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JULY | AUGUST 2019 WHAT'S INSIDE **THIS ISSUE**

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Area Agency on Aging of Western Michigan Information & Assistance

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Mission:

Area Agency on Aging of Western Michigan's mission is to provide older persons and persons with a disability an array of services designed to promote independence and dignity in their homes and their communities.

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Jackie O'Connor, Executive Director

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LAST WINNER: MARTHA KREMER OF GRAND RAPIDS The ladybug was found on page 10 in the West Michigan writer's story.





Letter from Editor & Publisher



In May, Senior Perspectives newspaper was invited to attend the Annual Aging Well Conference hosted by the Council on Aging of Kent County (COA). The purpose of the Council on Aging is to identify and assess the needs of the older population in Kent County and to strengthen the network of services designed to address those needs. This year's event was located at the Cultural Center at St. Nicholas Church on East Paris. The theme for this year's conference was Peace and Love and Aging Well, and the COA team nailed it! Everything was Groovy, from a '70s hippie photo booth to a throw-back of the Not-So Newlywed Game. There was something for everyone. Featured speakers included Annette Crocker RN and Dr. Dave Crocker from Michigan Holistic Health, LuAnn Arnson from Pine Rest Northeast Clinic and Sharon Depcinski from Grand Rapids Specialty Therapy.

Left: Senior Resources Editor Michelle Fields and Care Connections Manager Mike Fields.





Above: StoryPoint Team (L-R) Kim Tripp, Sharon Landman, Theresa Meyers and Jane Hennip

Above: Conference Emcee Dusty Scheuerman from Elders' Helpers, Fields and Kevin Hagler of Diversified Medical Staffing



The Maggie Fegel Award was presented to F. Rob Deane, M.D. by Wendy Kroll of Clark Retirement Community and the COA President. The award recognizes a person who has gone above and beyond to help seniors in the community.



Featured keynote sessions included topics on Cannabis as Medicine, Love & Sexuality in the Golden Years and an informative Aging Well Panel Discussion including Stephanie Hecksel-AAAWM, Carol Robinson-Making Choices Michigan, Bob McKown-Heart of West Michigan United Way, Angie Drier-Senior Neighbors RSVP Program and Joel Ruiter-Home Repair Services.

There Is No Good Card for This



BY SARAH VLAS

Picture this: you are at work or a church gathering or some other social location. You see Jim nearby, just back from his trip out to Chicago to attend his father's funeral and sort out the estate after Jim Sr. passed way three weeks ago. You know they were close and spoke on the phone often. Although not a close friend, you

and Jim have been friendly acquaintances for years, and so you want to extend condolences. But Jim is a proud guy, and he looks fine. When you get near him, you don't know how to broach the subject, so you just pretend the bathroom was your goal all along and awkwardly brush by him without making eye contact. Your toes curl with embarrassment and you curse yourself all the way home. But you've already blown it, so now you will have to avoid the topic tomorrow, or it would be too weird....

We have all been in situations like these! Maybe

it is a colleague, friend, neighbor or family member who is experiencing a loss or crisis: a divorce, illness, death, loss of job, infertility, etc. How do we know what to say or do? The "I'm sorry" is used so much, is it too cliché? Would it be polite just to go about business like normal and pretend everything is the same? Is an email OK or tacky? Would it make them feel better if I share how hard my parents' death was for me?

Here is the good news: we all struggle with sensitive situations like these. It is hard to know what to say, what to do, or when to just not say anything. We want to be thoughtful and kind, yet not overbearing. We want to be compassionate and empathetic, but not pitying or condescending. We want to solve their problems, but just can't.

Is there a good guide for these situations? As it turns out, yes there is!

The 2017 book *There is no good card for this: What to say and do when life is scary, awful, and unfair to people you love,* presents us with an easy-to-read

guide to navigate us through these tough times. This book is a collaborative effort of a nontraditional greeting card designer and a PhD Empathy Expert, and is the material that will be used in the next Family Caregiver University Class – Empathy: What is it and can it be learned? This class will take place on Thursday August 8, 2019 from 1:00 to 3:00 p.m. The speaker will be Sarah Sobel, LMSW, from the Area Agency on Aging of Western Michigan.

For a full list of Family Caregiver University classes provided by the Caregiver Resource Network, please call (888) 456-5664 or visit www. caregiverresource.net. The website also includes a helpful list of resources.

Sara Vlas is completing her Master of Social Work degree at Western Michigan University with an emphasis in macro work and is interning at Area Agency on Aging of Western Michigan. Sara has always had a deep passion for animals and is interested in the myriad of ways that pets can benefit people.





Transportation Options to Help Seniors Maintain Independence

BY KENDRICK HEINLEIN

Independence while aging is something that many older adults strive for. The Area Agency on Aging of Western

Michigan's (AAAWM) mission is, "to provide older persons and persons with a disability an array of services designed to promote independence and dignity in their homes and their communities." Services vary from person to person for what is needed to remain independent. What tends to be consistent amongst many older adults is that access to transportation is crucial to remaining independent. Seniors in Kent County are fortunate to have RideLink, a service funded through the Kent County Senior Millage.

RideLink is an affordable and reliable transportation option for older adults, 60+, who live in Kent County. Transportation is provided through Hope Network, Kent County Community Action, The Rapid, Senior Neighbors Inc., and United Methodist Community House. RideLink partners pride themselves on getting seniors where they want to go



Offering evidence based proven programs to help older adults prevent falls, increase endurance, build strength and improve flexibility in order to stay independent.

> For more information contact our Healthy Aging team: healthyaging@aaawm.org or (616) 588-2580



www.aaawm.org

in Kent County: doctor appointments, shopping trips and recreational visits. While there is a suggested \$2 donation each way to use RideLink, you will not be denied a ride if you are unable to make the full donation. These donations are important though, going directly back into the program to provide more rides for older adults.

