



Senior Perspectives

KENT COUNTY EDITION

A FREE PUBLICATION

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MAY | JUNE 2020

Page 5 – Census 2020 ■ Page 12 & 13 – Game Pages
Page 16 – Family Fun in GR ■ Page 20 – Benefits of Pet Therapy

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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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MARCH/APRIL WINNER: MAXINE CAGE-MEEK OF BYRON CENTER
The yellow chick was found on page 10 in the garden story.



BY
SUSIE MARSH,
LBSW

The Lime Green Couch

We all have a bit of history and memory that are triggered through a smell, a touch, a taste, or even a sight. In my case, it was the sight of a 1970s lime green couch that brought back many memories.

My grandparents had the big and bright Kohler Sleep-n-Lounge in their living room for as long as I can remember growing up. My aunt told me recently that the couch was actually recovered into this wonderful hue of lime green. I only remember the lime green woolen fabric on the couch, which was boxy and a bit scratchy to sit on. My three sisters and I grew up making fun of this couch in all of its wonder and ugliness.

When my grandparents passed away in the late 1980s, many of their possessions went with my uncle to the home he was building. This included the lime green couch. Each Thanksgiving and Christmas Eve for the past 26 years, my whole family made the trek over to my uncle's home to celebrate the holidays (and visit the lime green couch). Many of the furnishings in his living room and home came from my grandparents, so it was comfortable and comforting to be surrounded by those items as we all gathered together. We have many good memories over the past 40+ years of sitting on it to have our pictures taken, sleeping on it after the tryptophan kicked in from the Thanksgiving turkey, and even wrestling on it as we all fought to find a space to sit to open the Christmas presents. In June of 2013, my uncle passed away at the age of 82. He was a life-long bachelor without children and so my sisters and I, along with his sister, became his heirs. I was given the task of managing his estate for the family, as this is something I am familiar with as a professional organizer and social worker.

Downsizing, de-cluttering and moving things out is what I do. I help people every day decide what to keep, what to give away and what to throw away/recycle. It is a process that can be very emotional and upsetting to anyone going through it. It is my job to give them encouragement, compassion, and understanding.

Now with the shoe on the other foot, I was the person needing to give away, throw away, or keep items that had been in my family for many years. It is difficult to let items go that you know were valued by a family member but no longer have a purpose or place in anyone else's life. As my family and I worked our way through the home to disperse the treasures and non-treasures, it became apparent that I was much more attached to certain items than I had expected... his coats and hat that had hung in the entry way...his calendar book...some photos...and the lime green couch.

I tried to think of a way I could keep that couch, but it just didn't have a purpose or place in my home. So I decided to list many items, including the couch, for sale online. I received multiple offers instantly to buy it, as it was considered "Retro" and back in demand. I was astounded, as were my sisters! The young woman who bought the couch was extremely excited to have it and exclaimed to me that she loved the color and said it was perfect! That made me happy and

the decision to say goodbye easier.

As we loaded it into the truck and they shut the doors to the van, my heart sank. The buyer got into the van and left. I began to sob. It wasn't just a lime green couch. I felt like my childhood, my family members who had left this earth, and all of the memories were leaving, too. I didn't expect this reaction. It took me a bit to gain my composure and think through what just had happened. I was experiencing the same thing my clients experience when we are going through the process of organizing. I felt humbled and more aware of that emotional and physical reaction. It really gave me a deeper understanding of my clients' thoughts and feelings and how I can support them through their life transitions.

I said goodbye to the Lime Green Couch and a part of myself in the process. I hope that the new owner has many good memories that just maybe involve the lime green couch which was a fixture in the background of my family's life for so many years.

Susie Marsh, LBSW, is the former owner of Susie's Organization Solutions LLC and currently co-owner of Moxie Life Organizing, LLC. She is a 12+ year veteran of the organizing and productivity industry as well as a licensed social worker for 30+ years in the mental health system of Kent County. Susie is an active Golden Circle member of NAPO National and also NAPO Michigan, where she is serving her 4th year as Vice President and volunteer coordinator. Susie is also a member of the Caregiver Resource Network and Institute for Challenging Disorganization.

She has been featured on the team of two episodes of season 5 of A&E's "Hoarders: Family Secrets." Susie helps clients "Be Bold. Be Inspired. Find Your Moxie!"



Letter from the Editor

It's Not too Late to be Counted



BY
MICHELLE
FIELDS

Did you know that more than \$675 billion of federal funding is distributed to states and communities each year based on the numbers collected from the census taken every 10 years?

Have you completed the 2020 Census? It's quick and easy. The 2020 Census questionnaire will take about 10 minutes to complete. It's safe, secure, and confidential. Your information and privacy are protected. Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services. Results from the 2020 Census will be

used to determine the number of seats each state has in Congress and your political representation at all levels of government. I've visited the government's website for completing the census form and it's simple.

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If you do not have a computer, there are access lines available to provide general information about the 2020 Census, including answers to frequently asked questions. To speak with a live Customer Service Representative (CSR), please call the U.S. Census Bureau at English-1-844-330-2020 or Spanish 1-844-468-2020

Michelle Fields is the Editor and Publisher of Senior Perspectives of Kent County and Senior Perspectives Lakeshore newspapers. She has been with Senior Resources of West Michigan for over 10 years. Michelle can be reached at 231-733-3523 or Michelle@SeniorResourcesWMI.org



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While we maneuver through COVID-19, our learning series will be conducted online until it is once again safe to meet at Meijer Gardens. During this time, seminars will be done via video conference (Zoom) where attendees can watch online or call in and listen by phone.

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Laura Kelso is currently Michigan's only Certified Senior Housing Professional. She is dedicated to educating Seniors on healthy ways to live independently while also planning for the future.

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Soul Food


*"Hope springs eternal in the human breast;
Man never Is, but always To be blest.
The soul, uneasy, and confined from home,
Rests and expatiates in a life to come."*

- *Alexander Pope*

The hope that Pope is reflecting on in his poem is the blessing that feeds our soul as we age and grow in faith. You and I may have gone through difficult times in our lifetime, but now as we experience the aging process, we turn to the belief in a promise of heaven: an eternal rest.

Michiganders, for the most part, have learned to manage and enjoy our four seasons. As aging seniors, we often need to decline outdoor activities, especially in winter, because of our loss of balance or strength as we get older. However, most of us sure look forward to the warming temperatures, green grass, and flowers which come with spring!

In spring we welcome the greening of our landscape and the blossoms of all kinds of plants. On a country drive I especially enjoy the blossoms of fruit trees, such as cherry trees, on farm land.



To “blossom” is to change, grow and develop fully. With humility and desire, our point-of-view on living can change, grow, and develop fully, as well. There is no need to remind me of the set-backs we can and do experience with aging. I have had my own. We have to wait for heaven to help us fully blossom. However, with faith, forgiveness and humility, we can experience, even now, a blossom of hope for us and those we love.

*Rev. Gilbert Boersma, BBA, MDIV,
is a retired United Methodist pastor
and board certified healthcare chaplain, living with his wife
Sara, in Roosevelt Park. Sara is retired from Community Mental
Health and offers counseling privately, part-time. Their two sons
and three grandchildren also live in Muskegon. Gil continues to
study, and offers Spiritual Direction for those who have interest.
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On the Road Again



BY
CYNTHIA
HOGG

I don't know where these ideas come from; they just come.

