

A FREE PUBLICATION

BROUGHT  
TO YOU BY:

A R E A  
AGENCY  
ON AGING  
OF WESTERN  
MICHIGAN

# Senior Perspectives

KENT COUNTY EDITION

A National  
Award-Winning  
Publication!

JULY | AUGUST 2020

Page 4 – Beyond 'Just Stress' ■ Page 9 – Going Virtual  
Page 12 & 13 – Game Pages ■ Page 17 – MI State Park Camping

FREE PUBLICATION FREE PUBLICATION FREE PUBLICATION





PAGE  
**08**



PAGE  
**17**



PAGE  
**20**

## JULY | AUGUST 2020 ■ WHAT'S INSIDE THIS ISSUE

- |  |  |   |   |   |
|--|--|---|---|---|
| <b>04</b> Beyond "Just Stress"<br><i>by Dr. Kate Lyzenga-Dean</i>  | <b>08</b> AAAWM Recipes  | <b>11</b> As Time Goes By<br><i>by Cliff Martin</i>               | <b>16</b> Family Fun  | <b>20</b> Under My Skin<br><i>by Joel Dulyea</i>                      |
| <b>05</b> Gravity<br><i>by Ashley Bieber</i>                       | <b>09</b> Going Virtual<br><i>by Emily Armstrong</i>                   | <b>12</b> Game Page   | <b>17</b> Camping at Traverse City<br><i>by Keith Sipe</i>                        | <b>21</b> Fishing for Seniors<br><i>by Louise Matz</i>                |
| <b>06</b> Nutrition and COVID-19<br><i>by Christine Wistrom</i>    | <b>10</b> Social Security Q&A<br><i>by Vonda VanTil</i>                | <b>14</b> Dealing with Grief<br><i>by Carly Whetstone</i>         | <b>18</b> Soul Food<br><i>by Gil Boesma, M.Div.</i>                               | <b>22</b> Eligibility for Spouse's Benefits<br><i>by Vonda VanTil</i> |
| <b>07</b> Skip-Gen Travel for Caregivers<br><i>by Cynthia Hogg</i> | <b>11</b> It's Not too Late to be Counted<br><i>by Michelle Fields</i> | <b>15</b> Keeping Music in the Family<br><i>by Jackie Lindrup</i> | <b>19</b> Looking Up When Life Is Pushing You Down<br><i>by Dave Kampfschulte</i> | <b>23</b> The Problem of Pain<br><i>by Curtis Freed</i>               |

### EDITOR & PUBLISHER



Michelle Fields  
231-733-3523  
michelle@seniorresourceswmi.org  
SeniorPerspectives@srwmi.org

**SeniorResources**   
*Our Name. Our Focus.*

### GRAPHIC DESIGN

Jay Newmarch  
CRE8 Design, LLC  
269-345-8845  
jaynewmarch@gmail.com

### COPY EDITOR

Bonnie Borgeson

### COVER PHOTO

Glenn Rutgers  
softglowdigital.com  
gmrutgers@yahoo.com

### WRITERS

Emily Armstrong  
Ashley Bieber  
Gil Boesma, M.Div.  
Joel Dulyea  
Curtis Freed  
Cynthia Hogg  
Michelle Fields  
Dave Kampfschulte  
Jackie Lindrup  
Dr. Kate Lyzenga-Dean  
Cliff Martin  
Louise Matz  
Keith Sipe  
Cathay Thibdaue  
Courtney Vandevorde  
Vonda VanTil  
Carly Whetstone  
Christine Wistrom

### MEMBER OF



### MEMBER OF



**Senior Perspectives Newspapers have won  
41 National Awards in Media Excellence!**

Area Agency on Aging of Western Michigan  
Information & Assistance

**(616) 456-5664** or (888) 456-5664

aaainfo@aaawm.org | (fax) (616) 456-5692  
website: [www.aaawm.org](http://www.aaawm.org)

#### Mission:

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

**To advertise in an upcoming  
Senior Perspectives publications,  
contact:**

**Michelle Fields**  
**Editor of the Senior Perspectives**  
**(231) 733-3523**  
**michelle@SeniorResourcesWmi.org**

No part of this publication may be reprinted or otherwise reproduced without written permission from the publisher.



**Like us on Facebook!**

[www.facebook.com/SeniorPerspectives](https://www.facebook.com/SeniorPerspectives)



The Source for Seniors



Jackie O'Connor,  
Executive Director

## AREA AGENCY ON AGING OF WESTERN MICHIGAN BOARD OF DIRECTORS

### EXECUTIVE COMMITTEE

Bill Routley ..... Chair  
Marilyn Burns ..... Vice Chair  
Carol Hennessy ..... Treasurer  
Richard Karns ..... Secretary  
Cynthia LaBelle ..... Member-at-Large  
Robert Sundholm ..... Advisory Council Chair

### REPRESENTATION

Richard Cain ..... Allegan Elected Official  
Stuart Peet ..... Allegan Consumer  
Larry Tiejema ..... Ionia Elected Official  
Dennis Sitzler ..... Ionia Consumer  
Carol Hennessy ..... Kent Elected Official  
Nancy Nielsen ..... Kent Consumer  
Betty Dermeyer ..... Lake Elected Official  
Marilyn Burns ..... Lake Consumer  
Ron Bacon ..... Mason Elected Official  
Peggy Dittmer ..... Mason Consumer  
Bill Routley ..... Mecosta Elected Official  
Sharon Bongard ..... Mecosta Consumer  
Betty Kellenberger ..... Montcalm Elected Official  
Linda Weger ..... Montcalm Consumer  
Kenneth DeLaat ..... Newaygo Elected Official  
Cindy LaBelle ..... Newaygo Consumer  
Larry Emig ..... Osceola Elected Official  
Richard Karns ..... Osceola Consumer  
Milinda Ysasi ..... Grand Rapids Elected Official  
Jane DeVries ..... Grand Rapids Consumer

### AAAWM ADVISORY COUNCIL

Thomas Peelle ..... Allegan County  
Natalie Van Houten ..... Allegan County  
Norma Kilpatrick ..... Ionia County  
Kenneth Thompson ..... Ionia County  
Harold Mast ..... Kent County  
Keith Vandercook ..... City of Grand Rapids  
Nellie Blue ..... Lake County  
Robert Sundholm ..... Mason County  
Mary Bechaz ..... Mecosta County  
Jerrilynn Strong ..... Mecosta County  
Tim Reno ..... Montcalm County  
Ben Witbrodt ..... Montcalm County  
Adele Hansen ..... Newaygo County  
Helen Taube ..... Newaygo County  
Barbara Hazlett ..... Osceola County  
Mary Lou Proefrock ..... Osceola County  
Priscilla Kimboko Ph.D. .... Grand Valley State University  
Martha Burkett ..... Kent County Veterans Services



Our State. Our Town.  
*Our Hospice.*

## Choose Grand Rapids' most experienced hospice team.

Need help caring for a loved one with a serious illness? Our expert team can help you keep them where they want to be. Living their life on their terms.

Started in Grand Rapids more than 40 years ago, Hospice of Michigan provides support like no one else. Improving comfort and quality of life. And helping you make the right care decisions. *Insist on the best.*



*24/7 Support*

Call 888-247-5701 or visit [hom.org](http://hom.org)

A member of the **northstar** Care Community

Sponsored by



# I Spy

*It's easy!*

Simply find the  
**watermelon slice** in this  
edition. List where you  
spotted it, clip and return this  
form for the chance to win  
a \$20.00 gift card to Meijer!



Page # where you found  
the watermelon slice

Name

Address

City

State  Zip

Phone

Return to: Senior Perspectives, I Spy, 560 Seminole Rd., Muskegon, MI 49444

**MAY/JUNE WINNER: WILLIAM NELLER OF KENTWOOD**  
The popsicle was found on page 6 in the Soul Food story.





BY DR. KATE  
LYZENGA-  
DEAN

# Beyond “Just Stress”:

## 3 easy tricks to protect your health from long-term stress

One of the most frustrating phrases to hear from a healthcare provider when you’re struggling with health problems is, “It’s just stress.”

I know, I’ve heard it myself. And I simply couldn’t believe that “just stress” could be causing the severe nausea, dizziness, and fatigue that I was feeling...especially because I didn’t feel anxious, overwhelmed, or stressed!

That’s the funny thing about stress, though. It sneaks up on you. And when stress lingers, even small stressors can create a variety of troubling physical symptoms with or without the emotions of stress.

Medical researchers now understand that long-term (or chronic) stress can contribute to blood sugar imbalance, unhealthy weight gain, high blood pressure, memory loss, and even cancer.

That’s why a phrase like “just stress” is a problem. It minimizes the impact of stress on your health and trivializes the steps you can take to protect it.

Ready for the good news?

It doesn’t have to be hard to decrease your stress. In fact, even if the things that cause you stress can’t be easily solved, you can minimize the damaging health effects of stress right now!

