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# Senior Perspectives

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SEPTEMBER/ OCTOBER 2023

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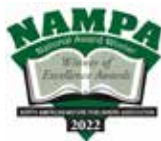


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Michelle Fields  
Jeremias Gaytan  
Hillary Hatch  
Janet Hasselbring  
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Lisa Tyler  
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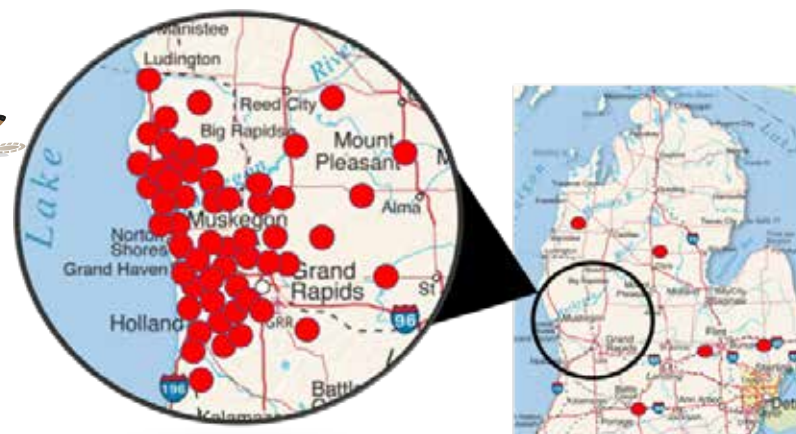




BY  
MICHELLE  
FIELDS

## From the Publisher

# I Spy



● I-Spy Winner Locations

When my boys, Jake and Zach, were little, we loved to play I-Spy. It was usually in the car while driving long distances to visit the grandparents in Florida or aunts and uncles in Tennessee and S. Carolina. If you don't remember this game, the first player finds an object in view of all the players and gives the first letter of the object as a clue. For example, if the player chooses a flower, they would say, "I spy, with my little eye, something beginning with F." Players take turns to call out guesses until someone gets the right answer. The first person to guess correctly gets the next turn to choose an object. Unfortunately for Zach, he would shout out "Kitty" whether the I-SPY item started with K or not. We would all laugh and continue with the game. Those were fun times.

Senior Perspectives newspaper offers an I-SPY game, but it's played a bit differently. For years, the generous team at Hospice of Michigan have been the I-SPY Game Sponsor. With its great popularity, we have received thousands of I-SPY game entries over the years from readers hoping to win one of the many local retail and restaurant gift cards.

Here's how you can play: On page 5 of every issue, you will see an I-SPY entry form with a picture of something that you will need to find

– it's hidden somewhere in that issue of *Senior Perspectives*. For this issue, it is a Jack-o-lantern. Once you find it, write the page number on the entry form and send it back to me at the address listed.

Only one entry is accepted per person and because there is no expiration date, if your entry form is received after the winners are selected, your entry will be placed in the next round of entries.

18,000 printed copies of *Senior Perspectives* are distributed throughout Ottawa,

Muskegon and Oceana counties bi-monthly. To support some of the generous local businesses that offer *Senior Perspectives* newspapers to the public, we're adding them to the gift card prize options. If your entry is selected, you could be one of the three lucky winners to receive a \$20 gift card from Walgreens, Culvers, McDonalds, Pizza Hut or Burger King. (Check the entry slip for giftcard location.)

Good luck and happy searching for that Jack-o-lantern!

Michelle Fields has been with Senior Resources of West Michigan since June of 2009. She became the Editor of Senior Perspectives newspaper in 2012 and the Publisher in 2015. Since 2015, Fields and her team at Senior Perspectives have won 77 National Awards in Excellence for their work. Fields enjoys spending time with her family, fishing, camping, gardening, and kayaking with her husband Mike and dog Tigo.

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**I Spy**

Page # where you found the baseball mitt and ball

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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**It's easy!**  
Simply find the baseball mitt and ball in this issue. Clip and return this form to win one of three \$20.00 gift cards to Ryke's Bakery. **ONE ENTRY PER PERSON**

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

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**I Spy**

Page # where you found the Watering Can

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Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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





Pam Curtis, CEO

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Page # where you found the Jack-o-lantern

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**ONE ENTRY PER PERSON**

July/August  
Winners Are:

Maxine Guthrie of Grant, Ronald Stolzman of Norton Shores  
Joyce Deters of Zeeland

In the last issue, the baseball glove was hidden in the top left image on page 14 *Photos & Fumbles* article.





## Senior Resources CEO named President of National Association

BY  
LISA  
TYLER



to care assessment and coordination services, home-based primary medical care, in-home behavioral health counseling, counseling on Medicare, and as an advocacy agency for older adults and adults with disabilities. Senior Resources is also a designated agent for

Pam Van Haver Curtis, CEO of Senior Resources of West Michigan, was elected president of USAging in July at the 48th Annual USAging Conference and Tradeshow in Salt Lake City.

USAging represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that provide critical services and supports that enable older adults and people with disabilities throughout the United States to live with optimal health, well-being, independence and dignity in their homes and communities.

Van Haver Curtis, a Holland High School graduate and Spring Lake resident, has been on the USAging board since 2015. She has been CEO of Senior Resources since 2009 and has been with the organization since 1990.

"I look forward to working closely with the new Board of Directors and USAging's staff to advance the network and further our shared mission over the next two years," said Curtis. "As USAging updates its strategic plan this year and our members continue to serve growing numbers of older adults, people with disabilities and caregivers, I am dedicated to supporting our members in a critical moment for aging services across the country."

Senior Resources has served Muskegon, Oceana, and Ottawa counties since 1974. As an Area Agency on Aging, it serves as a regional planning agency for older adult services and as a focal point for information on long term care and aging resources, linkage

the Department of Health and Human Services' MI Choice Waiver program and serves as the grants administrator for Muskegon County Senior Millage funds.

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



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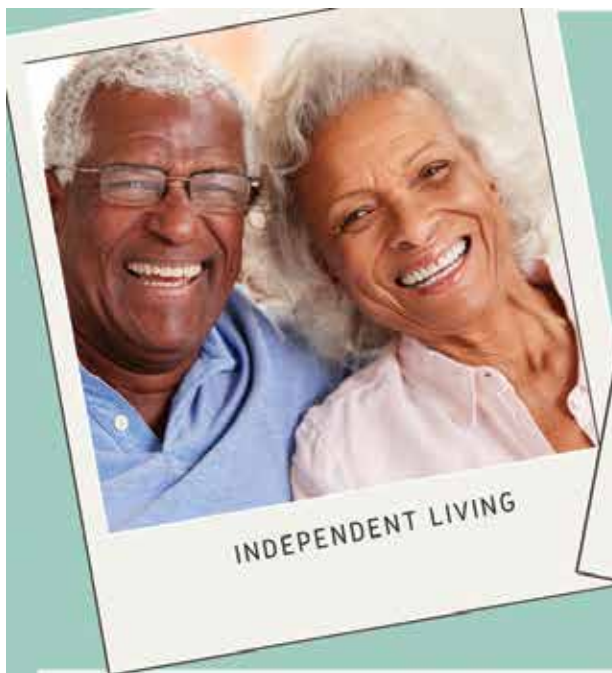
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BY  
JOEL  
DULYEA

# A Grand Story



I told my three-year-old granddaughter a story about my grandpa. When finished, I asked her, "What do you think about that?"

In 1940, my Grandpa and Grandma Eyestone moved into a four-room log cabin on North Peterson Road, Laketon Township. Their two youngest offspring, 19-year-old Oliver Eyestone Jr., and 16-year-old Joyce Eyestone (my mother) moved there with them. I am one of twenty-one grandchildren who remembers Grandpa and Grandma when they lived there.

