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Senior Perspectives

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Walking down memory lane



BY LOIS
TOMASZEWSKI
EXECUTIVE
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Do you remember all the presents, gifts and treats you have received for birthdays and holidays? How about the things you asked Santa for as a child? I have to admit, the only thing I remember asking for on a continual basis was a horse. A horse crazy kid - and a still horse-crazy adult - that was the number one thing

on any of my wish lists. That wish came to fruition many years later, when my daughter was given a horse. So, vicariously, I was given a horse too.

The things I remember about the holidays are not the material things. The board games, the puzzles, the toys and clothes are not clear in my memory. When I reflect on the holidays of my childhood I remember the conversations between grandparents, aunts, uncles, cousins and siblings. I remember the spirited card game of Casino played after the holiday dinner. I remember my grandfather telling stories - often the same stories - and laughing at his own punch lines.

It is the clatter of cooperation between my grandmother, my mother and my aunts as they combined their meal offerings to deliver a table-laden feast. We had quite a spread - from jiggly gelatin molds to pickles, olives and beets with turkey or ham and too many fixings to mention.

These were the times of fancy glasses and real silver tableware. The glasses - clear glass with silver rims and an intricate silver pattern are in my china cabinet and, as tra-

dition dictates - become part of my holiday table settings every year. It's a connection to the past and to those people I cherished and the warmth of these holiday gatherings.

We are entering into that time of the year that is filled with memories. Sometimes and for many people, the memories are not always happy ones. People may be missing from the celebrations this year. Times may be tough - financially - which can also make the holidays harder to handle this year. And, for some, holiday memories may not be filled with love, warmth and happiness.

We never know what people are going through. There is much negativity in the world and much judgment. It may not be possible to change the lives of everyone we see and meet their needs, but we can make a difference with kindness. My mother said she was once told that a smile means much to those you encounter, even though you may not know the person. My mother was the kind of person who would make friends easily, even when sitting on a bench in the mall waiting for her family to finish their errands.

When I think of the holidays, I think of her. She passed in 2023, at 98, a few months and one year shy of hitting the 100-year-mark. Those memories I have of her from years gone by are still fresh in my mind. These happy memories overpower those from her struggle with Alzheimers late in life.

So this holiday season, my wish is that everyone can embrace the happier times and hopefully, create some new positive and joyful memories with those you love - and maybe the stranger who will become a friend.

Way over the hill



BY
CLIF
MARTIN SR.

Here is a question for my fellow geezers. Do you still remember your younger days when you acted like an idiot, a jerk and a jackass? I am pretty sure I'm not

the only one.

What do the very most elderly among us do a lot of? We wonder, worry and heavily pray about our kids, their kids and their kids. We have generations of kids to wonder, worry and pray about.

Born on the first day of 1930, I was a depression-era baby. My parents took one look at me and got depressed. That's a tired old joke. I'm a tired old man.

If you have a million miles on your odometer you can use that history to appear smarter than you are. Just know a lot about little things. No in-depth knowledge required. You can bluff your way through almost any conversation. There's a chance you will get caught and left with egg on your face. But it's fun while it lasts.



Another trick to inflate your smarts is to go around quoting famous people, dead or alive. Just lift a few great quotes from the internet.

revealing these secrets



I hope I don't get fired for

Clif's e-mail address is janman30@yahoo.com. He's on Facebook as clif walter martin

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The answer, along with winners' names will be announced in the next issue. In the last issue, the pumpkin was hidden in the image of trees on page 29. See page 34 for winners.

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"Lassie Come Home"



BY REV.
WILLIAM
RANDALL

Experiences with dogs can be as emotionally charged as incidences have with our fellow human beings.

Just stop and listen to people talking to their

dogs and cats. My thoughts go back to many decades ago when the first Lassie movie hit the silver screen in the 1940's. A few readers will remember the original Lassie movie where Lassie is separated from his family and finally came home.

Kids could escape everyday life at a Saturday matinee for .50 cents. That included lunch. Fellow writer Cliff Martin no doubt remembers the wonderful prices. The movie cost .25 center .5 cents for each for the following: a big candy bar, hot dog and pop. You could splurge and get a mild shake for .10 cents.

One Saturday I took my younger brother Fred. He was 5 years old, and I was 14. At the

close of the movie Lassie, who had been missing bounded across the screen and down a winding path into the welcoming arms of his master. When we arrived home Fred ran on ahead of us all



calling his much-loved pet, who came running towards him. Fred hugged him and said, "O Tippy I'm so glad that you are here at home. All the time Lassie was lost

Fred had Tippy on his mind. It is true that pets are held as dearly to their owners as they are their own family members.

Presently there are 12 pets living in apartments here at the Oaks.

very smart but not as smart as this TV name's sake. Residents enjoy greeting Rex as he comes and goes. Another time residents get to hold pets is when the Humane Society brings pets for a visit. These visits are much appreciated.

As much as we enjoy and relate to pets, we have to remember that they are not human and have a life span much shorter than ours. The animal kingdom was created by God on the sixth day. Humans are a part of the animal kingdom but alone were created with a living soul that endures forever. In Revelation chapter 32 it says of heaven, "Without (or outside) are dogs. Those who put their faith in Jesus will live with him forever."

God Bless you, enjoy life but make sure that you have eternal life. Enjoy your pet or a friend's pet, they are wonderful gifts from God.



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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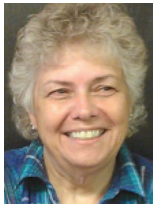
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Learning disabilities: more than what you might think



BY
CHRISTINE
WISTROM

Many of us have learning disabilities. Studies show that 1 in 5 individuals in the United States has learning and attention issues. So just what is a learning disability?

A learning disability affects how your brain processes information. Think of it as a difference in the brain that can affect how well you read, write, speak, do math or other similar activities. It may involve spoken words or non-verbal information. Don't make the mistake of thinking that having a learning disability means you're not intelligent. You may actually have above average intelligence, but struggle with processing information or expressing it.

This can include how you:

- Take in information.
- Organize information.
- Retain information.
- Understand information.
- Use information.

You may have trouble paying attention, reasoning, processing what you're taking in, remembering, communicating, reading, writing, spelling, calculating, interacting socially with others, or acting emotionally mature. There are many different ways a learning disability can affect you!

With a "processing disorder" the problem is with the ability to process what you've learned. You can't use the information you've taken in through your senses. There are auditory, sensory, and visual processing disorders. A processing disorder is not always the result of impaired hearing, impaired vision, attention disorders, intellectual disability or learning deficit. It may be that you may have a problem understanding or recalling things you've heard. This may result in repeatedly asking for information to be repeated or clarified, especially in a noisy environment. You may feel that what others may consider to be a normal situation is too intense or not interesting enough for you to pay attention to. You may be overly sensitive to some activities or not aware of others at all. Having a learning disability like this can be very difficult to deal with.

With a visual learning disability, you may not be able to recognize shapes or copy information. You may have difficulty spelling words correctly or have issues with coordination.

Nonverbal learning disorders affect activities that don't involve words or speech, like problem-solving, visual-spatial tasks, or recognizing social cues.

They can leave you unable to understand facial expressions or body language or cause difficulties with planning and organization.

Diagnosis of a learning

disability can be difficult, though and can improve as the brain learns new ways to process information. Although learning disabilities don't get better as we age, we do learn new ways to



disability should be done by a professional. It's not always an easy task to identify a learning disability as an individual may exhibit only one or two signs or have many different symptoms.

Treatment for processing disorders may be difficult as they are not considered medical disorders. They are treatable

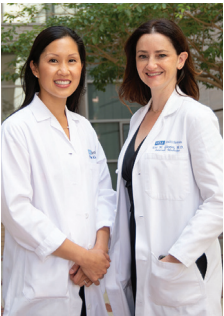
and can improve as the brain learns new ways to process information. Although learning disabilities don't get better as we age, we do learn new ways to adapt and improve our skills.



Chris is a Gerontologist and a former Long-Term Care Ombudsman. As an Independent Living Specialist at Disability Network Lakeshore, she specializes in assistive technology, emergency preparedness planning, and service dog training.

ASK THE DOCTORS:

Urine culture necessary to identify bacteria causing UTI



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

DEAR DOCTORS: I have had a UTI several times and know the symptoms. This last time, when I went to urgent care,

they said they needed a urine culture before they could treat me. It was another day of being uncomfortable before getting the meds I needed. Do you know why that was done?

DEAR READER: For those who are fortunate enough not to know, a UTI is a urinary tract infection. This is a common infection caused by bacteria getting into the urinary system and colonizing. The bacteria enter through the urethra. The urethra is the tube that connects to the bladder so urine can exit the body. The bacteria can travel up this tube to

the bladder, where they quickly multiply and cause an infection. That infection can spread to the ureters, which connect the bladder to the kidneys. The infection can then spread to the kidneys.

The most common cause of UTIs is E. coli bacteria. E. coli is a natural resident of the intestinal tract. It gets excreted with each bowel movement. Due to the proximity of the urethra to the rectum and the genitals, it is fairly easy for bacteria to get to the urinary tract through lax hygiene or sexual contact. Certain medical procedures, using a catheter or a blockage of the bladder due to kidney stones or an enlarged prostate can increase UTI risk. The hormonal changes of perimenopause and menopause that affect protective flora in the vagina can also increase UTI risk.

