

Senior Perspectives

JANUARY / FEBRUARY 2026

MANISTEE, MASON, MUSKEGON,
OTTAWA & OCEANA
COUNTIES



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Reflections on a New Year



**BY LOIS
TOMASZEWSKI**
EXECUTIVE
EDITOR
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There are rituals in life. Traditions that we hold dear, and practices which become almost automatic because we have done it enough times. The start of a new year is one of those.

When I was little, being allowed to stay up to celebrate the New Year was wonderful. It

was almost a rite of passage to be able to stay awake until the stroke of midnight. A quick hug and a kiss with my parents and my sibling, and it was off to bed. It is the same so many decades later - watch until the ball drops, surrounded by loved ones, and then off to sleep.

But that famous ball drop is only the first of the many things that will make us smile, bring us close together and serve as the markers through our journey in the next 12 months of 2026. From the festive New Year's with the parade, football games and dinner traditions, February brings Valentine's Day and Presidents Day. March is the start of spring and the joyous Easter season for Christians. April may start out as a holiday for pranksters, but the Earth begins to renew, shaking off the confines of winter and bursting forth with color and vitality.

The rest of the months offer their wonders, each with a special celebration or observance. Time, as they say, flies. And in what seems like a long time away in January, it will again be time to turn the page of the calendar to 2027.

According to many cultures, the New Year symbolizes a fresh start - the Tabula Rasa - a time to look back on the last year and see the lessons that were learned along the way. After all, every adventure and misadventure carry the opportunity to learn and grow in knowledge, perspective and compassion. The same could be said for the start of every day. Reflecting on what happened in the 24 hours before can bring healing, recharge energy and mend what may have been broken with misspoken emotions or by not doing the right thing. Both the annual and daily beginnings are opportunities to do better, appreciate others and become the person we strive to be.

Rituals keep us connected to our roots and our memories. Keeping traditions alive to pass on is an important part of family - whether that family is related by genealogy or simply a gathering of people who are important to us.

Embracing new rituals is also important because when something becomes routine, it often becomes a chore. As life progresses, the things we did as children are not always the best choice. That is why integrating a new tradition is important. It creates new memories and can bring new life to celebrations and cherished togetherness.

My hope for 2026 is that my circle of friends will widen, new memories will be made, and those I care the most about will be safe, happy and fulfilled.

SAY IT WITH MUSIC



**BY
CLIF
MARTIN SR.**

It would be difficult to name a personal favorite Irving Berlin song. It might not be “White Christmas” which he wrote beside a pool in sunny California.

Some music historians say it was Arizona, but there was no snow. He is reported to have told his secretary that he had just written the greatest song ever. He might have been right.

it an annual favorite in the film of the same name. Gene Kelly was supposed to be Judy's singing and dancing partner but he had a broken ankle.

“God Bless America” would be a contender for the top spot on anyone’s list of Irving Berlin’s greatest contribution to American life. He wrote it for a musical show in 1918 it didn’t quite fit. So it was put on the shelf until Kate Smith sang it on the radio in 1938. It became our second national anthem.

I don't know if Irving Berlin

ever visited a Michigan farm, but one of his early hits was "That's why I wish again I was in Michigan down on the farm." Perhaps he thought "Michigan" was a funny word that needed a rhyme.

The only
sad Irving
Berlin song
that I'm aware

"Easter Parade" would be high on my list. For that one, he wrote new words to an old song, "Smile and show your dimple," that never became popular. Judy Garland and Fred Astaire made

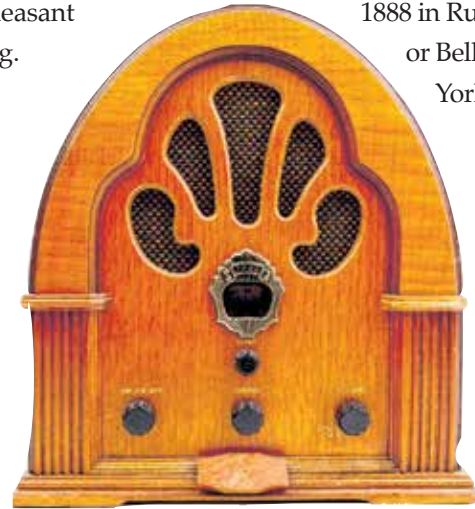
of is "When I lost you." His first wife contracted typhoid fever on their honeymoon and she died just a few months later. "I lost the sunshine and roses, I lost the heavens of blue. I lost the

gladness that turned into sadness
when I lost you."

At my first radio job we had
a program of pleasant
music for dining.

It opened with
Berlin's "Say it
with music."

Look it up
and enjoy
rhymes like
"A melody
mellow played
on a cello helps
mister cupid
along. So say



it with a beautiful song."

This is my third or fourth article
in tribute to a great American, born
1888 in Russia as Israel Baline
or Bellin. Died in New
York at age 101.

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**ONE ENTRY
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The answer, along with winners' names will be announced in the next issue. In the last issue, the feather was hidden in the image on page 28. See page 34 for winners.

“She Saved My Life”

Grand Rapids resident Dawn had been experiencing the painful side effects of Peripheral Neuropathy, “my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life.” Then she met Grand Rapids’ very own acupuncturist, Corinne Conry, MSOM, LAc.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. “How can you live for the next 30 years when you don’t even want to get out of bed to do simple things?”

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. “The way that I would describe it, it’s equivalent to walking on glass.” Dawn hadn’t worn socks in five years and was wearing shoes two sizes too big so that nothing would ‘touch’ her feet.

Unfortunately Dawn’s story is all too familiar for the over 30 million people in the U.S. suffering from Peripheral Neuropathy.

If you’re unfortunate enough to be facing the same disheartening prognosis you’re not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You’re struggling with balance and living in fear that you might fall. Your doctor told you to ‘just live with the pain’ and you’re taking medications that aren’t working or have uncomfortable side effects.

Fortunately, four months ago Dawn

read an article about Corinne Conry, MSOM, LAc and the work she was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications.

Corinne Conry, founder of the Acupuncture Center of Grand Rapids (ACGR), is using the time-tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.



“Now when I go to bed at night I don’t have those shooting pains. I don’t have that burning sensation. I don’t have pain coming up my legs,” Dawn enthusiastically describes life after receiving Corinne Conry’s treatments. “I can wear socks and shoes!”

Dawn and her sister are now walking the trails regularly, sometimes covering up to 5 miles a day.

“It’s life-altering. As far as I’m concerned Corinne saved my life!”

Corinne Conry, MSOM, LAc has been helping the senior community for over 10 years using the most cutting-edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed ‘hopeless’ or ‘untreatable’, she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Grand Rapids and beyond.

If you’ve missed too many tee times because of pain or you’ve passed on walking around the lake because you’re afraid of falling, it’s time to call Corinne Conry, MSOM, LAc and the staff at ACGR.

It’s time you let your golden years BE GOLDEN!



**BY
CORINNE
CONRY
MSOM, LAc**

Corinne Conry MSOM, LAc is a Licensed Acupuncturist in the State of Michigan. With over 10 years of experience, Corinne specializes in chronic complex conditions. She is an expert in chronic pain, neurological conditions, autoimmune conditions, geriatrics and more.



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Depending on assistive technology



BY
CHRISTINE
WISTROM

Like most older Americans, I want to end my life living in my own home. It's getting harder and harder to do that though and I am learning to depend

on assistive technology to keep me independent. I have a list of items I use almost daily so I can stay in my own home rather than live with a relative or going into a nursing home.

I've become quite good a "furniture surfing." That's what they call it when you move from furniture item to item holding on to them in order not to fall. My balance got worse when I developed A-fib earlier this year. So, I now use a 4-wheeled, seated walker to get around in my home. It allow me to move faster and without hanging on to the counters and chairs as I go from room to room. When I go out, I use a cane. It gives me that added sense of security for not falling and it's a big help when I'm going up and down the stairs to my mobile home.

I have a reacher to help me pick things up off the floor, or those things I keep on the upper shelves in my kitchen. I picked up an electric can opener too since the arthritis in my hands has gotten worse and a manual can opener is too difficult to operate.

I have a long-handle shoehorn to help get my shoes on. It can be a real challenge putting socks and shoes on following hip replacement surgery. I can manage without a sock aid, but the shoe horn really helps.

Fortunately, I haven't had to give up doing all my crafts now that I've retired. I use a handheld magnifying glass so I can see my work better. I also have some puff-paint I've used to mark a few of the temperature settings on my stove so I'm sure where the temperature is set each time I use it.

These are a few of the items I use to stay independent. I know I'll need more as time goes by, and that's okay. I'm paying attention to the areas I'm starting to struggle with so I can check on what's out there to help before I need it.



I want to age in place, in my own home, if that's possible. I'm going to use whatever assistive technology I need to do just that! If you are struggling with remaining independent in your home and would like to discuss assistive technology items that might benefit you, please call Disability Network Lakeshore at 616-396-5326. We'd be happy to talk about what's out there that might prove helpful to you.



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

ASK THE DOCTORS:

Overuse of curcumin can cause GI distress



BY EVE GLAZIER, M.D. AND ELIZABETH KO, M.D.