Here are three easy tricks to practice every day to decrease your stress:

1. Hum a tune! Humming helps “wake up” a special nerve called the vagus

nerve, which is part of the Parasympathetic Nervous System (PNS). This branch of the nervous system is the opposite of the Sympathetic Nervous System (SNS), which is dominant when your body is “revved up” or in “fight-or-flight” mode. The PNS, on the other hand, is the calmer side of your body’s function and is in charge of such activities as sleep, digestion, emotional connection, and repairing damage. Humming helps your body switch from “fight-or-flight mode” into “rest and digest” mode! Simple, easy, and free!

2. Take five deep breaths in a row. This is another way to switch from SNS (fight-or-flight) into PNS-mode and calm the body’s stress response. It has the added bonus of lowering a hormone

called Cortisol, a long-term stress hormone that creates a lot of inflammation in the body over time. It’s also something that our body sort of “forgets” to do after a while and brings a much-needed oxygen burst to your brain and other organs. It’s a win-win!

3. Gently stretch your neck and shoulders. When your mind is stressed, your muscles can become tense and tight. You might press your teeth together or scrunch your eyebrows down. Your shoulders might sneak up towards your ears. Slow and gentle movement of these muscles and joints can help get rid of stress, as well as the secondary pain and inflammation of that stress. Slow rolling of the shoulders, relaxing the jaw, and making gentle circles with your head all help loosen your muscles and calm the strain on your body.

There’s no such thing as “just stress.” So, start by giving stress its due and practice these three easy tricks to protect your body every day! If you’d like to learn more about healthy & holistic stress relief strategies, sign up for Dr. Kate’s Stress-Less Starter Kit at [www.drkateLD.com/starter-kit](http://www.drkateLD.com/starter-kit).

*Dr. Kate Lyzenga-Dean is a holistic stress and wellness educator specializing in Functional Medicine; an emerging philosophy that considers all aspects of health including mental, physical, and emotional. She loves books, tulips, and hiking with her husband in the Sleeping Bear Dunes. Contact her at [DrKateLD@gmail.com](mailto:DrKateLD@gmail.com)*





BY  
ASHLEY  
BIEBER

# Gravity

Sitting at home I could not help but notice all the things I have but do not use. Some things I even have to move out of my way to

get to the things I need. I cannot help but ask myself how I got so much stuff. I blame it on gravity. The longer I live in one place, the more time things have to settle and create more space to put more stuff. But I sleep in one bed. How many sets of sheets do I need for one bed, and when was the last time there was a bed in my house that fit some of these? Still I keep it all. Maybe I will need it again sometime, or maybe it does not have a use now, but was once significant.

Now more than ever there is a need to make our home a place that promotes both mental and physical health. You may not know this, but the clutter in your home comes with other baggage. Scientists have found that living in a cluttered home or being disorganized have negative impacts on both your mental and physical health.

At a basic physical health level, excess clutter can create fire and/or fall hazards as well as dust and mold issues in the home. Beyond this, the inability to find things or have working space in the kitchen can impact your food choices. This can result in choosing something easy instead of healthy when it is time for meal preparation, which has a direct impact on your health.

Clutter in your home also creates clutter in your mind and sometimes your relationships. Not being able to find things or being confronted with stacks of unfinished projects increases stress levels and can contribute to anxiety and depression issues. This can also impact your ability to sleep, which has an impact on both your mental and physical health. Reducing clutter reduces the

feeling of being overwhelmed and increases productivity and energy levels.

When it comes to relationships, sometimes people are uncomfortable having visitors or going to visit places that are overly cluttered. Be honest, have you ever avoided inviting someone over because you would have to clean up? We are all guilty of this at one time or another.

Now is a time that we could improve both our lives and the lives of those in the community who are in need through the donation of some of the clutter. So, what is stopping us from getting organized? Again, I blame gravity. The stuff is settled in its place and we are settled in our ways. There is so much stuff that thinking about it can be more overwhelming than just living with it.

I am not a scientist, but I am a lifelong collector of stuff. My suggestion is to start small. Give yourself plenty of time for the trip down memory lane and grace for the things you know you do not need or use but have chosen to keep. Pick a room or closet and start sorting. Some for the trash, some to donate, some to sell, some to keep, and plenty of undecided things that you can box up and date to revisit next spring.

The goal is not perfection; the goal is for you to let go of some of that baggage so you can live a happier and healthier life and maybe help someone else while you are at it.

*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.*

<https://intermountainhealthcare.org/blogs/topics/live-well/2018/04/can-organizing-impact-your-mental-health/>  
<https://www.psychologytoday.com/us/blog/the-psychology-dress/201202/your-closets-your-clutter-and-your-cognitions-1>  
<https://www.finelinehomes.com/remarkable-health-benefits-being-organized/>

## Caregiver Respite Services

*Caring for your loved one -  
caring for yourself.*



### What is respite?

Respite gives caregivers a break from caring for an individual who cannot be left alone. All caregivers need time for themselves to do necessary activities or just relax.

Respite services are provided as:

- In-home Services for up to 24 hours.
- Adult Day Services outside the home featuring socialization, activities and nutrition.

Respite Certificates are available for Caregivers who are age 60+ and live in one of the counties we serve: Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceloa.

Respite Certificates can be obtained from any of these partner agencies in Kent County:

**Hope Network Behavioral Health Services-Side by Side Adult Day Services**  
(616) 235-2910

**SarahCare Adult Day Services- Metro**  
(616) 530-6700

**SarahCare Adult Day Services- Knapp**  
(616) 364-6800

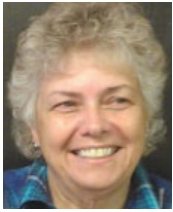
**Senior Neighbors**  
(616) 459-6019



*The Source for Seniors*



# Older Adult Nutrition and COVID-19



BY  
CHRISTINE  
WISTROM

Older adults often have multiple disabilities and fewer resources to draw on than younger people. At times, elderly persons may not be able to afford purchasing healthier foods, or they may find it difficult to even get to the grocery store. They may fear going to any stores where they might contract

the virus. When nutritional status suffers, it has a negative impact on how the coronavirus can affect you. Individuals with poor nutrition are at higher risk of contracting COVID-19, and of being adversely affected by it.

Our immune systems weaken as we age, and underlying health conditions may make it increasingly difficult to fight off, or recover from, infection. Diet has been found to have a profound impact on the immune system and increased susceptibility to infection. Specific nutrients or combinations affect the immune

system through the activation of cells. To put it simply, our bodies can't heal if we don't provide the building blocks we need nutritionally to keep them healthy. Nutritional deficiencies of energy, protein, and specific micronutrients are associated with a depressed immune function. Iron, zinc, and vitamins A, E, B6 and B12 are vital for maintenance of the immune system.

A poor diet has been associated with both poor mental functioning and declining physical health. In this highly stressful time, we may find ourselves eating for comfort rather than to ensure good nutrition, or skipping meals to save money or to get by until we can get to the store. While foods high in fats and sugar may make us feel better at the moment we are eating them, in the long run they make us weaker and less able to fight off infections and even depression.

If you would like to improve your nutritional status, here are some tips to help:

- Choose a healthy diet -- try to add more whole grains, fruits and vegetables.
- Exercise daily, aiming for 30 minutes each day. It does not all have to be at one time, but the total time should be at least half an hour and get your blood pumping.
- Try to maintain a healthy weight.
- Get adequate sleep.
- Avoid believing those ads about products claiming to cure or prevent COVID-19. At this time, there is no cure.

If you have questions, or if you can't get to the grocery store, please contact Disability Network/Lakeshore for assistance at 616-396-5326.

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

**ADVOCATES**  
*for* Senior Issues

Advocates for Senior Issues is a non-partisan group empowering seniors through education and advocacy. The group meets regularly to advocate, learn, and socialize.

**Join us!**

**Upcoming 2020 Meetings:**

September 18
October 16
November 20

Contact us for more information:  
(616) 222-7015 | LaceyC@aaawm.org  
www.aaawm.org/afsi

FREE INFORMATION	FREE INFORMATION	FREE INFORMATION
------------------	------------------	------------------

**Mail Us for FREE Information**

For free materials on local housing opportunities, contact us! Let us know who you would like to hear from and we'll provide your information to those advertisers.

**Samaritas**  
Senior Living

**Samaritas, Pg 22**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please mail form to: Senior Resources, Attn: Community Living,  
560 Seminole Rd., Muskegon, MI 49444

FREE INFORMATION	FREE INFORMATION	FREE INFORMATION
------------------	------------------	------------------

# Skip-Gen Travel for Caregivers: *Yes, You Can!*



BY  
CYNTHIA  
HOGG

Many people assume travel is something you must forego if you are the full-time caregiver for another person. Not so! With a little creativity and willingness to reach out, not only can you take an occasional trip—you must. (If it helps, get your doctor to write a prescription for one!)

Travel has been scientifically proven to be healthy for our bodies and brains. Some of the demonstrated health benefits include:

- reduced stress
- reduced risk of heart disease
- increased happiness
- improved creativity
- an actual boost in immunity!