Symptoms of a UTI include urine that is cloudy, darker in color than usual or having a strong or pungent odor. Many

people experience an urgent need to urinate that yields very little urine. A burning sensation or pain while urinating can occur. Some people also get abdominal pain. In older adults, a UTI may cause few physical symptoms. They can, however, experience confusion or even cognitive impairment due to a UTI.

A UTI that goes untreated can turn into a kidney infection. Symptoms of a kidney infection include fever, chills, fatigue, nausea and vomiting. This is a medical emergency that requires immediate treatment. The risk of a UTI leading to a kidney infection also plays a role in why you needed to do a urine culture before you could get antibiotics.

When it comes to treating a uti, there's good and bad news. On the plus side, antibiotics can be extremely effective -- symptoms typically improve within a day or two. However, antibiotic resistance is a problem

that continues to grow. To prescribe an antibiotic that will work, doctors must first identify the specific bacteria causing the infection. The urine test also screens for antibiotic resistance. This allows your doctor to rule out medications that the bacteria are resistant to so they can prescribe an antibiotic that will work for you.

This all makes it imperative to complete the full course of any antibiotics you are prescribed, even after you feel better. This kills all the bacteria and helps prevent a "bounce-back" infection. It also keeps patients from accidentally adding to the spread of antibiotic resistance.



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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1 in 3 Older Adults Are Lonely — Here's How We Can Change That

We've all heard the statistics: 1 in 3 older adults are experiencing isolation and loneliness, and 28%



BY KIMBERLY WOLCOX
COMMUNICATIONS
MANAGER
SENIOR RESOURCES

are living alone. These realities pose serious health risks. In fact, the U.S. Surgeon General has declared loneliness and isolation a national epidemic, warning that their effects can be as harmful as smoking, obesity, and air pollution.

It's important to understand the difference between loneliness and social isolation. Loneliness is the distressing feeling of being alone, regardless of the amount of social contact. Social isolation, on the other hand, occurs when a person has few or infrequent social connections. Both can have a serious impact on health and well-being.

It's easy to see how these challenges arise. Retirement, the loss of a spouse or loved ones, reduced mobility, the inability to drive, and chronic health conditions all contribute to isolation. These challenges are common, but it's how we cope and adapt that is key to reducing loneliness and maintaining our connections.

You might be wondering, what

can I do? How can I help someone in this situation? Research is clear: engaging in meaningful and productive activities with others helps us live longer, boosts our mood, and gives life a renewed sense of purpose.

Here are some of the many ways older adults can stay connected and supported:

TELEPHONE REASSURANCE

Programs are available that provide scheduled wellness calls from trained staff or volunteers. These calls offer safety checks and meaningful conversations, which can be a lifeline for older adults living alone.

CONGREGATE MEAL SITES

Many communities host meal programs where older adults can gather to share a nutritious meal together. These sites not only provide healthy food but also the chance to connect socially.

SENIOR CENTERS AND PROGRAMMING

Senior centers often provide opportunities for classes, games, exercise programs, cultural events, and social activities. They serve as hubs for older adults to meet new friends and stay active.

LIBRARY SERVICES

Libraries are more than books. Many offer book clubs, technology help sessions, workshops, and activities that encourage lifelong learning and community engagement.

COUNSELING AND BEHAVIORAL HEALTH SUPPORT

Support is available in different forms, including in-home counseling, virtual sessions with coaching, and traditional office-based counseling. These services address issues such as depression, grief, and anxiety.

ADULT DAY PROGRAMS

Adult Day Care or Adult Day Health Programs provide supervised care, activities, and social opportunities for older adults during the day. These programs also offer respite for family caregivers.

RESPIRE CARE

Respite programs allow caregivers to take a much-needed break while ensuring their loved one receives safe and engaging care.

SUPPORT GROUPS

Whether focused on caregiving, grief, or chronic conditions, support groups help older adults and families connect with others who share similar experiences.

VOLUNTEERING

Many older adults find purpose and connection by giving back through volunteering. Opportunities range from schools to food banks to mentoring programs.

FAITH-BASED ORGANIZATIONS

Places of worship often provide social, spiritual, and volunteer opportunities that bring people together and help reduce feelings of isolation.

Together, these programs and opportunities form a safety net for older adults. They offer not just services, but meaningful connections—something we all need, especially as we age. If you know a senior who may be struggling with isolation, reach out. Whether it's a phone call, a ride to a meal site, or a referral to your local Area Agency on Aging, small actions can make a big difference in the lives of older adults.

If you are not familiar with the

organizations in your area, start by calling 211, your local senior center, or your regional Area Agency on Aging to learn what resources are available.

In Muskegon, Ottawa and Oceana Counties, Senior Resources is the Area Agency on Aging. For Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceola the Area Agency on Aging of Western Michigan supports those counties. Call us, we are here to help.

Senior Resources 1-800-442-0054
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Sources: National Institute on Aging, Administration for Community Living, USAging.



Kimberly Wolcox 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.



Sheyenne Cole, Senior Resources Director of MI Choice Waiver with patient Lesa Jordan, checking in with her on a home visit.



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Don't leave this unattended!

I remember growing up, we didn't always have a dog in our house, but I have very fond memories of



BY
JACK R.
WYDECK

the dogs we did have. Licorice was a small black poodle mix. I remember that he would go anywhere my dad went, and I learned what unconditional

love was. When I met the woman who would become my wife, she had a huge brown lab, Dakota. This dog was big and dumb, and I loved her. She had a tail that would clear a table, and a bark that would scare a dead person.

When we lost Dakota, we decided that our house would always have a dog (or two) in it. Today, we have Harold (a 13-year-old Terrier mix) and Cisco (a 5-year-old Boxer), and they are staples in our home. They celebrate everything with us, and they help us recover from challenges.

What a difference these two dogs are. Harold is attached to my wife, and those two are inseparable. The old man (Harold) is stuck in his ways. You have heard that you can't teach an old dog new tricks; we can't teach this dog anything. If Harold isn't sleeping in a recliner,

you will find him sleeping in the other recliner. A few years ago, he developed an eye infection, so we had to have his eye removed. We thought that this was going to change things, but it had very little effect. The only difference is that he used to bark at things he saw; now he barks at things he thinks he sees.

Cisco, on the other hand, is a madman. He is an idiot with short-term memory loss and bad hearing. When he gets excited, he can hear us telling him to stop; when his mind is set on something, a team of horses can't stop him. I had heard he is like a dog with a bone, but I never understood that until this dog came into our house.

We have learned a lot about puppies in the past three years. We have had to replace remote controls, prescription glasses, belts, shoes, and he tends to eat any clothes that are left on the ground. He has a fear of pillows (tears every one of them to shreds), and his favorite food is anything we leave on the counter.

Recently, a big dynamic in our house changed when my wife returned to the office for work. For Cisco's entire life, my wife was home, able to let him outside whenever he wanted. The dogs are



now spending time in their kennels until someone gets home to let them out. My wife gets home, and if she has to leave to run to the store, pick up our youngest, etc., she will leave them running around the house with no supervision. Last week, I had to get the mail, and while I was gone, Cisco ate the remainder of a blueberry pie that we left on the counter.

You might ask yourself, what did you think was going to happen? We have had experience with this dog destroying things in our house; we should have known he was going to get into something. When my wife was home, some months would go by when the dogs wouldn't get into anything.

The analogy is very similar to house fires. We do things every day that we know could lead to a fire.

Every year, in the United States, a majority of house fires start in the kitchen; 60% of those fires are caused by unattended cooking. A lot

of excuses come to the surface when we talk to these people involved in these fires.

I just stepped away for a second.

I just went to use the restroom.

I had to check on the kids.

I went to check the score of the game.

I had to answer the phone.

Leaving my dog alone is a mistake that has cost me, but it is a mistake that I continue to make. Unfortunately, when it comes to fires, you may not get a second chance. If you wouldn't trust my dog in your home with your dessert, don't trust your stove alone with your dinner.



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.



Harold



Cisco

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Part 6, The Endocrine System



BY HOLLY
LOOKA-
BAUGH-DEUR

The next topic in the Health Priorities series is a focused look at the endocrine system and its complex matrix of hormone production

and distribution throughout the body. Hormones are chemical messengers that tell cells and tissues what, when and how much to do their jobs. These chemicals impact hunger, sleep, sexual function and reproduction, mood, cell growth, metabolic repair and more.

In the brain, the hypothalamus receives and interprets feedback from the body to know what it needs. It's fascinating how the endocrine system works to adjust body chemistry automatically. Estrogen and testosterone are well-known hormones, but there are more than fifty different hormones circulating in the human body at any given time.

Aging causes changes in the function of the endocrine system just like every other system. These changes manifest differently in men and women, with female changes occurring quite rapidly during and following menopause, and male changes occurring more subtly over time. Let's explore the hormonal changes in men first:

- Peak testosterone (T) levels in men occur around age 30. Levels decrease by approximately 1% per year following this peak period.
- Potential symptoms tied to a reduction in T over age 50 include reduced libido or sex drive, muscle

loss, fatigue, poor concentration, mild anemia, increased body fat, and mood changes.

- “Andropause” or “male menopause” or late-onset hypogonadism are terms used to describe the decline in T levels.
- Other hormones reduce with age – DHEA (dehydroepiandrosterone, an adrenal steroid,) melatonin, and growth hormone – and they also contribute to sleep issues, energy level drops, and bone density reduction.
- 10-25% of men experience symptoms related to endocrine changes, but most men show stable hormone levels as they age.
- Hormone changes can be detected with a simple blood test if symptoms are concerning.
- Lifestyle factors that may exaggerate the impact of hormonal changes are lack of exercise, unbalanced nutrition, stress from surgery or medical conditions, and obesity.
- If T levels are significantly low, pituitary gland (a small, bean-shaped gland at the base of the brain that control the production and distribution of hormones) testing is recommended.

