

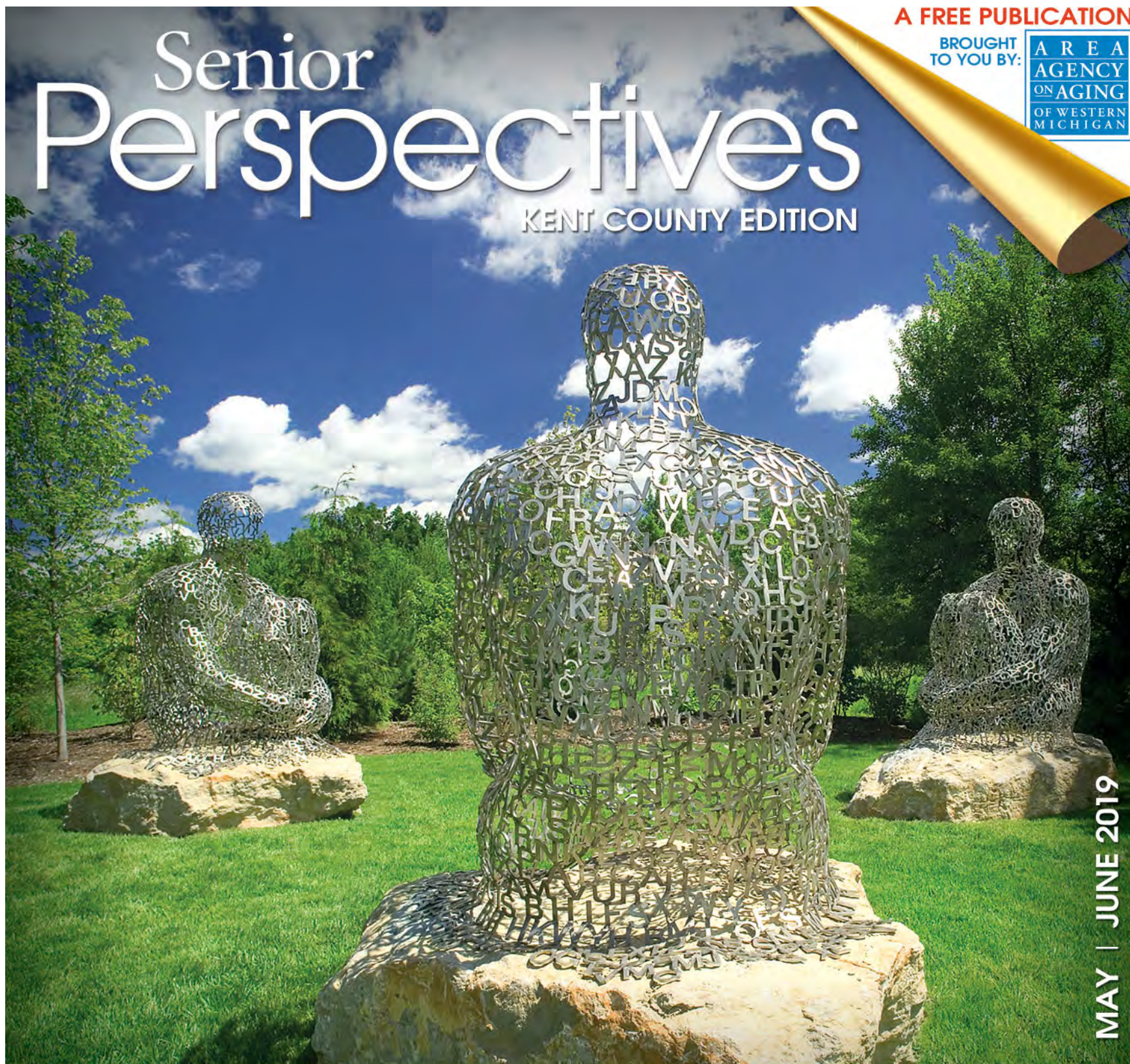
# Senior Perspectives

KENT COUNTY EDITION

A FREE PUBLICATION

BROUGHT  
TO YOU BY:

A R E A  
AGENCY  
ON AGING  
OF WESTERN  
MICHIGAN



MAY | JUNE 2019

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*Our Name. Our Focus.*

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#### 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.

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The Source for Seniors



Jackie O'Connor,  
Executive Director

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

**LAST WINNER: LIZ DROSKI of WALKER**

The pot of daffodils was found on page 18 in the social security story.

## 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**  
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**SarahCare Adult Day Services- Metro**  
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# May Is the Time to Connect, Create, Contribute

The Federal Department of the Administration on Community Living celebrates the "Aging Population" every May. This year the theme is to encourage older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.



BY  
JACKIE  
O'CONNOR

portunity interests you, we can connect you with the free training. Contact Bob Callery at (616) 456-5664.

Creative ideas abound from attending one of our Caregiver classes. Most likely we all are a caregiver sometime in our life. It might be picking up the neighbor's mail, taking a relative to a doctor's appointment or delivering a few groceries to a friend.

The Caregiver Resource Network, a community of caregivers, encourages you "Don't walk the caregiver path alone." The Family Caregiver University offers monthly meetings on relevant caregiver topics for both the professional and non-professional caregiver. Their Diversity Academy helps to understand how to effectively and respectfully interact with individuals from a wide range of cultures. For more information, go to [www.caregiverresource.net](http://www.caregiverresource.net)

How can you Contribute? By giving your time or your smile to making this community a better place to live. Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Everyone benefits when everyone can participate.

*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.*

The Area Agency on Aging of Western Michigan (AAAWM) supports many ways to Connect, Create and Contribute. The Kent County Senior Millage offers a variety of services to an array of needs, from the most active older adult to those who need a little more help in their home. Check out [www.aaawm.org/kcsm](http://www.aaawm.org/kcsm)

Have you participated in the various classes at the AAAMW office? Monday through Friday you can find the right class to get you moving: Tai Chi, EnhanceFitness, Healthy Eating, and Matter of Balance are just a few. Call (616) 456-5664 for the latest schedule. Do you have questions about Medicare or Medicaid? Connect with our MMAP Counselors. They answer all sorts of questions about Medicare and Medicaid. And what about those confusing Medicare and Medicaid statements you get in the mail? Looking for an unbiased view on the various health plans? Our highly trained volunteer counselors give you information but let you make the final decisions on which health plan is right for you – no strings attached. If this type of volunteer op-

# What can Tai Chi do for you?



BY  
JILLIAN  
AHUMADA

Imagine you're walking through the park on a crisp spring morning and you see a group of people moving in sync to the sound of peaceful music. You watch, mesmerized, their relaxing and fluid movement, and you wonder what they're doing. These people are likely finding their jing, or peace of mind, through

a practice called Tai Chi.

Tai Chi is a gentle, non-aggressive martial art form used to strengthen our muscles and improve our flexibility. Both of these gains are essential for our bodies to ease pain, strengthen the brain and improve balance and coordination. When practicing Tai Chi, there is little pain and you'll notice the change in your body as movements become more fluid and less tense.

There are many forms of Tai Chi created by many masters. At the Area Agency on Aging of Western

Michigan (AAAWM), we teach Tai Chi Sun Style which is based on the following essential principles. Slow, even and continuous movements, while maintaining a consistent speed and moving against a gentle resistance, works the control of movement to build internal strength. Well-aligned, upright structure helps your Qi (energy) flow well, as your body is aligned. Transferring weight and location awareness of your feet help to improve balance and strengthen your muscles. To song your joints means to loosen by consciously and gently stretching your joints from within. Creating a Jing, or serenity, helps keep focus on movements, balance and breathing.

When joining a class for the first time, it's important to dress comfortably and wear a flat shoe with no incline. Come to class with an open mind and don't expect to walk away knowing the entire form. Learning the movements take time, but there is no expectation of memorization, just come, move and have fun! Sessions are 10 weeks long, and we meet twice a week. During the session we will learn new movement and practice the

essential principles. Tai Chi is a practice you can continue to perfect and find a deep sense of serenity and peacefulness in a room full of people.

