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JULY | AUGUST 2021

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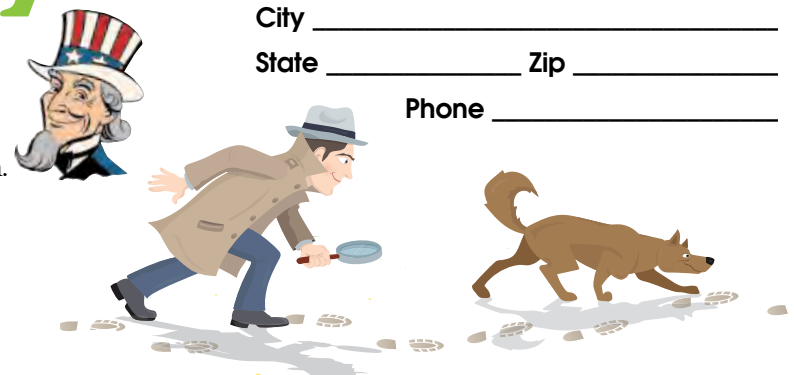
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MAY/JUNE WINNER: KARLENE VELD FROM WAYLAND

The smiling sun was found in the recipe photo on page 12.



Letter from the Editor

1966 Edition of Birds of North America



BY
MICHELLE
FIELDS

My favorite book? That's an easy question. It's my copy of the 1966 edition of *A Guide to Field Identification: Birds of North America*. It's tattered, frayed and has seen its better days, but I prefer to call it a well-used hand-me-down that brings a smile to my

face every time I pick it up. I should get a newer edition. One whose pages don't fall out every time I open it, but it wouldn't be the same. You see, it was also the favorite book of my Grandpa, Victor Haas.

When I was a child, I thought my Grandpa Haas

knew everything about wildlife. He knew every bird, fish, animal, and reptile that occupied our Great Lakes state. I just assumed he was born a Wildlife Superhero with the keen ability to identify anything that inhabited Michigan's waters and woodlands. In actuality, Grandpa Haas studied biology at college and began working as a Forest Park Officer in 1948 as the State Park Manager of Indian Lake State Park, Palms Book State Park, Big Springs Kitch-iti-kipi, and a couple other smaller area parks.

As a child, I wanted to spend every school vacation in the U.P. visiting my grandparents, who lived on Gooseneck Lake in Manistique, Michigan. I remember one summer, there seemed to be more birds than usual, (or maybe I was inadvertently becoming more perceptive of my surroundings), but the most beautiful bright blue and black bird landed outside their kitchen window. I turned around and asked my Grandpa what kind of bird that was. He answered, "An Indigo

Bunting." Fifteen minutes later, another unfamiliar bird landed just outside their dining room slider. I asked my Grandpa again, what type of bird is that? He answered. I'm guessing it was at this point he became tired of answering my bird questions, so he sat me down at the dining room table and showed me his bird book. Before he even opened it, I knew immediately it was his book. HAAS was written on the top of the front cover, and VICTOR J HAAS was stamped on the bottom of the book. Was this his Wildlife Superhero Manual?

He spent the next hour with me studying the layout of the book, teaching me how to use the index and mapping, and understanding the topography of a bird so I could identify them better. While going through the book with him, I noticed feathers he had collected and stuck between the pages for future reference. He also wrote little notes next to the various birds he spotted, with the date and location where he spotted them. And this book was well traveled. Not only did he use it for Michigan birds, it traveled with him on his many trips. I could see he spotted a Mountain Chickadee at the Grand Canyon and a Rufous-Sided Towhee in the Florida Everglades.

Even though I lost my Grandpa in 2010, I keep this well-used hand-me-down bird book on my office desk next to my binoculars. I use it regularly, and I don't mind having to put the pages back in to the binding after every use, because it's like I'm bird watching with him every time I pick it up.

Michelle Fields is the Editor and Publisher of Senior Perspectives newspapers. She enjoys camping, bird watching and fishing with her husband Mike and their pup Tigo.



Left: Forest Park Ranger, Victor Haas, my Grandpa, pictured here in 1949. Next page: My Grandpa pictured with my family during a family vacation to Florida in 2008 L-R Mike, Zach, Vic, Jake & Me.




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BY
KENDRA
SCHUMAKER

Caregiving for a Parent with a Hearing Loss



I don't think I realized how growing up as an only child in a single parent household affected me until I had children of my own. My circumstance was unique in that my mother began losing her hearing in her early thirties; I was around seven at the time. By the time she was forty, her hearing was almost completely gone. She has a fairly rare disease which progressively robbed her not only of her hearing, but also her balance, and subsequently much of her independence as well. She was unable to talk on the phone, could not make appointments such as doctor visits or car repair for herself. Because she could not hear her own voice it was difficult to sing along with the hymns at church. Eventually she began to limit her social activities, and participation in large group events such as family get togethers became frustrating.

My mother was fortunate in that she lost her hearing after she was an adult, and old enough to have well developed speech, language, and voice inflection. She was also fortunate that

she could lip read quite well. Where she was not fortunate was that her most difficult voice range to understand was the lower tones, i.e. men. She was at even more of a disadvantage if the man she was speaking to had a mustache or beard, or if he did not look at her while speaking to her. I remember one particularly bad experience when my mother was trying to buy a car. I was thirteen at the time, and was serving as an interpreter of sorts between the salesman and my mother. What made the experience unfortunate was how we were treated in the dealership. The salesman was impatient. His voice was low, he had a mustache (no fault of his own), and he did not think we were seriously going to buy a car that day. That particular Saturday was the first time I really noticed that our situation was different. There were no other kids in the dealership, and the salesman acted as if he was used to very little communication with his customers. For me it seemed awkward, and somewhat embarrassing. Of course, if I would have known then what I know now, I am certain I



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would have felt differently!