• There are many considerations in the treatment of low testosterone levels with hormone replacement therapy (HRT). HRT may raise the risk of prostate and breast cancer (yes, men can acquire breast cancer, too!) and blood clots in veins. More research is needed to better understand the impact of HRT on heart attack and stroke.

Women experience hormonal changes most noticeably in

association with the reproductive system. Menopause impacts each woman differently, with some experiencing few if any symptoms other than a cessation of monthly menstrual periods. Other women struggle for years with hot flashes, sleep interruption, moodiness and other physical changes. The highlights of female hormonal changes include:

- Aging primarily impacts female hormones through the perimenopause and menopause time periods, typically occurring between the ages of 45 - 60, when the ovaries gradually reduce and eventually stop producing estrogen and progesterone. This decline has widespread effects on many organ systems beyond reproduction, influencing cardiovascular, skeletal, and cognitive health.
- The first stage is **perimenopause**, beginning around age 40. Hormonal levels fluctuate during this period. Menstrual periods may become irregular, more frequent, or vary in flow. Vasomotor symptoms include hot and cold flashes and night sweats. Emotional shifts such as irritability, mood swings, anxiety, and depression can occur.

• **Menopause** is officially diagnosed after 12 consecutive months without a menstrual period, typically occurring around age 52. At this point, the ovaries cease producing high levels of estrogen and progesterone, and eggs are no longer released.

- Other physical changes by system include:
- Reproductive: Vaginal wall

atrophy and dryness, and reduced libido

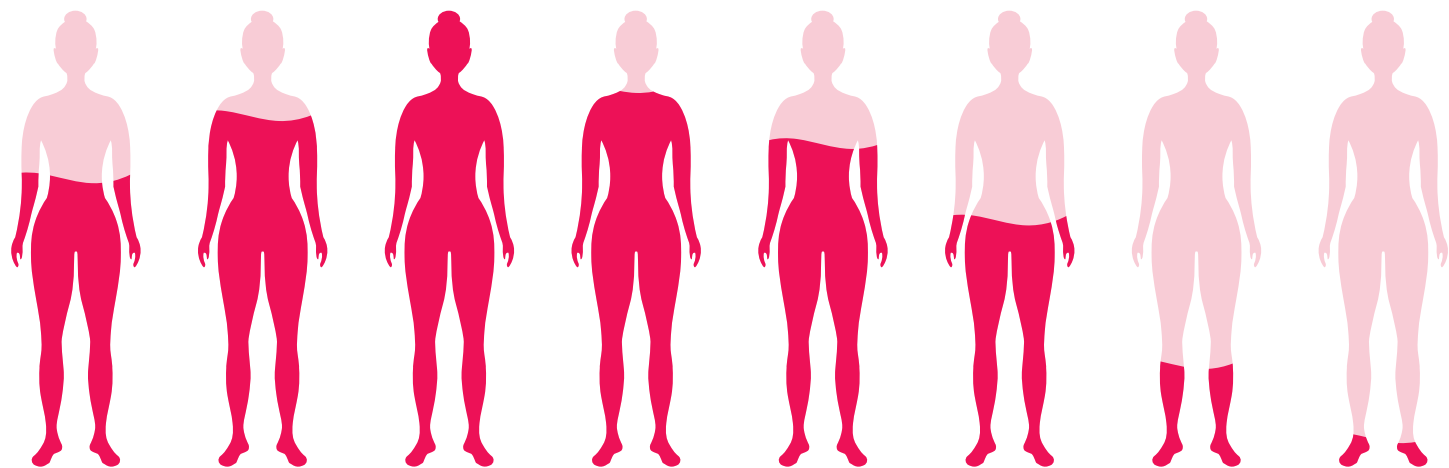
- Urinary: Higher urgency and risk for urinary tract infections are common.
- Cardiovascular: Higher risk of heart disease, negative changes in cholesterol levels and increased blood pressure may result from hormonal changes.
- Metabolic: Fat distribution changes from hips and thighs to the abdominal area, causing insulin resistance and difficulty with managing blood sugar
- Musculoskeletal: Reduced bone mass and density occur when the protective role of estrogen declines. Osteopenia and osteoporosis risk increase after menopause.

• Brain and cognition: Difficulty concentrating and memory lapses can be frustrating symptoms of hormonal changes, as well as onset of insomnia and overall poor sleep quality. Anxiety and depression can occur during this period, so early intervention is important.

- Integument: Skin and hair are not spared from the impact of shifting hormones, with dry and thinner skin and possible hair loss.

While endocrine changes are not considered to be life threatening, it should be stressed that because these symptoms may be a result of a more serious condition, a conversation with a primary care provider is important. Additionally, the impact on quality of life can be significant, resulting in changes in socialization, relationships, body image and quite simply HAPPINESS as we age. If you or those close to you notice

ESTROGEN HORMONE LEVEL



20 AGE • 30 AGE • 35 AGE • 40 AGE • 50 AGE • 60 AGE • 70 AGE • 80 AGE

MENOPAUSE

differences, be sure not to ignore them as specific supplements and HRT may be helpful. HRT became harshly criticized in recent years due to an over-emphasized impact on cancer risk, and it is now proven to be a relatively safe approach when risks and benefits are weighed and considered. Safety considerations include:

- Estrogen-only HRT is generally safer than combined estrogen-progesterone combinations for women.
- HRT is less risky for women under 60, and the lowest possible dose should be utilized.
- Health history matters. For example, those with a history of blood clots or breast cancer may not be the best candidates for HRT.

One final safety thought: Consumers are subjected to countless over-the-counter supplement claims related to “balancing hormones” or “increasing metabolism” and

more. The FDA (Food and Drug Administration) does NOT oversee or impose mandates over nutritional supplements. The relative levels of potency are not monitored, and it is estimated that over \$30-60 billion are spent on supplements annually in the United States alone. (National Center for Complementary and Integrative Health, 2025.). The average American spends around \$510 per year. Natural remedies for symptom management can be effective, but most supplements lack sufficient research and testing. Be cautious of consumer and vendor claims, especially those that promise quick results or cures without scientific evidence. Misleading claims often include phrases like “miracle cure,” “clinically proven” without supporting research, or endorsements from celebrities rather than

healthcare professionals. Always consult with your physician before using any supplements, as they can help assess your individual health needs and check for possible interactions with your current medications. This approach ensures safe and informed decisions about your health.



About the author: Holly Lookabaugh-Deur is a physical therapist with a Masters of Health

Science degree in neurology and a doctorate in science, with board specializations in geriatrics and oncology. She has been practicing for over 45 years, and she holds faculty roles in 7 universities across the country. A Certified Exercise Expert in Aging Adults (CEEAA), Deur holds additional credentials in wound care, aquatic therapy, lymphedema management, Parkinson’s interventions, and fall prevention strategies. She is passionate about mentorship for novice therapists and enjoys teaching whenever there is an opportunity to share knowledge.

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A simple roast ham affords hosts more time to mingle with guests

Hosting for the holidays is a time-consuming responsibility. Hosts welcome all that comes with inviting loved ones over for the holidays, but many might admit cooking for a crowd is a chore that takes up most of their time.

The time-consuming nature of holiday cooking leaves many hosts looking for less complicated meals that would afford them more time to spend with loved ones. The following recipe for "Roast Ham" from Lines+Angles is a straightforward dish that will let hosts spend more time with guests and still ensure everyone enjoys a delicious homecooked meal this holiday season.

Roast Ham Makes 6 to 8 servings

- 1 cup honey
- 2 tablespoons Dijon mustard
- 4 apples, cored and quartered
- 1 8-pound cooked ham, trimmed
- Kosher salt
- Freshly ground black pepper



1. Preheat the oven to 350 F.
2. Warm the honey with the mustard in a heavy-based saucepan, stirring until smooth and starting to bubble at the edges of the pan. Set off the heat.
3. Arrange the apple quarters in a large roasting pan and place the ham on top. Score a diamond pattern on the outside fat; brush with some of the honey-mustard glaze, seasoning with salt and pepper at the same time.
4. Bake the ham until the thickest part of the ham registers at least 160 F, about 1 hour 20 minutes; brush with more of the glaze from time to time.
5. Once the ham has reached 160 F, increase the oven temperature to 450 F and cook for a further 5 to 10 minutes until the top is golden brown and starting to caramelize.
6. Remove from the oven and let cool before slicing and serving. Can also be chilled and served cold.

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Cake pops to light up kids' eyes this holiday season



Directions:

1. Prepare cake according to package instructions, adding 3/4 cup canola oil to the cake mix before baking.
2. Once cake is cool to the touch, transfer to a large mixing bowl and break up into crumbs. Allow to cool completely.
3. In a medium bowl, add the butter, sugar, vanilla, and milk. Use an electric mixer and beat on medium speed for about 4 minutes until light and fluffy.
4. Add 3/4 of the frosting to the cake crumbs and mix until mixture can hold together well. Refrigerate for at least an hour.
5. Using your hands, shape the cake pop mixture into 24 conical shapes.
6. Melt the green candy melts. Dip one end of each of the cake pop sticks into the melted chocolate before inserting into the bottom of the cake pops. Dip each cake pop into the melted chocolate, making sure to cover completely, allowing excess to drip back into bowl.
7. Use a toothpick to create the textured look of the tree and decorate with the icing dots and stars before standing upright to dry completely.