In my job with the Alzheimer's Association, I help caregivers find a way to get completely away, if just for a weekend. I find there are three main benefits:

- 1.) One study showed that just planning a trip boosts happiness, before even embarking on the trip itself. This aspect is invaluable for caregivers, giving them something to look forward to when days seem long or difficult.
- 2.) The trip provides a break from caregiving responsibilities, a change of scenery, and new experiences. The study on stress showed that as much as several weeks after returning home, individuals felt more relaxed, more invigorated, and better able to handle daily stresses. How important is that for a caregiver?
- 3.) A successful trip shows that it can be done, making it easier to consider planning a second trip.

Now add the benefits of traveling with a grandchild. One of the losses frequently experienced by a caregiver is the lack of free time to enjoy grandchildren. As a grandparent, you may know what you would gain from spending quality time with grandchildren, but research shows that children who have a close relationship with a grandparent are less depressed and more resilient as adults. It may be that your grandchildren need you as much as the loved one for whom you are caregiving!



All well and good, you may be thinking, but how does one pull this off when caregiving responsibilities are so demanding? First, ask. With enough advance notice, it is often possible for family members to arrange their schedules to cover for you. Often, they are happy to do so—they just have to know what you need. (Do not be afraid of being a “burden”!) It is also possible to hire a caregiver to stay with your loved one. In this case, it might be wise to hire them in advance of the trip so they and your loved one become familiar with each other. Many families find the use of Adult Day Centers to be invaluable. Most likely a combination—an adult day center during the day, family help in the evenings and/or on weekends, supplemented by hired help—will provide the coverage necessary to make the trip a go. The AAAMW has caregiver respite certificates available to help with the cost of both

adult day centers and hired in-home help. Road Scholar ([roadscholar.org](http://roadscholar.org)) has several hundred travel options planned specifically for grandparents traveling with grandchildren and better yet, they have caregiver scholarships available (some restrictions apply).

So, don't deprive yourself—and your grandchild!—of all the benefits of traveling together, even if you are a caregiver. Can you make it happen? Yes, you can!

#### Sources

- <https://www.nbcnews.com/better/wellness/5-scientific-proven-health-benefits-traveling-abroad-n759631>
- [mother.ly/news/benefits-living-near-grandparents-for-children/having-an-inter-generational-identity-increases-kids-resilience](http://mother.ly/news/benefits-living-near-grandparents-for-children/having-an-inter-generational-identity-increases-kids-resilience)

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





# AAAWM Eats

BY  
COURTNEY  
VANDEVORDE



## Overnight Oatmeal

This recipe is a simple, yet nutritious breakfast option that you can make the night before for an easy, ready-made meal.

### Ingredients:

- ½ cup oats (can be steel cut, or old-fashioned)
- ½ cup of milk of your choice
- 1 Tbsp. honey or your choice of liquid sweetener
- Any add-in options of your choice

### Add in Options:

Chia seeds, flax seeds, berries, bananas, apples, nut butter, extracts, cinnamon or other spices.

### Topping Ideas:

nuts, coconut flakes, or granola

### Steps:

1. Place oats, milk, sweetener and add-ins into a jar or Tupperware container.
2. Shake or stir the ingredients till well combined.
3. Store in fridge overnight, or for at least 4 hours.
4. Add toppings and enjoy!

Courtney has a B.S. in Dietetics from Olivet Nazarene University and is currently working on her Master's Degree while completing a Dietetic Internship program at Grand Valley State University. Courtney completed a community rotation at the Area Agency on Aging of Western Michigan earlier this year.



# Cathay's Cooking Corner

BY  
CATHAY  
THIBDAUE



## Oven Roasted Garlic Parmesan Asparagus

- 1 pound fresh asparagus
- One teaspoon salt
- One teaspoon fresh ground black pepper
- Five cloves minced garlic
- 6 Tablespoons Parmesan cheese
- olive oil spray or spray of choice

Preheat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil and set aside. Rinse the asparagus and trim off woody end pieces. Mix the salt, pepper and cheese in a separate bowl. Spread the asparagus in a thin layer on top of the prepared cookie sheet. Spray the asparagus lightly with a coat of olive oil spray or spray of choice. Sprinkle with combined salt, pepper, garlic, and parmesan cheese. Top the asparagus with minced garlic. Use your hands to mix the asparagus with all the ingredients, then lay out into an even layer again. Bake in the preheated oven for 8 minutes. Remove from oven and serve immediately.

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.



# Going Virtual



BY  
EMILY  
ARMSTRONG

The beauty of being able to stay engaged virtually has not been lost on me as of late. I have taken in part in many Zoom meetings, family Facetime sessions, and virtual game nights. Yet what has also been surprising is just how many virtual tools are out there that I did not know about before. Technology can bring us together and give us creative ways to take part in activities and educational opportunities, and even order groceries from afar. Here are a few helpful tips, resources, and how-to's as you dive into virtual offerings.

**Learn how to use it:** Technology is certainly a useful tool, but it can be overwhelming to know where to start if you are unfamiliar with certain programs. The Area Agency on Aging of Western Michigan has a "Making IT Easier" video series on their website at [www.aaawm.org/tech](http://www.aaawm.org/tech) with the goal of teaching older adults how to use technology to enhance their lives. Various video how-to's, such as making calls using Facetime, ordering grocery delivery via Shipt, how to use mindfulness apps like Calm and Headspace, and more are up on their website.

**Practice online safety:** Of course, while being active online you need to be diligent in protecting your personal information. Write down your account information and passwords, keeping them in a safe place. Check your links and attachments to ensure they are from trusted sources. Often "https" can be a good indicator that a link is secure. It is also helpful to keep your antivirus software up to date. There are many free versions that can do the trick.

**Find online educational opportunities:** Many organizations have begun to offer free virtual classes and experiences. Not only is this a great chance for you to learn something new, but it will also connect you with others who have similar interests. Find a topic you would love to learn more about and take your learning virtual! Here are a few virtual opportunities I have come across lately:



- MSU Extension offers a wide range of classes. You can find their remote learning and resources at <https://www.canr.msu.edu/rlr/>.
- The Alzheimer's Association has transitioned many of its services, including caregiver support groups and education programs, online. You can find a list here: [https://alz.org/gmc/helping\\_you/virtual-offerings](https://alz.org/gmc/helping_you/virtual-offerings).
- Even museums have joined in. The famous Smithsonian Institution has virtual exhibit offerings at <https://www.si.edu/exhibitions/online>.

**Have fun:** The virtual offerings do not stop there. Plenty of smartphone applications and games exist, like puzzles, word games, and more. You can also listen to podcast episodes, stream movies and TV, listen to music and download eBooks all with the click of a button. Use technology to your advantage this summer and have fun!

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

Experienced Care Delivered with Love

**Coupon Good for One Free Trial Day!**

**SarahCare®**

At Sarah Care, we create a vibrant and social community for your senior loved one to enjoy their day while receiving the care and support they need.

Refer a loved one, or to schedule your Free Trial Day, please call our Intake & Assessment line:

**616.528.4003**

SarahCare at Knapps Corner  
2211 E. Beltline Ave NE  
Grand Rapids MI 49525

Current medical & emergency information required.

**Question: I have never worked but my spouse has. What will my benefits be?**



BY  
VONDA  
VANTIL

Answer: You can be entitled to as much as one-half of your spouse's benefit amount when you reach full retirement age. If you decide to receive Social Security retirement benefits before you reach full retirement age, the amount of your benefit is reduced. The amount of reduction depends on when you will reach full retirement

age. For example, if your full retirement age is 66, you can get 35 percent of your spouse's unreduced benefit at age 62 (a permanent reduction); if your full retirement age is 67, you can get 32.5 percent of your spouse's unreduced benefit at age 62 (a permanent reduction).

The amount of your benefit increases if your entitlement begins at a later age, up to the maximum of 50 percent at full retirement age. However, if you are taking care of a child who is under age 16 or who gets Social Security disability benefits on your spouse's record, you get the full spouse's benefits, regardless of your age.



Learn more about retirement benefits at [www.socialsecurity.gov/retirement](http://www.socialsecurity.gov/retirement).

**Question: I'm trying to decide when to retire. Can Social Security help?**

Answer: Deciding when to retire is a personal choice and you should consider a number of factors, but we can certainly help. First, take a few minutes and open a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). With a my Social Security account, you can access your Social Security Statement and estimate your retirement benefits at age 62, your full retirement age, and age 70. Also, we have several online calculators that can help you decide when to retire. Our Retirement Estimator gives

estimates based on your actual Social Security earnings record. You can use the Retirement Estimator if:

- You currently have enough Social Security credits to qualify for benefits; and
- You are not:
  - o Currently receiving monthly benefits on your own Social Security record;
  - o Age 62 or older and receiving monthly benefits on another Social Security record; or
  - o Eligible for a pension based on work not covered by Social Security.