I married in August of 1990. By then, my mother had less than five percent hearing in one ear, and less than thirty percent in the other. I was concerned that she wouldn't be able to follow along with the ceremony, so I printed a special booklet with all the songs, prayers, vows, etc., in it so she could follow along. The problem was that the booklet was so thick, and the ceremony was relatively quick, so it was difficult for her to keep up with where we were in the ceremony. All in all, that part of the day went very well, but again it was a sad reminder of how much our sense of hearing helps us enjoy everyday life.

Shortly after our wedding, my mother had been seen by a specialist, and it was determined that she would be a candidate for a Cochlear Implant. A Cochlear Implant is a device which is implanted in the head, and then magnetically connected by an external

piece which is connected to a processor. The benefits of this device were amazing. After she recovered from the surgery, and the processor was set specifically for her, she rediscovered her world.

Her experience with the Cochlear Implant was that she could use the phone again, she could talk to other people and actually hear what they were saying, she could hear the clock tick, and the refrigerator run. She could set an alarm on her oven and when it would buzz, she could actually hear it! She was able to communicate like she had not been able to for several years. Her relationships deepened with friends and family, and she regained much of the independence with everyday life activities she had lost over the years.

Since she had the Cochlear Implant seventeen years ago, her hearing probably has continued to decline somewhat. The implant, however, has helped significantly with her ability to

communicate. Her friends and family have been very supportive of her hearing loss, the implant, and her desire to remain independent (especially with the telephone). My mother has several medical problems which she gets treatment for. She has seen numerous physicians, has had various surgeries, and hospitalizations. As a concerned daughter, I try to make sure medical personnel realize what the Cochlear Implant is, and how important it is for her to have on during the day if she is hospitalized. I have also looked for alternate ways to assist with communication such as having a pen and notebook handy. I have found that when people understand the depth of the hearing loss, they are much more patient and understanding.

Really, when it comes to caregiving, we do it in so many ways. Each person, circumstance, and family is unique. Caregiving isn't something most of us set out to do. It is usually a situation we find ourselves in, usually

long after the caregiving duties have begun. Being a good caregiver is not about how well, or how many, things you do for your loved one. Rather, it is about how much independence you can still foster while helping to meet their care needs. It is not about doing everything perfectly, but doing your best within your particular set of circumstances.

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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Confessions from a Family Caregiver

Part 2



BY ASHLEY
BIEBER-
MOORE

According to the National Alliance for Caregiving, approximately 29 percent of adults in the U.S. serve as a family caregiver for an ill or disabled relative. Based on this, if you are reading this, either you know a family caregiver or are one yourself. So, maybe you or someone you know can relate to what I am about to say.

Because I am a family caregiver, people like to tell me that I am invaluable or priceless. However, as a caregiver I don't regularly feel valuable. The fact of the matter is that what I am doing is not priceless, it costs me time and money. Annually the value of unpaid family caregiving in the U.S. is about 500 billion dollars. So, I guess I am extremely valuable, but in the middle of my daily life that is not how I feel. If I had to put just one word to what I regularly feel as a caregiver, it would be far from priceless or valuable. I would choose the word hopeless.

Confession: Caregiving is hard, and sometimes the hardest part of being the caregiver for a chronically ill person is having hope that things are going to get better for them or for you. Knowing the dollar value

of what I am doing doesn't really help that feeling of hopelessness, it just adds some anger into the mix. I could do so much to improve things for myself and my loved one if I was given even a fraction of my worth. But that is not the current reality. This is unlikely to change, and I gain nothing by dwelling on it.

I don't write this to incite anger or sympathy. However, if you're moved by it, a little advocacy could go a long way. At the end of the day, I don't have that money, and not a single cent would buy me all of the really priceless things that caregiving has given me. With the hard and the hopelessness, I also have immense joy knowing that my loved one is safe and cared for. Caregiving has left me with little to no time for myself or for many of the things I used to find important and enjoy, but it has given more time with my loved one.

I write this to share some perspective that I often lose sight of myself. If you're a caregiver doing it all on your own and things are hard or you feel hopeless, those feelings are valid. If you're a caregiver with tons of help and things are still hard and you feel hopeless, those feelings are also valid. If you're not a caregiver but you wish you could do more, but things are hard and you feel hopeless, that is valid too. Even if none of this fits your situation and it is a mixed bag or you fall

in the middle, if things are hard and you feel hopeless your feelings are valid. No one's situation looks the same and hard or hopeless means something different for everyone, but the part that is the same for everyone is that it is temporary. The hard stuff that comes with caregiving is temporary, but so is the good that makes it all worth it. No one is going to live forever.

So here is my caregiving expert suggestion: try to remember why you became a caregiver and fight the temptation to wallow in the hopelessness that can come with the job. Feel what you need to feel when you feel it, take comfort in knowing that you are not alone in those feelings, and move forward. Plant seeds of hope when you feel hopeless and enjoy all the things that money can't buy that caregiving has given you.

Ashley Bieber MS, is an intern at the Area Agency on Aging Western Michigan. She is currently a graduate student at Grand Valley State University in the public administration and social work programs and previously graduated with a master's in communication. Helping people is a passion of hers. Her goal is to enrich the lives of others and whenever possible, volunteer in the community.

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What Seniors Should Know about Oral Health and Affordable Dental Care



BY
NADINE
CARLSON

As we reach our golden years, we become more susceptible to dental problems. Oral health issues include bone loss, tooth decay, gum disease, and tooth loss that could lead to implants or dentures. Many seniors do not notice the problems until it is too late, making it even more important to protect your dental health as you age.

While the most important factor in keeping costs down is to take care of your oral health in your youth, it's not too late for older adults to start getting regular checkups and adopt an oral hygiene routine of brushing and flossing.


Dental care might seem out of reach for seniors on a budget, but there are affordable options that are available to you if you're in need of dental treatment. Options include

getting care at a dental school, non-profit organizations such as Donated Dental Services (DDS) program, pay-per-visit for routine checkups, and dental-only insurance plans.

The bottom line with dental care is that it is vitally important to protecting your overall health, but it can be expensive. Fortunately, there are ways to access affordable services on a budget. While good oral hygiene will help your overall health, be sure to review your options when choosing a dentist that works for you and your family.