There's no denying Christmas Eve is a little more special in homes where kids are excited about an overnight visit from Santa Claus. Indeed, kids' joy and enthusiasm helps to make the holiday season such a special time of year.

Since kids add so much to the holidays, it makes sense to prepare something special for youngsters. Of course, treats such as these "Christmas Tree Cake Pops" from Lines+Angles also may appeal to festive adults.

Christmas Tree Cake Pops **Makes 24 cake pops**

- | | |
|-----------------------------------|------------------------------|
| 1 box vanilla cake mix | 1 teaspoon milk |
| 3/4 cup canola oil | 3 1/2 cups green candy melts |
| 1/2 cup unsalted butter, softened | 24 cake pop sticks |
| 1 cup confectioners' sugar | Icing dots |
| 1 teaspoon vanilla extract | Icing stars |

Simple stuffed shells to please a hungry holiday crowd

Holiday hosting is a fun way to welcome loved ones. Opportunities to host abound between Thanksgiving and New Year's Day

Simple but flavorful meals are a holiday host's best friend. Such meals, which include the following recipe for "Stuffed Shells With Spinach and Ricotta" from Lines+Angles, give hosts more time to mingle but still ensure a delicious dish makes its way to the table come dinnertime.

Stuffed Shells with Spinach and Ricotta **Makes 6 to 8 servings**

- | |
|--|
| Salt, to taste |
| 32 jumbo pasta shells |
| 10 cups frozen chopped spinach, thawed |
| 2 cups ricotta, softened |
| 1 cup Parmesan cheese, grated (divided), plus extra to serve |
| 3 cloves of garlic, peeled and minced |
| 2 eggs, lightly beaten |
| Freshly ground black pepper, to taste |
| 3-3/4 cups marinara or spaghetti sauce |

1. Bring a large pot of salted water to a boil. Add the pasta and cook per package directions until al dente. Rinse pasta in cold water to stop cooking process and drain well.
2. Squeeze spinach dry. Transfer spinach to large bowl. Add ricotta, 1/2 cup Parmesan, garlic, and beaten eggs to bowl. Season mixture with salt and pepper, and mix to blend.
3. Preheat oven to 350 F.
4. Spoon 1/2 cup marinara sauce evenly over bottom of 9- x 13- x 2-inch baking dish. Fill each pasta shell with spinach mixture. Place shells, filling side up, in prepared baking dish. Sprinkle with remaining 1/2 cup Parmesan. Cover loosely with foil and bake until heated through and bubbly, about 30 minutes. Spoon remaining sauce over shells. Garnish with Parmesan cheese, if desired, and serve.



Developing a Grateful Heart



BY
CYNTHIA
HOGG

Thanksgiving.

A time to pause and reflect on what we're grateful for.

But gratitude is not something to be dusted off and brought out just once a year with our turkey and stuffing.

Gratitude is the stuff of happiness all year long, and there are scientific studies to prove it. Numerous "positive psychology researchers" have found that there is a strong correlation between making gratitude a regular part of daily life and feeling happier in general and having stronger relationships. Being grateful for what we currently have (or even remembering blessings from our past), also tends to make us more optimistic about the future.

Everyone wants to be happy, but science (and maybe common sense) have shown it's much easier when we operate from a grateful heart. I remember one of the best pieces of marriage advice I received was from a college roommate who married a year before me. She said, "Remember to always say 'thank you' to your husband for all the little, unnoticed things he does, like taking out the trash." I have never forgotten that – maybe that's why my husband and I are still going strong after 47 years! And he was raised with the same positive,

grateful attitude. I remember my mother-in-law always saying, "My only complaint in life is about complainers!"

Grumble, grumble. We're surrounded by complaining and

if you can think of at least three things each day.

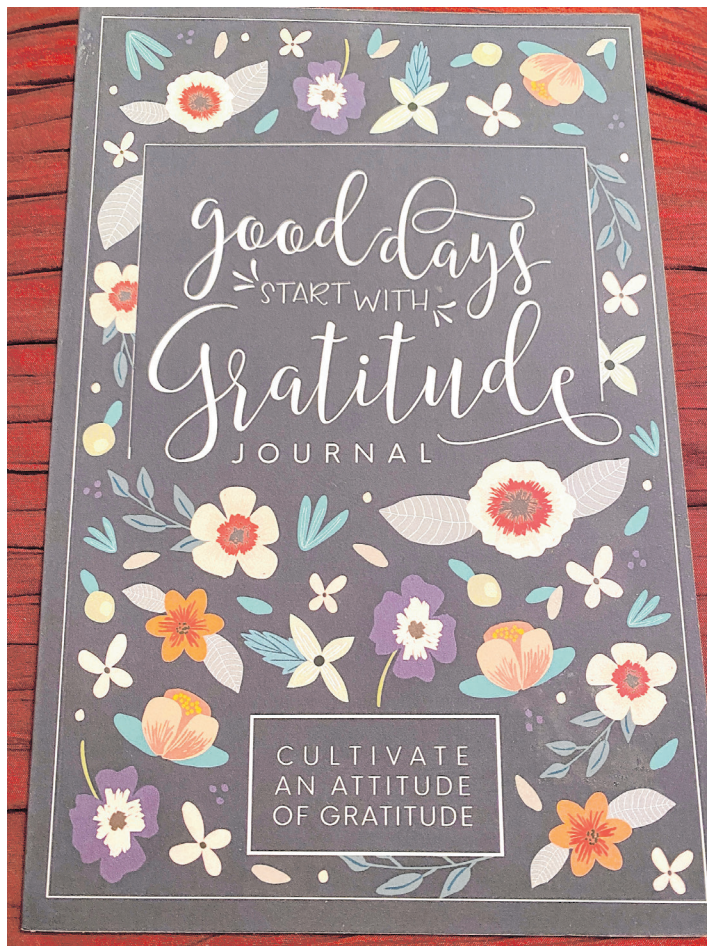
Next, start writing them down. Again, aim for at least three items. Writing things down makes them more real and gives us something

husband looked at me and said, 'Anne.' The fog lifted for a moment and he actually remembered my name! I'm so glad you had me write that down. I want to remember it!"

A way to ratchet up your happiness is to share your gratitude with others – especially if you're grateful for them. One study I read demonstrated that if we write a thank-you note to someone in our past who did a kindness for us or positively shaped us, we not only bring happiness to that person, but the positive boost we feel ourselves can last up to a month! You know the saying: "Those who bring happiness to others cannot help but bring it to themselves as well."

We all want our children and grandchildren to be happy, too. This speaks to the importance of not just teaching them to be grateful, but to modeling it as well. When I am out and about running errands, and an employee goes above and beyond or is unusually polite and kind, I make a point of noting their name and finding a manager to praise them. I especially try to do this when I have grandchildren along. I'm planting seeds!

So, by all means, pause this Thanksgiving and reflect on all the many things you have to be grateful for. And then let Thanksgiving Day be the beginning of a whole new pattern of living life with a grateful heart!



it's so easy to join in. If we want to go against the grain, most of us have to work at it.

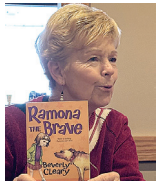
So how do we do it?

Start by saying, "Just for today, nobody can make me complain." Catch yourself; stop a grumble or complaint before it starts.

Once you start mastering that, start actively looking for things to be grateful for, large or small. See

to look back on. When we might be feeling low. When I worked for the Alzheimer's Association, I provided some caregivers with a formal gratitude journal where they recorded three things per day. In the stressful, often chaotic, stream of their daily caregiving tasks, it was often easy to overlook little things to be grateful for. I remember one caregiver say, "My

Transition from Condo to Independent Living



BY
LOUISE
MATZ

When does it make good sense to make this change? Is it difficult? How do we make a change like this? Is it overwhelming? Is it final or can I

change my mind if it isn't what I expected? As I am an elder senior, I'm interested in these answers and thought others might feel the same. I saw my opportunity when a woman from my condo complex made the change. A few months later when I approached her for information for this article, she very graciously said "of course."

BEFORE

Rosalie Anderson and her husband left their home with five bedrooms and sitting on 1&1/2 acres because it was too much to keep up. They found a condo at Stillwater Springs and were very happy there. Life was easier in the condo especially for her husband because everything was on one floor. Rosie lost her husband in 2022. She wanted to keep the condo, but in March she had a life changing accident which triggered her move. She was in an assisted living facility for a month to gain strength. During her time there, and with the encouragement and help of her children, she made the decision to move to an independent living facility in Grand Haven.

Interestingly, Rosie had selected this facility earlier in the year and had reserved a spot for when it was needed. She had been a member of a singing group called Sweet Adelines. They had performed at this facility several times so she was quite familiar with it. Also, she had toured the facility with her daughters and had friends from



church living there.

Now, how does she move her belongings from a condo of 2400 sq ft to her apartment of 700 square feet!!!

After her month in assisted living, she went to her condo to choose which items would move with her. Her family was there and they did all the moving. Rosie began by choosing the items that were near and dear to her. Her sewing machine was her number one selection. From there, she selected by category. Here is the list she gave me: clothing, picture albums, holiday decorations, craft supplies, kitchen items and furniture. They made a decision not to move the bed, but rather purchase a smaller one. The TV was not a smart TV, so they decided to purchase a new TV. This selection process was followed by a large family gathering where family members could select items that were not being moved. After the move, Rosie's family cleaned the condo and made all the necessary arrangements for the sale of her condo.