To use RideLink, it is necessary to register in advance: www.aaawm.org/ridelink or www.ridetherapid.org. If you would like the form mailed to you, you can call the RideLink call center at (616) 774-1288 or (866) 425-3848. You can reserve a trip by calling the RideLink office (located at The Rapid) Monday-Friday 8:00 a.m.-4:30 p.m. The number to call is (616) 774-1288 or (866) 425-3848. Schedule your trip no later than 12:00 p.m. the day before you need a ride.

Trips can be scheduled up to seven days in advance and are scheduled on a first come first served basis.

When exploring transportation options, there are a few things to remember:

- Start researching options well before you need to use them. The sooner you begin researching transportation options, the more likely you are to find an option you can use and that is not over-priced.
- Call the organization and explain to them what you need and get a price quote. Prices can be generic on websites, it is always best to call and say where you want to go, what you will be bringing on the trip and who will be accompanying you. This will give you the most accurate price of what your trip will cost.
- Research where the organization will transport you. Just because you receive rides within a ten-mile radius of your home does not mean they will take you everywhere you want to go.
- Have a backup plan. In case you are not able to use your regular transportation provider, it is key to have a backup so you are not missing your appointment.
- Ask for ride time and pickup information. Ask what your estimated ride time on the vehicle will be and what your pickup timeframe is.

For more information or to learn about other Kent County Senior Millage funded services call (616) 456-5664 or email aaainfo@aaawm.org. You can also visit AAAWM's website: www.aaawm.org.

Kendrick is a graduate of Grand Valley State University and a current student of the University of Michigan MBA program. When he is not searching for new transportation options for older adults, he enjoys exploring new nature trails with his wife, son and dog.

Silver&Fit



A Heart of Thankfulness

BY MICHELLE JACKSON

It's finally summer! The days are longer. The sun shines more. The birds are singing in the morning.

Perennials are blooming. The lawnmowers are humming. During the summer, I like to sit on my deck in the evening with a glass of lemonade (or sun tea) and absorb all the sounds at once. All these things put a smile on my face and warm my heart.

These details of summer remind me of a choice that I made years ago. As a daughter, a wife, a mother, a grandmother, and an ordained minister, I have had many good times and troubling times (I'm sure you can relate). Yet, in all these roles and all the memories I have in them, I can sum up how I look at my life in one word. This one word is thankful.

Thankfulness drives my passion and gives me focus in the midst of trials. It makes my heart sing with joy and my life shine in dark places. For me, I am thankful because of God's longsuffering and faithfulness to me. Everything I am now, everything I can accomplish, and all I am becoming are because who He is.

To live a life of thankfulness is my focus. This focus is for my personal life with my family and friends as well as my public life ministering to those I have been blessed to serve. My desire is to base everything I do with a heart of thankfulness.

Thankfulness is a powerful state of mind. It helps you see the world with eyes that are hopeful for the future, even in the midst of difficult circumstances. Thankfulness reminds you of good times and that trouble does not last forever. Thankfulness can help you work through problem-solving, finding solutions that you would not readily consider. Science says that thankfulness is good for your health. Thankfulness is so powerful, it can change the state of mind of someone else, just by being around you!

Take some time every day, during these wonderful summer days, to be thankful. Write down a list of things that make you thankful in a journal. Take the time to walk down memory lane by looking at old photos that make you smile. Exchange thankful memories with friends over a meal or a beverage.

Taking time to be thankful will make your life brighter. It will make you laugh more. It will make you smile more. It will make you feel more energetic and the list goes on.

So, when you are experiencing all the joy that summer brings, stop, look up, and be thankful.

Michelle Jackson is the Director of Church Builders Bible Training Center. She works with people from all denominations and walks of life to help them take the church outside of the four walls and be a living testament in the marketplace.

Michelle believes every human at every age and stage of life has a life assignment to fulfill. Her passion is to help them find it and pursue it.

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Services are funded through Michigan Department of Health and Human Services, the Michigan Aging and Adult Services Agency and the Kent County Senior Millage.



Soul Food A Time to Grow

BY GIL BOERSMA, M.DIV. Oh, how we long for summer in Michigan. No matter how old we are, we enjoy the longer days and the beauty that transforms the world outside.

This is the time of year we can open our doors and windows on a cool and sunny morning or evening and breathe in the growth and freshness of creation. If you are able to do so on your own, the outdoors invites you move and explore. You may choose to experience summer sitting in a safe and shaded location, and silently pray. If you are not independent, family members or friends are usually happy to help you visit a garden. The summer creation that has come alive once more is a joy to observe.

Just as there are seasons of the year, there are seasons of spiritual formation. We spend much of our lives growing physically and acquiring knowledge, which together help us discover our gifts, and choose work to become independent. Besides the development of our body and our mind, we often choose a faith tradition to deepen our understanding of the spiritual dimension of life. Not everyone seeks to grow spiritually however, humans are the only beings in creation that develop this interest. Spiritual formation most often becomes important in our adult years, especially after marriage and the arrival of children. This does not mean that children are not able to have spiritual awareness before their adult years. You may be one who experienced attending worship with your family as a child or youth.

I was one of those children who grew in interest about the meaning of faith. When I was growing up our family had already moved to a large city, primarily due to our father's profession. We became active in a small Methodist church. When I was young the denomination wasn't a matter of focus. My spiritual education was about the story of Jesus and his disciples. Now that I am a grandfather it is abundantly clear to me that my spiritual formation came largely from the direction of my mother. My mother or father would see to it that I was aware of certain adult leaders and how I could benefit by the program for which each one was responsible. The Boy Scout troop was one of them.

What I have come to treasure over time are the individuals that my mother introduced me to. Some were deeply loved friends with unique spiritual gifts. It became such a treasure to me as an adult to have been introduced to individuals outside our family who were uniquely gifted with a love of God that was personal, not defined by a denomination. As we had fellowship with individuals who shone with the Spirit of God, even my mother's wisdom was more present than at home. Spiritual formation, from then to this very day, is the treasure that is everlasting.