In the summer of 2017, I decided I wanted to take a road trip with our four oldest grandchildren. They were 9, 8, almost 6, and almost 5. This wasn't just any road trip, because I had decided I wanted to visit my husband's two sisters south of Atlanta, Georgia. One of them has an in-ground pool – perfect for

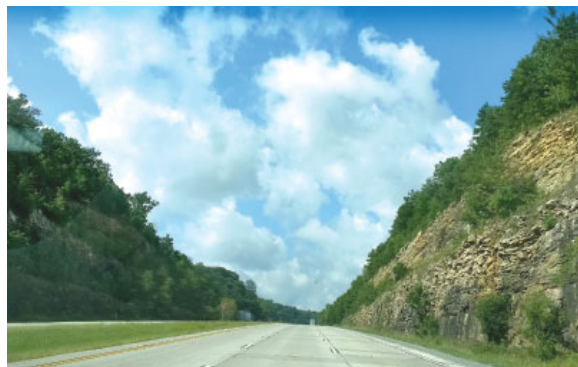
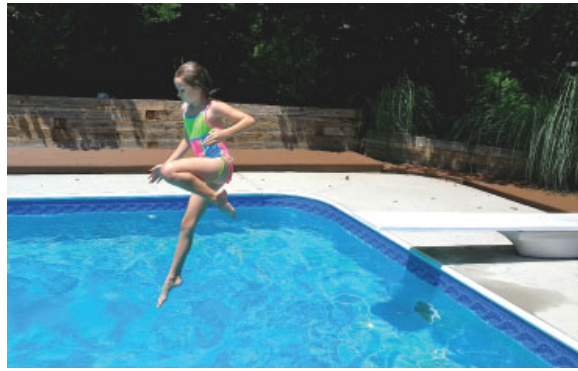
a summer vacation with kids! My husband reminded me that there are pools in Michigan, but the great-aunts wanted to spend time with the kids. Traveling from our home in West Michigan through Pittsburgh to pick up three of the four and continuing on to Georgia would cover 2,750 miles and 40 hours in the car. Yes, you read that correctly. Over the course of eight days, we would be spending 40 hours in the car with four kids under the age of 10.

Obviously, we survived – because here I am writing this article! I still chuckle whenever I remember my husband's comment to me just before we left: "Honey, I want this trip to go well, but not so well that you ever want to do it again!"

Oh, how my husband rejoiced when we finally retired our last mini-van! Now I was preparing to tell him we needed to return to those days, not just for this trip but for lots of future shuffling around of grandkids. With great reluctance, he blessed me swapping our smaller car for a mini-van, complete with DVD player, and I began to happily plan the heck out of this trip. I knew I would have to exercise A LOT of creativity to keep them all entertained in the car for that length of time.

Each child had their own basket full of games, books, and art supplies but I am most proud of my "secret weapon": a color-coded plastic case with 20 matching popsicle sticks. I told them they could ask, "Are we almost there yet?" and "How much longer?" whenever they wanted – but it would cost them a popsicle stick. Fighting with others in the car, whining, tattling, and disobeying would also cost a popsicle stick. The deal was, I had a little present for each of them at the end of the trip but they would have to have at least one stick left to redeem it. I know that smacks of bribery, but I say all's fair in love and road trips with young children!

Success! All of them had at least one popsicle stick left and redeemed their gift. (I confess, the youngest one had only one stick left, and that was by grace, but still, she was not quite five years old and it was a long trip!)



Along the way, we stopped for boating on a lake and visited the awesome Discovery Place Science Museum in Charlotte, North Carolina. We read stories, sang songs, and told jokes. While in the Atlanta area, we made side trips to pan for gold (a complete bust) and paid a visit to Roosevelt's Little White House in Warm Springs, Georgia. (The tour books told

us to skip it with kids our ages but our grandkids loved it – the nerdy little history buffs!) Most of the rest of the time was taken up with swimming and relaxing around the pool.

There were a few incidents, as there always are. One granddaughter hit her head on the diving board and gave us a real scare. Another grandchild had a series of "digestive" issues. Oh, yeah – and my husband got a speeding ticket in West Virginia. The grandkids thought that was pretty interesting! Other than that, everything went smoothly.

So would we do it again? Well, my husband got his wish: the trip did go well but no, we probably won't ever do it again. I would do a grandchild road trip again (and have). I would even do one with up to four grandchildren again. I just wouldn't do one quite that long. Even the kids, who had a great time, agreed those 40 hours in the car were maybe a bit too much!

Two years later I discovered that what we had done is called "skip-gen" travel: traveling with grandkids without the parents along. Who knew? I have been doing it for years with our nine grandchildren – by car, by plane, by train; I just never knew it was a "thing."

Not only that, it is a hot new trend in travel, one that is increasing year by year in popularity. And no wonder. Whether individually or in "bunches," there is simply no better way to bond and make

precious memories with your grandchildren than through skip-gen travel!

Summer's comin' and I'm getting that itch again...

Cynthia Hogg, LBSW, is the Care Counselor for the Alzheimer's Association's Dementia Support Program. She is a freelance writer whose passion is travel, especially with her grandchildren. She is the founder of the blog skipgentravelguru.com.



AAAWM Eats

BY
STACI
GERKEN



Chicken & Peppers

This recipe is quick and easy and only uses five ingredients!

Ingredients:

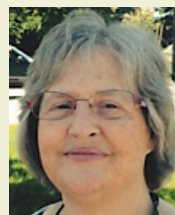
1 lb chicken, cut into chunks
3 bell peppers (any colors), chopped
½ of a lemon
black pepper
6 oz crumbled feta cheese

Steps:

1. Preheat oven to 350 F.
2. Place chicken pieces in center of 9x13 baking dish and wash hands.
3. Place chopped peppers around the edges of pan.
4. Take the lemon half and squeeze juice over chicken.
5. Sprinkle black pepper on chicken.
6. Sprinkle feta cheese over chicken.
7. Place in oven and bake until chicken reaches temperature of 165 F, which typically takes 20-30 minutes depending on the size of the chicken pieces.

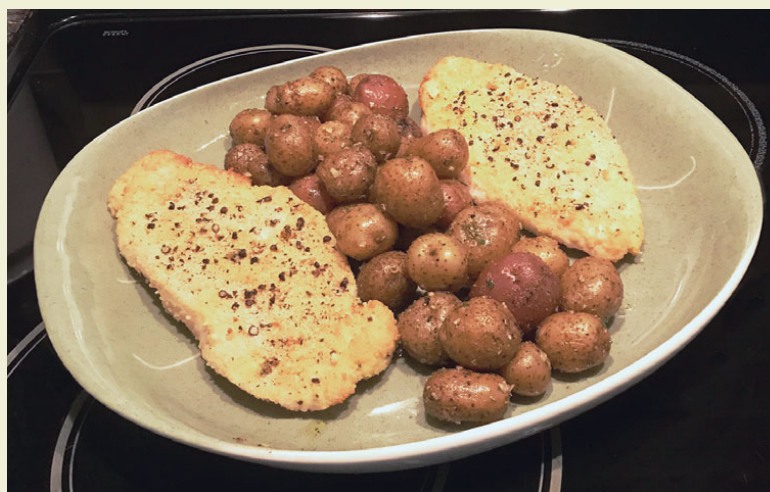
Optional Step To get more of a char on the cheese and peppers, turn the oven setting to broiler for 2-3 minutes. Be careful that it does not burn.

Staci Gerken is a Registered Dietitian and the Nutrition Contract Administrator at the Area Agency on Aging of Western Michigan where she works with congregate and home delivered meal partners in a nine-county region.



Cathay's Cooking Corner

BY
CATHAY
THIBDAUE



Parmesan chicken

2 egg whites
Salt and pepper to taste
1/2 cup finely grated Parmesan cheese
4 boneless, skinless chicken breasts
2-pounds new red potatoes, cut into small cubes

Dressing:
2 Tbsp white wine vinegar
3 Tbsp creamy horseradish
(if I can find it)
Or
3 Tbsp creamy blue cheese
1 clove garlic, chopped
4 green onions, chopped

Heat toaster oven to 400°. Line a pan with foil. Place the egg whites in a large enough bowl to dip the chicken, add salt and pepper. Beat the egg whites until foamy. Place Parmesan cheese onto a plate to make dipping easy. Dip the chicken first in egg white, then in the cheese. Place on the pan that is lined with foil. Bake in toaster oven for 10-12 mins (or until the meat's internal temperature is 165°), turning once until browned and crisp. Meanwhile, boil the potatoes for 10 minutes, then drain. Mix vinegar and horseradish or blue cheese, garlic, green onion and season with salt and pepper to taste. **NOTE: I have only baked this in a toaster oven, but you could cook it on the stove top or bake in the oven.**

Cathay is the Network Manager, Certified HIPAA Security Professional, Certified Medical Practice Security Professional, Certified PCI-DSS Security Compliance Professional, Certified Healthcare Cybersecurity Professional, and has a Certificate of Leadership in Healthcare Management Proficiency at Senior Resources of West Michigan. She also enjoys boating, fishing, and spending time with her family.