AFTER

Rosie has been living in her new home at The Pines in Grand



Haven for nearly five months. She is very happy to be there. Her rent is month to month with no long term commitment. She was immediately satisfied with the apartment. She credited her daughters with doing a marvelous job of placing all her belongings. Rosie, a very social person, is pleased about having so many opportunities to join social activities. She has recently volunteered to help in the library and get a book club reorganized using the Loutit Library. She plays cards and games in the evenings. She commented "If I was still in my condo, I would usually spend my evenings by myself watching television. Here at the Pines, I can be with others enjoying their company which makes the evenings go so much faster." Rosie still enjoys many of the activities she enjoyed when in her condo. She plays cribbage twice a week. She belongs to two book clubs. In fact, she started the book club at her condo in 2018. She is an active member of St John's Lutheran Church and has been since 1971. She is very generous with her free time, making chemo hats and port pillows for Phil's Friends and also the mattress you see here made from plastic bags and given to those in need. Rosie does her own

everyday cleaning, but has a person come for 2 1/2 hours once a week to do some selected cleaning and laundry.

Rosie doesn't drive anymore, so what does she do for transportation? This is a serious concern for all of us not only those in an independent living facility, but also those of us who might need a new hip or knee or have some other type of limited mobility. The Pines offers a weekly bus trip for groceries. Each apartment is given a cart. The cart is loaded and unloaded and delivered back to each apartment, which is a very handy service. Rosie is fortunate that she has daughters willing to take her to medical appointments. For other errands or social trips, she has friends that offer to pick her up or she takes advantage of the Harbor Transit Transportation System servicing Grand Haven. They offer on-demand transportation services and specialized routes.

Meals are another issue. The Pines offers meals as an option. Rosie likes having the option, but mostly chooses to prepare her own meals. She has a full kitchen in her apartment.

Thank you, Rosie for sharing your experience. I found it very interesting and informative. Hopefully, the readers will agree.

Louise is a national award winning writer. She has been writing for Senior Perspectives for over 15 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.



THE GIFT OF LITERACY –

Dolly Parton's (Imagination Library) Journey "Behind the Walls"



BY JANET HASSELBRING

The holiday season is fast approaching. Soon we'll be shopping for gifts for those we love. What if you could

give a gift that could change a life? A gift that keeps on giving? A gift that would keep someone off the streets and out of prison? And, best of all, a gift from Dolly Parton and signed by her?

This is the gift that local organizations, Humanity for Prisoners, and the Dolly Parton Imagination Library (DPIL) of the United Way of the Lakeshore are giving this holiday.

The Dolly Parton Imagination Library (DPIL), funded by Dolly and

local affiliates, is an early childhood literacy program providing eligible children, from birth to age 5, with free high-quality books sent to their homes every month. The first book, sent at birth, is *The Little Engine that Could*, and the last, *Watch Out Kindergarten, Here I Come!*

Dolly grew up in poverty in rural Sevier County in Tennessee. She saw how illiteracy negatively impacted the lives of her friends and family. Founded



in 1995, the Imagination Library is a tribute to her father, who never learned to

read. Whatever problems parents might

have raising their children, Dolly was determined to help lift them

above their circumstances and give them a "leg up" in life by making sure their children could read.

30 years and millions of books later, Dolly's dream has inspired a love of reading in over 270 million children and homes across five countries.

Based on the teachings of Jesus: "Remember those in prison as if you were there with them," and "...whatever you do to the least of these, you do to me." (Hebrews 13:3), the mission of Humanity for Prisoners is to show compassion to prisoners and their families. Mark Hartman, former inmate and current Executive Director

of HFP, describes how prisoners feel helpless, especially in the rearing of their children: "While incarcerated, I longed to bond and have a connection with my 3-year-old son; however, there was little I could do behind bars." DPIL provides that link.

Dr. Ben Carson, neurosurgeon and former Cabinet member, and his brother, an astrophysicist, were living on the streets, with drugs, crime, and prison likely in their future. Their mother, wanting her sons to have a better life than she, required them to read two books a week and write reports for her, though she could barely read herself. "Between the covers of a book, I could go anywhere, be anybody, and do anything," Carson says. Books changed his life.

With the blessing of the MI

HFP

Department of Prisons, HFP is placing brochures inside the walls of MI prisons, encouraging inmates to get their preschoolers registered for free books in the cities where they reside. The registrations will be covered by DPIL affiliates, supplemented by MI literacy grants (divided into statewide regions/hubs).

Research shows a direct correlation between illiteracy and incarceration, since states base the number of cells they'll need on the number of children not reading by the end of 3rd grade. Dolly's program virtually ensures a child will be reading by the time they enter school, so they'll never fall behind and if you compare the cost of incarceration per year - \$48,000, with the cost of registering a child for books -



\$30, this program is a bargain. It breaks the cycle of crime.

“What a wonderful opportunity for inmates to play a part in their child’s future.”

(Barbara Saunders Sims, Director DPIL, United Way of the Lakeshore)

To date, brochures have been placed in the Newberry

Correctional Facility, the Women’s Huron Valley Complex, the Carson City Correctional Facility, and the Muskegon Correctional Facility, and registrations are starting to come in. HFP founder, Doug Tjapkes, is thrilled: “Imagine telling a father or mother behind bars that their preschooler can receive a book from Dolly every month!” We think Dolly will be thrilled too!

For more information:

- about DPIL or sponsoring a child for free books, visit www.unitedwaylakeshore.org/dolly. To see if a child you know is eligible for free books, visit www.imaginationlibrary.com/check-availability/
- about HFP visit humanityforprisoners.org

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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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Senior Perspectives

G A M E P A G E

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

Level: Advanced

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.

“ V LVS RLMKYI CP SVAPE MNN JLPE
TMK FBPPS V YVIT VEI YPNS MNN
NMB SLP BPRS MN TMKB YGNP.”
— X.H. M’BMKBAP

TODAY’S CLUE: F equals G

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WHAT’S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

Game Page is brought to you
by your friends at:

HOMETOWN
HOSPITALITY

Toast
& Jams

Cherokee
Restaurant

MTR
MARINE TAP ROOM
MARIETTA, GA

Dockside
Moral's
Donuts

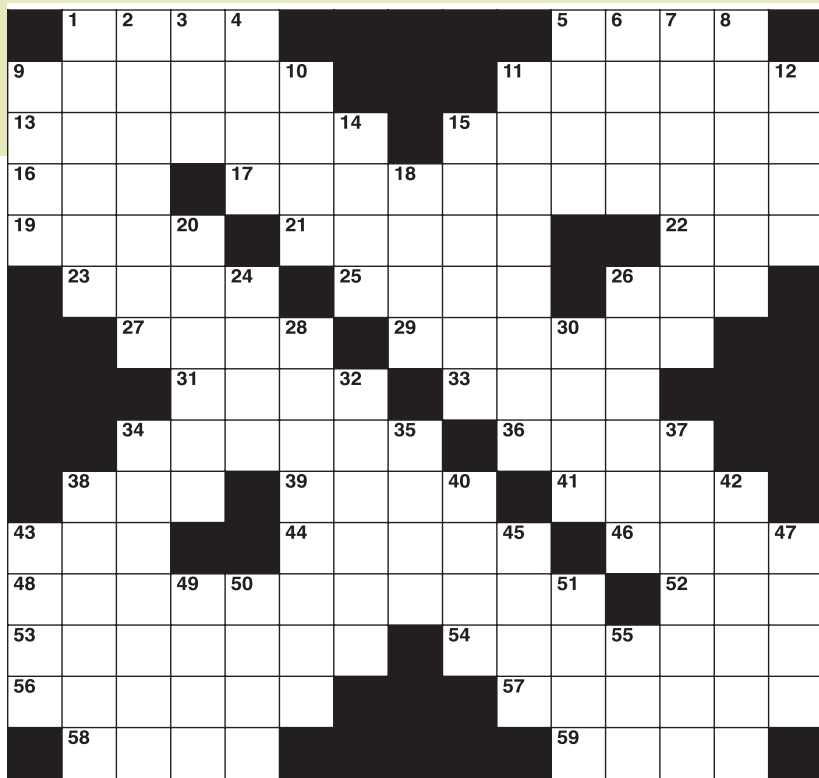
NO NAME
SALOON
& GRILL

Full
Moon
DINER & SALOON

RED
ROOSTER
TAVERN

PUB
ONE-ELLEN

CROSSWORD



CLUES ACROSS

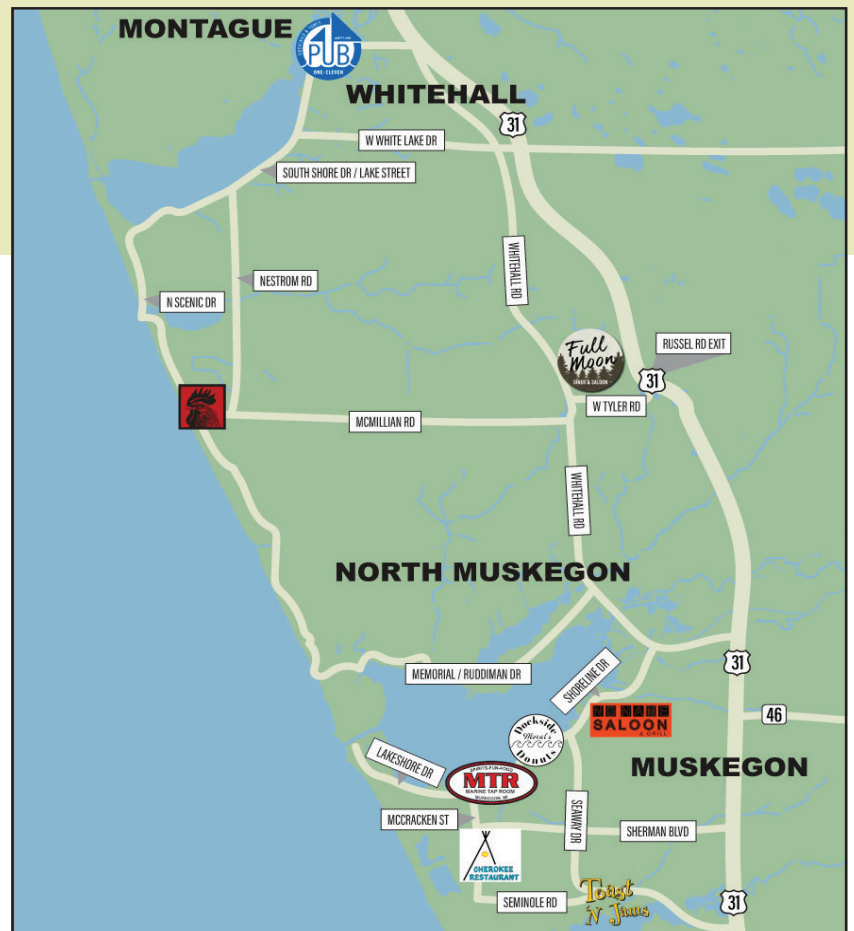
1. Difficult
5. Coarsely ground corn
9. There's one for the "world"
11. Loved Romeo
13. Sticky situation
15. Pelvic areas
16. An informal debt instrument
17. Cannot be repaired surgically
19. A device attached to a workbench
21. Related on the mother's side
22. Sound unit
23. ___ Sagan, astronomer
25. Utah city
26. A disappointing effort
27. Steal goods during a riot
29. Wakes up
31. Hair salon service
33. Serenaded
34. Looked intensely
36. U.S. Air Force expert Robert F.
38. A type of cast
39. One's duty

41. Where golfers begin
43. Make a mistake
44. Semitic sun god
46. Ancient Greek City
48. Having had the head cut off
52. A place to stay
53. Unwise
54. Most unnatural
56. Dennis is a notable one
57. Ointments
58. Students' exam
59. Leaked blood

CLUES DOWN

1. Brave
2. Act of awakening
3. Jest at
4. Sandwich store
5. Chapter of the Koran
6. Dismounted
7. Small vehicle
8. Irrked
9. One who earns by disreputable dealings
10. Monetary unit of Samoa
11. Long, mournful lam-

- entation
12. Weight unit
14. Alone, single
15. Decreases
18. Indicates beside
20. Worn by exposure to the weather
24. A body of traditions
26. College students' ultimate goal
28. Amino acid
30. Nasal mucus
32. US government entity
34. Swinish
35. Legislative body in Russia
37. Grant an exemption to
38. Put in advance
40. Satisfy
42. Felt
43. Mild yellow Dutch cheese made in balls
45. Witnesses
47. Picnic invaders
49. Gasteyer and de Armas are two
50. Ancient person of Scotland
51. Cheerless
55. Unwell



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Answers on page 34

Memories



BY
KEITH SIPE

The older I get, the more memories that accumulates between my ears, if you know what I mean. There is more of your 'life existence' accumulating in your mind with each passing day of your life. Your memory keeps growing each and every day. Memories from long ago to this very moment in time. With all those memories you have, maybe that is where that old term come from, "you're full of it".

My mind recently traveled back to the first Christmas with my wife Pam. I have so many wonderful memories from the past I often think, "where did that come from"! Here is one of those old memories I will share with you.

It was our first Christmas back in 1971 when we were away from home, and I mean "away from home". We were thousands of miles from where Pam and I were raised in Muskegon, Michigan. During my four years in the Air Force, I was able to come home for Christmas one time back in 1970.

Pam and I were living in a small village of Little Tew, England. It was just the two of us, married for a year, living in another country, and it was Christmas!

What we needed was a Christmas Tree.

Being in the Air Force, the military base, RAF Upper Heyford,

only had a few trees on their lot, and I mean a 'few', as in 'not many'! Again, not a very large assortments of trees to choose, but at least we were able to fine one. It was almost a 'Charlie Brown' Christmas tree.

At the base exchange we were able to find a few decorations to trim the tree, but the choices were limited. One decoration for we found was right out in front of our flat, and that was the Holly. It was right outside of our apartment. There was an abundance of holly for our Christmas. We still needed

decorations from the Village of Banbury, we headed back home to finish the decorating our tree. There it was, standing in front of us our beautiful Christmas Tree. The first Christmas for the Keith and Pam Sipe family.

Our first Christmas had another surprise; it was by having Christmas dinner with the landlord, Fred, his wife Val and their son Steve. We did not have a turkey or ham, not even a full dressed chicken. The Temlett's were vegetarians, so no meat was served.

and we had a great time.

Our flat was in the village of Little Tew, England, a 9000 square foot Manor House. Three story home. Way back in time, the third floor was where the maids had lived. The first and second floor is where owners live. The first floor, near the kitchen, is where the butlers had his quarters.

You can see me in the photo standing by the Christmas tree. The tree was in our living room. Many years ago, our living room was actually a bedroom, a very large bedroom. Our place had a kitchen, bathroom, one bedroom and a living room. The flat was a fully furnish apartment with dishes and all utensils.

Pam and I were married on a Friday and on the following Monday after our wedding, we headed to Wichita, Kansas where I was stationed. We were on our own over the last two years while I was in the service. We depended on each other for everything. I always said it was a great way to start a marriage!



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.



-Christmas Dinner, (L to R) Val, Pam, Steve, Fred.

some more decorations, and a trip to Banbury was needed. After picking up a few more Christmas

For the meat entre', what I sort of remember being called "ham scampi". It was a very good dinner



The evening Christmas dinner was held in the dining room, so I thought I would add a photo of my wife Pam is sitting by the fire place.



Keith, that's me, by the tree.



Christmas of 1971

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Common giving scams and how to spot them

December is a season of giving, and that charitable spirit is evidenced by the uptick in donations over the final month of the year. Perhaps inspired by Giving Tuesday, which is celebrated annually on the first Tuesday after Thanksgiving, donors tend to be especially generous in December. According to Donorbox, which provides an online fundraising platform to facilitate charitable donations, 31 percent of yearly charitable giving happens in December.

Nonprofit organizations undoubtedly recognize the spirit of generosity that surfaces each December, but criminals are likely cognizant of individuals' desire to give back during the holiday season as well. Indeed, a 2023 press release from the United States Attorney's Office in the Western District of North Carolina cited fake charities as one of the most common scams encountered by consumers during the holiday season. With that in mind, well-meaning prospective donors can learn to recognize common giving scams to ensure they are not victimized by criminals looking to prey on their generosity this holiday season.

- **Fraudulent charities:** Criminals targeting people who want to donate during the holiday season may set up fraudulent charities in an effort to trick people into giving them money. The New Jersey Division of Consumer Affairs notes that fraudulent charities may feature impressive names or a name similar to one used by a reputable,

well-known charity.

- **Phishing emails:** Phishing emails have been around for decades, and for good reason. Such scams are easy to implement and highly successful. The Federal Trade Commission reported receiving 358,000 reports of scammers contacting individuals

of Consumer Affairs warns consumers against sharing their credit card information in an email, even if the sender claims to be from a reputable charity.

- **Pressure tactics:** Seeking to capitalize on the spirit of giving that surfaces each December, some scammers will pressure prospective

- **Thank you messages:** Another common giving scam is to thank potential victims for past donations they never made. This is an attempt to trick generous individuals into thinking they have a past relationship with a charity they believe is reputable, which might make them less inclined to vet the



Phishing emails are one charity scam individuals must learn to recognize, particularly during the giving season.

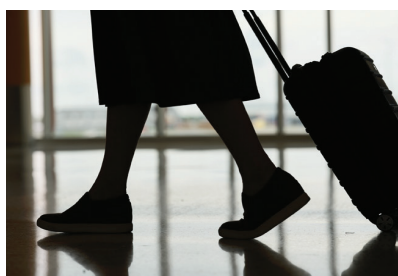
via email in 2023, and the real number is likely much higher, as few consumers take the time to report such emails to the FTC. Phishing emails typically prompt recipients to click on a link embedded in an email. These emails may seem as though they're coming from an individual's bank or credit card company, while others may indicate recipients can win a prize if they open the email and click on a link within it. The New Jersey Division

donors and potential victims into making donations over the phone or via links embedded in an email. Reputable charities do not pressure donors into giving over the phone or via email, so solicitations for immediate donations are a telltale sign of a charity scam. If prompted to make donations with cash or via gift cards or wire transfers, hang up the phone, as the FTC notes such payment methods are how scammers request donations.

person or organization thanking them. Scammers are banking on establishing that false sense of security and trust, particularly during a notably busy time of year when donors may feel as though they don't have the time to research organizations they want to support.

Scammers prey on individuals' generosity each holiday season. More information about giving scams and how to avoid them is available at consumer.ftc.gov

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THE ACCESSIBILITY OF AIR TRAVEL

BY GERALD R. FORD INTERNATIONAL AIRPORT

According to the U.S. Census Bureau, one in six Americans are over 65, and the World Health Organization reports the same percentage globally face some form of disability. Research from the International Air Transport Association shows that wheelchair requests are on the rise, and the Airports Council International have held summits to create accessibility specific guidelines.

