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MAY | JUNE 2021

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MAR/APR WINNER: SHIRLEY LONGWELL OF GRAND RAPIDS

The shamrock was found in the story on page 5.



BY
JANET
HASSELBRING

How Does Your Garden Grow? Down a Rabbit Hole with Winston Churchill

I'm having tea in my garden with Winston. We're chatting about writing strategies that make his books and speeches famous. I'm a bit surprised he accepted the invitation, though I suspect he was keen to meet my new Welshie, Clementine—he's partial to the name because that's the name of Lady Churchill.*

Winston loves gardens. He was captivated by the tranquility of Chartwell, on Kent's western boundary. When he put down roots there in 1922, it became his spiritual home. Looking out over the Weald of Kent he remarked, "I bought Chartwell for this view." When *Country and Duty* called him away, as they frequently did, he fretted, "A day away from Chartwell is a day wasted."

I refill his coffee mug and offer him another scone. It's a humble offering, for if he had his druthers, he would chase his hearty breakfast with a whiskey and soda, to moisten his throat, and then head back to bed with a cigar to work until noon.

His food quirks are legendary, his convalescent diet calling for champagne, oysters, and mouthfuls of steak. Once he threatened to go to Chartwell alone. When Clementine reminded him it was closed and there would be no one to cook, he boasted, "Then I shall cook for myself. I can boil an egg. I've seen it done." (He didn't go.)

Winston perks up when I promise Country Dairy ice cream later. "Wonderful," he purrs, "Cream coats the sheaths of the nerves."

My garden is alive with color, bursting with Winston's favorite flowers and shrubs. He lights a cigar and we get to the literary task at hand:

1. Use four alliterative adjectives.

"...answer with a sullen, senseless, solid, stupid, NO," he smiles mischievously, recalling one of his speeches. "Now these freesias--fresh, fragrant, flirtatious, fantastic. And the anemones--alluring, attractive, azure, abundant." He perches on my wall, noting that he built garden walls at Chartwell.



2. Use one-syllable words.

He looks lovingly at a row of dahlias. "Fair, fine, fresh, frail," he announces. "The hyacinths--blue, bold, bright, brash."

3. Anaphora--use of the same words or phrases in successive sentences.

Suddenly Winston stands, thrusts out his chest, and thunders: "Our aim? Victory! Victory at all costs; victory in spite of all terror; victory however long and hard the road may be...."

I am spellbound, silent, lost in history. After a time, Winston stirs, casting off the spell, and sits down. "Imagine these tulips braving the forces of nature," he whispers. "We will stand in the storm; we will stand in the rain; we will stand in the wind; we will not be flattened."

4. Use of obscure and archaic words.

"When I see lords and ladies snoozing during my speeches, I use words like 'benignant' and 'snoozery' to wake them up." He takes a hefty chomp on the fast-dwindling cigar. "I'm awed by the fantasticalnesses of your garden," he smiles. "That'll get their attention."

5. Chiasmus--a figure of speech in which the grammar of one phrase is inverted in the next.

"In one way you're right, and in another, you're wrong"--one of my favorites," he chortles. He peers about. "Every garden has a snake, but not every snake is in a garden." I nod in approval, sneaking a surreptitious glance about the garden. I've never seen a snake here.

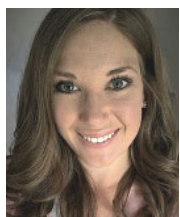
But he's beginning to tire. It's time for ice cream. He relinquishes his cigar for a bowl of Grandpa's Vanilla. All is quiet except for the occasional tweet of a bird and the click of the spoon on Winston's teeth as he luxuriates with his cream. Clemmie lies at his feet.

He licks the bowl clean, looking disconsolate. I'm tempted to offer seconds but Lady Churchill has made it clear that Winston is getting chubby. Accepting his fate, he grudgingly surrenders the bowl. "Ahhhh," he sighs, "Simply delightfululicious!"

**Churchill's two great loves were brown miniature poodles named Rufus and Rufus II (the II was silent). Once, when Rufus (I) accompanied Churchill to Buckingham Palace, he started padding into the Cabinet Room. "No Rufus," chided Churchill, "I haven't found it necessary to add you to the War Cabinet yet." At Chequers, Churchill covered the poodle's eyes when watching the scene in *Oliver Twist*, in which Bill Sykes attempts to drown his dog, Bullseye, saying, "Don't look now, dear. I'll tell you about it afterward." Rufus (II) reportedly had breath like a flamethrower, but he still ate with the family in the dining room, on a Persian rug, served by the butler. When his "darling Rufie," his "closest confidant," who heard everything, died in 1962, he was buried at Chartwell next to his beloved predecessor, Rufus (I). ("The Ten Most Famous Dog and Owner Combinations in History," *Country Life*, Elwes)*

Janet lives in West Michigan with her husband, Don, and Welsh Terrier, Snack. She loves singing, biking, swimming, hiking, doing therapy work with Snack, playing bridge, Scrabble, and Mahjongg, and is a tennis and pickleball junkie. She drags herself off the court occasionally to write. Her piano gets lonely because she chooses to whack fuzzy yellow balls and noisy popping pickleballs instead of tickling its ivories.

Raising Awareness of Elder Abuse and Mistreatment



BY
CASSIE
CAPLE

June is National Elder Abuse Awareness month, with June 15th the designated day. Nearly 1 in 10 older adults is abused or neglected each year, yet only 1 in 14 cases is reported to authorities.

World Elder Abuse Awareness Day (WEAAD) was started June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the

United Nations. This provides a platform to educate and raise awareness about elder abuse with the goal of ending all mistreatment.

There are five common types of elder abuse: physical, mental/emotional, sexual, financial, and neglect. Abuse or neglect can happen to anyone, by anyone, with about 90% of abusers being close friends or family members.

One of the best ways to help prevent elder abuse is to look for warning signs:

- Does the older adult have unexplained bruises or injuries?
- Are their clothes torn or dirty? Are they always wearing the same clothing?
- Do they report having frequent falls?
- Do they appear dehydrated or undernourished?
- Do they express issues with sight, hearing, dental problems, or incontinence?
- Has there been a recent change in caregiver?
- Have there been recent changes in spending patterns?

A few other important things you can do to help include:



- Listen to older adults and their caregivers to understand their challenges and provide support.

- Check in frequently with loved ones, especially those who may be isolated.
- Report suspected abuse or neglect to Adult Protective Services to get help: 855-444-3911.
- Educate yourself on warning signs and prevention methods and share the information!
- Stay informed. Visit AG - Consumer Alerts (michigan.gov) to sign up for scam email alerts.
- Seek help if you are a caregiver or inquire about services to support an older adult.
- Call the Area Agency on Aging of Western Michigan (AAAWM) 616-456-5664 for available programs and services or visit our website at www.aaawm.org

For more information about warning signs of elder abuse, scams, and financial exploitation, visit the Kent County Elder Abuse Coalition website at www.ProtectKentSeniors.org.

