

# Senior Perspectives

KENT COUNTY EDITION

A FREE PUBLICATION

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TO YOU BY:

A R E A  
AGENCY  
ON AGING  
OF WESTERN  
MICHIGAN

MARCH | APRIL 2019

Pg. 5 - Sailing Adventure ■ Pgs. 12 & 13 - Game Pages  
Pg. 18 - Understanding Social Security ■ Pg. 21 - Ask the Vet

**FREE PUBLICATION FREE PUBLICATION FREE PUBLICATION**



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Our Name. Our Focus.

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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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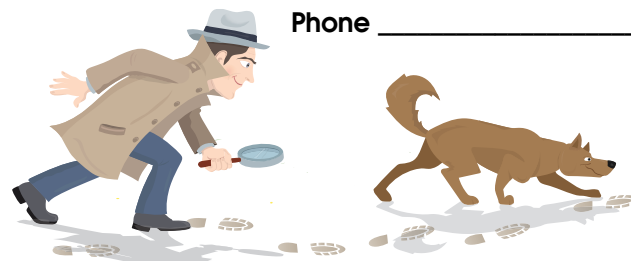
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**LAST WINNER: LILLIAN BOSSCHER OF LOWELL**  
The snow globe was found on page 16 in butterfly exhibit story.



# ELDER ABUSE



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Thomas Jefferson

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### Upcoming Meetings:

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# Our Sailing Adventure

*"The ideal cruise requires a good ship, pleasant company, and a strange coast with plenty of islands and rocks."*

– Humphrey Barton

Peg and I were planning a vacation. Because travel is "our thing," we often receive brochures advertising adventures for consideration. A magazine from Lindblad Expeditions-National Geographic caught my eye. Within minutes of browsing through the pages, I said to Peg: "I do not care which trip we take but I want to be on this ship!" and pointed to a picture of the *Sea Cloud*. A four-masted, hand sailed tall ship, the *Sea Cloud* combined elegance with adventure.

Built for E.F. Hutton and Marjorie Post, the vessel has quite a history. On this sailboat, built primarily for Marjorie with Marjorie's money (think Post cereals), the family escaped day to day life with a crew that well outnumbered the family of three. As history unfolded, the *Sea Cloud* was completely redone and served her country in the war. Returned to the family, it once again sailed for pleasure and ultimately was enhanced to become available for vacation excursions. My job was done. I had picked the ship!

Peg was up to the challenge of selecting the itinerary and soon we were on the phone with Lindblad booking a room on the June trip on the Dalmatian Coast.

Now, I am challenged by what to share. Should I describe for you the casual elegance of life on board the *Sea Cloud*? The food. The baked goods that were created in the kitchen every night to serve the next day. The seafood that was "native" to the area. The vast array of salads and fruits and cheeses and...and...and...kicking the definition of "gourmet" up a notch. The stateroom with comfortable beds, first class amenities, an ice bucket that always had ice, a fruit tray that was enhanced by chocolate in the evening. Piano music at every meal. Interesting presentations by experts on the expedition staff. And the best entertainment of all: the sailors! An unbelievable performance lashing and unlashng the sails of this tall ship!



BY  
KAREN  
KANIA



OR would you like to know about the ports of call? The stops along the Dalmatian Coast? The town of Hvar in Croatia where lavender abounds. The island of Korcula where we enjoyed a performance of Moreska sword dancing complete with a call for a bandage! Dubrovnik, a UNESCO World Heritage Site, with a city wall that is often steep and narrow but so worth the climb.

Montenegro, Black Mountain, provided a sightseeing drive of 25 serpentine switchbacks with a view of the fjord and town below. Then Albania with a tour of a castle, museums and a medieval market that included treasures from the Ottoman and Communist periods. Finally, Greece. Ithaca and Olympia. Homer's hero Odysseus from the 9th or 8th century BC might be a familiar character to those who recall their high school literature

studies. Archaeological digs unearthed remains that are locally known as the Castle of Odysseus. Olympia, the birthplace of the Olympic Games where one can run—or walk—the same field as the first Olympic athletes and see the spot where the Olympic torch is lit before the journey to the games today.

A great ship! Fantastic company! and a beautiful coast! Humphrey Barton would have no complaints about this more than ideal expedition!

*Karen Kania is a retired teacher, attorney, and business person. She and her spouse, Peg, enjoy travel, good food, top shelf beverages and the company of oh, so many friends!*



# Traveler Tales

## East to West through the Heart of Germany



BY  
JAY  
NEWMARCH

Traveling south of Berlin, Germany, you enter a whole different world. You leave behind the cosmopolitan for a slower pace and more historic look at Germany. Our first stop was Dresden, just 100 miles from Berlin, but a world away in feel and style.

You are immediately struck by the beautiful architecture which for me, was cause for confusion. I remember reading about the allied strikes on

Dresden during World War II. Hadn't I heard about near total destruction of this old world city? How was it possible that I was looking at old churches and palaces?

Another thing that you'll notice is also the answer to my previous questions. When looking upon these structures, you'll notice a rich earth colored tan brick right next to one that is a dark grayish black. This mix of colors is actually old and new mixed together.

After the war, the city truly was reduced to rubble. As Dresden was a main industrial center of communist East Germany, little was done to the ruins at the heart of Dresden until the mid '90s. At that point, what had been a memorial to war was painstakingly reconstructed using old architectural plans and all old stone from the ruins that could be salvaged. What couldn't be salvaged, was recreated.

The result, with the burned black blocks intermingled with new, is a haunting reminder of the devastation of war.

Thanks to the reconstruction of the city as it was, Dresden's soul is one of an old city, at least the center of Dresden. A large central square is surrounded by narrow serpentine streets. We stayed in a small hotel right on the square and proceeded to wander the streets and buildings of "old" Dresden. Even heavy showers didn't dissuade us as we scrambled to a traditional German restaurant just off the main square for one of our best dinners of the trip.

The city center is surrounded by main buildings, both residential and commercial, that are good examples of communist era utilitarianism. They remind me, especially

the apartment buildings, of those I saw when I travelled to Russia many years ago.

Highlights of Dresden include the town square, the Frauenkirche church in the square, Zwinger palace and museum, Bruhlsche Terrace on the Elbe River, as well as the old Catholic church and royal residence. While we spent a little over a day, you could spend much more time and take in



more sites further from the city center.

From Dresden, we traveled southwest to our next stop in Wurzburg. Here you see the hills and valleys associated with Bavaria, situated in the heart of wine country. We were even greeted with a bottle of wine in our room. Wurzburg's extraordinary architecture is on display, highlighted by the incredible 18th century Residenz palace in the heart of Wurzburg and Fortress Marienberg overlooking the city. Again, we took to foot, covering the streets of Wurzburg on our arrival. We arrived at the

Old Main Bridge, a pedestrian-only bridge, right about sunset. We were joined by a large number of residents who visit the bridge with drink in hand to watch the sunset and enjoy each others' company. A very hospitable way to bring in the evening!

The next day, we headed to the Residenz palace. Make sure to de-



vote a good portion of the day. The palace and gardens are immense, but well worth the time. A marvel of design and royal function, it is a sight to behold. The elaborate entry and staircase, with an 180 degree fresco by Tiepolo, will leave you mesmerized for a good long time.

Our guide also shared information about how the palace was saved for us to view on that day in October. During the final days of World War II, industrial cities such as Wurzburg were being heavily bombed by the U.S. and Great Britain. Germans raced to dismantle as much of the interior of the palace as possible and get it out of the city. Amazingly the

palace stood strong through the bombing, only the wooden roof was engulfed in flame. Thanks to the quick evacuation of doors, carvings, furniture and tapestry, all was able to be restored after the war. This is a don't miss!

Our next stop was Heidelberg, a historic town in southwest Germany on the Neckar River. We arrived in mid afternoon and settled into our hotel before going exploring. The city center is home to the longest pedestrian mall in Europe. It is a walking person's

wonder. We enjoyed wandering through Heidelberg enjoying the architecture, shops and people watching. And, you won't go hungry, there is an array of restaurants for you to choose from as you stroll through town, many with tables right out on the mall.

