

Senior Perspectives

KENT COUNTY EDITION

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SEPTEMBER | OCTOBER 2019

Pg 5 - Fair Housing for Seniors ■ Pg. 12 & 13 - Game Pages
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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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LAST WINNER: DARLENE CHRISTY OF LOWELL

The beach chair was found on page 21 in the beaches of West Michigan story.

Cooking for One Can Be . . . Frustrating, Challenging, Monotonous



BY
JACKIE
O'CONNOR

I'm an empty nester and though I have always prided myself in making good nutritious meals for the family, now I often am making dinner for one. I see great recipes in magazines and online but they usually make four or more servings. I can freeze the extras, but then I seem to eat

the same thing for several days. My other conundrum is the magazine recipe that calls for one teaspoon of a spice or special oil I don't have in my pantry. I could go out and buy that product, but then it'll sit in the pantry forever.

So I decided to try one of the "Meal Kits" delivered to your home. I select the type of meal I want from 30 different recipes. Each week two servings of two different types of meals are delivered to my front porch. The box includes all the ingredients for that meal including a main protein entrée, a vegetable, and a starch such as potatoes, pasta, orzo,



and rice or bread item. The box is completely recyclable and contains one to two ice packs depending on the time of year.

When I open the box, the fresh food inside is always well-chilled. The meat is high quality and the seasonings are measured out and packaged for the recipe provided. Colorful recipe cards include step-by-step instructions, and steps are written in order so that everything is finished cooking at the same time. You may have to do some washing and chopping of the vegetables included, but the only things you need to add to the cooking process from your own kitchen are salt, pepper, and olive oil.

The recipe cards tell you how long it should take to make the meal and they have been pretty accurate. There is also a nutritional analysis of one serving. Since I am concerned about sodium and don't like food too spicy, I can adjust how much of the spices, soy sauce, or other special sauces are added. In the past month I have had Seared BBQ Pork Chops with Mashed Sweet Potatoes,

Mediterranean Chicken on Orzo and Snap Peas, Calabrian Shrimp with Zucchini and Rice, and Harissa Meatballs with Green Beans.

The cost of the meals is about \$12 each. That cost is much less than going to a restaurant for a sit-down meal. With two servings of each meal, I can eat one for dinner and take one to work for lunch the next day. The ingredients are good for about five days in case you don't want to cook two days in a row.



With most meal kits, you can skip a week whenever you want or change the delivery date because you are out of town. I really like the variety, new recipes, and convenience. Some of the companies that provide meal kits are Blue Apron, Green Chef, Hello Fresh, Home Chef, and Sun Basket. I understand that Amazon might be getting into the business with Whole Foods, and some grocery stores like Kroger also have a similar service. Give it a try and make cooking for one, fun!

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.

Fair Housing Matters for Seniors



BY
LIZ
KEEGAN

Housing remains one of the most important decisions an older adult makes. As a result, the ability to fairly obtain adequate, affordable housing is critical to continued well-being and quality of life. Unfortunately, despite over 100 years of fair housing laws, housing discrimination against seniors remains prevalent and continues to be a significant barrier to housing choice. When illegal housing discrimination interferes with housing

choice, it not only takes away housing opportunity, but also undermines the respect that our seniors deserve. In order to uphold and honor the dignity and value of seniors, our community must provide its aging members with fair and equal access to a wide variety of housing opportunities.

Fair housing ensures the right to choose housing free from unlawful discrimination based on protected classes: race, color, religion, sex, national origin, physical or mental disability, familial status, marital status and age. Some local ordinances prohibit discrimination based upon sexual orientation and source of income. Federal, state, and local fair housing laws protect people from discrimination in housing transactions such as rentals, sales, lending, and insurance. The Fair Housing Act and Michi-



Fair Housing Center
of West Michigan

gan housing laws cover most types of housing including: senior living for 55 or 62 and older, independent living communities, assisted living facilities, continuing care retirement communities, skilled nursing homes, and more.

Fair housing protects seniors and ensures equal access to not only senior housing opportunities themselves, but also the associated amenities, services, and community features offered in senior housing. Any older adult should have equal access to the housing of their choice regardless of any protected class. Also, as an individual's housing needs change, fair housing rights specifically support older adults with disabilities in the pursuit and acquisition of reasonable accommodations or modifications that may be necessary to maintain their independence and age in place. The Fair Housing Center can assist older adults in asserting their fair housing rights as well as provide fair housing best practices and training to senior housing providers seeking to comply with fair housing laws.

If you or someone you know has experienced discrimination, the Fair Housing Center of West Michigan can help. Contact us to report or ask any questions 20 Hall Street SE • Grand Rapids, MI 49507. 616-451-2980 phone • 616-451-2657 fax • 866-389-FAIR | Contact-us@fhcwm.org • fhcwm.org

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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.



Upcoming Meetings:

September 20, 2019

October 18, 2019

November 15, 2019

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BY
KENDRICK
HEINLEIN

Older Adults as Caregivers

Every day data is distributed on the number of older adults turning 65. According to the United States Census Bureau, "By 2030, all baby boomers will be older than age 65. This will expand the size of the older population so that 1 in every 5 residents will be retirement age." (Iriondo, Jordan, 2018) This means the United States will experience something that has never

happened before: older adults will outnumber children. With this in sight, policy focus tends to center on improving care for older adults. Emphasis is put on increasing the number of aging resources, social activities, healthcare options, and nutrition. All of these are areas of need; but there is also another need that is becoming evident, and that need is helping older adults who are caregivers.

The Merriam-Webster Dictionary defines a caregiver as "a person who provides direct care (as for children, elderly people, or the chronically ill)." You will notice there is no age attached to who can be a caregiver, nor is there one for who can receive the care. Research shows that "34% of caregivers are 65+ years old." (National Alliance for Caregiving and AARP, 2015) With this data, it is evident that many older adults are caregivers. This can mean caring for their spouse, children, or grandchildren. The increasing number of older adults as caregivers means that focus needs to be given on meeting the caregiver where they are at in their stage



UPCOMING CLASSES

Thursday, September 26, 2019: Community Resources- Part 1: In- Home Options to Maintain Independence

Learn about a variety of options for care in a home-based setting, such as Kent County Senior Millage, Care Management Services, Medicare, Medicaid (including MI Choice Waiver), PACE, private duty home care, Adult Day Care, respite services, and much more.

Wednesday, October 30, 2019: Community Resources- Part 2: Transitioning to Long Term Care or Other Facility Placement

Learn about resources related to transitioning into long term care or a facility. Topics include: hospital observation vs. admission, assisted living, and nursing homes (and payment options for both), how to choose a long term care facility, caregiver burden/guilt, patience choices/rights, right to nursing home discharge, advocacy, and communication strategies.

To Register: (616) 222-7032 | registration@aaawm.org



Location:

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

of caregiving, which is something the Area Agency on Aging of Western Michigan (AAAWM) strives to do. We have Family Caregiver University, which provides practical education and support to caregivers in West Michigan, one class at a time. All classes are taught by community experts and are open to individuals providing care to their family members. Class topics include how to find community resources, dealing with loss, learning about dementia, and much more. AAAMW also provides funding for classes for grandparents who are raising their grandchildren. Grandparents raising grandchildren classes include learning about technology and educational activities to do with grandchildren.