Soul Food is written by Rev. Gil Boersma, M.Div., a Board Certified Chaplain and retired Pastor. He can be reached at boersmagil71@gmail.com

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Authors of West Michigan Letters Tell the Story

Writing has provided a way for Amy to ease anxiety and get thoughts out of her head and onto the page. She is currently working on a sequel to *LETTERS lost then found*. It involves the rescue of the only survivor, Sg. Marvin Jacobs, of the plane crash on February 5, 1945.



BY TRICIA McDONALD

After her beloved grandmother passed away, author Amy Johnson faced the heartbreaking task of emptying her grandparents' basement. What she found hidden away in file cabinets, were anything but heartbreaking. Her grandfather had kept handwritten letters between his brother and

himself during World War II. Amy felt the brothers had a story to tell and their letters became the impetus for Amy's book, *LETTERS lost then found*.

As a graphic designer, which Amy claims is essentially storytelling, her process for the book was writing her ideas on 3x5 white cards and putting them in a shoe box. She thrives on spontaneity and disorder and although this process was unorganized, she liked the challenge.

Amy designed *LETTERS* lost then found to engage readers in a number of different ways. The letters can be read sequentially from cover to cover, but there are also brief excerpts next to each letter that form a poetic series when read one after the other. The Day in History section on each page gives glimpses of what was happening in World War II at the time each letter was written. And finally, a ticker tape, reminiscent of the Western Union Telegram, runs across the bottom of the pages.

A Grand Rapids native, Amy describes herself as curious, creative, considerate and clever. She believes dogs are better than people, and her two senior golden retrievers, Levi and Lucy, agree.

Although *LETTERS lost then found* is Amy's first published book (2016), it isn't her first attempt at writing. She wrote stories in elementary school and bound the pages with yarn. At the age of nine, she wrote her first book. Using illustra-

tions and text, Happy Land was sixteen pages and told the tale of a little creature looking for a happy place to live. The focus of the book makes sense since Amy loves a good laugh.

Amy Johnson



LETTERS lost then found has won twelve awards, including the Best Overall Design Non-Fiction Category of the 2017 Next Generation Indie Book Awards, and First Place in the Military Category of the 2017 Royal Dragonfly Book Awards.

"These stories, treasures, and discoveries that were unearthed from the dark corners of my grandparents' basement will last me a lifetime," Amy said. We, as readers, are grateful Amy shared these

stories with us as well.

Tricia L. McDonald is an internationally published author, public speaker and writing coach. Her Life with Sally series: Little White Dog Tails, Still Spinnin' Tails, Waggin' More Tails, and Princess Tails are compilations of stories chronicling life with her miniature bull terrier. Quit Whining Start Writing: A Novelist's Guide to Writing is a guide to help writers put away the excuses and get the writing done.

The Bookman, in Grand Haven, is excited to feature authors living in our Greater Lakeshore Neighborhood. Contact The Bookman to read the authors' books.



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Ask the Provider An Ounce of Prevention



Courtesy of Mercy Health

Taking time to schedule an annual wellness visit with your Primary Care Physician could be life-changing. Benjamin Franklin said it best: "An ounce of prevention is worth a pound of cure."

BY JENNIFER HEMINGWAY, DO

Question: Does Medicare require patients to receive an annual physical or wellness check?

Answer: Medicare does not require patients to receive an annual wellness check. However, they do encourage patients to schedule an Initial Preventive Physical Examination ("Welcome to Medicare Visit") within the

first 12 months of part B enrollment to review medical and social health histories as well as preventive services education, or an "Annual Wellness Visit" once every 12 months to develop or update a personalized plan for prevention of illness and perform a health risk assessment. During an Annual Wellness visit, vitals are obtained, but a complete physical exam is not performed.

Question: Are annual checkups covered by insurance providers, including Medicare?

Answer: Medicare covers the Welcome to Medicare Visit and the Annual Wellness Visit, with no co-pay or deductible, but they do not cover routine annual physicals/checkups, during which more detailed exams are performed and often include routine lab and screening tests. Some supplemental insurance plans may cover routine annual checkups with applicable co-pays and deductibles. Medicare will cover services for specific diagnoses with necessary labs/testing, but co-pays and deductibles will apply.

Question: Why should seniors get an annual checkup if they are feeling well or take very few medications? Isn't that a waste of time and money?

Answer: Prevention is key to longer, healthier lives. Annual checkups help physicians identify symptoms and conditions early, and allow earlier intervention to help prevent or delay long-term complications.

Question: What tests typically are part of an annual checkup?

Answer: Tests are determined based on a patient's age, medical history, family history, risk factors and presenting complaints. Often, labs are ordered to monitor blood sugar, electrolytes, kidney and liver function, blood counts, cholesterol and thyroid function. Screening for osteoporosis, breast cancer, colon cancer, cervical cancer, prostate cancer and lung cancer are also discussed and ordered as appropriate.

Question: Are these tests usually covered by insurance?

Answer: Many preventive services are covered by insurances, however, patients are encouraged to check with their insurance companies before completing any lab or testing to see if it is covered, and how much out-of-pocket cost there will be.

Question: For people looking for a primary care provider (PCP), is there a trusted online resource for checking about how a physician is rated?

Answer: There is a lot of information available online, but the most reli-



able, trustworthy resources would be a patient's insurance company review or local hospital websites. These sources have firsthand information about physicians who have gone through rigorous credentialing processes and are highly recommended.

Dr. Jennifer Hemingway. DO, is with the Mercy Health Physician Partners in Ada.