**Sources: National Center on Elder Abuse, Center for Disease Control and Prevention, Office of Inspector General*

Cassie is a Contract Administrator at the Area Agency on Aging of Western Michigan (AAAWM) where she also coordinates the Kent County Elder Abuse Coalition. Cassie earned her Master's Degree in Social Work from Grand Valley State University and says her favorite part about her job is collaborating with the community to keep seniors and their families safe and independent. She can be reached at (616) 456-5664.

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Leaving a Legacy

When I think of family care giving, I associate it with leaving a legacy of love, commitment, trust, and undying care with your loved one. I immediately think of the many very special caregivers I have met throughout the years. Although family care giving is difficult and can be frustrating and exhausting, it can also



BY
KENDRA
SCHUMAKER

be one of the most rewarding experiences a person can have while they are on earth. This, however, is often realized after the care giving journey has come to completion.

This legacy is in part the undying care and support showed toward the one being cared for, but it also involves promises made to previous caregivers. For example, one daughter actually told her ill father that it was OK for him to pass away because she would take care of her mother who had Alzheimer's Disease. Only after she and her dad discussed the situation, made decisions on how the mother's care would happen, and put a plan into place, did he actually succumb to his illness and pass away. He had to make sure his wife was cared for, and he completely trusted his daughter to give the care she had committed to.

Recognizing and appreciating love is also an important part of our legacy. A family caregiver had been caring for her mother at home for nearly ten years when she passed away at the age



of 105½. This daughter said one of the most precious comments I have ever heard about their cared-for one: "I grow to love her more every day." This caregiver discussed how her mother had always been with her, had celebrated with her when she married, had children, and watched the grandchildren grow. Many of her cherished moments were of everyday experiences such as life on her parents' farm, watching her mother and father work hard and complete a job well done. The mother had seen

her daughter through some serious life tragedies, such as the deaths of her own husband, a grandchild, her own father, and her in-laws. When she spoke of her mother, she was able to speak of feeling more blessed than stressed with the care she had provided as her mother aged physically and declined cognitively. She had an outlook on life whereby she realized that the care she was providing would not last forever.

unique, the cared-for one is unique, and the situations vary across many levels. The outcomes are different for each one of us. One thing is the same though: the journey is the goal. We all want to live our life to the fullest, especially when it comes to being a caregiver. We want no regrets, no unfinished business.

It has been written that life is not a guided tour; rather we each have to make our own way through. There will be losses along the way; there will be sadness, frustrations, fear, hardships. But there will also be times of complete celebration, love, commitment, the ability to help each other out, to live peacefully "in the moment." What a true blessing! How many of us are not living in the moment? We must keep the end in sight. Doesn't that give a sense of peace? A sense that we don't have to achieve more than God has desired for us, that we don't have to look for the worldly treasures of today to find satisfaction, contentment, and true joy in knowing that we are doing the best we can here on earth. We simply need to leave a legacy of love and caring for the next generation.

The Legacy of Caring is truly putting someone else first in life. The most important legacy we can leave our family, our children, our grandchildren, neighbors, community, and our country is compassion and caring. Those are the qualities I clearly see exhibited in many of the families I have worked with. These families are leaving a legacy that says, "I love you and I will take care of you."

I am not suggesting that each caregiver has to complete their care giving journey in the same way. Each caregiver is

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 specifically Caring for the Caregiver!



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Soul Food

The Springtime of Life



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

What can we learn from springtime? For me it is a season of beauty and inspiration, even though I have long suffered from allergies and asthma! As we recall the arctic blast which swept south this past winter, many of us wondered if spring was going to be delayed this year! Is the earth shifting on its axis or what!?

I am not one to prejudge anything or anyone. I have learned to live day by

day with openness and trust. This does not mean I have no plans, or that I do not make a schedule. I endured two seizures in 2019 which has given me memory issues; you should see my calendar -- it's covered with corrections!!

What I have learned from "spiritual formation" is that discernment of truth and help with decisions can develop anytime, no matter what comes along which

distracts, or inspires, or confuses, or makes me laugh. In the big picture of life we are never in control. Think of life this way: Did you choose when to be born? Of course not! Will you choose when to die? You'd better not!!

Life is a gift full of treasure, even when it brings challenges. We may think our work or schedule determines the value of what each day brings, such as what we get paid or how much we have spent. What I want to share with you is that there is much more going on than sleeping or working, eating or cleaning, talking or listening, traveling or staying home. Each of us can be part of a family, even if we live alone. Each of us can be inspired, even if our lives seem dull or boring. Each of us can receive help, even if we can't afford to pay, just by being kind and respectful.

What the four environmental seasons teach those of us living around the Great Lakes is to be open and aware of our surroundings. To some extent we can be pre-

pared, but the seasons offer us challenge, preparation, awareness, and inspiration. You may have a favorite season because of a certain outdoor activity. For me, the season of Spring offers the sprouting of new vegetation bringing bright colors and new life. It invites us to get outside with friends or family, even if just for a drive, and brings pastimes like fishing, planting flowers, a family picnic, you name it!

Springtime refreshes my spirit and reminds me that the creation, and the Creator, desires each of us to be open to change, growth, and receiving the gifts of the Spirit. Opportunities present themselves to us to be a servant to others who are struggling to see any good in life, perhaps because of their present loss or their human suffering. You may indeed be "the gift" of understanding or compassion that someone you know, or someone you meet today, desperately needs. If you are thinking of that person right now, give them a call, and let the Spirit guide you.

Rev. Gilbert Boersma, BBA, MDIV, is an Elder in the United Methodist Church, and a retired board-certified chaplain. His wife Sara is retired from Muskegon Community Mental Health and offers counseling privately, part-time. Their two sons, one daughter-in-law and four grandchildren also live in Muskegon. Gil offers "spiritual direction" for those who have interest. You may contact him by email: boersmagil71@gmail.com

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BY
LOUISE
MATZ

How about you? Do you have a small library of quotes that stick in your memory, popping up at appropriate (or sometimes inappropriate) times? Maybe, if you read through my mine, it will jog your memory. If you're like me, I'll bet each quote will take you

right to the identity of the person who put it in your memory.

"Nothing good happens after 10 p.m."

This one was directed to our children by their father in their teen years. He used it often. Not likely I'll ever forget, nor will our kids. He also instilled a habit of promptness by using this type of phrase often: "Five o'clock means five o'clock! Not five minutes after five. Not even one minute after five."

"Everything in moderation."

This one came to me from my father who repeated it often. As I travel through life, I find it applies to so many aspects – foods we eat, exercise, drinking coffee or other beverages, playing, watching TV, spending, etc. The problems come when we overindulge.

"Ask forgiveness, not permission."

This one is a favorite of my daughter Melissa. It speaks for itself.

"I don't feel bad when I'm late returning a library book. They need the money."

This one came from my daughter Molly. I think of it every time I return a library book.

"Oh dear, bread and beer; if I wasn't married, I wouldn't be here."