Family stories say the cabin was built by a crew of relatives that included Oliver Jr., his two older brothers (Uncle Bob lived next door; Uncle Len came with a chainsaw) and a host of Grandma's relatives; she was one of nine sisters with four brothers. The Hallbergs delivered the building materials with a co-op tractor. Cousin Dale Dietz marveled at the Farmall tractor when it arrived towing a wagon overburdened with stacked logs. The unloaded cargo became an obstacle course for grandchildren to climb upon until the construction began.



The cabin had two entrances. The front door was rarely used because Grandma wanted to leave undisturbed the birds that perched in adjacent foliage. The back door opened into the kitchen area with a pantry on the right and the table, stove, and kitchen sink to the left. In warm weather, a wooden screen door opened to a backyard that ended in a cluster of birch and white pines. When the screen was opened, absent of someone closing it, a spring attached between the door and the door jamb automatically slapped the door shut. When a half dozen little people visited, the screen door announced the coming and going of grandchildren. An irritated aunt demanded, "Would you please make up your mind. Stay in or out!"

When Mom and I entered the cabin, Grandpa was seated in a chair with his back toward the door. His left arm rested on the kitchen table. He wore bib overalls over long underwear, a contrast of red with blue denim. I was just tall enough to peer over the tabletop. Beyond Grandpa, on the other side of the kitchen table were objects of interest. Grandma used the woodburning stove to cook flap jacks. The kitchen sink had a built-in, hand-operated water pump that begged investigation, but Grampa was an obstacle to its

evaluation. I felt secure in Grandma's presence. She was gentle and kind, a warm person. Grandpa grunted to get my attention. His whisker-stubbed face scowled but there was mischief in his eyes. I turned toward Grandma's pantry. Shelves, from low to high above the linoleum floor, held fruits and vegetables that Grandma had canned. My search for anything shiny on the shelves gave reason to dodge Grampa's attention. Anything worthy of a three-year old's interest was beyond sight. I turned back and immediately saw on the kitchen tabletop a glass of water that was absent when we arrived. In the glass, submerged in water, was a set of perfectly straight white teeth, with pink gums. The sight eclipsed all the other objects that were of interest. I wondered, from where did that come? I presume Grandpa enjoyed the look on my face. He wore a toothless smile.

When I relayed my grampa story to my granddaughter, I noticed something familiar in the way Alison listened. She tilted her head slightly to the right, raised her left eyebrow and aimed a stare at me. How is it possible that she manifests the same face as her grandmother and her great grandmother? As to the story of her great-great-grandfather, I asked, "What do you think about that?" She answered, "We don't do that here."

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





## Pear Cobbler



BY  
CATHAY  
THIBDAUE

### Ingredients:

#### Filling:

4 pears, cut into chunks or slices  
1/3 cup maple syrup  
1 teaspoon lemon juice  
1½ tablespoons melted butter

#### Topping:

1/2 cup brown sugar, packed  
1 cup rolled oats  
1 teaspoon nutmeg  
1 teaspoon ground cinnamon  
½ cup melted butter  
½ cup all-purpose flour  
1 cup chopped walnuts (optional)

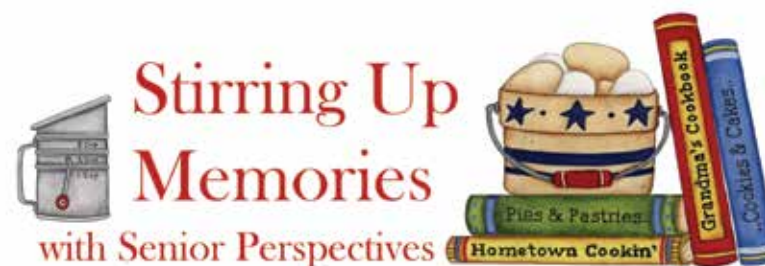
**Directions:** Preheat oven to 375°F. Toss pears and lemon juice together in a bowl until coated; spread into a 9x9-inch baking dish. Pour maple syrup and 1½ tablespoons melted butter over pear mixture; toss to coat.

Mix oats, brown sugar, 1/2 cup melted butter, flour, and cinnamon together in a bowl until crumbly; sprinkle over pear mixture. Bake in the preheated oven until crust is golden and pears are tender, about 45 minutes.

**Hint:** Granny Smith apples work well in place of pears, as will Honeycrisp and Golden Delicious apples.

Original recipe by STRAUSSY816

*Cathay Thibdaue is the Network Manager at Senior Resources of West Michigan. She has been with Senior Resources for 24 years. Cathay has been contributing recipes to Senior Perspectives since 2004. She enjoys fishing with her husband, Wayne, and boating. Cathay also enjoys gardening and cooking.*



## Cherry Crisp

### Ingredients:

6 cups pitted fresh cherries or frozen cherries, thawed and drained. (If you use frozen you just have to thaw and you do not need to pit them. Saves time).

1/4 cup maple syrup  
2 Tbsp lemon juice  
1 Tbsp vanilla extract  
3 Tbsp cornstarch or arrowroot  
1/4 teaspoon salt

#### Topping:

2 cups rolled oats  
1/2 cup chopped pecans  
1/2 cup maple syrup  
1/4 cup oat flour or all purpose flour  
1 teaspoon cinnamon  
1/2 teaspoon salt



BY  
KIM  
JARCHOW

### Directions:

1. Preheat the oven to 350°F. In a large bowl toss the cherries with the maple syrup, lemon juice, vanilla extract, cornstarch, and salt.
2. Pour the mixture into a 9-inch pie plate.
3. In a separate large bowl, mix the oats, pecans, maple syrup, flour, cinnamon, and salt.
4. Spread the oat mixture onto the cherries.
5. Bake for 35-40 minutes, until the topping is golden. Let cool and then serve with a scoop of vanilla ice cream. Enjoy!

*Kim Jarchow is a Plant Based Nutritionist as well as a Licensed Health Insurance Agent with HealthMarkets. Her passion is plant-based education. She helps others learn how healthy whole foods can be used as nutrition therapy (food as medicine). Kim created My Rooted Nutrition with the hopes of intentionally sharing just how simple and nutritious eating a whole food plant rich diet can be. She also presents at cancer retreats on nutrition as well as hosting community cooking classes for learning plant-based cooking.*





## Apple Crisp

### Ingredients:

6 apples                      ¾ cup flour  
 ½ cup water                ¼ tsp salt  
 ½ tsp cinnamon        7 Tbsp butter  
 2/3 cup sugar

BY  
 BRANDI  
 WALDMAN

**Directions:** Preheat oven to 350 degrees.

Peel, core and slice apples and place in pudding pan, deep dish pie pan, or 8"x8" pan.

Add water to apples and sprinkle with cinnamon.

In a bowl, sift flour, sugar and salt together. Melt butter; mix with dry ingredients. Crumble over apple mixture and bake until browned (about 40-50 minutes).

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

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Note from the Editor: Pears, Cherries, and Apples...Oh My! For this edition, all three recipe contributors submitted their fall favorites without knowing what the others submitted. I hope you enjoy creating these yummy recipes.

- Michelle Fields.

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KEITH'S WORLD

# Grandsons and Baseball



BY  
KEITH  
SIPE

What an exciting moment in time, watching my two grandsons playing varsity baseball together on the same team. One grandson is a senior and the other grandson is a freshman, two brothers playing baseball together on the same team.



Before the season started, my freshman grandson wasn't sure if he would try out for the varsity team. If he did, he most likely would be in the dugout most of the season. But he would be able to practice with the varsity team and hone in on his skills as a player, plus, he would be able to practice with his older brother who was a senior. What a hard decision he thought he would have to make. Not many times in any brothers' lives that they are able to play together on the same team. Especially in this case, where there is a four-year difference in ages.