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ACROSS

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- End that "I face," in Sinatra's 17 "Mv Wav"
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- 30 It has 32 pieces and a 64-square board
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- Decadent, as the snobs in a 47 historic Agnew speech
- 48 Blessed
- 49 Get-out-of-jail money
- 50 Drinks with floating ice cream
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- 58 Broadway do-or-die philosophy, and a hint to the ends of 17-, 30-, 37- and 44-Across
- 62 Informal negative
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- 65 Activist Parks
- Words meaning the same 66 thing: Abbr.
- 67 Furry swimmer

DOWN

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- Madcap 13
 - 18 We, to Henri Grand slam homer quartet, 19
 - briefly
- 24 Prefix with hit or store
- 25 Backs up in fear
- Cats and dogs 26
 - Eye surgery acronym 27
 - 28 More than enough
 - 29 Foolish, in slang
 - Easily tipped boat 30
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 - Rye grass disease 32
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 - 39 Coffeehouse connection Like airplane services 40
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 - 49 **Buffalo Wild Wings**
 - nickname based on its initials
 - 50 Marquee name
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THAT SCRAMBLED WORD GAME

told you to ve it up. And

by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square,









30 HE TRIED TO BUILD A NORKING TELEPORTER, BU HIS PLANS NEVER

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

aterford

Memory Care

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9		5				3		
9 8 6	2				9			
6			1	5	8			

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 23



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 pager. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

Boggle BrainBusters Bonus We put special brain-busting words into the puzzle grid. Can you find them? Find AT LEAST EIGHT FRUITS in the grid of letters

BOGGLE POINT SCALE	YOUR BOGGLE Rating	grid of letters.	
3 letters = 1 point 4 letters = 2 points 5 letters = 3 points	151+ = Champ 101-150 = Expert 61-100 = Pro		
6 letters = 4 points 7 letters = 6 points	31 - 60 = Gamer 21 - 30 = Rookie		
8 letters = 10 points 9+ letters = 15 points	11 - 20 = Amateur 0 - 10 = Try again		

challenging than I thought. Where can I get help?" Caregiver

aterford Place

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- Talk with a Waterford Place Counselor

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and you

unset Community

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MYTH:

"If I had a hearing problem, I'd probably know it."

FACT:

Not necessarily. Hearing loss develops slowly. Plus, our own ability to compensate and adjust to gradual hearing changes makes hearing loss difficult to recognize.

Why guess about your hearing?

HEARING

LOSS

MYTH

ĦΔ

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e environment, accuracy of hearing evaluation and proper fit. Beltone Hearing Care Centers are independently owned an



Cathay's Cooking Corner

BY CATHAY THIBDAUE



Fish Tacos

White Sauce:

1/3 cup thinly sliced green onions
1/3 cup chopped fresh cilantro
1/4 cup mayonnaise
3/4 cup sour cream
2 teaspoon grated lime rind
1 small fresh lime, juiced
1/4 teaspoon salt
1/4 teaspoon pepper
2 or 3 garlic cloves, minced,
depending love of garlic

Tacos:

1 teaspoon ground cumin 1 teaspoon ground coriander 1/2 teaspoon smoked paprika 1/4 teaspoon ground red pepper 1/4 teaspoon salt 1/2 teaspoon garlic powder 1 1/2 pounds lean white fish (tilapia, cod, halibut, mahi mahi) fillets 1/4 cup olive oil 8 (6-inch) corn tortillas 2 cups shredded cabbage (I use green and red)

Combine green onions, fresh cilantro, mayonnaise, sour cream, grated lime rind, fresh lime juice, salt, pepper, garlic cloves in a small bowl; set aside.

Pour the olive oil into a small bowl and add cumin, coriander, smoked paprika, ground red pepper, salt, garlic powder in a small bowl. Mix well. Place the fish in a plastic bag and pour the marinade over it, making sure to coat the fish well on both sides. Allow to marinate in the refrigerator for 30 minutes to 4 hours, depending on time available.

Heat a nonstick sauté pan over medium-high heat. Remove the fish from the marinade and place in the hot pan (there is no need to add more oil). Cook the fish for 5 minutes undisturbed, then turn over, and cook for another 4 minutes. Remove the pan from the heat and flake the fish into the pan with a fork, making sure to mix in all the marinade that has stuck to the bottom of the pan. Set aside.

Place four of the tortillas on a plate and sandwich them between two slightly dampened sheets of paper towel. Microwave on high for 45 seconds. Place the warm tortillas in a towel-lined basket or plate and cover.

Divide fish evenly among tortillas; top each with 1/4 cup cabbage and 2 tablespoon white sauce.

Cathay is the Network Manager, Certified HIT Security Administrator and Certified HIPAA Security Professional Accelerated at Senior Resources of West Michigan. She also enjoys boating, fishing and spending time with her family.

The Blessings of Caregiving – One Woman's Story



ΒY

KENDRA

SCHUMAKER

When thinking about my own experience, it came to me that my journey as a caregiver came in waves. It is a long story that started out as many caregiving stories do, with concern, bad news, hope, more concern, more bad news, some progress, settling into acceptance and finally into a new reality.

My caregiving story began at a

very young age. I was my mother's only child, and my father passed away the day after my first birthday. I am blessed that I do not remember any of that. I can't imagine being my mother and having to cope with all of that stress, grief, and loss. I was raised at a time when there were not a lot of single mothers. To support us, my mother worked and I had babysitters. At a relatively young age, I convinced my mother to let me get on and off the school bus independently. Thankfully, I did not have a lot of big mishaps, and I proved myself to be responsible.

My mother started losing her hearing in her early 30s. By the time I was around 13, she was almost totally deaf. She was fortunate in that her employer accommodated her disability and she was able to keep her job. Life at home needed to change though. As a youngster, I was responsible for answering the telephone, assisting with making doctor appointments and even going along when negotiating to buy a car. It was what we had to do at the time. When I think back on this experience, I realize that my caregiving experience started as small waves. As part of the hearing loss also came balance problems for my mother. Some falls happened, then multiple surgeries, and recoveries that did not go so well. She eventually became unable to complete many of the household chores she had done independently, such as mowing the lawn and painting the house.

Life continued: college, dating, graduation and marriage. My husband suggested that my mother move in with us as a way to make her life a little easier until she retired and could move up North. She lived with us for over fifteen years. Has this been a walk in the park? NO WAY?! My husband and I now have five children ages 18-7. They don't remember a time grandma didn't live with us.