DEAR DOCTORS:

I am a 67-year-old physically active man. I was taking turmeric three times a day for several

weeks to reduce workout-related inflammation. I ended up in the hospital with an abscess and small intestine perforation. I have read excess turmeric may cause this. Please comment.

DEAR READER: Turmeric is a flowering plant in the ginger family. This plant is native to India and has been used as a spice for more than 4,000 years. In addition to lending a sweet, earthy flavor to a wide range of dishes, turmeric contains a number of biologically active compounds. Perhaps best known of these is curcumin. Curcumin

has been shown to have anti-inflammatory, antioxidant and possibly antiviral properties. Historically, traditional Chinese, Indian and Thai medicine have used turmeric. More recently, it has become a go-to in alternative medicine in the U.S. Turmeric and curcumin are used for a number of health conditions. They can ease pain and inflammation and reduce stiffness. They can also help with the decreased movement from conditions such as osteoarthritis.

A body of research has found that curcumin can derail some biochemical pathways involved in inflammation. This includes blocking the activity of signaling molecules that contribute to joint pain and swelling. These mechanisms, along with the antioxidant qualities it has, have increased interest in curcumin. It may be an aid in managing the chronic low-grade inflammation and oxidative stress that are biomarkers of metabolic disease.

One problem researchers have bumped into is that, when taken by mouth, curcumin is poorly absorbed by the body. The ability for a substance to be absorbed is known as bioavailability. This is an important aspect of any kind of medication. When someone ingests turmeric, only small amounts of the curcumin it contains can enter the bloodstream. So dietary supplements add certain substances to improve absorption. This can include piperine, which is a black pepper extract, and dietary fat.

Although turmeric and curcumin can be beneficial, it is possible for overuse to cause gastrointestinal side effects. These can include stomach discomfort, indigestion, nausea, loose stools and diarrhea. That said, there is no credible evidence that this would lead to an intestinal perforation or abscess. These are serious conditions that typically arise from infection, obstruction,

reduced blood flow or underlying disease. Also, an abscess or an intestinal perforation would take far longer to develop than a few weeks of turmeric use.

When a serious medical event occurs with, or closely follows, a change in routine, like adding a supplement, it is understandable to infer a connection. Based on what we know about turmeric and curcumin and the timing in your case, this connection seems unlikely. They are probably not the direct cause of your intestinal issues. However, because turmeric can affect bleeding risk and interact with certain medications, we urge you to let your medical care providers know you have been using it.



Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

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Living with Dignity and Independence



BY KIMBERLY WILCOX

Director of Marketing and Communications for Senior Resources

At Senior Resources of West Michigan, we are on a mission: to help older adults in Muskegon, Oceana, and Ottawa counties live safely and independently in

the place they call home. Through programs like the **MI Choice Medicaid Waiver**, we provide essential support such as in-home care, medication management,

and help with daily tasks—so individuals can remain in their homes or community settings rather than move into long-term care facilities.

This program is more than services; it's peace of mind. It's the reassurance that when life changes unexpectedly, help is available to keep you secure and connected.

One of the many people whose life was transformed by the MI Choice Waiver Program is **Mary C. Jones**, a woman whose decades

of service to Muskegon reflect the very values of community and resilience. Her story reminds us why programs like MI Choice are so important and how they make a difference when it matters most.

A Life of Service Deserves a Life Lived with Dignity

On a fall afternoon in Muskegon, Mary C. Jones sits near a sunlit window in her new downtown apartment. From here, she can see the lake and skyline of familiar landmarks in a city she's helped shape. At 82, she still carries the calm, clear voice that once steadied a City Council chamber. "Service," she says, "is just common sense applied with heart."

Mary's story is woven into Muskegon's civic fabric. In 1986, she became the city's second female mayor, a proud achievement that reflected her quiet determination and people-first leadership style. After her husband passed away, she went back to school at Muskegon Community College to study business administration. That step opened doors to state-level work, including a 15-year appointment as jury commissioner for Muskegon County, named by Governor James Blanchard and the Chief Justices. She served on the County Jury

Board, the Boundary Commission, and the Job Training Council, helping to implement new laws and making sure residents understood how government could work for them.

She remembers those years with pride and with stories. One favorite: hosting potlucks at her historic downtown home, where neighbors, colleagues, and even the Governor once gathered in the parlor. "That house saw a lot of community," she says with a smile.

But time brings changes. A stroke, health issues, and a fire that destroyed the mobile home she shared with her son left Mary facing new kinds of challenges. Her savings were depleted; her health was fragile. "I didn't know what I was going to do," she says. "I had worked hard all my life, and suddenly, it was all gone. I was without a home, and it was scary to be going through that at 80 years old."

It was her sister, already receiving help from Senior Resources of West Michigan who encouraged her to call. That call connected Mary with Jennifer, a supports coordinator who shared her values: clear information, practical options, and dignity in decision-making. Jennifer helped Mary enroll in the MI Choice



Mary with Beth her Senior Resources Supports Coordinator



1981 when running for office

Medicaid Waiver program, which allows older adults to remain in their homes or community settings rather than move into long-term nursing facilities.

With Jennifer's help, Mary replaced lost documents, found and coordinated housing, and secured essential services like medication management and in-home care. The support was steady, respectful, and real, it was what Mary had spent her life trying to provide for others.

"This Medicaid program was my lifeline. It became a real

lifesaver for me," Mary says. "Without MI Choice Waiver, I am not sure where I would be. This program allows me to stay in my beautiful new apartment and afford necessities like medication on my fixed income. I have a personal emergency device that I wear and someone that comes in twice a week to help with housekeeping and grocery shopping. This bit of help allows me to stay in my own home living independently."

Now, Mary is rebuilding. Her apartment at Renaissance Place is

filled with light. She keeps up with local news, reconnects with old friends and neighbors, and reflects on the systems she once helped to shape. "I spent years telling people government and community are here for you," she says. "Now I know firsthand how good it feels when that promise is kept."

"When life changes suddenly, it's easy to feel unmoored," Mary says. "I am so grateful for the help I receive from Senior Resources. It is allowing me to feel safe and secure again and to know that I have a home and that I can stay here with a bit of help for as long as I can."

She turns back to the window, the afternoon light warming the room, proof that resilience and community can share the same address.

If you or someone you know could benefit from this program please reach out, we are here to help. Call Senior Resources and speak with an options counselor at 231-733-3585 or visit us online to learn more at www.seniorresourceswmi.org.



Mary at home



A protest Downtown



Sunset from her apartment



Kimberly Wilcox serves as the Marketing Communications Manager at Senior Resources of West Michigan, the Area Agency on Aging for Muskegon, Oceana, and Ottawa Counties. In her role, she leads public relations, digital marketing, and community outreach efforts. A recent transplant from Michigan's "Eastside," Kimberly and her husband are now living the dream on the famed "Best Side," enjoying life near the shores of Lake Michigan.



A sunny day

HOUSE NUMBERS: There is a lot to those numbers



BY
JACK R.
WYDECK

I was talking to a group of 3rd graders at a local elementary school and I asked them a question I knew they knew the answer to. “If there

is an emergency, what is the phone number we call to get help?” And just like every other time I ask this question, the answer popped out of them like popcorn: “911!” they all shouted.

I instantly follow up with, “What is the first question they are going to ask you?” This time, the enthusiasm dies down. In a much quieter chorus, I hear, “What is your emergency?” And from the back of the room, one student calls out, “What is your address?” That, of course, is the correct answer.

By now, I’m energized, so I ask, “How many of you know your full address—your house numbers and your road?” Suddenly, it feels like the air has been sucked right out of the room. Not a single hand goes up.

So I jump into a story about how important it is to know your address so the 911 dispatcher knows where to send help. But afterward, I realized I had never really thought about what life was like before addresses.

When I got home, I started asking my wife and kids what they would do if addresses as we know



them were never invented. That question cleared the room pretty quickly. They hate listening to me go on about things like this. Since no one wanted to entertain my curiosity, I opened my computer—and went down a deep rabbit hole.

HISTORY OF HOUSE NUMBERS:

In ancient times, homes were identified by the family who lived there or by a distinct landmark. That worked fine when communities were small. But as cities grew, particularly during the Roman Empire, that system became confusing and inefficient.

One of the earliest documented house numbering systems appeared in Paris in 1515, when officials completed a city census and used numbers to track homes. Some historical sources say the purpose was to help tax collectors; others say it was to help monarchs track military-aged men for conscription. Either way, the numbers weren’t put in place to help people the way they do today.

In the United States, the Postal Service has relied on house numbers since 1792, making standardized addresses essential for mail delivery.

HELP IS ON THE WAY:

I’m old enough to remember when ordering a pizza came with a guarantee: if it didn’t arrive in 30 minutes, it was free. Now imagine trying to deliver pizza to “the fourth blue house after the big tree that looks like a face.” Impossible.

Our modern address system is what makes all our conveniences possible, not just pizza delivery, but Amazon packages, grocery drop-offs, and, most importantly, emergency response. Fire, police, and medical crews depend on clear, accurate house numbers to reach people quickly.