You can find our Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). Also available at [www.socialsecurity.gov/planners/benefit-calculators.htm](http://www.socialsecurity.gov/planners/benefit-calculators.htm) are several other calculators that will show your retirement benefits as well as estimates of your disability and survivors benefit if you become disabled or die. You may want to read or listen to our publication, *When To Start Receiving Retirement Benefits*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

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

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

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



**616.245.8899**  
[www.PrimaryHomeCare.com](http://www.PrimaryHomeCare.com)

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

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

In my twenty years of working with seniors and

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

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

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

*Shelley Vasey, President*

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



# Letter from the Editor

## It's Not too Late to be Counted



BY  
MICHELLE  
FIELDS

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

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

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

Visit <https://my2020census.gov/> and click on the "Start Questionnaire" blue box.

Shape  
your future  
START HERE >

United States®  
Census  
2020

Start Questionnaire

### Getting started:

- You must complete your questionnaire once you begin. If you leave the questionnaire and return later, you will have to start over.
- Do not use the web browser buttons (back, forward, or close browser). Use the buttons within the questionnaire to navigate.
- For best results, use the latest version of Chrome, Firefox, Internet Explorer, or Safari. Enable cookies.

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

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

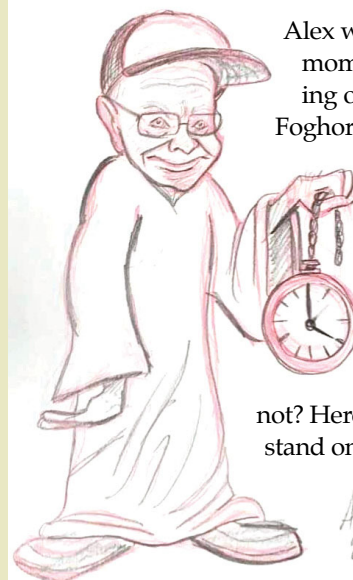
## Martin's Meanderings



BY  
CLIF  
MARTIN

## As Time Goes By

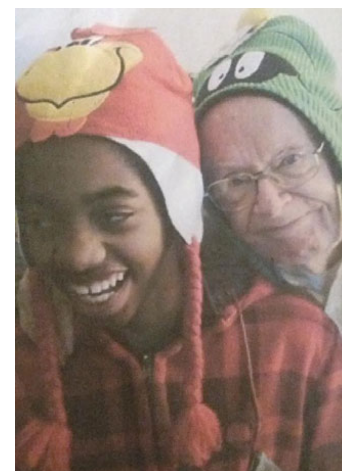
I told my talented twenty-one-year-old grandson Alex Lynn about my days as a big famous deejay in Flint, marrying his grandma who was a radio fan. He saw me wearing my WQWQ hat and got inspired to draw his ninety-year old grandpappy as old Father Time, the original radio record spinner.



Alex was in his early teens when his mom snapped a photo of us wearing our Looney Tunes hats. He was Foghorn Leghorn and I felt just like Marvin the Martian. If you are a dedicated reader of my meanderings and all the other grand articles in this classy publication, you saw that photo in last year's July / August issue. If you are not and you did not, why not? Here it is again. If I can find a box to stand on there will be a current picture of us in our cartoon hats. Alex is gaining height at a great rate and I am losing it even faster.

Alex is number seven grandson and number four adopted grandson. If all goes as planned there will be a photo of the earlier three adoptees on this page in the September / October issue. Stay tuned for that.

*Clif's life as a radio star began in 1950. He married Midge in 1954 and the wedding was broadcast on WMRP radio.*



ACROSS

- 1

Throws the first pitch
- 7

Find fault
- 11

Bygone Ford
- 14

They may be hard
- 15

Tavern
- 17

Hunt's TV co-star
- 18

"Next subject"
- 19

Made dinner at home
- 20

"Sold!"
- 21

CIA predecessor
- 22

Historic Potomac estate
- 25

Son-gun connection
- 26

\_\_ land: disputed territory
- 31

Rueful word
- 35

Quick snack
- 37

Simple home
- 38

With 40-Across, NPR broadcast since 1979
- 40

See 38-Across
- 42

Word with box or light
- 43

Levelheaded
- 45

Timer drizzler
- 46

Mussel habitat
- 48

Uno plus due
- 49

"Life of Brian" comedy group
- 56

Plant studied by Mendel
- 59

With 41-Down, tries for a long pass, in football lingo
- 60

Odor
- 61

First or last quarter ... and, literally, what can be found on either end of 18-, 22-, 38-/40- and 49-Across
- 63

Action scenes
- 64

Get-out-of-jail card?
- 65

Museum guide
- 66

32-Down contents
- 67

Fruity coolers
- 68

"Nothing to it!"

16

Tokyo-born artist

20

Gets the mist off

23

World Cup skiing champ Lindsey

24

"Moi?!"

27

Citi Field squad

28

Polynesian capital

29

Bright sign

30

Text command

31

"Time's Arrow" author

32

66-Across source

33

Covent Garden solo

34

Pretentious sort

36

Eight British kings

39

Agenda listing

41

See 59-Across

44

Shows up

47

Give to charity, say

50

Peter of Herman's Hermits

51

Webmail option

52

Copy exactly

53

Old Testament prophet

54

Future foretellers

55

Really bad

56

Carson forerunner

57

Nobelism Wiesel

58

Duck mascot company, on the NYSE

61

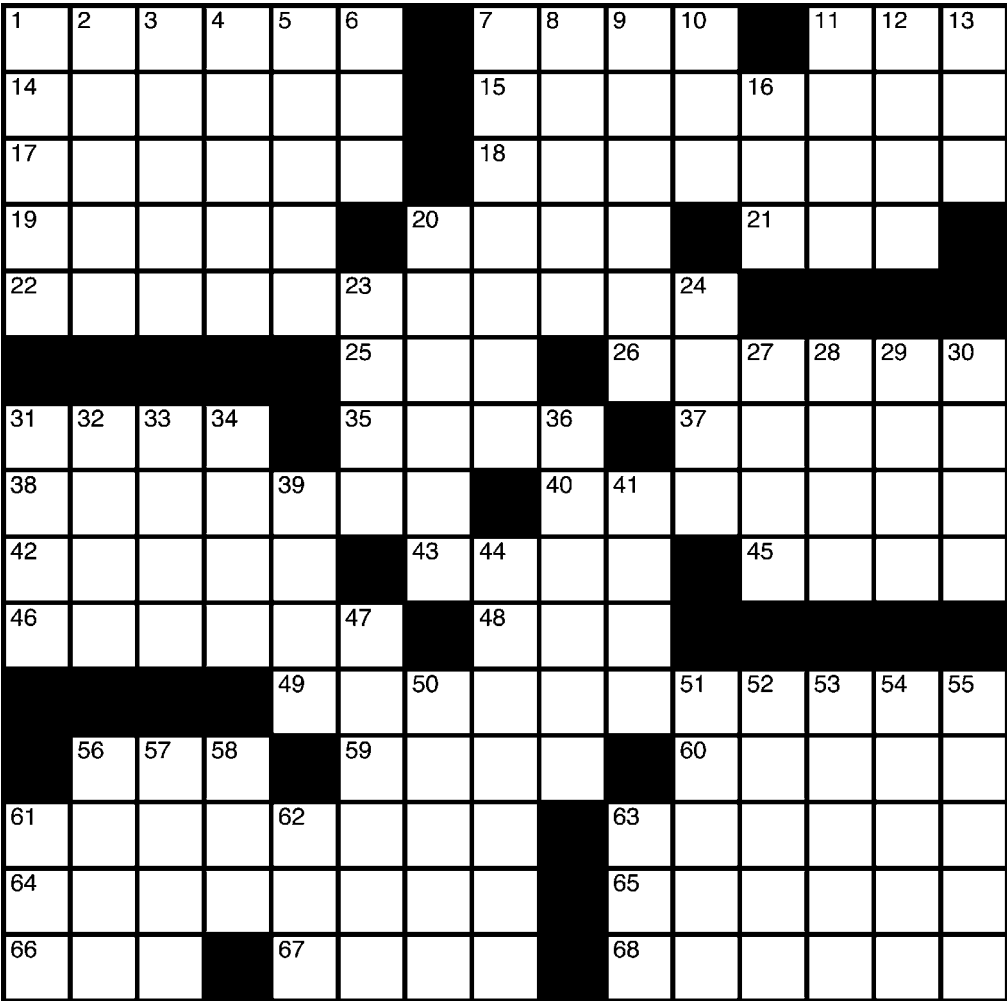
Starz rival

62

Kellogg School deg.

63

Some retirement acct. holdings



(c)2020 TRIBUNE CONTENT AGENCY, LLC.