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BY
CINDY
HOGG

All Aboard!

I love train travel. I think it's in my blood. My grandfather was a depot agent in the small town of Douglass, Kansas, and my father grew up around trains. While I did not, the sound of a train whistle in the distance still stirs a sense of excitement in me.

Years ago, I played a game at a family reunion where we split into two groups according to various preferences. One of the questions was, "Are you a plane person or a train person?" The "plane" group was definitely larger – but the train enthusiasts were definitely more passionate! Those who favored travel by airplane highlighted convenience in getting places faster. Can't argue with that; if you have to go far or get there fast, you can't beat stepping on an airplane.

But beyond getting somewhere far or fast, I am hard pressed to come up with things to like about travel by plane.



With all the time it takes to get to and from an airport (typically located outside city limits) and the security mazes, domestic airline travel can still take longer than you think, and is often fraught with all kinds of headaches. Then there's the comfort – or lack of it – once you enter the plane, as seating is notoriously cramped. (At least sardines get some oil to ease things a bit!)

Here is a partial list, in no particular order, of why I like train travel.

1. Ease of departure. I often travel alone by train. My husband or son pull up to the curb, I hop out and wait

for a few minutes in the station or railyard, and then step onto the train! Bingo! Only occasionally will you see someone pulled aside for a random security check or see a guard with a security dog (Chicago!) No long lines, no pat downs, no X-ray machines. No removing shoes, belts, electronic devices. Want to bring six drinks on the train? Or a dozen little bottles of various liquids? Go ahead! This lack of security may worry some, but think about it: when was the last time you heard of a U.S. train being taken over or blown up by terrorists? Or any other serious violent incident? Exactly. Even without all the security checks, train travel is extremely safe.

2. Space. As in, lots of it. Seated on a train, I can fully extend my legs, with toes pointing forward, before touching the seat in front of me. And this is in coach! Now I admit that I am on the short side but even my six-



foot husband finds plenty of room to stretch his legs.

3. Space, again. I can have my rather large carry-on bag right beside me on the floor, not wedged under a seat or in an overhead compartment. Easy access! My suitcase is also readily accessible, if need be.

4. The scenery. One spring break I



took my three daughters, including two newly adopted teens from Russia, on a cross-country trip to visit my retired father in New Mexico. Now, we could have flown there from Michigan, but I wanted the girls to really see our country – the endless corn and wheat fields, the wide-open prairies, the canyons, mountains, weird rock formations, and deserts. I have also taken the California Zephyr from Michigan to northern California by way of the Rockies, considered one of the loveliest train trips in the US. These trains have observation cars with large floor-to-ceiling windows to take in the sights. Better than flying, where all you see are clouds. Better than driving, where you have to worry about traffic, road construction, and driver fatigue. Or potty breaks. Need to use the bathroom? It's right onboard! No need to look for a rest stop.

5. Traveling with kids. (For starters, see the above-mentioned potty breaks!) Beyond that, children are far less restrained than with either plane or car travel, which makes for a happier kid. More space, and they can get up and walk around (with supervision). Adults are freer to point out interesting sights along the way, as they are not distracted by driving or keeping kids as quiet as possible

on a plane. A train ride is a more out-of-the-ordinary experience and keeps their interest longer. Definitely a case where the journey can be just as interesting as the destination! I have taken seven of my nine grandchildren on a train trip, and never had a bad experience.

6. And finally, it's good for your physical and mental health. It's important to get up and stretch while traveling and train travel makes that so easy. I love to get up and stroll down to the snack car, on to the observation car, and then back to my seat. Or maybe linger in the observation car. Train travel is just friendlier than travel by plane. And more relaxed. Even with COVID, people chat and converse with each other more. On my most recent trip, I interviewed my attendant, curious about how long she had worked for Amtrak (38 years) and asked for interesting stories she could share with me. I can't imagine doing



that with a flight attendant as she rolls the drink cart up and down the narrow aisle.

Ah, yes, my most recent trip. Finally, after several attempts thwarted by COVID, I boarded a train in April to visit my best friend in Omaha. So how was it? Masks were still required, so I arranged my trip to include a combination of coach, business class, and a private roomette (the only place where you can be without a mask). I boarded at 5:15 a.m. in Omaha and my attendant already had my bed made up. I slept until about 7 a.m., then had her leave the bed open until lunch time so I could stretch out and watch the world go by or read comfortably. Meals were included with the roomette so I enjoyed my breakfast and lunch in the dining car - with a table to myself, of course. Even in coach and business class, you have your two-seat section all to yourself. All four segments of my trip ran right on time, and my entire experience was most pleasant. Yes, it definitely felt good to be back on a train again!

So where could a train take YOU this summer?

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.



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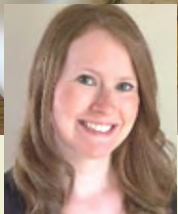
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BY
STACI
GERKEN

AAAWM Eats

BBQ Chicken Salad

This is a great way to repurpose some common leftover summer foods into a flavorful salad. It also uses the cornbread croutons recipe from the January/February 2021 edition. The ingredient measurements in the recipe below are just guides - add more of the vegetables you like and less of the ones you don't. This will serve two people as an entrée.

2-3 cups lettuce – any kind will work, washed and chopped
 1/2 cup cooked, diced chicken
 1/8 cup sliced tomatoes
 1/4 cup corn
 1/8 cup diced red onion
 1/4 cup diced and roasted sweet potatoes
 Ranch dressing and BBQ sauce
 Cornbread croutons – See Jan/Feb 2021 issue for instructions
 Optional toppings: Shredded cheese, avocado, black beans

1. Place lettuce in bowl.
2. Add chicken, tomatoes, corn, onion, and sweet potatoes on top of the lettuce.
3. Drizzle with equal parts ranch and BBQ sauce and toss to mix.
4. Top with cornbread croutons and black pepper.
5. 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



Beef Braid

1 pound lean ground beef
 1/2 cup chopped onion
 1 cup frozen carrots
 1 cup chopped peppers
 1 cup mushrooms
 1 cup shredded Monterey Pepper Jack cheese
 1/4 cup sour cream
 1 can Beefy Mushroom Soup
 1/4 teaspoon salt
 1/4 teaspoon pepper
 2 tubes (8 ounces each) refrigerated crescent rolls

Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat for 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles. Stir in carrots, peppers, mushrooms, heat until vegetables are tender. Stir in cheese, sour cream, soup, salt, and pepper; heat through.