WHAT YOU MIGHT NOT KNOW ABOUT THOSE NUMBERS:

There's more organization behind house numbers than most of us realize. Each county typically has two "zero lines"—one running north-south and the other east-west. That's why some roads are named "North 8th Ave" or "East Pine St." The farther you move from the zero lines, the higher the house numbers get.

There is even a reason why some houses have odd or even numbers. Houses on the North or East side of the road will have even numbers, and the houses on the South or West side of the road will have odd numbers. If you didn't know this, you will start to notice it now.

HOUSE NUMBER REQUIREMENTS:

When the construction of a house begins, one of the first things that should happen is that the assigned numbers are put on display on the street-facing side of the house. They should be put in an area that is visible to everyone on the road.

I was out walking my dog the other day and found that if my wife doesn't park her car in the garage, her vehicle blocks the house numbers that are next to the garage door. I never noticed

it before, but if there was an emergency, this could delay the response by a couple of seconds.

Whether your house has one digit or six, those numbers matter. They're the smallest part of a much larger system designed to identify your home. That system helps deliver your pizza within 30 minutes, a fire truck and ambulance within 14 minutes, and your holiday shopping the very next day. We've made huge advancements over the centuries—but yes, it's still the same system used to deliver your tax bill.

So next time you pass by your house numbers give them a little nod, they do more than they are ever given credit for.

TIPS TO MAKE YOUR HOUSE NUMBERS EASY TO SEE:

(Remember when we are responding we were asleep 10 minutes ago)

- **Choose numbers at least 4 inches tall (6 is better).**
- **Pick numbers with high contrast to the house color.**
- **Light them at night or place them near a porch light.**
- **Put them where they're visible from both directions on the street.**
- **Avoid fancy, curly fonts that are hard to read at a distance.**



Jack is an active member of the Muskegon Charter Township Fire Department. He is an animal lover with two dogs and two cats at home. He can be reached at jack.wydeck@mcd911.net with any questions.

SPONSORED CONTENT



BE PREPARED FOR WINTER TRAVEL

BY GERALD R. FORD INTERNATIONAL AIRPORT

PICK A NONSTOP

Nothing offers efficiency quite like a nonstop route. Reduce long wait times and avoid missed connections and fly nonstop. Looking for destination inspiration? Gerald R. Ford International Airport has more than 35 nonstop routes, including top Florida cities like Lakeland-Orlando and West Palm Beach. Check out [FlyFord.org/nonstop-routes](https://www.flyford.org/nonstop-routes) to see them all!

NO BAGGAGE WITH YOUR BAGGAGE

Start with completely empty luggage to avoid accidentally packing prohibited items. Consider a hard side suitcase to protect against snow and slush. Be sure to pack essentials, like travel documents, prescription meds and device chargers, in your carry-on.

LEAVE THE COAT IN THE CAR

Heading nonstop to somewhere warmer? Ditch the parka when you park at Gerald R. Ford International Airport. With close, convenient and covered parking options, you won't have a chance to feel the chill before you reach the terminal. Instead, dress in layers that you can adjust from airport, to airplane, to your destination.

HEALTH & SAFETY FIRST

Going from cold and dry to warm and humid (and back again) can take its toll on your skin—pack lotion, chapstick, and sunscreen, no matter where you're traveling. Additionally, a change in climate or altitude can also impact your immune system, so having hand sanitizer and tissues with you helps to avoid unwanted germs.

Creating Your Own Health Plan for 2026



BY HOLLY
LOOKA-
BAUGH-DEUR

Welcome to 2026! Another year of opportunity to find more peace and joy in your life. After all, isn't that

what good health is all about? Ultimately, we just want to feel GOOD so we can do the things we want to do and be with the people and do the projects that we love. Never before have we had access to so much knowledge about the human body and the pathways to healthy lifestyle. So what stands in our way? If we know what to do, why can't we do it? If we dig into what motivates us, sometimes we are pulled backwards by the habits of comparing, competing, and making lifestyle changes and goals more challenging and unattainable. Consider making 2026 the year that you grant yourself a little more grace and a lot less self-criticism and judgment.

In 2025, this column reviewed many of the body systems and the impact of normal vs. pathological aging, along with the top 5 most frequently encountered conditions impacting each system. Maybe something resonated with you, and you are ready to make some changes. Where, how, and when to start? In 2026, this column will shift to help you create a simple but very realistic plan for what means the most to you – right now, at your current age and health status.

REMEMBER THESE NUMBERS IN 2026...

21 Researchers state that 21 days of doing an activity is needed to create a new habit

3 The maximum number of changes you should focus on simultaneously to be successful

150 The minimum number of minutes we need to be moving during in one week

Let's start with a review of the major changes associated with aging for men and women.

Men and women age differently, with women generally living longer but men aging faster on

a biological level. While women experience more rapid facial aging due to skin changes after menopause, men have a higher risk of developing age-related diseases, and a higher proportion of men die from these conditions, which contributes to the overall gap in life expectancy.

Next, let's start working on first steps to making 2026 a better year of health for just you.

STEP 1: First, ask yourself these 3 questions:

- Do you have a physician that knows your complete medical history?

- Are you caught up with the recommended prevention screenings – like colonoscopy, mammogram, etc?

- What are my primary complaints and issues?

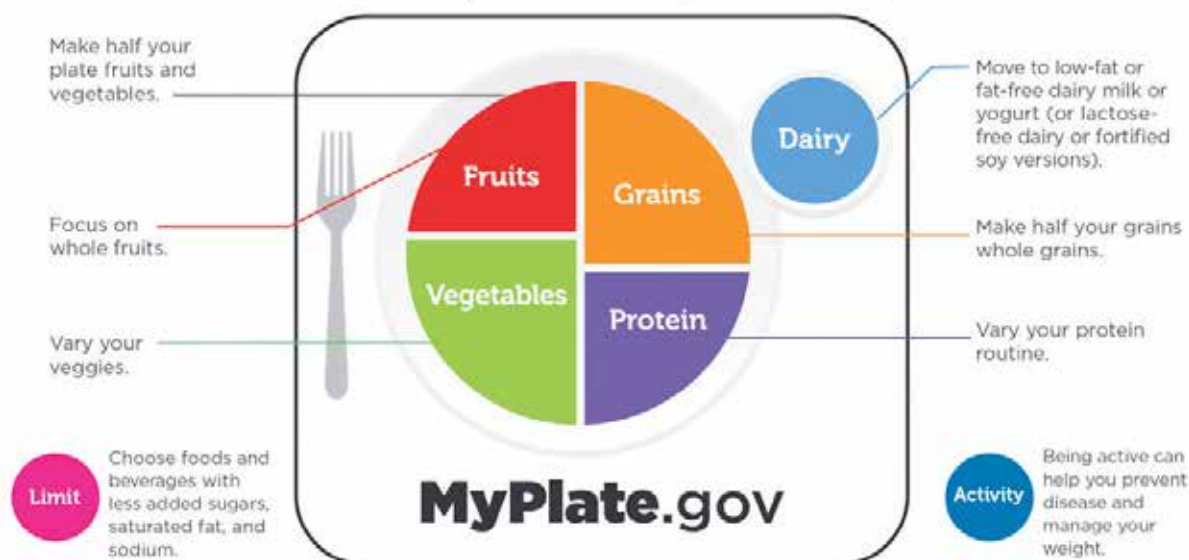
This is a good place to start – making sure you have a health care provider and writing down your assessment of any issues. Make appointments as needed. Huge first step in the right direction!

STEP 2: Do a mini health lifestyle assessment. Use the chart below to rate yourself and then add 2 things – how you feel physically, and how you feel mentally on a scale of 0

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



DGA Dietary Guidelines for Americans

FNS-921 January 2022
USDA is an equal opportunity provider, employer, and lender.

(worst possible) and 10 (feeling great!). Then, rate yourself in the

Nutrition reference: MyPlate, see graphic on opposite page.

Healthy Habit Self-Assessment Chart

Healthy Habit	Guideline	My Score
Sleep	7–8 hours/day	
Hydration	60–64 oz/day	
Nutrition	Follow MyPlate	
Safety	Limit alcohol; always seat belt; avoid risk	
Flexibility	Sit-and-reach reference	
Strength	5 sit–stand in 8–12 sec; 2x/week training	
Balance	Stand on one foot for 10 sec	
Aerobic Capacity	150 min/week	
Mental Resilience	Score ≥ 6/10; no hopelessness	

chart below.

Note about the chart above – Some conditions may require the guidelines to be different. For example, someone with congestive heart failure as a chronic condition may be prescribed fluid restriction and 60-64 oz of water is NOT recommended. Please adjust your guidelines to your physician’s directives.