The time to 'play ball' came, the season was about to start, and a decision was to be made to try out for the varsity team. It turned out that if the young freshman wanted to play ball at all, he would have to try out for the varsity team, and that might be a challenge, but he would have to make it if he were to play ball. For this season the Junior Varsity baseball team couldn't muster up enough kids to field a team, and there wasn't a coach available. So, the young freshman stepped up to the plate with bat in hand and tried out for the varsity team. He wasn't as tall as the other players and bidding for a position on the team would be difficult.

Let the tryouts begin. There were many practices before the final cuts would be made and the young freshman had his work cut out for him. Starting school at



eight in the morning is tough on any student one might think. School is usually over by three in the afternoon and that is when practice starts for most players of any sports. Sometimes there's a break after school, a leisurely time where the players can get a snack, homework or whatever before the practice begins.

Practice is a time where a player works very hard to move their talents to the next level. It is a time for failures and successes to take place. A time when one changes those failures to successes. Plus, the weather outside can be just as much of a challenge as the sport itself.

There were times where the practices went well beyond the cut off time that was scheduled. Then of course, if you wanted to be great you had to put in more time after practice. Even when the hunger pains begin, and you haven't eaten supper, you just drive through it, for you had that gut feeling inside to strive for more.

This young freshman, who is 15 years of age, had made the team and was about to experience moments in his lifetime that will be remembered forever.

The young freshman made some appearances in the first few games of the season. Playing at second base mostly. There were occasions where he filled in as a relief pitcher in the latter part of games. In one game, he pitched the final inning with a strike out, ground out, and a throw out of a runner trying to steal third base. Oh, and that catcher of that game was his senior brother who threw the runner out going to third. After the inning the team cheered the young freshman on by picking him up and congratulating him on his first pitching experience.

Then came the night of a double hitter in a non-league team. It was the second game that evening and for the young freshman, it was his first start of the season and it was on the mound, he was the pitcher. His older brother played many positions on the field; he plays third base, short stop, occasionally second base, center field and first base. He is also a fine pitcher for the team, and was the starting pitcher for the season opener. He also pitched in the first district game and had 13 strike outs with only 2 hits. He had filled in as the catcher for a couple of games when the regular catcher was injured. An excellent player for the team is this freshman's older senior brother.

That evening when the second game of the double hitter was to begin, the young freshman was the starting pitcher, and the catcher was his brother.

The young brother on the mound with the older brother behind the plate. Let the game begin...

Being the visiting team, the visitors were first to bat and the bats were hot that night for the visiting team. Many runs were scored in the top of the first inning, but as in all games, the hot bats finally made their three outs, and it was time for the young freshman to step up on the mound for the first time.

He threw strikes, and balls and the end of the first inning was scoreless. Much the same for the second innings as well, where the home team still didn't get a run. Then came the third inning, and the young freshman stepped back up on the mound and threw some great pitches. There were a couple of hits and even a run for the home team, but in the end the young freshman threw strikes and ended the inning. The game only went three innings because of the mercy rule. The young freshman got his first win of his career on the varsity team in his first start. What an exciting day for this young man. Plus, the look on his older brother's face, who caught for him, had that great big grin from ear to ear. One proud older brother that evening, for the happiness he had for his younger brother.



One more thing, there is another younger brother. He is in the sixth grade and was the batboy that evening. He would come out of the dugout and pick up the bats of the players. Giving high fives to each player as they crossed home plate or just heading to the dugout. He is another one to look out for in the coming seasons, not only in baseball, but, as well as for soccer and basketball. I would like to say they take after their grandpa, but that is not the case here. They got that from their grandma. She was and will always be a star, not only in their life, but also in mine.

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





“Grand” Perspectives

## IT'S SCIENCE, BABY!

BY  
CYNTHIA  
HOGG

The majority of American parents become grandparents somewhere in their 50s. With people achieving healthier lifestyles and living longer, that's potentially a lot of years to be involved in their grandchildren's lives. That's a good thing—and science proves it!

Grandparents and their grandchildren actually need each other for their mutual physical and emotional health.

In a well-known study conducted by Professor Ann Buchanan at Oxford University in the UK where she followed more than 1,500 children, she found that the children who had a strong relationship with grandparents experienced fewer emotional and behavior problems and displayed better emotional intelligence when relating to peers. They also displayed more emotional resilience as adults.

Counselors who work with children have seen these benefits in practice. Vanessa Jensen, PsyD, who has been a pediatric psychologist at the Cleveland Clinic for more than 30 years, confirms that grandparents serve as an important extension of nuclear family members who care for a child. “The more people who love your child, the better...it never hurts to have more people who care about an individual child.”

Kimberly Agresta, a licensed clinical social worker who co-founded Agresta Psychotherapy Group in Englewood, New Jersey, expounds on this: “If parents regularly involve grandparents in their child's life early on, the child

can develop real emotional closeness with the grandparent and begin to see the grandparent as a source of strong social support...So a child will feel that they have other adults, aside from their parents, who love and care about them in the same way, and this adds to their sense of security and stability... Since grandparents are generally not responsible for disciplining and raising the child, they're able to love the child a little more freely and unconditionally than a parent...Grandparents are a wealth of knowledge and information, and not only can they pass on valuable skills from real-life experience, but they can also share the past with their grandchildren. They can serve as historians, sharing all kinds of traditions and stories about when their own children were growing up, which creates a sense of continuity for a child.”

And according to the Partnership for Drug-Free Kids, grandparents can play an important role in preventing their grandkids from getting involved in drinking and taking drugs.

And what about benefits for the grandparents? An Australian study in 2018 found that grandmothers who spent one day per week with their grandchildren did better on cognitive tests than those who did not and those who had no grandchildren.

A 2017 study by Sara M. Moorman, an assistant professor in the Department of Sociology and the Institute on Aging at Boston College, showed that a close relationship between grandparent and grandchild resulted in fewer depressive symptoms for both.



In the Berlin Aging Study, it was demonstrated that seniors who babysit their grandkids have a 37% lower mortality rate than those who do not.

And finally, when individuals hug each other, a powerful hormone called oxytocin is released in the bloodstreams of both. This feel-good hormone can lead to reduced depression, anxiety and stress. And grandparents are generally a pretty “huggy and cuddly” bunch. Just another way that grandparents and grandchildren help each other stay healthy!

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







BY  
CHRISTINE  
WISTROM

## An Ounce or a Pound?

Weather patterns are changing. Dangerous weather like winter storms, high winds, tornados, hail, etc. is becoming more frequent, more severe, and causing more damage. As a result, we are seeing more power outages, more days when we don't

dare venture out of our homes, more opportunities for falling, and more times when we may not be able to get the help we need.