Interested in what Tai Chi is and what it has to offer? Come join us! Classes meet on Tuesdays and Thursdays at 9:30 a.m. The cost is \$3 per class for an 8-class punch card. Your first class is always free to give you the opportunity to try it before you buy it.

AAAWM Eaglecrest Healthy Aging specializing in fitness classes for the 60 years + crowd. Visit our website or better yet, come join us!

*As a certified fitness instructor, Jillian has been the Healthy Aging Coordinator at the Area Agency on Aging of Western Michigan for several years. Currently she teaches both EnhanceFitness and Tai Chi classes and keeps busy enjoying off time with her husband and two active sons.*

**ADVOCATES**  
for Senior Issues

“Information is the currency of democracy”

Thomas Jefferson

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

AREA AGENCY ON AGING OF WESTERN MICHIGAN  
The Source for Seniors

**Upcoming Meetings:**

**May 17, 2019**

**June 21, 2019**

*\*No meetings July or August for Summer break.*

**Contact us for more information & meeting location:**

**(616) 222-7015**

**LaceyC@aaawm.org**

or

**advocatesforseniorissues.org**

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Area Agency on Aging of Western Michigan  
3215 Eaglecrest Dr. NE, Grand Rapids, MI 49525  
www.aaawm.org

# Advocates for Senior Issues



BY  
LACEY  
CHARBONEAU

Advocates for Senior Issues (AFSI) is proud to be one of the largest older adult advocacy groups in Michigan. Fueled by the desire to speak up for those who may be unable to speak for themselves, these elders show no signs of slowing down.

AFSI was founded in 1982 as the "Senior Citizen Senate" under the direction of Sister Agnes Theil.

Originally the group had only a few dozen members. Today, AFSI boasts a membership measured in the hundreds throughout Kent County.

AFSI was instrumental in bringing the Medicaid Waiver program to Kent County in 1992, making it one of the first counties in the state to have this cost-efficient program. They also played a major role in the Kent County Senior Millage campaign in 1998 and the renewal and increase in 2006.

Members meet regularly with legislators on issues such as in-home care options, state and federal budget issues

and elder abuse. All AFSI meetings have a legislative component and a program component that are sure to be of interest to active and engaged older adults. Is there an issue you are concerned about? We may be discussing it next month at the AFSI meeting.

AFSI is open to the public and free to attend for first time guests. Yearly membership fees are \$30 for individuals and \$45 for couples. AFSI meetings are held on the 3rd Friday of the month, with the exception of July, August and December when there are no meetings held. If you are interested in learning more or would like to attend a meeting, please contact Lacey Charboneau at laceyc@aaawm.org or 616-222-7015. You can also visit us at <http://www.advocatesforseniorissues.org>

*Lacey Charboneau is the Advocacy Coordinator and Planner for the Area Agency on Aging of Western Michigan. She has spent the past 15 years working with and advocating for older adults and people with disabilities. In her current role, she enjoys working with the Advocates for Senior Issues and considers it one of the best parts of her job. When she's not at work, Lacey is raising two boys and a puppy in Lowell, MI with her husband.*

## Healthy Living

**Get juiced?** While proponents say juicing helps your body absorb nutrients, no sound scientific evidence has shown that it is better for you than eating whole fruits and vegetables.

### On the other hand ...

- You may want to try juicing if you don't like to eat fresh fruits and vegetables, or if you want to sample ones you haven't tried
- Make only as much as you can drink at one time since fresh juice develops harmful bacteria quickly
- If you buy commercially made fresh juice, make sure it is pasteurized
- Check the sugar content of the juice; some are high in sugar, which can add unwanted calories

Source: Mayo Clinic,  
TNS Photo Service





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**UPCOMING CLASSES**

**Tuesday, June 4, 2019** - Elder Law: Planning for Our Future & Protecting Our Interests

**Thursday, July 25, 2019** - Grandparents Raising Grandchildren: Support and Information Available

**Thursday, August 8, 2019** - Empathy: What is it? Can it be learned?

**Thursday, September 26, 2019** - Community Resources A to Z: Part 1

**To Register:**  
(616) 222-7032 | [registration@aaawm.org](mailto:registration@aaawm.org)

**Location:**



Area Agency on Aging of Western Michigan  
3215 Eaglecrest Dr. NE  
Grand Rapids, MI 49525



BY  
JOEL  
DULYEA

## A Walk Interrupted

I remember that the workers of Whitehall Landing had started to undress boats that had been shrink-wrapped for the winter months. The marina was a pin cushion of masts extending from cocooned sailboats toward the grey sky. Each vessel waited to be stripped of its winter shroud and trailered into the water to await fair winds. I know this because I walked the bike trail with intentions of writing a story populated with the things notated during that morning, including the name of a sailboat.

This article is not the story I intended. It has changed, just as comments about the lingering winter have been transformed from complaints to gratitude. As I write this, winter's cold grip is hitting record lows in March. Yet it cannot dissipate the warmth Merijo and I share upon gaining a new perspective.

On the only sunny day in February, our daughter gave birth to our first grandchild. In anticipation of the birth, our expectations grew toward astronomical heights. When friends with grandchildren learned the news that our daughter and son-in-law were expecting, virtually every one of them said, "You will not believe how unbelievably good it is to have a grandchild." One veteran grandparent went so far as to say, "If I could have had grandchildren before children, I would have done that first."

Hello, fellow grandparents! Everything you told us about grandchildren is true!

Now briefly allow me to return to a springtime walk on the bike trail in Whitehall. I do this to thank the City of Whitehall, Alcoa Foundation, Howmet Corp, Michigan Department of Natural Resources, Michigan Natural resources trust fund, the White Lake Area Public Library and others. By your efforts you have given us new perspectives that enable us to enjoy life. Thank you for a path through the forest with an Eagle's Nest; thanks for a stroll through the garden of Dirt Daubers and past the Iron Butterfly and around the World's Largest Weathervane. With gratitude we enjoy the fragrance of honeysuckle, and a rest upon the memorial bench at the bottom of the path that descends from Slocum Street. It was there I recovered from crashing head over heels on my bike at the path's intersection with Lake Street. Today I'm head over heels in love with the newest member of our family.

In the notes I took that spring morning is listed the name of a boat that was up for sale at the marina. I wrote the name down for no reason but have discovered a new perspective now. *Hanna Francis*. That's the name of the sailboat. I hope she found a good home. As for our granddaughter, she and her mommy and daddy are doing well. Prompted by a nautical blessing often used at the beginning of a voyage, we pray she has "fair winds and following seas" and always the best heading to weather storms -- Alison Hanna.

*Joel Dulyea is a new grandfather and a United States Army retiree who loves to sing with his wife Merijo, visit with his daughter and son-in-law and spoil his wire-haired dachshund, Heidi.*



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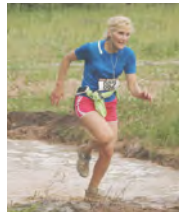
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# Healthy Feet Q&A



BY  
JAN  
SMOLEN, DPM

**Question:** I am 65 years old and I want to run my first 5K. (3.1 miles) What steps should I take to avoid foot and ankle injuries?

**Answer:** First gather the proper equipment:  
1. Running shoes that fit correctly. For proper length make sure there is between 1/2 and 1 thumb's width between the end of the shoe and your longest toe. For most people it is the Hallux (big toe); for some people it is the 2nd or 3rd toes. If the shoes are too short you are at risk of ingrown toenails, sub ungual hematoma (painful dark blue-black discolored toenails), and blisters

on the toes. For proper width stand in the shoes and look in the mirror to check that your foot is not bulging over the side of the shoes. The shoes should not feel tight. Walk around the store with a different brand on each foot. Walk a few laps around the store. Most shoes feel good when you slip them on, but you realize where they bother you after you walk around in them a while.

- If you have a Cavus (High Arched Foot Type) look for shoes for a neutral runner with cushioning and shock absorption.
  - If you a Pronated (Flatfoot Type) look for shoes for an overpronator with support and stability.
  - Not all running shoes are created equal in my opinion. Here are a few of my favorites this year: Brooks, New Balance, Asics and Saucony.
  - If you have never worn running shoes, please be aware they have a large tread on the bottom and could make you trip when walking on carpet.
2. Cotton socks that are thin and not too tight on your toes and go above the ankle.
  3. Bright colored clothes, reflective so you will be easily seen. Yellow, white, orange, red, etc.