Older adults who are caregivers should not feel at a loss when looking for resources and help. AAAMW realizes this and would be glad to assist anyone who is looking for caregiver resources throughout the nine counties that we serve.

Kendrick Heinlein is a graduate of Grand Valley State University. He joined AAAMW in 2016 and started working on the LGBT Initiative in January, 2017. When he is not looking up new transportation options for older adults, he enjoys exploring new nature trails with his wife, son and dog.

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BY
BOB
CALLERY

MMAP Open Enrollment

It is Medicare Open Enrollment time. Health insurance companies are filling your mailbox full of advertising for their various insurance plans. Your television and radio are being inundated with more advertising from those same insurance companies. You are ready to unplug your phone because you don't want another robo-call asking you to join a different insurance plan. It feels like we just went through all of this yesterday and now we need to do it again!

Medicare Part D prescription drug plans and Medicare Advantage plans provide coverage for each individual calendar year, January through December. While the majority of companies keep their plans in place from year to year, they are allowed to make coverage changes to their plans each year. Premiums, deductibles, and copays can change. The medications your plan covers can change. The pharmacy and doctor network of your plan can change. The purpose of the fall Open Enrollment is to allow you to review the changes that your plan will be making, compare that coverage to the other plans that are available, and then change plans if you think there is a better option for you.

For many beneficiaries, after spending a little time reviewing all their plan options they determine that staying in the same plan will be their best option. If this is the case, there is nothing that you need to do to automatically roll over into the same plan for next year. Automatic roll over becomes problematic when beneficiaries don't spend the few minutes to make sure their plan is still the best option. Once Open Enrollment is over and the new calendar year begins, you are locked into your plan for the next year unless you qualify for a Special Enrollment, such as moving or becoming Medicaid eligible. If you did not change plans and there is an expensive medication that your Part D plan no longer covers, you might have to pay full retail cost for it. If your doctor no longer accepts your Medicare Advantage plan, you might have to pay full cost to meet with your doctor or find a different doctor for the next year. No matter how tedious this can be, it is important to check your plan each year.

Medigap plans, also known as Supplement plans, have yearly premium increases as beneficiaries age. After a number of years, a Medigap plan premium might become unaffordable. Unlike Part D prescription plans or Medicare Advantage plans, Medigap plans do not have a yearly Open Enrollment period. As a result, beneficiaries can shop and try to change to a different Medigap at any time during the year. However, medical underwriting can prevent a beneficiary from enrolling into a Medigap. At this point, the beneficiary could drop the Medigap and pay the Medicare A and B deductibles and copays, or they can enroll in a Medicare Advantage plan during the fall Open Enrollment period.

MMAP, the Michigan Medicare Medicaid Assistance Program, is a statewide volunteer program that provides unbiased help answering Medicare questions and explaining benefits for beneficiaries, families, and caregivers. You can reach your local office by calling 1-800-803-7174, the same number on the back of your *Medicare and You* book. Healthcare is expensive and can put significant pressure on your budget. Reviewing your coverage options each fall Open Enrollment is a simple way to make sure that your healthcare dollars are not being wasted.

Bob Callery is the Regional Coordinator for MMAP, Michigan Medicare Medicaid Assistance Program. MMAP is the State Health Insurance Assistance Program (SHIP) in Michigan. Bob received his MSW from GVSU and has been with MMAP for over 7 years. Bob enjoys going camping with his wife Meghan and two children Kelvin and Teegan, working out in the yard, and running around with their pet Boston Terrier, Rozwell, and two Great Danes, Takoda and Moose. Bob can be contacted by email at BobC@aaawm

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☐ Metron, Page 9

☐ Waterford Place Memory Care, A Sunset Community, Page 13

☐ The Cottages at Martin Lake, Page 15

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

FREE INFORMATION



BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Fruit Crisp

Filling:

6 cups sliced fresh or frozen Peaches /
Cherries / Plums or combination of
your choice
2 tablespoons cornstarch
Juice from 1 freshly squeezed lemon
1/3 cup granulated sugar or Splenda/
Stevia (I use Stevia)

Topping:

1/3 cup all-purpose flour
1/2 cup brown sugar or Splenda /
Stevia (I use Stevia)
1 cup cold butter
2 teaspoon ground cinnamon
1 teaspoon nutmeg
1 teaspoon ground allspice
1/4 teaspoon salt
2 cups rolled oats
1 teaspoon vanilla

Preheat oven to 350° F.

Arrange fruit evenly in an 9x9-inch or 11 x 7 baking dish. Squeeze lemon over fruit. Mix together cornstarch and granulated sugar. Sprinkle over fruit and lemon juice.

Mix flour, brown sugar or Splenda/Stevia, butter, cinnamon, nutmeg, ground allspice and salt in a bowl using a pastry cutter until evenly crumbled. Fold oats into flour mixture; add vanilla, sprinkle and press topping into fruit.

Bake in the preheated oven until topping is lightly browned, about 30 minutes. If using frozen fruit bake additional 10 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.



BY
STACI
GERKEN

Cooking with Staci

Fall Quinoa Salad

Ingredients

2 medium sweet potatoes
1 1/2 tbsp olive oil
black pepper, to taste
1 cup quinoa, uncooked
2 cups water
2 handfuls dark greens
(spinach and/or arugula)
1/3 cup dried cranberries

Dressing

5 tbsp red wine vinegar
1 1/2 tbsp Dijon mustard
1/2 tsp dried oregano
1 tsp basil
1 clove garlic, minced
(or 1/2 tsp garlic powder)
1/2 cup olive oil

1. Preheat oven to 425 degrees F. Peel and chop sweet potatoes. Place on a large cookie sheet and drizzle with olive oil and black pepper to taste. Stir sweet potatoes to distribute the oil and pepper. Roast in the oven for 15 minutes, stir, and return to oven for an additional 10-20 min until desired tenderness is reached.
2. While sweet potatoes are roasting, begin the quinoa. Rinse the 1 cup in a fine mesh strainer. Add quinoa and water to saucepan. Cook according to directions on the package.
3. Toss quinoa and roasted sweet potatoes together in a large bowl. Allow to cool.
4. Prep the dressing. Add all of the ingredients together in a bowl and whisk together.
5. Coarsely chop the dark greens and add to the cooled salad along with the cranberries.
6. Toss the salad with desired amount of dressing. You may not use all of the dressing depending on your preference. Only dress the salad you plan to eat that day, as it is best eaten within a few hours of being dressed. If leftovers are desired, store salad and dressing separately.

Optional additions: Avocado, chicken, sunflower seeds, pumpkin seeds, goat cheese

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
ANNE
ELLERMETS

Going Back to School this Fall

September can evoke a “Back to School” feeling even if it’s been a long time since you’ve

had children in your house or been in school yourself. I was always happy to start school again each fall. While my sons didn’t always share that same excitement, I thought it was fun to take them shopping, help them prepare for the new school year, and anticipate all the great things they would learn in the coming year. Now that summer is over, why don’t you consider going back to “school”?