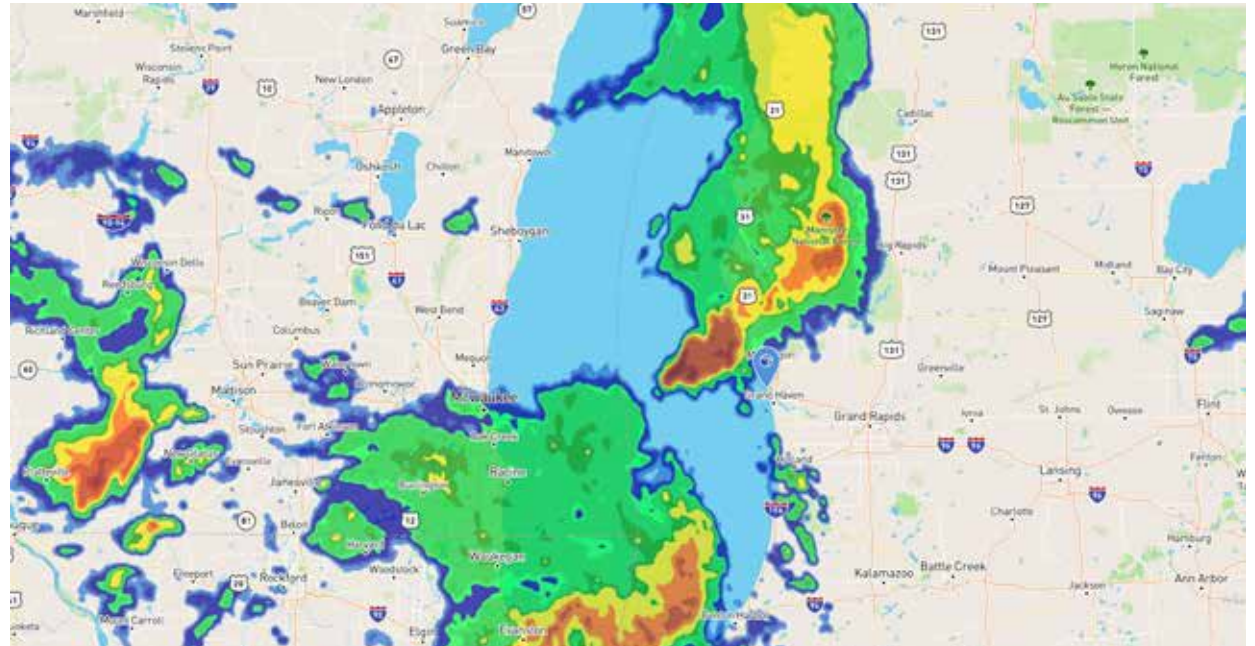
It is a worry having to deal with these problems as they arise, but making a plan now for how you can best deal with them may be a way of getting through with the least amount of harm. If you remember the old saying "An ounce of prevention is worth a pound of cure," you'll realize that it was made for just this kind of situation!

No one wants to think about disaster, so no one plans for it, but your best chance for weathering the storm (pun intended!) in good shape is to have a plan that addresses your needs before you're in trouble. It's really not a difficult thing to do. It just means thinking through what might happen, how it might affect you, and what you can do to lessen the impact. You may not want to take the time to make a plan, but you'll certainly be glad you did if the time comes when you need it!

The staff at Disability Network Lakeshore are here to help. We are experienced in designing plans for helping people with disabilities respond to disasters like power outages, flooding, wind damage and more. We'll help you think through what your specific needs are and offer choices for how you can meet those needs.

When disaster strikes, you can react and hope you survive and that you'll have everything you'll need to recover, or you can be prepared and know that you have done all you can to ensure your safety and that of your family and pets. If you don't have everything you need, you'll certainly have more than you would have if you didn't make a plan at all. Every little bit that you do gives you a better chance of survival and of getting back on your feet as soon as you can and with as little grief as possible.

You don't have to go through an emergency situation alone and unprepared. Let's make a plan that allows you to be as comfortable and safe as possible. Call Disability Network Lakeshore at 616-396-5326 and ask for help with emergency preparedness planning. We'll schedule a time we can meet and help design your plan. There is no charge for this service. Be smart – be safe!



*Chris has a degree in Gerontology and many years working as a Long-Term Care Ombudsman. As an Independent Living Specialist at Disability Network Lakeshore, she specializes in assistive technology, emergency preparedness planning, and service dog training.*

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BY  
DICK  
HOFFSTEDT

# Can a Car Be *Jinxed?*

One of mine was. It was a 1947 four-door Plymouth with a stick shift, and it was the color of pea soup. It was my very first car. My dad bought it for me in 1953. I was 18 years old. Was it really jinxed?

The idea of being jinxed came to me after looking into Stephen King's 1983 novel *Christine*. It was about a 1958 Plymouth Fury that he said was "possessed by malevolent supernatural forces." Let's see if our two Plymouths had anything in common.

1953 was a fun year for my pals and me. For some reason, the four of them and I decided to rent a cottage on a small lake in Wisconsin about 50 miles south of Iron Mountain, Michigan. Our goal was to spend a week fishing and fooling around. I was the oldest of the five and the only one who owned a car. We were on our way in that 1947 Plymouth. After a couple of days of boring fishing, we decided to drive north to see what Iron Mountain was all about. All the gauges showed normal, but halfway there the car started to lurch and stall. Smoke started coming out of the tail pipe, and finally the engine died. We were stuck on the road's shoulder.

What to do now? Two of our group decided to thumb their way back to the cottage while three of us thumbed our way to Iron Mountain where we hired a tow truck to bring the car into a repair shop. There was nothing they could do. The engine was shot. They let me use their phone to make a collect call to my dad. He obtained a tow bar, drove up to meet us, picked up the other two at the cottage and got everyone home safely.

Now, what to do without an engine in my car. My dad, a very competent handy man, found a rebuilt Plymouth engine and installed it. I was back in action.

Our gang gathered for a New Year's Eve party that year. And because we were all under age, no alcohol was available. I drove home about 1:00 a.m., feeling good about my rebuilt car when suddenly, out of nowhere, another car ran a stop sign and came full force into the right side of my car. The police were notified and again a tow truck pulled my car into a service station. They told me that the car was a total loss.

My insurance company was reimbursed from the other driver's insurance company, so I had money to get another car. Another Plymouth? No thanks. One jinxed Plymouth was 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 68 years. Richard has six children, five grandchildren and five great grandchildren. He is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck. Richard is a national award-winning writer.*





8				2				6
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Game Page  
Answers  
on  
Page 39



By David L. Hoyt and Jeff Knurek



11-13-22

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

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A <sub>1</sub>	I <sub>1</sub>	U <sub>1</sub>	L <sub>1</sub>	N <sub>1</sub>	S <sub>1</sub>	D <sub>2</sub>	RACK 1
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A <sub>1</sub>	I <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	B <sub>3</sub>	N <sub>1</sub>	V <sub>4</sub>	1st Letter Triple RACK 2
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A <sub>1</sub>	Y <sub>4</sub>	Y <sub>4</sub>	N <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	RACK 3
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E <sub>1</sub>	I <sub>1</sub>	U <sub>1</sub>	D <sub>2</sub>	K <sub>5</sub>	N <sub>1</sub>	L <sub>1</sub>	Double Word Score RACK 4
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PAR SCORE 260-270  
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. **SOLUTION TOMORROW**

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association [info@scrabbleplayers.org](mailto:info@scrabbleplayers.org). Visit our website - [www.scrabbleplayers.org](http://www.scrabbleplayers.org). For puzzle inquiries contact [scrgrams@gmail.com](mailto:scrgrams@gmail.com) 02-19

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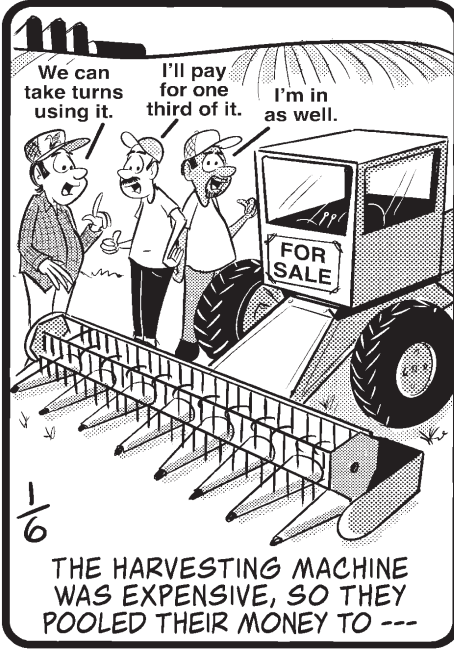
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## THAT SCRAMBLED WORD GAME By David L. Hoyt and Jeff Knurek

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BY  
HAYDEN  
DOBB

# We Honor Veterans

We Honor Veterans (WHV), a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs, invites hospices, state hospice organizations, Hospice-Veteran Partnerships and Veterans Affairs (VA) facilities to join this program. WHV empowers community organizations and hospices to meet the

unique needs of Veterans and their families by offering resources and guidance focused on respectful inquiry, compassionate listening and grateful acknowledgement. WHV gives Veterans the opportunity to share and tell their stories, and it allows organizations that have implemented WHV to respect Veterans' feelings and suggestions, thank the Veterans for their service, offer support without judgment and validate Veterans' concerns, and show appreciation for the families of Veterans.