**Question:** What is the best surface to run on?

**Answer:** 1. High school track.

2. A walking or bike path. Just make sure to stay to the right and watch for bikers.

3. A road that is not busy and has a wide flat shoulder. Running on roads that have a slant can make you prone to shin splints, ankle sprains, knee pain and lower back pain.

4. Limit your time on a treadmill. They can make you prone to heel pain and plantar fasciitis.

5. Limit going up and down a lot of hills, because they can may you prone to ankle sprains, shin splints and tendonitis.

Start running slow. Give yourself at least eight weeks to train before the day of the race. Warm up and stretch before and after you work out. Run a little and walk a little, then repeat for 15 minutes, adding time slowly. Run every other day. It gives your body time to recover. Take 1-2 days completely off per week to rest. Bike or swim some days to give your feet a rest.

**Question:** I started running 3 weeks ago and now I have achy, sharp heel pain, especially when I first start walking. What could it be?

**Answer:** Most likely it is plantar fasciitis, which is inflammation of a thick ligament (the plantar fascia) that runs on the bottom of your foot and connects your heel bone (Calcaneus) to your toes. It is a common injury when people start a new walking or running program.

Some treatments you can try are:

- Rest. Take a week off from running. Bike or swim instead.
- Recheck your running shoes; they may not be the correct type for you. Try an over-the-counter arch support such as Power Steps or Spencos.
- Ice and massage your heel. Purchase a new pair of shoes to wear in your house for the next 1-2 months to rest the ligament.

If you don't improve in a few weeks, contact your health care provider.

*Jan Smolen DPM is board certified by The American Board of Podiatric Surgery and is a Diplomat of the American College of Foot and Ankle Surgeons. She works at Shoreline Foot and Ankle Associates in Muskegon. She enjoys running, hiking and kayaking with her husband Ron and watching their 3 children play sports.*

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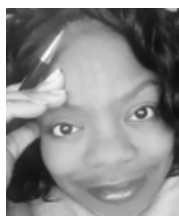
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# Springtime brings refreshing



BY  
MICHELLE  
JACKSON

Though its arrival was late, this winter was brutal. It seems the storms, piles of snow and ice have made up for lost time and did not want to let up. Yet, every year, there is an end. The days are longer. I hear birds chirping outside my bedroom window in the morning. These are two sure signs of springtime.

In the spring, everything feels fresh and new. The grass is fresh and green. The foliage of perennials is breaking ground. The trees are budding. I love springtime! On the first weekend of spring cleaning, I open all the windows no matter how cold it is, even if only for a little while. I want to see the sunshine and to breathe in the fresh air, filling the house with it. It rejuvenates my soul and gives hope for brighter days, better days.

Rejuvenation of the spirit, soul, and body is much like springtime. It gives you new vigor, fresh insight, and renewed motivation. Let the impetus of the change in the season rejuvenate you. Receive the

hope that God gives with every rainbow promise after the rain. Use it to do something simple and remarkable.

Here are some ways to embrace rejuvenation and enjoy springtime:

**Travel to a new place.** Springtime is a great time to go to a new place and meet a new friend. It can be as close as walking in your neighborhood. It could be as far as taking a cruise in Mexico. It doesn't matter where. It doesn't matter who. You can just go to a new place and say, "Hi! My name is...."

**Learn a new skill.** It is also a great time to try a new recipe, learn a skill, or take up a new hobby, like planting seeds or even water aerobics. The local hardware store has great DIY projects for beginners to experts. Have you been thinking of trying something new? Do it!

**Teach a new skill.** The things that come easy to you may not be easy to someone else. Are you a quilter? Or, are you good at carpentry? Check with your local school and see if they have a club that

needs your skills. Schools are always looking for mentors for extracurricular activities.

**Volunteer at a Daycare.** Need some love? There is nothing like a great big smile and hug from a toddler. Daycares are always in need of extra helping hands.

**Become a Photographer.** Use your phone and take pictures of the wonderful sights of springtime. You can share the pictures with your friends and family, even upload them on weather websites. Who knows, you may be able to sell them for a little extra cash!

Let all the newness of springtime give you fresh energy and perspective on life and family. Be refreshed.

*Michelle believes every human at every age and stage of life has a life assignment to fulfill. Her passion is to help them find it and pursue it. Michelle serves on a ministry alliance through Foundation Rock Ministries based in Monrovia, CA that reaches both across both the nation and the globe. Michelle also serves on the Board of Directors for Ordained Women's Network based in Petoskey, MI. Most recently, Michelle serves locally as a mentor and bible teacher for Alpha Grand Rapids. Michelle is an ordained minister through Church Builders International.*



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# Authors of West Michigan From Childhood Stories



BY  
TRICIA  
McDONALD

Growing up, author Tom Laughlin was captivated by stories about his grandmother and her experiences homesteading on the prairies in Montana from 1913 to 1925. One of those stories was how her father was chased from the family farm by an Indian raid when his great-grandfather was only ten years old. These were

exciting stories for a young boy, fascinating material for a first-time author.

Born and raised in Port Huron, Michigan, Tom met his wife of 47 years at the University of Michigan. After graduation they married, and in 1981, with their two sons in tow, Tom and Jackie moved to Grand Haven. Tom started a job teaching and coaching at Grand Haven High School, and Jackie was an RN at North Ottawa Community Hospital.



After 30 years of teaching high school history, Tom retired and finally had the time to write. He had kept a handwritten journal while hitchhiking across America and Europe when a junior in college in 1971, and decided to copy the journal

to the computer for his sons and grandchildren to read. While copying the journal, he realized that much had changed in the 40 years since he had had those experiences. *The Summer of '71: Hitchhiking to Maturity* became a compare-and-contrast outlook on topics such as a divided Europe vs. the European Union, the impact of the Vietnam War, the Communication Revolution, and other changes that have occurred since 1971.

Once Tom finished *The Summer of '71*, his memories returned to his grandmother's stories. The time had come to research those childhood stories to see if they were historically accurate. While researching he learned that the Dakota Wars of Minnesota occurred in 1862, when his great-grandfather was 10 years old. That, and the fact that the town of Melrose was in the middle of the area of combat, convinced Tom that the story of the Indian raid on the family farmhouse was probably accurate. That discovery drove Tom into more research and it became the impetus for his second book, *Portrait of a Prairie Woman: Learning to Love the Land and the People*.

Using first-hand resources such as his grandmother's 1913 diary, letters from the ranch to rela-



tives, and an autobiographical magazine article his grandmother had written, Tom launched his research. Over a two-year period, he made trips to Minnesota and Chinook, Montana, to gather information about his grandmother's parents and her homestead claim. Many of his aunts,

uncles, and cousins had pictures and stories from life on the homestead. He reviewed large amounts of information about homesteading and life in Minnesota and Montana at the turn of the century. Then it was a matter of "putting together a puzzle" of his grandmother's life.

In writing *Portrait of a Prairie Woman*, Tom does admit to using a bit of "literary license" to rearrange some of the events to make the story flow better. He also had to make some assumptions about events his grandmother may have

participated in. *Portrait of a Prairie Woman* is a book that generations of readers will enjoy and learn from.

Tricia L. McDonald is an internationally published author, public speaker and writing coach. Her *Life with Sally* series: *Little White Dog Tails*, *Still Spinnin' Tails*, *Waggin' More Tails*, and *Princess Tails* are compilations of stories chronicling life with her miniature bull terrier. *Quit Whining Start Writing: A Novelist's Guide to Writing* is a guide to help writers put away the excuses and get the writing done.

The Bookman is excited to continue featuring authors living in our Greater Lakeshore Neighborhood. Contact The Bookman to read the authors' books.

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**Brian Hauenstein**

BHauenstein@YourOasisAdvisor.com  
616-485-7484



# Ask the Provider

## Urinary Incontinence — NOT a Normal Part of Aging



BY  
ARUNA  
JOSYULA, MD



BY  
JASON  
BENNETT, MD

*Courtesy of Mercy Health*

**Question:** What is urinary incontinence?

**Answer:** Urinary incontinence is an involuntary loss of urine that can lead to problems with hygiene, skin rash or wounds, falls, depression, insomnia, and significant social embarrassment and isolation.