This silly little rhyme was a favorite of my mother. In particular, she would set up her ironing board on a summer afternoon, pour herself a beer, and approach

her basket of ironing with this jingle. I confess I've used it myself over the years, primarily when ironing or drinking a beer.

"Quotes That Stick"

"It doesn't pay to look too prosperous."

This came from my father. My husband likes to use it whenever I ask him to change into something more suitable. My dad used it very conveniently, too.

"Yesterday is history. Tomorrow's a mystery. Today is a gift."

My mother-in-law loved this one, repeating it often. As I age, I just want to reply "Amen" to this quote.

"People of integrity pay their debts without being asked."

I passed this one to my children.

"Only boring people are bored."

This one came from my father, too. My siblings and I learned responsibility early on. Among other things, we were responsible for our own entertainment or lack thereof.

"You can learn in spite of the teacher."

This was a comment from my father whenever we complained about a teacher. No sympathy there.

"Put a bow on it."

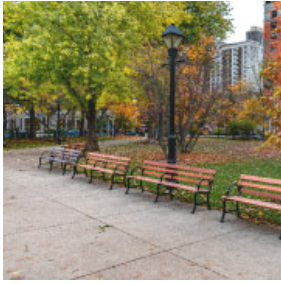
Daughter Melissa uses this idiom to indicate that a project must get completed. I like it because it promotes urgency, but with a positive note.

"My dad was Dave Ramsey before there was a Dave Ramsey."

Another quote from Melissa. This one indicates the influence of her father when it comes to managing money.

Familiar quotes bring to mind so many meaningful life experiences, don't you think?

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



Bug House Square



BY
DICK
HOFFSTEADT

Upon entering college at the University of Illinois at Navy Pier in February of 1952, my major was pre-engineering. My classes were mostly technical, but the school required that you also had to have four semesters of rhetoric, which was the study and art of writing and speaking well. This subject was a total mystery to me. My first impression was that I wasn't going to like it. Me? Write stories?

The course started out slowly with the professor assigning short story ideas to get us started. Things went along fairly smoothly, but liking it was still difficult. My mid-term grade was only a C-plus. Not terrible, but not up where I wanted it to be.

Then came an assignment for the last half of the semester which would be due a week before the end of the term and would count for half of our final grade. We were told to roam around Chicago and find something out of the ordinary then write a 1,000-word essay pertaining to it. Uh, oh! Could I do it?

While in high school, I went on a field trip to a place called the Newberry Library, which was only 1½ miles northwest of Navy Pier. It was an independent research library specializing in the humanities. Across the street to the south of the library is a one-square-block called Washington Square Park.

The park had a more distinctive, slangy nickname that has stuck to it since around 1910, and that is "Bughouse Square." It was an open forum that allowed anyone literally to get up on a wooden soap box and espouse any cause they wanted others to hear. Many talked at the same time as others did. Subjects ranged from atheism to extreme religiosity, and politics went from extreme right to extreme left. At that time (1952) it was the most celebrated outdoor free-speech center in the nation. Heckling was standard. Sometimes there would be as many as two thousand people in the park. In 1991, it was added to the National Register of Historic Places.

My roaming around Chicago to find an out of the ordinary subject for my 1,000-word-essay for my Rhetoric class had come to an end. And I found it only because of a high school visit to the Newberry Library.

Now that I knew what my essay was going to be about, I needed to spend as much time as possible in the park, watching and listening to the various speakers. It was the spring semester so the weather was fairly decent for outdoor activities. No planning was involved; it was totally spontaneous. It was entertaining but sometimes quite boring. Much of the dialogue was interactive. Some speakers were a little balmy while most made total sense. Even Carl Sandburg, Richard Wright, Saul Bellow, Clarence Darrow and Studs Terkel would stop by.

I now had a ton of material for my article and worked hard on it. I handed it in on time and received a resounding A for my efforts. I still enjoy writing thanks to good old "Bughouse Square."

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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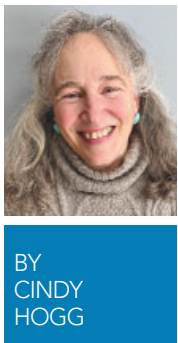
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Becoming a Ballerina in My 60s

I was a tomboy growing up, and happily so. I loved nothing more than climbing a tree, often with a book under my arm so I could read hidden among the leaves as high up as I could go.

What I was NOT while growing was *graceful*. That's why I am somewhat

surprised that here in my mid-60s, I find myself a ballerina.

Oh, not the tutu-and-tights-wearing kind of ballerina. I never did aspire to that, and even if I had, those days are far behind me. No, I find myself embodying the *essence* of a ballerina, and that's just as good or, at my age,

maybe even better.

So, what is it that ballerinas do that contributes to their beauty and success?

--They are up on their toes.

--They are able to pivot gracefully.

Midway through my seventh decade--am I really in my seventh decade?!--I find I have mostly mastered the art of rising above the chaos and the noise on the outside and the distractions and angst on the inside that plagued me during my younger days. I now see the bigger picture so much more clearly. I am better able to separate the urgent from the truly important and to prioritize accordingly.

When I was younger, a change in plans could throw me into a tizzy. Now that I'm older, I can more gracefully pivot in a new direction, or on to new plan. Life is constantly throwing us curveballs that require a change in plans. The pandemic of the

past year has certainly been that on steroids! But I am finding that with increased age--and its accompanying wisdom--I am (mostly!) able to meet challenges head-on with a quiet grace. I have an increased ability to move forward without recriminations, drama or angst. When I look in the mirror now, I like what I see. I don't see a wrinkled, "decrepit" old woman. Not by a long shot. I see a strong woman who has mastered some pretty important life skills.

I trust I may be modeling something important for my daughters and granddaughters as well.

Up on your toes, girls.

Pivot gracefully, and dance on!

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 skipgentravel-guru.com.

A black and white photograph of a man with a white beard and sunglasses, wearing a striped tank top and striped shorts. He is holding a large, white inflatable ring. The background is dark.

9 ^{OUT} _{OF} 10 SENIORS

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Over
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The Significance of Senior Action Week



BY
EMILY
ARMSTRONG

It is important to recognize older adults for their contributions but also for their powerful voices. Michigan's older adults account for nearly one-quarter of Michigan's population. Not only do older adults have vast knowledge and experience, but they also

vote! For over 20 years, seniors have traveled to Lansing from across the state to advocate and celebrate older adults in an annual event called "Older Michiganian's Day" (OMD). OMD is an opportunity for senior advocates and allies to share their positions with legislators and to spur positive change for older adult legislation.

Historically, this rally happens in-person on the lawn of the Capitol Building in Lansing. Of course, with safety precau-

tions in place due to coronavirus this event has adapted to a virtual event for 2021 as Senior Action Week! In the past, over 1000 seniors would gather at the capitol, supported by Michigan Area Agencies on Aging. Taking this key advocacy push to a virtual platform will hopefully allow more people to get involved than ever before!