High above Heidelberg in the Odenwald Mountains are the ruins of Heidelberg Castle. And ruins might not be the right word. Portions of the castle remain for you to tour and the view from the gardens overlooking Heidelberg is breathtaking. The curving drive to the top will give you a thrill and some great views, too. Or, you can pack your walking shoes and climb Koningstuhl hill to the castle. You can even go further up the mountain from the castle in the funicular. A fun ride and ANOTHER great view!

We hit the autobahn once again headed for Trier. Unfortunately, we had little time in this town to view the Roman ruins that spot the area. Founded by the Celts and conquered by the Romans, Trier is considered to be one of the oldest cities in Germany. We wandered past the old Roman amphitheater as evening arrived. Advice: allot more time than we did. The next morning our planes, trains and automobile tour of Germany continued as we raced to catch our train to Cochem as we prepared to add river cruise to our list of transportation modes. Stay tuned!

*Jay Newmarch is a marketing professional and graphic artist living in Kalamazoo, Michigan. Jay designs the Senior Perspectives publication for Senior Resources and is an avid traveller who takes every opportunity to visit different corners of the world.*



# Caregiving: What I Have Learned from the Other Side



BY  
KENDRA  
SCHUMAKER

I miss my mom. I really do. Also true, caregiving was really hard. There were many times that I wished it would end. Many times I asked God, "How much longer?" I didn't think I had strength to

continue on this journey. I was sad, lonely, and tired. I was trying to work full time, take care of my mom while she lived with us, and be a wife and mother at the same time. Oh, my family certainly did help. My family showed her a lot of love, and she was loving towards them. Those memories sure help, but I do miss her.

The first thing we all realized after she died was how incredibly grateful we were that we were able to keep her at home. Not all families are able to do that...no matter how hard they try. On the other hand, realizing how quickly death came to her was surreal. I have said many times that I would not have believed she died if I had not seen her take her last breath. I have heard many other people say that their loved ones suffered through many chronic (and acute) illnesses. That is how I felt -- she always got better.

So what have I learned on this journey? I have learned to appreciate the good and the bad times. Were all our times together wonderful? No! Absolutely not. But I loved her. I miss her. I am glad that I did my best to take care of her.

I have talked to many caregivers over the years and encouraged them to

"keep the faith." Sometimes it is just staying in the race, even when you are behind. It is holding your tongue when you want to snap. It is smiling when you want to scream.

Caregiving from the other side is much different than caregiving while you are in the middle of it. Yes, I miss my mom, but I also feel full of hope for the future. I am glad that my family and I fully participated in her care. I have no regrets. I can even say that I am glad it was difficult. I can say that now because I know it made me stronger. It made me more of who I am. I have a sense of completeness, calm, and peace.

I have the ability to forgive and the realization that I am forgiven. It brought me to the total realization that being a caregiver does not mean that you have to be perfect, it just means that you have to continue to participate. Keep trying, stay in the game, don't give up. No matter who we are, what we believe, or who we care for, we all hold one truth...we are all on this earth temporarily. We must love fully, live honestly, and continue to strive to be 100% of who God wants us to be.

*Kendra Schumaker has 27 years 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 also caring for the caregiver!*



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### UPCOMING CLASSES

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Therapeutic Services for Older Adults

**Thursday, April 25, 2019**

Mental Health: Caring for Ourselves and Others

**Tuesday, May 7, 2019**

Making It Easier: Technology for Seniors & Caregivers

**Tuesday, June 4, 2019**

Elder Law: Planning for Our Future & Protecting Our Interests

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(616) 222-7032 | [registration@aaawm.org](mailto:registration@aaawm.org)

**Location:**



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# Being a Tech Savvy Senior: Don't Be Tricked by Malware

A couple of weeks ago, I received a text message and several phone calls from a friend frantically trying to reach me, "I got a strange notice on my computer

saying I had to call or they would disable me!" When I contacted her later, I was relieved to hear she refused to give them her credit card number and they hung up on her. Too often, people who receive these pop-up notices on their computers, tablets or phones fall prey to these scare tactics, losing hundreds of dollars and sometimes their identity as a result.



BY  
REGINA  
SALMI

Tossing your computer out the window or smashing your phone with a hammer is not the answer. You can take steps to avoid falling victim to malware.

Malware, also referred to as Adware or Spyware, is a type of software that is usually embedded in something else. Whether it is a "free" app you downloaded to your tablet, a "free" software you downloaded to your computer, or a "free" game you play through your internet browser, most likely you clicked "OK" and, buried in the fine print, you agreed to having the malware files downloaded to your device. When it comes to apps and software, nothing is free. When these files get downloaded to our computers, strange things, like what happened to my friend, can happen.

What can we do to protect our devices from these types of software?

- First, don't download anything unless it comes through an official app store like Google Play or Apple.
- If you make a mistake and download some malware to your computer, stay calm and know that any threatening messages you receive are not real.
- Do not call the 800 numbers that appear on your screen, give out any personal information, or allow anyone remote access to your computer.
- You can often get free assistance by going to the support website of manufacturer of the device, like Apple, Microsoft or Google support.
- Sometimes we need more than help articles; there are services you can pay for help. Best Buy's Geek Squad or HelloTech also offers in-home tech support, online and phone. These companies are reputable, established companies. You may have local tech support companies in your community.
- Stay in charge of your devices! While your son, daughter or grandchild may seem tech savvy and well meaning, they should

not be trying to fix your computer, tablet or phone. People of every age fall victim to malware and internet scams and our well-intentioned relatives might make matters worse.

When we run into problems like these, our inclination may be to give up on technology altogether, especially if we're new to it. Technology is engrained in every part of our society though, and can actually go a long way in helping us remain independent as we age. It's worth sticking with it and learning more. Local libraries offer technology classes for adults, as do many community and senior centers. If you're a member of a group who would like a class on learning about how technology like tablets and smart phones can enhance your life, Area Agency on Aging of Western Michigan will bring a class to your organization. You can contact us at (616) 456-5664 or [communications@aaawm.org](mailto:communications@aaawm.org) for more information.

*Regina Salmi is the PR & Communications Coordinator for AAAM. When not keeping up with two busy teenagers, she enjoys reading, writing, volunteer work, golf, technology and learning something new every day.*



BY  
MICHELLE  
JACKSON

## You Are Still Strong!

Strength by its nature is powerful, vigorous, and full of life. Strength comes from deep within and grows into a force that is only matched by a like vivacity. It is resilient. It can endure pain, struggle, and pressure.

Strength is not only physical as it is in younger years—it is mental, emotional and even spiritual. In fact, brute strength is the weakest kind there is. But, mental, emotional and spiritual strength are the kinds that determine one's character and integrity

and could determine destiny for all who it influences. It is this inner strength that can accomplish anything and makes the impossible possible. You are stronger than you think you are.

You have seen and experienced many obstacles. You have walked through seasons of struggle and tough times. You have seen many types of devastations in your life and in the lives of your beloved friends and family. Moreover, you have seen society fall to unbelievable lows. Even now, there are days you do not feel so great. Yet, you have gotten through it all. It took strength to do that.

Now that the time of physical strength is no longer at the forefront of life, mental, emotional and spiritual strength take center stage. It is time for your fortitude to be used to accomplish amazing things with your mind and heart, just as you once did with your body.

What if you could inspire a loved one to go back to school or go to Olympic trials? What if you could persuade the trustees of your township or village to preserve a park or a longstanding historical landmark? What if you could encourage a friend to do

**STRONG** *Continued on next page*



**STRONG** *Continued from previous page*

the thing that they have wanted to do their entire life? Your strength could be just the nudge needed to influence the life of a loved one, the future of your

township, and even the direction of our society. How? By being you, completely present and completely lovingly honest. Share your testimonies or triumphs over trials. Share your learning moments and things you would do differently. Remind your

current society of its history, citing stumbles from which to learn, and victories from which to glean. Your passion and wisdom will be seen in your eyes, even if no longer in your body. It will give others strength to see dreams of hope and visions for change accomplished. That is your unyielding inner strength working on your behalf and on behalf of all those around you for years to come.

Be Intentional. Have Determination. Speak Loving with Boldness.

