

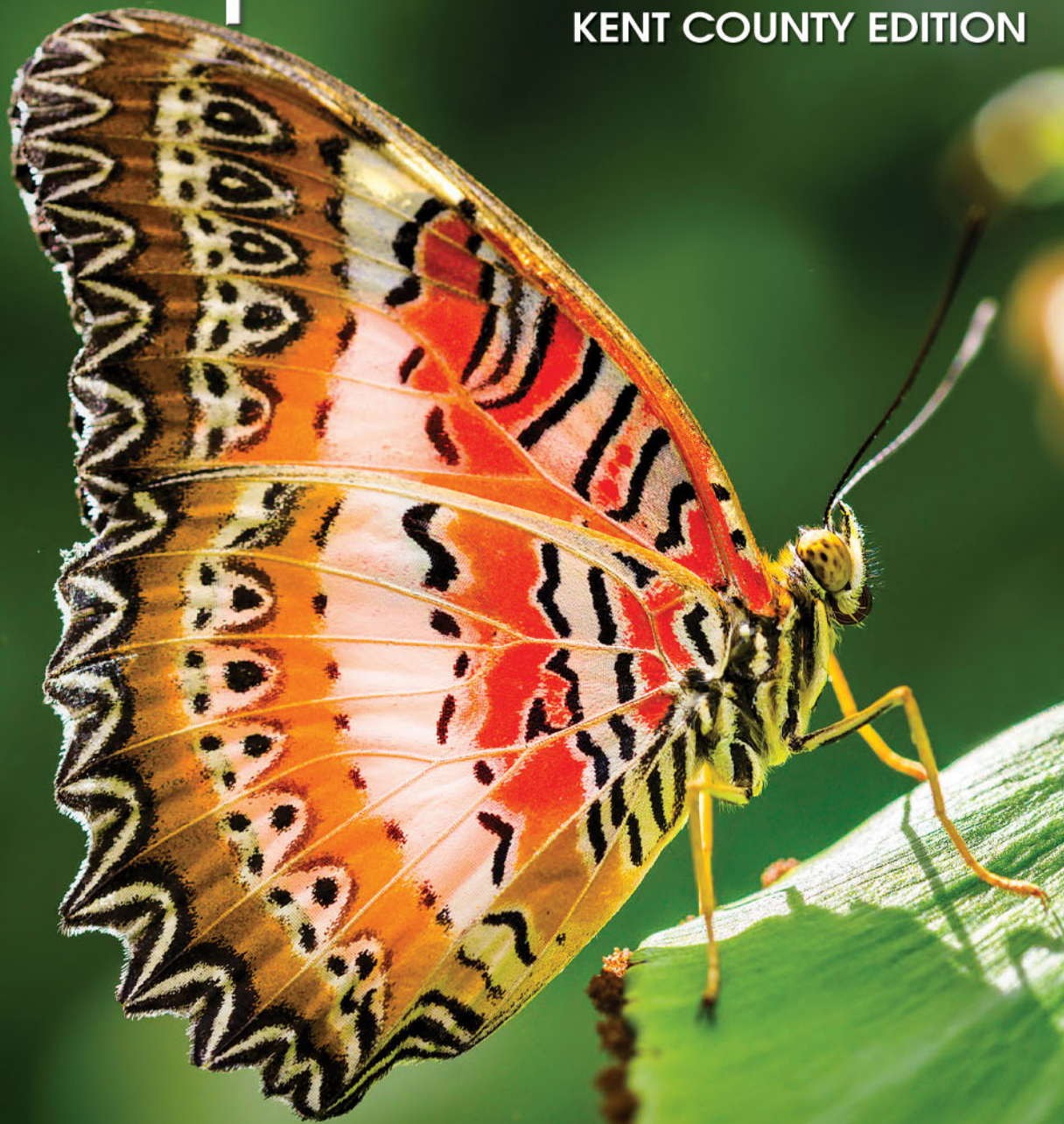
Senior Perspectives

KENT COUNTY EDITION

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MARCH | APRIL 2020

Pg. 4 – Senior Perspectives Wins 8 Awards ■ Pg. 6 – Social Security Scams
Pg. 8 – AAAWM Eats ■ Pg. 16 – Family Fun in GR – Butterflies

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Butterflies Are Blooming at Frederik
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Photo courtesy of Frederik Meijer Gardens.

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JAN./FEB. WINNER: SHERI STONE OF GRAND RAPIDS
The Candy Heart was found on page 17 in the Amsterdam travel story.

Letter from the Editor

Senior Perspectives Newspaper Acquires Eight National Awards in 2019



BY
MICHELLE
FIELDS

As the Editor and Publisher of *Senior Perspectives* Lakeshore and *Senior Perspectives* of Kent County, I am privileged to work with some of the finest writers in the West Michigan area. Our writers have kept our readers front and foremost, focused on area events, interesting stories, local news and happenings past and present that will appeal to a larger audience. Because of

their extraordinary work, *Senior Perspectives* is proud to submit some of their exceptional articles annually, to mature publishing organizations that have competitions where “mature” newspapers can go head-to-head against other publications throughout the country. Two of these organizations are the North American Mature Publishers Association and The National Mature Media Awards.

The North American Mature Publishers Association’s (NAMPA) 2019 Annual Awards is an annual competition that provides special recognition for excellence in senior publications throughout the country. NAMPA employs the services of the journalism students at the School of Journalism at the University of Missouri located in Columbia, Missouri, to perform the judging of the entries submitted by NAMPA members. The awards were presented at their National Conference in October in Memphis TN.



Janet Hasselbring



Tricia McDonald



Aruna Josyula, MD



Glenn Rutgers

2019 Senior Perspectives' winners are:

Tricia McDonald-1st Place Column Review

Janet Hasselbring 1st Place Personal Essay

Letter from Editor-2nd Place – “National Awards”

Glenn Rutgers-3rd Place - Best Use of Photography

Letter from Editor-3rd Place “The Walk”





BY
JACKIE
O'CONNOR

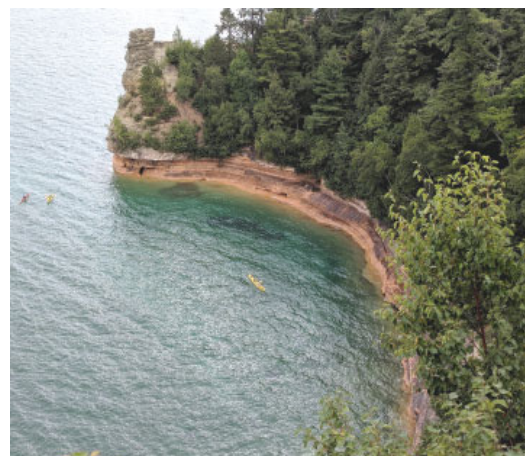
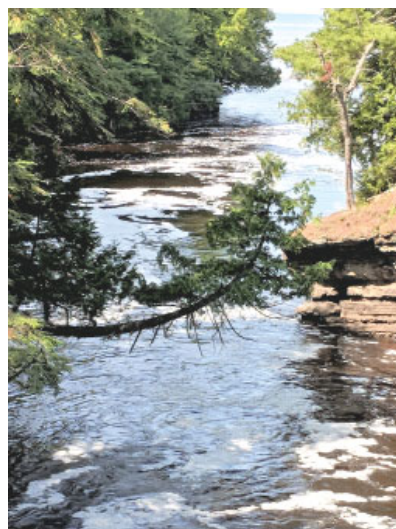
Spring Marks Adventure in Northern Michigan

Spring is just around the corner so now is a great time to plan or begin your trips across this beautiful state. I love getting out in the fresh air and investigating the woods and waters that make up Michigan.