Strength Reference: Age-Specific Normal Values (Seconds) for 5 times sit-to-stand test

Flexibility Reference: Sit and Reach Flexibility Test Normative Values

Normal sit-and-reach values vary by age and sex, but generally, an “average” score is around 15–25 cm for men and 17–27 cm for women. Scores above this are considered good to excellent, while

Sit-to-Stand Strength Norms

Age Group	Men (sec)	Women (sec)
50–59	7.7 ± 2.6	8.4 ± 2.7
60–69	8.4 ± 2.7	12.7 ± 1.8
70–79	9.3 ± 2.1	13.0 ± 4.8
80–89	10.8 ± 2.6	14.2 ± 5.5

Health Habit Priority & Goal-Setting Chart

Healthy Habit	Current Score	Guideline	Goal for Month	Notes

Men vs. Women Aging: Key Differences

Feature	Men	Women
Biological aging	Biologically age faster than women, with the difference increasing with age.	Live longer than men, though they are biologically older than their male counterparts at a similar chronological age.
Skin	Thicker skin with higher collagen levels means it ages more slowly, but sun damage is often more prevalent due to less sun protection.	Thinner skin, which thins significantly after menopause, leading to more wrinkles and sagging, especially around the eyes, mouth, and neck.
Hormones	Gradual decline in testosterone with age.	Significant drop in estrogen after menopause, which has a major impact on aging, particularly on skin, hair, and weight.
Health and longevity	Higher death rates from chronic diseases like cardiovascular disease and respiratory issues. Higher mortality from accidents when younger.	Lower mortality rates at every age compared to men.
Cognitive aging	Brain shrinkage and slowing metabolism can be more rapid than in women.	May maintain cognitive skills longer than men, potentially due to a slower decline in brain metabolism.
Societal perception	Often seen as aging with wisdom and authority.	Often face greater societal pressure related to youth and beauty standards.

scores below indicate below-average to poor flexibility.

Higher scores are better, indicating greater flexibility.

STEP 3: Choose your Health Priority areas.

Review your self-assessment and circle all of the Healthy Habits that are zero. Choose your top 3 and create a mini-goal that is less than the guideline or expectation. Try setting a goal that is 25-50% of the guideline listed and give yourself 1 month to begin hitting that achievement.

Example:

My Sleep goal: “My goal is to sleep 4 hours uninterrupted per night for 1 week in a row, with a set schedule of going to bed by 10 pm and up by 7 am.”

Create your own Health Habits Priority and Pledge to get started! You can choose up to 3 areas to work on for the next 60 days. Consult with your health providers as needed. The next Senior Perspectives edition will focus on Steps 4–6. Complete the following pledge to yourself; cut it out and put on your bathroom mirror or refrigerator. 2026 is going to be a great year for lifestyle change!



Holly Lookabaugh-Deur is a retired physical therapist with over 45 years of clinical and teaching experience. She holds a doctoral degree in geriatric clinical medicine with board specializations in geriatrics and oncology. She is currently serving as adjunct faculty in 6 universities and a certifying aquatic instructor for the APTA. As a previous business owner in Muskegon, she is deeply committed to impacting our community’s health in a positive way with factual information, encouragement, and a sprinkle of humor along the journey.



A less traditional take on a family dinner staple

Fried foods are often characterized as guilty pleasures. Though frying might not be the healthiest way to make a meal, it's hard to argue against the flavor profile of fried foods.

Air frying can produce meals that call to mind the familiar flavors of fried foods and do so in a far healthier way. This holiday season, hosts can look to air frying as a means to crafting flavorful meals without a lot of the negatives of traditional frying. That's even possible with traditional family staples like roast beef. With that in mind, hosts can try their hands at this recipe for air-fried "Roast Beef" courtesy of Lines+Angles.



Roast Beef Makes 4 to 6 servings

- 1 2-pound beef roast, trimmed
- 2 tablespoons olive oil
- Flaked sea salt
- Freshly ground mixed peppercorns

1. Preheat air fryer to 360 F. Rub beef roast with olive oil and liberally season with salt and mixed peppercorns.
2. Tie at intervals with kitchen twine to secure.
3. Spritz air fryer basket with cooking spray. Place beef roast in basket and cook for 45 minutes for medium-rare; cook for additional 5-minute intervals for more well-done meat.
4. Remove beef roast from air fryer and cover loosely with aluminum foil, letting it rest for at least 10 minutes before slicing and serving.

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Treat fellow football fans to slow-cooked ribs and homemade sauce

Football and food go are a perfect and popular pairing. Though fans may not need to eat while watching their favorite team play, adding food to the football festivities certainly makes fall weekends more enjoyable.

Certain foods have become Saturday and Sunday afternoon staples once football season kicks off. Few fans will turn down a plate of wings or walk away from a tray of nachos during football season. But fans hosting game watch parties at home can go beyond the norm and offer additional fare that's sure to please a crowd. For instance, the following recipe for "Baby Back Ribs" with homemade "Kansas City-Style Barbecue Sauce" from Will Budieman's "The Essential Kamado Grill Cookbook" (Rockridge Press) will make sure fans go home with full bellies this football season.

Baby Back Ribs *Serves 4*

- 4 2- to 2 1/2-lb. racks baby back ribs
- 3 tablespoons kosher salt
- 3 tablespoons freshly ground black pepper
- 2/3 cup Kansas City-style Barbecue Sauce (see below)



1. Trim any hanging fat off the ribs. Season with the salt and pepper on both sides. Let stand at room temperature for 1 hour.
 2. Prepare the grill for smoking at 225 F to 275 F.
 3. Place the ribs meat-side up on the grate over the drip pan. Close the lid. If desired, wrap the ribs in aluminum foil after 1 hour 30 minutes or once the bark (crust) is reddish brown.
 4. Turn over the ribs, close the lid, and continue cooking for 1 hour 30 minutes more, or until the ribs pull apart with a gentle tug.
 5. Remove the foil (if using), baste the ribs with the sauce, close the lid, and cook meat-side up for 10 more minutes or until the sauce is set. Serve immediately.
- Cooking tip: The back of pork ribs is covered with a membrane that some pitmasters say prevents the meat from absorbing the smoke, but this is a myth. Many don't bother removing it, and leaving it on helps keep the ribs from falling apart when you move them.

Kansas City-Style Barbecue Sauce *Makes about 1 1/2 cups*

- 1 cup ketchup
- 1/2 cup apple cider vinegar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons unsulfured blackstrap molasses
- 6 tablespoons packed light brown sugar
- 2 tablespoons canola oil
- 6 garlic cloves, finely chopped
- 2 teaspoons kosher salt
- 2 teaspoons sweet paprika
- 1 teaspoon ground cinnamon
- 1 teaspoon cayenne pepper

Directions:

1. In a medium bowl, whisk together the ketchup, vinegar, Worcestershire sauce, molasses and sugar until smooth.
2. In a medium saucepan, heat the oil over medium heat.
3. Add the garlic. Cook for about 30 seconds or until golden.
4. Add the salt, paprika, cinnamon, and cayenne. Cook for 10 seconds or until fragrant.
5. Stir in the ketchup mixture. Bring to a simmer and let simmer for about 1 minute or until the flavors meld.
6. Let cool and refrigerate overnight before using to let the flavors develop.

Cooking tip: When making barbecue sauce, it's not necessary to boil the ingredients, only simmer them. Simmering them allows the flavors to meld; boiling them causes the ingredients to separate.

FROM CRISIS TO RECOVERY: My Journey Back Home



BY
JOE
STAPEL

It was Sunday morning and I was just reading the paper when I felt pain along my right chest.

"Mary, would you call 911? Something is not right."

She made the call. Central dispatch said, "Do you have any baby aspirin? Please give some to him right now."

Two fire trucks and two Trinity Health ambulances arrived. "Hey Joe, do you want to walk to the ambulance?" "Yes, I do."

I got inside and have no memory until Tuesday night when I woke up at the Meijer Heart Center in Grand Rapids. I was in their critical care unit and had two nurses or nurse techs with me 24/7.

I stayed there for two weeks on the 5th floor. I watched the Aero Med emergency chopper bring people in late at night outside my window.

What a fantastic place with extremely talented staff. I had an MRI the last week I was there.

Ironically, I spent 28 years working for Meijer Inc., 20 years at the main office at Walker and 3 Mile. I was the company's first

Safety Specialist. I was one of the first staff members, along with my good friends Monica and Gus, to teach CPR and how to use an AED.

That training taught me to recognize chest pain and the need to call for medical help.

After 2 weeks at Meijer I was transferred to Mary Free Bed Hospital for rehab before I went home.

I received physical therapy and occupational therapy by their excellent staff, and as an extra, they had great food. They would calculate what food I could have to fit my diet.

I was tied to a staff member to be able to walk or even go to the bathroom. But it was all part of the rehab.

I finally arrived home, and it never felt so good to be home.

I have been walking and started with a cane and a walker, but found I did not need either after about 4 days.

I have a 14-day monitor attached to my chest but am hoping for a permanent implanted one (overnight stay back to the heart center in GR), which is a semi-new procedure, soon. There is a battle going on between the insurance company and my cardiologist office regarding this, but the cardiologist office



keeps challenging the insurance company and they generally finally give the OK.

I am now enrolled in a worldwide study regarding heart rehab, which should also help get this implanted monitor.