Saying Goodbye to My “Gray” Thumb



BY
EMILY
ARMSTRONG

It is well known in my circle of friends that if you gift me a plant, I will likely (unintentionally) kill it. I forget to water it regularly, fail to re-pot it in time, neglect to trim off the dead sections... and before long the once lively green plant is limp and lifeless. However, research shows that having greenery in your living space has a number of proven health benefits, which is making me rethink my self-imposed “plant murderer” designation.

So what are these so-called benefits? First and foremost, the wonderful thing about incorporating plants into your life is that it can take on whatever form you’d like it to. Whether it is a simple succulent on your windowsill to a full-fledged garden in the backyard with vegetables and herbs, caring for plants can be easily modified depending on your skill and commitment levels. Different plant types require varying levels of care, making it an accessible and easy hobby to get started.

Live greenery in your living space not only brightens it up, but it can improve your mental health. Plants have been proven to provide a calming effect; several studies have shown that a person’s blood pressure, heart rate, and the stress hormone, cortisol, all lower when plants are present. Plants also release oxygen into the air and take in carbon dioxide, helping to purify the air in your home and get rid of harmful toxins--so you may find breathing is easier and you are sleeping better.

The act of actually caring for the plant has a number of benefits as well. Therapists often use gardening as a way to treat patients and give them a meaningful activity to work on. Plants can help with feelings of isolation and depression, as caring for a living thing gives a sense of purpose, and seeing it bloom and thrive can be extremely reward-

ing. There is a physical component to tending to a plant that provides movement and exercise, helping with muscle strength, coordination, balance, and endurance. For older adults who may be suffering from dementia, the sensory aspect of plants with their scent and color can be a wonderful way to help them stay grounded and focused. Not to mention that the routine of watering the plant can help with memory and cognitive function.

These are just a few of the reasons why learning to properly maintain plants has become my “springtime” goal. Are you like me and unsure of where to get started? Cacti and succulents are wonderful plants for beginners as they are low maintenance, requiring moderate to little water due to their ability to store water for longer periods. So go out there and get to work on your green thumb!

Emily Armstrong is the Public Relations and Communications Specialist at AAWM. She recently moved to Grand Rapids with her husband and their labradoodle, Moose. On the weekends you can usually find her cheering on the Spartans, camping, practicing photography, or reading.



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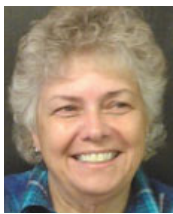
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BY
CHRISTINE
WISTROM

Preventing Readmission to the Hospital

When you are elderly, have multiple health conditions, or are struggling with health issues that threaten your independence, a stay in the hospital may be just a step away from being admitted to a nursing facility. If you recently

had a stay in the hospital, there are some steps you can take to keep from being readmitted. While the time may come when you'll need to be in a nursing home and you'll be glad you are, my guess is that you'll want to put it off as long as possible.

Here are some tips to help you avoid readmission:

- Take an active role in planning your care. Ask your doctor questions about your treatment plan. What changes should you be on the lookout for now that you're returning home? You'll want to know what medications you'll be taking, what side effects to watch for, and why you're taking them.
- When you are ready to leave the hospital, your nurse will review your discharge plan with you. It may prove helpful to ask a family member or friend to be there when this occurs as you may still be too
- sick or exhausted to attend to all that's being said. Ask that person to take notes for you on the important points being discussed. If you don't understand what the nurse is telling you, don't be afraid to ask that she repeat the instructions in simple, understandable terms.
- Make a point of moving around when you're sitting or when are lying in bed to increase blood flow throughout your body. When you don't move around enough, the bony portions of your body may develop pressure sores. These sores are uncomfortable and can lead to infection and other problems. It's easier to prevent them from occurring in the first place simply by standing up periodically and using an air mattress overlay if necessary.
- Eat healthy foods to support your body as it heals. Your body won't heal if you aren't giving it the tools it needs to do the job. Good nutrition will provide the nutrients your body needs to regain strength.
- Be sure to return to your doctor for follow-up appointments. If complications are developing, it's better to catch them early before they get a good foothold and lead to more serious problems.
- If you need to, get home care services. It's better to

rely on someone else while your body is healing than take on too much and find yourself back in the hospital because you've relapsed. Use a local service, or find a friend to help out until you get back on your feet.

- Make sure the lighting in your bedroom and bath is adequate to prevent falls.
- If you are released while on oxygen, follow the recommended precautions. Especially, don't smoke while wearing oxygen! Keep concentrators and tanks at least six feet away from space heaters, wood stoves or fireplaces.
- Be careful you don't become isolated. You don't have to throw a party, but make time for family and friends.

Once you are out of the hospital, do your best to stay out! By following the tips listed above, you should have the best chance to remain at home.

Chris is a Gerontologist and a certified dog trainer who works at Disability Network/Lakeshore in Holland, Michigan. Current interests include assistive technology, veterans' issues, emergency preparedness planning and service dog training.

How do we achieve OUR desires or the desires of A LOVED ONE navigating through the GOLDEN YEARS?

The conversation starts with the idea of "Aging in Place."



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If staying in your own home is a DESIRE you have as you travel through the "golden years," then coming up with a plan to achieve those expectations should be discussed. Think about your support group and start having discussions of what "Aging in Place" looks like for you. Family, friends, and whomever your support group includes should know your plan and how you intend on getting there. Walking through those golden years should be the of quality of life that YOU desire. The people in your inner circle need to be aware of these desires, plans and goals.

There are moments in time we may be confronted with unforeseen life altering events that may or may not impact our way of living. To really achieve your goal, you should be discussing with your support group several conversations of how you see yourself moving into your golden years. These are not easy conversations to have and most of the time they can be very emotional. Sometimes we choose not to discuss them because of our sense of privacy, the unknown, a fear of, or facing situational reality.

In my twenty years of working with seniors and

their families, I know it's important to start these conversations sooner than later. Over time the talks will get more in depth, become more comfortable and give everyone involved a complete understanding of your desires. It will also create a feeling of happiness, satisfaction, and peace knowing your family and support team are working together to achieve the goal of, "Aging in place" with confidence and a clear plan.

Whether it is yourself or a loved one entering the golden years, I want to simplify it by saying "plant the seed and then watch it grow." The start of one discussion will turn into another and another clarifying what one wants as they age in place. These discussions will help each person in your support group think about the future and what you or a loved one may or may not want. Ultimately talking through and deciding what aging in place looks like for you.

So again, the true question... How do we achieve OUR desires or help a loved one achieve their desires navigating through the Golden years?

Shelley Vasey, President

Jeremiah 29:11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Martin's Meanderings

Stan the Man



BY
CLIF
MARTIN

Longtime family friend and Grand Rapids artist Jack Snider did this drawing of Stan Freberg when he passed away in 2015. You say you don't know about Stan? Well, it's a pretty good bet that he has influenced your life in some way. He was one of the great satirists and advertising geniuses of our time.