DOWN

- 1

Make a run for it
- 2

Connect with
- 3

Parting mot
- 4

Lacquer ingredient
- 5

Former Senator Lott
- 6

Lat. or Lith., once
- 7

Traffic enforcement devices
- 8

Take out \_\_
- 9

Love Is On makeup maker
- 10

Upsilon follower
- 11

Hauls
- 12

Menu possessive linked to the Qing dynasty
- 13

Place in the woods



JUMBLE

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

SUGET

○ □ □ □ ○

BSIRK

○ □ ○ □ □

GIRDIF

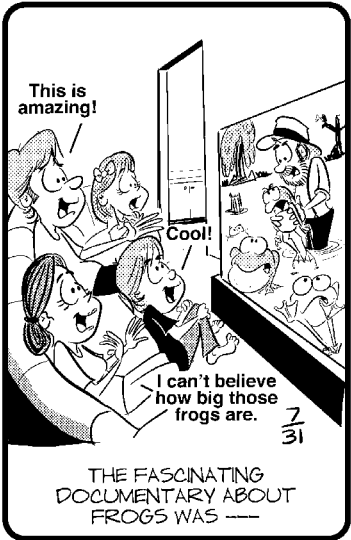
□ □ ○ □ □

KERBON

○ ○ □ □ □ ○

©2017 Tribune Content Agency, LLC  
All Rights Reserved.

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.

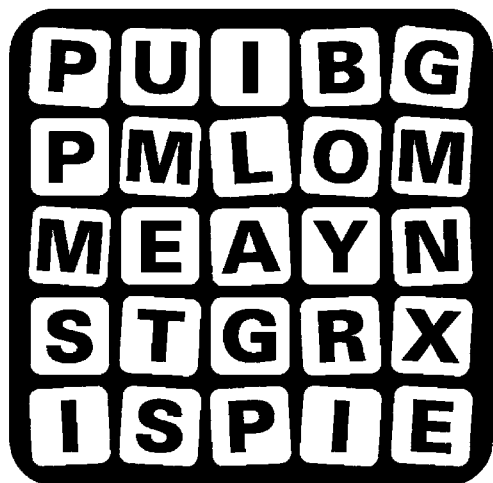
Answer here: " ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ "



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

## SENIOR PERSPECTIVES GAME PAGE

Answers on Page 23



By David L. Hoyt and Jeff Knurek

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

### BOGGLE POINT SCALE

- 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 FOUR-LETTER MAMMALS** in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____

BOGGLE is a trademark of Hasbro, Inc. © 2019 Hasbro, Inc. Distributed by Tribune Content Agency, LLC. All Rights Reserved.



## FREE | MONTHLY LEARNING SERIES

With the reopening of Meijer Gardens, we are thrilled to announce that we will once again offer our presentations LIVE starting Thursday, August 13th. Meijer Gardens is requiring all guests wear masks and adhere to social distancing guidelines. For those who prefer to watch from home, we will be recording our presentations and posting them for later viewing. Details will be posted on [GRSavvySeniors.com](http://GRSavvySeniors.com).

— Coming up: —

**Thursday, August 13, 2020 - 1:00 p.m.**

*Better with time – How to thrive at any age.*

*Learn ways to stay happy and healthy both mentally and physically.*

**Friday, September 11, 2020 - 1:00 p.m.**

*Simple forgetfulness or something more?*

*Real facts on Alzheimer's and Dementia.*

Go to [GRSavvySeniors.com](http://GRSavvySeniors.com) for great information, resources, and to register for webinars or live events. For more information and additional registration options call **Laura Kelso at 616-724-7200**

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

Sponsored by:



## Become a Dementia Friend



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

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

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

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

Register Online: [DFMI8.org](http://DFMI8.org)

(616) 222-7036



A Dementia Friendly America initiative

## Dealing with Grief

Good grief. Is there such a thing? Grief seems nearly inevitable in the course of one's life, and it often comes when you don't expect it to. Grief can feel like anxiety, fatigue, depression, confusion, and emptiness. It can feel like nothing has changed at all, and it can even sometimes feel like relief. Emotions in grief can jump quickly, and that's okay and very normal.

Grief is most commonly associated with the death of a loved one, but it doesn't have to be the only situation in which a person might grieve. Perhaps your spouse moved into a facility and you are grieving the loss of living together for so many years and adjusting to the new distance between you. Or maybe you had to surrender a beloved pet and now feel emptiness. Sometimes grief is complicated, like when someone who was abusive to you moves or dies. Are you supposed to be sad then? Is it okay to be happy? What about the relief you might feel when you've been a caregiver to a declining loved one for many exhausting years, and you are now relieved of that duty? It's not always a black and white situation; love has layers.

So what do you do with the weight of grief? If physical symptoms appear, or if the grief is too overwhelming and you are concerned about your mental state, you should see your physician. Beyond that, I encourage finding creativity in whatever comes easiest. Return to your garden, to your workshop, or to your sketchpad. Make a shoebox of memories or decorate a frame for a nice photo. Use those old magazines to create a collage or pick up your knitting needles and keep your hands busy. Art therapy can



BY CARLY  
WHETSTONE,  
LLMSW

be very effective. If it's not too hot outside, try going for a walk, sitting down at a park, or just soak up some sunshine outside of your house. Though it may not feel like a sunny time in life, being in nature and getting sunlight can boost your mood and help you relax. Listen to music and talk to people around

you about what you're going through. Counselors are available by phone, and you can call your health insurance company to find out more about those options.

It might feel like you'll never be who you were before your loss, and that may or may not be true. Allow yourself to adjust as you navigate new territory. It might take a while before things feel normal again, and you may find yourself making a new daily routine to get there. Take things one day at a time, give yourself breaks throughout the day, remember to eat (and to eat healthy if possible) and to drink water. It's okay to excuse yourself from situations that are too much to handle right now, but don't let grief isolate you completely.

In my short time working in hospice care, I learned that people found a lot of peace in keeping their loved one alive in memories. Know that it's okay to still "talk" to your loved one, to talk about him or her with others, to reminisce on old times, and to keep him or her close to your heart. Give yourself grace, time, and space to feel your emotions. Take care of yourself the best you can, and know that better days are ahead.

*Carly Whetstone, LLMsw is the Outreach Specialist at Area Agency on Aging of Western Michigan. She can be reached at [carlyw@aaawm.org](mailto:carlyw@aaawm.org)*





BY JACKIE  
LINDRUP  
RDH, M.Ed.

One day my daughter Kirsten mentioned that she wanted to learn to play the guitar. She remembered that her grandfather had a guitar he wasn't using any more. She wondered if instead of the guitar he'd like to play the ukulele. Maybe it would be easier on his fingertips at 96. Then she wondered if he'd like a harmonica. That would be even easier!



I remembered that Dad said he had learned to play the harmonica with his class in elementary school. I asked Dad about it during one of our 9 p.m. phone calls. He thought about it awhile and then told me this story:

*It was in my third grade class in Wilton, North Dakota and I must have been about 9 years old. This was about 1933 and my teacher's name was Mrs. Theis. One day just after I got to school Mrs. Theis said, "OK class...settle down...I have a surprise for each of you. Johnny, get the box over there and pass out all the little boxes inside. I am going to give you each a harmonica. We are going to learn how to play it here in class and, yes, then you can take it home and play for your mom and dad." We were all silent...flabbergasted really. She continued on, explaining that this instrument was*



*called a mouth organ. She lifted it to her lips and played a note. The room was silent. She played several more notes and then she played "America the Beautiful." We were stunned...it was so beautiful!*

*Then she said, "Every day when you come to school the first thing we are going to do is take the harmonica from your desk and we will practice." And we did exactly that. First we learned to play single notes, and then how to play the scale. Eventually we learned how to play the first line of "America the Beautiful!" By Christmas we had learned the whole song and the class performed it at the school Christmas event where our parents looked on in disbelief and we smiled. When the harmonica playing ended, there was giant applause from our parents. Later on when I was in the Air Force flying airplanes, I had the same harmonica...and played it for my pals. Fun!*

If you are wondering about Dad's interest at 96 in playing any of those other instruments Kirsten wondered about, his answer is NO! But here's the rest of the story.

He told me that he had learned to play all those musical instruments

at one time or another! After learning to play the harmonica, he won a ukulele in a school contest. When he brought home his prize he learned that his father played the ukulele and had fun learning from him! A few years later while working at the local drugstore for \$1 a week, he found a guitar in a catalog for \$10. His boss helped him order it and charged him half of his

weekly pay each week to purchase it. After he learned to play the guitar, his father gave him a neck holder for the harmonica so he could play the guitar and harmonica at the same time. Now Kirsten has his guitar and is learning to play it by taking online classes at the Fender site on her computer!

It was fun to learn about Dad's musical past! We all thought the music genes were from Mom!

Jackie Lindrup is a retired dental hygienist who lives in Muskegon MI with her husband Tom. She enjoys sharing memories of her 96 year old father Charles Huhn and her travels in the

US and abroad. She is on the Board of Directors of Volunteer for Dental, a local non-profit which offers free dental care for volunteer service hours in the community. You can contact her at [jackielindrup111@gmail.com](mailto:jackielindrup111@gmail.com).