Rather than a dedicated day this year, Older Michiganian's Day has transitioned to a week of online advocacy to best inform legislators on senior issues. Older adults and their allies are invited to attend any of the virtual events throughout the week of May 10-14, expressing to the Michigan Legislature, with a unified voice, the concerns, challenges, and opportunities for older adults. With this week-long event, older adults are the experts, embracing the growing senior population and advocating for policies and budget decisions that allow seniors to age with



independence, dignity, and choice. A special online event will also take place on May 12, the original Older Michiganian's Day. You can follow Facebook updates at <https://fb.me/e/3osbUjyEH>

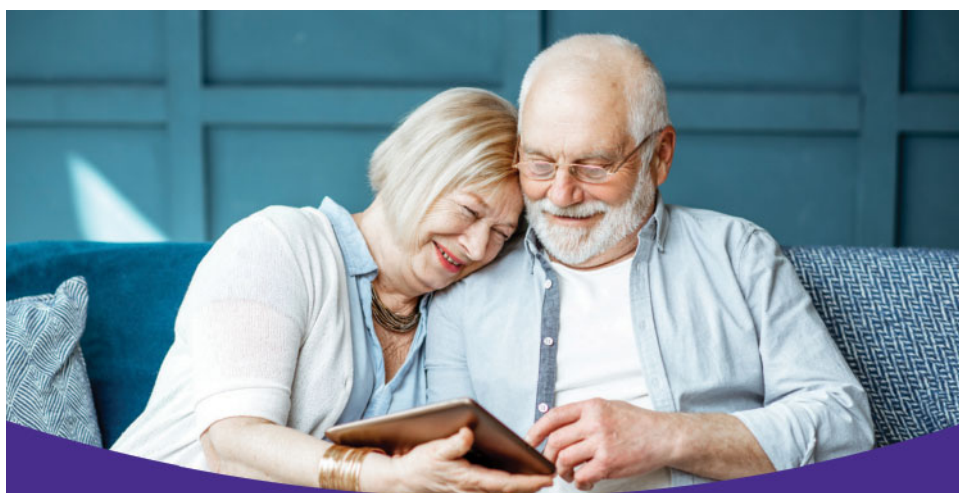
This year, senior advocates will focus on a different topic each day of the week as follows; promote the MI Choice Waiver Program (Monday), expand access to home and community-based services (Tuesday), advocate for increased pay for direct care workers and support training (Wednesday), urge policymakers to expand access to affordable and reliable Internet for Michigan residents (Thursday), and revisit the establishment of the Kinship Caregiver Navigator program (Friday).

How can you get involved? Visit the

website: <https://4ami.org/event/older-michiganian-s-day-2021-senior-action-week/2021-05-09> or join the Special Livestream event on Wednesday, May 12 from 10:00 am – 11:30 am. We would appreciate your support and your voice to encourage lawmakers to consider this year's advocacy areas.

If you'd like to learn more about Senior Advocacy efforts in your region visit Advocates for Senior Issues at www.aaawm.org/afsi.

Emily Armstrong is the Public Relations and Communications Specialist at AAAWM. She enjoys exploring Michigan 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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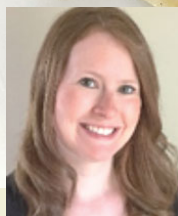
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BY
STACI
GERKEN

AAAWM Eats

Hummus Pasta

This dish uses hummus to make a quick and easy sauce. Serve with grilled chicken and roasted veggies to make a complete meal.

- | | |
|---|---|
| 8 oz pasta noodles (spaghetti, linguini, or fettuccini) | 1/4 tsp black pepper |
| 1/2 cup hummus | Pinch of salt |
| 1/2 cup pasta water | Large handful of washed spinach or other leafy greens |
| 1/4 tsp garlic powder | Optional add-in: Sun-dried tomatoes |

1. Cook pasta noodles according to directions on package. When draining the pasta, reserve 1/2 cup of pasta water for sauce. Place noodles in an empty bowl or plate and reuse the pan for the sauce below.
2. Over medium heat, add hummus and reserved pasta water to the empty pan. If you forget to save this, you can also use fresh water. Mix until they have combined.
3. Add in garlic powder, black pepper, leafy greens and sun-dried tomatoes (if using). Mix to combine, stirring occasionally until the greens are wilted—this usually does not take more than 1-2 minutes.
4. Add the noodles back into the pan and mix until the sauce has coated the noodles. If the sauce feels too thick, add more water to thin.
5. Garnish with crushed red pepper or more black pepper and enjoy!

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



BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Grandma's Carrot Raisin Salad

- 4 cups shredded carrots
- 1 1/2 cups raisins
- 1/4 mayonnaise
- 1 shredded or diced apple
- 3 tablespoons Vanilla Greek yogurt
- Salt and pepper to taste
- 1/4 tsp of cider vinegar

Mix the first 4 ingredients. Stir in enough yogurt and vinegar to reach desired consistency. Add salt and pepper to taste. Refrigerate until serving.

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.



The Graying Globetrotter

Night at the Hollywood Bowl

BY
JAY
NEWMARCH

Sometimes it's the artist, sometimes the venue, but it's doubly special when both are iconic symbols. That was the case last fall when I was able to take in a concert with The Who at the Hollywood Bowl.

I have always wanted to see The Who in concert but was unable to attend when they were performing in our area of the country. Looking over the concert date options, I noticed that they would be performing at the Hollywood Bowl. With planned vacation on the calendar in October, I took it as kismet, bought the tickets, and planned the trip to California.

Tucked into Bolton Canyon in the Hollywood Hills, the Hollywood Bowl is quite literally just minutes away from the noise and confusion of a major metropolis. But, due to its location, it feels miles away at the same time. As you can see in the Adobe stock photo to the right, it's like an oasis from the traffic and lights of the "big city,"

The Hollywood Bowl officially opened in 1922 as a community space, hosting school groups, services and speakers. The bowl has had a few permutations over the years, some of the revisions due to bad sound, bad design, or both. Interestingly, Frank Lloyd Wright, Jr. designed both the second and third versions of the Hollywood Bowl while working in the studio system in Hollywood.

His first version, which borrowed heavily from southwest design, had a stair-stepped pyramidal shape. While it is considered by some to have had the best acoustics of any of the band shells that came to fruition, it was not popular with the public. In fact, it was torn down after just one season. Stepping back into the fray, Wright designed the next version using the concentric circle design that is still in use today. Unfortunately, the wooden design was not maintained and it, too, had to be demolished.

The next version, designed in 1929 and the one most of us are familiar with, was in use through 2003. The current Hollywood Bowl was built in 2004. A larger version of the previous one, the latest amphitheater interestingly incorporates a number of features from several of the past band shells. In 2018, Rolling Stone named the Hollywood Bowl as one of the 10 best music venues in America. I have to agree; it was quite an experience.