Many community colleges and universities offer educational programming for older adults. You can audit a class, which means that while you pay for the class, you don’t receive a grade or credit. Not worrying about the grade you are going to

receive could help add enjoyment to the class! Grand Rapids Community College offers healthy aging exercise classes which provide a great opportunity to get fit, stay active, and socialize. For more information email workforcetraining@grcc.edu or call 616-234-3800. Calvin University offers the Calvin Academy for Lifelong Learning (CALL). This is membership based (\$40/year) and they offer quite a nice variety of programming for persons aged 50+, including a free one-hour noontime series. Contact call@calvin.edu or call 616-526-8777. Aquinas College has the Osher Lifelong Learning Institute (OLLI) which also offers some wonderful classes with a variety of topics. For more information call 616-632-2430.

Senior Centers, located throughout your com-

munity, are a great place to enjoy classes and special programs. You can take a painting class, participate in a cooking demonstration, learn a new craft, attend a travelogue to learn about a new country, and listen to a local expert present on a topic you would like to learn more about. Contact the Area Agency on Aging of Western Michigan at 616-456-5664 for a listing of senior centers in your community.

If you are a book lover like me and spend time at your local library, ask the staff there for information on events. They are usually at minimum to no cost, and they offer a variety of educational opportunities including computer classes and health and wellness programming. Bookstores are another option as it can be very enjoyable to attend an author’s reading of their book. I hope you will take advantage of these educational opportunities and have fun going back to school this fall!

Anne Ellermets is the Director of Contract Services & Program Development at the Area Agency on Aging of Western Michigan. She enjoys traveling with her family, reading, and is always up for a game of Scrabble or tennis.

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Authors of West Michigan Ms. Hen's Pen

BY
TRICIA
McDONALD

What do you name a spunky, intelligent and fun character who gets into fixes but solves her own problems? To author Amy Henrickson there was no question. Lottie Gunderson was named after Henrickson's great aunt, a career woman ahead of her time who drove a purple Rambler. "I admired everything about her bright, fun, independent, and generous spirit."

Lottie Gunderson, Girl Scientist series for young readers, was created when Henrickson, while working at an elementary school library, discovered that most early reader chapter books had thin story lines and many of the female protagonists were fairies and princesses. She believed that girls could be anything, including scientists, mathematicians, and astronauts. In *Lucky Lottie*, Henrickson's first book in the series, Lottie learns about digestion and the science fair when she swallows her lucky dime. Three Lottie stories follow with *Spotty Lottie*, *Rocky Lottie* and *Lakey Lottie*.

Henrickson, a Grandville native, got the bug to write fiction about ten years ago. Finding it difficult to tap into imaginative writing, she took courses at the Iowa Writing Summer Festival to gain the confidence to write freely without too much self-criticism. "Writing, for me," Henrick-

son said, "is a weird compulsion." She looks at her world and experiences, all day / every day, and thinks about either writing about or painting them. She gets them on paper once her thoughts are sufficiently formed.

At this time, Henrickson's favorite book is her newest fiction, *Lara of the North*, set in Iceland in 1705. It tells the story of fifteen-year-old Lara



who is travelling with friends when she is thrust alone into an unexpected three-year journey. Henrickson states that one of the most fun aspects of writing fiction is when a new character pops out of nowhere to change the trajectory of the story. "I cried when a character died in *Lara of the North*."

In addition to fiction, Henrickson also has two non-fiction books. *John Ball* is a biography of the West Michigan pioneer who donated land for the Grand Rapids, Michigan park and zoo that bears his name. *Let's Explore Mackinac Island* includes history, highlights, travel tips, a walking tour, a quiz, and many illustrations including photos and maps. Kids can use it for school reports; families planning a trip will find it invaluable with all the information compiled into one handy book.

As an elementary teacher, Henrickson was often called Ms. Hen by her students. She also had a large collection of chicken tzotchkes. One day the name Ms. Hen's Pen popped into her mind and stuck. Her daughter helped her create an orange chicken logo to go with the title, as well as her website www.mshenspen.com.

So what advice would Ms. Hen's Pen give to new writers? "Be good observers of people, conversations, and life experiences. Read. Develop a writer's eye when reading. Trust yourself and your own process."

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 compila-

tions of stories chronicling life with her miniature bull terrier. *Quit Whining Start 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 author's books.

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Brian Hauenstein

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Ask the Provider

LET'S GET PHYSICAL: Move More, Sit Less



BY
THOMAS
FOSTER, MD

Courtesy of Mercy Health

You hear it from your doctor, you see it on TV, and your family members keep encouraging you to get moving.

Why is it so important for everyone, including seniors, to get moving and stay moving? What are the benefits of regular physical activity?

The short answer is that you will most likely feel better, reduce your health care costs and have greater independence by remaining more mobile.

Question: What are the major types of physical activity? How often do you recommend seniors do each type of activity?

Answer: A: There are four major types of physical exercise:

- **Aerobic:** Walking, jogging, bicycling, gardening, shoveling snow, etc.
Suggested minimum recommendation: 30 minutes of aerobic exercise 5 times a week.
- **Muscle Strengthening:** Weight training, weight-bearing calisthenics or resistance training.
Suggested minimum recommendation:
2 non-consecutive days of week
- **Flexibility:** Putting on shoes, reaching, bending and lifting.
Recommended: Two times a week for 10-20 minutes
- **Balance:** Yoga or Tai Chi to improve stability, prevent falls and reduce injuries.
Recommended: 2 times week

Question: What are some ways lack of physical activity can affect our bodies as we age?

Answer: From mid-life on, age 45 or so, our bodies typically decline without regular physical activity:

- Aerobic Capacity: A decrease of 1% per year
- Muscle Mass: A loss of lean muscle mass of 1% per year
- Muscle Strength: A loss of 2.6-4.1% per year

Question: How can regular physical activity improve my health?

Answer: One important benefit of regular physical activity is improved outcomes with chronic disease, such as

- Vascular disease
- Diabetes
- Hypertension
- Osteoporosis
- Obesity



- Cancer of the breast and colon

Question: Are there other major health benefits from regular physical activity?

Answer: Yes, regular physical activity improves mental health, reduces cognitive decline and reduces the chance of falls and fall-related injuries. In fact, seniors who are active have a greater three-year survival rate than those who were sedentary.

Conclusion: Remember to check with your primary care physician (PCP) before starting an exercise routine. Your PCP will best advise you on a safe activity level for you. Listen to your body and report any concerns you may have.

Don't be afraid to get a trainer or an exercise partner who can show you how best to get started. They can help you get moving and

show you the basics, which should include warm-up and cool-down steps. Group activities can be a fun way to meet people, too.

Once you have begun to include regular physical activity into your life, you will realize that the road to a healthier life is a marathon, not a sprint.

Dr. Thomas Foster is with the Mercy Health Physician Partners.