If you want to get away from the traffic and congestion, then head north to the Upper Peninsula. Perhaps you used to visit Mackinac Island when you were a kid. There are still great things to do even as a big kid. Cycling around the island is only 8.2 miles. There are plenty of bike rentals on the island including adult tricycles, or you can bring your own bike over on the ferry for a small price. The normal fudge and souvenir stores line the main street, but walk one block back into the interior of the island and you'll find great restaurants and more local products. Visiting the island in the non-peak months provides a less crowded atmosphere and more comfortable temperatures. May and September are my favorite months to visit.

The Upper Peninsula has over 100 waterfalls that vary in size and accessibility. Some of the better-known waterfalls are Tahquamenon, Munising, Miners, Bond, and Agate. Two areas that have great rapids and numerous falls are Canyon Falls (also called Michigan's Grand Canyon) and Presque Isle River Waterfalls in the western part of the Porcupine Mountains. If you want to add a little hike to finding those hidden falls, the Pictured Rocks National Lakeshore is a good place.

You drive into the park on county road Miner's Castle north of Highway 58. This road dead-ends at a parking lot.



Then there is an easy three-mile hike to Lake Superior and Chapel Rock. You'll pass Chapel Falls on the way and could take in Mosquito Falls too, but that will add a few mile detour to your hike.

If you are in the Munising area, you need to see Pictured Rocks. Miner's Castle is visible from land and further hikes down the shoreline will give you side or above views of the magnificent rock formations called Pictured Rocks. But if you have the time, take the boat trip or kayaking experience from Munising businesses. The water views of the rocks are fantastic, especially as the sun is setting.

Don't delay that adventure to the north. Start planning now.

Jackie O'Connor is the Executive Director of Area Agency on Aging of Western Michigan. She

has been working with older adults for over 40 years. Her hobbies include photography, hiking and visiting a new National Park every year.

Photos clockwise from top right: Miners Castle, Upper Tahquamenon Falls, Kayaking Pictured Rocks, Mackinac Island Post Office, Lower Tahquamenon Falls, Presque Isle River.



BY
VONDA
VANTIL

Beware of Social Security Scams

There's a widespread telephone scam involving callers claiming they're from Social Security. The caller ID may even show a government number. These callers may tell you there's a problem with your Social Security number. They may also threaten to arrest you unless you pay a fine or fee using gift cards, pre-paid debit cards, a wire transfer, or cash. That call is not from us. If you receive a suspicious call from someone alleging to be from Social Security, please:

- Hang up right away.
- Never give your personal information, money, or retail gift cards.
- Report the scam at oig.ssa.gov/ to Social Security's law enforcement team at the Office of

the Inspector General.

Social Security will not:

- Threaten you.
- Tell you that your Social Security Number has been suspended.
- Call you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.
- Request personal or financial information

through email, text messages, or social media.

Social Security will:

- Sometimes call you to confirm you filed for a claim or to discuss other ongoing business you have with them.
- Mail you a letter if there is a problem.
- Mail you a letter if you need to submit payments that will have detailed information about options to make payments and the ability to appeal the decision.
- Use emails, text messages, and social media to provide general information (not personal or financial information) on its programs and services if you have signed up to receive these messages.

Please share this information with your family and friends.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.



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Celebrating Reading in Honor of National Reading Month



BY
EMILY
ARMSTRONG

One of my favorite times of the year in school was the month of March. Why? Because March is National Reading Month, a holiday enacted in honor of Dr. Seuss's birthday and meant to encourage reading. At a school-age level, celebrating usually involved a "competition" to see who could read the most books, special book discussions, book fairs, and more trips to the library than usual. Being an avid reader, I loved it. Yet, did you know that this initiative applies to all ages? In fact, the overall goal of the month is not only to motivate people to read

more, but to also increase accessibility to books and help establish reading as a daily habit for children and adults alike.

When we reach adulthood making the time to read is oftentimes lost as energy is instead put towards our jobs, families, homes, and other hobbies. However there are so many wonderful reasons to make time to read: the ability to learn new things, be transported into a story, reading can act as a form of escapism and stress relief—the list goes on. Additionally, studies have shown that reading is good for your health as you age as well.

Reading can help improve your overall cognitive health. When you read, you are constantly learning new things and making sense of a story, therefore you are keeping your mind sharp. Reading is also a good memory exercise as it helps you maintain concentration for long periods of time, and you rely on your memory to recall characters and plot. According to a study published in *Neurology*, regularly reading into old age reduces your rate of memory decline by 32 percent when compared to engaging in an average mental activity (such as processing an image on TV). For individuals who didn't continue to read or write as they got older, the findings were even more grim, their memory decline was 48 percent faster than people who spent an average amount of time reading and writing.

As you get older reading may come with its challenges, but there are a number of adaptive ways to keep it a part of your life. Have a hard time reading due to vision loss? Many books are available in large print, not to mention audiobooks, which have become increasingly



popular and offer an easy way to listen to a story with entertaining narrators. Don't have the attention span for an entire novel? Short stories, newspapers, and magazines are great alternative options to read smaller selections. Your local library is a wonderful resource for free books and reading materials. Reading is also a great activity to do with others! If you struggle to read on your own, you can read out loud with a friend, and book clubs also make for an engaging social opportunity.

So pick up a good book, or put on some headphones, and get lost reading in celebration of National Reading Month!

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.

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AAAWM Eats



BY
STACI
GERKEN



Quinoa Chicken Salad

- | | |
|----------------------------------|---------------------------------|
| 1/2 cup quinoa | 10-15 grape or cherry tomatoes, |
| 1 cup water or broth (chicken or | halved |
| vegetable) | 2 Tbsp honey |
| 6 cups arugula | 1 Tbsp lemon juice |
| 5-6 ounces cooked chicken, diced | 3 Tbsp olive oil |
| 2-3 ounces goat cheese | Salt and pepper to taste |

This salad is light, yet filling – perfect for springtime!

1. Rinse dry quinoa and cook in water or broth according to directions on package.
2. While quinoa is cooking, place the rest of the salad ingredients in a bowl – arugula, chicken, goat cheese, and tomatoes.
3. To make the dressing, whisk together the honey, lemon juice, olive oil, salt, and pepper.
4. When the quinoa has finished cooking, add it to the salad. Drizzle the salad dressing on top and toss to combine. The heat from the quinoa will melt the goat cheese during the mixing process. Sprinkle more black pepper on top of the finished salad.

Notes: This makes enough for 2 servings. Any dark green lettuce can be used. Walnuts can also be added to the salad for an extra crunch.

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
JESSICA
SMITH

Spring Cupcakes

- | | |
|--|----------------------|
| 1 stick of real butter at room temperature | 2 cups flour |
| 1 cup plus 2 Tbsp. sugar | 2 tsp. baking powder |
| 2 large eggs at room temperature | 1/4 tsp. baking soda |
| 2 tsp. vanilla | dash of salt |
| | 3/4 cup buttermilk |

Recipe for about 12 cupcakes

1. Mix butter and sugar together until light and fluffy. Add one egg at a time until incorporated, add vanilla. Scrape down bowl.
2. Preheat oven to 325 degrees
3. In a separate bowl, sift or mix with a fork – flour, baking soda, baking powder, salt.
4. If you do not have buttermilk, make your own by mixing 3/4 cup of milk and 1 Tbsp. of white vinegar, let sit for a minute.
5. Alternate buttermilk and flour mixture; do not overmix.
6. Fill paper cups 3/4 full and bake for 16-18 minutes, depending on how full your cups are and the altitude. Check with a toothpick for doneness in the center.
7. Let cool before frosting.