Through WHV, hospice organizations are ranked on a star-based system, with level 5 ranking the highest level to achieve. Each level guides them through specific activities using practical resources to progressively increase their ability to serve Veterans. Moving through levels expands the knowledge of the organization and the capacity to help the Veterans within the community. It also demonstrates that the organization is making an active commitment to provide Veterans with compassionate care that is specific to their goals and needs.

WHV provides many resources such as psychedelic-assisted therapy, trauma-informed care and grief and bereavement for organizations that are helping to aid Veterans through their hospice journey. These resources further help organizations learn more about Veterans and VA services, provide veteran-centric care and educate staff. WHV also offers educational resources and tools in advancing the goals of promoting Veteran-centric educational activities, increasing organizational capacity to serve Veterans and supporting development of strategic partnerships.

While WHV is a nationwide program, West Michigan organizations offer community-based Veteran events such as Vet-to-Vet cafes providing a safe place to socialize and share their stories. The next Vet-to-Vet Cafe will take place on Wednesday, September 13 from 10:00 a.m. to 11:00 a.m. at the Muskegon County Department of Veterans Affairs, 1903 Marquette Ave., Muskegon MI 49442.

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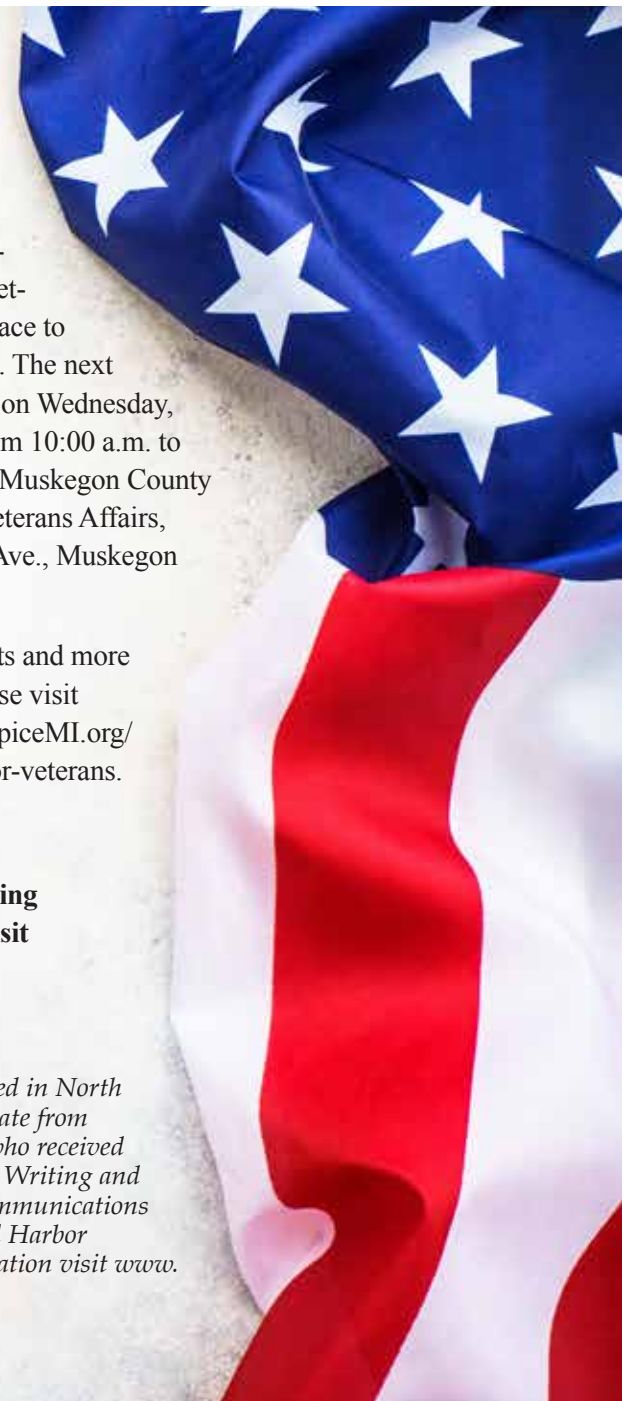
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For Veteran events and more information, please visit [www.HarborHospiceMI.org/services/we-honor-veterans](http://www.HarborHospiceMI.org/services/we-honor-veterans).

**For more information regarding We Honor Veterans, please visit [www.WeHonorVeterans.org](http://www.WeHonorVeterans.org).**

*Hayden Dobb was born and raised in North Muskegon. She is a recent graduate from Grand Valley State University who received her Bachelor of Science degree in Writing and English. She is currently the Communications Specialist at Harbor Hospice and Harbor Palliative Care. For more information visit [www.HarborHospiceMI.org](http://www.HarborHospiceMI.org).*



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*Jackie loves being part of that team mentality. It helps give her purpose each day, and affords her the opportunity to work with children, many of whom are already known to her through the parents and others. "Being a friend to others in those classrooms is a gift, and I'm grateful to be a part of it."*

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BY  
HILLARY  
HATCH -  
PUBLIC  
AFFAIRS  
SPECIALIST

# Social Security Q & A

## Question:

How do I apply for disability benefits? How long does it take to get a decision after I apply for disability benefits?

## Answer:

You can apply for disability benefits online at [www.ssa.gov/benefits](http://www.ssa.gov/benefits). To get a decision on your disability application usually takes three to five months. The timeframe can vary depending on:

- The nature of your disability.
- How quickly we can get your medical evidence from your doctor or other medical source.
- Whether it's necessary to send you for a medical examination.
- Whether we review your application for quality purposes..

## Question:

I have been getting Social Security disability benefits for many years. I'm about to hit my full retirement age. What will happen to my disability benefits?

## Answer:

When you reach "full retirement age," we will switch you from disability to retirement benefits. But you won't even notice the change because your benefit amount will stay the same. It's just that when you reach retirement age, we consider you to be a "retiree" and not a disability beneficiary. To learn more, visit [www.ssa.gov](http://www.ssa.gov).

## Question:

I need to apply for disability benefits. Where do I start?

## Answer:

Begin by looking at our Disability Starter Kit. You can find it online at [www.ssa.gov/disability/disability\\_starter\\_kits.htm](http://www.ssa.gov/disability/disability_starter_kits.htm) or you can request a copy by calling 1-800-772-1213 (TTY 1-800-325-0778). The Disability Starter Kit will help you prepare for your application and interview. When you are ready, you can apply online at [www.ssa.gov/applyfordisability](http://www.ssa.gov/applyfordisability) or make an appointment to apply in person at a local Social Security office. Remember, our online disability application is convenient and secure. Don't stand in line, go online at [www.ssa.gov](http://www.ssa.gov).

## Question:

How much will I receive if I qualify for Supplemental Security Income (SSI)?

## Answer:

The amount of your SSI payment depends on where you live and how much income you have. The maximum SSI payment varies nationwide. For 2023, the maximum federal SSI payment for an eligible person is \$914 a month and \$1,371 a month for an eligible couple. However, many states add money to the basic payment. For more information, go to [www.ssa.gov/ssi/text-benefits-ussi.htm](http://www.ssa.gov/ssi/text-benefits-ussi.htm).



## Question:

I worked the first half of the year, but plan to retire this month. Will Social Security count the amount I earn for this year when I retire?