Did you ever buy a can of Contadina Tomato Paste? Stan Freberg wrote that

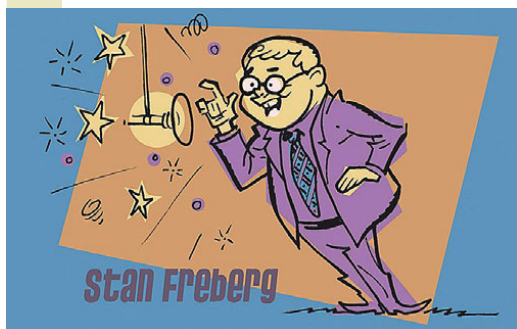
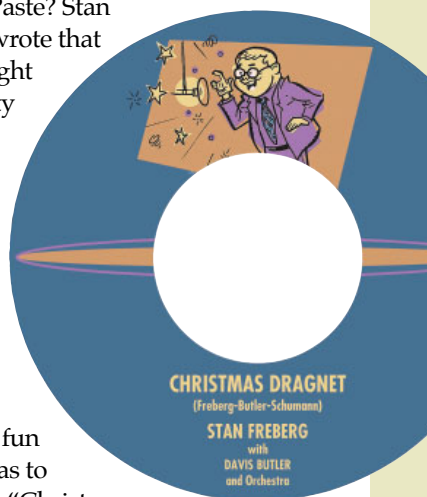
memorable line, "Who put eight great tomatoes in that itty bitty can?" Have you heard of the Grammy Awards? Freberg was on the awards board looking for their name. If he had not come up with "Grammys" after Thomas Edison's Gramophone, it would have been called the "Eddies" for Edison.

Stan Freberg poked delicious fun at everything from soap operas to politics. My favorite might be "Christmas Dragnet." Joe Wednesday and his sidekick arrest a fellow named Grudge for not believing in Santa Claus. They take him on a trip to places a lot like what the ghosts did to

Scrooge. Like old Ebenezer, Grudge finally believes in Santa, the Easter Bunny and some other things. The one thing he still wasn't sure about cracks me up every time. I won't say what it is.

You should hear it for yourself. Look it up on the internet. Everything Stan Freberg did is easy to find. Have fun!

Clif says his next article might be all about the wonderful wit and wisdom you have missed if you don't read Facebook



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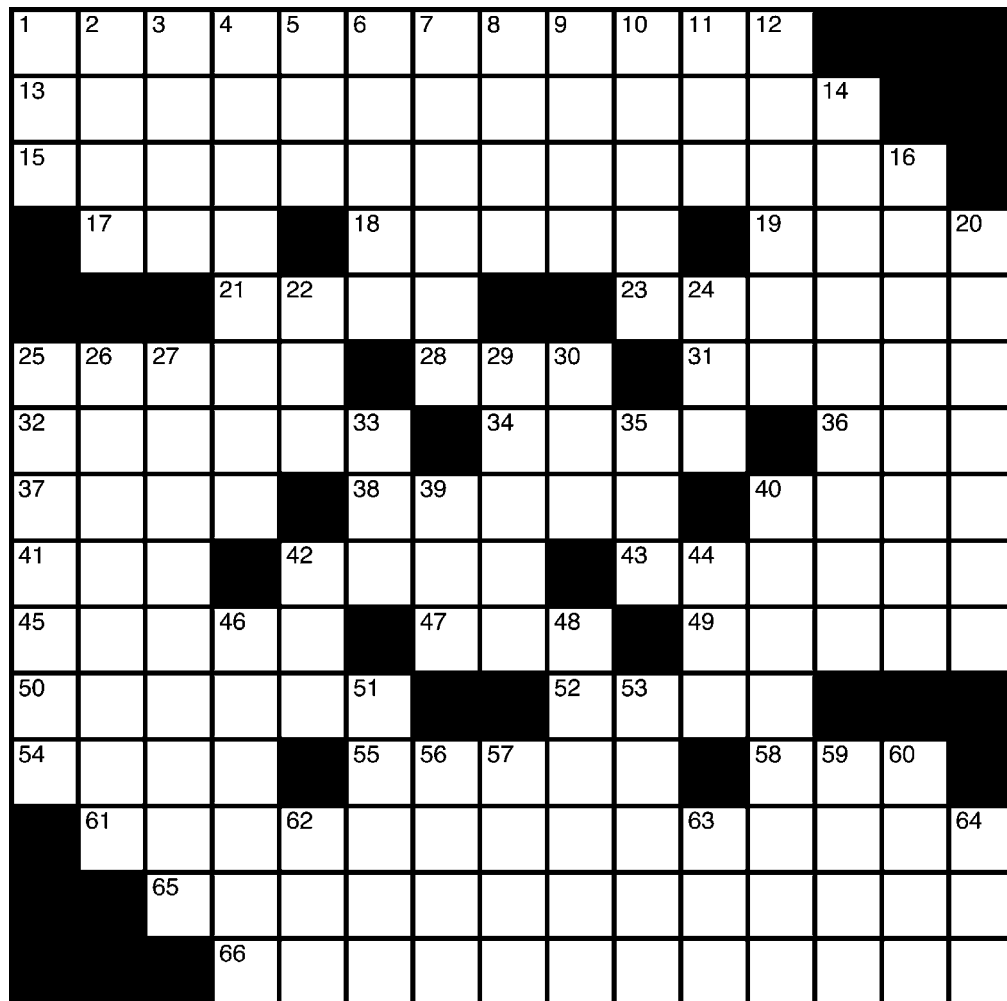
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ACROSS

- 1 Diagnostic aid
- 13 ESPN game show where four expert panelists compete debate-style
- 15 "42" subject
- 17 Water ____
- 18 Gets ready to eat, in a way
- 19 Key of Beethoven's Sym. No. 7
- 21 Clipped affirmative
- 23 Other: Pref.
- 25 Scary story sound
- 28 One of a prohibitive septet
- 31 Industry bigwigs
- 32 Hide out, with "down"
- 34 School offering belts
- 36 Get
- 37 Rihanna album whose title is a common prefix
- 38 Cosmic balance
- 40 Analogy part
- 41 An ace is under it
- 42 Desert bordering the Altai Mountains
- 43 Mitt with ten fingers
- 45 "Luck Be ____": "Guys and Dolls" song
- 47 Smoking evidence
- 49 Shuffles, say
- 50 Firming (up)
- 52 Italian recipe word
- 54 User of recording devices called quipus
- 55 WWII conference city
- 58 Home of MLB's Redbirds
- 61 Learn
- 65 Early U.S. Navy flag motto
- 66 Likely to be returned

- 24 Prefix with tourist
- 25 Indian flatbread
- 26 Words with a dismissive wave
- 27 Unable to look away
- 29 Actor ____ Elba of "The Wire"
- 30 French handle?
- 33 "Citizen Kane" studio
- 35 Shake up
- 39 Old hoops org.
- 40 Thick paint applications
- 42 OB/____
- 44 Sautéing substance
- 46 Unicellular alga
- 48 Abomination
- 51 "Peer ____ Homecoming": Grieg work
- 53 Rapper Kendrick ____
- 56 Mennen skin product
- 57 Voldemort's title
- 59 Cookie containers
- 60 ____Tokoin Airport: Togo hub
- 62 Pasta ending
- 63 Soft drink ending
- 64 Young adult fiction author Vizzini



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DOWN

- 1 Persian for "crown"
- 2 Subjects of IRS Pub. 590
- 3 Belt
- 4 Japanese hot pot dish
- 5 Athlete's wear, for short
- 6 Idyllic settings
- 7 Toys with strings?
- 8 "I see now"
- 9 "Leave ____!"
- 10 Trey Anastasio's band
- 11 Chaney of the screen
- 12 Imitation
- 14 Unequivocal rejection
- 16 Told
- 20 Alcott's "Little Men" sequel
- 22 ____ out a victory



JUMBLE

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

KORPE

PMIBL

BAZAE

YAASLW

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.

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

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.

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- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

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- 11- 20 = Amateur
- 0 - 10 = Try again

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Amtrak Adventure



BY
DICK
HOFFSTEDT

Train travel has been one of the many things that has given me great pleasure during my lifetime. I've traveled to and from many American cities. I want to tell you about a train ride I'll never forget.

In June of 2003, my plans were to attend an Elderhostel on the Pacific coast near Florence, Oregon. Amtrak, however, did its best to thwart those plans.

Train number seven, the Empire Builder, left Union Station in Chicago at 2:15 p.m. I was comfortably settled in my sleeper on the way to Milwaukee. Something was not quite right. A strange sound was emanating from under my cabin. Soft, but pervasive. Some staff members came, listened, and said it was nothing.