FROSTING

- 1 stick of real butter
2-3 cups of powdered sugar
1-2 Tbsp. milk

1/4 tsp. real lemon extract – use more for a stronger lemon taste (use 1 tsp. of real vanilla extract if you would like regular buttercream)

1. Combine butter, 1 cup of powdered sugar, lemon OR vanilla, and 1 Tbsp. of milk.
2. Mix for 1-2 minutes then gradually add more powdered sugar until reached consistency. Peaks should form so the frosting holds its shape.

Notes: If frosting is too thick, add a little more milk. Too thin, add more powdered sugar. To achieve a flower design, add frosting to a piping bag with a 1M Wilton tip, start from the center moving outward.

Optional - add Cadbury eggs and sift cocoa on top

Jessica Smith is an Accountant for AAAMW. She has a love for water activities, trail walking, baking, and animals - especially Boxers.



BY CARLY
WHETSTONE,
LLMSW

The History of Nursing Homes and Assisted Living Facilities

Did you know that the nursing homes were created basically by accident? Before nursing homes, the only facility to go to were poorhouses, where elderly folks who could not afford care, and did not have family to care for them, could live. These poorhouses were known to be infested with bugs and rodents, and the residents were often not cared for properly or at all. Eventually, in 1935, people realized this needed to be addressed, and the Social Security Act was put in place partially to end poorhouses.

The problem was viewed as more of a medical issue than anything else, and many of the residents at poorhouses were then shipped off to hospitals to get the care they needed. Though it was much better than being in the poorhouses, hospitals soon found that this was not a good long-term solution after all. These frail seniors were taking up all of the beds, leaving no room for short-term patients. Hospitals lobbied for more funding, in hopes of starting a special nursing unit for these patients. Ultimately, this ended in building nursing homes, which held the sole purpose of clearing out hospital beds.

Assisted Living homes were later created after a woman named Keren Brown Wilson was forced to care for her young mother, who had suffered a stroke at just 55 years old, leaving her paralyzed. Keren was just a young college student and placed her mother in a nursing home, the only place at the time where she could get ongoing care that she needed. But Keren knew it wasn't very fitting for her mother. She wanted a place where her mom could still have her own space and do the things that were important to her that she could not do at the nursing home (like smoking, or making a pot of coffee when she felt like it). This is where the idea of an assisted living home was created. Keren worked hard and though she was denied loans by almost everyone, she finally found an investor who liked her idea. They built the first home in Portland, Oregon, in 1983, which was named "Park Place."

Her idea received a lot of pushback, and the government was unsure how to regulate such a unique place of care. How could we allow people who we know have serious health issues to be alone for much of the day and lock their doors if they so pleased? Many wondered if this idea was safe at all, and therefore found it downright unethical. Because of this, Keren agreed to track her residents. She found that physical and cognitive functioning improved, depression fell, and the cost of those who were on government support was 20% lower than it would have been had they been in a nursing home. Once the success of this was published, the idea caught like wildfire and hundreds of assisted living homes spread throughout the nation.

**Information taken from the book Being Mortal by Atul Gawande, pages 68-101*

Carly Whetstone, LLMSW is the Outreach Specialist at Area Agency on Aging of Western Michigan. She can be reached at carlyw@aaawm.org

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How Does Your Garden Grow?



BY
JANET
HASSELBRING

March is, “that month of proclamation,” stated Emily Dickinson. Her garden comes to life after a long, cold winter in Amherst, MA: “buds swell on the branches, elbowing into the longer, warmer days.

Songbirds charm the trees. Dormant plants, metabolisms slowed during the long Massachusetts winter, wake up. The first flowers to bloom each year are the little bulbs.” (*Emily Dickinson’s Gardening Life*)

What is it that March proclaims?

1. March proclaims Hope.

If hope was “a thing with feathers,” to Dickinson, then it was also “a thing with petals” – bulbs. The food sacs we plant in autumn that rest, dormant, under the frozen ground, unseen for the remainder of the year, and then Voila! burst forth in Spring - a profusion of color, stunning the landscape with beauty and hope, rewarding those who braved a cold autumn day with gloves and trowel.

Emily Dickinson a gardener? Her name brings to mind a white dress or well-known image of a sixteen-year-old girl staring boldly out of a daguerreotype. Poetry of course. Yet beyond the stuff of literary

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legend, Emily loved plants and her love of gardening inspired many of her poems - trowel and pen went hand in hand.

Crocuses were "vassals" of the snow and "martial," standing in the frozen ground like soldiers.

Another of her favorites was the tulip, described as asleep and forgotten, save by the gardener:

"She slept beneath a tree –
Remembered but by me.
I touched her Cradle mute –
She recognized the foot –
Put on her Carmine suit
And see!" (15 1858)

And the daffodil. With usual cryptic clarity she pens:

"I dared not meet the Daffodils –
For fear their Yellow Gown
Would pierce me with a fashion
So foreign to my own – " ("I
Dreaded that First Robin So,"
Dickinson)

2. March proclaims Faith

I have a vested interest in bulbs.
Last fall I knelt on the cold hard
ground in the woods, behind my
shade garden, and gently placed
pudgy little pouches in their winter
abodes with a prayer that in due
time, they would awake from sleep,
put on their colorful costumes and
"see!" I figured if St. Francis could
preach to "things with feathers,"
I could invoke blessings on my
"things with petals."

Planting bulbs, in fact gardening in
general, becomes a spiritual experi-
ence, when one realizes that just as
flowers will emerge from the dead-
ness of winter, so God raised Jesus
from the dead on the first Easter,
and will also resurrect those asleep
in Him.

"Our Lord has written the promise
of the resurrection not in books
alone, but in every leaf in spring-
time." (Martin Luther)

The garden for me, like Emily, is my
church. It's there I drink in the wonder
of rebirth; ponder the truth of resurrec-
tion – the cornerstone of my faith.

Some keep the Sabbath going to
Church –

"I keep it staying at Home –
With a Bobolink for a Chorister –
And an Orchard for a Dome –
Some keep the Sabbath in
Surplice –
I, just wear my Wings –
And instead of tolling the Bell, for
Church –
Our little Sexton – sings.
God preaches, a noted
Clergyman –
And the sermon is never long,
So instead of getting to Heaven, at
last –
I'm going, all along." (Dickinson
236,1861)

3. "and the greatest of these..." March proclaims Love

Plants above ground may not provide
as dramatic a renewal as bulbs, but
they too appear dead and lifeless
during winter, only to sprout greenery
with the coming of spring.

"...just remember in the winter, far
beneath the bitter snows
Lies the seed, that with the sun's
love in the spring becomes the
rose." ("The Rose," McBroom)

A defining quality of Love is its
selflessness. "Things with petals" add
beauty and color (and nectar!) to the
world – they ask nothing for them-
selves.

"A sepal, petal, and a thorn
Upon a common summer's morn.
A flash of dew, a bee or two –
A breeze, a caper in the trees –
And, I'm a rose!" (Dickinson)

How does your garden grow?

Stay tuned May/June issue – "Tending
your Mental Garden" Sources: Emily
Dickinson's Gardening Life, McDowell.
Emily Dickinson's Poems,

Janet lives with her husband, Don and
Welsh terrier, Maggie May. Jan drags
herself off the tennis court to write - her
book series, Tales from Pelican Cove
and Country Dairy. Her piano gets
lonely because she chooses to whack
fuzzy yellow balls instead of tickling its
ivories.