The seats I was able to acquire weren't the "box" seats that line the center of the bowl, but instead were bleacher-style seats off to the side. When reserving, they looked like they would be good, but I was a bit concerned about the location. I was pleasantly surprised that the seats offered an incredible view of the stage. And, even though the venue was much larger than I pictured, it had an overall intimate feel.

In pre-COVID days, the food options were plentiful. There were any number of restaurants inside the bowl that offer all sorts of fare. One option offered a complete picnic din-

ner delivered to your seat. That option might be a bit more awkward in the "cheap" seats, though. The box seats offer more space to accommodate picnic-style dining.

We settled in with drinks and food and waited for the concert to begin. With the warm southern California breezes and a festive atmosphere, the wait seemed very short. It was fun just to talk, dine and people-watch.

The concert itself was just great, as I had expected. Enjoying it with the addition of a full moon and strobes lighting the sky made it all the more special. I also found that the normal enthusiasm I have come to expect from Michigan crowds is no less on the West Coast. The Who regaled us with encores as the concert crowd howled for more.

All in all, the experience was beyond my expectations and I was very happy that I had chance to take in a concert at the Hollywood Bowl. One downside to the experience that has since turned into a funny story, was what happened after the concert ended. The casual ambiance of the evening suddenly turned into a mad crush as all of those in attendance scrambled to exit. It was a melee.

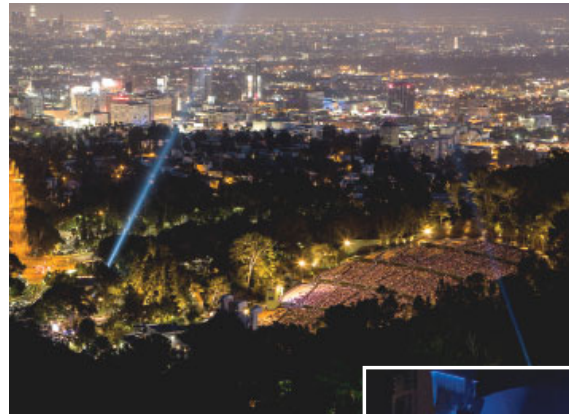
On our way out of the venue, we had called an Uber. Seemed like a simple thing until you witness the traffic jam of Ubers and Lyft's trying to enter, in combination with the hordes of people trying to find their

rides. There seemed to be no system to speak of. Long story short, we had a number of Ubers bail on us, giving up as they got close to the bowl and struggled to gain entrance. With one dying phone and crowds dwindling, we finally found an Uber driver who persisted. He was one of the most personable and patient drivers I have encountered. His friendly manner turned around the situation. Of course, we rewarded him handsomely.

In a funny coincidence, month's later on the season finale of *Better Things*, based in Los Angeles,

the lead character, Sam, takes her daughter and a friend to a Los Angeles Dodgers game. After the game, they struggle to get a ride as traffic snarls outside the stadium. Their dilemma mirrored ours and made me realize that this is sometimes just part of the experience. Don't let either our real experience, or the fictional one, keep you from experiencing the Hollywood Bowl for yourself!

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.





BY
TRICIA
McDONALD

Authors of West Michigan Creating Connections

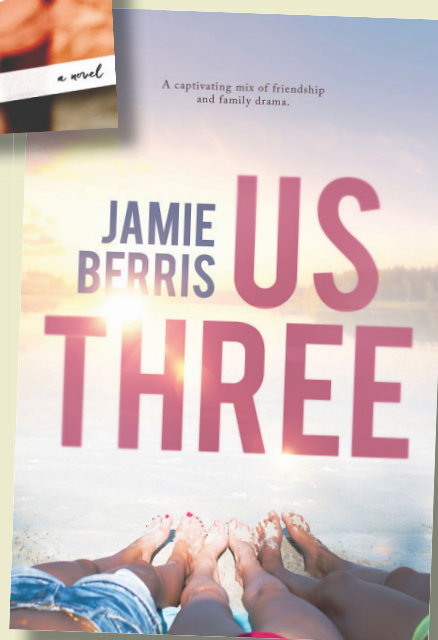
Imagine completing a significant accomplishment that will positively affect the rest of your life but telling no one. Not your closest friends. Not your parents. Not your siblings. Not even your spouse.

This is what author Jamie Berris did when she completed her first novel. She told no one. "I was embarrassed to mention I had written a book," she stated. Thankfully for Jamie's readers, she overcame that fear and has written four fiction novels, two of which are published. *Whispering Waves* was published in 2016 and *Us Three* in 2019.

For Jamie, writing is a "primal need," a creative outlet she cannot ignore. Her books are more character-driven than plot-driven, and she looks forward to escaping with her characters and telling their stories. "Neglecting to write would be like cutting myself off from oxygen," Jamie said with humor.

A creative writing course in college planted a "voice in my head that never stopped nagging me to write." She listened to that relentless voice and started writing as a secret hobby during nap time when her oldest child was a baby, and she was pregnant with her second child. Having four children over twelve years, she wrote whenever she could "hide from them." Sometimes she had to put her writing on hold for months at a time. "Babies will do that, suck enormous amounts of energy and time out of a mom," she said, "not to mention eat and poop constantly!"

Jamie takes writing routine advice with a grain of salt. "Don't overthink it." She said the most important thing is to be consistent and write something. It took her ten years to share her writing with a large audience, and she urges writers not to make that same mistake. "Some people will love my writing, some will hate it, plenty fall in the middle, and that's okay," she stated.



Born and raised in West Michigan, Jamie married her teenage sweetheart, Jason. Together they have Alex (18), Tori (16), Cole (10), and Miya (7). With an active family that loves to spend time on the water, Jamie is grateful for the memories they have created over the years. Whether it is chasing waterfalls, exploring caves, whale watching, or hiking, their time together is priceless.

Through it all, Jamie makes time to write. Her current work-in-progress is her hardest yet most rewarding venture, a non-fiction book on the lesson of life lessons. "Instead of creating the story we want to live, we get stuck in the story of our pasts or the stories

other people write for us," Jamie said. Just as her fictional characters reflect and grow from their life lessons, Jamie wants to write her own authentic story. She will feature those life lessons on her blog at www.jamieberrisbooks.com.

Tricia L. McDonald is an internationally published author, public speaker, and writing coach. Her new middle-grade book, *The Sally Squad: Pals to the Rescue*, was published in March 2020. Her *Life with Sally* series (four books) is a compilation of stories chronicling life with her miniature bull terrier, Sally. *Quit Whining Start Writing* is a guide to help writers put away the excuses and get the writing done. www.triciamcdonald.com

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Jamie Berris

Question: How do I earn Social Security credits and how many do I need to qualify for benefits?

Answer: We use your total yearly earnings to figure your Social Security credits. The amount needed for a credit in 2021 is \$1,470. You can earn a maximum of four credits for any year. The amount needed to earn one credit usually increases each year when average wages increase. You must earn a certain number of credits to qualify for Social Security benefits. The number of credits you need depends on your age when you apply and the type of benefit application. No one needs more than 40 credits for any Social Security benefit. You can read more about credits in How You Earn Credits at <http://www.ssa.gov/pubs> www.ssa.gov/pubs. For more information, visit our website at <http://www.ssa.gov> www.ssa.gov.