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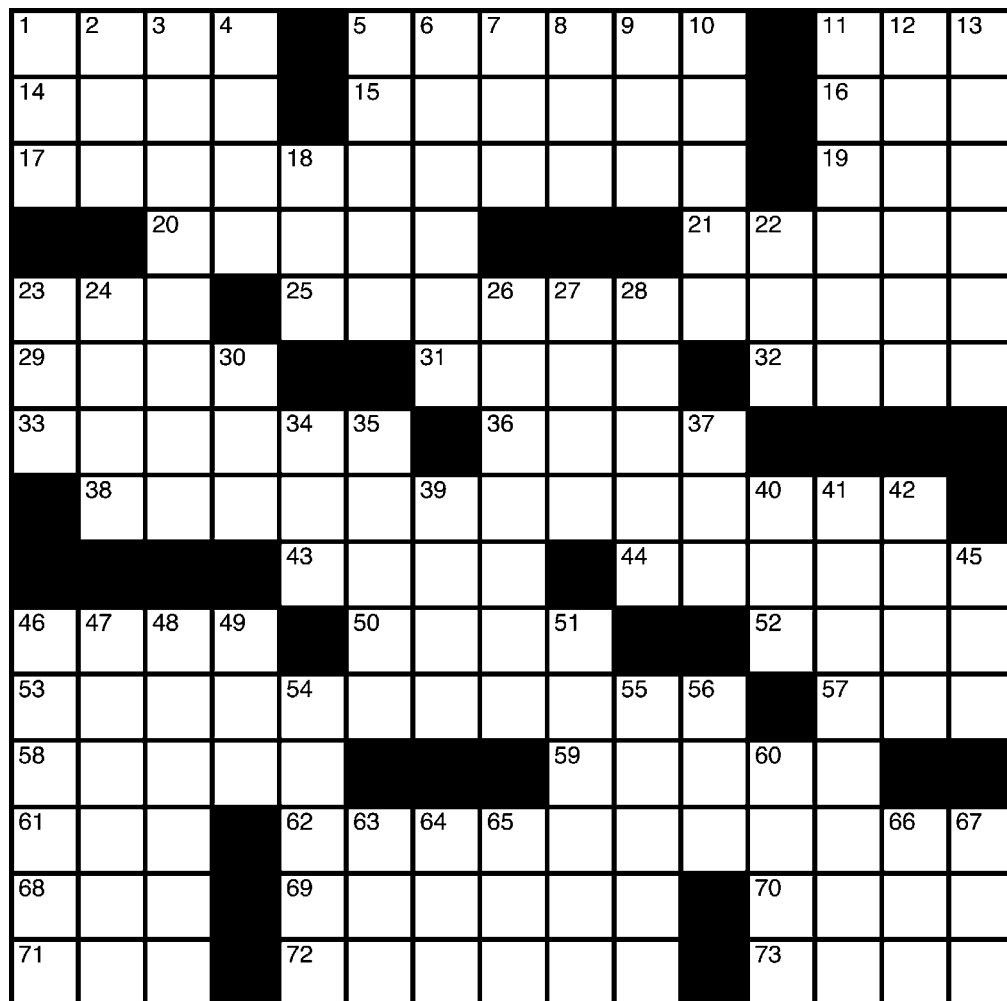
ACROSS

- 1 "Stay out of my affairs," briefly
- 5 Briefly, e.g.
- 11 CFO's degree
- 14 Window section
- 15 Like the sound of tall grass in the breeze
- 16 "___ the ramparts ..."
- 17 Pizza topping veggie
- 19 Dusting cloth
- 20 Slugger ___ Harper of the Nats
- 21 Stylish, clothes-wise
- 23 Remit
- 25 Traditional filled fare of Europe and West Asia
- 29 Preppy shirt brand
- 31 Japanese noodle
- 32 Replaceable joint
- 33 Much-photographed evening event
- 36 Showroom model
- 38 Salad staples
- 43 Unexpected obstacle
- 44 Revealing, as a bikini
- 46 Eye care brand
- 50 Savings vehicles for later yrs.
- 52 Copied
- 53 Baked-in-their-shells seafood dish
- 57 NFL scores
- 58 Car body style
- 59 Saltwater candy
- 61 Covert ___: secret missions
- 62 Down payment ... and what 17-, 25-, 38- and 53-Across have in common (besides being food)
- 68 Sara of baking
- 69 Band on the road
- 70 Franc replacement
- 71 Oral health org.
- 72 Emphasize
- 73 French state

DOWN

- 1 Fuel efficiency no.
- 2 Pirate's cry
- 3 Singly
- 4 Bar pint contents
- 5 Pet adoption org.
- 6 Nerdy types
- 7 BMOC, for one
- 8 Sixth sense, for short
- 9 MLB scoreboard letters
- 10 "In Treatment" star Gabriel ___
- 11 Salt brand with an umbrella girl

- 12 Fab Four member
- 13 Socks pattern
- 18 Metropolis served by JFK and LGA
- 22 Noah's project
- 23 Circle ratios
- 24 Blue, in Baja
- 26 Spanish groceries
- 27 Adam's second son
- 28 Fun and ___
- 30 Mar.-to-Nov. hrs.
- 34 UFO pilots, presumably
- 35 Belted Forum garment
- 37 Wine barrel wood
- 39 Siena sweetheart
- 40 Through, in itineraries
- 41 Remove everything from, as a fridge
- 42 Zoomed
- 45 NFL gains
- 46 Coke competitor
- 47 Snuck out to get hitched
- 48 Queasy feeling
- 49 Strike caller
- 51 Abs strengtheners
- 54 Religious factions
- 55 Neck areas brushed by barbers
- 56 Not working today
- 60 At no cost
- 63 Museum display
- 64 Fem. campus group
- 65 Shade of color
- 66 Org. for marksmen
- 67 Tyke



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JUMBLE

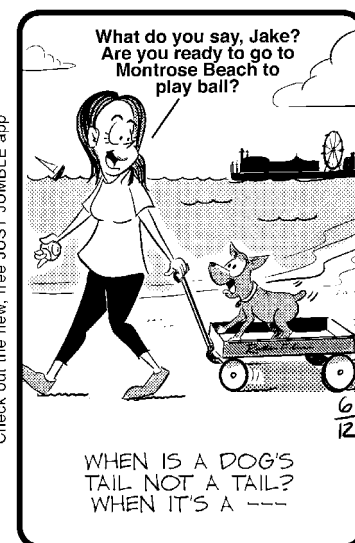
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

IMCMI					
VAUAG					
WADNET					
TIRAGU					

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THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



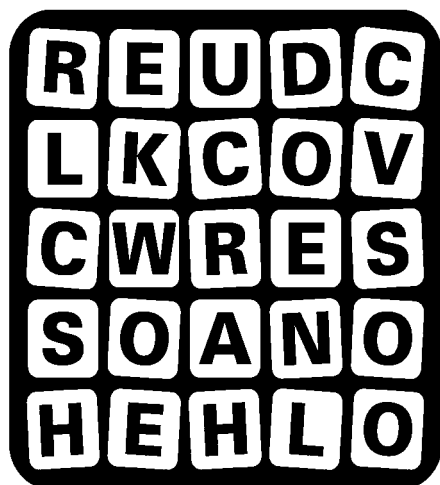
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here: " " " " " " " " " " " "

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

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

Find AT LEAST EIGHT FOUR-LETTER BIRDS in the grid of letters.