*Michelle Jackson is the Director of Church Builders Bible Training Center who 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.*

*Michelle serves on a ministry alliance through Foundation Rock Ministries based in Monrovia, CA that reaches both across the nation and the globe. Michelle also serves on the Board of Directors for Ordained Women's Network based in Petoskey, MI. Most recently, Michelle serves locally as a mentor and bible teacher for Alpha Grand Rapids. Michelle is an ordained minister through Church Builders International.*



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# Maybe That's a Good Thing

It's been well over a year of this. I jump from bed sometimes at 3 a.m. – mind whirling. Exhausted from a day of physical activity, I fall on the couch with my favorite pillow, turn on TV, make sure my hearing aids are in place. I reach for the remote, then, fall asleep.

BY  
HELEN  
TOWNE  
GUEST  
WRITER

Understanding is not what I seek. Living alone in old age is often joyous, but sometimes scary.

I am now “waiting for God” as someone so aptly put it. After a life of work and raising a family, I now have time and finances. However, my body has been beaten and abused. Don't get me wrong, it's been “a wonderful life.” Now there's time for reflection, pampering myself, travel, gardening, pickleball, etc.

Volunteering is satisfying if you can convince yourself you are actually helping. Organizations give you their best ploy – finding “time-filling duties” to make us feel needed, but bottom line, a check would be good.



Yes, many of us are still writing checks. Fewer though.

I try to create my own adventure – leave my doors unlocked, get my nails painted black or a shade of purple, ride my motorcycle – that's us women. Today I noticed an elderly – no, ancient – old man driving in the rain with his sport's car convertible top down. Most of us old persons carry lots of baggage. Our brains are so full we can't recall half of it. Maybe that's a good thing!

I'm not ridiculing the young. It's their turn to challenge the “fight or flight” system. I'm trying to be graceful about this thing called growing old. I have arrived kicking and screaming. Watch out you young “whipper snappers.” In a week I will have arrived. Born in 1938 – you do the math on your iPhone.

*Helen, now living in Florida, grew up on Jackson Hill in Muskegon and makes frequent trips back to visit family and friends. She enjoys reading, writing, traveling, tennis, pickleball and riding her motorcycle. She wrote this article a week before her 80th birthday.*

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# Ask the Provider

## A Primer on Strokes: Signs, Causes and Treatment

*Courtesy of Mercy Health*

**Question:** What does a vascular neurologist do and what kind of training is involved?

**Answer:** Vascular neurology is a subspecialty of neurology. Vascular neurologists typically undergo a vascular fellowship that provides one to two additional years of training beyond a neurology residency. We are trained to treat vascular issues that involve the central nervous system, such as stroke, cerebral hemorrhage, subarachnoid hemorrhage and different kinds of bleeds in the brain.

**Question:** Why are strokes sometimes referred to as “brain attacks”?

**Answer:** When it comes to heart attacks (myocardial infarctions), the general public tends to be aware of the importance of getting immediate medical attention. Most people know that immediate care is crucial and can make a difference between life and death. The use of the expression “brain attack” is a way to draw attention to the need for patients to seek immediate medical care in the case of a stroke.

**Question:** How has the treatment of strokes changed over time?

**Answer:** Not too long ago, after having a stroke, a patient might receive an aspirin and see a neurologist a few days later. Today, depending on the individual circumstances and the time when medical care is sought, we have immediate treatment for stroke, such as clot-busting medications and procedures for removing the clot.

**Question:** What are some of the signs of a stroke?

**Answer:** We like to use the mnemonic “F – A – S – T” as an easy reminder of the symptoms. This stands for the



CHRISTOPHER  
GOSHGARIAN,  
MD

following:

F: Facial asymmetry or drooping of the face

A: Arm weakness

S: Speech abnormalities, such as slurring of speech or difficulty recalling words

T: Timing...time to call 911

The symptoms of weakness or numbness on one side of the body, difficulty with vision, balance issues or changes in language are also

indicators of a possible stroke.

**Question:** What are some of the causes of strokes?

**Answer:** One common cause is large blood vessel disease, which occurs when plaque buildup causes clogging or narrowing of a vessel that supplies blood to the brain. For example, a clot in one of the carotid arteries in a patient’s neck can break off and travel to the brain, blocking a distal vessel and causing a stroke. Another type of stroke can occur when the small vessels within the brain harden and narrow. These vessels can have small ruptures or hemorrhages causing a hemorrhagic stroke. Risk factors for these strokes include smoking, diabetes, poor diet and elevated blood pressure.

**Question:** Are strokes preventable?

**Answer:** According to the American Heart Association/American Stroke Association, strokes are the #5 cause of death in the U.S. However, we know that 70-80 percent of all initial strokes are preventable, and 50-70 percent of all secondary strokes are preventable. The practices of eating healthy foods, exercising and not smoking work well in combination to reduce the risk of stroke.

**Question:** How are strokes treated?

**Answer:** It’s extremely important to recognize the signs of stroke and to act

immediately by going to a stroke-certified hospital if a stroke is suspected. Such hospitals have the ability to administer tPA, a time-sensitive medication administered in an Emergency Room, that breaks up clots and significantly improves outcomes for patients. Every minute of delay presents a potential for the patient to lose 1.9 million neurons. There is a 4.5 hour “window” to administer tPA after the last time the patient felt well, so minutes really matter. Other treatments include interventions that remove the clot, such as using a catheter system through the groin or through surgery.

**Question:** What kind of follow-up care do patients usually require?

**Answer:** Follow-up care is individualized depending on the patient’s needs and can occur on an outpatient basis. Follow-up therapies include physical therapy, speech therapy and occupational therapy.

Learn more at [www.MercyHealth.com/Stroke](http://www.MercyHealth.com/Stroke).

## Myths and Facts about Strokes

**Myth:** Strokes only happen to older people.

**Fact:** Strokes can happen at any time. Even infants can have a stroke.

**Myth:** Strokes don’t require immediate care.

**Fact:** The earlier a stroke is treated by a medical professional, the more options a care team will have to treat the stroke.

**Myth:** A stroke is inevitable.

**Fact:** Modifying your lifestyle can greatly reduce your likelihood of a stroke.



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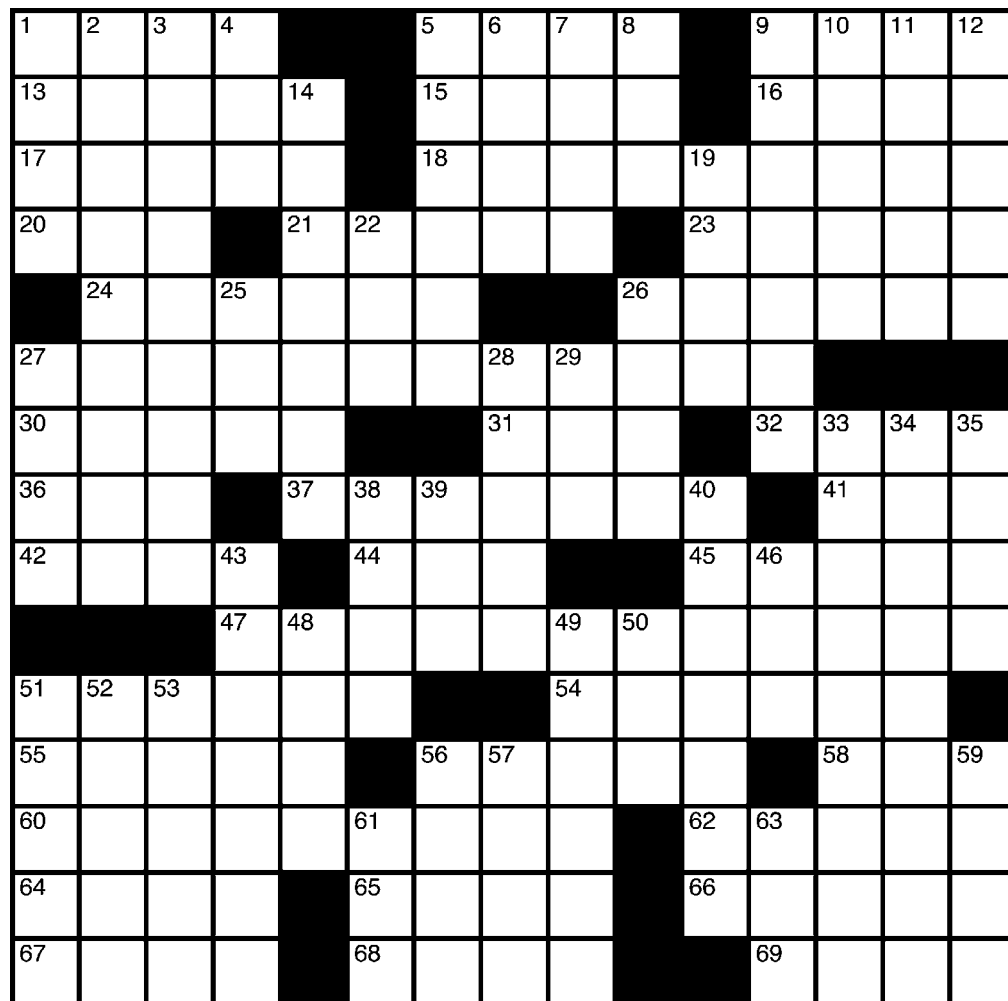
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1 Stage segments  
5 Apiece  
9 Fur fighters, initially  
13 Revealed  
15 Slushy treat  
16 Lumberjack  
17 “Lone Survivor” actor  
Hirsch  
18 Strike site  
20 LBJ, for one  
21 Champs-Elysees sights  
23 Shady garden denizen  
24 Go through again  
26 Counter alternatives  
27 Strike site  
30 Signature scent since 1968  
31 Place for an anvil  
32 Works at Museo del Prado  
36 Sailor’s pronoun  
37 Company with a crocodile  
logo  
41 Pitching stat  
42 Banks on some magazine  
covers  
44 Golfer Woosnam  
45 Spikes  
47 Strike site  
51 Insect that may live for 17  
years  
54 Live-in helper  
55 Psychologist May  
56 Date bk. listings  
58 Peeples of “Walker, Texas  
Ranger”  
60 Strike site  
62 Unspoiled spots  
64 Vikings’ home: Abbr.  
65 Opinion  
66 Mournful music  
67 Get too much sun  
68 Hand-me-down  
69 It’s often spoken with one  
hand at the edge of one’s  
mouth