## Answer:

Yes. If you retire mid-year, we count your earnings for the entire year. We have a special "earnings test" rule we apply to annual earnings, usually in the first year of retirement. Under this rule, you get a full payment for any whole month we consider you retired regardless of your yearly earnings. We consider you retired during any month your earnings are below the monthly earnings limit, or if you have not performed substantial services in self-employment. We do not consider income earned, beginning with the month you reach full retirement age. Learn more about the earnings test rule at [www.ssa.gov/retire2/rule.htm](http://www.ssa.gov/retire2/rule.htm).

## Question:

I got an email that says it's from Social Security, but I'm not so sure. They want me to reply with my Social Security number, date of birth, and mother's maiden name for "verification." Did it really come from Social Security?

## Answer:

No. Social Security will not send you an email asking you to share your personal information, such as your Social Security number, date of birth, or other private information. Beware of such scams — they're after your information so they can use it for their own benefit. When in doubt, or if you have any questions about correspondence you receive from Social Security, contact your local Social Security office or call us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really need any information from you.



# Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire."  
"Each step feels like I'm walking through wet paint."  
"I live in constant fear that I'll fall."  
"I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often missed diagnosed because of its wide array of symptoms.

Corinne Conry, LAc, MSOM of Acupuncture Center of Grand Rapids (ACGR), shares this belief. "I've been treating neuropathy, and all its various forms, for over a decade, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my talks, or read the testimonial of another patient and say to themselves 'hey, I feel the same thing'."

Mary of Grand Haven testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything to just walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately Mary would eventually see Corinne Conry, LAc, MSOM at one of her talks, speaking about similar symptoms, and how she offers a real solution at Acupuncture Center of Grand Rapids. "I just knew I had to see her. She was my last hope."

**"Almost all of our patients come to see us with a story similar to Mary's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older'," shares Peter, a patient care technician, at ACGR. "It just breaks my heart, but I know how much we can help people like Mary, so I'm always happy when they walk through our door."**

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer a little to no resolve.

Which is why Corinne Conry, LAc, MSOM and the staff at Acupuncture Center of Grand Rapids pride themselves on being 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves, and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Corinne. "This usually indicates that your nerves are hanging on by a fragile thread."

So how is Corinne able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This tech was originally developed by NASA to expedite recovery and healing."

**"I just can't say enough about ACGR," shared Mary through her tears of joy. My husband and I moved here three years ago and he walks to the lake almost every day. I always stay home because of the pain and discomfort. Yesterday, I went with him! And next week we're starting dancing lessons. I am truly living life these days."**

"According to Mary's test results, she had seen a 74% improvement in pain and functionality, which is on par with the majority of our patients," shares Peter. "But more important than those test results is the joy she's expressed being here and hearing about all of the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Corinne Conry, LAc, MSOM has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," says Corinne. "This is important because if a patient has suffered more than 95% damage, there is a little that I can do to help them. I'm familiar with the medical miracle, but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles', or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call **(616)-369-2121** to schedule an initial consultation, or visit **acugr.com** to read more incredible success stories.



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BY  
JERRY  
MATTSON

# SPECIAL MOMENTS

I have set the radio by our bed to WOOD 106.9 FM. If I wake up between 1:00 and 5:00 a.m., I press the one-hour button.

Coast to Coast AM, hosted weekdays by George Noory, leans to the paranormal, but I often find the subjects interesting. Each of his two guests is interviewed for an hour, then phone calls are taken for the following hour. One early morning in April I tuned in during a call-in hour. Listeners were responding to the question: Has meeting a stranger ever changed your life?

Sam from Washington State phoned in. "I called my brother, Ron, in Philadelphia after I heard he might hurt himself. After the hello, I told him not to say a word for the next three minutes. Then I related how he was loved, what he had done to help others over the years and what he had to live for. When I finished, there was silence on the line for a few seconds. Then the man told me he was not Ron and I'd dialed the wrong number. He asked if I believed in God. I told him I did."

He said, "I have been sitting on the couch thinking about killing myself. Twenty minutes ago, I asked God to please send me a sign. Your call made me change my mind."

Ricky worked the Sunday shift at a restaurant. "Every Sunday a group of older men met at a table and spent all morning and into the afternoon talking. This annoyed me, as I wondered why these guys wasted so much time just talking. One Sunday a member of the group came up to pay the bill. As the cashier, I reached for payment and saw a number tattooed on his hand. He was a Holocaust survivor. I never again

begrudged them their time spent talking."

Another caller said, "Serving in Korea, I was riding a bus back to camp about 9:30 on Christmas Eve and feeling sad, being away from home. The seats were all taken so I had to stand. As I looked at the mixture of Koreans and GIs, I wondered if Christmas was anything special to the local population. I saw a girl, maybe 18, a few rows up from me. Our eyes connected. What



was it, I wondered? Then I saw the cross on her necklace. I looked up again and we both smiled. We were two Christians on Christmas."

Paul was a recent graduate of the Air Force Academy. "I was sitting on an airport bench waiting for my flight, daydreaming about my future. *Top Gun* was the current hit movie. An older Black man walked over to me and asked if I was Greek. My last name was on my uniform. I told him yes. I did not want to banter about things with this guy. 'Just leave me alone,'

I thought. The man then spoke to me in Greek. I was surprised and asked him how he knew the language."

"During the war, my P51 was shot up. I bailed out and landed on a Greek family's farm. I stayed with them for about six weeks. They taught me."

"My God, I thought. I am speaking with one of the Tuskegee Airmen. Instead of worrying about wasting my time talking with him, I should be kissing his boots."

Have you ever had a special moment like these people?

My story occurred in a Muskegon dentist's office. Tammy Johnson, the hygienist, and I were both cancer survivors and we talked between my open-wide times. We had a connection. After scheduling my next six-month visit at the check-out desk, she turned to walk away and touched my arm. I felt something strange throughout my body. It was not a shiver, but almost seemed calming and warm. What had just happened?

Six months later, I was looking forward to seeing her but had a different hygienist. While checking out, I saw a notice under the glass on the counter with Tammy's name, birth and death dates. She was 52. I never had the chance to relate my feelings about her touch. Maybe she already knew.

*Jerry became an early riser working as a manufacturing engineer at a Ford Motor Company plant, being up at five and on the job by six in the morning. Now, he does some writing in the early, quiet hours of the day.*





## Eating Your Way to Lower Cholesterol

By Nicole Bailey, Registered Pharmacist

BY  
NICOLE  
BAILEY

September is National Cholesterol Education Month, so it is the perfect time to learn more about a serious topic that can play a major role in increasing your risk of having a heart attack, stroke, or heart disease.

There are many factors that can lead to high cholesterol. Some factors can be controlled, such as smoking, diet, and exercise, and others are unpreventable, like age, sex, and genetics. Luckily for us, there are many ways to help lower unhealthy cholesterol levels, so there is no need to stress. In fact, take a few deep breaths, because stress can also be a factor in high cholesterol. Along with medications like statins, lifestyle changes are extremely beneficial. One of the most effective ways to lower and maintain a healthy cholesterol level is through a healthy diet, which is a great place to start.

Foods that contain a high quantity of fiber are excellent for your heart and cholesterol. Fruits, vegetables, and beans are all rich in soluble fiber, especially berries, apples, citrus, and eggplants. Oats, whole grains, and barley are all known for lowering the risk of heart disease, so starting the morning off with a bowl of Cheerios or oatmeal topped with fresh fruit provides a fiber packed breakfast. Make small swaps in your baking and cooking to add more fiber and healthier grains, such as substituting brown rice for white rice or baking with whole wheat flour instead of white refined flour.

Replacing red meat or poultry with fish a few nights a week can help lower cholesterol by providing omega-3 fats. If you are not a fan of fish, taking a high-quality fish oil supplement can provide you with omega-3 fats too. Nuts and vegetable oils, such as canola, sunflower,

and olive, in moderation provide a source of healthy fats. Products derived from soy, like soy milk and tofu, are also rich in these poly- and monounsaturated fats, which help lower cholesterol. Try to avoid or limit products with labels high in trans and saturated fats.