Our next major stop was at St. Paul-Minneapolis, scheduled for arrival at 10:30 p.m. with a 45-minute layover.

The noise was getting louder and louder, but now the staff agreed that it needed to be looked into, so they called in the train conductor. He agreed with them and said that someone would go under the car during our layover in the Twin Cities and see if they could see what was causing the noise. At least six yard workers looked under the car and reported back that they could not see anything wrong. We continued moving toward North Dakota.

Our next major stop with a half hour layover was Minot, North Dakota, which is only 50 miles south of the Canadian border. Sleep was impossible for me during that night.

We arrived in Minot at 8:30 a.m. The conductor came to each compartment in our car and informed us that our sleeper was going to be removed from the entire train. People along our route had been calling in stating that they had seen steel hardware flying out from under our car along with flying sparks shooting out in all directions. The engineer had told the conductor that if our car was not removed, there was a strong possibility that the entire train could tip over. Since we were in the middle of nowhere, another sleeping car was not available. Now what? The only place for us was in one of the empty seats in one of the coach cars.

I was given a seat next to a young woman with a very young baby. I had to ride with the two of them for one thousand, three hundred and fifteen miles into Portland, Oregon. For the second night in a row, I couldn't sleep.

To top it off, I now had to argue with a ticket agent in Portland about getting a refund. He offered me \$100. I countered with a threat to write a letter to the president of Amtrak. He then agreed to reimburse me for one half of my round-trip ticket price which in 2003 was around \$500.

How about the train ride back home? Two thousand, two hundred and fifty-five miles and smooth as silk. How did my Elderhostel go? I slept through most of it.

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 65 years. Richard has six children, five grandchildren and four great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.

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BY
KEITH
SIPE

Keith's World Grandkids at Disney World

Two of my grandchildren love to write and draw. You will find these two, Jack and Kendell, together at a table with all their writing instruments, pencils, markers, paper, rulers, erasers and anything else they can think up to help them with their project.

I like to encourage my grandchildren to write, as I try to do with other activities where they show interest. I thought it would be fun to let them submit something for my column Keith's World.

After talking with my Editor, we decided to ask them both to write about one of their recent trips to Disney World. I gave the assignment to Jack Sipe who is in the sixth grade and Kendell DeMott who is in the fourth grade. They both decided to write about their favorite ride or rides at Disney.



Splash Mountain

By Jack Sipe, 6th grade
at White Pines in Grand Haven

At Disney World, there are many different things to do because there are so many different kinds of rides to go on. If you are wondering what

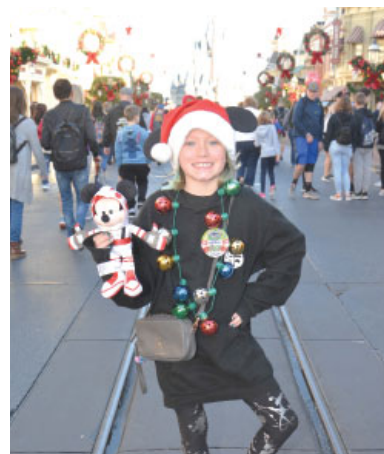
my favorite ride at Disney World is, it is Splash Mountain. The reason why I really like Splash Mountain is because when you go down the big hill you get a refreshing dump of water on you. The reason why you get a huge dump of water is you are on a ride that is full of water. When you first start out on the ride you go through the mountain and it is downhill through the mountain to the end of the ride. When the ride is over, it ends up where you started. When you start the ride, you get into a log and



there are 7-9 rows in the log. You go through a couple of curves and away you go. I like the ride for you are hitting the person sitting next to you which makes it a fun ride. When you are sitting on the outside of the log you may get wet from all the water coming off the mountain. It is very hot in Florida and when the water hits you it feels very good. After some more curves you start to go up a big hill and then go down and hit more water and get even more wet. You go straight down and it is scary the first time you go but it is so much fun with your family that you want to go again and again, The first time on the ride

is scary, but when you go again you know what is going on and you can look at other things on the ride, like all the animals and things.

When I went to Disney the last time, our friends were down there and we met up at the Magic Kingdom where Splash Mountain is and we went on it again. And I mean over and over again. I like it when it is really warm outside and the water is so refreshing when it hits you. Another reason I liked going on the Splash Mountain ride is because I got to sit with my brother and his friend in the front row. It is so much fun.



What I like at Disney

By Kendell DeMott, 4th grade
at Allendale Christian School

Hi, my name is Kendell, I've been to Disney, at least more than three times. I'm going to Disney this year to dance and have a lot of fun and just to let you know, Disney is all about fun and family. So, there's five parks I will

share with you.

While at Hollywood Studios there's this ride called Rock 'n' Roller Coaster and it's a fun one but it can be scary but it also can be really fun. You do four loop de loops. There are two other rides right by it from the Toy Story and another is Slinky Dog ride. They are really fun and not a single bit of it that's scary.

Another place to go is Magic Kingdom and it is the main park out of all five parks. So, this park has a ride called Splash Mountain which that is really fun. It may be a scary one for little ones, but otherwise it's a blast. There is another ride I like which is Thunder Mountain and it can be scary, but it's a fun one too.

I like going to Animal Kingdom to see all the animals and there's this section that is Asian stuff in that park. There's this ride called Mount Everest and if you don't like going backwards then you may not want to go on that ride. There's this show named the Lion King, and there's Simba, Timon and Pumba.

Another park at Disney is at Epcot, and has this one ride called Test Track and in that you build a car and then you wait in line to ride your car. The rest of the park I'm going to leave it a secret.

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

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Frederik Meijer Gardens Announce Latest Events and Exhibits

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George Segal: Body Language

April 3 – August 16, 2020

at Frederik Meijer Gardens & Sculpture Park

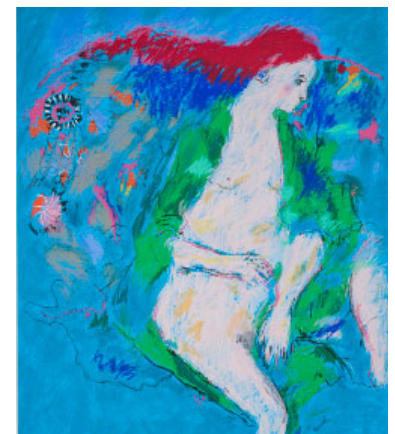
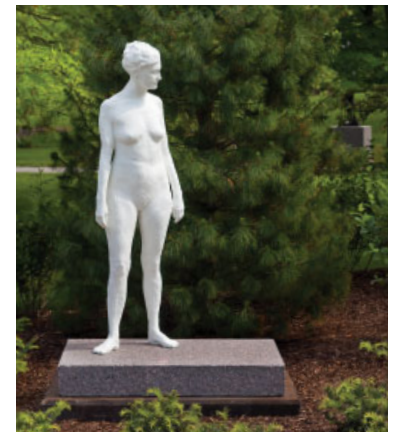
George Segal: Body Language will be the first opportunity to see the artist's sculptures side-by-side with a recent gift of prints from the Segal Foundation complemented by additional loans of a painting, pastel drawing and sculptures.

Approximately sixty years ago, the young artist George Segal embraced a new working process that catapulted him to becoming one of the most recognized twentieth-century sculptors. During the summer of 1961, Segal was introduced to medical gauze bandages which he wrapped around his body and then used as primary material to cast plaster sculptures. The following year, in 1962, he was included in the legendary exhibition *The New Realists* along with Andy Warhol, Roy Lichtenstein, Claes Oldenburg, and Jim Dine. In response to this group exhibition, the American media began to refer to the artists as a new movement: Pop Art.

This exhibition will revisit George Segal's career beyond the labels and focus on his remarkable versatility in representing body language across different media, including not only his trademark plaster sculptures but also various print techniques. His engagement with the human body reveals a sustained and cohesive exploration of human body language, always playing with the border of interior and exterior signification. Across the spectrum of sculptures and prints, body parts often overlap with and mirror one another, forming a sequence that resembles the choreography of dance.