**Question:** What are the most common symptoms of urinary incontinence?

**Answer:** Symptoms include trouble controlling the bladder, an inability to make it to the bathroom in time, or leaking urine when coughing, sneezing or laughing.

**Question:** How common is this disease/condition? Do men and women get it?

**Answer:** In the United States, urinary incontinence can affect 15–30 percent of people 65 years or older living in a community and 60–70 percent of people living in long-term facilities. Until about the age of 80 years, it affects women more than men (at a ratio of about 2 to 1). After age 80 years, it affects men and women equally.

**Question:** Is urinary incontinence a natural part of aging?

**Answer:** Urinary incontinence is increasingly common as people get older, but it is NOT a normal part of aging, and patients don't have to just "deal with it."

**Question:** What are the causes of urinary incontinence?

**Answer:** Many medical conditions can cause urinary incontinence, including—but not limited to—diabetes, constipation, stroke or urinary tract infections. Medications can cause or worsen incontinence. Structural problems with pelvic organs or pelvic muscles can lead to incontinence.

**Question:** How is urinary incontinence diagnosed?

**Answer:** Primary care physicians can make a diagnosis of urinary incontinence by gathering information about a person's medical conditions, medications and by physical exam. Sometimes, a simple urine analysis is done to look for signs of infection. Information about a person's fluid intake and bladder habits (collected in a bladder diary) can aid diagnosis. Some people may require a more thorough evaluation by specialists, such as urologists or urogynecologists, who may do tests which are more invasive and can determine how the bladder is functioning.

**Question:** Broadly speaking, what are the medical options for treating urinary incontinence?

**Answer:** Treatment of urinary incontinence can involve lifestyle modifications (such as weight loss and avoiding excessive fluids, caffeinated drinks or alcohol), behavioral modifications (such as bladder training and pelvic muscle exercises, like Kegel exercises), reducing or removing medications that cause incontinence, and treating medical conditions that contribute to incontinence. After discussing the risks versus the benefits with their physicians, some people may take



medications to treat incontinence. Incontinence pads or adult briefs can be used as well, but it is important to change these frequently.

**Question:** When is it time to seek a specialist for this condition/disease?

**Answer:** If the previously mentioned treatments are not effective, referral to a gynecologist, urologist, urogynecologist, or a bladder clinic, if available, is appropriate.

*If you have concerns about urinary incontinence, please talk with your Doctor or Health-care Professional. You are invited to contact Mercy Health Physician Partners Pelvic Medicine and Urogynecology at 616.685.2150.*



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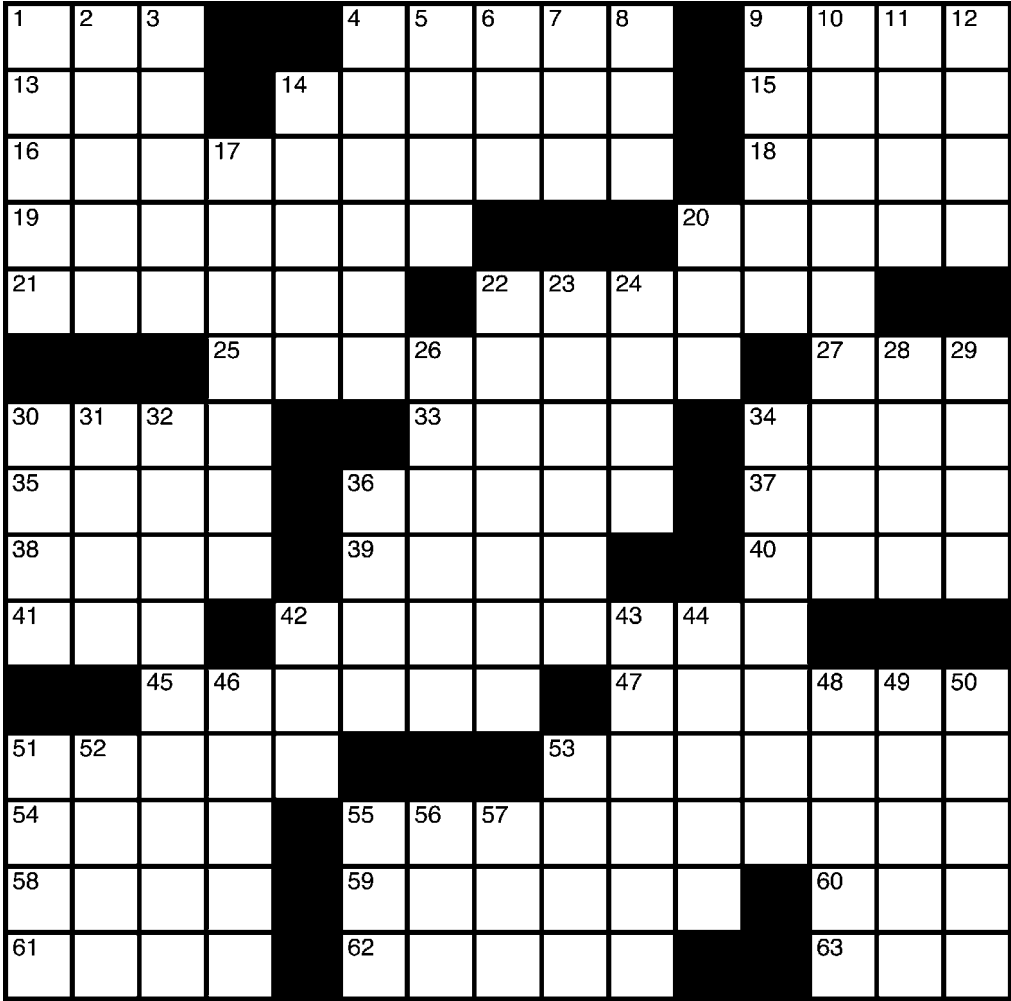
ACROSS

- 1 Is blessed with, as talent  
4 Creator of Finn and Sawyer  
9 Leave rolling in the aisles  
13 That, in Spain  
14 "Olde" store  
15 Ring over an angel  
16 Crustacean catcher  
18 Out of town  
19 Intent  
20 OB/GYN procedure  
21 Hiding spot for a cheater's ace  
22 Put off bedtime  
25 Weapon in Clue  
27 Brewery product  
30 "Defending our rights" org.  
33 Electrified atoms  
34 Scans for injured athletes, briefly  
35 \_\_\_ Mawr College  
36 Piece of pizza  
37 To-do list entry  
38 Worse-than-one's-bite quality  
39 Online TV giant  
40 Since, in a holiday song  
41 Fifi's friend  
42 Slip for a tardy student  
45 Like the Arctic, compared to most of the planet  
47 Two-base hit  
51 Debate issue  
53 Illness characterized by a red rash  
54 Soon, to a bard  
55 Decorator's wall prettifier  
58 Subtle look  
59 Lion groups  
60 Former AT&T rival  
61 Former fast planes  
62 Unemotional  
63 Bladed gardening tool

DOWN

- 1 Makes a difference  
2 "I won't tell \_\_\_!"  
3 Buffalo hockey player  
4 Title venue for Hemingway's old man  
5 Sported  
6 Kindle download  
7 Wall St. debut  
8 Volleyball barrier  
9 SeaWorld star  
10 Backyard bash  
11 Jai \_\_\_

- 12 String-around-your-finger toy  
14 Cooking appliance  
17 Explore caves  
20 Sailor's word of obedience  
22 Information that ruins the ending  
23 Costner/Russo golf film  
24 Basilica recess  
26 Water down  
28 Bank claim  
29 Salinger's "With Love and Squalor" girl  
30 Palindromic pop group  
31 Study all night  
32 Keats or Byron, e.g.  
34 Pageant title with 51 contestants (the 50 states plus D.C.)  
36 Roe source  
42 Partners' legal entity: Abbr.  
43 Madison Ave. bigwig  
44 Most TV "operas"  
46 Sounds from sties  
48 "Mutiny on the Bounty" captain  
49 Slow movement  
50 Perfumer Lauder  
51 Four-note lights-out tune  
52 Singles  
53 Prefix with care  
55 Collectors' albums ... and a hint to six puzzle answers  
56 Gallery collection  
57 Chihuahua uncle