Unroll one tube of crescent dough onto a greased baking sheet. Form into a 12x8-in.

rectangle, pressing perforations to seal. Spoon half of the beef mixture lengthwise down the center of the rectangle.

On each long side, cut 1-in.-wide strips at an angle, about 3 inches into the center. Fold one strip from each side over the filling and pinch ends together; repeat.

Repeat with the remaining ingredients to make a second braid. Bake 15-20 minutes or until golden brown.

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.

A Start of a Good Thing



BY
KEITH
SIPE

It has been many years since my wife Pam and I sold our house on E. Forest Avenue, and moved to the Artworks of Muskegon apartments in downtown Muskegon. We had plenty of "stuff" to go through; one can only imagine how much

stuff a family accumulates in 32 years.

During the "so called" cleaning period after all those years of collecting, I found many letters that I wrote to my wife while I was in the Air Force. They were great letters filled with love and adoration toward my, to be, lovely wife, Pam. But when I read some of those letters I could not believe my eyes how poorly they were written. During my first couple of years in the Air Force, my wife was attending college and was an English major, preparing for being a teacher. Later I found out what she thought when reading my letters. She said, "If I'd had a red pen, there would be more red ink than black ink on each page." I won't go any further than that. As for what happened to the letters after re-reading them -- they all went into the fireplace. I never gave a second thought as to whether I should have saved them, not even one of the letters. Some things are better off by just letting them go. Our lives do improve with age and counseling from a good wife.

A good friend, Ronn Mann, more than once wanted me to write, starting when we would communicate back and forth on the computer, either through emails or instant messaging. That is, when we weren't at Barnes & Noble, stuffing our faces with donuts and coffee. I remember many times laughing at things that we'd mention, bringing tears to

my eyes. Ronn must have seen something in me that made him encourage me to write. I started writing for *Senior Perspectives* around the time Ronn passed away, and maybe he was the reason I have kept it up all these years -- what motivated me to keep writing.

I started writing a mystery story, which is quite funny as I don't even read mystery books. But this one is from a lighter side, just short of humorous. The characters' names are based on many of my friends and family. By taking off on their hobby or job and playing around with it anyway I can, I try to give it a lighter side. In other words, to put a little smile on your face as you are reading the book.

It's been some time since I have done any serious work on the story, as I ran into problem. A young man named Otto is sort of the main character in the book. Otto is in his car driving with no particular destination, and by his side is a box that came from his dad's attorney. This box contains possible information on his father's death; there is some uncertainty of it being of natural causes. The box was given to Otto six months after the death of his father by the attorney, Jim.

The story goes that if something happens to Otto's father, the box was to be given to Otto six months after his death. So, Otto is heading east out of town with this box, and he doesn't have a clue what is in it. Well, maybe I don't either, I'm not sure! It's really important, for this is a big part in the mystery. Maybe it is time to continue...for I do have some ideas what might be in that box.

Aw, life is full of it...sometimes.

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.

Top Dogs

Every year the American Kennel Club releases the list of "most popular breeds," based on registration statistics for that year. Labrador retrievers remain the nation's most popular purebreds for a record-extending 30th year.

Here is a list of the top breeds:

- | | |
|-----------------------------|--|
| 1 Labrador retriever | 6 Poodle |
| 2 French Bulldog | 7 Beagle |
| 3 German shepherd | 8 Rottweiler |
| 4 Golden retriever | 9 Pointers (German Shorthaired) |
| 5 Bulldog | 10 Dachshunds |

Source: AP, AKC
Graphic: Tribune News Service

The Porch Swing



BY
JERRY
MATTSON

I was four years old when we moved about four miles north of town to an old farmhouse on forty acres to live "in the country."

The two-story house featured an L-shaped covered porch along the front and half-way down its south side. Included on the porch was a swing.

The wooden swing hung from the porch ceiling on two chains which formed inverted Y shapes. In years to come, my younger brother, Jim, and I would each alternately pull those chains toward where we were sitting. We got the old swing going sideways, seeing how high we could get it "to fly." This was fun.

We also gave various cats and dogs what we hoped were enjoyable rides on the swing. They probably liked the companionship more than flying on the swing, but it didn't matter.

The swing could hold two adults comfortably or two kids and one adult. Many times, the third person joining us kids was our Grandma Wieland, our mom's mom. She lived with us and enjoyed spending time on the swing, especially during thunderstorms, often in the dark.

Lightning would flash. "One thousand one, one thousand two, one thousand th..." -- thunder boomed -- "It's three miles away," one of us would say. Many times over the years this provided entertainment for us. I still enjoy being outside, under cover, during a thunderstorm.

Late in the fall, Dad would take the swing down and store it in the woodshed. After he died, this chore

became mine, done during Thanksgiving trips north to our home in the U.P.

The swing was showing its age by 1985, well over the 35 years I knew of its existence. This year, unknown to Mom, I put it in my van rather than the shed. I had an idea.

My plan was to build a new swing, duplicating the old one. Back in my apartment in downstate Utica, I set up a workshop in the basement. I bought a small Sears table saw and bought a supply of red oak boards.

With a lot of measuring and planning, the finished parts began to pile up even though the use of the power saw was limited to early evenings and weekends. A total of 53 pieces were sanded, assembled, stained and clear coated. I had it finished in time for the trip north for Christmas.