- 1 Retired
- 2 Resisting being taken?
- 3 Academic term
- 4 Poivre's tablemate
- 5 Statue of Liberty architect
- 6 One of 640 in a square mile
- 7 Top suits
- 8 Tom's mate
- 9 LummoX

10 Live and breathe  
11 Mahler's last symphony  
12 Fields  
14 Loudness measure  
19 God with a hammer  
22 Co-star of Burt in "The  
Killers"  
25 Author Harper  
26 D.C. : Metro :: S.F. : \_\_  
27 Nonpareil  
28 Téa of "Madam Secretary"  
29 Strasbourg step  
33 They're often found in dens  
34 Forest age indicators  
35 "Duck soup!"  
38 Electronics brand  
relaunched in 2015  
39 19-time All-Star Ripken  
40 Went by  
43 Rock-clinging mollusk  
46 \_\_ carte  
48 Have too much, briefly  
49 Took a snooze  
50 Inner, as a feeling  
51 Bit of Hansel's trail  
52 Land of ancient Asia Minor  
53 Toast-making sound  
56 Cries of discovery  
57 Elbow  
59 "I'd hate to break up \_\_"  
61 Good name for a cook?  
63 Guacamole, e.g.

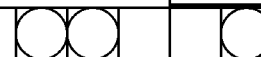


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# JUMBLE

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

RABNO



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SEYMS



STOPLA



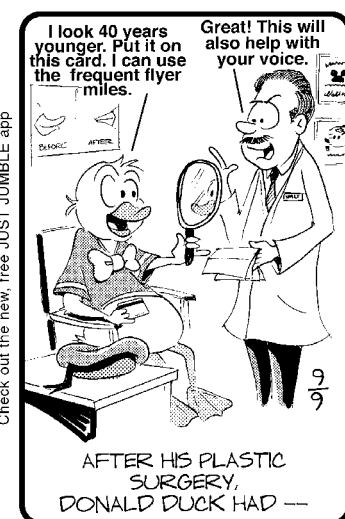
UTARIL



A:  

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



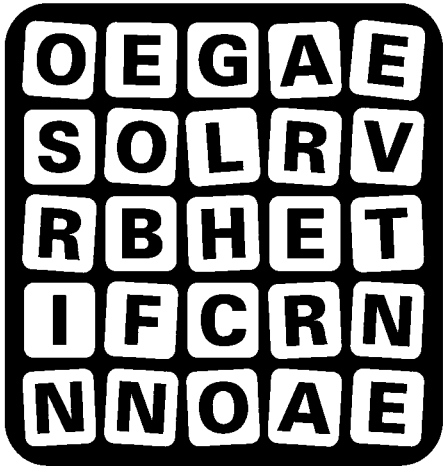
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



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

# SENIOR PERSPECTIVES GAME PAGE

Answers on Page 23



By David L. Hoyt and Jeff Knurek

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

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

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

# Handkerchiefs Remembered

Such a private place, a pocket: a pocket that belongs to someone else’s life.

When my mother still lived on her own, an hour and a half away, my visits usually included a quick errand on her behalf or a run next door to my brother’s house to poke my head in and say hello. It was sunny and warmer when I left home that morning so I was unprepared with a jacket or wrap of my own when I stepped out into a frigid chill later in the day to run to the grocery store. I helped myself to mom’s big black winter jacket. There was something warm and cozy about sliding into Mom’s jacket, her special smell and her generous shape forming the way her jacket hung on me.

Chilled, gusty weather swirled around me in the parking lot of the market. Sinking my hands into the deep warm pockets of my mother’s coat, head down against the cold wind, I walked quickly toward the welcoming shelter of the automatic doors of the supermarket. Once inside, I was reluctant to pull my hands out of mom’s spacious and warm coat pockets.

In the warm depth of my mother’s pocket, my fingers enveloped the recognizable lump of a wadded dead Kleenex. I was quite surprised and taken aback! I would have expected a real handkerchief...not this thin paper substitute. Wistful disappointment came over me. I acknowledge the practicality of a tissue versus a handkerchief, but there, in my mother’s coat pocket, my fingers repelled away from that very distasteful wad. Had mom so modernized that she



BY  
ROLINA  
VERMEER

exchanged the soft loveliness of her cotton handkerchief for this more antiseptic, disposable tissue?

I thought about how, as a young girl, I had loved to fondle the handkerchiefs she had passed to me quietly in church or in the car. Such lovely and colorful bouquets of flowers, often trimmed with crocheted

edges. My favorites. They carried the faint scent of her perfume mingled with the fresh clean smell of newly ironed cotton. I had thought them exquisite as they caressed my face and wiped my teary eyes or drippy nose. Sharing her hankies then didn’t seem a bit unsanitary. There was gentleness, comfort and great love in those beautiful handkerchiefs.

Much to my delight, in chatting with mom later she assured me that she hadn’t abandoned her cloth hankies altogether. Her handbag and sweater pockets still held those precious handkerchiefs but every ladies powder room, after all, is well equipped with a box of facial tissue, right? Of course.

I’ve inherited my mother’s hankies now, to add to my own collection. And I find there is heartfelt meaning and unspoken caring in the gentle, timeless gesture of offering a soft Kleenex or cotton handkerchief. My husband, my daughter, a friend and even a needy stranger can always count on a tissue or freshly ironed, flowery hankie out of my own pocket or purse.

*Rolina Vermeer has won several national awards for her essays celebrating the life of her mother, whose inspiration continues.*





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## Conquering Arthritis: Part II



BY HOLLY  
LOOKABAUGH  
- DEUR

In this issue, we will continue our series on Understanding and Managing Arthritis, focusing on key treatment strategies for the top areas impacted by osteoarthritis:

the spine, hips, knees, and hands.

Top strategies: (as identified by OARSI - the Osteo Arthritis Research Society International white paper)

1. Specific exercise strategies – for hands, knees, hips, and spine – aquatic is a top preference
2. Rest vs. unloaded movement
3. “Over the counter” and natural solutions
4. Nutrition – how diet really makes a difference with joint inflammation

5. Eastern medicine strategies
6. Invasive interventions: Injections and surgical interventions

Some of the specific treatment recommendations really speak to fact vs. fallacy regarding many treatments that are on the market. Consumers are susceptible to gimmicks and fads, especially when we are hurting! Here is the most up to date information to guide you in taking charge of your care and health directions.