I do not overdo it at home; it will come with time. My cardiologist says I am doing very well. I will start heart rehab at Trinity Health here in Muskegon on Dec. 1st. My cardiologist believes I will be driving soon, or much sooner than the 3 months first suggested.

I was considered to be an excellent candidate for using meds to help heal my heart instead of open-heart surgery, although I may still face open-heart surgery in the future.

I am now taking 17 different meds, which includes some from prior to my heart attack. When the pharmacy called my wife to tell her what we owed for the new medications, we were shocked when told 65 cents. And they would likely write that off.

I had been losing weight on my new diabetes medication, down from 258 to about 225. After the heart attack I lost another 23 lbs and am now 203.

Not a recommended way to lose weight, but my appetite has

drastically changed. My wife sees that I eat only what is on my diet, very restrictive with little or no salt, of course no fried foods.

A lifestyle change but well worth it.

I had never had heart problems before, but it came on quick.

Bottom line: if you experience chest pains on either side, call 911. Let the experts determine if you have a problem that needs to be addressed. And if you do not, they will send you home.

I am extremely thankful to still be on this earth and hope to be for many more years.

Thanks to the many, many people in my life who provided prayers and encouragement throughout this adventure.

I know it had to help.



Joe Stapel is a former police officer of 20 years full and part time. He was an Ordinance Enforcement Officer for a Local Twp. He was the first Corporate Safety specialist at Meijer Inc, retired State of Michigan licensed Private investigator, retired Campus Safety Director of a Western Michigan Business College, current member of Michigan Chiefs of Police and Michigan Fraternal Order of Police. He can be contacted at jyalanhome@gmail.com, Muskegon, Michigan 49441.

Hope for relief from the chronic pain, burning, numbness, and balance issues caused by peripheral neuropathy.

Local Clinic is helping people reclaim their lives, even those who've been told "there's nothing that can be done" and they'll just "have to learn to live with it".



A Daily Struggle, Not Just a Part of Aging

Too often, those diagnosed with peripheral neuropathy are told, "You just have to live with it," or that it's simply "a part of aging." But for those experiencing its effects, peripheral neuropathy is far more than an inconvenience — it's a daily struggle that impacts every aspect of life. The symptoms vary widely, from persistent tingling and numbness in the hands and feet to sharp, electric-like pain. Muscle weakness and instability can make even simple tasks feel overwhelming, and the fear of falling becomes a constant concern. In severe cases, something as gentle as a light touch can provoke intense discomfort, while joint stiffness and spasms further limit mobility. Some individuals find that numbness in their feet makes driving unsafe, and restless, disrupted sleep becomes the norm. With more than 30 million people in North America estimated to have peripheral neuropathy — a number likely underestimated due to frequent misdiagnoses — the need for effective treatments has never been more urgent..

Understanding the Impact of Peripheral Neuropathy

Dr. Tasha Saladin, of Allendale Acupuncture and Wellness shredded the belief. "I've been treating chronic pain and neuropathy in all its various forms, for nearly a decade and so often, my patients come to me because of the symptoms, not because of the diagnosis. They attended one of my talks, saw me on TV, or spoke to one of our patients, and say to themselves hey, I feel the same thing," she said. When asked how the condition impacts daily life, Dr. Tasha added, "It can be devastating. Imagine trying to go about your day when your feet feel like they're on fire or struggling to sleep because of constant burning and tingling. It can even become dangerous. Many patients can't safely drive because their feet have become so numb. And because of that numbness, they live in constant fear of falling. What's most heartbreaking is that they've been told it's just a part of getting older, leaving them feeling hopeless." Peripheral Neuropathy is a result of damage to the nerves which causes pain ranging from discomfort to debilitating. It can be caused by diabetes, chemotherapy, or an unknown cause. Since neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely exposed, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shared Dr. Tasha, "This usually indicates that your nerves are hanging on by a fragile thread."

Case Study: Restoring Quality of Life

For years, Lisa fought neuropathy so brutal she couldn't sense the floors beneath her feet. Simple household chores turned into battles, and cleaning the house felt impossible. Daily life was becoming more discouraging, and she feared she'd never feel

normal again. The pain and numbness forced her to leave her job that she loved at a dental clinic, shattering her routine completely. Then, after spotting an ad for our clinic, Lisa came to Dr. Tasha desperate for relief and a way back. With the commitment to healing, and something incredible happened—she started to feel again at last. "I can feel dirt on the floor!" she cried. "I realized today my feet aren't numb anymore—and it's irritating me so much we bought a Roomba. I'm ecstatic that I can feel—and thrilled to be annoyed!" Lisa says she feels truly supported by our whole team at every visit, and we're honored to share in her restored feeling, confidence, and joy as she lives with renewed freedom and energy every day.

A Unique Approach to Treatment

Fortunately, Dr. Tasha and her team provide treatments for this often misunderstood and seemingly hopeless disease. What sets them apart from other clinics is the unique combination of acupuncture and advanced integrative medicine. Dr. Tasha Saladin, known for her innovative approach to treating neuropathy, combines acupuncture with ATP Resonance BioTherapy®—a game-changer in nerve health.

Start Your Journey Today

Visit [Allacu.com](https://allacu.com) to learn more about our innovative treatments and hear inspiring success stories. Call **616-604-0219** to schedule your complimentary consultation. Don't wait—your transformation is just a phone call away!





Make Every Moment Count

The (535,600) Moments of 2026! **"Every moment is blessed because it's unfolding in front of you."**

(Singer)*



BY JANET HASSELBRING

Scenario I: You are running late for an appointment.

Maddeningly, the driver in front of you is going the speed limit. You try to pass, but it's a busy two-way street. You hug her bumper, trying to hurry her along. Scenario II: You've just spent two hours and big bucks having your hair done. You walk outside. It's raining, and the wind renders your umbrella useless. Scenario III: Your husband slurps his soup and clicks his teeth with his spoon. How are you handling these moments?

Each of us will experience

535,600 moments in 2026. How can we make them blessed, and not annoying and irritating?

First, let's accept that life is not okay. And, we are not okay. It's what we do about not being okay that's the problem. Let's admit it: we try to make the outside world fit our limited view of what will make us happy and fulfilled, while, at the same time, avoiding things that keep us from feeling okay. Hey, the world has been around for 13.8 billion years. Life is going to happen. Even happy moments are fleeting, and they can be harmful if we cling to them, thinking we'll be happy if we can just make that same thing happen again. Futile!

Don't let what happens outside have the power to affect your core belief in yourself. **

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to

know the difference." (Niebuhr) Deal with the things you cannot change honestly and reasonably, then let them go. If you don't, they'll become baggage and come back to haunt you consciously or subconsciously, but either way, you will pay the price.

Life is not bothering us. We are bothering ourselves about life.

Watch yourself as moments unfold and notice how they bother you. Step back and detach yourself from what's happening. Become the "watcher" as stuff comes in from the outside and affects your thoughts and emotions. Your thoughts control your actions, and actions impact your destiny; however, if you detach yourself and become the One beyond your thoughts, you can always be okay. After all, who's in charge of what goes on inside you? You are!

Challenge yourself to get through an entire day without letting anything bother you. At

first, this may seem uncomfortable and difficult. Of course! Learning anything new is difficult, which is why we learn scales before learning Beethoven's Moonlight, and we run short distances before attempting a marathon.

Make working with yourself, every moment, your most important job.

Start with the moment in front of you - the low-hanging fruit. Devise gimmicks and use reverse psychology. Throw a prayer heavenward.





Pretend the slow driver is your elderly mom. Now you're happy she's driving slowly! Ditch your umbrella and scarf and become a wind-blown demon. Ask your husband if he could stop slurping or excuse yourself during the soup course. Tell yourself that you love the sound of slurping soup! Is it worth ruining this moment of your life?

If you view setbacks as opportunities, you may gain more than you've lost. (Jesus Calling, Young) And, remember that while you are the most remarkable being ever created, you're still just a speck on a ball flying around in space.

Imagine you're a lake, calm and tranquil. Someone skips a pebble across the surface, causing waves. After a few moments (in which you are working on being okay), the ripples disappear and the lake is calm once again. The surface may experience turbulence, but at its depth, it remains serene.

"You will keep those in perfect

peace, whose minds are stayed on Thee." (Isaiah 41:10)

"Earth is where souls are meant to evolve." (Gaia)

Moment by moment, by the ideas we harbor, the beliefs we accept, and the scenes and events we rehearse in the hidden studio of our minds. we are building a self, a

personality, an identity on this earth – our life story (Fox).

Every time we're okay with something, we grow spiritually. Make that your challenge for the

new year!

*Michael Singer, Weekly Talks – <https://tou.org>

**A caveat: this article does not mean to diminish horrific moments experienced in the dark world of murder, rape, sex, and human trafficking. Those affected by such traumas require years of professional counseling, guidance, and prayer to heal and survive.



Janet lives in Spring Lake, MI with her husband, Don, and Welsh terrier, Snack. She drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild/shorebirds from FL and beyond, Country Dairy, which describes life on her family farm, in west MI, in

the 1930s, when her parents lived and worked on the land, and Tweets, A Twitter Feed of Short Stories and Articles. She is a multiple NAMPA (North American Mature Publishers Association) winner, and received the 2024 Legacy of Caring Award from the United Way of the Lakeshore. Her piano gets lonely because she chooses to whack fuzzy yellow balls and dink pickleballs instead of tickling its ivories.



