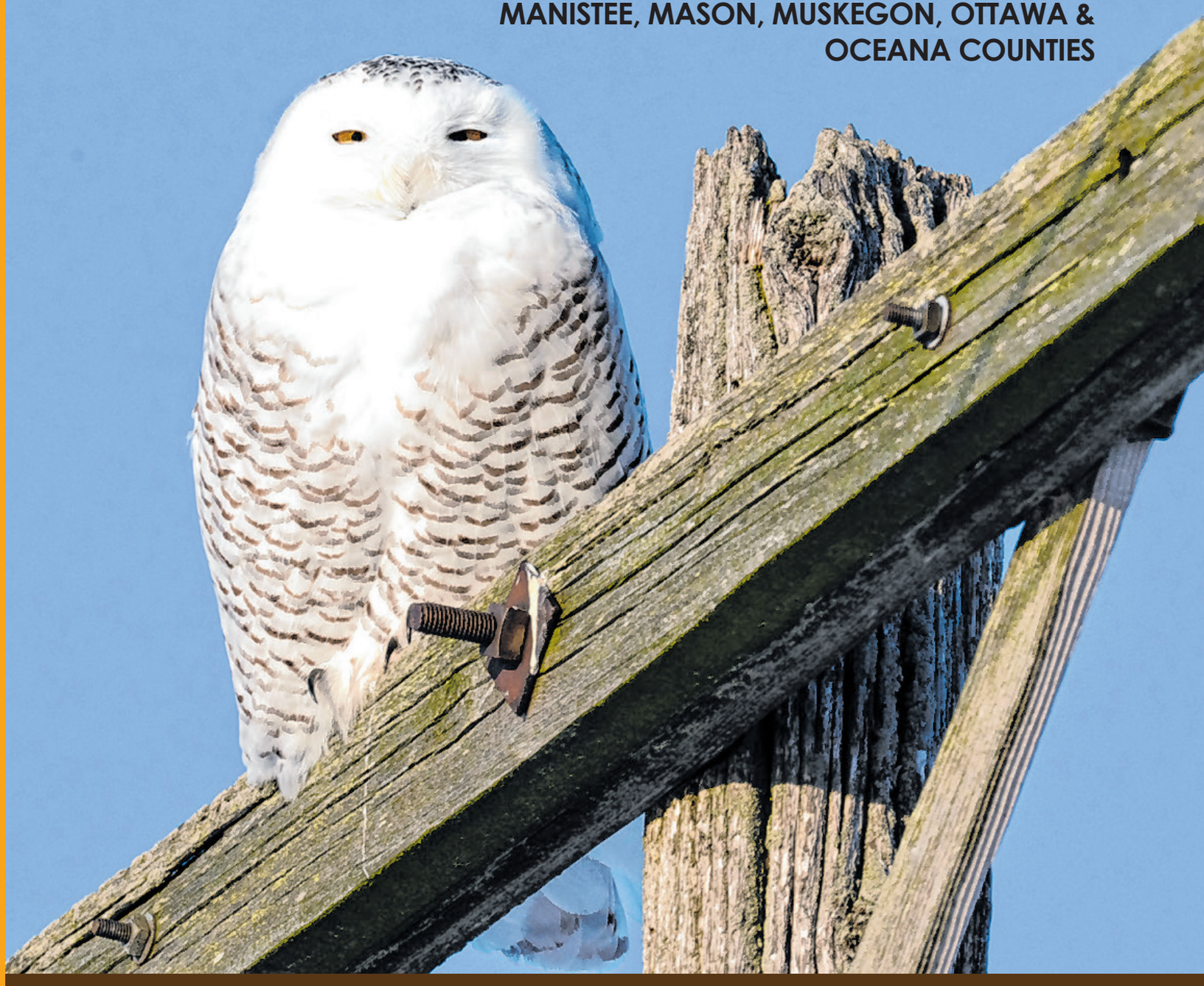
FREE PUBLICATION FREE PUBLICATION FREE PUBLICATION

NOVEMBER / DECEMBER 2026

Senior Perspectives

MANISTEE, MASON, MUSKEGON, OTTAWA & OCEANA COUNTIES



■ Page 8 - Get moving! ■ Page 10 - Medicare Open Enrollment Questions Answered
■ Page 14 - Sleep: Why it matters ■ Page 16 - Recipes ■ Page 18 - Thank you, Dolly
■ Page 24 - Games & Puzzles ■ Page 31 - Comics