Treatment Guidelines for Osteo-Arthritis for your consideration:

Non-pharmaceutical treatments supported by literature evaluated by OARSI

- Acupuncture – yes
- Balneotherapy – yes
- Biomechanical interventions (unloading brace) – yes
- Use of Cane (walking stick) – yes
- Crutches -- no



- Electrotherapy/neuromuscular electrical stimulation – no
- Strength training – yes
- Aquatic exercise – yes
- Land-based exercise – yes – with guidance
- TENS -- uncertain
- Ultrasound – no
- Acetaminophen – yes – with caution and guidance from physician
- Corticosteroids (intra-articular injection) – yes
- Chondroitin: symptom relief -- no for most; uncertain for some
- Opioids: No

Some other key points from this intensive research group for your consideration:

- Topical NSAIDs (non steroidal anti-inflammation drugs) are recommended as appropriate for all patients with knee-only OA and in a scientific review, were found overall to be safer and better tolerated compared to oral NSAIDs.

- The prescription drug duloxetine was evaluated for the first time and found to be an appropriate treatment for knee-only OA patients without comorbidities and all multi-joint OA patients.
- Due to increased safety concerns about toxicity, acetaminophen/paracetamol was given an “uncertain” recommendation for all patients with comorbidities.
- Oral and transdermal opioid painkillers were given an “uncertain” recommendation for all patient groups due to concerns about increased risks for adverse and serious adverse events.
- Glucosamine and chondroitin were both found to be “not appropriate” for all patients when used for disease modification and “uncertain” for all

patients when used for symptom relief.

- Balneotherapy, defined as using baths containing thermal mineral waters, was evaluated for the first time and found to be an appropriate therapy for patients with multi-joint OA and comorbidities, as this group has few other treatment options.

To briefly summarize, arthritis can be focused on one or more joints, and the pain that comes with osteoarthritis can be the game changer to overall function and quality of life. Be your own advocate and use this information to guide you in making self-management choices, always informing your physician, of course, when you make a change. Remember moderation and use resources such as physical therapists (you don't need a referral in Michigan to see one!) and certified personal trainers and reputable locations

on the internet to guide you in gradual progression of exercise and activity. Remember how important diet and hydration is! Anti-inflammatory diets can be a powerful change, too. Even drinking tart cherry juice gets a thumbs up! Arm yourself with knowledge, sprinkle in a little bit of motivation and you are on your way to changing your chronic pain safely, specifically, and in a scientific way. Good luck on your anti-arthritis journey – it is NEVER too late to start moving and making a difference – at ANY AGE.

*Holly Lookabaugh-Deur is a physical therapist with 39 years of experience and the president of Generation Care. She is a board certified Geriatric Clinical Specialist and special certifications as an edema specialist in oncology rehabilitation, wound care, and as a certified exercise expert for aging adults.*

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# Family Fun in Grand Rapids

The Grand Rapids Civic Theatre and Frederick Meijer Gardens  
announce events and exhibits

## Grand Rapids Civic Theatre:



### MAMMA MIA!

Book by Catherine Johnson, Music & Lyrics by Benny Andersson and Bjorn Ulvaeus

February 22-March 17

Whether you're a longtime fan or a complete newcomer to the show, you are

undoubtedly familiar with Mamma Mia!'s iconic playlist. The songs of Swedish pop group ABBA feature as more than just musical numbers – they practically drive the show's story! Tracks like "Dancing Queen" and "Take a Chance on Me" find new life in the hands of playwright Catherine Johnson, who spins a love story unlike any you've seen before.

Johnson's tale unfolds on a Greek island paradise, on the eve of what could almost be a perfect wedding ... The only thing missing is the bride's father. With a little digging, bride-to-be Sophie narrows her search down to three men, each a past lover of her mother, each a potential father. But the candidates' arrivals to the island stir up trouble for Donna and, potentially, the entire wedding itself. Resolution is chased in true theatre fashion: With an electric showcase of song and dance.

Mamma Mia! has charmed more than 54 million people since its 1999 stage debut, inspiring countless runs and two hit film adaptations. Don't miss out on this unforgettable show! Get your tickets now at [grct.org](http://grct.org) or call our box office at 616-222-6650!

Looking for tickets online? [GRCT.org](http://GRCT.org) is the exclusive ticket source.

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## Frederik Meijer Gardens & Sculpture Park:



### A National Treasure: Fred Meijer, His Collection and Legacy

Although never formally trained in the visual arts or art history, Fred Meijer was deeply interested in cultural endeavors and history,

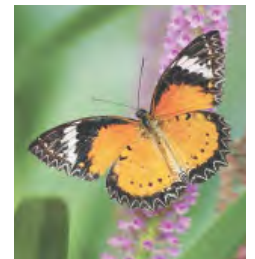
and had a long interest in sculpture. Visit *A National Treasure: Fred Meijer, His Collection and Legacy* at Frederik Meijer Gardens & Sculpture Park through August 25, 2019. More information can be found at [meijergardens.org](http://meijergardens.org)



### Butterflies are Blooming Exhibition

The annual *Fred & Dorothy Fichter Butterflies Are Blooming* exhibition at Meijer Gardens is the

largest temporary tropical butterfly exhibition in the nation. Tropical butterflies from around the world fly freely in the Lena Meijer Tropical Conservatory every March and April. Throughout the exhibition, there is special educational programming and the Lena Meijer Children's Garden offers butterfly-themed activities. More information can be found at [meijergardens.org](http://meijergardens.org)



### Volunteer Program Open Orientation

Explore Meijer Gardens' volunteer program at an open orientation on March 13, 2019. This meeting will last approximately an hour and a half. We will go over policies from the handbook, give an overview of the open positions, tour the volunteer center and take a photo for your badge. Additionally, the Volunteer Manager and several current volunteers will be available to answer any questions you have about our program. More information can be found at [meijergardens.org](http://meijergardens.org)



# Trinkets from the Past



BY  
JERRY  
MATTSON

The shoebox held many trinkets taken from the home I grew up in. Like many boxes packed for a move, it was stashed away, then opened once in a while and closed after a mental note: Oh, that box of stuff from up north.

There were 50 or more items in the box, including a tin match-box holder, where "farmer" matches were kept. These wooden matches were from the days when they could be struck on any rough surface, from the top of the wood-burning stove to the zipper in a jacket. There was a flat bottle opener with the message: "From the Cypress Casks of Goebel." Some pocket knives, a metal shoe-horn from G.R. Kinney Co. Inc. of Chicago, the remains of a Regens cigarette lighter, a Fairfield spoon and a 1960s JON-E hand warmer were also there.

One item stood out because I had no idea what it was. It looked like it may have been something used

by someone who sews. That decision may have been subconscious, prompted by the shape of a heart in the handle. Red Heart yarn was used in the sweaters and mittens my mother and grandmother knitted when I was young. Anyway, this tool ended up on a dresser in our guest room along with other small items from the past.

A few months later, I picked it up for a closer look. It had a thin coat of rust on it. Using a small wire brush to clean it did not do the trick, but the wire wheel on a bench grinder did. Unveiled now, above the heart, was the name URICH along with PAT. AUG. 1919 - OTHERS PEND.

An internet search for Urich resulted in the 1919 patent information for a Puncture Closing Device for Tires granted to Benjamin Urich of Milwaukee, Wisconsin. The four-page document included drawings of four figures on how the tool was to be used.

"My invention relates to improvements in so-called rubber band shooters, or, in other words, a device for retaining a rubber band in a stretched or extended position until being inserted in the tire puncture, and

which band will, when disengaged, be forced upon each side of the puncture preparatory to securing the same in place by the application of an ordinary rubber cement."

This device could only be used on tubeless tires. I was not aware of tubeless tires being available in the 1920s. Added information on this tool was found on a bicycle website. Bicycle manufacturers apparently put tubeless tires to use before the auto makers did. Searching tubeless tire history, I found, "In 1903 P. W. Litchfield of the Goodyear Tire Co. patented the first tubeless tire, however, it was never commercially exploited until the 1954 Packard." The next year, they were standard equipment on many new cars. From the strangest of places, in this case a box of trinkets, interesting facts can be derived.

*Jerry has repaired many tires over the years. In high school he "fixed flats" while working at a Shell gas station. The repairs ranged from patching red colored tubes, used in cars like the Model A Ford, to a variety of methods used for tubeless tires. No repair included the use of a Urich tool.*



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**Question:** If I retire at age 62, will I be eligible for Medicare?