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_____	_____
_____	_____
_____	_____
_____	_____

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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

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

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Understanding Options to Maintain Independence



BY
STEPHANIE
HECKSEL

One of the greatest fears people have as they age is the loss of independence. In fact, many people assume that eventually their independence will be lost and they will end up in long term care. Unfortunately, as a result, many people do not seek help until they are in a crisis.

This does not have to happen. Needing assistance does not mean losing independence. There are a number of resources and services available to help older adults age in place.

For older adults and caregivers alike, knowing what resources are available and getting connected to support early can help individuals maintain independence and dignity as they age. The following provides a brief explanation of the resources individuals may pursue to help them remain in their homes.

Private Duty Home Care: This is care that is typically provided by an agency. Common types of private duty care services are personal care, homemaking, meal preparation, and medication reminders. Agencies may vary in the amount of care they offer as well as how much their hourly rates are. Some agencies may accept insurance, such as Medicare or Medicare Advantage plans. Insurance plans have specific criteria that a person must meet in order for care to be covered by their plans. What is typically covered is referred to as “skilled home health care” and is generally meant to provide short-term rehabilitative services. It is usually up to the individual to cover the cost of any day-to-day “nonskilled” care. It is a good idea for people to talk to an agency about the potential cost they may face.

For those who cannot afford private duty

care, there may be other options available. Several programs are available to lower-income individuals to help them age in place. The services offered help meet the needs of individuals in their homes and also provide some relief for their caregivers who may feel overwhelmed and strained while trying to help their loved ones. There are criteria that must be met for eligibility and sometimes there is a waiting list for services, which is why it is important to plan ahead. After an initial screening, an individual would be assessed to determine the services they need. Below is a review of the programs and services available to older adults.

Care Management: A Care Management team comprised of a social worker and nurse coordinates the care an older adult might require to remain independent. Care managers would set up services for personal care (i.e. bathing), homemaking (i.e. vacuuming, laundry, other light housework), and/or respite to individuals age 60 and up who live in an independent setting and need some assistance meeting their ongoing needs.

MI Choice Medicaid Waiver: MI Choice Medicaid Waiver is a long-term care program designed to be an alternative to nursing home placement. The first step for enrolling in this program is a prescreening interview over the phone, with available financial information. Once eligibility is confirmed, an in-person assessment is conducted with a registered nurse and licensed social worker. This team and the individual will develop a person-centered service plan and services will be coordinated to ensure that an individual’s needs will be met in the setting (s)he chooses on an ongoing basis.

PACE: PACE is an all-inclusive program geared toward individuals who may otherwise qualify to reside in a nursing home setting. Once enrolled in the program, in-

dividuals will benefit from PACE being the provider for all of the things they may need: primary care, dental, vision, podiatry, pharmacy, adult day center, and transportation.

Adult Day Health: Centers are offered in some areas and can have a medical focus, social focus, or both. Individuals can go to the center where the staff may offer some personal care as well as meals and social activities. This can be an option for someone who cannot be left alone because of safety risks but may not have a caregiver who can be present with them at home.

Adult Home Help: Helps to meet personal care as well as homemaking needs of an individual who meets criteria per the Michigan Department of Health and Human Services (MDHHS). There are income guidelines, and the person must be eligible for Medicaid in order to be considered for this program. Often a person may have a paid caregiver in place to assist with ongoing needs.

To learn more about these programs, plan to attend our next Family Caregiver University class on Thursday, September 29, 2019, 1:00 – 3:00 p.m. In our class, “Understanding Options to Maintain Independence,” we will have experts from different fields available to explain programs more in depth and to answer your questions.

For a full list of Family Caregiver University classes provided by the Caregiver Resource Network, please call (888) 456-5664 or visit www.caregiverresource.net.

Stephanie Hecksel, LMSW is an Outreach Specialist with the Area Agency on Aging of Western Michigan

Caregiver’s Corner is provided as a public service of the Caregiver Resource Network. The Caregiver Resource Network is a collaboration of West Michigan organizations dedicated to providing for the needs and welfare of family and professional caregivers within the community. Funded by the Area Agency on Aging of Western Michigan with Older Americans Act Title III-E, Family Caregiver Support funds.

Something to Think About



BY
JERRY
MATTSON

On December 28, 2018, Tom and Ilene Oleniuk left Houghton Lake on a three-day road trip to Auburndale, Florida. There they would meet friends and spend three months away from the snow. Due to the lack of an available room at their regular stop, they drove about 60 miles farther and

checked in to a motel in Georgetown, Kentucky. They settled in and then went out to dinner. This would be their last day together.

The next morning, Ilene got up and tried to wake Tom but found he'd died in his sleep. It was a shot out of the blue. She was shocked and alone.

Ilene alerted the front desk to call EMS. They arrived soon, followed by the Sheriff and, later, a funeral director. She was treated kindly by all concerned. Another

room was provided for her and a daughter who flew in from Orlando. Paperwork was prepared and signed. Tom, 76, was cremated the next day. With her daughter at the wheel, Ilene's trip to Florida continued.



In June of 2019, Tom was remembered at a gathering of his car friends in Houghton Lake. How many of us have been on trips with our spouse, or other traveling companions, far from home and never considered finding ourselves in Ilene's place? I know my wife and I never have. What would you do? It's something to think about.

Discuss and write down how you would want things done. Give a copy of your wishes to your close relatives; those likely to be involved in funeral plans. Better yet, meet with someone at the facility that would handle the funeral and make plans. This helps all involved, whenever and wherever the death occurs.

In the unlikely event that a death happens while on the road, decisions need to be made quickly. If the person is to be cremated, or the body prepared for shipment, a local funeral home would be involved. Funeral home personnel would also know what documents need

to be prepared and filed to comply with that state's regulations. If a death occurs in a foreign country, the complexity becomes much greater, as the U. S. Consulate becomes involved in processing required documentation.

According to information provided by Chad Davignon, Family Service Counselor at Sytsema Funeral and Cremation Services, Inc., a few thousand Americans die each year while abroad. Shipping remains to the U. S. costs are in the thousands. Within the U. S., shipping costs range from \$1,500 to \$3,000.

Davignon also mentioned that there is a MASA Out of Area Protection Plan on the market for \$449. This is a one-time fee for a policy that covers the cost of body preparation and transportation home. The company coordinates with local officials to arrange transportation of the deceased, relieving much of the stress for family members.

Death is not a popular discussion topic, but it should be talked about. Why not address some of the details now? Your wishes will be known and this may reduce the stress for your survivors. It may be time to think about it, and make preparations.

Jerry and his wife, Suzette, join several other custom and vintage car owners in Houghton Lake for annual trips to the Labor Day car show in Manistiquie in the U. P.

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Frederik Meijer Gardens Announce Latest Events and Exhibits



Rebecca Louise Law: The Womb

September 20, 2019 – March 1, 2020 at Frederik Meijer Gardens & Sculpture Park

In this impactful gallery exhibition, Rebecca Louise Law: The Womb, new work by the artist will be presented in an immersive installation in the Balk Gallery. Law's use of natural materials, mainly floral, encourage the viewer to experience the relationship between humanity and nature.