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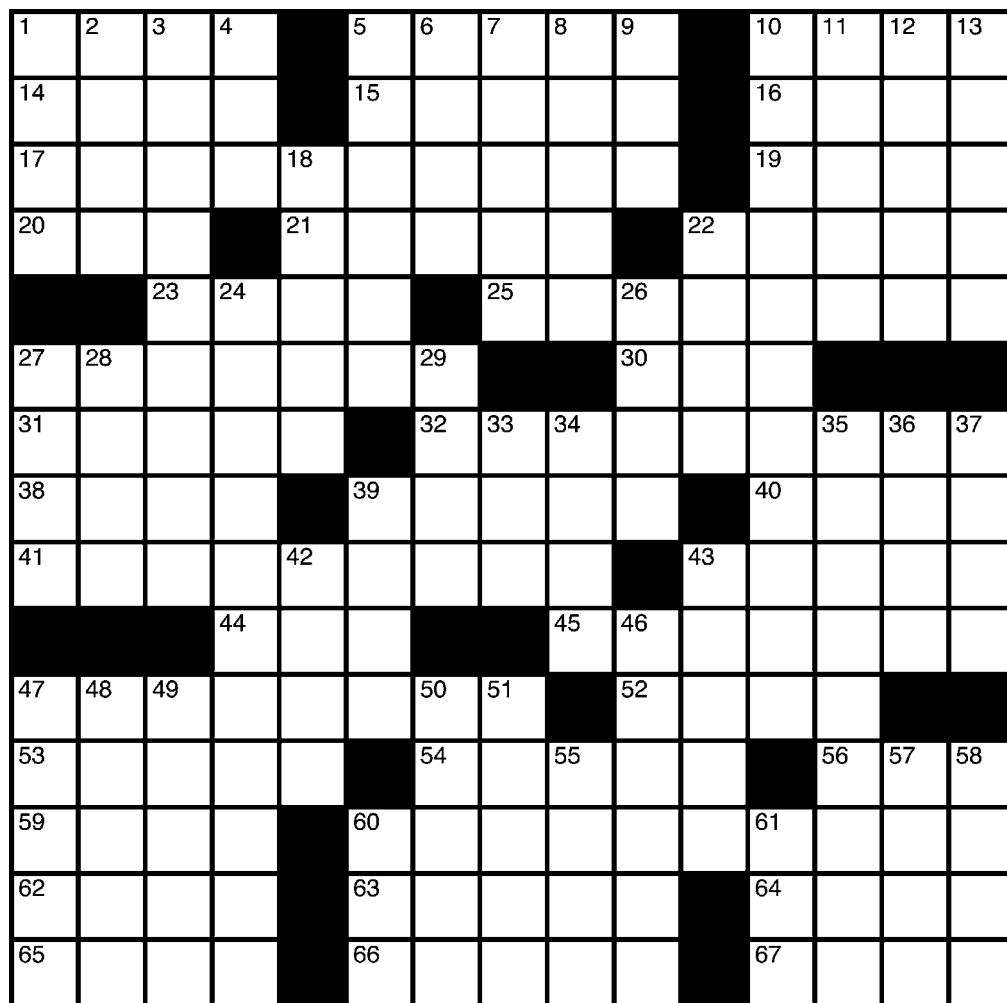
ACROSS

- 1 New England NFLers
- 5 Workforce
- 10 ___ salad
- 14 Cornell who founded Cornell
- 15 Actress Tierney
- 16 Passionate god
- 17 Nerd's moniker
- 19 Unexciting
- 20 Actress Gabor
- 21 Blends
- 22 Destination for the last flight?
- 23 In the cellar
- 25 Detective's moniker
- 27 Speak to
- 30 Michelle who was the youngest female to play in a PGA Tour event
- 31 Bubbles up
- 32 Didn't like leaving
- 38 Ending for marion
- 39 Traitor's moniker
- 40 Gung-ho
- 41 Lawn-trimming tool
- 43 Anti-inflammatory brand
- 44 Sixth sense, initially
- 45 Coming to a point
- 47 Genius' moniker
- 52 Bonny one
- 53 Captain Kirk's "final frontier"
- 54 Young zebras
- 56 "Gross!"
- 59 ___ avail: fruitless
- 60 Old-timer's moniker
- 62 Skunk cabbage feature
- 63 More flimsy, as an excuse
- 64 Ballet move
- 65 Attention getter
- 66 Krispy ___
- 67 Man, but not woman

DOWN

- 1 First name in skunks
- 2 Sea of ___: Black Sea arm
- 3 Court calendar entry
- 4 ___ Diego
- 5 Silvery food fish
- 6 Airport waiter
- 7 Dealership lot array
- 8 At risk of being slapped
- 9 A long way
- 10 Rats
- 11 Former New York senator Al D'___

- 12 Word with book or opera
- 13 "Clean Made Easy" vacuum brand
- 18 Pill amounts
- 22 Like Death Valley
- 24 Bodyguard, typically
- 26 Lambs' moms
- 27 Not many
- 28 Indulge, with "on"
- 29 Sealed tight
- 33 Summer cooler
- 34 Bakery offering
- 35 Presents too aggressively
- 36 Cave in
- 37 Piggied out (on), briefly
- 39 Taunting remark
- 42 Italian noble family
- 43 Take ___: decline to participate
- 46 Enticement
- 47 Prevent, in legalese
- 48 Apple players
- 49 Compact
- 48- Down
- 50 "My concern is ..."
- 51 "You've got the wrong person!"
- 55 Attention getter
- 57 Cry out loud
- 58 "Look ma, no hands!"
- 60 March on Washington monogram
- 61 Prefix with gram



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JUMBLE

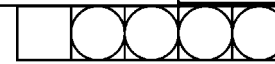
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

KELEN



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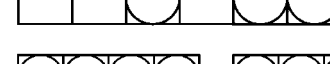
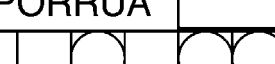
TEHTE



MICTOM



PORRUA



THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



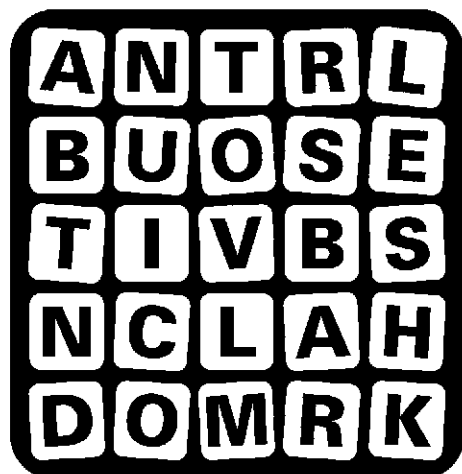
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



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

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 23



By David L. Hoyt and Jeff Knurek

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

BOGGLE POINT SCALE

- 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

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Find **AT LEAST EIGHT FISH** in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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The Three C's to Help You Manage Life's Changes



BY BETH
BOLTHOUSE,
MA, MS, LPC

Growing older means we experience more changes, and each change involves a loss of some kind. If a loved one dies, we may ruminate about their final days, reviewing decisions that were made. Health issues can impact our lives; we wonder how to continue things we enjoy. Other losses may contribute to a sense of uncertainty about the future. Sometimes we beat ourselves up for what we did or didn't do instead of affirming the ways we handled difficulties in our lives.

Language is a powerful tool that can empower us to find positive and helpful ways to deal with loss.

Ken Doka has identified 3 C's of empowering language that can make a difference in what we tell ourselves as well as how we communicate to others: Challenge, Courage, Confidence (Doka, 2018).

First, it's important to evaluate and CHALLENGE our belief system – about ourselves, others, the world, even God or spirituality. As we age, we realize that what we used to take for granted can be disrupted without warning. We may question many of the things we used to take for granted or believed to be true. Things happen that turn our world upside down, and we are not the same. We doubt what we used to trust, and fear what we used to feel confident about. Identifying and acknowledging our questions, doubts and worries helps us move into the next C – Courage.