HERITAGE
SENIOR COMMUNITIES

Village at the Pines
Grand Haven
(616) 846-9000

Railside Assisted Living
Byron Center
(616) 878-4620

Village at Appledorn
Holland
(616) 392-1700

Sheldon Meadows Assisted Living
Hudsonville
(616) 662-8191

Waverly Meadows
Holland
(616) 392-8246

Appledorn Assisted Living
North & South - Holland
(616) 393-0828

Village at Rosy Mound
Grand Haven
(616) 935-2220

Seminole Shores Assisted Living
Norton Shores
(231) 780-2944

Grand Pines Assisted Living
Grand Haven
(616) 850-2150

www.HeritageSeniorCommunities.com

Come home to Michigan's premier, family-owned senior living communities.

TRS
Dial 711

FROM NEUROPATHY TO RENEWED HOPE

ALLENDALE
ACUPUNCTURE & WELLNESS

ALLENDALE ACUPUNCTURE AND WELLNESS IS HELPING PEOPLE FIND HOPE BEYOND NEUROPATHY SYMPTOMS

Peripheral neuropathy can make the holidays feel very different. Numbness, burning, tingling, and pain can turn simple traditions like shopping, cooking, decorating, or spending time with family into something difficult.

For Linda, neuropathy had begun taking away many of the things she loved. Once active and independent, walking became painful and even simple activities started to feel overwhelming. She found herself staying home more and missing the freedom she once had.

Led by Dr. Tasha Saladin—local Army veteran—Allendale Acupuncture blends the time-tested practice of acupuncture with modern, innovative techniques designed to calm irritated nerves, reduce inflammation, improve circulation, and support nerve healing. This integrative approach allows many patients to experience long-lasting improvement rather than short-term symptom management.

Linda wanted more than simply learning to live around her symptoms. As she began care, she started noticing meaningful changes, including walking more comfortably and returning to activities she thought neuropathy had taken away.



For Linda, those changes meant getting pieces of her life back. She could enjoy being active again without every step being controlled by pain or the fear of what her neuropathy might prevent her from doing.

During the holidays, that kind of freedom can mean even more. It might be walking through the stores to find the perfect gift, standing in the kitchen to make a favorite family recipe, decorating the house, playing with grandchildren, or simply enjoying a gathering without constantly thinking about your feet or hands.

Through acupuncture and integrative medicine, care focuses on supporting nerve health, circulation, and the body's natural healing processes. The goal is to help patients experience greater comfort and function so they can return to activities and moments they've been missing.

For Linda, progress meant walking longer distances and getting back to things she loved. For others, progress can look different, but the hope is the same: more comfort, more freedom, and more time focused on living.

Those changes can make everyday life feel possible again. Being able to move with more confidence can open the door to more time with family, more independence, and more of the traditions that make the season special.

Don't let neuropathy take center stage this holiday season. You deserve the opportunity to be present for the people, traditions, and moments that matter most.

Imagine *more comfort*!
Imagine *more freedom*!

Imagine an office filled with people who truly ***understand*** what you are going through and will ***support*** you every step of the way!

Ready to begin your own path toward a pain-free life? Call (616) 604-0219 to schedule a complimentary consultation today. Your transformation begins here.