So where are all the blessings? Looking back from where we began to where we are now, the blessings

have been there all along; I just did not recognize them. I believe that it is acceptance of the responsibilities of being a caregiver, and the faith that you can do it, which lead to peace.

So why would anyone be a family caregiver? Rosalyn Carter is quoted as saying, "There are only four kinds of people in this world...those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers." Isn't this true? We don't need to be "perfect," we just need to be present and do our best. Our loved ones deserve this, and as time goes on we will reap the benefit of future generations seeing how we are handling caregiver responsibilities.

Kendra Schumaker has 27 years of experience working in the field of aging. As former caregivers, she and her husband, Brian, realized the need for an additional resource for Home and Community Based Care. As a result of this, SarahCare Adult Day Center opened in 2008 to families of West Michigan. Kendra is a Certified Dementia Practitioner, facilitates several support groups locally, and is the Ambassador to West Michigan for the Alzheimer's Association. Kendra's passion is not only Home and Community Based Care Services, but specifically Caring for the Caregiver!



Family Fun in Grand Rapids

The Grand Rapids Public Museum and Frederik Meijer Gardens Announce Latest Events and Exhibits



Grand Rapids Public Museum

Front Row for the Fireworks

Spend an evening celebrating Independence Day at the GRPM's Front Row for the Fireworks. In addition to having the best seats in Grand Rapids for the fireworks, the night includes patriotic music playing on the Mighty Wurlitzer Organ, Chaffee Planetarium shows, rides on the 1928 Spillman Carousel, as well as unique Museum-wide scavenger hunt for the family. At dusk, visitors can head outside to the enclosed lawn seating areas or stay inside the Museum for air-conditioned comfort to have an amazing view of the fireworks as they burst over the Grand River. July 6, 2019 at 6:30 p.m. https://www.grpm.org/events/frontrow/

Planetarium Double Feature

The GRPM will be showing a special double feature of The Queen Light Show and Dark Side: The Light Show in the Chaffee Planetarium. Music enthusiasts will rock out to the music of Queen and Pink Floyd paired with stunning visuals on the planetarium dome. The Museum's doors open at 6:30 p.m., with the first show starting at 7 p.m. Visitors will be able to make a stop by our cash bar before heading into the planetarium with their beverages to enjoy the first show and during a short intermission. Now through August 1, 2019 at 7 p.m. https://www.grpm.org/planetarium/



TOYS!

TOYS! is a GRPM original exhibit that features toys and games from the Museum's Collections and on loan from the community, allowing visitors to imagine, compete and create, while going on a journey of toys through generations. The exhibit even features a working 1980s style arcade. Starting June 15, experience TOYS! like never before with the TOYS! Summer Expansion, featuring 15 giant games including: Battleship, Lincoln Logs, Kerplunk, UNO and more! https://www.grpm.org/toys

Changing America

Changing America is an exhibition designed to encourage public discussion about the relationship between two great peoples' movements that resulted



in the Emancipation Proclamation in 1863 and the March on Washington in 1963. These two events are profoundly linked together in a larger story of liberty and the American experience. Both events were the results of people demanding justice, and grew out of decades of bold actions, resistance, organization and vision.

Open through October 2019. https://www.grpm.org/changingamerica/

For admission, tickets, and information on any of these events, please check out the GRPM's web-page at https://www.grpm. org/. The GRPM is located at 272 Pearl St. NW, Grand Rapids, MI 49504



Frederik Meijer Gardens & Sculpture Park:

June 6 – September 18, 2019

The annual Fifth Third Bank Summer Concerts at Meijer Gardens continue to bring the finest national and international musicians to West Michigan, thrilling music lovers across all genres and all generations. The Summer Concert Series runs from June through September and features beautiful terraced lawn seating and food, beverage and merchandise concessions—surrounded by spectacular views of gardens and sculpture. More info at https://www.meijergardens.org/calendar/summer-concerts-atmeijer-gardens/



Kids' Tram

June 10 – August 17, 2019 Mondays, Wednesdays, Fridays and Saturdays, 10:45 am, 11:45 am, 1:45 pm, and 2:45 pm

Discover it! A Kids' Tram Tour Looking for adventure this summer? Join us on the Kids' Tram as we take a 45-minute journey of discovery all around the Sculpture Park. With dynamic discussions, imaginative activities and kid-friendly tools, discover the uniqueness of plants, sculptures, animals and more! More info at https:// www.meijergardens.org/calendar/kidstram-1/



Summer Storytime

Imaginations are welcome at Summer Storytime! Navigate puppets through imaginary landscapes, jump like frogs onto pretend lily pads, or chant and cheer for your favorite story characters. Join us for a variety of sensational stories all summer long. Location: Lena Meijer Children's Garden More info at https://www.meijergardens. org/calendar/summer-storytime/



Tuesday Evening Music Club

July 2 – August 27, 2019 The Tuesday Evening Music Club brings talented local and regional musicians to the Frederik Meijer Gardens Amphitheater stage Tuesday evenings—free to Meijer Gardens members—throughout July and August. More info at https://www.meijergardens. org/calendar/tuesday-evening-music-club/



Fridays at the Farm

Have bushels of family fun this summer! Children of all ages will have farm-time fun by working together on a cooperative quilting project and completing "chorechallenges" like gathering eggs, hanging laundry and "painting" the barn. Join us for special farm-inspired stories, games, music and more.

Location: Michigan's Farm Garden Fee: Free with membership or included with your admission ticket

More info at https://www.meijergardens. org/calendar/fridays-at-the-farm/

Science Saturday

Investigate Michigan animals as you explore fascinating facts about reptiles, amphibians, mammals and more. Learn from a guest naturalist what makes each animal unique, ways of simple identification and the importance of their conservation by participating in family-friendly activities. Location: Lena Meijer Children's Garden More info at https://www.meijergardens. org/calendar/science-saturdays/

Question: My wife and I live in Michigan, but plan to spend the winter in New Mexico. My wife will turn 62 while we are down south. Can she apply for benefits in New Mexico or do we have to wait until we get back home to apply for retirement at our local Social Security office?