British installation artist Rebecca Louise Law uses dried and fresh plant material to create site-specific installations that dazzle the senses. In this impactful gallery exhibition, Rebecca Louise Law: The Womb, new work by the artist will be presented in an immersive installation in the Balk Gallery. Law's use of natural materials, mainly floral, encourage the viewer to experience the relationship between humanity and nature. The natural decay of the plant material makes this exhibit time-based and encourages frequent visits to observe the process of drying. A big believer in sustainability, Law also reuses dried plant material that has been displayed in her previous installations. Law has exhibited at Kew Royal Botanic Gardens, Nivaagaards Collection, Chandran Gallery, NOW Gallery, bo-lee gallery and Toledo Museum of Art.

Director's Walk

October 15, 2019 from 6:00 - 7:00 PM at Frederik Meijer Gardens & Sculpture Park

Frederik Meijer Gardens & Sculpture Park is a place where one can experience masterpieces of art and nature to delight your senses at one of the nation's premier horticultural display gardens and sculpture parks. Join the directors of the Sculpture and Horticulture departments in exploring one of the places where this combination of nature and sculpture is emphasized—the wildflower meadow with Mark di Suvero's sculpture, Scarlatti, right at the center.

Fee: Included with admission

Instructor: Laurene Grunwald, Director of Sculpture, Art Collections, Exhibitions and Installations, Steve LaWarre, Director of Horticulture



BY JIM
POWERS,
LMSW

Personal Thoughts of Caregivers

Question: Do caregivers ever reach the point in their role as a caregiver where they experience thoughts that are unsettling to them?

Answer: Primary caregivers do not volunteer for their job as care aide, driver, appointment scheduler, accountant, behaviorist and family CEO. It is thrust upon them through illness and circumstances. They do come to accept their role of caregiver as part of a loving commitment to their family member. This responsibility does not mean they are immune to periods of sadness, anger, resentment, isolation, worry and guilt. Many caregivers do not readily discuss these thoughts and resultant feelings with the general public or even relatives and friends.

Question: What are some of the thoughts they may experience?

Answer: Caregivers are confronted with a number of stressful circumstances in dealing with a loved one who has advancing dementia. It is perfectly normal and at times therapeutic to express their thoughts and feelings when recognizing the decline in their family member and dealing with the increased demands this decline precipitates. A major concern raised by caregivers is who would care for their family member if the caregiver were to experience an incapacitating illness. Worry about staying healthy becomes a paramount concern for them and can lead to health issues if they do not reach out to others for help and support.

Question: Can resentful thoughts cause additional difficulties for the caregiver?

Answer: Resentment can become a pervasive feeling when the caregiver

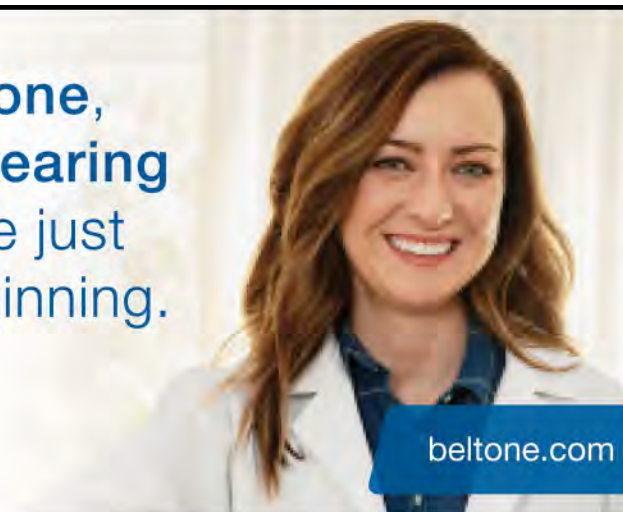
has to take on multiple roles and does not see any relief from this obligation in the near future. Resentment can seep into consciousness when the caregiver has planned for an idyllic retirement in his/her golden years with their spouse only to have these plans dashed due to chronic illness. Some caregivers have come to resent seeing couples their age in public settings who seem to be happy and healthy. Resentment can morph into a sense of guilt for the caregiver and may cause some sense of self-condemnation and lead to suppressing negative thoughts. Airing some of these thoughts to a close friend or a support group may help the caregiver recognize their thoughts are not unique to them and are normal reactions to emotionally challenging times.

Question: What is the most troublesome thought a caregiver might experience?

Answer: It is not uncommon in the later stages of the disease to wish the loved one would die. The caregiver struggles with their established value system that all life is precious while enduring the painful reality that the person they love no longer has a quality of life he/she would have wished for themselves. Verbalizing these contradictory thoughts to others can be liberating and validating as well as helping the individual cope emotionally on their caregiver journey.

Jim Powers is a licensed social worker who has clinical experience in the mental health field. He currently serves as the caregiver support group leader at the Little Red House Adult Day Care Services in Spring Lake. The group meets on Thursdays at 10 a.m. Jim can be reached at powersj@charter.net

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BY JACKIE
LINDRUP
RDH, M.Ed.

"He Got the Music Genes!"

Have you ever known one of those people who would take up a sport, like downhill skiing, and the next year be a ski instructor?

That's what happened with music with my brother Charlie. Growing up in Grand Rapids with a more talented younger brother was frustrating, but he's been exciting to watch. He just made it all look so easy! When we were young, Dad used to ask us kids to perform for family entertainment. He remembers Charlie playing the piano and looking out at the audience before his feet even touched the ground! We took piano lessons as kids, and I had to practice hard every day. Charlie would quickly learn a classical piece, then improvise and play the tune in a variety of ways, jazzing it up, or spinning it to sound like a Rock 'n Roll tune.

Charlie attributes the biggest influence of his musical life to our mom, who trained as a classical opera singer in college in addition to her English teaching major. She was the soloist in the South and later East Congregational church choirs in Grand Rapids while we were growing up, and was always singing around the house. He remembers playing records for hours as a three-year-old. Eight years of piano lessons honed his theory and skills, as did singing in school and church choirs. He discovered Rock 'n Roll music on the radio in the late '50s and early '60s listening to Buddy Holly and Elvis. At 13 Charlie decided to teach himself how to play guitar to imitate his heroes. In high school, he put together a band that played for us after the football games. They even earned money, and that sold him on the idea of being on the stage. I was a proud older sister, and amazed he could get out in front of a crowd of kids like that and play guitar and sing!

At Michigan State University, Charlie majored in Political Science and minored in Music. But truly all Charlie wanted to do was play with the bands. He slipped away from his studies to play music any chance he could, and I think they made him sit out a semester because he was not putting in the time with his studies. But he finished. That was a family rule! He played in a club band after college that earned him an audition for the Ted Nugent Band in 1977. He won it, and soon was recording Gold and Platinum albums with Ted ("Cat Scratch Fever" and "Weekend Warriors") and headlining concerts all over the world. In an interview my brother did called "The Weekend Warrior Interview" about his time with Ted Nugent, he said Ted and the band let him have some wiggle room and use his creativity as the new guy in the band, which he really appreciated. The interviewer asked if there was one particular show that stands out in Charlie's memory from those days. Charlie said, "After a show at the Spectrum in Philadelphia, these girls jumped out of the balcony onto us as we were trying to exit the stage. Crazy, but it kind of made us feel like celebrities!"