Early Christmas morning, I hung the new swing on the porch and put a red ribbon and bow on it. Mom was surprised and happy to see her present located where it would spend summers for the next 30 years.

When the place was sold in 2010, I put the old swing back in place and brought the newer one south with me. With a little added reinforcement overhead, I was able to safely mount it on our front porch.

As I jot down notes, preparing to write this story, I am swaying on the 36-year-old "new" swing. It is late on an April day and it's raining. The storm is about four miles away.

Besides writing, Jerry's hobbies include woodworking projects as needed, or requested. The swing is now in need of refurbishing, and will probably be added to the list of things to do.



BY
ROLINA
VERMEER

I Missed Lipstick!

My mom never wore much makeup. She was so lovely and simply powdered her nose and maybe added a light touch of eyebrow pencil. That was all she ever bothered with. The

last touch before being ready for the day was a careful application of a bright lipstick.

She wore distinctive glasses and was always coiffed beautifully. Those were days when most women got their hair done once a week and it seemed to last until the same appointment the following week. Later in life she would use a few Velcro rollers, strategically placed to enhance her natural waves and “frame her face.”

Mom never went a day without earrings even though she wore only clip-ons. I have her jewelry box full of gorgeous, special event earrings, Sunday earrings and her everyday pearls or small gold knots. Remember taking off one earring to talk on the phone? Mom would take off an earring now and then and massage her earlobe, the indentation of the earring clip leaving a pale pink mark.

I don’t ever remember my mother wearing pants until the pantsuit craze. Most moms in my neighborhood wore a house dress; shopping, gardening, running errands, cleaning house. Always a dress. And, most of her dresses had pockets to hold the requisite handkerchief.

During this pandemic time when most of us have changed our routines considerably, we’ve changed our makeup habits and our clothing habits as well. Designers are reassessing what women will want to wear once they go back to workplace offices. Those not wearing a uniform are likely to wear a dressed-up version of the soft comfy clothes they have grown accustomed to while working from home.

As I am retired, I am no longer dressing for the office but I’m still more likely to wear my favorite hoop earrings, put on a little makeup every day and at least run a brush through my low maintenance haircut. The pandemic has really cramped my style! Mask wearing has hampered the ease of wearing my large silver hoop earrings, so I’m now wearing a smaller earring every

day. I stick to a simple pearl earring but I’m noticing the return of smaller earrings on most ladies. Fighting the mask loops over the ears just isn’t worth the trouble. Chasing the flying earring or getting stuck and carefully removing the ear loop gets annoying and troublesome. Okay. Pearls. Always classic and easy. Mask loops pop over my ears easily and I can remove the mask without fear of losing an earring. I’ve adapted.

But I missed lipstick! I like the feeling of something on my lips, so I resorted to a plain lip balm which doesn’t leave a rose stain on the inside of my mask. That bright shade of lipstick I’ve been wearing for the last thirty plus years has been sorely missed! I have a tube of the same shade of lipstick in my purse, on my desk, on my dresser and on my bathroom counter. It’s a staple in my car. Lipstick brightens my face and wakes up my smile.

Now that I’ve been vaccinated and life seems a bit more the way it was before having to wear masks everywhere, I’m happily applying that swipe of lipstick in my rearview mirror as I head out to run errands, go shopping or even when I do a little gardening...putting my best face forward.

Rolina Vermeer writes regularly in celebration of the life and inspiration of her mother.

WHO IS MISSION POINT HEALTHCARE SERVICES?

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A ₁	E ₁	I ₁	I ₁	R ₁	R ₁	P ₃	RACK 1
A ₁	O ₁	Y ₄	G ₂	G ₂	N ₁	S ₁	RACK 2
A ₁	U ₁	D ₂	M ₃	L ₁	T ₁	F ₄	RACK 3
I ₁	O ₁	O ₁	C ₃	T ₁	R ₁	B ₃	RACK 4
A ₁	A ₁	D ₂	H ₄	R ₁	G ₂	G ₂	RACK 5

PAR SCORE 255-265
BEST SCORE 335

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

12-13

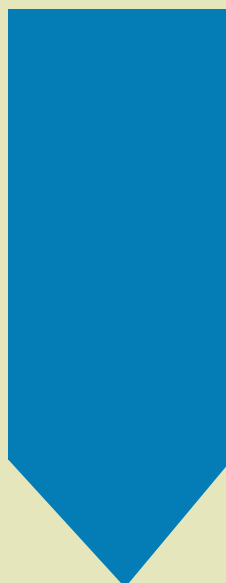
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Senior Resources

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

Sponsored
by



Game
Page
Answers
on Page 23

JUMBLE

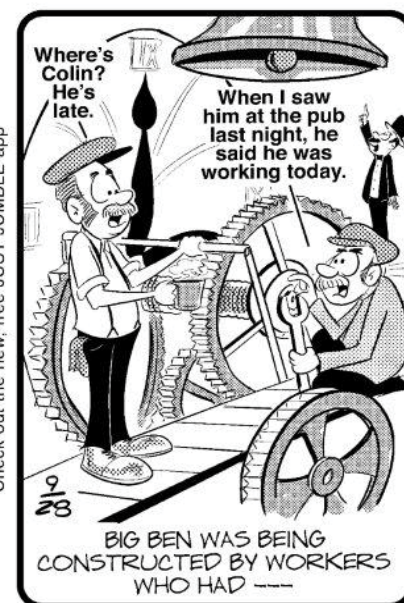
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

POS LI						
CHLSA						
COYDEM						
ENKIOV						

Answer
here:

--	--	--	--	--	--	--	--	--

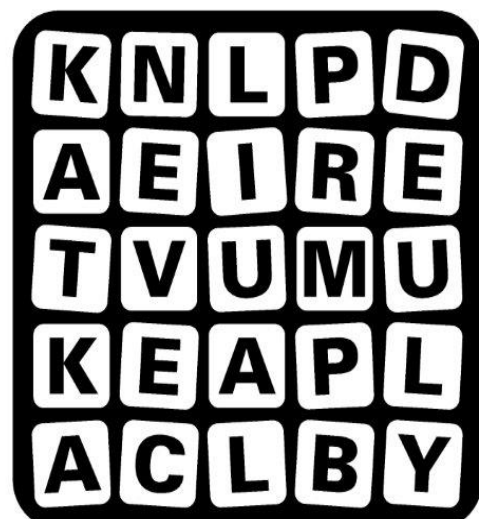
THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek



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



By David L. Hoyt and Jeff Knurek



8-23-20

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

BOGGLE®
POINT SCALE

- 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

YOUR BOGGLE®
RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle® BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT COLORS in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____



By David L. Hoyt and Jeff Knurek



8-16-20

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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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- 0-10 = Try again

Boggle® BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SEVEN U.S. PRESIDENTS in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____

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- Choices for Independence
- Elder Abuse Prevention Education
- Healthy Aging Programs
- Information & Assistance
- Long Term Care Ombudsman
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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.



You are never too old to try something new. Try this fun experiment with your neighbor, friend or grandchildren.

Try This

It looks old, but isn't

Here's how to make a piece of writing look like it was written long ago.

You'll need

- White copier or printer paper
- Soft, light colored paper, such as white, tan or yellow construction paper
- Piece torn from a brown paper bag
- Tea bags
- Large bowl
- Colored pencils



- 1 Use a black or dark brown pencil to draw a map, a message and a picture on different pieces of paper

- 2 Make dark, strong tea in the bowl and let cool.



Put your papers in the tea, and leave them there for three days; squeeze and crush the papers and stir them each day



- 3 Take papers out of tea, and air dry them in a place where the tea will not cause a stain



Graphic: Paul Trap

What happened?



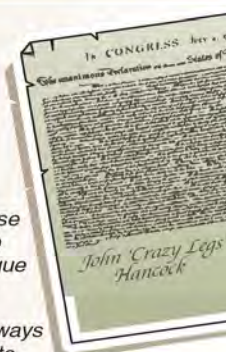
The papers will look like old, brown documents

Your marks did not dissolve because colored pencils contain wax, which is waterproof

Tea contains **tannin**, a dark chemical that stained your papers

Counterfeiters use stains like this to create fake antique documents

Scientists have ways to test documents to see whether they are really old or not



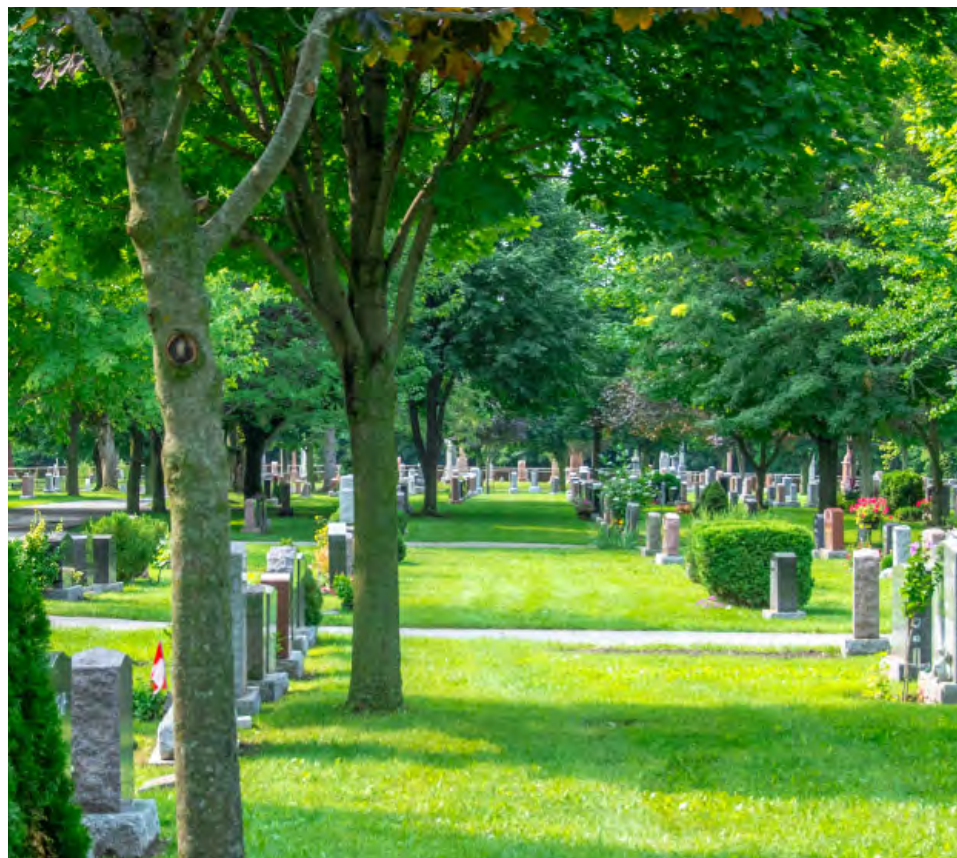
Graphic: TNS

When I was growing up, Sunday afternoons, after Mass, were reserved for a family outing. Many families would go to the beach, take in a ball game, or visit the relatives, in a time when many relatives lived in the same geographic area. Dad used to take us to visit the relatives, too – with one minor difference. They were all dead! I know this might sound a bit bizarre, but we really never thought it unusual.

The Kampfschultes had lived in the area for 75 years and, being German, they all went to the German parish, St. Mary's, on what was known as the West Side of Grand Rapids. They were all buried at the same cemetery affiliated with St. Mary's, which was Mount Calvary. Dad, to his everlasting regret, moved to the south end of town, where our mom grew up, when they got married. On Sundays, he would make the pilgrimage back to the West Side, with us in tow to "visit" the family.

We never went directly to the cemetery. The route wound past all the old family homes, and the neighborhood where my dad was raised, on the circuitous route to Mt. Calvary. The last place we always went by before reaching the promised land was the local A&P, where Dad never tired of saying he worked there for a dollar a day and, of course, was glad to get it.