**Answer:** No. Medicare starts when you reach 65. If you retire at 62, you may be able to continue medical insurance coverage through your employer or purchase it from a private insurance company until you become eligible for Medicare. For more information, read Medicare at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs), or call us at 1-800-772-1213 (TTY 1-800-325-0778).

**Question:** I have been receiving my Supplemental Security Income (SSI) by direct deposit for years, but I need to change my bank account. How can I do that?

**Answer:** For SSI benefits, you can complete changes in direct deposit by calling or visiting your local field office. You may also call 1-800-722-1213 (TTY 1-800-325-0778) between the hours of 7 a.m. and 7 p.m. For more information regarding direct deposit, please visit [www.socialsecurity.gov/deposit](http://www.socialsecurity.gov/deposit).

**Question:** What is the benefit amount a spouse may be entitled to receive?

**Answer:** If you are eligible for both your own retirement benefit and for benefits as a spouse, we will always pay you benefits based on your record first. If your benefit as a spouse is higher than your retirement benefit, you will receive a combination of benefits equaling the higher spouse's benefits. A spouse generally receives one-half of the retired worker's full benefit unless the spouse begins collecting benefits before full retirement age. If the spouse begins collecting benefits before full retirement age, the amount of the spouse's benefit



BY  
VONDA  
VANTIL

Unfortunately, tragedy can strike without any warning. The loss of the family wage earner can be devastating both emotionally and financially. Social Security helps by providing income for the families of workers who die.

Some of the Social Security taxes you pay go toward survivors benefits for workers and their families. The value of the survivors benefits you have under Social Security may even be more than the value of your individual life insurance. When you die, certain members of your family may be eligible for survivors benefits. These include widows and widowers (and divorced widows and widowers), children, and dependent parents.

Here are the people who can get survivors benefits based on your work:

- Your widow or widower may be

able to get full benefits at full retirement age. The full retirement age for survivors is age 66 for people born in 1945-1956, with the full retirement age gradually increasing to age 67 for people born in 1962 or later. Your widow or widower can get reduced benefits as early as age 60. If your surviving spouse is disabled, benefits can begin as early as age 50.

- Your widow or widower can get benefits at any age if they take care of your child younger than age 16 or disabled, who is receiving Social Security benefits.



is reduced by a percentage based on the number of months before he or she reaches full retirement age. For example, based on the full retirement age of 66, if a spouse begins collecting benefits:

- At age 65, the benefit amount would be about 46 percent of the retired worker's full benefit;
- At age 64, it would be about 42 percent;
- At age 63, 37.5 percent; and
- At age 62, 35 percent.

However, if a spouse is taking care of a child who is either under age 16 or disabled and receives Social Security benefits on the same record, a spouse will

get full benefits, regardless of age. Learn more by reading our Retirement publication at [www.socialsecurity.gov/pubs/10035.html](http://www.socialsecurity.gov/pubs/10035.html).

**Question:** What's the best way to find out if I might be eligible for SSI?

**Answer:** Our online Benefit Eligibility Screening Tool (BEST) will help you find out if you could get benefits that Social Security administers. Based on your answers to questions, this tool will list benefits for which you might be eligible and tell you more information about how to qualify and apply. Find BEST at [www.benefits.gov/ssa](http://www.benefits.gov/ssa).

*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](mailto:vonda.vantil@ssa.gov)*

## Understanding Social Security Disability Benefits



- Your unmarried children, younger than age 18 (or up to age 19 if they're attending elementary or secondary school full time), can also get benefits. Your children can get benefits at any age if they were disabled before age 22. Under certain circumstances, we can also pay benefits to your stepchildren, grandchildren, step grandchildren, or adopted children.

- Your dependent parents can get benefits if they're age 62 or older. (For your parents to qualify as dependents, you must have provided at

least half of their support.)

How much your family can get from Social Security depends on your average lifetime earnings. The more you earned, the more their benefits will be. For more information on widows, widowers, and other survivors, visit [www.socialsecurity.gov/planners/survivors](http://www.socialsecurity.gov/planners/survivors).

*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](mailto:vonda.vantil@ssa.gov)*



# What's Brewing?

Early one December morning I avoided use of our Keurig coffee maker, with its sound of an invading Martian machine from the 1953 movie *War of the Worlds*. Seated in a wingback chair in the dark, I took inventory of less foreboding voices of wind chimes on the deck and the steady rhythm of our cuckoo clock's pendulum. When our dachshund shook awake, I set a kettle of water on the stove, retrieved the French press from the cupboard, and placed five scoops of Butterscotch Toffee blend into it. Brewing coffee this way was less an invasion and more an addition to the morning's contemplative mood. The specially ground package with "DECAF" stamped upon it reminded me of a breakfast diner where I ordered decaffeinated coffee with bacon, eggs and toast. At the mention of the word "decaf," the waitress asked, "What's the point?"

Later that morning, I went to Brooklyn Bagels on White-



BY  
JOEL  
DULYEA

hall Road for a cup of coffee and to get started on this story. The place was very busy. The espresso machine sounded like a jet taxiing before takeoff. The coffee bean grinder added its gravelly sound to a whirlwind of conversations. Voices blended into a thick fog of noise, through which the only discernable words were attached to orders, "Shar! Your espresso is ready!"

I also met two buddies at the deli for coffee and conversation. Well...only two of us would drink coffee. One friend would have partially agreed with my waitress from the morning diner, although not for the same reason. He got his caffeine fix sipping cola from a red, white and blue Pepsi paper cup. Why not a coffee? "I just never started drinking the awful tasting stuff."

Upon further consideration, coffee isn't all that tasty. It's not an adult version of soda pop that can anchor a time-specific memory, such as a grape Nehi recalls the character Radar O'Reilly. My 93-year-old dad scoffed at



the idea of a memorable cup of coffee. I thought, "What if coffee tasted as good as it smells?" That did resurrect a memory. As a child, the aroma of coffee attracted and enticed, but the taste repelled me. "Why would Mom and Dad drink that stuff?"

Aging gracefully, I had crossed a boundary into the company of men and women who meet for coffee and conversation. Even more specific, I've noticed men in coffee klatches in multiple restaurants across the country, including three local groups who welcomed me into their folds. I think these groups may be as ubiquitous as Red Hat Ladies, except the Ladies are night owls also. To the waitress's question, I would answer that coffee, even decaffeinated coffee, brews contemplation, rich conversations and community.

About my friend who doesn't sip from the same cup of convivial conversations? We are the beneficiaries of his company, while he benefits from those who have the habit of drinking the awful stuff. In his garage are multiple coffee cans chock full of nuts; and bolts and nails. Most of us have a less utilitarian reason to drink the stuff – to the last drop.

*Joel Dulyea is a United States Army retiree who loves to sing with his wife Merijo, go on dates with his daughter and spoil his wire-haired dachshund, Heidi*