Question: If I receive Supplemental Security Income (SSI) disability benefits, what is the effect on my benefits if I work?

Answer: In most cases, your return to work would reduce your benefit amount. Unlike Social Security disability, there is no “trial work period” for people who get SSI disability benefits. Reporting wages each month helps us pay the correct amount of SSI. Timely



BY
VONDA
VANTIL

reporting may also prevent you from owing us money or may allow us to pay a higher amount. We have several publications about SSI, including Reporting Your Wages When You Receive Supplemental Security Income, available at <http://www.ssa.gov/pubs> www.ssa.gov/pubs. Note that there are other work incentives that can help you return to

work when you receive SSI. You can read about them in What You Need To Know When You Get Supplemental Security Income (SSI), also available at <http://www.ssa.gov/pubs> www.ssa.gov/pubs. For more informa-

tion, visit <http://www.ssa.gov/> www.ssa.gov.

Question: What is the average Social Security retirement payment that a person receives each month?

Answer: The average monthly Social Security benefit for a retired worker in 2021 is \$1,546.80. The average monthly Social Security benefit for a disabled worker in 2021 is \$1,278.18. As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work).

Question: I recently retired and am approaching the age when I can start receiving Medicare. What is the monthly premium for Medicare Part B?

Answer: In 2021, the standard Medicare Part B premium for medical insurance is currently \$148.50 per month. Some people with higher incomes must pay a higher monthly premium for their Medicare coverage. You can get details at HYPERLINK “<http://www.medicare.gov>” www.medicare.gov or by calling 1-800-MEDICARE (1-800-633-4227) (TTY 1-877-486-2048).

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.

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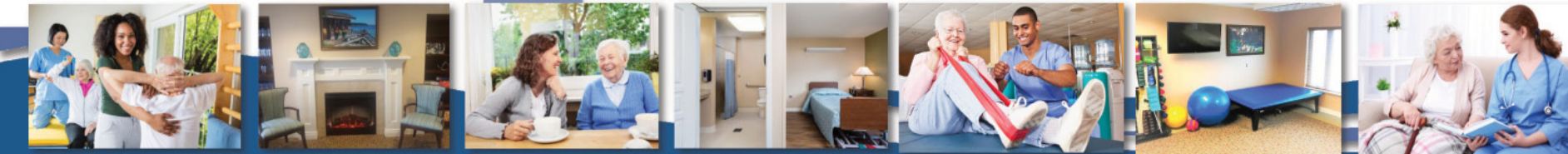
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A ₁	A ₁	E ₁	O ₁	M ₃	S ₁	F ₄	RACK 1
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A ₁	A ₁	E ₁	T ₁	N ₁	G ₂	P ₃	RACK 4
A ₁	O ₁	Y ₄	T ₁	C ₃	B ₃	B ₃	RACK 5

PAR SCORE 260-270
BEST SCORE 333

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. **SOLUTION TOMORROW**

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Senior Resources

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6-28-20

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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Friday, June 18, 2021

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Some of you may have recognized the title as the old Smokey Robinson hit and thought, “How nice, Dave is going to talk about Motown music.” Those songs do tend to stay in our heads and are fun to recall. But this article is about something else that resides up there!

Forty years ago I attended a staff in-service session where the speaker talked about something I had never heard of before—SDBs, Self-Defeating Behaviors. He explained about all the societal messages we had received in our formative years: how we should act, feel, look, and think. Some fall off us like water but others stick, and the behaviors we develop to try to accommodate them are often not in our best interests.

I vividly remember it as one of those “Aha moments,” where lightbulbs were going off in my head like a pinball machine. That in-service not only changed the way I saw and taught my students, it changed how I related to people in general, including myself. We are like icebergs. We only see the tip, because the body of the berg is below the water, weighted down with all these negative messages from the past. I would like to share a few of the insights from the in-service that have stayed with me over the years.

Many of those early messages we actually did need to keep us safe—things like “Don’t talk to strangers” and “Don’t jump before you look.” But thrown in were also things like: *Keep your cards close to your chest. Don’t wear your heart on your sleeve. Pull yourself up by the bootstraps.* We

You Really Got a Hold on Me

all heard countless messages in those days that we really did not have control over. After all we, were still kids. As a result of those messages we are today, as I like to say, recovering children. What I mean is that we need to take a step back and check out whether those sayings, some of which got stuck in concrete in our heads, are still true today. Better yet, were they ever true? In current terms, were these messages “fake news?”

Self-Defeating Behaviors come in a wide variety of flavors such as: obsessing with perfection, needing to always be right, blaming others, refusing to ask for help, and using extreme language to color our world. Here are a few examples of what I am talking about.

When a new challenge arrived on the doorstep in my life, my first reaction seemed to be, *I can’t do it.* If I did not attempt it, I could not suffer the embarrassment of failure, plus I could avoid putting myself out there in an emotional risk situation. It was short term win but a long-term loss, as it prevented a lot of opportunities for self-growth from



BY
DAVE
KAMPFSCHULTE

even taking seed. The other unconscious message that kept playing in my head was that I was not capable to attempt these things.

Maybe instead of saying *I can’t do it*, one could say *I am having difficulty.* Kind of puts a different spin on it, doesn’t it? This new option acknowledges that this is a novel experience that is a little scary and I am not feeling really confident. But on the other hand, one could add to oneself, some of those things I used to think about myself I have found not to be true. Also, I have had prior experience trying new things and I can put some of that to good use here.

I always act this way or *I never* do it this way. These phrases are a subset of: *This is the way I am. This is the way I have always been and the way I will always be.* The door is locked, the key is thrown away, and change is impossible. It is a great argument for never growing up.

Replacing always and never with sometimes really increases our possibilities. It is like watching a movie at the theater vs. on our computer screen.

Another substitution is slipping in, when no one is looking, *I choose* to do this instead of *I have* to do this. The latter word once again puts one in a box of not having any control. *I choose* says it is my choice and *I* get to make that choice, not a negative message from my past. This all reminds me of the song *Can’t You Read the Sign*, recorded in 1971 by the Five Man Electrical Band. (Where did they come up with these names!?)

It seems so simple, but as I said earlier, a lot of this stuff resides beneath the surface and it takes a little digging to get there, followed by keeping track of how you react to future situations when these conversations with yourself happen. A great little book to jump-start the process is *The Four Agreements* by Don Miguel Ruiz. Just like after jump-starting your car, however, you still have to shift into gear and press the gas pedal to get where you are going.

In the feedback of one of my classes, a student wrote. *At first glance this looked like an easy, no-brainer class.* (No textbook, no tests.) *But it is the hardest class I ever took, because it forced me to look at some things I had been avoiding.* Many books, even best sellers, have revised editions. Shouldn’t we put out a revised edition of the story we tell to ourselves too?