I was the caboose in the family, and by the time I came along Dad's parents were safely interred at Mt. Calvary along with most of their generation. They were just names to me – that is until I was old enough to go on the Mt. Calvary tour. We would park the car and start our hike among the gravestones, with Dad giving a history of each relative we passed along the way, mixed in with a history of the times. There



Sundays at the Cemetery



BY
DAVE
KAMPFSCHULTE

were Dad's infant cousins who died the same day in 1918 and his eccentric Aunt Clara, who lived with them for a while when times were tough. Close by was my infamous Uncle Frank, who had a poker game in his basement six nights a week. He reserved the seventh night to spend time with his wife. After she died, the game moved up to the kitchen and it went seven nights a week. Of course, he made his own

brew during Prohibition. The list of the relatives and the stories that went with them were endless. There was always a humorous anecdote attached to each story.

Dad had a well-deserved reputation for being frugal. Taking the family to the cemetery for a free Sunday afternoon outing only added to that reputation. In retrospect, it did save him a few pennies, but more importantly it

gave him a chance to connect us with a previous generation. Right along with the Uncle Frank stories, there were the stories of how close the family was, how they constantly helped each other out, and how everyone was accepted for who they were. Above all, how much fun they had even in the depths of the Depression. The constant thread was that family is number one priority. Those gravestones and the stories that went with them served as guideposts for me when raising my own family.

The younger generation needs those guideposts to help find their way in an increasingly complex and difficult world. It is pretty rare that one of us is going to take the time to write them down, but we have all kinds of time to tell our story, like the one I told above. A good way to start is with something like, "I was thinking of Dad's family the other day...." Who doesn't like a good story that includes family tidbits, but one where the core is the emotions that go with it?

I must confess I took my own kids to Mt Calvary, although not quite so frequently, when they were younger. It must have stuck, because recently my adult son called up and said next time he came to town, he wanted to go to the cemetery. The stories and the location of the gravestones were starting to fade and he didn't want to lose them. That is why I believe in Sundays at the cemetery!

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

Seeking Help, Finding Hope for Individuals Living with Alzheimer's Disease or Dementia



BY
AMY
KOTTERMAN

In 2020, more than 6 million Americans were living with Alzheimer's Disease. This alarming statistic does not include the many other older adults who experience symptoms of dementia such as trouble thinking daily—symptoms that continue to worsen over time.

In the past year over 11 million Americans provided unpaid daily care to those needing basic help and support because of memory loss. This unpaid care was valued at \$250 billion for 2020. Yet, we all know that the value of a gentle hug of support or a loving heart is far greater than the billions of dollars quoted above.

Last year 190,000 individuals over age of 65 were diagnosed with Alzheimer's Disease in our state, and by 2025 it is predicted that the number of individuals living with the disease will increase by 15.8 percent to nearly 250,000 individuals.

While these statistics can be overwhelming, there is also hope in knowing that in Michigan, there are many local resources available to assist individuals living with Alzheimer's Disease or dementia-related illnesses, as well as to help family members as they search for answers and strive to find joy in the simplest of moments.

Kent County's Area Agency on Aging (aaawm.org) provides numerous educational programs to support individuals caring for a loved one living with memory loss. The agency also offers a robust Caregiver Support Network designed to link individuals with local resources.

The Alzheimer's Association (alz.org/gmc) serves the residents of Grand Rapids with a local office and offers an array of support programs and educational offerings to assist those who are caring for a loved one living with Alzheimer's Disease or dementia. The chapter also provides an emergency hotline which is available 24/7.

When caring for a loved one becomes increasingly demanding, families may turn to several senior service organizations in Kent County that offer housing and specialized memory support services for those who are living with the disease.

These services range from adult day programs and short-term

respite care to more permanent living solutions. When you start researching the options for a loved one, it's important to contact each service provider and ask many questions to ensure the program or community will meet your loved one's unique needs. This will help you to make the best-informed decision.

Specialized programming will allow the family to find peace as they finalize a plan that promotes comfort and joy for the individual living with Alzheimer's Disease or dementia. Listed below are elements of care to consider when seeking a solution:

- The program or senior community should try to learn as much as possible about the person they will care for—their key life events, daily routines and individual likes and dislikes. They should welcome the sharing of the individual's life story.
- Ask the community or program what their approach to care is. Ideally, it should be person-centered and individualized.
- Also ask what specialized training the personal care staff has received related to best practices when caring for an individual living with Alzheimer's Disease or dementia.

Finally, whether the family chooses a short-term or more permanent option, the selected organization should be committed to creating an atmosphere of peace and comfort by focusing not only on the individual's physical and medical needs but also on their social, spiritual and emotional needs as well.

Amy Kotterman is the Director Customer Experience at United Church Homes. In her role, she trains memory care teams at its Pilgrim Manor community in Grand Rapids, by helping staff understand how best to meet the unique needs of residents living with Alzheimer's Disease or dementia-related conditions.





BY
LAURA
KELSO

Aging in Place Beyond the Basics

Most older adults prefer to remain in their homes indefinitely. The key to being successful is not only changing your house but your habits as well. Hopefully, you have already completed the basics to ensure that all areas of your home are safe and accessible.

You have widened doorways, installed grab bars, and made sure your roof and essential mechanicals are well maintained. Additional projects such as downsizing unneeded items may have been more challenging, but you pushed through. Now is the time to move beyond the basics.

Hand over some jobs.

If you have lived in your home for many years, you are likely a jack-of-all-trades. You mastered gardening, cleaning, and possibly an occasional plumbing repair. Things like changing a light bulb or even painting a room were never daunting, until now.

Growing old is not for the faint of heart (or so I have heard). One of the most challenging parts is accepting that certain activities should now be handed over to someone else. I am in my 50s, and this is already an issue. Last year I ruined a winter getaway by throwing my back out a day before leaving. Never one to back down from a task, I did not think twice about shoveling wet snow from a driveway. That is, until I woke up the next day and could not move (cue the tiny violins...). If you are going to stay in your home for the long haul, you must learn to delegate.