**24-Hour Emergency Service**

**AIR-CAIRE**  
Home Medical Equipment & Supplies

**Oxygen • Nebulizer • CPAP & BI PAP Supplies • Hospital Beds  
Wheelchairs • Walkers • Diabetic Shoes • Commodes • Enteral Feeding  
Canes • Ostomy • Wound Care • Urological Supplies & Much More**

We also offer a large selection of daily living aids & bathroom aids at a competitive price

**2400 Glade St. Muskegon, MI 49444 | P: (231) 737-7070 F: (231) 737-7060**  
**16 E. Sheridan St. Fremont 49412 | P: (231) 924-4040 F: (231) 924-4060**  
**3554 Alpine Ave. NW, Grand Rapids, MI 49544 | (616) 888-2056 F: (616) 888-2060**

**FREE Delivery!**  
We bill primary & secondary insurance.

**[www.air-caire.com](http://www.air-caire.com)**

**Healthcare QUALITY**  
ASSOCIATION ON ACCREDITATION



# Family Fun in Grand Rapids

## Frederik Meijer Gardens Announce Latest Events and Exhibits

PLEASE CHECK MEIJERGARDENS.ORG PRIOR TO VISITING FOR UPDATES ON OPEN HOURS DUE TO ONGOING CORONAVIRUS RESTRICTIONS

### George Segal: Body Language

April 3 – August 16, 2020

at Frederik Meijer Gardens & Sculpture Park

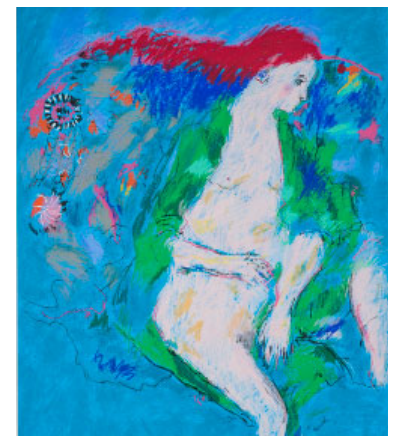
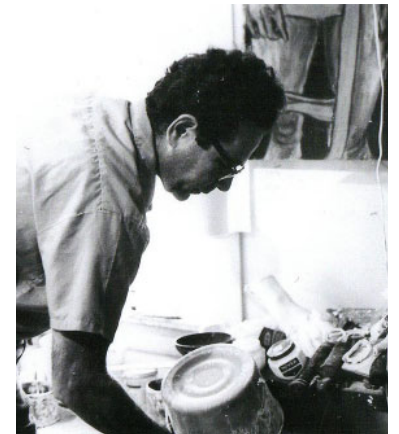
*George Segal: Body Language* will be the first opportunity to see the artist's sculptures side-by-side with a recent gift of prints from the Segal Foundation complemented by additional loans of a painting, pastel drawing and sculptures.

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

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

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

For more information, visit [www.meijergardens.org](http://www.meijergardens.org)







## Keith's World

# State Park Camping at Traverse City

BY  
KEITH  
SIPE

During the late 1950s and early 1960s my parents, Duane and Millie Sipe, and their

friends always headed to Traverse City State Park each Labor Day weekend. It marked the end of summer and back to school. I had mixed feelings with that time. I enjoyed going camping at the state park, but didn't like what followed the next day—school!

Some friends would be pulling trailers, pop-up campers, and others would actually be camping in tents. My folks pulled a Holly trailer, like the one showing, (that's me between the car and trailer) to the state park, but the "real" campers used tents. One time, a family forgot their tent poles and had to make use of whatever they could find to keep their big tent up. I'll say this, a lot of folks made fun of them that weekend; it was quite funny the way this family made use of rope to keep that tent up.

A major street, US-31 (Munson Avenue to the locals), divides the state park and the east arm of the Grand Traverse Bay. Traffic wasn't heavy back in the 1950s and I think it might have been only a two-lane road. It wasn't as busy as it is today and one could cross without much difficulty.

Everyone enjoyed going to the beach, and it was the highlight of the day to go to the beach and swim. Everyone enjoyed the cool water and soaking up the warmth of the sun.

As you crossed the road to the beach, I remember a gift shop in a log cabin. In the gift shop you would find items like a little cedar wooden box where you might store something you cherish. It had a little clasp on one side to lock it and fancy hinges on the opposite side. When opening the cedar box, you could smell the aroma of cedar wood it was made from. Another thing I remember was the



*Pictured top: My dad, on the left, and uncle getting ready to head to the beach.*

*Pictured right: Keith helping Dad hook up the trailer.*

*Pictured below: Harry Pothoff trying to get his tent ready for camping.*



pine scent sticks. You would light one end with a match and place it in a little holder. The smoke aroma filled the room, and it was like walking through the woods of Hartwick Pines in Grayling. I bet if you closed your eyes you would be able to find yourself in the woods and smelling the sweet aroma of the pine trees. You could spend hours looking at all the wonderful gifts in this old log cabin by the bay.

Outside, between the gift shop and beach area, was a place you could rent a paddle board. The paddle boards were painted orange and they seemed very

big and heavy. Of course, I was younger in those days and everything was heavy and big. If you wanted, you could use the paddles that came with the orange board—a long wooden handle with circular flat disc at each end. You could stand or sit on the board to get around. One could even dive or jump off the board. It was a lot fun, but a lot of work for a young person.

Another thing the kids liked to do was to go to the railroad tracks behind the state park and put pennies on the track. When we heard the train coming from a distance, we would run to the tracks with our pennies to put them on the rails. After the train went by, it would take some time to find the flattened pennies. We made sure we placed more than one penny on the track, for surely we would lose some as the train went by.

During the Labor Day weekend, the

county fair was not far from the state park. It had a race track where sulky horse racing took place on the weekends. One year my dad talked to one of the sulky racers for quite a while, and after he finished the conversation he said he knew the guy from his childhood. I thought that was something special for my dad, for he was born and raised in Portland, Indiana. When my dad was growing up on the farm they never had a car for transportation. When they needed to go anyplace it was done by horses.

One more memory, an early lesson in life.



While attending the fairgrounds activities, I was "ripped off" by one of those carney games. I lost a few bucks that I had saved during the summer. It was a 22-rifle target game. You could win a nice prize for expert shooting. What I learned later was you couldn't win, for the rifle sights were completely off.

Today, the fair grounds are no longer there. The race track is a ball field, at least that is what it looks like from the road.

Now I am in trouble for I am over my word count. Please defend me when you talk to the editor of *Senior Perspectives*. Thank you in advance.

*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*





## Soul Food

### ...Set apart as sacred

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

Look up the word “consecrate” or “sanctify” and you will find definitions that indicate that something needs to be set apart ... for a sacred purpose.

One of our sons, a single adult, has moved back in with my wife and me and is working at home using headphones and his laptop computer as he communicates with his employer’s administration and production. If we have to go out, we are told to keep a distance of at least six feet from any neighbor or friend, and no touching!

Most of us today have never experienced such a life-changing time and environment, especially for those who love to travel, or need to travel for work. Today’s pandemic affects our whole family, neighborhood, city, county, state, country, and world. So now that it is summer, what are we still facing and how are we going to use our time?

Many of us have retired, yet we want to be helpful; we want to be with our friends and loved ones. Many will still have loved ones to care for within their families. There are always so many needs in our communities and in healthcare facilities for which to pray. This thought led me to an inspiration.

Set apart even a small amount of time each day as sacred. How? Prayer is

always good. What about creating a new activity or interest at home? You could choose something new that reflects what you love. If you live with one or more relatives, make a plan together! Sing a new song. Dust off the old piano or instrument you used to play. One could even learn to play a new instrument. Turn off the TV and tell family stories about times that offered great joy or value to you. Phone people who you miss very much, or those you have not heard from in a while. If you belong to a church or synagogue, call the office and offer to volunteer making phone calls to those who live alone. Or contact someone you have thought you’d like to get to know better.

PSALM 23 - NIV | *A psalm of David.*

*“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”*



### Is it Time to Plant the Seed?

Are you interested in moving into a senior community in the future? Or have a parent who is aging? It’s never too early to start researching for the best fit!

Call to learn more.  
616) 284-5716

**Samaritas**  
Senior Living

2000 32nd Street, SE Grand Rapids, MI 49508  
616-452-5900 | [www.samaritas.org/seniors](http://www.samaritas.org/seniors)



### Eaglecrest Healthy Aging

OVER 60?

HEALTHY AGING CLASSES DESIGNED FOR YOU!

Increase Strength

Gain Endurance

Prevent Falls

Improve Balance

**Have FUN!**

For more information contact our Healthy Aging team:

[healthyaging@aaawm.org](mailto:healthyaging@aaawm.org) or (616) 588-2580



Classes are held in the AAAM Wellness Room



Area Agency on Aging of Western Michigan  
3215 Eaglecrest Dr. NE, Grand Rapids, MI 49525  
[www.aaawm.org](http://www.aaawm.org)



# Looking Up When Life Is Pushing You Down – Thoughts on Resilience



BY  
DAVE  
KAMFISCHULTE

It is safe to say that challenges are part of daily life. They are unavoidable and we have all experienced them. The question is: how do we stay positive and resilient in the face of adversity?

Throughout my career in education, facilitating workshops, and grief groups, I have noticed that some people come out of a crisis stronger, while for others life continues to be a challenge or worse. Why is that? Are some people born with qualities that make them more resilient, or is resilience something we accumulate along our journey through life?