First, COURAGE involves accepting the consequences of change – one of the most difficult yet most important things to do. We tend to resist facing and accepting how we are affected. Some consequences are physical (for example, moving to a different home); some are social (people we counted on have detached); some are financial (not having money to pay bills); some are spiritual (loss of faith or trust); some are mental and emotional (increased anxiety or feelings of insecurity).

Next, reviewing boundaries with ourselves and others helps us become more empowered during change. A boundary is simply deciding what "good" we would like to allow in our life, and what "bad" we would like to keep out. When bad things happen beyond our control, we still get to decide how we will think, feel and act regarding it. We cannot necessarily

control what happens in our lives, but we can control our response or reaction to what takes place.

Third, embracing who we are now and who we will continue to become gives us the courage to realize that we are growing and changing. Acknowledge that growth and healing is a process; choose to accept that it is okay where and who we are now. This helps us look forward to the future as the beliefs and boundaries we are working on continue to develop.

Facing the future, we can set small goals and feel successful; we can set big goals and adjust them as needed builds our CONFIDENCE. There is no failure; we choose our thoughts and find positive ways to express them. This includes replacing "I should" with "I will," increasing self-respect. Replacing "I have to" or "I can't" with "I choose to" or "I am not willing to" reminds us we have choices. Replacing "I should have" with "next time I can" reminds us of opportunities rather than obligations. These shifts in thinking and communicating help us grow in our confidence.



Gratitude is a valuable tool which helps us to move through each of the 3 C's. Life happens, losses have affected us significantly, and things will continue to change, but we focus on gratitude to empower us regardless of the changes that take place.

Bolthouse, B. (2019). From loss to life: how to transform your life after traumatic loss. Muskegon, MI: Author.

Doka, K. J. (2018). Growth in grief: A historical perspective. In K. J. Doka & A. S. Tucci (Eds.) Transforming loss: Finding potential for growth (pp. 5-17). Washington, DC: Hospice Foundation of America.

Beth Bolthouse, a Bereavement Counselor for the Scolnik Healing Center of Harbor Hospice has been in her counseling profession since 2013. She has a Masters of Counseling from Cornerstone University and Masters of Science in Thanatology from Marian University. She is an avid lover of dogs, the arts and West Michigan

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."



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



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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.

Family Fun in Grand Rapids

Frederik Meijer Gardens Announce Latest Events and Exhibits

Fred & Dorothy Fichter Butterflies Are Blooming

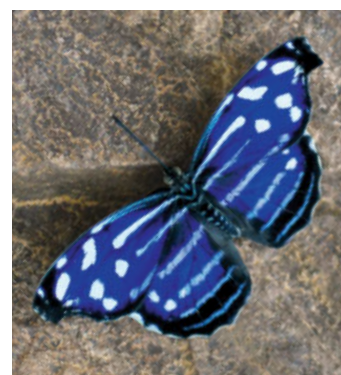
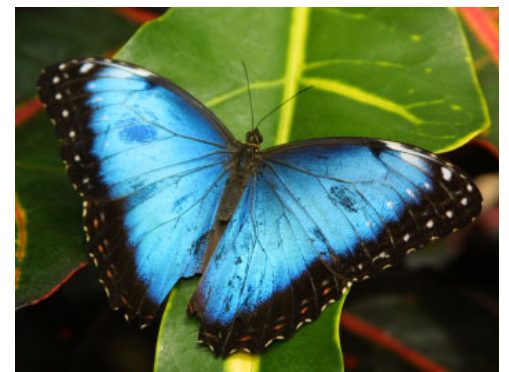
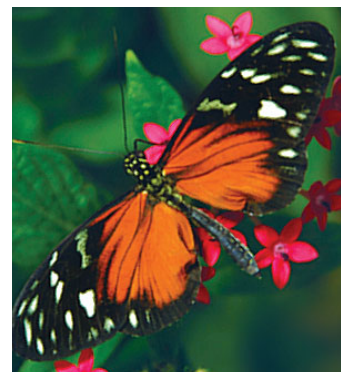
**March 1 – April 30, 2020
at Frederik Meijer Gardens & Sculpture Park**

The Fred & Dorothy Fichter Butterflies Are Blooming at Frederik Meijer Gardens & Sculpture Park! Running from March 1 – April 30, this exhibition is the largest temporary tropical butterfly exhibition in the United States featuring butterflies from three tropical zones: Asia, Central and South America, and Africa. More than 60 species of butterflies and moths take flight in the 15,000 square foot Lena Meijer Tropical Conservatory.

Throughout the exhibition, butterflies can be viewed drinking nectar from the flowering plants and feeding stations, flying freely within the five-story tropical conservatory. The Blue Morpho, clearwing and the Atlas Moth, with its impressive six-to-twelve-inch wingspan are expected to make appearances. Approximately 1000 chrysalides are delivered to Meijer Gardens weekly. Visitors may watch delicate chrysalides and cocoons being placed in the Observation Station, where the unique creatures transform and take their first flight.

The Grace Jarecki Seasonal Display Greenhouse will be transformed into the companion exhibition “The Caterpillar Room.” The Caterpillar Room allows guests the opportunity to see Monarch caterpillars munching on plants. Elevated milkweed plants will be in the room to give guests a very direct place to look and see caterpillars and pupae. In addition, guests can immerse themselves in the experience by searching for the brightly striped Monarch caterpillars on milkweed host plants mixed in with the flowering spring plantings that make up the perimeter of the Seasonal Display house. Volunteer docents are present to guide guests and answer any questions that they might have.

For more information, visit www.meijergardens.org





BY JACKIE
LINDRUP
RDH, M.Ed.

Traveling in My Golden Years Going Back Home

After my mom passed away in May, Dad was finally ready to take a summer trip back to North Dakota to his roots. He had talked about visiting Wilton, North Dakota, off and on for the past year and invited my younger sister Barb and me to travel with him from Michigan. At 93 he figured he'd need some help navigating the airports. Earlier in the year he found out he was the only one left in his high school graduating class and decided not to go to the class reunion. He wondered how his old hometown would look after 73 years. We had heard the stories about playing baseball any time he wasn't in school and how he'd hitch-hiked across the country from Oregon to play in the Amateur World Series in Kalamazoo. Now at 93, having lived a life of business and travel and changed his sport to golf, what would he find?

Our plan was to fly to Bismarck where his brother Bill spends his summers. Bill is seven years younger than Dad, a spry 86-year-old with a great sense of humor and a way of responding slowly yet with a twinkle in his eye. Bill would drive us around Bismarck and then 20 miles to their home town of Wilton, North Dakota.

We were flying Delta and noticed that unlike other airlines, our next connection could be miles away on the other side of the airport. Our connection in Minneapolis was not even on the same floor. We hailed a blue people mover cart driven by a speed demon (thank goodness!) from one end of the airport to the other then we stopped. We had to go up a floor and she was at the end of her route, so we had to get off. We went up an escalator bags and all, walked past 16 more gates on that level and finally arrived! We had not thought of getting a wheel chair for Dad. He had kept up valiantly, and we tried to walk slowly, but we were all exhausted as we boarded the plane and flew to Bismarck.

The trip was a great adventure: seeing Uncle Bill's home, their boyhood town of Wilton,

population 780, and the cemetery where their parents and grandparents are buried. We listened to Uncle Bill and Dad remember their childhood as we drove around Wilton. Outside of town where the lignite strip mine provided work before the Depression



was a huge new wind farm. We passed the old family homestead, now vacant. We researched old family records at the Germans from Russia Heritage Center. We visited the North Dakota Heritage Center and State Museum

to record Dad's stories for the Veterans Oral History Project. This project interviewed WWII veterans from North Dakota and was especially interested if they had been baseball players! Dad fit the bill. He was hesitant at first, but by the end of the interview Dad was excited to contribute to North Dakota's history.