Accessibility in air travel is being reevaluated worldwide, and here in West Michigan, you'll find Gerald R. Ford International Airport (GRR) at the forefront of creating a comfortable and stress-free passenger experience—with conveniences evident from the moment you arrive.

While handicap spaces are plentiful, you can also reserve parking ahead of your trip. The North Lot and Long-Term

Garage offer a short walk to the entrance, while Premier Parking provides you a guaranteed first-level garage space steps from the terminal. For a budget-friendly option, the recently expanded Economy Lot features a 24/7 handicap-accessible shuttle that loops every 15 minutes.

With the Concourse A expansion and other enhancement projects, GRR is on the leading edge of accessible technology and spaces. From wheelchair-friendly walkways to companion care restroom and service animal relief areas, the details of the airport's commitment to the guest experience are evident from the baggage claim to the jet bridge. As demographic trends shift, GRR is dedicated to providing the best guest experience possible. Learn more about amenities at FlyFord.org.

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Budget-friendly holiday shopping tips

Holiday shopping and entertaining involve a whirlwind of activity to round out the end of the year. The holiday season also tends to be an expensive time of year. According to Capital One Shopping, the average spending for holiday travel, gifts and entertainment expenses is \$1,638.

The National Retail Federation says American consumers spend an average of \$997.73 on gifts and other holiday items each Christmas.

For some people, adding an additional \$1,000 to their November or December budgets can be challenging, and many individuals seek budget-friendly solutions for their holiday celebrations. The following guidelines can help corral spending this year.

SET A BUDGET

It's impossible to keep a budget if one is never established in the first

place. Determine how much you can comfortably spend on gifts, travel and entertaining, as well as any other holiday expenses. Once the number is calculated, divvy up spending accordingly.

PLAN YOUR LIST

Make a list of everyone you need to purchase gifts for, along with gift ideas and estimated costs. Set a dollar amount for each individual, particularly if you will not be spending the same amount on each person. Having numbers in black and white, and comparing them to what you have allocated for gifts, will enable you to see whether you are overspending or on budget.

SHOP EARLY

Begin holiday shopping as early as possible, even months before the

holidays arrive. Such an approach enables you to take advantage of sales as they come up. Also, you will not fall victim to impulse buys or last-minute purchases because you are under a time crunch.

TRACK SPENDING

Utilize whatever method works for you to keep apprised of spending. It may be jotting down numbers on a piece of paper or using a budgeting app on a smartphone. Having a clear idea of what you have spent and any dollars remaining will help you keep your overall spending in line with your budgeted amount.

GET COUPONS

Signing up for stores' loyalty programs can enable you to receive members-only coupons or digital codes to your phone or email.

Compare the discounted final price with other stores' offers to make sure that you are getting the best deals. Browser extensions also can search automatically for coupons and apply them to the checkout when online shopping.

USE CREDIT CARDS WISELY

Credit cards come with various perks, many of which are points or cash back accumulated with each purchase. Utilize a card that works best for your needs, whether it's to get airline miles or score extra spending money for a particular retailer. Only charge what you can pay in full when the bill arrives; otherwise, the benefits may be negated by high interest rates.

Holiday spending can derail financial plans for those who do not establish a firm budget and commit to spending wisely towards the end of the year.

Notable Chanukah traditions

Each year on the twenty-fifth day of Kislev, which typically falls during the month of December, adherents of the

Jewish faith celebrate the festival of Chanukah. Although Chanukah may not bear the same religious significance as other Jewish holidays, it is a well-known celebration. Chanukah commemorates the rededication of the Temple by the Maccabees in 165 BC after its desecration by the Syrians. Although there was not enough oil left to light the Temple for even one night, lamps remained illuminated for eight straight days and nights. Thus Chanukah is known as the Festival of Lights, which incorporates many unique traditions.

LIGHTING THE MENORAH

Perhaps the most visible and important Chanukah tradition involves the menorah. While traditional Jewish menorahs have seven branches, the Chanukah menorah, known as the hanukkiah, actually has nine

branches. There are eight candles and a ninth, which is called the shamash, is used to light the other eight. The menorah is lit

each night after sundown. studies at one point, so the Jews spun dreidels to pretend they were only playing games. Really they were engaged with

consumed in Israel throughout Chanukah.

SERVING BRISKET

An authentic Chanukah celebration often includes traditional dishes served in the spirit of celebration and gratitude. Brisket is frequently prepared for Chanukah dinners. Brisket was adopted because it was affordable and delicious. Jewish brisket is braised, and served with carrots, potatoes and other vegetables. Brisket may be served alongside another Chanukah dish, kugel, which is a casserole made from eggs and noodles



each night after sundown.

GIVING OF GELT

Chanukah gelt is money given as presents during the festival. It is typically offered to children and sometimes to teachers. Other gifts have now largely replaced the coins once offered, and gelt is sometimes chocolate.

PLAYING DREIDEL

Greek-Syrians outlawed Jewish

their scripture. The tradition of spinning the dreidel endures as a Chanukah tradition.

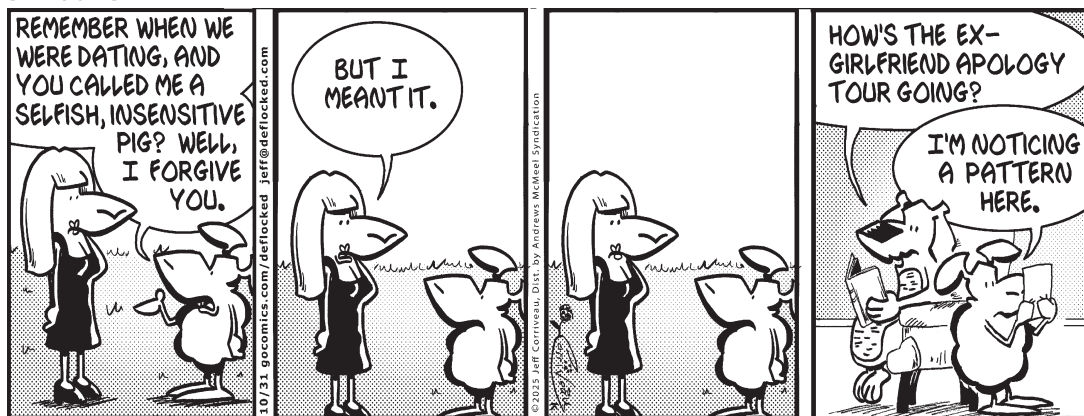
FOODS FRIED IN OIL

The miracle of the burning oil extends to the foods enjoyed during Chanukah. Many of the holiday foods are prepared in oil, including latkes (fried potatoes) and sufganiyot, which are fried, jelly-filled doughnuts. According to Town & Country magazine, millions of jelly doughnuts are

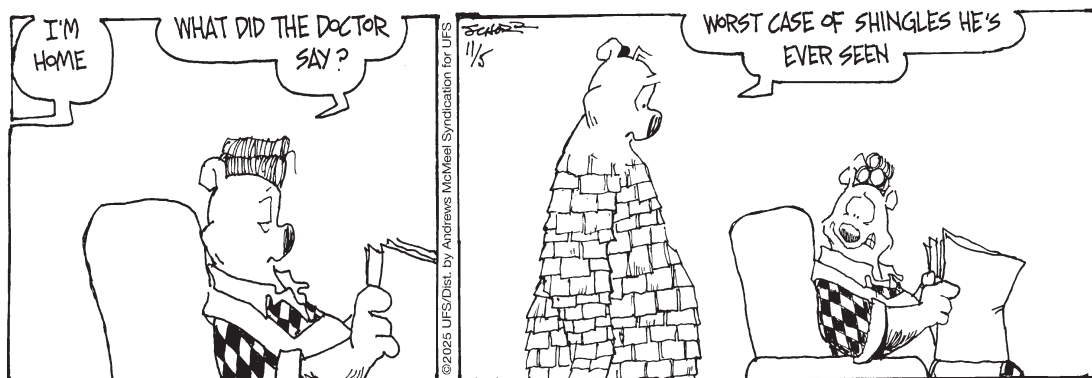
MAKING COOKIES

Although Christmas cookies may be ubiquitous this time of year, cookies often are part of Chanukah traditions as well. Some cookies are cut to look like dreidels or stars. Those who want to incorporate the miracle of oil into their baking can seek recipes that use oil in place of butter in the cookie batters, something that can make them dairy-free and also vegan.