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It's for the Birds



BY REV.
WILLIAM
RANDALL

What's for supper tonight, Mom? It's Chili Tom and it's ready, so let's all get to the table.

We try to eat meals together. We have a prayer before

we dig in. "Wow that's new." Tom, since you went off to sail the seas with Uncle Sam, God became the head of this home, and we put our trust in Jesus. I hope that while at home you will see the difference faith makes.

After mom said amen, the bowls were filled and the slurping began. Tom had a question, "Mom, where's the hamburg?" She replied, "It's Chili ConCarne. That means no meat, but it is still full of protein."

Little Johnny burst out, "And it still tastes great!"

Mom explained that it's hard to make ends meet since dad is gone and that he had no life insurance. Everyone knew that medical bills added up too. The subject changed when a patriotic song came on the radio.

Mom said, "Turn off the radio and we will have Tom, our sailor sing "Anchors Away". Tom didn't sing but everyone finished eating while enjoying themselves.

After the meal we went into the living room and Tom sang a Christmas Carol instead of the Navy song. We all joined in singing. Family members took turns telling Tom how they were

blessed in believing in Jesus. Tom said that he was glad for everyone, though he didn't seem to understand yet.

Tom noticed that Mom scrapped together enough to buy a "snoopy" type tree and decorated it. He thought that there might not be one, so he had one half in and hanging out of his car trunk. Tom said that his tree would go into the yard. That Christmas Eve they all worked to set it up. Tom made a tree stand from a couple of boards. They nailed it to the tree. There were lots of lights since Mom's tree didn't use very many. For decorations bread and fruit were tied on for the birds.

On Christmas day, neighbors added suet and decorative balls that were made of seeds. Many birds were attracted to the tree. Everybody enjoyed watching the birds as they ate from the tree on cold, windy days. Those who saw the tree had a spiritual feeling because Christmas is also about giving, after all God gave His son for our salvation.

Christmas time and any day can bring life problems to our doorsteps. We have to first add our natural thoughts and action, and God will add the super. With prayer, it can become supernatural!

Look for blessings every day and you will find some. God Bless you.



Rev. William Randall resides at Village at the Oaks in Muskegon and is the Associate Pastor at Family Bible Church in Muskegon.



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- ▶ Pretend to be a legitimate organization, a grandchild or other loved one, a sweepstakes, tech support, or a new love interest.
- ▶ Take advantage of loneliness, especially with those who are on their own and isolated.
- ▶ Try to get you into a highly emotional state that makes it difficult to think clearly - fear, panic, guilt, excitement, love.



Click on links or call numbers in suspicious emails or texts.
Give out your personal information or account numbers.
Send or give them money, crypto-currency or gift cards.



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Senior Perspectives

G

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P

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G

E

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

Level: Intermediate

FUN BY THE NUMBERS

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

HERE'S HOW IT WORKS:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Game
Page
Answers
on
Page 34

CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ W S G Y N J Z S N A F Y W N Z J C T F Z G F Z
A S J O N Y G F Y N L T G K Z E N L G . I Y H Z F Y W
S W S N O , S G V F Z T Y J J A Z J J D L P A F Z
A E P A F . ” – L N X S E T Y J V Z

TODAY'S CLUE: H equals V

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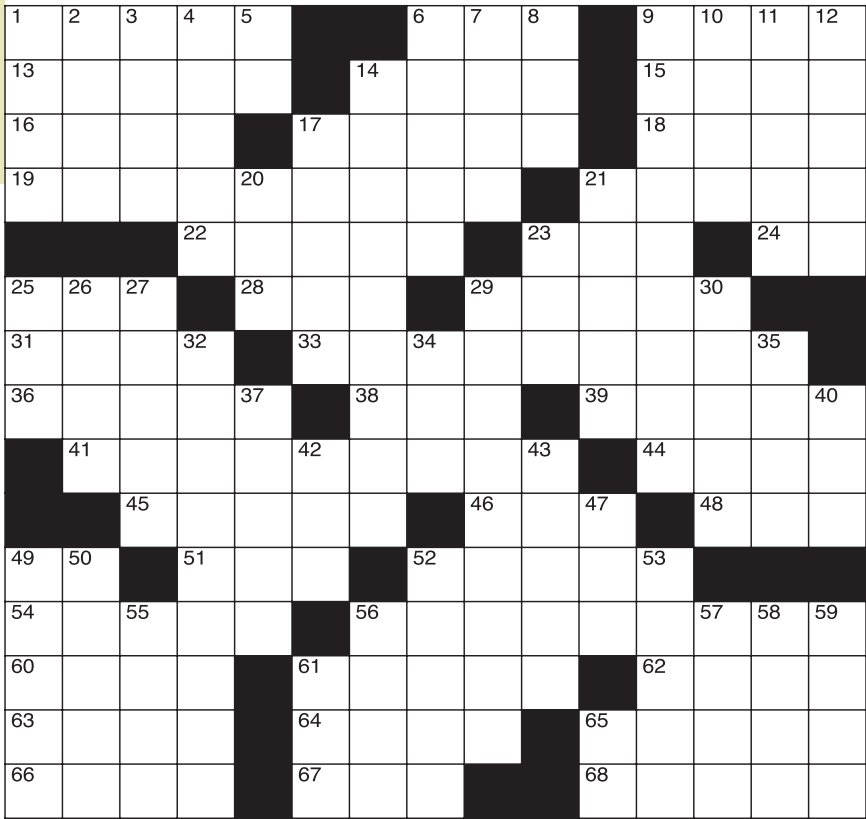
WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

CROSSWORD



CLUES ACROSS

1. Lakes
6. Electromotive force
9. Invests in little enterprises
13. Longtime Utah Jazz coach
14. Small sailboat
15. Actor Idris
16. Mild yellow Dutch cheese made in balls
17. System that detects objects under water
18. Harsh, grating noise
19. Steward
21. A fencing sword
22. Infections
23. Actress Ryan
24. Sodium
25. Swedish castle
28. A lump of slime
29. African antelope
31. Insurance providers
33. Choosy
36. Ringworm
38. Unpolished
39. Drenches
41. Pant style
44. Son of Noah
45. Spiritual being
46. Upton Sinclair novel
48. Journalist Tarbell
49. Popular sports highlight show
51. Born of
52. Rich tapestry
54. S. China seaport
56. State of being unclothed
60. Surrounded by
61. Residue
62. Away from wind
63. Dried-up
64. Visionary
65. A very large body of water
66. Garden tools
67. Screen type
68. Ancient Scandinavian poet

CLUES DOWN

1. Millisecond
2. Spanish city
3. A sudden very loud sound
4. "The Indiana Jones of beer"
5. Tin
6. Sea eagles
7. Volcanic crater
8. Type of coat
9. Women's apartments in Ottoman palace
10. Divulge a secret
11. Norwegian playwright
12. "It's a Wonderful Life" director
14. Poisonous perennial plant
17. 18-year astronomical period
20. Clothes
21. Places to sit
23. Family of regulator genes
25. New York ballplayer
26. Impressive in size or scope
27. Jacques __, French biologist
29. One from the Big Apple
30. Genus of woolly lemurs
32. Songs to one's beloved
34. Indigenous person of N.E. Thailand
35. Supplemented with difficulty
37. Farewell
40. Investment account (abbr.)
42. One from Utah
43. Begets
47. A male child
49. Break apart
50. Brief appearance
52. Partner to "oohed"
53. A light informal meal
55. Fabric with smooth, shiny surface
56. One billionth of a second
57. Ancient Italian-Greek colony
58. Close tightly
59. Mail out
61. Language
65. Computer characteristic

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A Florida Escape to New Smyrna Beach



BY
KEITH SIPE

The Islander Beach Resort is located on the eastern coast of Florida in New Smyrna Beach. That is where I had a fun-filled two weeks of adventure with some of my friends. I arrived on Saturday around noon and registered for my two-week stay. My place was on the 7th floor facing the Atlantic Ocean.

During my time at the Islander Beach Resort on the shores of the Atlantic Ocean, I was able to take my vehicle, a Jeep, out onto the beach. That was an exciting time to drive up and down on the beach.

It was a beautiful Sunday afternoon when I went for a walk along the beach with friends of mine while the tide was out. There was plenty of beach for our afternoon

walk.

Many people were out walking the beach this afternoon. There were cars, trucks, bicycles and other moving devices that people use. I even saw someone on a “one-wheel” electric board, which you stand on. I think it is called a “one-wheel Pint.”

The tide moves in and out every few hours. It is amazing to watch the tide move during the day. When the tide is out, there is plenty of beach where you can walk, and then in a few hours the beach is covered with the Atlantic Ocean — in other words, “no beach.” The tide is out in the next photo. The cars and bikes were easily moving on the hard sand without much resistance, and I will tell you the sand is hard — not like the beach along the shore of Lake Michigan here in western Michigan areas.