In the late 1970s I was living in New Orleans. I remember our excitement driving to Baton Rouge to hear my brother play with Ted Nugent. We snuck him out the back door with us to New Orleans for the night! We almost ran out of gas on those roads that are built high over the swamps, with no gas stations between Baton Rouge and New Orleans. We were holding our breath and praying the car didn't stop and strand us.

In the '80s he played with Gary Moore (of Irish Guitar Hero fame) and Victory, a German-based hard rock band. In the '90s he played with Humble Pie. Then the band Foghat called him out of the blue and invited him to join the band in 2000, after the passing of their lead singer/guitar player. The story was that their lead singer had personally picked Charlie to follow in his footsteps. Foghat had been around since the 1960s and was famous for songs like "Slow Ride" and "A Fool for the City." These past 20 years with Foghat touring across the U.S. doesn't account for all his time. There have also been private events, Rock 'n Roll Cruises, fundraisers, celebrity golf tournaments and special guest appearances. I think my biggest thrill was when Foghat played twice at Summer Celebration here in Muskegon at Heritage Landing! It was so exciting to

see thousands of people out there enjoying the music as the sun set over beautiful Muskegon Lake!

I remembered hearing that Charlie has "perfect pitch" and wondered what it was like. He explained, "You hear the tone in your brain and reproduce it with your voice and then you can figure out intervals easily." Really. Well, that's why you won't see me in



charge of a "sound check," writing music, or singing on the stage! Ask the guy in my family who got the music genes.

Jackie Lindrup RDH, MEd. lives in Muskegon, MI with her husband Tom and enjoys traveling, hiking, biking and golfing. She is the director of Volunteer For Dental, a new non-profit in Muskegon that offers free dental care for volunteer hours. She is a 2018 award winner for travel writing by the North American Mature Publishers Association – serving the Boomer and Senior Markets. Email her at jackielindrup111@gmail.com.

Normandy 2019

the 75th Anniversary Year of the Allied Invasion



BY
LOUISE
MATZ

In May of this year, I took my first ever trip to France. My well-traveled sister and I booked a Gate 1 small group tour. Paris offers so much to see -- the Louvre and the Mona Lisa, the Eiffel Tower, Champs Elysees. I was particularly surprised to see the River Seine and what a big part it plays in Northern France. We toured cathedrals, castles, and vineyards in Northern France. Claude Monet's home and garden was a particularly special treat. Touring and learning about making Champagne and visiting a working farm to enjoy Camembert cheese and Calvados, the region's well-known apple-based brandy, gave us a flavor of the more rural

areas. The elegance of the Palace of Versailles, where the Treaty of Versailles was signed at the end of World War I, was beyond my imagination. As much as we enjoyed the elegance, the artwork, the wine and the gardens and learning about French history and culture, the most meaningful portion of this trip was the three days we spent immersed in the history of the Allied Invasion along the Normandy side of the English Channel.



To begin, after another lovely dinner, our group was addressed by a World War II historian who helped us gain a greater understanding about D-Day and the beaches where the Allied forces landed 75 years ago. What an amazing story. What an incredible plan! And, what courage and sacrifice! So much I didn't know. He tied everything together for us. He told us why the invasion took place where it did and how that came about, how the five different beaches came to be named, how the Allies communicated with the French underground, the engineering required for the beach landings, and so many other details that made it come alive for us.



The next day began with a visit to Ste. Mere Eglise on the Cotentin Peninsula, where the allied invasions began on June 6, 1944, a day long remembered for the bravery and sacrifice of the U.S. troops. Private John Steele was the American paratrooper who landed on the pinnacle of the church tower in Sainte-Mere-Eglise, the first village in Normandy liberated by the United States Army. A dummy paratrooper hangs from the church spire, commemorating the story of John Steele.



Our next stop was at the Ranger Memorial at Pointe du Hoc. It was here we could tour the bunkers and see the steepness of the 100-ft cliffs that were scaled by the allied forces.

Top to bottom: Ste. Mere Eglise, Ranger Memorial at Pointe du Hoc, View from top of bunker at Point du Hoc, Private John Steele at Ste. Mere. Eglise.

La Pointe du Hoc is a promontory overlooking the English Channel on the northwestern coast of Normandy. During World War II it was the highest point between the American sector landings at Utah Beach to the west and Omaha Beach to the east. We ended our day by stopping and viewing the memorials at the beaches of Utah and Omaha.



The next morning, we wrapped up our history lesson by touring the American Cemetery and the WWII Memorial Museum, with its detailed chronology of the events that took place in this region, real life-size exhibits and memorial gardens dedicated to the United States, Canada, and the British.

Golf, gardening and grandchildren were primary interests at retirement for Louise. Since that time, her interests have 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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Keith's World

Trailside Restaurant

New Era, Michigan



BY
KEITH
SIPE

Many years ago, I met my aunt and a few cousins at the Trailside Restaurant in New Era, Michigan. It was a nice restaurant with home cooked meals. While visiting the restaurant, my aunt pointed out some photos on the wall by the booth we were sitting in. One was a school photo from the 1920s of my aunt's husband and two of his sisters. (My mother's brother and two sisters.) I'm not sure if my mother was born at the time of the photo.

On my mother's side all of the children were born in New

Era. They attended the New Era Reformed Church. Sometime in the 1930s they moved to the south of Fremont, Michigan, on the NE corner of M-82 and Luce. It was exciting to see the photos on the wall at the Trailside Restaurant. Many relatives from the Ten Brink clan lived in the New Era area. I'm sure many are still living in the area today, and I don't even know who they are. It is a small town by most standards of today.

I have thought of searching for the old farm, but never did look into taking on the project. I'm sure I will in due time. That might be a great adventure -- digging into some old files to see what I can find.

Each year I plan an event to do with each grandchild. Last year, 2018, I called the day "Anything Can Happen Day with Papa." It is a fun day with each grandchild, Samuel, Jack, Kendell and Owen. But this day was with the second oldest, Jack.



We started by heading up north from North Muskegon, taking the back roads. It was around lunch time when we were going through New Era that I remembered eating at the Trailside Restaurant. I thought it would be a good idea to stop and have lunch with Jack and share with him the photos on the wall. I picked a booth by the photos of my aunts and uncle so that I could share with him the story of the photos. I wasn't surprised to find that Jack didn't have much interest in the family photos. I'm sure he thought, "Who cares about those old people?" But I said, "It was your great aunts and uncle," and again, I'm sure he was thinking "Who. Cares." He was more excited playing with a game that was on the table -- a

piece of wood shaped into a triangle with many holes in it that contain golf tees. You take a tee and jump another until they are all picked up, and maybe there is one left or something like that, I'm not sure.

I did interrupt his concentration once when I pointed out there was a Christmas tree still on display, but with different types of decorations. Jack said, "It's summer, why is there a Christmas tree still up?"