I want to make it clear: research has shown that some people's chemical makeup is not what it should be which can cause them to feel and act chronically depressed. But for the rest of us, our reaction to challenges falls into the situational end of the spectrum. These are the people to whom this article is written.

If you have more than one child, you have recognized that your children are not alike. They each have their own spirit. Having a strong dose of feisty genes can't hurt when confronting challenges. But from my experience and current research in the field, I think a much greater percentage of coping comes from skills picked up along the way. The good news is that these skills can be acquired, and can be taught.

The first lesson is to realize that we don't have control over most of the events in our lives. That is a hard one, as so much of our culture says just the opposite. In facing this loss of control, there is a quote that I use as a constant reminder: "I can't control the events in my life. I can only control my reaction to them." That reaction is built on a foundation of attitude.

Martin Seigleman, in his book *Learned Optimism*, talks about developing a positive attitude. A pessimist would say in confronting a life challenge, "My whole life is awful. It is my fault and it is always going to be that way." An optimist would say, "This feeling that I am having is bad. But it is not my fault. I can deal with it because the feeling is temporary and I have prior experience with adversity that will help me."

The optimist feels there are factors that can be adjusted, while the pessimist is stuck in concrete. Big difference between the two. Which category do you lean towards?

## Some other factors include:

- Learning to ask for help and where to ask for it. We are not very good at that in our society as we all have grown up with the "rugged cowboy" myth of pulling yourself up by your bootstraps. Learning to leave that behind is a big step.
- How we look at failure. Thomas Edison had a great quote, "I haven't failed. I have just found 10,000 ways that did not work." Hard not to like that.

• Another quote comes to mind, "What doesn't kill us makes us stronger." Recognizing that we have had prior experience dealing with adversity and we can use that experience to deal with the new situation is a big arrow to have in the quiver. One benefit of being older (just one of many), is having that prior experience.

• Learning to count to 10. The stupid things I have done in my life (and there are a few) are overwhelmingly from situations where I made a knee jerk reaction instead of taking a step back to stop and think.

• Take action. We often act like deer in the headlights when confronted with adversity.

• Get in the habit of taking emotional risks so you won't be so easily overwhelmed by negative feelings in the future. It could be as simple as taking the lead and initiating a conversation with a new person, which for some is a big emotional risk.

All these traits have something in common. We all grew up with messages from our culture, many negative, that influence how we think about ourselves and how we should act. Being resilient requires that we examine and edit those messages to help us better face adversity.

Adversity inevitably changes the course of life. That means loss and the realization that life might not be going back to that cozy place where we used to reside. It is helpful to learn to grieve this loss. Much of grief is telling the story and expressing the emotions one is feeling. In doing so we are recalling the memories but releasing some of the hold that the negative emotions have on us. Most of us are pretty good at reciting facts. That is what was stressed in our schooling. Expressing feelings takes a little more practice. Try asking yourself any time of day, "What am I feeling right now?" And "Where is this feeling coming from?"

There is a lot of ground to be covered on resiliency. If you are interested in learning more, I have included a list of some books on the subject. The message I would like to leave with you is that we do have the ability to acquire resilience in our lives, to help us weather the inevitable storms. A big part of that is taking the time to examine the hold that past messages have on us, and being able to take action, even if it is something small like listing three things that you are grateful for today.

In his book *When Bad Things Happen to Good People*, Harold Kushner sums up coming out on the other side of your storm well with his last paragraph, ending his book. "I think of Aaron and all that his life has taught me and I realize how much I have lost and how much I have gained. Yesterday seems less painful and I am not afraid of tomorrow."

---

## Further Reading

*The Book of Joy*  
*Grit*  
*Maybe You Should Talk with Someone*  
*Healing Through the Dark Emotions*  
*When Bad Things Happen to Good People*  
*Kitchen Table Wisdom*  
*Option B*  
*Learned Optimism*  
*Necessary Losses*

Dalai Lama, Tutu, Desmond  
Duckworth, Angela  
Gottlieb, Lori  
Greenspan, Miriam  
Kushner, Harold  
Remen, Naomi  
Sandberg, Sheryl  
Seigleman, Martin  
Viorst, Judith

---



# Under My Skin

mother marveled her daughter with unknown family stories. In Boston, they shopped together at Target for furnishings, then arranged and decorated the dorm room. I asked Ann if her mother gave her anything before leaving Boston. She just nodded. When Ann returned from the airport, she found an envelope left by her mother tacked to the student bulletin board. The message remains a treasured possession.

A three-hour walk with a stranger whom I will never see again passed quickly.

My Dad lives a quarantined life in Sanctuary at the Oaks. My brother and sister-in-law brought flowers to him last week. A staff member delivered the bouquet and helped Dad shuffle to the window where Brad and Shirley waved to him and he waved back.



BY  
JOEL  
DULYEA

The quarantine of 2020 moved me to wonder if anyone else thought April was the longest month of the year? Days seemed longer with disrupted routines. In our home, there was no coughing or fever, no clinical symptoms of the virus. We had isolated ourselves as required and gained an unasked-for new perspective.

For the time being, it seems our real lives have been canceled for a virtual life in communion with others through Zoom or Skype. I hope July brings better news. Coronavirus has gotten under my skin.

Five years ago, I sought a new perspective when I met a woman on the Camino de Santiago trail east of Pamplona, Spain. From Seattle, WA, Ann was tall, with long blond hair that fell below her shoulders. She was 28 years old and a graduate of Boston College. Ann had just settled the estate of her deceased father and was walking the Camino to contemplate how to begin life anew, now without both her parents. I asked her to tell me a favorite story about each parent.

Her father traveled to Boston to visit her at college. While there, Ann convinced him to dress

as a Jersey-Girl in a sequined red spandex skirt for an event her sorority hosted. Not satisfied with his appearance, dad asked her to remove the pink from his hair and make it white again. Pink did not go well with his mustache. I asked, "Did he enjoy himself?" She answered, "He had a ball."

Ann confessed she and her mother did not mix well. When mom offered to drive with her from Seattle to Boston, she thought it was not a good idea. Ann said to her mother, "You don't know how to drive a manual transmission." Her mother replied, "I will learn," and she did learn in a local parking lot. Once the journey started, they had disagreements, this time over music. Neither liked the other's choice--until they settled on Frank Sinatra. For three thousand miles, they listened to Old Blue Eyes. During the interludes,



I called him yesterday. While I had him on the phone, I asked how he was doing. He was frustrated with his hands-free music device. "Alexa," he said. "Play Jeanette McDonald and Nelson Eddy." His speech was a little slurred and Alexa was not cooperating. I suggested a simpler sentence. After a few unsuccessful attempts, the command was heard, and Dad seemed pleased. Before I left, he told me, "Thanks so much for calling, son." There was emotion in his voice and a reflexive feeling in my chest. In the background, Frank

Sinatra was singing, "I've got you under my skin."

*Joel Dulyea is a retired SGM of the United States Army and an admirer of all those who put themselves at risk to serve every community everywhere; including the caregivers at the Sanctuary at the Oaks who tend to his father. God bless you and keep you, may God's face shine upon you and give you peace.*



# Fishing for Seniors



BY  
LOUISE  
MATZ

Do you fish? Did you ever fish? Would you like to try it? If so, you are in the right place. West Michigan is overflowing with spots to go fishing. And, you don't need a boat. However, you will

likely want a spinning rod and reel, bait, and a few basic tools. Needle-nosed pliers are particularly helpful if the fish swallows your hook. Extra line, hooks, sinkers, swivels, and bobbers are pretty essential, too. A rag (or gloves) to handle the fish is optional, but it does protect your hands. Artificial bait is always fun to try, too. There's a huge selection of artificial bait (lures) out there for you to purchase. Some work. Some don't. And some work occasionally.

An ABSOLUTE MUST is a Michigan fishing license. Seniors get a real break. An annual fishing license for seniors in Michigan is only \$11.00! Another good idea is to check the fishing regulations to be sure the fish you catch are "in season" and legal size. Most pan fish have no size limit.

Fishing is easy. You don't need to be an athlete. You can even do it from a wheelchair. You may want to bring some comfort items – food, drink, music, bug spray, sun screen, etc. – or not. I like to bring my phone which has a camera just in case I catch a big one or see something unusual.

Bluegills, largemouth bass, sunfish, speckled bass (crappie), bullheads, catfish, pike and perch are the most popular fish to catch. West Michigan is loaded with many locations for fishing. Even if you are not a fisherman, you have probably noticed people fishing from bridges, docks, and along the shoreline. Listed below are a few of those locations:

1. Mona Lake at Lake Harbor Bridge: The old road now closed just north of the bridge even offers benches. It's a very scenic and pleasant spot to spend a little time.

## Pottawattomie Bayou



2. Muskegon Lake at Heritage Landing offers many scenic options.

3. Muskegon Lake at Hartshorn Marina

4. Mona Lake at "The Tree." This is a spot under a very large willow tree along Seaway Drive. To access, take Seaway Drive east and turn right on Green Street just past Mona Lake Park. Then, turn left on Lakeshore Drive and follow to the end. You are there!