Dave Kampfschulte is the Director of Amazing Circle Workshops and an instructor at Aquinas College’s OLLI program. He is the author of I’m Dying to Talk with You: 25 years of end of life conversations. He can be reached at dave@amazingcircles.net

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Age in Place Like a Pro



BY
LAURA
KELSO

The demographics of America are shifting. By 2030, one of every five people in the U.S. will be 65 or older.* By 2035, the number of adults older than 65 will be greater than the number of children under 18. Every day, older adults make important choices about where they can live their best life. As a Certified Senior Housing Professional (CSHP), I assist older adults and their families in untangling the web related to downsizing. These discussions often revolve around a future move to a more carefree life in a condo or senior community. Other times, seniors have every intention of remaining in their homes indefinitely. If this describes you, developing a realistic and proactive plan will set you up for success.

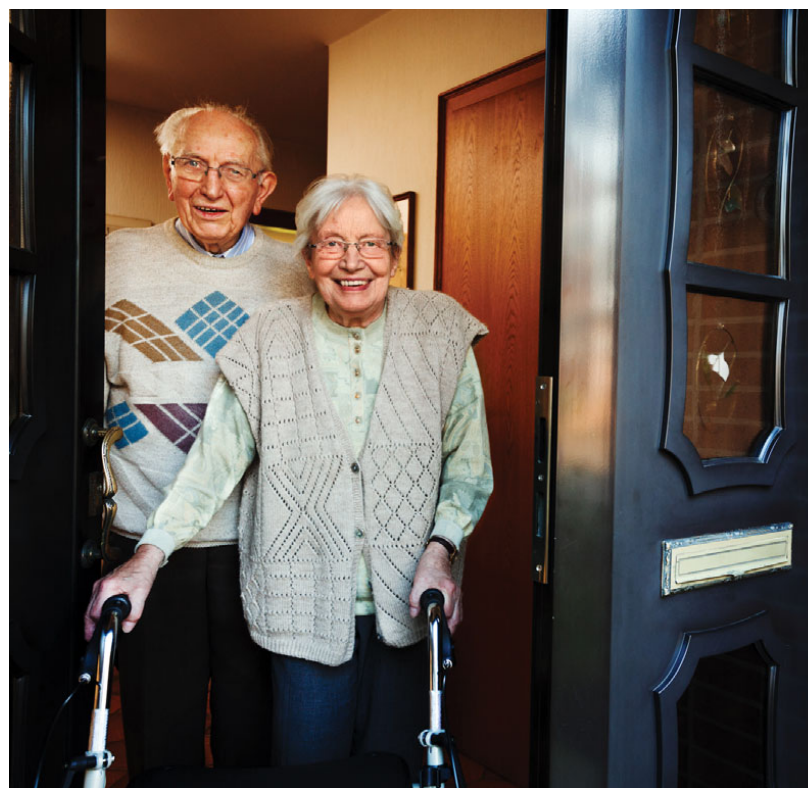
First, evaluate your home's layout. Things like removing walls, widening doorways, and adding ramps can go a long way toward making a home accessible. Even stairs can be managed by installing a semi-permanent stairlift. Consult with a builder who specializes in aging in place and determine if the costs associated with these updates are within your financial means.

If so, the key is to make these changes before they are needed. Home renovations are both messy and stressful. Recovering from a fall is NOT the time to have a contractor banging around in your home.

You'll also want to stay ahead of home repairs, especially those that pose a safety hazard. Maybe your spouse handled all the home repairs and has since passed. Consider investing \$400-\$600 in a professional home inspection that includes a written report. It will give you a good idea of items that could pose a future problem.

If the cost of an inspection is holding you back, check out free options. If you reside in West Michigan, reach out to local nonprofits such as Disability Advocates or Home Repair Services. Home Repair Services offers free home inspections for seniors. They also perform major home repairs or renovations at reduced rates for those who qualify. Their inspection program is extremely popular so expect a wait.

Next, develop relationships with licensed contractors before you need them. Every homeowner should have a plumber, electrician, HVAC person, and a handyman they know and trust. Murphy's Law will make sure things always break at the worst possible time. Having a reliable team on



speed dial is a must.

Simple changes such as removing small rugs, modifying floor transitions, and placing no-slip strips on floor areas that get slippery will reduce trip hazards. Bathrooms, which are notorious for falls, should have grab bars in multiple places. Additional items like adjustable bath seats and stability poles will allow for safe access to bathtubs or showers. Even things like the placement of light switches and faucet handles should be evaluated for comfort and accessibility.

Lastly, get a handle on clutter. Extra items and papers on floors or surfaces create deadly hazards. One fall could be devastating. Enlisting the help of a trusted friend or hiring a professional organizer can be a game-changer.

Safety is no accident. The old saying, "An ounce of prevention is worth a pound of cure," speaks volumes when it comes to aging in place. Hopefully, these suggestions will give you a starting point to make your home a safe place for years to come.

**AARP Livable Communities*

Laura Kelso is an Associate Broker with NextHome Champions Real Estate who specializes in downsizing. She created the Grand Rapids Savvy Senior Learning Series (currently on hold) to educate and empower older adults and their families on topics associated with safe living options. For more info, visit GRSavvyseniors.com or contact Laura at 616-724-7200 or LauraTkelso@gmail.com.



BY
JERRY
MATTSON

The Rusty Rooster

The Rusty Rooster has been standing at various places in our home for the past seven years. It was a souvenir from a 2014 trip to Hawaii. It reminds me of that trip and how we got the bird. It was free, but we did not receive it as a gift.

We rented a condo for the 12 days we

were spending in Kona. One day we found the walkway surrounding the second-level apartments stacked with household furnishings. An official-looking typed notice posted nearby stated that all the items were free to take. A hand-written note taped to the table said it and chairs were already spoken for. Lamps, occasional chairs, small tables, oil paintings, glassware and books were among the items available. And the rooster. My wife, Sue, pointed to it and said, "I want that."

The main body of the 14-inch-tall bird resembles a horseshoe. Even if it were real, it did not symbolize good luck here. Was there an eviction? What happened to cause these possessions to be where they were? I'm sure owning or leasing one of these units was not cheap. Did someone die or was there a bankruptcy? How did this bird end up in someone's hands in the first place? One can only imagine.

This is not a toy. Someone could hurt themselves with it. The comb has sharp points, as do the beak and the four toes on each foot.

This was not mass-produced, so no others like it will be exactly the same. Are there any U.S. safety regulations to cover selling this as a piece of art? Was this

hand-made in some cheap-labor country? Was it a do-it-yourself project? Was it done by some known artist, making it worth something? Did it even belong to the people whose condo was being cleaned out? One of the resort's employees could have taken something better and left the bird on the table.



We call it a rooster because of its comb, but it could represent any number of other exotic birds I suppose. It does not resemble Hawaii's state bird, the nene, however.