Dad's "take" on the visit to his hometown was different from ours! In his own words: "My immediate impression of Wilton, North Dakota, after 70 years was that the houses were all newly painted and the outdoor plumbing was gone. The roads were paved and the sidewalks now were made of cement. Areas where we played baseball were now filled with homes and green grass. The downtown area was devastated and boarded up. The old post office was gone! The drugstore was gone! My favorite places to play ball as a kid and where I worked as a 'soda



jerk' and met my wife after getting out of the Air Corps were gone. As my eyes wandered slowly up and down Main Street I felt a sorrow for all the businesses that once were there and now were gone. There was no one I knew left. I felt sad. It had been such a wonderful place to live."

The night before we flew back to Michigan, my sister and I studied the layout of the Minneapolis airport to figure out how to make the return flight smoother and shorten the walking time for Dad. We

saw that as our first flight (Bismarck to Minneapolis) was landing, the second flight (Minneapolis to Chicago) was boarding! We remembered what seemed like miles we had walked to make our connection. We knew where the tram was and hoped there would be a blue "people mover" nearby to drive us as fast as possible to our gate. After saying a sincere prayer for speed and guidance, we went to sleep.

Our first flight went smoothly from Bismarck to Minneapolis. We walked directly to the tram which took us to the end of the concourse in record time. We took the escalator. A blue people mover cart stopped in front of us with two passengers and four suitcases on it already and said "Get in!" Barb, Dad and I strapped ourselves in and held onto our suitcases for dear life. The driver sped through the airport terminal, turned and drove down the next concourse, turned into "D" and drove 16 more gates and we were there! We gave our driver a nice tip and waited as they announced "finishing boarding Group 1." We were in Group 2! Then another announcement, "If anyone in Group 2 wants to check their carry-on, please come up to the front of the line!" We quickly walked to the front of the line and checked our carry-on bags. Then she said, "Just go right onto the plane." Woohoo! We had made it! Like the little travel miracle we had prayed for, it happened so fast and so perfectly we were amazed at the effortlessness of it all!

Jackie Lindrup is retired and lives in HarbourTowne with her husband Tom. She enjoys spending time with her father, golfing and shooting pool, hiking and traveling with her husband and pastel painting. She enjoys writing about travel experiences and family adventures and considers herself a "young" senior.

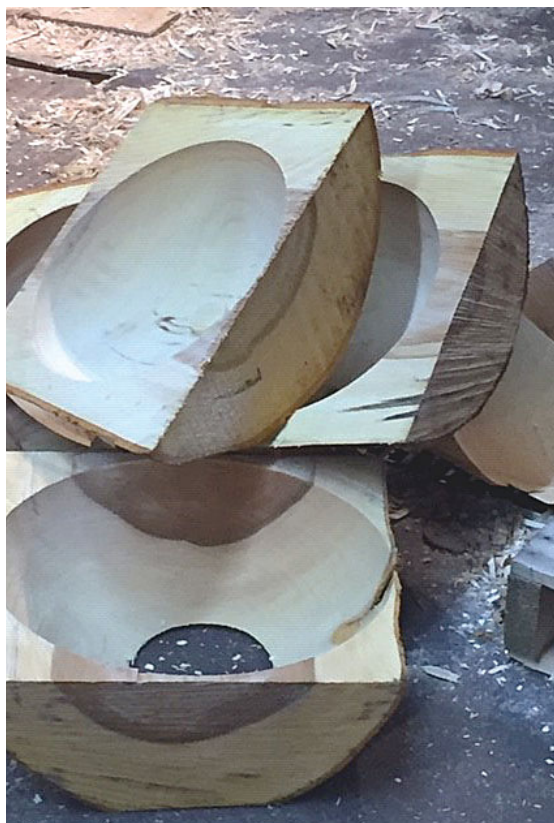


BY
JERRY
MATTSON

Wooden Bowls

The Holland Bowl Mill was started as the Wooden Shoe Factory in 1926 by Chester VanTongeren and is still owned and operated by his relatives. A grandson, David Gier, is the current president and owner. This is one of only a few commercial wooden bowl producers in the country and they make about 200 bowls each day, or 1,000 per week.

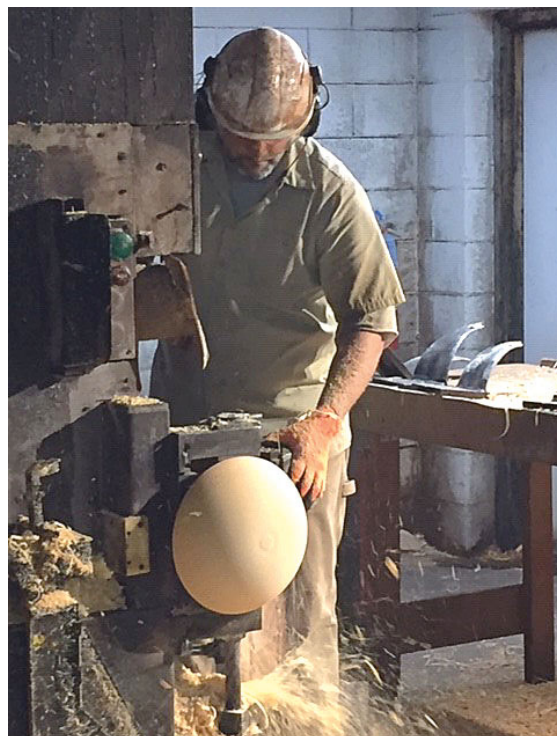
David's son, Kory, representing the family's fourth generation, welcomed my wife and me in the retail/showroom at the front of the facility. Here, many examples of their products are on display. Bowls that do not pass inspection are sold at a discount on the Knot Perfect shelf. A



bowl with bullet fragments, for instance, would end up here. Kory is well informed on all aspects of the facility and is proud of the company. "Make sure you mention the tours," he said. Free tours are given in the factory from 9 a.m. to 3 p.m. Monday through Friday. It is an opportunity to see the entire process from raw material

to finished product. Maisie Meyers walked us through the production area, elaborating on the many aspects in the creation of a bowl.

The process begins with a log, at least 30 inches in diameter and eight feet long, that is cut into roughly two-foot lengths. These are cut lengthwise into bowl blanks. Next, a blank is mounted



on a special lathe. Using a curved blade, half a sphere of wood is cut from the blank. The separated, bark-covered piece is discarded as scrap. The remaining "core" is then fashioned into four or five bowls. A different blade is used for each size, and every bowl takes about a minute to make. Bowls range from a large, 20-inch diameter one down to a five-inch size.

Next, the bowls are steamed in a cabinet for four hours at 180 degrees to remove the sap. They are then placed on storage racks where they will age for about a month. After that time, they are finish-sanded, inside and out, with a belt sander. The six-step operation starts with a coarse 40 grit and ends with 220 grit. A specified flat spot is then cut on the bottom. As a final step, the bowls are dipped in food-grade mineral oil which helps preserve the wood and enhances the grain.



It takes about six weeks from the time a log is cut up to the time the bowl is ready to be sold. Several types of wood are used including cherry, maple, walnut, ash, red oak, beech and poplar. Ninety percent of the wood is produced in Michigan and the rest from neighboring states. What happens to all the scrap? Shopping cart loads of larger pieces are sold for fire wood, smaller pieces of cherry are sold for meat smoking and most of the wood shavings are used for animal bedding.

Holland Bowl Mill sells its products all over the world and in all 50 states. In addition to the general retail market, their customers include large kitchenware and specialty retailers, corporate gift and incentive programs as well as artists and crafters who transform their bowls into painted and wood-burned works of art.