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**PAGE**

**G**

**M**

**E**

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Memory Care

JUMBLE

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

**SATHS**

**GIMTH**

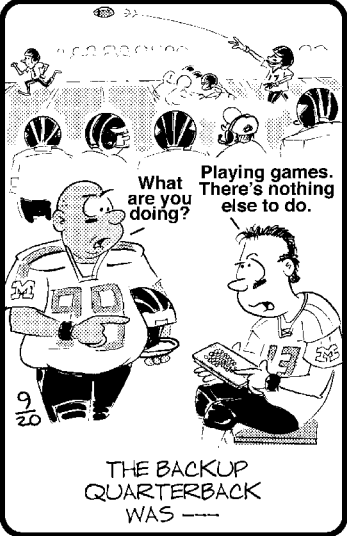
**FEXRIP**

**FITYON**

A:

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

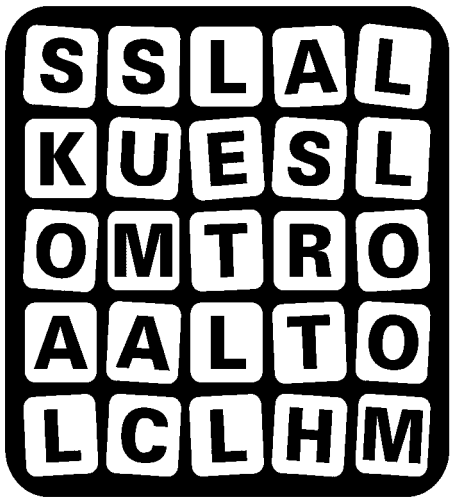


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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

## Boggle BrainBusters Bonus

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

Find AT LEAST EIGHT FIVE-LETTER MAMMALS in the grid of letters.

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Don’t think you have to take on this journey alone. When it gets to be too much, you can trust Waterford Place Memory Care to be the partner you need to help you on your caregiver journey.

**Not any one person should have to care for a loved one with dementia alone. But finding the right help can be difficult.**

**Help is available at [WPMemoryCare.org/HELP](http://WPMemoryCare.org/HELP)**

- Download Free Caregiver Resources
- Talk with a Waterford Place Counselor
- Dementia Support Groups Forming Now

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BY  
CATHAY  
THIBDAUE

## Cathay's Cooking Corner



### Raspberry Chocolate Chip Cookies

- |                                     |  |
|-------------------------------------|--|
| 1 cup butter, softened (2 sticks)   | 2 1/2 cups flour <b>OR</b>             |
| 1/2 cup white sugar <b>and</b>      | 1 cup Coconut Flour <b>AND</b>         |
| 1/2 cup brown sugar                 | 1/2 cup Almond Flour                   |
| <b>OR</b> 1 cup Stevia              | 1 tsp baking soda if using regular     |
| 1 large box Instant Vanilla Pudding | flour <b>OR</b> 1/2 tsp baking soda if |
| mix (I used sugar free)             | using coconut flour                    |
| 2 eggs                              | 1 cup semi-sweet chocolate chips       |
| 1 tsp vanilla                       |  |

Preheat oven to 350 degrees. Cream the butter and sugars. Add the pudding mix and mix until well blended. Add the eggs and vanilla and mix well. Add the flour(s) of choice and baking soda and continue mixing. Stir in the chocolate chips and then very gently fold in the thawed raspberries. Drop cookies by rounded teaspoonfuls onto a greased cookie sheet or parchment paper. Bake for about 13 minutes.

*Cathay is the Network Manager, Certified HIT Security Administrator and Certified HIPAA Security Professional Accelerated at Senior Resources of West Michigan. She also enjoys boating, fishing and spending time with her family.*

# Accessible prescription labels for those with visual impairments



BY  
LISA  
TYLER

As we get older, we experience many physical changes – our strength may decrease, we may not hear as well, and sometimes our vision also declines. If you are unable to read your prescription label, now your vision loss has turned into a larger health concern. Each year, there are almost 2 million drug-related injuries due to prescription errors or adverse reactions; more than half are preventable. Prescription drug mistakes are a leading cause of death and injury to older adults. Fortunately, there are solutions offered by many pharmacies at no extra charge!

ScriptAbility, offered through En-Vision America, provides accessible prescription labels. These are special labels that pharmacists can give to patients with visual or print impairments. Someone needing accessible labels gets their medications with a regular printed label (a “legal” label), as well as a specialty label (“auxiliary” label), which may be large print, Braille, and/or a talking label, depending on the patient’s needs. These accessible labels are provided at no extra charge by

participating pharmacies.

ScriptAbility offers a ScripTalk talking label system. ScripTalk Station is a prescription reader. You can push a button and a voice will speak the information printed on the label. The device uses radio frequency ID. Data is stored electronically on the auxiliary label, which the prescription reader reads out loud. The reading device is available as a loan, free of charge.

Some pharmacies also offer large print labels, or Braille labels. The Braille label is a clear label placed over the printed label on the bottle, so that the legal label is still visible. The large print label is a booklet-style which is attached to the prescription container. Translation services are also available through the company.

ScriptAbility has worked with many pharmacies, including some national chains, to make the accessible labels available to patients. You can visit [www.ScriptAbility.com](http://www.ScriptAbility.com) to find out more – click on the “Patient” button and scroll down to search by ZIP code for nearby pharmacies. When I put in my ZIP code, I found several pharmacies within 10 miles that offer at least one of the accessible labels. There are also mail order pharmacies that participate.

Even if a chain pharmacy participates, it’s possible your local store may tell you they don’t. If this happens, you can contact ScriptAbility at 800-890-1180 and they will reach out to inform the pharmacy of their ability to offer the labels. Agreements are with corporate offices, and sometimes the information doesn’t make it to the individual pharmacy.

If you use a pharmacy that doesn’t offer the specific label type you’d like, contact ScriptAbility at 800-890-1180 and they will reach out to the pharmacy to see if they can offer the labels through them.

If you or a loved one have a vision impairment, help may be just a phone call away. Help take charge of your own health by making sure you can accurately read your prescriptions.

*Lisa Tyler is the Communications Director for Senior Resources. She and her husband are proud parents of Hannah, who graduates in May from Mona Shores High School, and Nicholas, who just finished his second year at MSU. Lisa is a proud alumnus of MSU, loves scrapbooking and travel, and giving back to her community. She is president of the Muskegon Area Intermediate School District Board of Education and chair of the Kids’ Food Basket Muskegon advisory committee.*

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# Family Fun in Grand Rapids

## Frederik Meijer Gardens announce events and exhibits



### Frederik Meijer Gardens & Sculpture Park:

#### Michigan All-State Bonsai Show May 11 – 12

Join bonsai artists, aficionados, and admirers from across the Midwest to see stunning bonsai on display in the Huizenga Grand Room. Visit the sales area for a great selection of specialty tools, pots, wire and bonsai trees. Have the experts help you find the tree that fits your taste, experience level and growing environment. Be sure to attend free demonstrations offered throughout the weekend. Bonsai artists, including this year's guest artist, Todd Schlafer, will demonstrate pruning, wiring, and other styling techniques. Todd's specialty is working with native collected trees, many of which have

sparse foliage and unconventional branches and present quite a styling challenge! Todd will be teaching two "Bring Your Own Tree" workshops to help bonsai artists style and refine their trees. Additional workshops, designed for all skill levels, are available during the weekend. Register early—they fill quickly!  
[www.meijergardens.org/calendar/michigan-all-state-bonsai-show-2-1/](http://www.meijergardens.org/calendar/michigan-all-state-bonsai-show-2-1/)



#### Iris Show June 1 – 2

Enjoy a variety of tall bearded and Siberian iris blossoms on display, all locally grown for this judged show. View floral designs featuring iris flowers.  
[www.meijergardens.org/calendar/iris-show-1-1/](http://www.meijergardens.org/calendar/iris-show-1-1/)



#### Rose Show June 15 – 16

Enjoy a variety of rose blossoms on display, all locally grown and carefully prepped for this judged show. Vote for the most fragrant rose and get your rose growing questions answered.  
[www.meijergardens.org/calendar/rose-show-1-1/](http://www.meijergardens.org/calendar/rose-show-1-1/)



### Volunteer Orientation

June 18, 2019  
7:00 p.m. – 8:30 p.m.