I would recommend stopping at the Trailside Restaurant sometime when you are up in the New Era area. It was a good place to get some good old-fashioned home-cooked food. After eating, we continued our adventure, which eventually ended in a game of miniature golf north of Silver Lake.

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.

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National Assisted Living Week

Sept. 8th-15th



A Spark of Creativity is the theme for the 2019 National Assisted Living Week. The National Center for Assisted Living hopes the theme will encourage residents and caregivers to get their creative juices flowing and think about trying something new or exploring innovative ways to improve care and senior community life.

Studies show that seniors living in a community live longer and healthier lives. As seniors and care providers, let's work on *A Spark of Creativity* during National Assisted Living Week to introduce something new for our residents or improve the services we

provide in our communities.

The staff at The Cottages at Martin Lake in Fremont have come up with some creative ways to improve quality of life for their residents when designing the home and with activities and care provided. They started with the question "What would I want, if I were a Resident?" The list is long, but some of the creative ideas relate to the residents' families such as suites for couples, baking days for residents so they can make their grandchildren's favorite treat, Saturday morning pancake breakfasts, a toy closet, and fishing derbies, to name a few.



Senior Volunteer Fair

Friday, October 11th from 10a.m.-Noon

At Salvation Army Ray & Joan Kroc Corps Community Center

2500 S. Division Ave. Grand Rapids, MI 49507

Join us to learn about community services and volunteer opportunities available for seniors in the greater Grand Rapids area. For information, call 616.222-7042

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A Caregiver's Perspective

BY
ROLINA
VERMEER

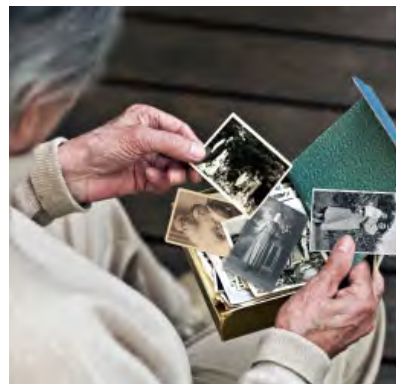
I'm feeling the passage of time.

It's been two years since my mother's passing. Two Years!!!! Life has been jam packed with, mostly, all good things. Of course all the closing chores of her beautiful life have been addressed. But, I admit, I've been distracted just enough... or lazy enough...to have a few boxes that still need to be dealt with and the jewelry boxes and some precious things I'm saving for when the grand children are ready for them...which in today's minimalist atmosphere will never come. Ah well.

My expectation was that I'd be free of the care and concern of the worldly goods of the previous generation. So

many books! So many dishes and kitchen things and mugs! The mugs! Oh my.... But the paper...it's the paper that is taking my breath away. I'm hoarding the tax returns my father saved neatly every year dating back to 1979. To what end? I'd thought they would not be waiting for me to take to the shredder, which for me is the emotional equivalent of erasing a whole portion of my accountant father's life. Yet, there they are. And until I do something with them, they will be there. I looked at my own pile of tax returns...shelved chronologically dating back more than the conventional wisdom guidelines require. I see tax returns that date back to a youth that feels like yesterday and yet at my age is literally almost a lifetime ago!

And then there are the card boxes. I think I've saved almost every birthday card and thank you note ever written to me. I call it my *feel good file* and when I'm a little down, the cards can be a real upper...cheerful, positive, life affirming! All the care



that went into those cards and notes cannot easily be dismissed. The cards I've tossed do not leave a bit of dust in my memory. But those I've saved are treasures to me now. Crazy, isn't it? The boxes of cards accumulate... yes, more than one after all these years...and now I've had to add

all those cards mom saved as well. Some of hers were written before I was born. She was a young woman at the beginning of her adult life. Her photographed youth and elegance and sweetness bring back memories of my own childhood and a way of life that's clearly left behind in today's fast paced world. I love my life today but I loved my life then, too, and miss it as I look back and remember the family events and intimate conversations with my parents.

In Mom's last years she spoke often of her childhood and the life she shared with her seven younger brothers and sisters. Mostly, she longed now for the attentions of her father and her mother. They were the people who loved her most and unconditionally. It's been two years since my mother died and I miss her more each day.

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

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BY
TOM
APPEL

Making Your Voice Heard

At some point a group or organization you belong to may need to make its voice heard. Or maybe you notice something going on in your community that you would like to speak up about.

I offer the following techniques that have been successful:

- 1. CLARIFY WHAT YOU WANT** – What needs to happen? Ask people who are “in the know” so that you can gather more information. Put your position in writing if you would like to formalize your thoughts.
- 2. EDUCATE YOUR OWN GROUP** – Share your thoughts with your group and seek input from others. You may want to research the topic together and come up with a joint statement.
- 3. GO TO THE RIGHT OFFICIAL** – Make sure you find out who is the key person in the organization and ask that person(s) for background information before taking action. Ask how they have handled similar situations/ concerns.
- 4. WORK WITH OTHERS IN A COALITION** – In addition to your own group, consider working with other groups that have similar concerns. There may be other groups that have different philosophies but agree on your same issue.
- 5. SET A STRATEGY YOU CAN CARRY OUT** – Start with a clarification of the issue and then develop questions to strategize. Work on being cooperative rather than confrontational. Consider if you want a broad coalition or a narrow one. Do you want quiet discussions or demonstrations? What

kind of resources do you have to cover expenses? Develop a plan to connect with officials, key persons and the media.

6. KNOW THE INTERESTS OF REPORTERS – Find out who specializes in your area of interest and work with reporters on your “beat.” Try to meet with reporters to get your information distributed and remember to send routine information to the media. Consider publicizing the problem before the solution and use public meetings to get coverage.

7. BE CIVIL, TRUTHFUL AND REALISTIC – When you meet an official or key person, be prompt, be gracious, tell the truth and ask only for ethical actions and be realistic. Also remember to be respectful, positive and brief. Do not argue, threaten or be sarcastic. Don’t preach and don’t wander away from your main points.

8. DURING YOUR MEETINGS – Observe body language of the people you are speaking with and anticipate opposing arguments. Have a suggested solution.

9. AFTER THE MEETINGS – Make sure you say “thank you” and also thank any staff assistants that may have helped you. Don’t forget to follow through on anything you have promised.

10. FOLLOW UP AND KEEP AT IT – One shot efforts usually don’t work so continue to meet regularly with officials or key persons if you have the opportunity. Invite them to your meetings and make an effort to serve on advisory boards that focus on issues you care about. Try to put your own group members on boards and commissions.

11. CONTINUE TO EDUCATE – Speak to groups and clubs about your issues. Participate in fairs and events and support the officials or key persons who support you

Tom Appel is a Grand Rapids native. His professional career involved 22 years with the Michigan Department of Civil Rights and 10 years as the Equal Opportunity Officer for the Columbus Ohio Police Department. Since retirement in 2002 he has been volunteering in senior advocacy initiatives in various capacities.

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

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

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

Boggle Answers:

SWAN LOON DUCK LARK CROW
WREN DOVE HAWK

Jumble Answers:

MIMIC GUAVA WANTED GUITAR

ANSWER:

WHEN IS A DOG’S TAIL NOT A TAIL?
WHEN IT’S A – “WAGGIN”



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