Answer: These days, you don't even have to be near a Social Security office to apply for benefits. Regardless of where you and your wife are living, you can apply for retirement benefits online at www.socialsecurity.gov/applytoretire. It's so easy

to do and it can take as little as 15 minutes to complete and submit the application. If she prefers, your wife can file a retirement benefit application at any Social Security office-including the one closest to you in Michigan, New Mexico, or wherever you happen to be.

Question: Recently, I was told I shouldn't be carrying my Social Security card around. Is that true?

Answer: We encourage you to keep your Social Security card at home in a safe place. Do not carry it with you unless you are taking it to a job interview or to someone who requires it. Identity theft is one of the fastest



growing crimes in America and the best way to avoid becoming a victim is to safeguard your Social Security card and number. To learn more, visit www.socialsecurity.gov/ssnumber.

ΒY VONDA VANTIL

Beware of People Pretending to be from Social Security

Social Security is committed to protecting your personal information. We urge you to always be cautious and to avoid providing sensitive information such as your Social Security number (SSN) or bank account information to unknown people over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

There's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your SSN,

on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your SSN is at risk of being deactivated or deleted. The caller then asks you to call a phone number to resolve the issue. People should be aware that the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a very few special situations, such as when you have business pending with us, will a Social Security employee request that the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa. gov/report.

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. Scammers try to stay a step ahead of us, but with an informed public and your help, we can stop these criminals before they cause serious financial damage.

Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.



Question: My father receives Social Security retirement benefits and I will be in charge of his estate when he dies. Should that occur, do I need to report his death to Social Security or will benefits automatically stop?

Answer: When your father dies, please notify Social Security as soon as possible at 1-800-772-1213 (TTY 1-800-325-0778). Another person, such as a spouse, may be eligible for survivors benefits based on his record. Also, we might be able to pay a one-time payment of \$255 to help with fu-

neral expenses. We suggest reading a copy of our online publication, How Social Security Can Help You When A Family Member Dies, at www. socialsecurity.gov/pubs/10008.html.

Question: I'm 38 years old and have been approved to receive Supplemental Security Income (SSI) disability benefits. I was surprised to learn that my payment will be reduced because I live with my mom. Why's that?

Answer: SSI is a needs-based program, so any other income you receive including non-monetary income such as help with your bills or other expenses-can have an effect on your benefit payment. Your SSI payments may be reduced if you are receiving food, shelter, or monetary assistance. If you move, or if the situation in your mom's household changes, be sure to contact Social Security. For more information, visit www.socialsecurity. gov/ssi.

Trying to Relax



At 235 pounds, I am no Tinker Bell and I don't suppose the pixie ever sat in a recliner. I have and do so many times each day. My wife and I bought an identical pair of recliners when we moved to the west side of the state about nine years ago. I have forgotten the brand name but they weren't cheap. Over the years they have served us well; hers more so than mine.

BY JERRY MATTSON

This is on my mind since we just ordered a new chair for her. The new one is not as large as the current one and won't require her to add pillows

behind her back to make it comfortable. When it arrives, her old one will make a six-foot move to the right and become my new one.

She claims I am too rough on my chair. I plead guilty. I don't make any effort to "gently" ease into it or slowly pull the lever to raise the foot-rest. I do this, I suppose, in a manly fashion. It has a swivel option which amounts to a Lazy Susan-like assembly mounted to the chair and

attached to a two-foot diameter wood composite base that does not stick to the carpet. Every few days one of us moves the chair back to its starting point, near the reading lamp and the end table.

Inadvertent furniture movement is not a big issue, but ending up on my back with my legs pointing toward the ceiling after leaning back in the chair, is. I turned it over to take



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a look and found one of four mounting bolts had pulled most of the way through the composite disc. I unbolted the disc, cut out the five-inch square of broken material, glued in a piece of 3/4 inch plywood, drilled a counter-sink hole along with an attaching hole and reassembled it. It's been a successful fix, so far.

That was not the chair's first repair. I once heard a loud noise and found myself leaning to one side. I flipped the chair over and found a broken carriage bolt and a coil spring on the floor. A ¼-inch bolt had sheared. After another one sheared, I replaced all these small, soft bolts with larger, hardened, ones.

Two days after we ordered the new chair, I found mine did not rock as far forward as it used to. I pulled the handle to recline, then released it to sit up two times, like rebooting a computer. That didn't help. This was a new issue I had to investigate. The problem showed up in bright green and was easily remedied. I picked out the lost mini-tennis ball, missing since our grand-puppy, Gizmo, last visited. No cost, no tools, no possible injury and no comments were heard about why I always try to fix things myself.

Now, I suppose I can look forward to doing most of these things again on my new, used, chair. Change the way I sit down in the recliner? Not a chance.

Jerry is not exactly cheap, but prefers to redo, repurpose or repair things rather than buying something new right away. It's a bit like writing, where one tinkers with the words until a story, or the repair job, seems to be done properly



JULY | AUGUST 2019

RAD Women Hit the Streets of Grand Rapids



ΒY

REGINA

SALMI

Now that summer is here, it's a great time to get out and explore our city. Since 2009, Grand Rapids has become known for ArtPrize, drawing a half million people into the city each autumn to view and vote in the city-wide art competition. Art doesn't only take place 19 days out of the year in Grand Rapids though. Home to places like Kendall College of Art and Design and The Fed Gallery, Grand Rapids Art Museum, Urban Institute of Contemporary Arts, and the Heartside Gallery and Studio, Grand Rapids is fortunate to have a vibrant and accessible art community.

This spring a new public installation was introduced to the city streets – the RAD Women Project. Kim Van Driel, Director of Public Space Management at Downtown Grand Rapids, Inc (DGRI) got the inspiration for the project through a book she bought her niece, *Rad American Women A-Z* by Kate Schatz (2015). Partnering with Hannah Berry, founder and creative director of Lions and Rabbits, a public call was put out for artists who would be interested in painting the portrait of one of the women featured in the book on an electrical box in downtown Grand Rapids. Like the book, the portraits go through the alphabet beginning with "A – Angela Davis" through "Z – Zora Neale Hurston," each woman an important figure in American life.

