Word Search , Crossword Puzzle and Suduko on Page 21

S	I	B	E	R	I	A	N		A	S	P	I	R	E		
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9	1	6	8	5	7	4	3	2
8	5	9	1	7	4	2	6	3
2	4	3	5	8	6	1	9	7
1	6	7	3	2	9	8	4	5
4	9	5	2	3	8	7	1	6
6	8	1	7	4	5	3	2	9
3	7	2	9	6	1	5	8	4

Boggle Answers: NEON ARGON RADON XENON HELIUM HYDROGEN NITROGEN



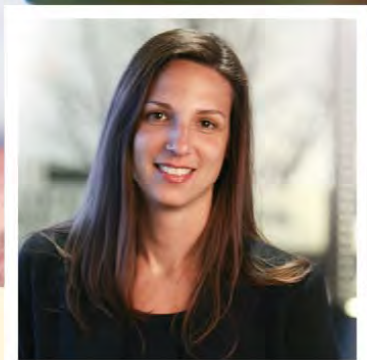
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