Explore Frederik Meijer Gardens & Sculpture Park's volunteer program at an open orientation. This meeting will last approximately an hour and a half. We will go over policies from the handbook, give an overview of the open positions, tour the volunteer center and take a photo for your badge. Additionally, the Volunteer Manager and several current volunteers will be available to answer any questions you have about our program.

Visit [www.meijergardens.org/calendar/volunteer-orientation-19-evening](http://www.meijergardens.org/calendar/volunteer-orientation-19-evening), print the application, fill it out and bring it with you to the orientation.



BY  
DAN  
GOWDY

# Maintaining a Healthy Lifestyle While Caregiving

When working as a caregiver for a loved one with dementia, it is easy to forget that caring for yourself is just as important.

When you take the time to care for yourself, not only will you benefit, but your loved one whom you are caring for will also benefit.

## Identify Personal Barriers

The first step in practicing good self-care is identifying the personal barriers that are blocking you from caring for yourself. For many caregivers, it is the belief that putting their own needs first is considered being selfish. It is important to realize that caring for a loved one often requires more than one person. Only by taking care of your own needs can you properly take care of your loved one.

## Manage Stress

The key to managing your stress is to recognize what may be causing it. Is it because you have too many responsibilities? Are you unsure how to provide the best care for your loved one? Was it your choice to become the caregiver? If you find that you are frequently stressed, try finding activities and exercises that will reduce this. Common activities include walking, gardening, meditating, and socializing.

## Set Goals

As you move through the caregiver journey, think about setting some goals that

will help you take care of yourself. Keep your goals sensible and limited to a few months to make them easier to manage and achieve. Some goals you could set for yourself include: take a small respite once a week from caregiving, make a semi-annual appointment with your physician, or engage in an activity every week that you enjoy.

## Be Aware of Your Emotions

While mental and physical wellbeing is important, you also need to pay close attention to your emotional wellbeing. Caregiving for a loved one with dementia can be demanding and paying attention to how you are feeling is one of the best ways to understand your health and cope with what is happening. If you often feel overwhelmed by negative emotions, reach out to a friend, family member, or doctor who can help.

## Ask for Help

The role of being a caregiver is difficult, and no one should have to do it alone. Be proactive and avoid waiting until you are so overwhelmed and exhausted to reach out. If you find it difficult to ask for help, start by finding someone you can confide in about the challenges of caregiving and ask them for suggestions on where to get help.

Paying attention to your physical, mental, and emotional wellbeing and ensuring your own healthy lifestyle will allow you to continue caring for the one you love while enjoying your life with them as well.

*Dr. Dan Gowdy has been a leader for 28 years, developing care options for non-profit health care organizations. His initiatives have benefited individuals living with dementia, autism, and other developmental & behavior barriers. Dan is a certified leadership coach and a certified fundraising executive. He welcomes emails from readers at [dgowdy@sunsetmanor.org](mailto:dgowdy@sunsetmanor.org). Dan is currently the VP of Development at Waterford Place Memory Care.*

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**A PLACE**  
to keep on *Living*

**Question:** I saw a poster that advised people 65 or over with limited income and resources to apply for Supplemental Security Income (SSI). Next month I'll turn 65, and I thought I'd be eligible for SSI. I planned to apply until my neighbor told me I probably would be turned down because I have children who could help support me. Is this true?

**Answer:** Whether your children are capable of helping to support you does not affect your eligibility. SSI eligibility depends solely on your income and resources (the things you own). If you have low income and few resources, you may be able to get SSI. However, if you are receiving support from your children or from anyone living inside or outside of your home, it may affect your eligibility or the amount you can receive. Support includes any food or shelter that is given to you, or is received by you because someone else pays for it. Learn more about SSI at [www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi).

**Question:** What is the benefit amount a spouse may be entitled to receive?

**Answer:** If you are eligible for both your own retirement benefit and for benefits as a spouse, we will always pay you benefits based on your record first. If your benefit as a spouse is higher than your retirement benefit, you will receive a combination of benefits equaling the higher spouse's benefits. A spouse generally receives one-half of the retired worker's full benefit unless the spouse begins collecting benefits before full retirement age. If the spouse begins collecting benefits before full retirement age, the amount of the spouse's benefit is reduced by a



BY  
VONDA  
VANTIL

Now that the weather is beginning to warm, you might be planning a vacation or trip. Social Security is here for you when you're traveling, whether it's just a state away or when you're overseas.

Our online services page directs you to a wide variety of useful links at [www.socialsecurity.gov/onlineservices/](http://www.socialsecurity.gov/onlineservices/).

Through our online services, you can:

- Apply for Social Security benefits
- Get your Social Security Statement
- Request a replacement Social Security card
- Appeal a decision
- Find out if you qualify for benefits

Some of these features require you to have a my Social Security account, which is something everyone should have no matter what stage they are at in their working life.



our Retirement publication at [www.socialsecurity.gov/pubs/10035.html](http://www.socialsecurity.gov/pubs/10035.html).

**Question:** I know that Social Security's full retirement age is gradually rising to 67. But does this mean the "early" retirement age will also go up by two years, from age 62 to 64?

**Answer:** No. While it is true that under current law the full retirement age is gradually rising from 65 to 67, the "early" retirement age remains at 62. Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit [www.socialsecurity.gov/planners/retire](http://www.socialsecurity.gov/planners/retire).

*Vonda VanTil 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)*

## Traveling? You can still access social security online

If you already receive Social Security benefits or Medicare, you can create or log in to your personal my Social Security account to:

- Get your benefit verification letter (includes Medicare and SSI)
- Check your information, benefits, and earnings record
- Change your address and telephone number
- Start or change your direct deposit
- Request a replacement Medicare card
- Get a replacement SSA-1099 or SSA-1042S for tax season
- Report wages if you work and receive Disability Insurance benefits (SSDI) or Supplemental Security Income (SSI)

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percentage based on the number of months before he or she reaches full retirement age. For example, based on the full retirement age of 66, if a spouse begins collecting benefits:

At age 65, the benefit amount would be about 46 percent of the retired worker's full benefit; at age 64, it would be about 42 percent; at age 63, 37.5 percent; and at age 62, 35 percent.

However, if a spouse is taking care of a child who is either under age 16 or disabled and receives Social Security benefits on the same record, a spouse will get full benefits, regardless of age. Learn more by reading



vantage of these easy-to-use features. Also, share our online services page with friends and family, who might not know how easy and secure our website is.

*Vonda VanTil 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)*



BY  
JERRY  
MATTSON

# The Bookworm

Many of the readers of this magazine could probably be classified as bookworms. My mother would not have fit into that category, but among the items she'd stored in her cedar chest was a print titled The Bookworm. When, where or how

she came to possess this print will likely remain a mystery.

I thought the print was worth saving and had it matted and framed. In the hallway outside the room where I am typing this, it is a reminder of years gone by when mom had it and of many decades gone by when the painting was created.

The oil-on-canvas painting, 10.5 inches by 19.5 inches, was done by German painter and poet, Carl Spitzweg, in 1850. It is now in the Museum Georg Schafer, Schweinfurt, Germany.

The bookworm in this case is an elderly gentleman standing on the top of a ladder holding a book between his knees, one under his left elbow and is reading one in his left hand. He also appears to be holding another one in his right hand. Maintaining his balance

does not seem to be an issue.

The ornamental sign on the top of the bookcase indicates he is consulting books from the Metaphysik (Metaphysics) section.

My print of The Bookworm is about half the size of the original painting. The overall size is about 11 x 18 inches. At the lower part of the artwork is: Copyright by Max Jaffe, Vienna; No. 410; the painter's name spelled Karl, not Carl; the title of the painting; and Liechtenstein Galerie, Vienna.