Hannah Apps, one of the participating artists, says, "I loved the idea of the RAD Women project [...] and was thrilled to be selected. I had a lot of fun designing the piece." Hannah was selected to paint "X – The Women Whose Names We Do Not Know." Hannah describes, "I have known so many women in my life just like X. They are the women that run organizations from the back seat, whose accomplishments are never fully recognized. I see my X portrait as a toast and recognition to all the women who have made this world a better place." Hannah's portrait can be viewed in front of 20 Monroe. "Since the background is bright pink, it is hard to miss" she states.

To accompany the project, DGRI invited the author of the book to Grand Rapids to view the completed project, visit area schools and the Grand Rapids Public Library and host a "Rad Women Happy Hour." DGRI also created a walking tour to accompany the installation. Now a permanent part of our cityscape, visitors can view all the portraits A-Z using a map created by DGRI. The RAD Women project provides a great opportunity to get outside, enjoy the city and be reminded of the contributions these women made to American culture and be introduced to important figures we hadn't previously known. More information is available through DGRI at http:// downtowngr.org. Thank you to DGRI and Erika Townsley for the photos of a few of the portraits.

When not keeping up with two busy teenagers, Regina Salmi enjoys reading, writing, volunteer work, golf, technology and learning something new every day.









RAD AMERICAN WOMEN A-Z NUDAD APP AT GRWALKS COM TOUR STARTING POINT A ANGELA DAVIS B BILLIE JEAN KING C CAROL BURNETT DOLORES HUERTA ELLA BAKER FLORENCE GRIFFITH JOYNER THE GRIMKE SISTERS HAZEL SCOTT ISADORA DUNCAN JOVITA IDÁR KATE BORNSTEIN MAYA LIN NELLIE BLY ODETTA HOLMES PATTI SMITH "QUEEN BESSIE" COLEMAN RACHEL CARSON SONIA SOTOMAYOF TEMPLE GRANDIN URSULA K. LE GUIN VIRGINIA APGAR WILMA MANKILLED FOR THOSE WHOSE NAMES WE DON'T KNOW YURI KOCHIYAMA ZORA NEALE HURSTON LEARN MORE ABOUT THE RAD WOMEN BOOK SERIES AT:





Hannah Apps, participant artist.

Explore the Beauty of Lake Michigan



Not only is Lake Michigan absolutely stunning, it also provides a giant dose of health benefits! My parents are from Grand Haven so I am a bit partial to the area and now I get to share the beauty with my kiddo. If taking an adventure along West Michigan's lakeshore is on your bucket list, here are a few

spots check out:

ΒY

JESSICA

SMITH

Muskegon/Whitehall is home to **Duck Lake Beach.** Duck Lake and Lake Michigan join together to offer both big lake and small lake options (one may be considerably warmer). There are several stairs down to the beach and walking paths around the lake. Amenities are limited; restrooms are available but no pavilion or food options.

Address to the beach - 4591-4731 N. Scenic Dr, Whitehall, MI 49461

Address to the State Park around the corner - 3560 Memorial Dr, Muskegon, MI 49445



Just minutes North of Grand Haven is a hidden gem, **North Beach Park – County Park.** This beauty is convenient for all, with easy parking, no stairs, small playground, and an open pavilion. Picnic tables, grills, and restrooms are available.

Address - 18775 N. Shore Dr, Ferrysburg, MI 49409



Heading into Grand Haven is the ever so popular **Grand Haven State Park**. This area is a hot spot and busy during the summer. There is a fair amount of parking, restrooms and changing area, easy access to the beach, and several food options including food trucks. Grand Haven is also an amazing small town with plenty of shops, entertainment, and restaurants with one of our newest favorites, The Toasted Pickle, offering a wide range of food options. If you want to adventure into the night, the musical fountain is spectacular and begin at dusk.

Address - 1001 S. Harbor Dr, Grand Haven, MI 49417

Holland holds a handful of beautiful beach spots as well. Two to note are **Holland State Park** and **Black Lake Boardwalk**.



Holland State Park is similar to Grand Haven, easy parking, nice sandy beach, food, and restrooms but it is busy during the summer months. Holland is also a wonderful small town with nice shops, restaurants, and an incredible tulip festival.

Address - 2398 Ottawa Beach Rd, Holland, MI 49424



If you're looking for less sand but beautiful water views, head over to the small sitting spot called **Black Lake Boardwalk**. Parking is free but minimal, several benches border the water as do picnic tables. A General Store and an ice cream/hot dog shop are nearby.

Address - 2278 Black Lake Avenue, Holland, MI 49424

Looking for a great place to hike? Try **Saugatuck Dunes State Park**, which offers a whopping 1,000 acres of land along with trails that range from 2-5 miles. Near the parking lot are picnic tables, a pavilion, and a port-a-potty.

Address - 6575 138th Ave, Holland, MI 49423

Roughly 25 minutes south of Holland is **Oval Beach**, located in Saugatuck. A definite beauty but it does tend to get busy in the summer months. Amenities include bathrooms and a concession stand. Saugatuck is an absolutely beautiful town with plenty of unique shops, art galleries, restaurants, and home to one of the best coffee shops around – Uncommon Coffee Roasters.

Address - 690 Perryman St, Saugatuck, MI 49453

Jessica Smith is an Accountant for AAAWM. She has a love for water activities, trail walking, baking, and animals - especially Boxers.



Travel Considerations

BY JIM POWERS, LMSW

Question: As a caregiver recognizes changes in their loved one's cognitive abilities, what considerations need to be taken into account when planning trips?

Answer: The caregiver may need to determine if a day or overnight trip is in order, based on past experiences and current observations of their family member. When was the last time the two of you traveled overnight? What do you recall from the trip? Has the disease progressed significantly since the last trip? Generally speaking, the more extensive the dementia, the more challenging the trip becomes.