5. Muskegon Lake Channel – lots of room and very scenic at the Muskegon Lake end of the channel.



Hartshorn Marina with Chuck Hardy

6. Spring Lake from Smith's Bridge in Ferrysburg at 168th Street and West Spring Lake Road, a very popular spot.

7. Spring Lake from Petty's Bayou Bridge on Fruitport Road north of the Spring Lake Country Club

8. Pottawattomie Bayou from Pottawattomie Park at 15600 Comstock Street in Grand Haven. This is a lovely little park with a floating fishing/viewing platform.

## Petty's Bayou Bridge



9. Muskegon Lake from Muskegon State Park. Take the Snug Harbor entrance on Memorial Drive.

If you are a novice or haven't fished in a long time, here's a suggestion. Pick a spot and check it out. Go visit the spot, talk to the fishermen, see what they're catching and the kind of bait they're using. You're likely to pick up some good tips.

## Heritage Landing



*Fishing is one of the favorite pastimes for Louise. Since moving to a condo, she and her husband will often spend an evening fishing in the private pond. In the winter months they fish in the Florida Keys.*





BY  
VONDA  
VANTIL

# Eligibility for Spouse's Benefits

With more than 80 years of service, the Social Security Administration has helped secure today and tomorrow with financial benefits, information, and tools that support you throughout life's journey. In May, we recognized Older Americans month and we encourage you to participate by learning about available Social Security benefits. Did you know that you may be able to receive benefits on your spouse's record if you have not worked or do not have enough Social Security credits to qualify for your own Social Security benefits? To qualify for spouse's benefits, you must be:

- 62 years of age or older; or
- Any age and care for a child who is younger than age 16 or who is disabled and entitled to receive benefits on your spouse's record.

Your full spouse's benefit could be up to one-half

the amount your spouse is entitled to receive at their full retirement age. If you choose to receive spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit.

If you wait until you reach full retirement age to receive benefits, you will receive your full spouse's benefit amount – up to half the amount your spouse can receive. You will also get your full spouse's benefit if you care for a child who is younger than age 16 or who has a disability and is entitled to receive benefits on your spouse's record.

If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit. For example, Sandy qualifies for a retirement benefit of \$250 and a spouse's benefit of \$400. At her full retirement age, she will receive her own \$250 retirement benefit. We will add \$150 from her spouse's benefit, for a total of \$400.



Want to apply for either your or your spouse's benefits? Are you at least 61 years and 8 months old? Visit [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to learn more about the process.

Are you divorced, but your marriage lasted at least 10 years? You may be able to get benefits on your former spouse's record. Explore more about your eligibility by visiting our Benefits Plan

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

*Who can help keep you safe at home?*



**Elders' Helpers**

Live on your own with a helper in your home

*Celebrating 20 Years*

**CALL TODAY - 616.454.8305**

500 Cherry Street SE, Grand Rapids  
[www.eldershelpers.com](http://www.eldershelpers.com)

**Family Caregiver University**  
helping caregivers one class at a time



**Upcoming Classes**

**Thursday, July 23-** Caring for a Challenging Loved One

**Tuesday, August 11-** Navigating Guardianship & Conservatorship

**Thursday, September 24-** Organizing for Emotional Health

**Thursday, October 29-** Community Resources A-Z Part I

**Wednesday, November 4-** Community Resources A-Z Part II

**Thursday, December 1-** Looking Up When Life Pushes You Down

**Registration Required:**  
(616) 222-7032 | [registration@aaaawm.org](mailto:registration@aaaawm.org)

**All Classes Held:**



1:00 p.m. to 3:00 p.m. at  
Area Agency on Aging of Western Michigan  
3215 Eaglecrest Drive NE, Grand Rapids, MI



# The Problem of Pain



BY  
CURTIS FREED,  
MA, BCC

C.S. Lewis, the famed Christian writer of the mid-twentieth century, wrote a number of books defending the Christian faith. Lewis's most famous works include *Miracles*, *Mere Christianity*, *The Screwtape*

*Letters*, and the children's classic series entitled *The Chronicles of Narnia*. He also wrote *The Problem of Pain* a number of years before his beloved American wife, (Lewis was British) Joy Davidman, died of cancer.

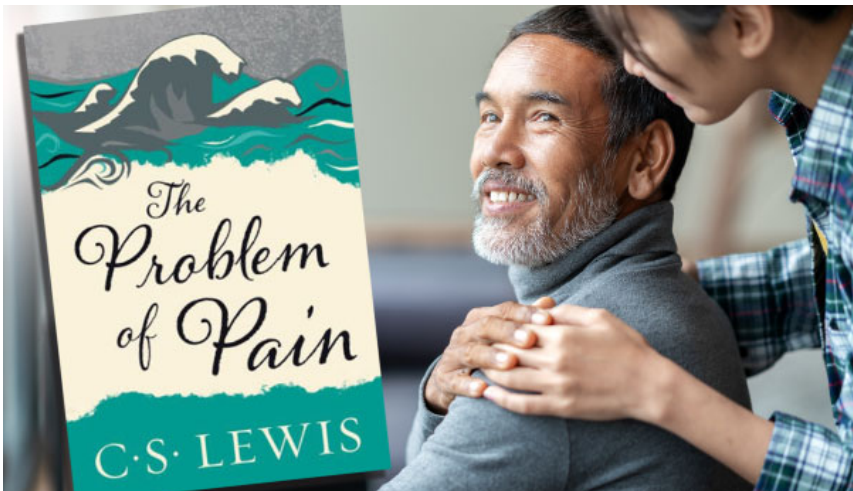
In his book, *The Problem of Pain*, Lewis presents a convincing argument bringing together the central core of Christianity that God is love. At the same time, Lewis presents the mystery of suffering. Lewis brings forth the age-old question of how could a loving God allow for suffering and pain in this world.

The mystery of suffering is complex in a world created by a good and loving God. In the first paragraph of Chapter 2, entitled "Divine Omniscience," Lewis brings forth the focus of the book by

stating: "If God were good, He would wish to make His creatures perfectly happy, and if God were almighty, He would be able to do what He wished. But the creatures are not happy.

"Therefore, God lacks the either goodness, or power, or both." He says this is "the problem of pain, in its simplest form." Thus, the argument of reconciling God's love and goodness with the problem of pain cannot be answered. Still, in the following chapters, Lewis attempts to address this basic theme. Lewis devotes two chapters to the subject of human pain. He defines pain as "any experience, whether physical or mental, which the patient dislikes... [pain] is synonymous with 'suffering,' 'anguish,' 'tribulation,' 'adversity,' 'trouble.'" Lewis believes pain is a channel in how God gets our attention. He writes, "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world."

Pain speaks to us on several levels. First, it "shatters the illusion that all is well." Second, pain shatters another illusion, "that we are self-sufficient and all that we have is of our own doing." Third, pain teaches us to rely on God. When we make decisions, it is out of



the strength we have in Him. In reading *The Problem of Pain*, a person can come to the conclusion that pain will always end with positive results. However, Lewis does not suggest this. Pain can have a negative impact as well. In other words, the pain and suffering a person experiences in this life may lead to bitterness and rebellion toward God.

Lewis concludes his book with a chapter on heaven. The danger of discussing heaven may give people a false sense of hope, or as Lewis puts it, an "escape...into dreams of a happy world elsewhere." However, Lewis strongly believes that heaven is the desired outcome of many.

*The Problem of Pain* was first published

by C.S. Lewis in 1940. Lewis's style is far different from many of today's contemporary writers. However, its contents are very applicable today for many who are suffering in various ways. I found Lewis's book compelling to say the least.

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

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

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

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

### Boggle Answers:

LION PUMA GOAT LYNX  
MOLE BOAR MULE SEAL

### Jumble Answers:

GUEST BRISK FRIGID BROKEN

### ANSWER:

The fascinating documentary  
about frogs was - "RIBBITING"



# *The Source for Seniors*



Area Agency on Aging of Western Michigan (AAAWM) connects adults to quality services that promote and preserve their dignity, independence and well-being, coordinates support and education for caregivers, and leads advocacy efforts on behalf of older adults.

## AAAWM and our Network Partners

### Help You Stay in Your Home - We Offer

- Care Management
- Caregiver Resources & Support
- Choices for Independence
- Elder Abuse Prevention Education
- Healthy Aging Programs
- Information & Assistance
- Long Term Care Ombudsman
- Medicare/Medicaid Assistance
- Nursing Facility Transition
- Adult Day Services
- Congregate Meals
- Counseling
- Home Delivered Meals
- In-home Services
- Legal Services
- Outreach & Assistance
- Respite for Caregivers
- Senior Centers
- Transportation

## Contact Us



*The Source for Seniors*

**(616) 456-5664**

**[aaainfo@aaawm.org](mailto:aaainfo@aaawm.org)**

**[www.aaawm.org](http://www.aaawm.org)**

**Find us on** 



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