I took one day and drove down south from New Smyrna Beach to Patrick Air Force Base, which, when I drove onto the base, I noticed had changed its name to Patrick Space Force Base.

Most mornings I got up a little before the sun did to make its appearance for the day, and yes, I took many photos of the sunrise.

On another sunny, warm day, I decided to travel to the Lakeland area to have dinner with some friends at the Ford Garage. I have never seen a restaurant like this before. I ordered onion rings and they came piled up on an oil spout.

Another trip I took with my friends was on a boat, The Lady Dolphin, on the Halifax River. It was a dinner cruise and a great way to spend time on a sunny afternoon.

During my many years of visiting Florida, it was mostly on

the Gulf side of Florida. One thing to mention: I found there was less traffic on the Atlantic side of Florida. But the most important part of visiting Florida is that it's a wonderful place to go, especially when there is snow up here in Michigan.

There were many other places I visited while in Florida that I would like to share, but I wanted to keep this short and give you something to think about.



Keith Sipe has been writing for the Senior Perspectives over 20 years. Keith served 21 years in the U.S. Air Force and the U.S. Army. Keith has many interests like writing, photography, flying, cooking, history and traveling. Keith may be reached at rightseat625bg@gmail.com. Please drop him a note, for he loves the attention, well, he would love to hear from you.





My friend Sue, enjoying the warm breeze and a soft drink.

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The No. 1 Ladies' Detective Agency



BY
LOUISE
MATZ

It came about as naturally as eating dinner. The Stillwater Springs Book Club had just finished reading The No. 1 Ladies' Detective Agency

by Alexander McCall Smith. We all loved it and found it very entertaining. Before our discussion meeting had ended, Sydney offered to host a tea party using the tea and recipes from the No. 1 Ladies' Detective Agency Cookbook. Everyone quickly jumped in and offered to make something from the cookbook.

Just for some background, this book is the first of a 26 book series written by Alexander McCall Smith. The setting is Gaborone, Botswana in South Africa. The main character is Mma Precious who solves cases using her wisdom, common sense, and empathy, often with the help of

her capable secretary, Grace Makutsi. The book has been described as a "cozy mystery" and offers a relaxing and character-driven reading experience with gentle humor and focus on universal human themes. If you're looking for a book for pure entertainment, this is it.

Two weeks after the book club meeting we met at Sydney's house and enjoyed a lovely South African tea and a variety of treats made from the recipes in the No. 1 Ladies Detective Agency Cookbook. They included pumpkin fritters, ground nut biscuits, disappearing banana cake, rich chocolate mousse, and cashews and almonds (grown in Botswana but not native plants). As if this were not enough, Sydney had obtained the video of the first book of the No. 1 Ladies' Detective Agency and we were treated to a viewing. What a delight! Hearing the dialog with the native accents and seeing the characters on screen

brought so much more meaning to the story. The characters came alive! Mma Precious is a very pleasant and determined woman with some interesting ways of solving a mystery. Both she and her secretary have charming personalities, but they are decidedly different.

We all have favorite methods of enjoying a book. It might be a book in hand, an ebook reader, or an audio book. This is one of those books that comes alive if you listen to it rather than read it. The accents are charming and add to the setting for the book.

The first book was written in 1998. It was first published in Great Britain and later released in the United States in 2002. Why does this book continue its popularity through the years? The No. 1 Ladies' Detective Agency is not a typical mystery with fast-paced thrills. It offers gentle humor. Readers are drawn to Mma Ramotswa's wisdom

and warmth; the book's vivid depiction of Botswana's landscapes and rhythms of life; and the uplifting tone, even when dealing with difficult topics. This book withstands the test of time. I can confidently recommend it to any age group or any reader. It offers delightful entertainment and knowledge about life in Botswana in South Africa.



Louise is a national award winning writer. She has been writing for Senior Perspectives for over 25 years. She enjoys family time, reading, traveling, biking, golf, pickleball, ping pong, and mahjongg. She and her husband spent over 20 years enjoying bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys. She is currently re-inventing her life as she lost her husband of 62 years in November of 2023.

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How nutritional needs change with age

The human body undergoes an assortment of changes over the course of a lifetime. Some of those changes are visible to the naked eye, but many more are not. The body's changing needs in regard to nutrition is one alteration that people cannot see.

A nutritious diet can be a building block of a long and healthy life. Nutritional needs change as the body ages, and recognition of those changes can help people rest easy that their diets are working in their favor and not to their detriment.

CALORIE NEEDS

The body requires fewer calories as individuals reach adulthood. That's because muscle mass begins to decrease in adulthood while fat increases. The National Institutes of Health notes that muscles use more calories than fat throughout the day, so it makes sense that a body experiencing a decline in muscle

mass will require less calories than one in which muscle mass is on the rise. No two individuals are the same, and some adults exercise more than others. So it's best for adults to consult their physician to discuss their own calorie needs

calories should come from nutrient-dense foods like vegetables, fruits, whole grains, lean meat, and low-fat dairy. This recommendation aligns with adults' declining calorie needs, as nutrient-dense foods



and then adjust their diets based on such discussions.

WHAT TO EAT

The American Heart Association notes aging adults'

contain ample amounts of protein, vitamins and/or minerals but do not contain a lot of calories.

WATER NEEDS

It's vital for aging adults to

make a concerted effort to drink water each day. The Office of Disease Prevention and Health Promotion notes that the sensation of thirst declines with age. Aging adults who are unaware of that unique biological reality may be risking dehydration because they are not compelled to drink water throughout the day. The Cleveland Clinic notes that dehydration can contribute to dizziness, weakness and lightheadedness, among other symptoms. Those symptoms can be particularly menacing for older adults, who are at increased risk for potentially harmful falls even if they are not dehydrated. The body still needs water as it ages, and seniors taking certain medications may need more than usual due to medication-related fluid loss.

These are just some of the ways nutritional needs change with age. Adults are urged to pay greater attention to diet as they age and make choices that can counter age-related changes in their bodies.

DID YOU KNOW?

The number of seniors with mental health disorders is expected to double by 2030, according to a recent report from the American Hospital Association. Some of that increase could be due to lack of treatment, as the AHA notes two-thirds of seniors with mental health issues do not receive necessary treatment for their conditions. The estimated increase in mental health condition

incidence rates among seniors also could be due to what the World Health Organization notes is an increased vulnerability to such issues among aging adults. According to the WHO, mental health is shaped by numerous variables, including earlier life experiences and age-related stressors like a loss of functional ability and a reduced sense of purpose after retirement.



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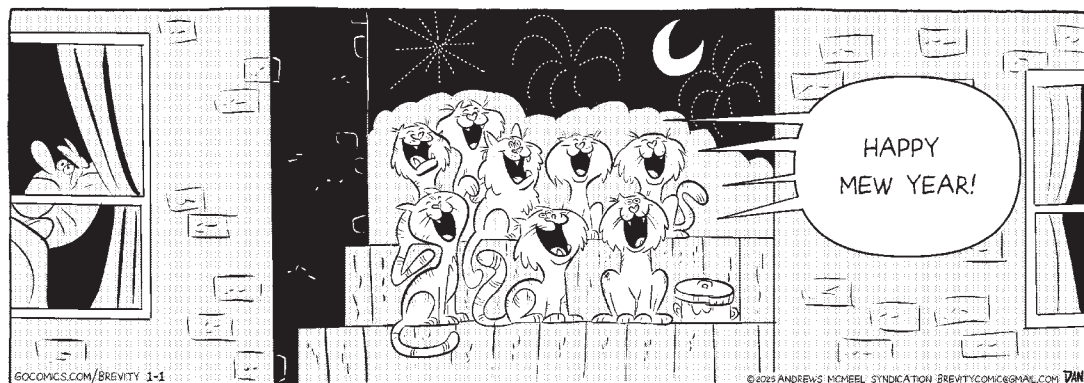
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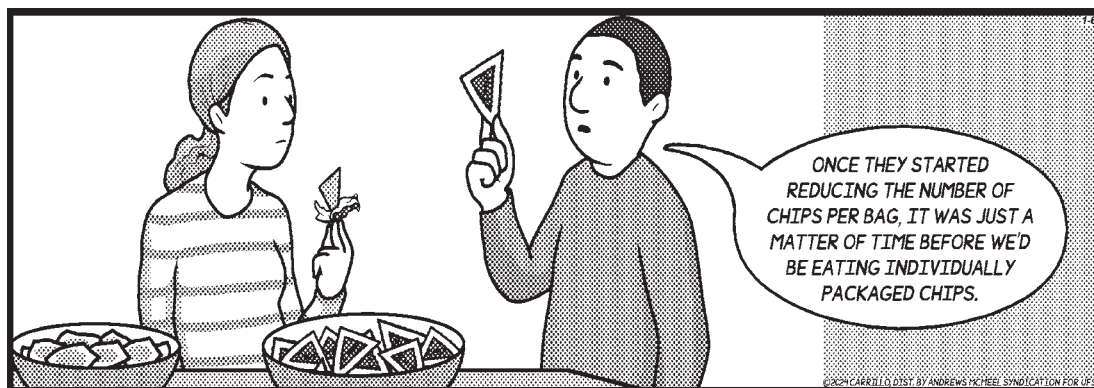
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C L O N A B U C C P C G N I V R A C N A
L O O I T L D Y I A O A H E R W P W P L
M P B G R R A D I T J L D L I F T R L O
G E T M O J N N Y C R G E Y B E E V R D
N D S P W S X G C D E E N S J S J E F N
I W G T W B B I G H O S V U S E M W Y O
R A N M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

WORDS

APRES-SKI
AVALANCHE
BASE LAYER
BINDINGS
BLACK DIAMOND
CARVING
CHAIR
DROP
EDGE
GLADE
GONDOLA
GROOMER

HELMET
JACKET
LIFT
MOGULS
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POWDER
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SOLUTION



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The month of January has been home to many historical events over the years. Here's a look at some that helped to shape the world in January 1926.