George Segal: Body Language will be the first George Segal exhibition at Meijer Gardens since 2004 and the first time that a large number of prints gifted by the Segal Foundation is on display. While this is a wonderful opportunity to celebrate the artist's singular vision in representing body language, it can also serve as an inspiration to revisit the many innovative figurative sculptures that are part of the Sculpture Park, including Segal's own *Girl Standing in Nature*, as well as works by Jim Dine, Kiki Smith, Antony Gormley, Jaume Plensa, and others.

For more information, visit www.meijergardens.org





BY JACKIE
LINDRUP
RDH, M.Ed.

Ring the Bell - A Family Competition

My Dad is still a real competitor at 95. His passion growing up in N. Dakota was playing baseball, and he played shortstop in the national Amateur World Series before college. He and mom began their family and moved across the country, eventually living and working in the advertising business in Grand Rapids, MI. When I was growing up, we kids had to make a verbal "presentation" or sales pitch for special things we wanted.

Along the way he fell in love with the game of golf. The story goes that while selling ice cream for Swift & Company, Dad passed a driving range on an Air Force base in Wyoming on his route one day. He watched, fascinated, and eventually made a deal with several of the golfers – free ice cream for golf lessons! He won a golf bag in a poker game and eventually bought a better one with S & H Green Stamps, which he brought with him to Michigan. Being a good golfer was a great asset while working in advertising, and he was invited to play in many tournaments

This avid golfer and ad man is still at it. His love of the game and his marketing/communication background is reflected in a family game he created called "Ring the Bell." We have played this golf game in the hallway of his Porter Hills apartment for the past twenty years. The object is to "ring the bell" more times than your opponents.

Dad places a brass ashtray about 30 feet down the hall from the starting line at the other end. Everyone gets five practice shots to warm up, using the same putter and golf balls to try to hit the ashtray "bell." When the ashtray is hit it will ring with a loud DING. Then the actual five putts are



taken, and Dad keeps track of everyone's score. We usually have three or four family members competing. If a tie occurs then there is a playoff with no practice shots. Once the game is won, a trophy is awarded and it's time to wrap up the evening.

Mom used to purchase the trophy for winning RTB down at the Rescued Treasures shop on the first floor of Porter Hills. I still have a 4" porcelain reindeer from my time as World Champion. An announcement to the family from Dad comes by email after the tournament. Here's an example of Dad's announcements of Ring the Bell winners, the latest one, announcing my sister Barb as winner. An earlier email, coaching me before the event, is first:

Jackie;

Sunday evening after dinner the Ring the Bell Championship of the World will begin. You, winner of the last event, must wait and be last with this striking of the putt. Why? Because, if you, like last year, stepped up and went 5 for 5...all others would give up hope.

Be nice, act like a champion, encourage others...and smile.

Dad

Sunday evening after dinner the

Ring Champions from all over the United States flew in to compete in the Holiday Special RING THE BELL TOURNAMENT.

WHILE some were stranded... others battled the elements just to try to win this World Famous Tourney.

A new rule was installed this year...that being the last winner of the RING THE BELL Jackie Lindrup was not allowed to participate until everyone had performed. The committee's thinking was sound.

There were some star performers...but they were blown out of the water when Barbara Davis went 4 rings for 5 attempts and won.

The traveling very expensive

trophy was given to Barbie at the award ceremony...while the band played and the crowd roared.

As Dad's 96th birthday nears, I'm sure a family dinner will precede the next Ring the Bell tournament at Dad's place. Recently I asked whether he wouldn't like to post a flyer in the elevator inviting interested residents of Porter Hills for a weekly game at his place. He looked at me with concern and said "this is a family game only."

Jackie Lindrup is a retired dental hygienist who loves to travel and stay active in local dental events. She is the director of Volunteer for Dental, a Muskegon non-profit where residents can earn their dental care through volunteering. She enjoys playing golf and shooting pool with her father, Charles Huhn and sister Barbara Davis, all seniors, mostly retired and living in W. Michigan.

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Ask the Provider

When Is It Time to Give Up the Car Keys?

Courtesy of Mercy Health

Question: Why is driving a safety concern as we age?

Answer: Due to various advances in health care and better management of health problems, our life expectancy is at an all-time high, and we expect the duration of our ability to drive will keep up with that increase in life expectancy. As we age, physical, visual and mental changes can occur, either due to normal aging or due to illness, which make it necessary for us to evaluate whether we can safely continue to drive. How medically fit and high functioning we are plays a large part in determining our fitness to drive, rather than just our chronological age.

Question: What signs should I be looking for that could indicate I (or an older adult I know) should not be driving?

Answer: According to HealthinAging.org, a health education website created by the American Geriatric Society's Health in Aging Foundation, there are several warning signs that should lead to further testing for the ability to drive safely:

- Getting lost going to familiar places
- Ignoring traffic signs and signals
- Becoming easily agitated or angered when driving
- Falling asleep or being unable to concentrate when driving
- Reacting too slowly to dangerous situations
- Forgetting or ignoring driving basics – when to yield right of way, for example
- Having trouble judging distances



BY
ARUNA
JOSYULA, MD

There are several self-assessment tools available online that can help assess if there are any red flag signs that suggest driving safety is at risk. One is available at the American Automobile Association's website: SeniorDriving.AAA.com

Question: Why is it so difficult to give up driving?

Answer: In our society, older adults lead very active lives beyond retirement, and driving is the primary means of transportation for them to engage in those activities. Driving is the way many older adults access health care, engage in social interactions and ensure adequate nutrition (via grocery shopping or dining in restaurants). If not supported appropriately, an inability to drive can lead to social isolation, increased depression and a loss of independence that can be devastating.

Question: When I renew my driver's license, isn't it the job of the Department of Motor Vehicles (DMV) to ensure that I am (or my loved one is) a safe driver?

Answer: The DMV is ultimately responsible for the renewal or revoking of driver's licenses. However, each person is unique in the deficits that affect his or her ability to drive, and these deficits may not be readily apparent when a person applies for a license renewal. Also, driving ability may change after renewing the license. That is why it is important to regularly assess for difficulties with driving and bring it to the attention of your physician, so that appropriate next steps can be taken.

Question: What can I say or do to help convince my loved one

that it is time to stop driving?

Answer: Focusing on the health and safety aspects related to driving could help avoid making this conversation feel like a personal attack. Be supportive by recognizing that this is a difficult decision, and be prepared as multiple conversations may be necessary. Gather information and be ready to offer alternative methods of transportation so that a plan can be put in place that will allow for your loved one to engage in the activities he or she wants to. We Need to Talk: Family Conversations with Older Drivers, a guidebook by The Hartford Center for Mature Market Excellence, is a wonderful resource.

Question: What can I do if my loved one is clearly an unsafe driver but won't stop driving?

Answer: You can make a report, anonymously, to the DMV. You can notify the older adult's physician. In some situations, when an older adult has dementia, he or she may

not have the ability to recognize that they have a problem with driving. In such cases, it may be necessary to hide the car keys, remove the car battery or sell the car.

Question: If my loved one gives up his/her license, what can I do to be supportive?

Answer: You can reach out to your local Area Agency on Aging to request a list of agencies or individuals who can help with transportation. You can arrange for having medications delivered to the home. Some grocery stores can deliver to the home. Work with your loved one to create a plan for social outings for which transportation can be arranged through family, friends or church. Reassure your loved one that he or she did the right thing, for both personal safety as well as that of the public, by giving up driving.

If you have senior health concerns, contact Mercy Health Physician Partners Geriatrics by visiting www.MercyHealthPhysicianPartners.com

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Kent County Senior Millage

Veterans in the Keys



BY
JERRY
MATTSON

Boondocks Grille and Draft House is a popular place on Ramrod Key, about 28 miles from Key West. Entertainment regulars there are Howard Livingston and the Mile Marker

24 Band. People who want to get a table close to the band pay \$40 for the privilege. (Mile Markers along U. S. 1 count down the miles toward Key West where Mile Marker zero is.)