CONTACT US TODAY
(616) 604-0219 WWW.ALLACU.COM

11181 MARWILL AVE
WEST OLIVE, MI 49460







05 Something to appreciate
Lois Tomaszewski

07 Ask the Doctors
Eve Glazier, M.D.
Elizabeth Ko, M.D.

08 Get moving!
Christine Wistrom

09 I am thankful I'm not a turkey
Rev. William Randall

10 Medicare open enrollment
Kimberly Wilcox

12 The fire extinguisher truth
Jack Wydeck

14 Sleep in later life: Why it matters
Holly Lookabaugh-Duer

16 Stirring Up Recipes

18 Gratitude — Thank you, Dolly
Janet Hasselbring

22 The Mississippi River - A short delightful trip
Louise Matz

24 Games & Puzzles

28 Keith's World: Highway 16
Keith Sipe

30 Remember our feathered friends this winter
Glenn Rutgers

31 Comics

32 100 Years Ago







COVER PHOTO BY STEVE BEGNOCHE, SEASONAL PHOTOS BY LOIS TOMASZEWSKI

published by

SHORELINE MEDIA
LUDINGTON DAILY NEWS
OCEANA'S HERALD-JOURNAL
WHITE LAKE BEACON

www.shorelinemedia.net

Ludington Daily News
202 N Rath Ave.
P.O. Box 340
Ludington, MI 49431
(231) 845-5181
(231) 843-4011 fax

Oceana's Herald-Journal
123 State Street
PO Box 190
Hart, MI 49420
(231) 873-5602
(231) 873-4775 fax

White Lake Beacon
PO Box 98
Whitehall, MI 49461
(231) 894-5356
(231) 873-4775 fax

Interim Publisher:
Paul Heidbreder

Sales:
Shelley Kovar, Monica Evans

Graphics:
Judy Lytle, Julie Eilers, Madelyn Kerbyson

News: Lois Tomaszewski, Shanna Avery, Alexis Settler, Cristina Juska, Sean Chase, Larry Launstein Jr., Kate Babel

Circulation:
Jeriann Steiger

© Copyright 2026 Shoreline Media

Something to appreciate



BY LOIS TOMASZEWSKI
EXECUTIVE EDITOR
SHORELINE MEDIA

One year, I decided to start each day with a social media post about something I was thankful for.

Some days, it was monumental — seeing a friend for the first time in years or finding a new job. Other days, it was something simple: a gorgeous sunset, a home-cooked meal that turned out just right or a text message from a cousin that made me laugh.

Each gave me something to write about. Some posts took more thought than others.

A new job is an obvious reason to be thankful. So is the chance to spend time with someone we have missed, a thoughtful gift or good news after a worrying medical appointment. We recognize those moments as they happen, and we usually have news to share afterward. Sometimes we may even remember to say thank you.

A good meal or a funny text can pass with much less attention. We enjoy it, then get on with whatever comes next. By the end of the day, we may have forgotten about it entirely.

Writing those posts gave me a reason to notice.

Appreciation, gratitude and thankfulness all share the same core value: recognizing the good in our lives and the people who contribute to it.

Appreciation is often acknowledged but not always vocalized. We can feel thankful for someone or something without ever saying so. For me, a social media post was one way to express it. A phone call, a visit over coffee or even a letter can also let someone know how they made our day.

As I get more well-seasoned — my preferred term for aging — I find I have more things to appreciate. I am also more willing to tell people how much their simple little gestures mean to me.

We hear a lot about gratitude in November. Thanksgiving gives us a day devoted to it, although the cooking, traveling and preparations can occupy much of our attention. Then December arrives with its own busy calendar.

These months can also remind us of people we miss. Someone's place at the table may be empty. Family may be too far away to visit. Being thankful does not make that easier, but we can miss someone and still appreciate the friend who calls or the neighbor who stops by.

No one needs a social media account to do this. A notebook will work, or a few quiet minutes to think about the day. And when another person is the reason we are thankful, we can tell them directly.

Some days, we will have plenty to mention. Other days, we may have to think for a while. That was part of the value of writing those posts: taking the time to remember something I might otherwise have overlooked.