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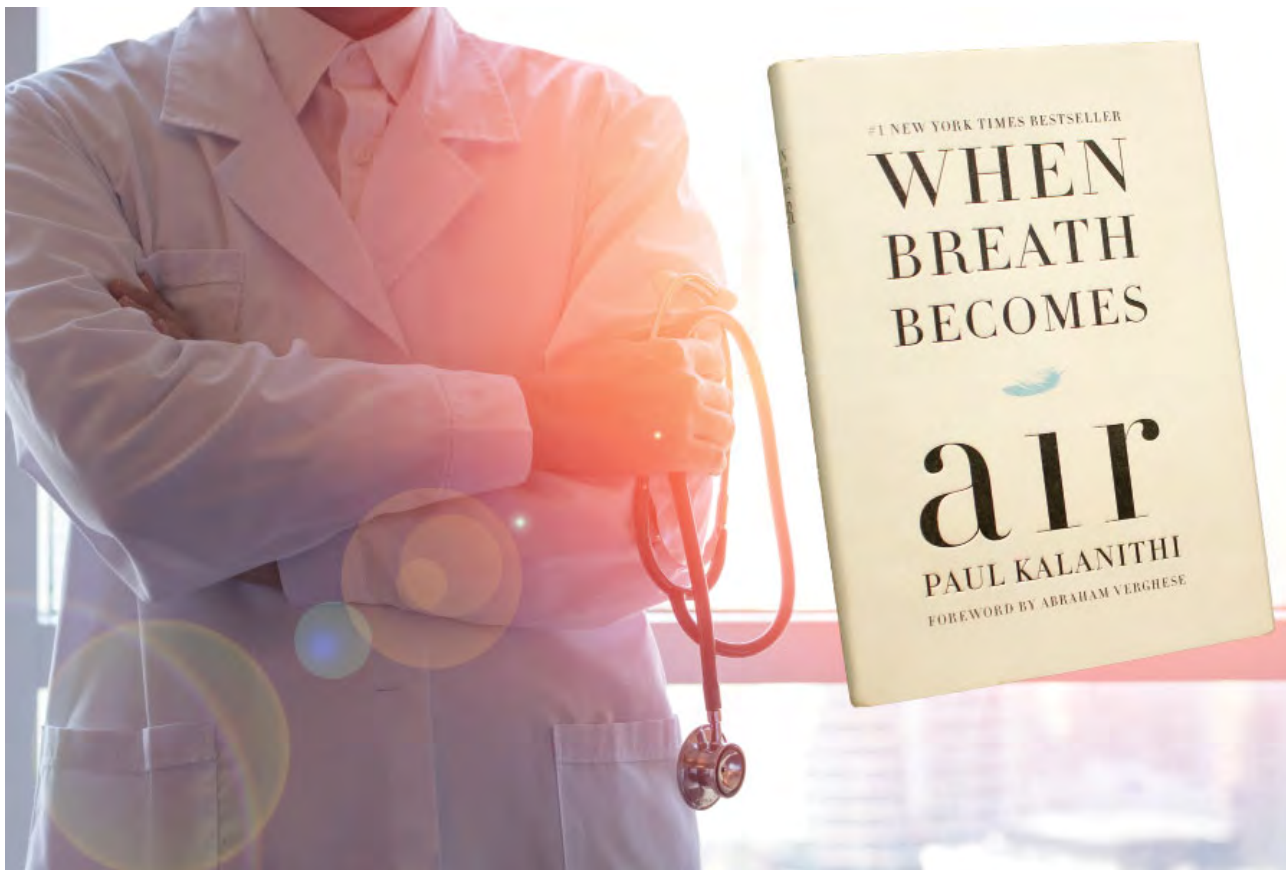
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## Facing his own mortality -- Book Review of

# *When Breath Becomes Air*

Death and dying is never easy, especially when the person is young and has a bright, promising future. What is it like to face death at a young age? What does courage look like in the face of uncertainty?



BY  
CURTIS FREED,  
MA, BCC

*When Breath Becomes Air* (Random House 2016) is the transforming story of a brilliant young surgeon who takes us down the road of uncertainty as he faces death –

something few of us can truly relate to. As a young surgeon, just thirty-six years old, Paul Kalanithi had a bright future ahead of him. He was nearing completion of ten years of medical training as a neurosurgeon when he was diagnosed with stage IV lung cancer. It seemed unthinkable to Kalanithi. After all, he had so much going for him.

Kalanithi paints a very riveting and compelling story of his world turned upside down when he received the news of his cancer. He went from being a doctor and treating the dying to becoming a patient facing his own mortality. He takes the reader into a world that

*“Death is a one-time event but living with a terminal illness is a process”*

– Paul Kalanithi

each of us will face one day. Kalanithi wrote, “I began to realize that coming to face to face with my own morality, in a sense, had changed nothing and everything.”

When given such news, it certainly changes one’s perspective on what

is important in life. Values are now turned upside down. A person discovers what truly matters in life. Kalanithi refers to this as “someone had taken away my credit card and I was having to live on a budget.” He goes on to write, “Death is a one-time event but living with a terminal illness is a process.”

At the same time as they were dealing with his cancer, Kalanithi’s wife Lucy became pregnant. She gave birth to a beautiful girl named Cady. However, they faced a dilemma. The couple were in the process of nurturing a life as another life was declining. Ultimately, Kalanithi knew his days were extremely limited. Still, his one desire was to live long enough for his daughter Cady to have some memory of him.

The author passed away in March 2015. The book was unfinished when he died. His wife wrote the final chapter. Cady was only eight months old when he died. His wish of his daughter having memory of him was unfulfilled. Nevertheless, Lucy writes in the final chapter, “He confronted death – examined it, wrestled with it, accepted it – as a physician and a patient.”

*When Breath Becomes Air* is an exceptional, thought-provoking story of the challenges facing a terminal-illness and eventual death. Written from two viewpoints, one from a physician’s side and the other from a patient. It is indeed a brilliant work well worth reading.

*Curtis Freed is a Spiritual Care Counselor for Harbor Hospice. He is a Board Certified Chaplain (BCC) with the Association of Professional Chaplains (APC). Prior to joining Harbor Hospice, he worked as a chaplain at Mercy VNS & Hospice for 3 years. In addition, he worked as a chaplain for Spectrum Health at Butterworth and Blodgett Hospitals for 8 years. He is a graduate of Liberty University (1987) and Liberty Baptist Theological Seminary (1990).*



# Ask the Vet

## Euthanasia



BY  
DR. ERIC  
PETERSON

I want to take this opportunity to discuss a topic that I get asked about frequently, and it is a difficult topic to talk about: euthanasia. The definition of euthanasia is to painlessly end a life to relieve the individual from pain and suffering. Euthanasia is a decision that pet owners frequently have to encounter as part of end-of-life care for their pets. I'm convinced it's one of the most difficult decisions that any of us ever have to make. Fortunately, in the veterinary world we have this option to ease our pets' pain and suffering when nothing more can be done for them. The circumstances that affect an animal's quality of life can include disease, injury, and overall decline due to age, to name just a few.

Quality of life, in simplest terms, is best summed up by asking the question, "is my pet having more 'bad days' than 'good days.'" When there are more "bad days" than "good days" it can be time to start thinking about euthanasia. Breaking down what makes up "good days" and "bad days" is a little more difficult and is unique to every household / family / pet situation. I typically have pet owners think about four main categories that make up "good days" versus "bad days"-- or quality of life.

The first category is "eliminations" or the ability to urinate (pee) or have bowel movements (poop) normally and as expected. This isn't as straightforward as you might think. Under this category one must take in to account if the pet is able to physically accomplish these day-to-day acts comfortably and on their own. Some disease and illness can make this very difficult for some animals to accomplish without assistance. It's important to consider the animal's experience with their ability to accomplish this necessary daily act.

The second category is "eating and drinking." When animals become ill, many times they do not eat and drink as they should. Sometimes they can be enticed to eat tasty items for a while until they finally will not or cannot eat anymore. The same can happen with drinking. When an animal slows to stops drinking, this is life threatening and without intervention will lead to loss of life.

The third category is "comfort or pain." When an animal becomes uncomfortable enough or painful and we (pet owners and veterinary team) cannot make them comfortable on a day-to-day basis, it can be time to say goodbye. It's difficult to watch something we love so much go through pain without the ability to control it any longer.

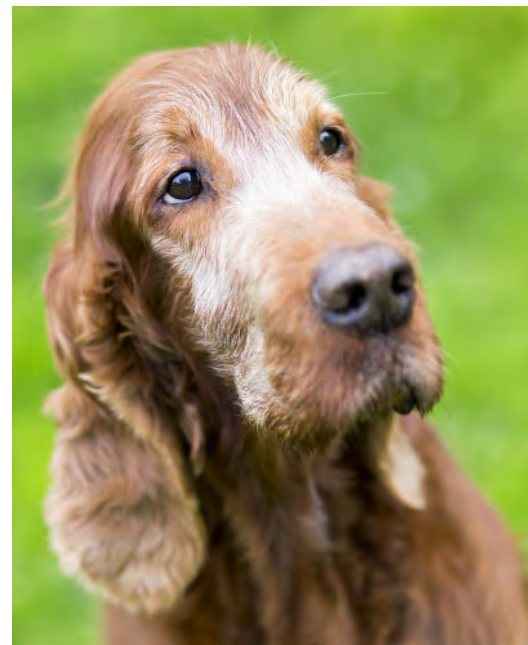
The fourth category "interaction." This category is a little tougher to define but pet owners know their pets better than anyone...their little quirks, their games, the way they pay attention to us and show they love us. When our pets don't do their "things" anymore, it's part of the way they tell us they don't feel well anymore.