Question: Are there specific behaviors to look for that might indicate a lengthy trip may not be practical?

Answer: If the caregiver has noticed their loved one needs a strict daily routine to avoid getting upset, finds new settings stressful, has late afternoon episodes of confusion and cannot be readily redirected once upset, these are indications a day trip may be more practical to undertake than attempting a more extensive outing. A day trip can be a productive and fulfilling experience for both the caregiver and loved one and there are certainly many points of interest within a two-hour radius of the lakeshore area to explore. If a loved one is in an earlier phase of their dementia, an excursion out of

the area for a week or two may be a reasonable option to consider. A more extensive trip of this nature would be undertaken if the caregiver is relatively confident the loved one can eat and reside in a variety of different settings, can tolerate noise and crowds, is able to communicate his/her needs and will stay in proximity to the caregiver without wandering. Arranging to have medication available to ease the anxiety of travel may be a means of avoiding undue anxiety for your loved one.

Question: How can a caregiver know if he/she is emotionally prepared for an extended trip with the loved one?

Answer: Caregivers need to take personal inventory and assess to what extent they can handle an unexpected crisis, are flexible with scheduling the itinerary and able to manage embarrassing social situations that might arise during the trip.

Question: Despite the caregiver's best of intentions, what if a catastrophic reaction should occur while on the trip? Should the caregiver have a plan B if return home early is the most practical arrangement?

Answer: It is always important to have a contingency plan if the vacation does not go as planned and a return home is the best course of action. Ideally it would be prudent to have another family member or friend accompany the caregiver on the trip as an additional source of support if the trip has to be terminated.

Jim Powers is a licensed social worker who has clinical experience in the mental health field at the local, state and federal levels. He currently serves as the caregiver support group leader at the Little Red House Adult Day Care Services in Spring Lake. The group meets on Thursdays at 10 a.m. at the Little Red House. Jim can be reached at powersj@charter.net



Beach, Sun, and Barefoot Fun



BY TARIN PAPARELLA, DPM

Thinking about ditching those shoes this summer?

These common conditions might have you second guessing walking around barefoot!

Question: Why does the ball of my foot hurt?

Answer: Neuroma: A neuroma develops when the nerves running between the toes become enlarged and inflamed from constant irritation. Neuromas typically present as sharp shooting pains out to the toes, a sensation of walking on a marble, or the feeling of your sock bunched up in your shoe. Common locations of a neuroma are between the 2nd

and 3rd toes and the 3rd and 4th toes.

Metatarsalgia: Lack of a proper fat pad or a high arched foot structure may cause the bones in the ball of the foot to be more prominent, feeling like you're walking on stones or marbles. Walking barefoot does not provide any additional cushion so the area may become painful.

Question: What if my heel hurts?

Answer: Plantar fasciitis: The plantar fascia is a ligament that runs from the heel to the ball of the foot to help maintain the arch. Plantar fasciitis is a condition where small tears occur within a tight fascia, causing sharp shooting pain in the heel. Walking without supportive shoes puts tension on the ligament, causing it to tear. This condition may or

may not be associated with a heel spur, and contrary to common belief, the spur runs parallel to the ground, not downwards into the ground.

Question: It's ok to go barefoot at the beach isn't it?

Answer: There are many dangerous things lurking at the beach in the sand and water. Wearing water shoes or sandals is a great way to avoid injury! Sticks, sharp rocks, or broken glass or shells can cause cuts or puncture wounds that can easily get infected. Also, don't forget about those little critters crawling around in the sand waiting to bite you! Lastly, those wonderful rays of sunshine quickly heat up the sand and sidewalks. Prevent burns on the bottoms of your feet by keeping them protected. Using sunscreen on your feet also helps prevent a deadly skin cancer called melanoma.

Question: So if you want me to wear shoes or sandals, what are some types you recommend?

Answer: Birkenstock sandals: These sandals have a cork-latex bottom that has molded arch support. The cork materials also molds to your feet over time to accommodate any bony prominences you might have and the stiff sole prevents excess wear and tear on the joints.

Crocs: These shoes have molded foam that provides support and cushion. The strap on the back helps the shoes stay on while the holes in the shoe allow for appropriate ventilation. They are light weight and provide plenty of room for the toes.

Vionic, Spenco, and Sole are other good sandal options.

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Answers for Word Search, Crossword Puzzle and Suduko on Pages 12 & 13

С	Α	S	С	Α		Х	М	Е	Ν		В	А	Е	Ζ
0	С	Е	Α	Ζ		R	υ	S	Е		Α	L	L	Α
Т	Η	Ш	ш	-	Ν	Α	L	С	U	R	Т	Α	1	Ν
S	Е	R	F		0	Υ	L			В	0	S	S	Υ
			Е	М	υ	S		S	Ρ	Ι	Ν			
L	Α	D	-	Ш	S		С	Н	Е	S	S	S	Е	Т
Α	М	0	Ν	G		F	Α	Ι	Т			1	R	Α
S	Ρ	R	Ш	Α	D	0	Ζ	Е	S	V	1	Ν	G	S
	L	Κ			Е	G	0	S		Ι	Ν	G	0	Т
к	Е	Υ	S	Т	Α	G	Е		Е	F	F	Е	Т	Е
			Η	0	L	Υ		В	Α	-	L			
S	0	D	А	S			С	D	Т		Ι	S	L	Е
Т	Н	Е	S	Н	0	W	М	υ	S	Т	G	0	0	Ν
Α	Ι	Ν	Т		Ρ	R	0	В		S	Н	0	R	Т
R	0	S	А		S	Υ	Ν	S		0	Т	Т	Е	R

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

Boggle Answers: FIG KIWI PLUM LIME LEMON GUAVA MANGO ORANGE

Jumble Answers: PRIZE AGAIN TUMBLE NEEDLE

Answer:

He tried to build a working teleporter, but his plans never - MATERIALIZED

YOU MADE A PROMISE NO NURSING HOME. EVER

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