Incorporating a variety of these foods into your daily diet is beneficial in more ways than just lowering cholesterol. It may also keep your heart healthy, aid in digestion, lower blood pressure, prevent constipation, promote vision, bone, and mental health, and much more. It may be intimidating to make new changes and habits, but starting with small goals will make it much easier. Slowly incorporate more of these foods into your baking and cooking and before you realize it, they may become staples in your kitchen. Eating a heart healthy diet will not be sustainable unless you enjoy it, so experiment and find ways to add and integrate what you like into your favorite meals. Once you are making healthier choices in your diet, you can work on more lifestyle changes, such as moving your body, managing stress, limiting alcohol consumption, and practicing good sleep habits.

Lifestyle changes alone may be enough for some people to lower and maintain cholesterol. However, depending on your levels, it may be beneficial to combine these changes with a new medication. While high cholesterol often produces no symptoms, health outcomes can be serious, so it is important to get your bloodwork done regularly and discuss a treatment plan tailored for you with your doctor.

This information is not intended to treat, cure, or diagnose your condition. Consult with your doctor or pharmacist before starting any new medication, supplement, or diet.

*Nicole Bailey is a Registered Pharmacist and Pharmacy Manager with HomeTown Pharmacy. For more information, visit [www.hometownpharmacy.com](http://www.hometownpharmacy.com) and search HomeTown Healthy.*

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BY JACKIE  
LINDRUP  
RDH, M.ED.



## Meet Bernie the "Bernie" doodle

We knew we wanted another dog someday, but that day kept being pushed into the future. We were a retired middle-70s couple, and traveling - working on the bucket list - was our priority. We had dog-loving family members on the lookout for a dog for us, sending us pictures of puppies from time to time. Then a Facebook post of a cute litter of Bernedoodle puppies caught my eye and I asked Tom to check out the specifics with his daughter in South Bend who knew the breeder. (Bernedoodles are a cross between Bernese Mountain Dogs and Poodles.) We had a check list that included things like cost, availability, timing, and anticipated travel.

As we started looking into the litter of cute Bernedoodles, things began to accelerate! Suddenly there were only two puppies left, a male and female, and the price had been dropped to a very reasonable amount. We decided to drive to Goshen, Indiana, to see the puppies in person and talk to the breeder. When I picked up Burt, the male, he melted into my body and relaxed with a big sigh. I was hooked! It sealed the deal when the breeder said she was willing to keep him for us for an extra month while we drove to New Orleans to help our daughter and her husband while their second

baby was born. Our job there was taking care of two dogs and an eighteen-month-old granddaughter while the parents were in the hospital. It was an exciting time, and all the while we were also starting to plan for our new puppy!

We picked up Bernie (formerly Burt) from the breeder in the Culver's parking lot in South Bend, Indiana.



He was four months old, adorable, and a good traveler in a backseat sling right from the start. We raised him for the first month in our condo kitchen, in a 6' by 6' pen, taking him outside every hour or two. Then we enlarged his world to the whole kitchen for the next two months, until we knew we could trust him on the carpeted living room. He now has full range of the kitchen and living room upstairs in our condo at eight months old. There were some highs and lows and lots of advice from doggie neighbors in between. We have rescued the carpet four times and finally bought a Hoover spot cleaner. But four accidents in four months isn't bad!

I finally realized I could not leave my shoes in the kitchen anymore. I threw away two slightly eaten pairs of sandals left within his range. I took one special black velvet slipper around to four shoe repair shops before I found a shop in Grand Haven willing to attempt to repair a velvet shoe that had a bite out of the side. Old habits die hard! One day while Bernie was still in the kitchen but out of the penned area, we realized he was teething on the corner of the newly painted lower kitchen cabinets! A loud "NO" and a redirect to a chew toy and we never saw that from him again.

He loves to be petted and brushed. He knows his name and responds quickly to commands. I have trained him not to come into our bedroom (with a loud NO anytime he came near the door to the bedroom) because I have lots of allergies and don't want any dog hair in the bedroom,







although Bernedoodles are quite hypoallergenic. He waits for me to wake up by standing or lying at the bedroom door and stays up with me, passed out at my feet, if I read late into the evening. He sleeps in his crate every night, and also when we leave to run errands or play golf. We have found some wonderful dog sitters who will take him for a few nights or come to our condo and stay when we go out of town.



He has become one of the family, and we know we have to watch him every minute just like a two-year-old grandchild. We are getting in shape walking him and I've made several great dog-walking neighbor friends. Tom says it's Bernie's big brown eyes and attention that

have awakened in him the values of loving kindness and patience. Bernie is lots of fun and makes us laugh! It also helps knowing we can still come and go with a little help from new dog-sitting friends and a doggie daycare nearby. Life is good!

*Jackie Lindrup is a retired dental hygienist whose passions are travel and dental hygiene. She lives in HarbourTowne condos with her husband Tom. They enjoy traveling to see grandkids and entertaining family and friends at the beach in the summer. She likes to hike, golf and paint with pastels. She is the winner of two national awards writing for Senior Perspectives!*

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BY  
LOUISE  
MATZ

## Book Sales for Fun and Profit

Most Friends of the Library groups rely on book sales to raise money for programming and supplies to enhance their library's value to the community. Although most book sales take place only once or twice a year, it is a year-round labor of love to accept used books from community members, sort and store them between sales, move them out to the display tables where they are sold, and then start all over again after the sale. Although each library may have their own routine for these sales, there is much in common as to what needs to be done.

At the Norton Shores Library, the book sale is open to the general public on Friday, Oct. 6 from 9 a.m.-5 p.m. and Saturday, Oct. 7 from 9 a.m.-4 p.m. There is no charge for entry, and you can visit as often as you would like. If you are interested in volunteering, please contact them at [norton.library.friends@gmail.com](mailto:norton.library.friends@gmail.com) or 231-780-8844.

Check with your local library to see when they might be holding a book sale or accepting used books.

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

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BY  
HILLARY  
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BY  
JANET  
HASSELBRING

# Schmidt Heritage Park “If You Build It”

**Wilson** - The message wafted in on the early morning breeze. It was merely a whisper: “If you build it, they will come.” Wilson heard it as he stood watch in the garden on the Schmidt farm. *Build what*, he wondered; *who will come?* He shrugged off the message and got to work. Those pesky crows were at the cabbages again.

During his morning break, Wilson gazed beyond the garden, to the fields in the distance. The message dogged him, like a pesky mosquito. Suddenly, his purview seemed limited, confining; his job, paltry and purposeless. And the words, “they will come,” made him realize he was lonely. Jim Schmidt, owner of the farm, had residences in Michigan and Texas. For months, Wilson was alone.



Wilson’s brain, not used to weighty activity, began to twitch. He knew the only constant in life is change. Scaring crows and vermin, while boring, was constant and comfortable, while change could be scary. Another twitch, this one more like a jolt. Wilson tucked in his plaid shirt, straightened his overalls, and squared his shoulders. Wasn’t his name Wilson -- a name associated with sports, racquets, balls, courts? Hold on, courts? “If you build them...” Looking at the acreage beyond the garden, the message began taking shape in his mind. He needed to talk to Jim.

**The History** - The Schmidt Farm began in the late



1800s when Jim Schmidt’s great-grandfather purchased 160 acres in Grand Haven Township. Between 1900

and 1950 the farm sustained the family, with wheat, corn, hay, vegetables, and potatoes, an apple orchard, ten Holstein cows, and calves/yearlings sold at auction. Jim’s Uncle Bill Sr. inherited the farm in 1955 and started selling off acreage. Concerned and wanting to keep the farm in the family, Jim purchased the remaining 78 acres and, upon his uncle’s death in 1993, the farm was his.