Organize your legal affairs.

If your will or trust was done long ago, it is likely time for an update. Meet with your attorney for an update and then establish a yearly check-in to assure changes are recorded. If you have worked with the same attorney for many years, know who to contact if they leave the business. Establish

a safe place for all important documents and share this information with a person of trust. If you do not already have a digital copy, consider creating a digital vault accessible from anywhere.

Next, move on to organizing your financial items.

Just like your important legal documents, access to your financial records is imperative in a crisis. Have statements digitized and shared with a few key people. If you would rather not share them directly, make sure you have a financial advisor or accountant with access to all accounts and have their contact info readily available.

If you are still paying bills using paper checks, maybe it is time to automate. Computer access to bank accounts and online bill pay is now easy and convenient. Set up things like utility billing and property taxes for autopay. Just make sure you or someone you trust is looking at your accounts often. Regular monitoring will help you quickly spot unusual activity.

Lastly, make sure to keep daily contact with others who would notice if something were amiss.

Adult children, grandchildren, and neighbors should be checking on you regularly even if you do not "need" it. Always keep a cell phone on you or wear an alert system. Staying healthy and organized will go a long way to helping you reduce stress and remain independent.

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 LauraKelso@gmail.com.

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helping caregivers one class at a time

About: Family Caregiver University (FCU) provides practical education and support to caregivers in West Michigan, one class at a time. With the current coronavirus crisis, we realize this support is now more important than ever so classes are being offered virtually.

Classes are currently being held virtually:
From 1:00 p.m. to 3:00 p.m. via Zoom

Further details & schedule at www.caregiverresource.net

Registration Required:
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A AREA AGENCY ON AGING OF WESTERN MICHIGAN
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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 are currently taking place virtually, hosted by the Area Agency on Aging of Western Michigan. Call or visit the website for upcoming dates!

Register Online: [DFMI8.org](https://dfmi8.org)

(616) 222-7036



Check the status of your Social Security benefits claim online



BY
VONDA
VANTIL

If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your free personal my Social Security account.

If you don't have an account, you can create one at www.ssa.gov/myaccount to see the following information about your claim:

- Date of filing.
- Current claim location.
- Scheduled hearing date and time.
- Re-entry numbers for incomplete applications.
- Servicing office location.
- Publications of interest, depending on the claim and current step in the process.

Use your personal *my* Social Security account to check the status of your application or appeal at www.ssa.gov/myaccount.

If you have questions about retirement, disability, Medicare, or survivors benefits, as well as Supplemental Security Income, visit our webpage at www.ssa.gov/benefits.

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.

Sam's Last Ride



BY
DICK
HOFFSTEDT

Sam came to live with us on a Christmas many years ago. He was a gift from our six children, and what a gift he was.

Sam was a great dog. He was a mix of sheltie and golden retriever, and as with all creatures, Sam had a couple of quirks. He was very protective of his territory but was very friendly once

he got to know you. He loved riding in the car but would bark at anyone who crossed in front of him while stopped at a light or stop sign. If any of those people came over to pet him, the barking would stop and he'd be as friendly as could be.

Once in a while he would have a tendency to run out in the street to bark at passing cars. Not often, but enough to make us nervous. One day when he was quite young, he met his match. He got too close to a car, was hit slightly but enough to have his right front leg broken. He wound up with a splint on his leg from his shoulder down to his paw. This didn't stop him. He was still able to get around while it healed.

Our two boys were little and loved to kick a soccer ball around our backyard. Well, a third party joined them. Sam would hobble around with the boys, and when given the chance, would use his splinted leg to kick the ball away from the boys. He became as adept at soccer as they were.



He also knew instinctively when I was ready to take him to the vet. He would vibrate constantly in the car all the way to his office. Along with his barking at strangers while in the car, a trip to the vet was not fun for him or me.

As he approached his 12th year, we began to notice certain problems, and the vet eventually gave us the sad news that Sam was terminally ill with cancer. I set up a date to bring Sam in for a peaceful end to a marvelous life. The morning that Sam and I set out for the vet's, he was totally calm and anxious to get in the car. He didn't vibrate at all. I left about 45 minutes before our appointment, which was really only five minutes away. I had decided to drive Sam around town while playing Dvorak's *New World Symphony* on the car tape deck. Sam sat quietly looking out the front window while we drove all through town and along the shore of Lake Michigan. Whenever we had to stop and people crossed in front of the car, Sam sat quietly without making a sound. The symphony ended, and we were there. He got quietly out of the car and went in eagerly to the vet's office. I said goodbye, hugged him as he wagged his tail, and I sat in the car for probably 15 minutes, sobbing.

I have often wondered if Sam knew it was his time to go. Is that possible? I often think of Sam's last ride.

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 66 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.

ANSWERS
FOR
GAMES
ON
PAGES
16 & 17

ANSWER - JUMBLE PUZZLE:
SPOIL CLASH COMEDY INVOKE
Big Ben was being constructed by workers who had – Clocked in

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

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

SCRABBLE GRAMS SOLUTION

P ₃	R ₁	A ₁	I ₁	R ₁	I ₁	E ₁	RACK 1 =	59
S ₁	Y ₄	N ₁	A ₁	G ₂	O ₁	G ₂	RACK 2 =	62
M ₃	U ₁	D ₂	F ₄	L ₁	A ₁	T ₁	RACK 3 =	89
R ₁	O ₁	B ₃	O ₁	T ₁	I ₁	C ₃	RACK 4 =	62
H ₄	A ₁	G ₂	G ₂	A ₁	R ₁	D ₂	RACK 5 =	63
PAR SCORE 255-265							TOTAL	335

- Answers - Boggle Game #1:
RED TAN PINK TEAL BLACK
MAUVE PURPLE
- Answers - Boggle Game #2:
FORD POLK ADAMS TYLER
REAGAN TRUMAN



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