In addition to bowls, HBM also produces cutting boards, Bee's Oil Wood Preserver, kitchen utensils and decorative pieces. Items can be personalized with engraving.

For more information visit their website: woodenbowl.com. HBM has also been featured on the TV program "How It's Made."

The mill is located at 120 James Street, a short distance west of U.S 31.

Jerry has had an interest in working with wood since building a bird house and a decorative planter box as a youngster in 4-H. In later years, he restored several pieces of furniture but never did any work on a lathe. He was fascinated by the equipment used in producing large wooden bowls.

When will Spring Begin this Year?



BY
LOUISE
MATZ

Anxious for Spring? Of course you are. Isn't everybody? The good news is that it comes just a little earlier than usual this year.

Spring will arrive at exactly 11:49 p.m. EDT on Thursday, March 19!

On the Vernal Equinox, the Sun crosses the celestial

equator from south to north. If you were standing on the equator, the Sun would pass directly overhead on its way north. Equinoxes are the only two times a year that the Sun rises due east and sets due west for all of us on Earth!

While I'm delighted that Spring comes a little earlier this year, I feel a bit cheated. My birthday is March 20 and I have always thought the first day of Spring belonged to me.

Enough about the scientific beginning of Spring. What means Spring to you? Your Spring may not arrive until May. Here are a few signs of Spring for me:

No More Snow & Dry Ground:

Spring definitely means no more snow. We're never sure when that time arrives, but it's historically well after March 19 or 20.

Arrival of the first oriole: A sure sign that Spring is really here is the arrival of orioles, but this doesn't happen until May in Michigan. I've never seen one in April, much less March. The robin, on the other hand, is more cooperative with our scientific Spring. This bird can usually be spotted in early March.

Golf: Some diehards may golf in March, but most of us would say that Spring begins in April for golf, and even that is iffy.

Turkey Hunting: That season starts in late April, but the turkeys can be seen all year.

Easter: arrives on April 12 this year; however, occasionally it favors us with a March arrival.

Trout Fishing: The season opens the end of April.

Tigers Baseball: Opening day for the regular season is March 26.

Forsythia: This gorgeous bush is my favorite sign of Spring. Its bright yellow coat can't help but make you think of Spring. Cut a few branches and bring Spring inside. In fact, you can cut some branches before they bloom and put them in water indoors to force an early bloom.

Crocus: This aggressive little flower even blooms through the snow and fills us with optimism! It blooms well BEFORE our official Spring date. Its bright colors make us think of warm weather and sunshine. Could Spring be far behind?

Golf, gardening and grandchildren were primary interests of retirement for Louise. Her interests have since expanded to include walking, biking, pickleball and mahjongg. Reading and travel are also high on her list. She and her husband both enjoy bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys.



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Contact us for more information:
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advocatesforseniorissues.org

Ask the Provider

The Importance of Having a Primary Care Provider

Courtesy of Mercy Health

Question: Why is having a Primary Care Provider (PCP) important?

Answer: Primary Care is a relationship with a health care provider that is focused on taking care of you with your whole wellbeing and health history in mind. Your PCP is your first contact for undiagnosed health concerns, as well as preventive and continuing care of medical conditions.

PCPs offer a variety of services from annual wellness visits to vaccines and minor surgical procedures. They will also refer you to specialty care, when needed.

Question: There are several types of Primary Care Providers – what is the difference?

Answer: Primary Care is fundamentally comprised of the Internal Medicine, Family Medicine and Geriatric Medicine specialties.

- Internal Medicine physicians focus on primary care services for adult patients (18 years and older). That includes improving overall wellbeing, ongoing care of chronic diseases and comprehensive care for complex adult patients.
- Family Medicine physicians provide comprehensive care for people of all ages from newborns to seniors.
- Geriatrics physicians offer care to seniors 75 years and older. They



BY
ARIEL
MEJIA, MD

seek to identify ways to preserve an individual's independence and quality of life through use of ancillary medical services, family and community resources.

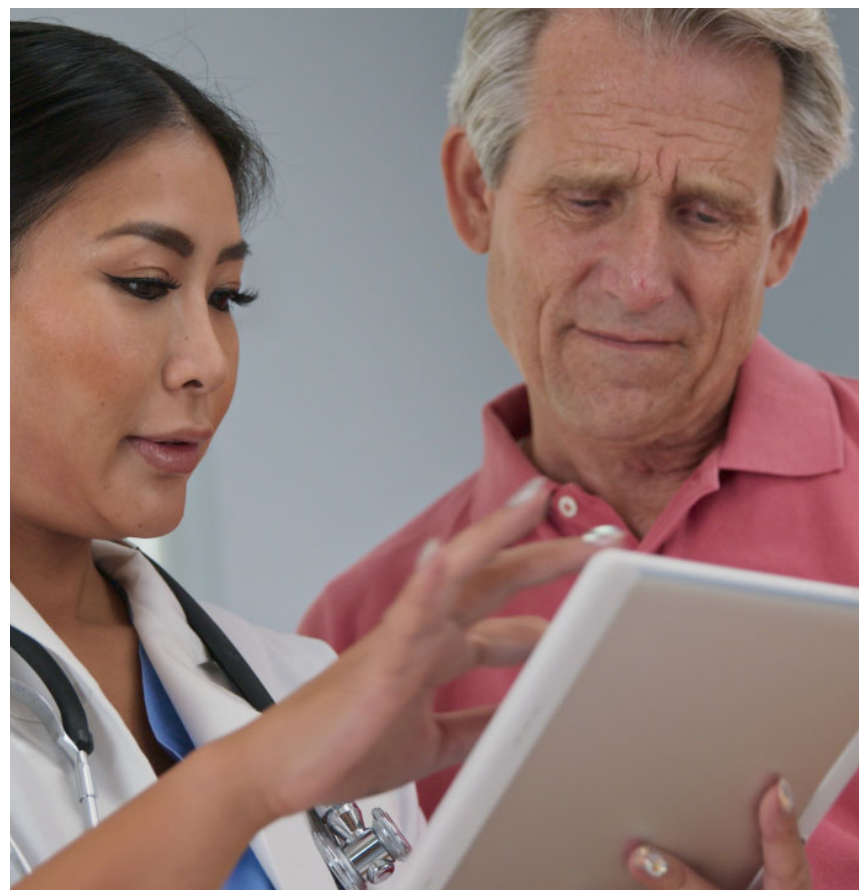
Most Internists and Family Physicians are able to provide geriatric care because it is within their scope of practice, but

Geriatricians, besides being board certified in either Internal Medicine or Family Medicine, undergo additional specialized training to care for aging populations. You may benefit from consulting with a Geriatrician if you are 75 years or older and have multiple medical problems, medications or memory issues.

Question: How should I prepare for my appointment?

Answer: Being prepared can help you get the most out of each visit with your PCP. If this is your first appointment with the provider, consider the following items before the visit:

- Ask the office staff what documents and pieces of identification you should bring.
- Have a record of your personal health care history: prescriptions, medical conditions, procedures and family health history. If possible, transfer previous health and vaccination records to your new office.
- Create a list of your most important medical questions to help the visit stay on track.



- Bring along a notepad and pen or even your phone to record key takeaways. You may bring a family member or friend with you to help take notes.
- Request an interpreter for your appointment if needed.
- Confirm coverage, co-pay or deductible terms with your health insurer.

Question: Are annual wellness visits really that important?

Answer: Your wellness visit is an important step in maintaining good health. Taking part in regular screenings, routine preventive care and scheduling visits for minor issues can help you prevent illnesses and even reduce health care costs in the long run.