Jim upgraded the outbuildings and silo, put in new fencing, a new power source, and a well. He cleared brush and dead trees. When a winter storm leveled the barn in 2008, Jim replaced it to its original design, lining one wall with wood he salvaged. He installed the original cow stanchions and calf pen. The centennial farm became an impressive landmark.

**The Legacy** – In 2019 Schmidt donated 67 acres of



land to Grand Haven Charter Township for a recreational park. In 2020 taxpayers approved a Parks and Recreation bond and on May 2, 2022, construction began on Schmidt Heritage Park.

Phase 1 includes 12 pickleball courts, six soccer fields, a softball and baseball field, a trail around the park’s perimeter, restrooms, shelters, and parking. Future phases include two baseball diamonds, two softball fields, more restrooms, shelters, and parking. Eventually, the area containing the barn, outbuildings, and Wilson’s garden will be available for public use.

A dedication of Phase I, held on June 28, included a flag ceremony and an appearance by MSU’s Sparty (paid for by Schmidt, an MSU alum). Wilson, wielding a pickleball paddle (which he discovered is also helpful in scaring crows), watched over the proceedings from the garden, proclaiming Schmidt Heritage Park officially open to the public.

According to Schmidt, “After 125 years, I’m humbled the Schmidt family farm is a unique recreational park for this community.” Wilson had no comment.

**Postscript** – Schmidt Heritage Park: a “Third” Place

A “Third” place describes venues where people spend time between home, their “First” place, and work/school, their “Second” place - informal places where new acquaintances are made, friendships renewed; leveling places where everyone is welcome, no matter their age, profession, or social class; places where camaraderie reigns and prestige and self-aggrandizement have no place; places necessary to the wellbeing of a community; places that are disappearing due to mallification, suburbs, and freeway expansion; however, thanks to the craze of pickleball and Schmidt Heritage Park, there’s a new “Third” place in town!

**Author’s notes:**

For a virtual tour of Schmidt Heritage Park’s development, visit [https://www.preinnewhof.com/construction\\_projects/ghct-schmidt/](https://www.preinnewhof.com/construction_projects/ghct-schmidt/)

Access my article on “The Disappearance of Bowling Leagues and the New ‘Third’ Place, in the July/August issue of SP at <https://seniorresourceswmi.org/senior-perspectives-newspaper/>.



*Janet lives in West Michigan with her husband, Don, and Welsh terrier, Snack. Jan drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild/shorebirds from FL and beyond, Country Dairy, which describes life on her family farm, in west MI, in the 1930’s, when her parents lived and worked on the land,*

*and Tweets, A Twitter Feed of Short Stories and Articles. She is a multiple NAMPA winner. Her piano gets lonely because she chooses to whack fuzzy yellow balls and dink pickleballs instead of tickling its ivories.*





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BY  
CLIF  
MARTIN

## What's Your *GENERATION?*



Greatest Generation  
Pre-1933

Silent Generation  
1933-1945

Baby Boomers  
1946-1964

Generation X  
1965-1979

Millennials  
1980-1995

Generation Z  
1996-Present

Do you fit in one of those neat age-related boxes with a funny label? You have my respect if you represent what Tom Brokaw named the "Greatest" generation, those born in the early 1900s and 1920s. They are the parents of the Baby Boomers, born after World War II. After that, there are various generation names -- from Gen X, Y and Z to the Millennials, all the way to the Alphas. You are an Alpha if you arrived in the twenty-first century.

I'm not a fan of putting people in those boxes, but perhaps those of us called Seniors need to get out from under that huge umbrella that covers anyone from fifty to one hundred. As I get within sight of the century mark, I find little in common with those in their 60s or 70s. I grew up with FDR and WWII, not old enough to serve but I remember it well. No rock culture and its music. What is

now old-time radio. No FM. No TV or internet. An icebox in the kitchen. I wish I had the card we put in the window to let the iceman know what size block of ice we wanted. It would be a valued collectible. You would need to be in your mid to upper 80s for us to have a common frame of reference.

How did we survive such primitive beginnings? Only The Shadow knows and he's not talking. He's busy bringing bad guys to justice by clouding their minds so they can't see him. Did Lamont Cranston and his friend and companion Margo Lane have something going on? He won't talk about that either.

I need a nice cozy box with a clever label on it. Ideas are welcome.

*Clif says he is in touch with TV producers about a sitcom he is writing, "The Road to Geezerville." He might even star in it.*

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# I Am a Gardener

BY  
NANCY  
ARMITAGE

I love to garden. The influence of gardening on my life goes as far back as I can remember. My mom planted a flower bed every summer. I remember waves of colorful cosmos swaying in the breeze and being assigned to go pick the seeds off the four o'clock bushes. My dad planted a vegetable garden. He lovingly attended to those tomatoes and pepper plants, and after a long day at work he would happily spend his time weeding and watering. Even today I hear his voice reminding me to sprinkle the leaves of the plants because they absorb water too.

When I was single, I moved from downtown Chicago to a rural horse farm. My family thought I was crazy. They thought I should be working on a love affair as a prelude to marriage, but I was nurturing my own love affair with gardening. There was a manure pile ten feet high and I caught the bug for organic gardening. I loved being outside and the garden gave me a purpose to spend hours in the sun. Later, as I raised my three children, I continued to embellish every place we lived with flowers.

Three summers ago, after we moved into our new home on White Lake, I designed a perennial bed near the entryway to welcome our guests. This year it really delivered. The only problem with a bountiful garden is that it needs splitting and rearrange and that means -- another garden! Dale and I headed into the back yard and designed a new bed. While it can get noisy and windy on the lake side of the house, the area in back oversees a forest and is a haven for birds and wildlife. I hunted down a Victorian iron garden bench and now each morning I sit in my new garden with my coffee, serenaded by the resident robins.

As an artist I work with color and texture. As a gardener, I love to surround my home with the same. I recently added four window boxes and filled them with trailing geraniums, hoping to mimic the window boxes we've seen on our European travels. While I always take care of my plants, this year I pledged to give them just a little bit more

attention. In addition to their daily watering, I fertilize, pluck, and protect from predators. I pull out the ladder to pick off the dead blossoms on my hanging baskets, and for that effort I have been rewarded with a bounteous display of pinks, corals, and yellows. I am enamored with the deep wine color of a new geranium called "merlot."



responding more compassionately? Would that result in more colorful and rejuvenated relationships? If my flowers have anything to say about it, it's worth a try. I'll let you know, but I suspect the answer to be yes.

*Nancy is an artist living on White Lake with her partner, Dale, and their dog, Dino. A life-long learner, she enjoys working in her studio, reading, music, walking in nature and entertaining friends and family. She is a facilitator for SPARK!, a free social program for those living with memory loss and their care partners. Follow her on Instagram @nancy.armitage.*



Today, while tending my flowers, I reflected on the similarity between tending my flowers and tending my friendships. Could my friendships flourish if I gave them just a little bit more attention? My circle of friends is small and close. Can I offer each of them a little more attention by calling more often, listening more closely and





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

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V <sub>4</sub>	I <sub>1</sub>	B <sub>3</sub>	R <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 2 =	<u>70</u>
T <sub>1</sub>	Y <sub>4</sub>	R <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	N <sub>1</sub>	Y <sub>4</sub>	RACK 3 =	<u>63</u>
U <sub>1</sub>	N <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 4 =	<u>74</u>
R <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	U <sub>1</sub>	L <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	RACK 5 =	<u>58</u>
PAR SCORE 260-270							TOTAL	<b>323</b>

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Answers - Boggle Game:

COW ELK PIG ZEBRA GAZELLE  
GIRAFFE ANTELOPE

Answers - Jumble:

MADLY HOBBY TEDIUM CANDID

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