I tried to find out more about the print and if it had any value. On-line were several different prints but none of them were exactly what I had. Other suggestions of local contacts did not lead anywhere. When I stopped by the White Lake Library, I talked to Pam Osborn about the print and began to describe it to her. She said, "Is it like that one?" as she pointed to a framed copy of The Bookworm on the wall.



We walked over to it and I told her about the notations on the bottom of mine. She took the piece off the wall and turned it over. There was the exact notation pasted to the back of the print. Someone had cut that off, perhaps thinking the piece would look better in the frame without the added notations. It had been donated to the library without any other additional information.

While in St. Petersburg, Florida a couple of years ago I was looking through a folder with a map and things to see and do in the area. An ad for Haslam's Book Store featured Spitzweg's painting. My wife and I headed there.

Once in the large store, we wandered around a bit, then spotted the framed, 24 x 36-inch image of The Bookworm near the checkout area. The employees we talked to said they knew of no particular significance to the painting.

Although I did not find the information I was seeking, I saw a copy of *Four Quartets* by T. S. Eliot on sale for \$1,600. We wormed our way out of the store, with two, much cheaper, used books in hand.

*Jerry would like to find out more about this print. If you have information on this edition of it, you may contact him at themattsons@hotmail.com.*

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# Traveler Tales

## Rolling Down the River



BY  
JAY  
NEWMARCH

Have I mentioned yet that getting around Germany was very easy, if not a bit hectic? Whether by airplane, taxi, bus, train, bicycle or rental car, we were game to race from one to the next. At times, it seemed as if it might well have been a scene out of the *Amazing Race*. Our nephew, who had never been witness to one of my frenetic foreign tours, raced behind with a wide-eyed sense of wonder.

Just this morning, we were up early to pack, drop off our rental car and grab our train that would take us from Trier to Cochem. In fact, we arrived at the station

early enough to race, yes race, to catch an earlier, faster train. While Trier with a population of just over 110,000, was no giant metropolis, we were about to shift down to a lower, slower gear.

We pulled into a tiny, long-in-the-tooth train station that looked like it had been there since the hills that surrounded it were formed. Welcome to Cochem, Germany, population 4,000. Our next mission was to find our latest mode of transportation, riverboat. We were about to set sail down the Mosel and Rhine rivers.

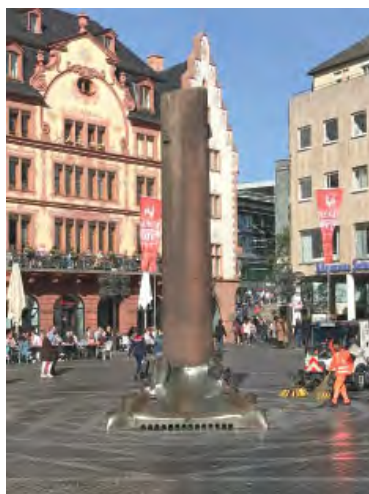
While my sister immediately went to her phone in an attempt to figure out where we were at and how and where we would get to boat, I stepped outside the station to gather my bearings. It took just seconds to realize that we weren't going to struggle to find our way. The front of the station faced the river and the riverboats were lined along the shore on the other side.

We soon had our luggage onboard our riverboat and walked back to the town to grab a late breakfast and take in the town. Cochem is an old town with winding streets that climb up the hills that surround the town square that lies along the river's edge. We wandered up and down the streets and whenever we got a clear view, you could see Cochem Castle that looked down on the town.

We decided not to climb to the castle as we knew we would be visiting it the next day before leaving Cochem but here's a tip: if you get a chance, take the walk up to the castle. We decided to walk down after our tour the following day and the views are outstanding. And, the restored castle is a sight to behold, too.

Our cruise from Cochem to Strasbourg, France, was only four days, but it allowed us to get a taste for river cruising and to explore the Moselle river and the Rhine Valley. We arrived in Cochem on our own, saving ourselves a bus ride from Strasbourg. Normally, the cruise company transports cruisers to Cochem as the cruise will take them back to Strasbourg.

We departed Cochem in route to Koblenz, where the Moselle River meets the Rhine River. At the confluence of the Moselle and Rhine Rivers is a giant monument, 121 ft. high, of Kaiser Wilhelm I atop a horse. Jutting out into the river, it demands atten-



tion. The original monument was destroyed during World War II bombing, but was reconstructed in the 90s.

We wandered around the town during the early evening before returning to the boat for dinner.

It was a short night as we wanted to make sure to get an early start the next morning because we'd be cruising down "castle row" and didn't want to waste it in bed. With a quick breakfast, we headed toward the foggy, cold top deck to claim our chairs. It was a chilly morning, but fascinating to see SO MANY castles roll by! Some near ruin, having been captured, burned and rebuilt a number of times. Others restored to their former glory. It seemed as if just about every nearby country came down the river and staked claim to castles at one time or the other.

We passed the Lorelei, a steep stone rock jutting into the Rhine. The rock was said to murmur at one point in time and myth had it that a beauty sat atop the rock distracting captains and causing them to run aground. We did not hear any murmuring and safely went on our way to Mainz.

In Mainz we were able to tour a part of the city, visit the cathedral and spend time at the Gutenberg Museum. It was thrilling to see two of the remaining 29 Gutenberg Bibles on display and to witness printing on a Gutenberg press. There were also displays of early Bibles and examples of the many items that were used to print on, including plants and cloth. Well worth the visit.

Check out the large Markt Square alongside the Cathedral, too. We were there just as the

booths were breaking down, but then the biergarten opened and we were witness to many strolling the square and surrounding streets with good-sized beers in hand.

With a walk along the Rhine, we concluded our visit to Mainz and headed by bus to Worms, where our ship had continued as we enjoyed our excursion. One last gala dinner and a good night's rest saw the arrival of Strasbourg the next morning. We didn't have much time to enjoy Strasbourg, although it looked delightful, as we were heading to Munich by train.

The cruise, as with ocean cruises, includes all meals and beverages. It's nice to move into your cabin and have it deliver you to your next destination. Taking a river cruise allows you to visit much smaller towns and meander down much smaller bodies of water than those allowed with larger cruise ships. It's a nice leisurely pace and an enjoyable way to see the countryside. I'd be happy to sign up for another river cruise and would recommend trying one yourself!

*Jay Newmarch is a marketing professional and graphic artist living in Kalamazoo, Michigan. Jay designs the Senior Perspectives publication for Senior Resources and is an avid traveller who takes every opportunity to visit different corners of the world.*



# A Caregiver's Perspective



BY  
ROLINA  
VERMEER

In her later years, Mom repeated herself often, telling the same stories over and over again. It was not always easy to sit patiently and listen to the same old story, told in the same way, over and over again. A broken record, I thought! Ugh! "I know! I know!" I wanted to shout! But I never did and I am so glad. I came to realize that Mom's repeated stories were really not so much that she had forgotten she had already told that particular account of something seemingly significant...or not...but that she was doing her own life review. I think that she was making sense of all the things that had happened to

her and all the events in her life that had seemed important or had had an impact on her. I'm sure Mom was examining the circumstances that made her life what it was.

And so I began to really listen to my mother as she told her stories once again. I found I could participate in her ruminations in ways I had not been able to when I was in a more passive listening mode. I started to ask questions. Even though I already knew the answers, I asked questions, and Mom began to answer. She shared circumstances and feelings and gave insights I had not known about or expected. They were rich moments of discovery for me and honored her stage of life review in ways that would not have happened had I not taken a moment and been a little more thoughtful in my listening.

As Mom grew frailer and more unable to remember her own life events, I thought of topics we could discuss that would give her an opportunity to come back to herself a little and enjoy the pleasure of looking back. We talked about all the houses she had lived in since she married my father and began homemaking for her own little household. I found as many photo-

graphs as possible of those places, and she marveled at the range of styles and places she had lived. And I marveled that, with a little prompting, she could recall specific details of each home and how each one was made to be welcoming and cozy. She could look back with pride at how she had created order and beauty in all circumstances, for herself and for those she loved.

I asked her questions about the war and about caring for her younger brothers and sisters when I thought I had heard it all. But I hadn't. It was rich and revealing and I learned more about myself in active listening than I thought possible had I merely tried to entertain Mom through another day.