On the way home, packed among our clothes in a suitcase, the rooster passed another inspection. Maybe the metal bird looked dangerous on an X-ray,

or perhaps it raised someone's curiosity. Whatever the reason, at some point, airport TSA personnel went through our luggage.

Had the rooster not been adopted by us it may well have ended up in a trash dumpster. Seeing it pictured here, someone may think that option two would have been the better choice. The bird does have nice patina as some faded green color still exists along with the rust. If nothing else, there is now it now a good story to go with it. It will probably adorn a part of our home for several more years, but we must be careful when moving it to prevent scratching wooden surfaces. In any case, as the old saying goes, "Beauty is in the eye of the beholder."

Jerry finds a certain attraction to things that are free. If repair needs are found later, free can turn into a bad deal, but that wasn't the case with the rooster.

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Keith's World British Accents & More



BY
KEITH
SIPE

On Facebook, I found a site about the “Five Most Terrible British Accents,” the worst attempts by actors trying for a British accent. Made me think of the time when we lived in England, back in the early 1970’s.

We rented a flat at “The Grange” which was a manor house in the village of Little Tew. It was a 9,000 square foot manor house, home of the lord of the manor who owned hundreds if not thousands of acres of the surrounding area, as well as the nearby village in its heyday. In the photo above are my wife Pam’s parents, Sam and Mina Schutter, who came for a two week visit in 1972.

In 1957 new owners, Fred and Val Temlet, purchased the manor house and the five acres surrounding it for \$5,700 American

dollars. They lived there until Fred’s passing in 2012 and Val passing in 2016. Between 2015 and 2018, it was sold for over three million American dollars.

There were over 30 rooms in this 3-story home, including the maid’s quarters on the third floor and the butler’s quarters on the first floor. There was a drawing room for high-style entertaining, and a music room with a fancy grand piano. Then the dining room, with the most elaborate fireplace that I had ever seen in my young years.

On the second floor was a ballroom, at times an area where the children of the manor would play. The space under the floor in the ballroom was filled with lime, which kept the noise down on the first floor.

In the basement was a very nice wine cellar, where another friend named Martin kept his homemade wine.

Since the Temlet family were play writers, they decided to build a 74-seat theatre in place of the butler's quarters, pantry and carriage house.

This is where my story about British accents starts. It was the first time I had tried any acting. I could not master the accent or even come close, as my British friends commented. I was involved in two plays. *Beauty and the Beast* and *Hay Fever*. The one I'm going to focus on is *Hay Fever*, in which I was portraying Sandy Terrill, a boxer.

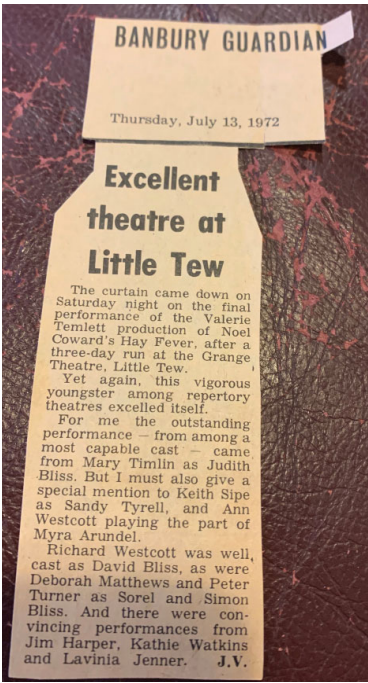
The cast was mostly the Banbury Cross Players of Banbury, England. They were all British, with one exception, and that exception was... me. I was the only American. The director wanted me to speak with an English accent for the part of Sandy Terrill, since Sandy Terrill was a British boxer. I gave an accent the old American try, but was that a disaster! So what did I do? I used the greatest West Michigan/Muskegon accent and smiled a lot. So, it was settled-



Top left: Pictured is my wife Pamela, sitting by the evening fire in the dining room.

Top right: Here is a write up in the Banbury paper, mentioning my name and performance with the Banbury Cross Players.

Right: Keith Sipe and Mary Timlin on couch.



the attention, well, he would love to hear from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown Muskegon.

-American accent from Western Michigan.

My American English accent worked out great for everyone. The guy with a Michigan twist to the English language actually turned out to be quite a success and brought many laughs from the audience.

During the rehearsals there were many times we laughed and teased each other. Well, not me teasing anyone, I was teased. That was when I found that the rehearsals were the best of times,

Another thing I learned is to be a "you-seller." Such great memories from a time so long ago.

Keith may be reached at rightseat625bg@gmail.com Please drop him a note, he loves

ANSWERS
FOR
GAMES
ON
PAGES
16 & 17

JUMBLE PUZZLE #1:
SORRY BERRY POETIC DEBATE
The clever Hungarian exterminator named his new
company - "BOOT-A-PEST"

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

3	1	4	7	2	5	9	6	8
7	9	8	1	4	6	2	5	3
6	2	5	3	9	8	7	1	4
4	8	7	6	5	9	1	3	2
5	6	1	2	7	3	8	4	9
2	3	9	4	8	1	5	7	6
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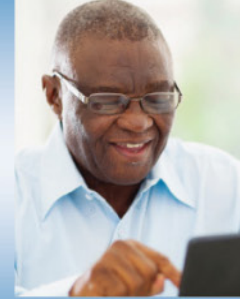
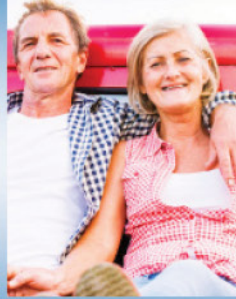
JUMBLE PUZZLE #2:
SHINY GAVEL BITTER REGRET
The Alaskan fishing-boat captain was disoriented and
need to get his - "BERING STRAIGHT"

SCRABBLE G, R, A, M, S. SOLUTION											
S ₁	E ₁	A ₁	F ₄	O ₁	A ₁	M ₃	RACK 1 = 62				
H ₄	Y ₄	D ₂	R ₁	A ₁	T ₁	E ₁	RACK 2 = 72				
R ₁	A ₁	T ₁	A ₁	T ₁	A ₁	T ₁	RACK 3 = 57				
P ₃	A ₁	G ₂	E ₁	A ₁	N ₁	T ₁	RACK 4 = 60				
A ₁	B ₃	B ₃	O ₁	T ₁	C ₃	Y ₄	RACK 5 = 82				
PAR SCORE 260-270										TOTAL 333	

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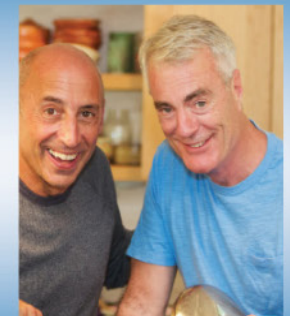
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Services are funded through Michigan Department of Health and Human Services, the Michigan Aging and Adult Services Agency and the Kent County Senior Millage.