Question: How do I determine when to go to my PCP, Urgent Care or an emergency room?

Answer: For most medical concerns, call or visit your PCP first. Your provider gives you routine care and will treat you when you have a medical problem that is not an emergency.

For immediate, but not life-threatening needs when your PCP is not available, visit an Urgent Care. Urgent Care can help with any health problem that needs to be treated quickly. Urgent Care locations typically offer evening and weekend hours.

For any life-or-death emergency or serious need, do not wait! Call 911 or visit the nearest emergency room. Emergency rooms are open 24/7. After a visit to an emergency room, it is important to follow up with your PCP.

Mercy Health Physician Partners offers more than 90 locations in West Michigan. You can search for a provider at www.FindaMercyHealthDoctor.com



Birds and Brooches

It's been a busy season and at this writing I am finally settling into a stretch of quiet and the comfort of winter days spent at home with books and writing, good movies and hot chocolate. I'm not a snowbird so I'll have to slog through and endure whatever our Michigan winter brings. My husband faithfully feeds the birds from feeders on our deck and they come in abundance, so we are daily entertained by their hungry gratitude and enjoyment of the very best birdseed and a heated birdbath. A few squirrels come to terrorize the feeders but they've been outsmarted with a hot sauce concoction the birds don't mind at all but which sends the squirrels directly to the cooling waters of the birdbath. They only need an occasional reminder, as they generally don't bother the feeders much anymore. But they do enjoy a drink from the birdbath and I enjoy watching them take a moment to satisfy their thirst.

A mountain of indoor projects could keep me busy for a century, but this winter I'm addressing the jewelry boxes my mother left, filled with costume jewelry from another generation. Such memories! Remember when every woman wore a sparkly brooch on her winter coat? My mother's Christmas brooches were especially sparkly. Many of us still wear a Christmas pin today, though we might be more



BY
ROLINA
VERMEER

inclined to put them on our sweater or vest. The puffy, lightweight winter coats so many of us own today don't lend themselves to being pricked with a brooch pin. And I think we dress much less formally than my mother's generation. I don't remember my mother ever wearing jeans, and she only wore pants later in life after the pantsuit craze legitimized them for female attire.

In the spring, my mom would put a floral pin on her "Sunday coat." Remember the rose pin? It's in my mother's collection, as is a starburst brooch with pastel gemstones. These pins are treasures to me now, though it's not likely I'll wear them. Not much anyway. I often study the displays of pins in antique shops and I'm impressed with their richness. One shop I frequently browse has a velvet covered dress form studded completely with sparkling pins! What a marvelous display!

I've seen lovely pins on the hats and even handbags of younger women. So charming! I wonder at their connection to that jewel on their hat or their handbag. I like to think that each generation holds something dear from the women who came before and quietly honors that connection with a little sparkle in the middle of a Michigan winter.

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

Become a Dementia Friend



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

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

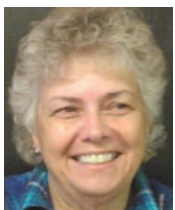
- Learn about dementia
- Understand what it is like to live with the disease
- Receive tips on communicating with people who have dementia
- Turn understanding into practical action

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

Register Online: DFMI8.org

(616) 222-7036





BY
CHRISTINE
WISTROM

Hidden Disabilities

When we speak of disabilities, we often think in terms of someone in a wheelchair. Many times though, disabilities can be hidden, or invisible. You can look at a person and see no outward sign that

he or she is disabled.

The official definition of a disability is a physical or mental impairment that limits the normal activities of daily living in a significant way. Invisible disabilities, those that aren't visible at first glance, include chronic illnesses or conditions that cause significant problems for the person who has them, and may include traumatic brain injuries, chronic back pain, deafness, mental illness, or learning disabilities, to name just a few. Unfortunately, people may believe the individual with a hidden disability is weak, antisocial, or just plain lazy.

It can be very hard for people to be told, "You

look normal!" when they have a disability that makes life a challenge. A disability often has a negative impact on self-esteem, and having a hidden disability can make people feel even worse as they recognize that others think they are just slacking off. Ours is a society where appearance is everything, and many people who have invisible disabilities are delighted the condition is not readily apparent. They may even realize that others don't see them as having a legitimate condition. There is a price to pay, though, for not having your disability recognized. Students may have disabilities that impair their thinking such as dyslexia, learning disabilities, or cognitive challenges. When teachers are unaware of these conditions, they may become frustrated with the student's lack of progress and believe he or she is simply not trying hard enough.

Sometimes a hidden disability can result in the inability to hear instructions, or to read or to see written directions. While others respond quickly, those with hidden disabilities may have no idea

what's happening around them. They may quickly be identified as having "problem" behaviors, or as being obstinate. People with back injuries may be unable to lift anything over several pounds, or to stand for longer than a few minutes at a time. They may be identified as being lazy and uncooperative rather than disabled.

In order to not judge anyone too harshly, we should be careful we don't assume that just because we cannot see a person's disability it means the person isn't disabled. When you see people parking in accessible parking spots who do not look disabled, don't get angry and shout at them. Instead, understand they may be disabled in a way that is not readily apparent.

Every person with a disability is different, just as every person without a disability is different. We need to be careful of judging others and recognize that just because we may not be able to see it doesn't mean the person doesn't have a disability.

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

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Question: Can I refuse to give my Social Security number to a private business?

Answer: Yes, you can refuse to disclose your Social Security number, and you should be careful about giving out your number. But, be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law. To learn more about your Social Security number, visit www.socialsecurity.gov/ssnumber.

Question: I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: Do Members of Congress have to pay into Social Security?

Answer: Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees, have paid



taxes into the Social Security program since January 1984. They pay into the system just like everyone else, no matter how long they have been in office. Learn more about Social Security benefits at www.socialsecurity.gov

Question: How do I change my citizenship status on Social Security's records?

Answer: To change your citizenship status shown in Social Security records: Complete an application for a Social Security card (Form SS-5), which you can find online at www.socialsecurity.gov/online/ss-5.html; and provide documents proving your:

- New or revised citizenship status (We can only accept certain documents as proof of citizenship. These include your U.S. passport, a Certificate of Naturalization, or a Certificate of Citizenship. If you are not a U.S. citizen, Social Security will ask to see your current immigra-



BY
VONDA
VANTIL

tion documents);

- Age; and
- Identity.

Next, take (or mail) your completed application and documents to your local Social Security office.

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. For more information, visit www.socialsecurity.gov/ssnumber.

Question: I'm 38 years old and have been approved to receive Supplemental Security Income (SSI) disability benefits. I was surprised to learn that my payment will be reduced because I live with my mom. Why's that?

Answer: SSI is a needs-based program, so any other income you receive—including non-monetary income such as help with your bills or other expenses—can have an effect on your benefit payment. Your SSI payments may be reduced if you are receiving food, shelter, or monetary assistance. If you move, or if the situation in your mom's household changes, be sure to contact Social Security. For more information, visit www.socialsecurity.gov/ssi.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

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

P	A	T	S		S	T	A	F	F		T	A	C	O
E	Z	R	A		M	A	U	R	A		A	M	O	R
P	O	I	N	D	E	X	T	E	R		T	A	M	E
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5	4	8	7	3	6	2	1	9
1	9	2	5	8	4	7	6	3
2	5	6	8	7	9	3	4	1
9	1	7	3	4	2	6	8	5
3	8	4	1	6	5	9	2	7

Boggle Answers:

COD BASS TUNA SHARK TROUT
SALMON MARLIN HALIBUT

Jumble Answers:

SALAD TWIRL POLISH SQUARE

ANSWER:

The owner of the failed
laundromat was –
WASHED UP



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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.