Some days we sat in the car at the beach and Mom looked through binoculars across Lake Michigan -- to "England," she said. Of course. England. From her vantage point on the beach in the Netherlands where she grew up, it would be England. And she told me about taking the ferry to England and how she would like to take that ferry one more time. I had never known she had ever taken that trip. I felt her youth and independence as a young woman. I felt mine.

I am an older adult now, and while I am expecting many good years ahead I, too, look back and enjoy brief moments of recalling events and experiences that have given me pleasure or pause. I hope that if it's ever necessary, my caregivers will be good listeners and participate with generosity in my life review.

*Rolina Vermeer has won several national awards for her essays celebrating the life and inspiration of her mother.*

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# Keith's World

## One Room School House



BY  
KEITH  
SIPE

In many of our travels throughout Michigan, my wife Pam and I see many abandoned school houses. Some of these school houses have broken or boarded-up windows, overgrown bushes, and grass growing out of control. The wooden siding is mostly showing through the worn-off paint. Not the

same as it once was many years ago.

At one time, these bushes were groomed and kept in an attractive manner. The grass was neatly cut and the whole area was free from any debris and neatly kept. As I sit beside the road and stare at the vacant school house, I remember the sound of children laughing and giggling as they run around on the playground and try to catch each other in a game of tag.

While visiting the Traverse City area we found a one-room school house built in 1896, the Maple Grove School. The school closed in the mid-1950's, when the Maple Grove School consolidated with the Traverse City Public School system. Later it was purchased by a local artist who used it as a studio. Then later again, it was purchased to be converted into a home, but that never happened. It was not until 1998 that Dave and Joan Kroupa bought the school house and transformed it into the tasting room for Peninsula Cellars, moving out of their former location, which is the current Old Mission General Store. It still has many of the features of the old school. The chalk boards are still on the walls, but today they are used to write the names of different wines that are available.

In Muskegon, at 1659 North Buys Road, you will find the Maple Ridge School House. This school is just north of Giles on Buys Road. My son Brian, when he was in school, had the opportunity to attend the one room school house for a field trip. Brian's class experienced the "days gone by" when children attended such one room schools all over Michigan. My daughter Mindy had the same opportunity to attend Maple Ridge when she was in school.

Another one room school house that has special meaning for me is the VanKorlaar School. My cousin Bill and his sisters attended this one room school house in Fremont. It was a couple of miles south of Fremont on S. Warner Avenue. The school was named after Kate VanKorlaar. My cousin Bill said their neighbor Nellie DeBoer's maiden name was VanKorlaar, but wasn't sure if they were related.

One interesting thing about the school was the heating; it was by a stoker coal burn-



Maple Grove School



Maple Ridge School



VanKorlaar School

ing unit. The coal was delivered from a place on Merchant Street in Fremont. The stoker coal burner had to be filled every day by shoveling coal into it. The boys always wanted to have the job of filling it before leaving for the day. On weekends, Bill and his dad, my Uncle Adrian, would head over to the school to keep the stoker going.

VanKorlaar school was your traditional one room, which averaged around 25 kids. There was a recess in the morning and one in the af-

ternoon and everyone, always, went outside to recess. There was one swing set of three swings, with chains supporting wooden seats. Plus a teeter-totter with two boards (adjustable in three positions for balancing the different weights of the kids). That was it, no other play items. There was a ball field diamond (diamond in the rough, my cousin said) east of the school house.

Inside the school, in the front of the room was a picture of George Washington. There were black boards and a book-case with a complete set of encyclopedias. The kids would

hang their coats on hooks in the respective bathrooms for boys and girls. As you walked towards the main classroom you could hear the creaking of the floors with each step you took.

Most of the time students would bring cold sandwiches, but there was a stove and refrigerator. Since the stove was there, you were able to bake a Banquet pot pie...if you were lucky enough to have one. White and chocolate milk were delivered in small bottles. Sometimes, I was told, there would be a "square bottle" which, of course, everyone wanted. The milk was bottled in

Fremont at Greenwood Farms Dairy.

The school was built around 1900. It was constructed of brick instead of wood, and was a nice building. In the school's early years, it had grades K thru 8. When my cousin Bill attended, the grades were K thru 6. Bill was in the 6th grade in 1960. Two years later in 1962, the school closed for good.

Another interesting point: my mother went to the same school when she was growing up. The school was K through 8th grade then, and my mother went through all the grades. She was a smart lady and knew so much, one would have never guessed she only had an eighth-grade education.

*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*

# Wellness for Seniors Can Begin with a Woof!



BY  
SARA  
VLAS

When interacting with new acquaintances, it is our natural inclination not only to be polite, but to connect with another human through our preferred medium of common topics. The weather has long been an unspoken and agreed upon source of commonality, gently creaking open the doorway into the richness of a relationship with another person. However, at the ripe old age of 30, I have formulated my own theory about a topic that causes the other person to fling open the door and welcome you in. Are you ready? Just ask about animals.

Few and far between are the people who will not quickly become animated, sharing stories of their pets, both past and present, and any critters they might otherwise encounter. Genuine smiles will cross faces, phones will be taken out, pictures shared, encouragement to hear about your fur-baby. Clearly, pets are something that reaches down deep into the root of us and brings joy. It is natural then, that we have come to use animals in efforts to make our lives better, and the field of pet therapy is now an evidence-based and widely recognized tool in the effort for better physical, mental, and cognitive health, especially among seniors. Pet therapy can be divided into three categories.

- **Therapeutic Visitation:** Involves animals visiting those in hospitals, nursing homes, and centers. This is the most common type of pet therapy. It allows residents to experience the benefits of having pets around without the magnitude of responsibility animals require. Cats and dogs are the most commonly used animals for visitation therapy.
- **Animal-Assisted Therapy:** Animal-assisted therapy is a growing field that uses dogs or other animals to help people recover from or better cope with health problems, such as heart disease, cancer, physical therapy and mental health disorders.
- **Ownership/Residence Therapy:** Individuals own pets in their own homes or live with a residential animal in a community living setting.

Whether it is walking a dog or stroking a cat, pets are especially beneficial to the physiological health of seniors, with effects including decreased cortisol (stress hormone) levels, lower blood pressure, increased physical activity, and alleviation of bodily pain symptoms. As people age, they sometimes find themselves socially isolated or lonely, whether in their own homes or in a residential facility. This in turn leads to worsening of psychological problems, such as depression. Not only can pets provide companionship, but interaction with their handlers helps to alleviate feelings of loneliness

and boredom, can provide pleasurable memories, and gives seniors positive things to look forward to. Receiving the simple nonjudgmental acceptance or affection of an animal increases self-esteem and caring for an animal makes one feel needed. Pet therapy is also uniquely suited to those who may be living with some form of dementia or cognitive impairment. Seeing a cat or dog may provide mental stimulation by sparking memories of other pets and tends to stimulate communication or interaction. Health care workers have also noted that pet visits have the effect of reducing agitation, increasing appetite, and lowering levels of disruptive or aggressive behavior.

The benefits are not limited to larger furry animals either. Studies have shown that watching fish swim around in a tank or aquarium calms people down by reducing heart rate and blood pressure, which is why many dentist and doctor offices keep them in waiting rooms. Whether you are in your golden years or caring for someone who is, including some form of pet therapy can drastically increase quality of life. It need not be taking on the responsibilities of adopting a dog but can be as simple as setting up a fish tank or arranging therapy visits in a nursing home. Remember, little paws can have big impacts. Sara Vlas is completing her Master of Social Work degree at Western Michigan University with an emphasis in macro work and is interning at Area Agency on Aging of Western Michigan. Sara has always had a deep passion for animals and is interested in the myriad of ways that pets can benefit people.

## Answers for Word Search , Crossword Puzzle and Suduko on Pages 24 & 25

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

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

### Boggle Answers:

MOUSE HORSE KOALA OTTER  
MOOSE CAMEL LLAMA SLOTH

### Jumble Answers:

STASH MIGHT PREFIX NOTIFY

### Answer:

The backup quarterback was –  
PASSING TIME



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