A cousin probably had no idea that a text message would become my reason to be thankful that day. That's the part we need to remember: Let people know when they make a difference, even in the simplest ways.



DID YOU KNOW?

The Alzheimer's Association says roughly one in nine people age 65 and older have Alzheimer's disease. More than seven million Americans are living with the disease. Around the world, Alzheimer's Disease International indicates there are more than 55 million people living with dementia. Alzheimer's disease gradually damages and destroys neurons in the brain. These changes can begin 20 years or more before memory loss and other symptoms develop. Unfortunately, Alzheimer's disease is ultimately fatal, although several modifiable risk factors exist for dementia that, if addressed, may delay the onset of symptoms.

Bundle home & auto. It's easy.

Call, click or stop by for a quote today



State Farm

Colten Jamieson
Agent

623 E Colby St
Whitehall, MI 49461-1163
Bus: 231-292-3025
www.insurethehall.com

State Farm Mutual Automoblie Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

State Farm County Mutual Insurance Company of Texas, Sate Farm Lloyds, Richardson, TX

State Farm Florida Insurance Company, Winter Haven, FL

I Spy

Sponsored by:

Mason County's Oakview MEDICAL CARE FACILITY





Page # where you found the PILGRIM HAT in this edition.

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone _____

ONE ENTRY PER PERSON

Simply find the PILGRIM HAT in this edition. List where you spotted it, clip and return this form to win one of three 3-month subscriptions to one of our Shoreline Media newspapers — Your choice of the Ludington Daily News, Oceana's Herald-Journal or the White Lake Beacon. Mail to: "I Spy" c/o the Ludington Daily News, PO Box 340, 202 N. Rath Ave., Ludington, MI 49431.

The answer, along with winners' names will be announced in the next issue. In the last issue, the leaf was hidden in the apple graphic on page 16. See page 34 for winners.

SPONSORED CONTENT





THE MOST IMPORTANT MEAL OF YOUR TRIP.

BY GERALD R. FORD INTERNATIONAL AIRPORT

Whether you have time for a sit-down breakfast or just need a quick bite, Gerald R. Ford International Airport is serving up delicious breakfast options to fuel up before you take off.

ALETITUDE Breakfast begins right when Aletitude opens at 7am. This Concourse A restaurant partner serves fan-favorite signature breakfast sandwiches, a baked egg shakshuka flatbread, and fresh yogurt parfait, as well as quick-service items for travelers in a hurry.

FREDDY'S Steakburgers aren't the only thing served up fresh at Freddy's. From 7:30 to 10:30am stop by for a special morning menu, including a breakfast burrito or bagel, or choose from a variety of breakfast bowl options.

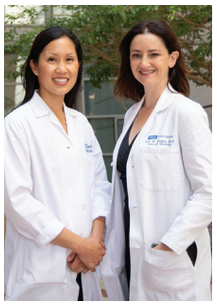
PROSPECT HILL Found just past security, Founders Prospect Hill Brewhouse opens daily at 7am with classic breakfast plates, a hearty bacon and sausage breakfast burrito, pre-made sandwiches, and a full drink menu including a must-try Passionfruit Mimosa and Founders Breakfast Stout.

CLUB GRR Find a rotating selection of light breakfast items, including fresh bagels and muffins, seasonal fruit options, and a full drink bar, starting at 4:30am daily at The Club GRR in Concourse A. Not a LoungeKey or PriorityPass member? Any departing or arriving traveler can access The Club with a same-day pass, available for purchase online.

Blue Bridge Market Open at 5am, Blue Bridge Market serves up local West Michigan breakfast favorites like Madcap Coffee and fresh Nantucket Bakery croissants, pastries, bagels and more. Travelers catching the earliest flights can quickly grab packaged fruit, yogurt cups, bottled juices, and pre-made breakfast items at this Concourse A concession partner.

Ask the doctors:

Heart arrhythmias can be difficult to catch on EKG



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

DEAR DOCTORS: I wound up in the emergency room with a heart arrhythmia. It kept beating too fast, too slow and skipping beats, one after the other nonstop. They did an EKG but said it looked normal. How could that be? They also did a test for troponin, which was normal. Why was that included?