As you can see, deciding on euthanasia needs to take into account the many pieces that make up overall quality of life. Every single situation

is unique and deeply personal to all of those involved. If you are thinking about this for your pet, I hope that in some small way that this helps and I would urge you to consult with your veterinarian about the best options for end-of-life care for your pet. He or she will be able to help guide you to make the best decisions for your pet.

*Dr. Eric Peterson is a North Muskegon High School graduate and has lived in Muskegon life-long. In 2003, he graduated from the College of Veterinary*

*Medicine at Michigan State University. He currently owns and practices at Northside Veterinary Hospital and Holton Road Veterinary Clinic in Muskegon. He has been married to his lovely wife Marisa for nine years and together they have four wonderful children Charlotte age 7, Graham age 5, and twins Will and Penelope age 3.*



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# Fire Safety, Part II

## Lessons from the Fire



BY  
CHRISTINE  
WISTROM

"Get up! The kennel is on fire!" I had little idea that night when I went to bed that I would soon be awakened, my world changed forever. We tend to live in denial believing we'll

get by and disaster won't touch us. I didn't get by.

My kennel housed approximately fifty dogs. As I raced outside, the building was already ablaze. With flames dancing across the roof, I headed inside. Fire was licking the ceiling above my head, and the smoke was thick and acrid. Electricity crackled and the lights went out, but the flames lit my way. As I drew near the cages, I saw Winston, my male beagle, standing on his hind legs. They say dogs will not leave a familiar place in a disaster, instead remaining where they feel safe, yet when I opened the door, Winston ran through. His kennel mates followed him. I continued down the line of cages opening each door. Every dog ran outside. Struggling to breathe, I did too.

Since the fire, I have learned so much: lessons I will never forget. I would like to share them with you, praying you never experience them first-hand.

After a fire, if you have a cat or dog, check its paws; the pads of their feet are easily burned.

Know that eyes can be damaged from the smoke, as well as the trachea. Following a fire, your pets will want

to drink a lot of water to wash the residue out of their throats and out of their systems; so will you. Thank goodness I had water stored on site as part of my disaster preparedness plan.

The foam the fire fighters use, or perhaps what is mixed in with it from the ash, is caustic. Burns surfaced on the dogs as much as ten days after the fire.

Have a support network you can rely on. After the fire, friends arrived to help care for the dogs, hold and comfort them, and offer emotional support to those of us who went through the trauma. The fire fighters shut down the electricity and water to the house as well as the kennel. I sat in the dark for hours with puppies wrapped in blankets, trying to keep them warm and comforted. Friends arrived with towels, blankets, coffee and food. That was priceless. It is your friends who will get you through the worst of it and make the nightmare bearable.

Be prepared! Make an inventory of everything you own now, before disaster strikes. It is very difficult to remember what you had when it's lying in ashes. Go room by room and write down everything you see. You can add age, cost and value at a later time, if necessary, but make sure everything is listed and store a copy off site.

Make a plan for how you'll respond to a disaster. Practice it until it is habit. Do it now; don't put it off. Tonight may be too late.

*Chris is a Gerontologist who works at Disability Network/Lakeshore in Holland, Michigan as an Independent Living Specialist. Current interests include assistive technology, veterans' issues, emergency preparedness planning and service dog training.*

## Healthy Living

### Carbs and calories

Milk products are good sources of calcium and protein. Here's how 1 cup (250 ml) stacks up in carbs and calories:

	Carbs	Calories
Whole milk	11g	146
2% milk	13.5g	138
1% milk	12.2g	102
Fat-free milk	12.2g	83
Buttermilk	11.7g	98
Half-and-half	10.4g	315
Light cream	8.8g	468
Heavy cream	3.4g	414

NOTE: If you eat 2,000 calories a day, you should get 900 to 1,300 calories, or 225 to 325 grams, from carbohydrates, according to U.S. dietary guidelines

Source: U.S. Department of Agriculture

## Healthy Living

### Cocoa for your heart

Just one cup of cocoa a day may help prevent the formation of blood clots in arteries.

#### What's in the cocoa bean?

- **Flavonoids**, or plant pigments, which may help prevent cardiovascular disease
- **Polyphenols**, antioxidants that may inhibit clotting

Source:  
Southampton  
General  
Hospital,  
TNS Photo  
Service





# An American Poet



BY  
DICK  
HOFFSTEDT

Carl Sandburg, an editor, writer, and poet, is my choice of topics for this edition of *Senior Perspectives*.

Carl was born in 1878 in a small cottage in Galesburg, Illinois. He was the second child of Clara and August Sandburg and had three brothers and three sisters. He left school at 13 to help support his large

family. He worked at many odd jobs until he was 20, when he joined the U.S. Army during the Spanish-American war. He was stationed briefly in Cuba and Puerto Rico but never saw combat. After the war in 1903, he returned to Galesburg to attend college but left without a degree. It was in 1904 that a love of poetry began a career of writing that lasted a lifetime.

About this time, he became aware of the philosophy of Social Justice. He met his future wife, Lilian Steichen, at a Social Democratic Party in 1907. They married the next year and raised three daughters. She was a native of Hancock, Michigan, and her brother was the famous photographer, Edward Steichen. She became a high school teacher. A few years later they moved to Milwaukee and joined the Social Democratic Party, where Carl served as a secretary to the socialist mayor of Milwaukee from 1910 to 1912.

He began being referred to as the "Poet of the People" who spoke for those who did not have the words or power to speak for themselves. In 1916, he wrote his *Chicago Poems* book that included the famous opening lines, "Hog Butcher for the World, Tool Maker, Stacker of Wheat, Player with Railroads and the Nation's Freight Handler, Stormy, Husky, Brawling city of the Big Shoulders." It caught the essence of the city at that time in its history.

After Milwaukee they moved to Chicago where he wrote for the *Chicago Daily News* for 15 years, from 1917 until 1932.

In 1927, he was perhaps the first American urban folk singer, playing a solo guitar at lectures and poetry recitals. He continued doing that for the rest of his life.

From 1928 until 1945, the five of them lived in a small cottage on Lake Michigan in Harbert, Michigan. Their last years were spent in Flat Rock, NC for the milder climate.

Along the way, he wrote the *Rootabaga Stories* for children and his only novel, *Remembrance Rock*.

Throughout his life he received many awards. He

won three Pulitzers: 1919, for *Cornhuskers*, 1940 for his Lincoln biography and 1951 for his *Complete Poems*. In 1964 he received the Presidential Medal of Freedom from LBJ. His homes in Galesburg and Flat

Rock have been authorized as National Historic Sites and are open to the public. He supported the civil rights movement and was the first white man to be honored by the NAACP with their Silver Plaque Award, proclaiming him to be a "major prophet of civil rights in our time."

Carl died in 1967 at 89 and Lilian died in 1977 at 93. Both are buried in Galesburg underneath the boulder called "Remembrance Rock" in his front yard.



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 63 years. Richard has six children, five grandchildren and three great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tri-cycle, Mark Twain and John Steinbeck. This is Richard's 40th article for *Senior Perspectives*.

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

A	C	T	S			E	A	C	H		P	E	T	A
B	A	R	E	D		I	C	E	E		A	X	E	R
E	M	I	L	E		F	R	O	N	T	L	I	N	E
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	R	E	L	I	V	E				B	O	O	T	H
B	A	S	E	B	A	L	L	P	A	R	K			
E	S	T	E	E			E	A	R		A	R	T	E
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C	I	C	A	D	A			A	U	P	A	I	R	
R	O	L	L	O		A	P	P	T	S		N	I	A
U	N	I	O	N	S	H	O	P		E	D	E	N	S
M	I	N	N		T	A	K	E		D	I	R	G	E
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1	5	7	8	4	9	6	3	2
9	3	2	1	6	7	8	4	5
8	6	4	3	5	2	7	1	9
2	9	6	4	8	1	3	5	7
3	7	5	2	9	6	4	8	1
4	1	8	7	3	5	2	9	6
7	8	1	9	2	3	5	6	4
5	4	9	6	7	8	1	2	3
6	2	3	5	1	4	9	7	8

### Boggle Answers:

RAVEN EAGLE CRANE EGRET  
HERON FINCH ROBIN GOOSE

### Jumble Answers:

BARON MESSY POSTAL RITUAL

### Answer:

After his plastic surgery,  
Donald Duck had – BILL PAYMENTS



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