- The first radio station in Ireland, 2RN, begins broadcasting on January 1.
- The worst flooding in the German city of Köln occurs on January 1. A torrent of water rises 35 feet, forcing roughly 50,000 people to evacuate their homes.
- General Theodoros Pangalos declares a state of emergency in Greece and assumes dictatorial powers on January 3. General Pangalos had become Prime Minister of Greece in June 1925 after orchestrating a coup d'état.
- Great War cemeteries in France are submerged on January 7 due to ongoing downpours affecting various areas throughout Europe. The same rains flood the London subway system as well.
- Gracie Allen and George Burns are married by a justice of the peace in Cleveland on January 7. The newlyweds ultimately gain renown as the comedy duo Burns and Allen.
- Twelve-year-old Prince Nguyen Phúc Thụy is crowned Emperor of Vietnam on January 8. The prince's father, Emperor Khai Dinh, died two months earlier on November 6.
- Herman, Henry and Hillel Hassenfeld incorporate the Hassenfeld Brothers company on January 8. The company initially manufactures school supplies but eventually begins to make toys under the name "Hasbro."
- Twenty Mexican rebels open fire aboard a train traveling from Guadalajara to Mexico City on January 9. The bandits escape with the equivalent of \$150,000 USD.
- The four-masted schooner Prinz Valdemar capsizes on January 10, blocking all ship traffic in and out of Biscayne Bay and the harbor of Miami, Florida. All aboard are rescued unharmed, but two ocean liners are prevented from leaving the harbor.
- United States Representative John W. Langlely of Kentucky resigns from Congress on January 11. Langlely's resignation comes after the U.S. Supreme Court affirmed his jail sentence for violating prohibition laws by illegally selling alcohol to New York-based bootleggers with ties to organized crime.
- Michael Bond is born in Newbury, Berkshire, England, on January 13. Bond would survive a 1943 air raid in Reading during World War Two before authoring his first book, *A Bear Called Paddington*, in 1958.
- Twenty-year-old Ayn Rand departs Russia by train on January 17. Rand's early life in Communist Russia heavily influenced the philosophy reflected in many of her more notable works.
- Voting rights activist Indiana Little leads several hundred Black men and women on a march to the Jefferson County registrar's office in Birmingham, Alabama, on January 18. Little is arrested for disturbing the peace and would not be registered to vote for another 30 years.
- Multiple ships near New York City are threatened by a gale on January 20. The U.S. luxury liner SS President Roosevelt completes a rescue of the British freighter SS Antinoe on January 28 after initial reports indicating the latter ship sank in the storm.
- Chaplin Court Treatt and Stella Court Treatt complete the first successful journey across Africa by motorcar on January 24. The duo began their journey one year, four months and 11 days before completing the trip in Cairo, Egypt.
- Speaking on behalf of the British Empire Cancer Campaign during a luncheon on January 25, British surgeon Sir Berkeley Moynihan says that cancer of the tongue is traceable to two things, including smoking.
- Thousands of mourners line the streets of Brussels to watch the funeral procession of Belgian national hero and cleric Cardinal Désiré-Joseph Mercier on January 28. Cardinal Mercier was known for his staunch opposition to the German occupation of Belgium during World War I.
- Violette Neatley Anderson becomes the first African American woman to be admitted to practice law before the U.S. Supreme Court on January 29.
- The Chamber of Deputies passes "Law Number 100" on January 31. The law grants Italian Prime Minister Benito Mussolini the right to issue judicial norms without prior consultation with the Italian parliament.

Jules Verne is one of the most famous French novelists of all time. Many of his most popular novels, including "Journey to the Center of the Earth," "Around the World in Eighty Days" and "Twenty Thousand Leagues Under the Sea," were written as part of a series called "Voyages extraordinaires." While known for his novels, Jules Verne also wrote numerous plays, essays, short stories and songs.

Bad Press

Jules Verne's work was dismissed by most mainstream writers and critics. His literary contributions were not fully recognized until long after his death.

Most of the first English translations of Jules Verne's work were aimed at children and were poorly translated.

Jules Verne wrote 54 novels for the "Voyages extraordinaires" series.

Ghost Writer

Can you spot all six differences between these two scenes?

GAME ANSWERS: 1. Ghost is taller. 2. Frame is smaller. 3. Feather is shorter. 4. Paper is moved. 5. Panel is missing. 6. Hat is shorter.

This cartoon should be 20,000 leagues under the sea.

What caused the Jules Verne book to catch fire? Science friction.

Did Jules Verne write 20,000 leagues under the sea? No. He wrote at a desk like a normal person.

I park my submarine at 42 Wallaby Way, Sydney.

What caused the Jules Verne book to catch fire? Science friction.

Jules Verne's father did not want him to become a writer. He instead wanted him to follow in his footsteps to become a lawyer.

Jules Verne is often cited as one of the pioneers of science fiction writing.

Jules Verne's work has been translated into more than 140 different languages. He is the second-most-translated author in the world, after Agatha Christie and before William Shakespeare.

Why did the submarine sink? It had 20,000 leaks under the sea.

Why did Jules Verne become a writer? He thought it was a novel idea.

Jules Verne's rejected novel, "Paris in the Twentieth Century" was years ahead of its time. The story introduced scientific marvels, such as glass skyscrapers, calculators, worldwide networks and high-speed trains, all of which were yet to be invented.

Jules Verne's most famous novels were first published as installments in the magazine "Magazine d'Éducation et de Récréation" before being later published in book form.

Jules Verne's descriptive writing about 19th-century industrial technology heavily influenced the rise of the steampunk subgenre.

Shortcuts
by Jeff Harris

A Journey To The Center Of

Jules Verne

Around the World in Eighty Days

Journey to the Center of the Earth

The Mysterious Island

The Lighthouse at the End of the World

Twenty Thousand Leagues Under the Sea

The Adventures of Captain Hatteras

Five Weeks in a Balloon

The Master of the World

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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to skiing.

LOSPE

--	--	--	--	--

Answer: Poles

GUESS WHO?

I am an actor born on December 3, 1968 in Indiana. I made my acting debut in a crime reenactment for "America's Most Wanted." I'm a star who made it big in the 1990s with various action movies, including a trilogy about mummies. After a hiatus, I made a strong comeback and even won an Academy Award.

Answer: Brendan Fraser

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to a cozy cabin.

TCLHEA

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Answer: Chalet

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

WHAT'S THE DIFFERENCE? — Answers:

1. Polar bear in back
2. Waterfall on the right side
3. Snowboarder is wearing goggle
4. Missing skis back center

CELEBRITY CIPHER — Answer:

"Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth."

-- Oscar Wilde

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

I SPY — In the last issue, the pumpkin was hidden in the image on page 28.

Winners from the last issue are:

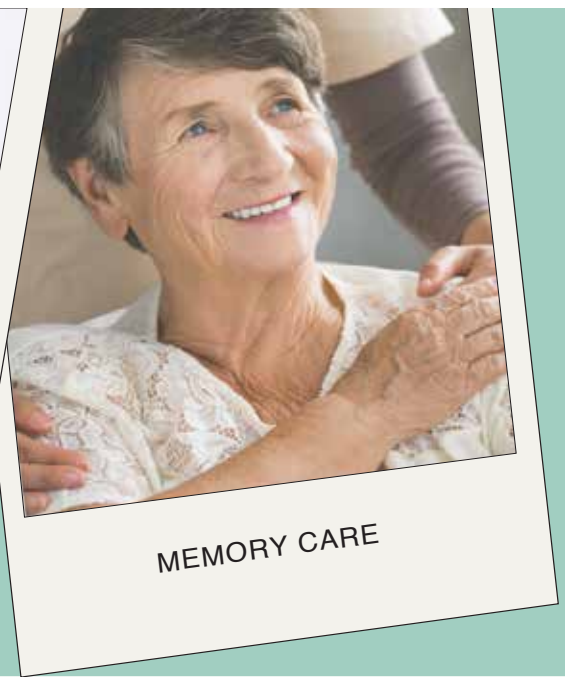
Donna L. Baardsen of Hart, Louis Schaub of Muskegon, and Herschel Kellis of Muskegon



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