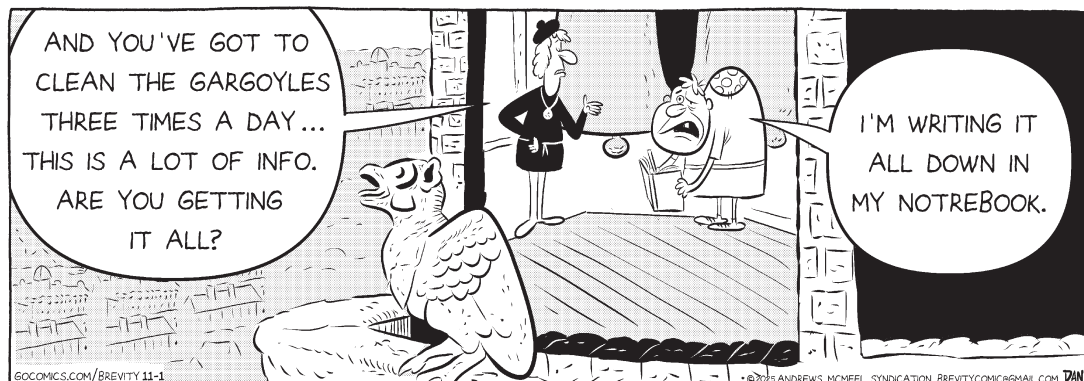
DEFLOCKED



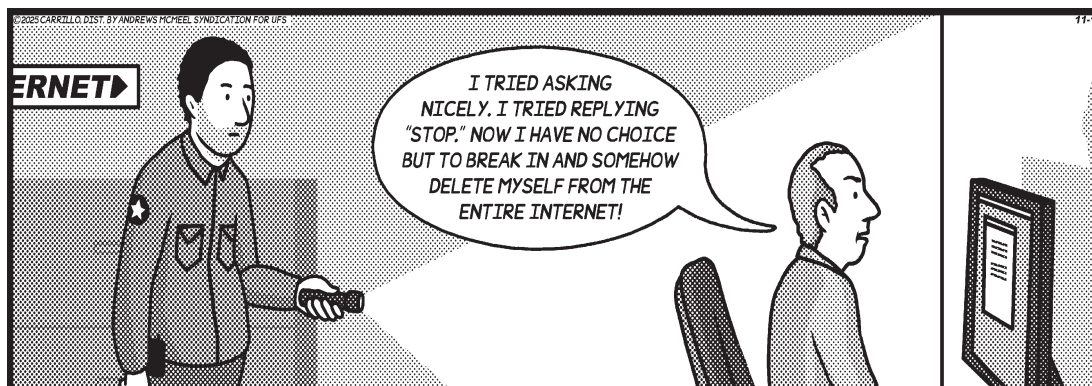
GRIZZWELLS



BREVITY



F MINUS



COMICS

REALITY CHECK



MODERATELY CONFUSED



WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

BALANCE
BATHROOM
CAREGIVERS
COGNITIVE
ELDER ABUSE
EMERGENCY
FALL PREVENTION
FIRES
GRAB BARS
HEARING AIDS
HOME SAFETY

HYPOTHERMIA
LIGHTING
MEDICATION
MOBILITY AIDS
NON-SLIP
PERSONAL ALARM
PREPAREDNESS
SAFE DRIVING
SCAMS
SECURITY SYSTEM
STAIRLIFT
VISION

SOLUTION

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100 YEARS AGO THIS MONTH

NOVEMBER

The month of November has been home to many historical events over the years. Here's a look at some that helped to shape the world in November 1925.

- The western comedy "Go West" opens on November 1. Silent film legend Buster Keaton stars as "Friendless" and Fatty Arbuckle appears in an uncredited role.
- Sixteen people lose their lives in a small village in Wales when a dam bursts on November 2. The burst comes after five days of heavy rains.
- The Victrola Talking Machine Company introduces its new electrically-recorded phonograph records on November 2. The records can be played on the Victor Orthophonic Victrola, which cost around \$95 in 1925, or the equivalent of nearly \$1,700 in 2025.
- The film "The Pleasure Garden" is released on November 3. The release marks the directorial debut of English filmmaker Alfred Hitchcock.
- Italian Socialist Tito Zaniboni is arrested in a room at the Dragoni Hotel on November 4. The hotel is located across the street from the Chigi Palace in Rome, and Zaniboni is accused of renting a room with the intent of shooting Italian Prime Minister Benito Mussolini, who was scheduled to deliver a speech from the palace balcony.
- The National Hockey League awards a franchise to Pittsburgh, Pennsylvania, on November 7. The club is named the Pirates, which is also the name of the city's baseball team. The franchise moved to Philadelphia for the 1930-31 season.
- The divorce trial of socialite Leonard "Kip" Rhinelander and Alice Jones begins in White Plains, New York, on November 9. At the urging of his family, Rhinelander sought an annulment of the marriage upon finding out that Jones was biracial. An annulment was never granted, but the marriage ultimately ended in divorce, and neither Rhinelander or Jones ever remarried.
- On November 10, the Archbishop of Canterbury appoints a 12-person committee of six doctors and six clergymen to investigate the veracity of faith healing.
- Louis Armstrong and His Hot Five record their first songs together on November 12. The recordings are considered highly influential for the development of jazz music.
- Polish Prime Minister Wladyslaw Grabski and his cabinet ministers resign on November 13.
- The American Basketball League opens its inaugural season on November 15.
- General Motors purchases British auto manufacturer Vauxhall Motors for \$2.5 million on November 16.
- The autopsy of Tutankhamun concludes on November 19. Limited forensic science available at the time, coupled with significant deterioration of the body, limits the findings of the autopsy.
- The luxury train the Orange Blossom Special begins operations on November 21. The train transports travelers from New York City to Miami, Florida.
- The "Hat Law" goes into effect in Turkey on November 25. The law forbids the wearing of non-western headgear, including the fez or the turban.
- A state funeral is held for Queen mother Alexandra at Westminster Abbey in London on November 27. The procession marching behind the casket includes the kings of England, Denmark, Norway, and Belgium.
- The Grand Ole Opry debuts as a radio show on November 28. Fiddler Uncle Jimmy Thompson is the first to perform on the show.
- The new Madison Square Garden on Eighth Avenue between 49th and 50th Streets in Manhattan hosts its first event on November 29. The event is a six-day bicycle race known as "Six Days of New York."

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100 YEARS AGO THIS MONTH

DECEMBER

The month of December has been home to many historical events over the years. Here's a look at some that helped to shape the world in December 1925.

- The Farmer-Labour Party is dissolved just two hours after its formation in Japan on December 1. The dissolution was ordered by the Japanese government, which accused the party of harboring a secret communist agenda.

- The border delineating Northern Ireland and Ireland is established on December 3 when representatives of both countries sign the Northern Irish Border Agreement.

- The George Gershwin composition "Concerto in F" is performed for the first time on December 3. The performance in New

York's Carnegie Hall is conducted by Walter Damrosch and features Gershwin on piano.

- A counterfeiting scheme is uncovered by the Banco de Portugal on December 4. An alert bank teller tips off the bank, which ultimately discovers that wealthy entrepreneur Arthur Virgílio Alves Reis is the mastermind behind the scheme. Reis was eventually sentenced to 20 years in prison.

- The Pottsville Maroons defeat the Chicago Cardinals in front of 6,000 fans on December 6 in a game the press depicted as the championship of the National Football League.

- Russian Orthodox bishop Peter of Krutitsy is arrested on December 9. Peter is charged with conspiring with Russian emigres in

the west. Peter is ultimately executed by shooting on October 10, 1937.

- George Bernard Shaw is awarded the Nobel Prize for Literature on December 10.

- Karam Chand and Kartari Chand tie the knot in India on December 11. The Chand's marriage lasts 90 years and 291 days, and is the longest marriage recorded. Karam Chand passed away in 2016 and Kartari in 2019.

- Communist politician Benjamin Gitlow is pardoned by New York Governor Al Smith on December 11. Gitlow was convicted for publishing a manifesto calling for the overthrow of the U.S. government, which Governor Smith characterized as a "political crime" upon issuing his pardon.

- The Qaja dynasty, which had ruled Iran since 1789, comes to an end on December 12 when the country's Parliament declares General Reza Khan Pahlavi Prime Minister and installs him as Shah of Iran.

- The Fascist government in Italy signs a secret pact with Britain on December 14. The pact is designed to reinforce Italian dominance in Ethiopia.

- The national service fraternity Alpha Phi Omega is founded at Lafayette College in Pennsylvania on December 16.

- U.S. Army Colonel Billy Mitchell is convicted on eight charges of insubordination on December 17. Mitchell was critical of military leaders for investing in battleships and had argued for greater investment in air-based defenses.

- Reichstag President Paul Löbe speaks out in favor of partial prohibition in Germany on December 19.

- George Edwin Taylor passes away on December 23 at the age of 68. Taylor was the first African American presidential candidate, running for the highest office in the United States as nominee of the National Negro Liberty Party in 1904.

- Law No. 2263 is passed by the Italian parliament on December 24. The law states that the decisions of Prime Minister Benito Mussolini and his government were not subject to legislative review and could only be overruled by order of King Victor Emmanuel III.

- A Christmas story published in the London newspaper The Evening News on December 24 identifies a

children's character as "Winnie-the-Pooh" for the first time. The character had previously been referred to as "Edward" in a poem published in Punch magazine in 1924.

- The Turkish government passes a law identifying the Gregorian calendar as the official calendar for all government affairs on December 26. The use of the Islamic calendar in government affairs also is banned.

- The Japan Sumo Association is founded on December 28.

- The first attempt at a global New Year's celebration is made via international radio on December 31. Musical entertainment and greetings from various consuls general from an assortment of foreign countries are sent from New York.



Megan M. DeMara
DPM, Diplomat, ABPM

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ANSWERS FOR GAMES

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

WHAT'S THE DIFFERENCE? — Answers:

1. Rolling pin
2. Missing cookie
3. Candy in bowl
4. Raisins on board

CELEBRITY CIPHER — Answer:

Solution: "A hat should be taken off when you greet a lady and left off for the rest of your life."
-- P.J. O'Rourke

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

I SPY — In the last issue, the pumpkin was hidden in the image of trees on page 29.

Winners from the last issue are:

Dave Wilkinson of Twin Lake, Sharon Storms of Norton Shores and Claude Babcock of Montague



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