During the first set on January 10, 2020, as he does at every show, Livingston sang a tribute song to military veterans. At the same time, various military photos were displayed on the wall full of monitors behind the bandstand. At the end of the set, all veterans were invited to step forward, assemble in front of the band and be recognized. About 20 of us made our way to the front of the stage that evening. One by one, each of us spoke into a hand-held microphone announcing, via the sound system, who we were and which branch we served in. "Jerry Mattson, U. S. Army." We were also given a small American flag.

Patrons sitting in remote areas of the place, in the dining room or at the rear



of the bar, were able to watch on closed-circuit TV screens.

The next night we had our evening meal at the Big Pine Rooster on



Big Pine Key. We sat side-by-side on a bench along a wall. Next to me was an older gentleman wearing a *USS Stockton DD 646* military ball cap. We all said “hi” to each other. A little while later I looked over and he had a small remote controller in his hand.

"I'm trying to adjust the noise level," he said. "I'm getting new hearing aids next week. They are free."

"From the VA?" (Veterans Administration), I asked.

"Yes, I was in World War Two. I'm 95. Did you ever serve?"

I told him I'd spent a year in Korea in the Army and that he had me, in age, by 20 years.

Edward Ruth was from Townsend, Delaware, and joined the Navy when he was 17. He said, "You grew up fast then. I can still remember it all like it was yesterday." He was involved in historic battles at Iwo Jima and Okinawa. His ship, the *Stockton*, was awarded eight battle stars. He continued, "After it was all over, I came home and went to work. Nobody wants to work today."

He thinks people are too soft now. "I saw the last lashing in Delaware and the last hanging when I was 10, in the 1930s. The hanging took place in a prison that no longer exists. The property is now a golf course." (According to an

online search, two more hangings took place in Delaware. One in 1946 and the last one in 1996.)

I got a real *senior perspective* from this man.

Jerry's military time, after basic and additional training, was spent in Korea typing operation plans at an Armor unit and later financial reports at the 2nd Infantry Division

headquarters. Although there were some 17-year-olds drafted with him, Jerry was an "old man" who reached age 23 ten days after getting his special haircut and new wardrobe.

CORRECTION

An incorrect Jumble game was featured in the March/April Senior Perspectives. We apologize for the error. Here is the correct puzzle with answers featured on Page 23.

JUMBLE

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

AADLS

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WTRIL

HOPSL

URAQES

**Print your
answer here:**

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.



Benefits of Pet Therapy in Older Adults



BY PHYLLIS
VENTOCILLA,
LMSW

Can a gentle purr or friendly tail wag really help seniors live happier, healthier lives? Current research renders a resounding yes! This may be especially pertinent for older adults who typically have enjoyed a long

relationship with their pets. Pet therapy, also known as animal assisted therapy, offers many physiological and emotional benefits and can enhance a sense of community within long term care residences.

A loss of connections with family and friends is common among older adults, and animal assisted therapy was shown to decrease loneliness in residents of long-term care facilities (Banks & Banks, 2002). Participants with a history of having a close relationship with a pet received a 30-minute weekly visit with a trained therapy dog. Residents could talk to, touch, and play with these animals, or the animal may simply lie with them on their bed. Interestingly, these visits often evoked spontaneous memories of pets they had owned previously, and participants at times talked to the dog as though he was the one from previous memories. These visits tapped into a strong emotional connection for previous dog owners, and thereby decreased loneliness

experienced by residents.

Another study, conducted with older adults with dementia, demonstrated pet therapy was helpful in several ways (Richeson, 2003). Restlessness, particularly at the end of the day, can be problematic for those with Alzheimer's. Regular visits with trained therapy dogs in this study led to a measurable decrease in wandering and restless behaviors in participants during the study. Residents with dementia also struggle with social interaction as the disease progresses. Participants with dementia demonstrated an increased number and duration of social interactions following animal therapy visits.

Trained therapy dog visits can also improve physical health. In a study at UCLA Medical Center (Gawlinski & Steers, 2019) hospitalized patients with heart failure received a 12-minute visit where the dog might lie on the bed with the patient, and they could touch and talk to the animal. These interactions resulted in lowered blood pressure and decreased levels of stress hormones following the visit. In addition, pet visits reduced anxiety levels by 25% among participants.

Pet therapy can also increase a sense of community in assisted living residences. Pet friendly homes of-

ten see residents gathered around to pet the puppy or start a conversation with the owner. In skilled facilities with bird sanctuaries, residents gather to watch the beauty of finches in flight, or to hear the hypnotic chirping of these charming birds, drawing residents out of their rooms and into common living spaces.

In Atul Gawande's book, *Being Mortal*, he describes a program called the Eden Alternative, initiated by Bill Thomas at Chase Memorial Nursing Home. A variety of pets and live plants took up residence at the facility and residents assumed care for many of them. Gawande describes the transformative impact this project had on the residents. Where they began to assume responsibility for the animals they became much more social. Gawande talks about the importance of a sense of loyalty and purpose in our lives and that pets can fill this need in a significant way, contributing to overall wellbeing.

As part of the Harbor Hospice Pet Therapy program, volunteers bring trained pet therapy dogs to visit residents, providing them time to pet and enjoy companionship with the dog. During these visits folks will often reflect affectionately on memories of dogs or cats they owned earlier in their lives. Residents speak with great affection of their canine visitors and eagerly anticipate the next visit. Most telling, they often may not recall the name of the volunteer, but the dog's name is rarely forgotten.

Clearly, for older adults pet therapy provides physiological, social, and emotional benefits that go hidden in a gentle touch or a "Good Boy"!

The Effects of Animal-Assisted Therapy on Loneliness in an Elderly Population in Long-Term Care Facilities

Marian R. Banks, William A. Banks
The Journals of Gerontology: Series A, Volume 57, Issue 7, 1 July 2002, Pages M428-M432

<https://academic.oup.com/biomedgerontology/article/57/7/M428/553460>

Dogs ease anxiety, improve health status of hospitalized heart failure patients

American Heart Association Abstract 2513 (Download PDF)
<https://www.uclahealth.org/pac/Workfiles/volunteering/PACArticle.pdf>

Co-authors are Anna Gawlinski, R.N., D.N.Sc., and Neil Steers, Ph.D.

Effects of animal-assisted therapy on agitated behaviors and social interactions of older adults with dementia

Nancy E. Richeson, PhD, CTRS *American Journal of Alzheimer's Disease and Other Dementias*

<https://journals.sagepub.com/doi/pdf/10.1177/153331750301800610>

Gawande, Atul *Being Mortal: Medicine and What Matters in the End* (2014)

Phyllis Ventocilla is a Social Worker with Harbor Hospice and is a Licensed Masters Social Worker. Prior to Harbor Hospice, Phyllis was in her social work profession. She has a Master's in Social Work from Michigan State University, loves dogs, and says her family's Havanese dog, Chuck, is their favorite pet therapist!



BY
JOEL
DULYEA

Shack Attack!

Not counting our backyard garden, my first taste of farm work came when mom took me to pick blueberries at Ferguson's blueberry

patch, over off the dirt of Putnum Road. I was so happy to go with her. From the perch of my second-floor bedroom, past the farm fence canopied with tangled grapevines, and beyond the south end of the field of tall grass where blueberries were picked, I saw wondrous things which spoke of adventure.

Before the picking season, a yellow crop duster repeatedly disappeared behind the trees then soared above telephone lines as it barnstormed the blueberry patch with a fogging spray. On the same stage, a train appeared from time to time, tracing its route from Fremont to Muskegon. When it approached the corner of Putnum and Bard Road, the whistle announced its appearance. I leaped from bed to window to see the locomotive emerge from behind a curtain of trees, then watched till the red caboose disappeared into the pine forest.

The day finally arrived when I ventured on my own through the pine forest to follow the railroad tracks to the blueberry patch. The only tool necessary for my first job was a Shedd's Peanut Butter pail, attached by its handle to the belt holding up my pants. A foreman supplied containers into which I emptied my bucket when full.

The anticipated independent adventure began to dissipate soon after it began. It was still morning when adventure turned to labor and labor devolved to daydreams, then ended with thoughts of mischief.

One rubber band. It could also be stretched down my index finger, around the base of my thumb and hooked onto my little finger. With a twitch of the pinky, a rubber

band shoots accurate. The foreman uses them to hold plastic wrap over quarts of blueberries. There are lots of rubber bands. It'd be funny to sneak up on people picking blueberries.

Later another thought formed. I think I'll try for a bigger laugh.

I circled north toward the railroad tracks, behind the foreman's shack – my movement hidden from view by rows of blueberry bushes. Armed and coiled, I was ready to sneak-attack the shack in which he sat. With finger loaded, I rushed through the doorway to surprise and shoot him with a rubber band, but my attack was blown off track! What was unknown to me were the intelligence reports of my actions, which were relayed to the foreman. Without any counterintelligence the ambush was doomed from the start. Those berry pickers squealed on me!

When I jumped into the entrance of his shack, aimed directly at me was a garden rake – stretched tightly from the tip of the handle to the tine with a chain of rubber bands. Behind the rake in a chair tilted back on two legs, sat the face of the foreman adorned with a Cheshire cat grin.

Back at home, I stood pitiful before my mother. She asked, "Why are you home so early?"

"He told me to leave, and I can't go back."

"What did you do?"

In the language of preadolescence, I whimpered, "I don't know."

Note: Joel regularly sees, from his old Dalton Township neighborhood, the foreman's youngest sister, Laurie Gilbert, at Kids' Food Basket. Her oldest brother, Navy CDR (R) Arthur Tuttle, is the only person who ever fired the author. Fair winds and following seas, Commander!

Joel Dulyea is a United States Army retiree who loves to sing with his wife Merijo, spend time with his daughter and son-in-law, dote on his granddaughter and spoil his wire-haired dachshund.

Become a Dementia Friend



Understanding how to engage with a person who has dementia will help improve our communities for all people.

In a one-hour Dementia Friend session, you will:

- Learn about dementia
- Understand what it is like to live with the disease
- Receive tips on communicating with people who have dementia
- Turn understanding into practical action

Sessions take place at
Area Agency on Aging of Western Michigan.
Call or visit the website for upcoming dates!

Register Online: DFMI8.org

(616) 222-7036





BY
JOE
STAPEL

Safety and Security

Telemarketing Fraud

A recent news story told how a couple lost \$800,000 to a scam artist and now their money is in an account in Singapore.

They thought it was going to build their new home!

Senior citizens especially should be aware of fraud schemes for the following reasons:

1. Senior citizens are most likely to have a nest egg, own their own home, and have excellent credit -- making them attractive to con artists.
2. People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. It is difficult or impossible for these individuals to say "no" or just hang up the phone.
3. Older Americans are less likely to report a fraud because they do not know who to report it to, are too ashamed at having been scammed, or do not know they have been scammed.

4. When an elderly victim does report a crime, they often make poor witnesses, not able to supply enough detailed information to investigators.
5. Senior citizens are most interested in products to increase cognitive function, virility, physical conditioning, anti-cancer products, and so on, making them prime targets for scammers.

If you are age 60 or older, and especially if you are a woman living alone, you may be especially targeted by people selling bogus products and services by phone. Telemarketing scams often involve offers of free prizes, low-cost healthcare products and inexpensive vacations.

Here are some warning signs of telemarketing fraud:

- "You must act now before the offer expires."
- "You have won a free gift, a vacation, or a prize, but you have to pay for postage and

handling or other charges."

"You must send money, give a credit card or bank account number, or have a check picked up by a 'courier'."

The caller may say you do not need to speak to anyone including your family, lawyer, accountant, or the Better Business Bureau. If you hear these, just say "No Thank You" and hang up.

PLEASE REMEMBER

Do not buy from an unfamiliar company. Legitimate businesses understand that you want more information.

It is very difficult to get your money back if you have been cheated over the telephone. Before you buy anything, always ask for, and wait until you receive, written material.

Joe Stapel worked as a police officer for three different Departments in Muskegon County for 20 years. He also worked for Meijer Corporate Office in Grand Rapids for 28 years as a security officer and as the Company's first Safety Specialist. Joe has worked for Baker College of Muskegon as the Campus Safety Director with a staff of 27 armed officers and 8 dispatchers.




Is it Time to Plant the Seed?

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- October 16
- November 20

Contact us for more information:

(616) 222-7015 | LaceyC@aaawm.org
www.aaawm.org/afsi

Question: I was speaking with my sister and she told me that she receives half of her spouse's benefit. Why am I not eligible for benefits from my spouse?

Answer: If your spouse is eligible for Social Security benefits, you could be eligible for one-half of their benefit at your full retirement age. However, if you worked and are eligible for Social Security benefits on your own record, your own benefit may be higher than what you could be eligible for on your spouse's record. If you have questions regarding your eligibility for benefits, please call 1-800-772-1213 (TTY 1-800-325-0778) between the hours of 7 a.m. and 7 p.m. Monday through Friday.

Question: I'm 65, not ready to retire, but I want to apply for my Medicare coverage. How can I do that?

Answer: The easiest and most convenient way is to apply online. Use our online application to sign up for Medicare. It takes less than 10 minutes. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. You'll receive your Medicare card in the mail. It's convenient, quick, and easy. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Get started today at www.socialsecurity.gov/benefits/medicare.



Question: I'm reaching my full retirement age and thinking about retiring early next year. When is the best time of year to apply for Social Security benefits?

Answer: You can apply as early as four months before when you want your monthly benefits to begin. To apply, just go to www.socialsecurity.gov/applytoretire. Applying online for retirement benefits from the convenience of your home or office is secure and can take as little as 15 minutes. It's so easy!



BY
VONDA
VANTIL

Question: What are Compassionate Allowances?

Answer: Compassionate Allowances are Social Security's way of quickly identifying severe diseases and other medical conditions that qualify a person for disability benefits without waiting

a long time. Compassionate Allowances permit Social Security to target the most obviously disabled individuals for allowances and faster payment of benefits based on objective medical information that we can obtain quickly. Compassionate Allowances are not separate from the Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) programs. Find out more at www.socialsecurity.gov/compassionateallowances.

Question: I noticed that my date of birth in Social Security's records is wrong. How do I get that corrected?

Answer: To change the date of birth shown on our records, take the following steps:

- Complete an Application For A Social Security Card (Form SS-5);
- Show us documents proving:
 - o U.S. citizenship (if you have not previously established your citizenship with us);
 - o Age; and
 - o Identity; then
- Take (or mail) your completed application and documents to your local Social Security office.

Note that all documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. For details on the documents, visit www.socialsecurity.gov/ss5doc.

Vonda Van Til 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.

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

T	I	S	S	U	E	S	A	M	P	L	E	
A	R	O	U	N	D	T	H	E	H	O	R	N
J	A	C	K	I	E	R	O	B	I	N	S	O
	S	K	I		N	U	K	E	S		A	M
			Y	E	S	M				H	E	T
C	R	E	A	K		S	I	N		C	Z	A
H	U	N	K	E	R		D	O	J	O	N	A
A	N	T	I		K	A	R	M	A		I	S
P	A	R		G	O	B	I		R	O	M	N
A	L	A	D	Y		A	S	H		I	P	O
T	O	N	I	N	G				A	L	L	A
I	N	C	A		Y	A	L	T	A		S	T
	G	E	T	I	N	F	O	R	M	A	T	I
		D	O	N	T	T	R	E	A	D	O	N
			M	I	S	A	D	D	R	E	S	S

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

Boggle Answers:

POP ROCK FOLK BLUES POLKA
GOSPEL REGGAE

Jumble Answers:

POKER BLIMP ABLAZE ALWAYS

ANSWER: For King Kong, finding clothing that fit was a SIZABLE PROBLEM

Answers to Jumble on pg. 19:

SALAD TWIRL POLISH SQUARE

ANSWER: The owner of the failed laundromat was - WASHED UP

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- Ordering groceries with Shipt
- Getting a ride with Lyft
- Using accessibility features



Questions?

Call (616) 456-5664 or email communications@aaawm.org