DEAR READER: An arrhythmia is as it sounds: a departure from the heart's normal steady cadence. They can be caused by structural problems within the heart or a glitch in the electrical system that controls the rate and rhythm of the heartbeats. Arrhythmias can also occur during a heart attack. When a problem with the heart arises, these possible causes inform decisions about subsequent testing.

In your case, the collection of chaotic arrhythmias raised two important questions: What does the electrical activity of your heart look like, and has there been damage to the heart muscle? The latter is the reason for the troponin test you are asking about. Troponin is a specialized protein that helps regulate muscle contraction. If heart muscle cells are damaged, as happens in a heart attack, they release troponin into the bloodstream. The normal level provided reassuring evidence that no recent or significant damage to your heart muscle had occurred.

In asking for an electrocardiogram, or EKG, your doctors were trying to capture a real-time picture of your heart's electrical activity. The instrument turns your heart's electrical signals into a series of squiggly and spiky lines. Each of those tells a story about how electrical impulses are traveling through your heart and making it beat. The challenge here is "real-time." The diagnostic recording of an EKG typically lasts about 10 seconds. If your heart does not misbehave during that brief interval, the results will appear to be normal.

The next step is often a wearable heart monitor. Rather than the brief EKG snapshot of electrical activity, wearables are designed to record the heart's rhythm over much longer periods. This increases the chance of capturing intermittent arrhythmias. One type of wearable is known as a Holter monitor. A portable device with self-stick electrodes that attach to the chest, it continuously records the heart's electrical activity, typically for 24 to 48 hours. Newer versions can record for longer periods. A so-called patch monitor is a small wireless device. It adheres directly to the chest and can track heart rhythm for days or weeks. Some monitors are also equipped with a button the wearer can push when symptoms occur, allowing doctors to zero in on the relevant data.

We are used to our hearts doing their jobs quietly, a kind of background hum that doesn't draw attention to itself. That makes a heart arrhythmia potentially quite alarming. Because your own experience included several types of abnormal heartbeats over an extended period, seeking emergency medical care was a wise decision. Your normal troponin results are reassuring. If your doctors have recommended extended monitoring and you follow through, it can help identify the source of these episodes.

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.

Celebrating Over 50 Years of Serving our Community

The Ludington Senior Center

Vitality at its best!

"Keeping Seniors Active and Independent"

Providing Activities for Healthier Living

- Matter of Balance Classes
- Painting and Craft Classes
- Tax Credits
- Medicare/Medicaid Assistance
- Exercise Classes - Enhance Fitness, Zumba, Yoga, Stretch/Fit, Line Dancing, Cardio Drumming, Feldenkrais
- Clubs - Coin, Walking, Garden, Men's Breakfast, Book Club
- Fun in-door activities
- Ping Pong
- Billiards
- Trips
- Cards/Games



Stop in and see what's new, or read a copy of our monthly newsletter!
A digital copy can be accessed on our Facebook page.
Come join in on the fun, ages 50 and up!

308 S. Rowe, Ludington
231-845-6841
http://ludingtonseniorcenter.org

GET MOVING!



BY CHRISTINE WISTROM

We all know that physical exercise can improve our health…but sometimes that's not enough to get us up and moving. We should think about the amount of exercise we get as well as the type, because we need exercise that builds muscle, helps with balance, and strengthens our heart and cardiovascular system. Unfortunately, most of us hate the idea of going to the gym to work out!

Now there are plenty of reasons we should spend more time exercising; poor balance, (I'm one of those people that "furniture surfs" to get around inside my home), weak muscles, and the huffing and chuffing that comes with walking up the stairs! Yet that's probably not enough incentive to make us push ourselves when we exercise.

In order to keep your heart and lungs strong, you should be doing some form of exercise that forces your heart and lungs to work harder. Even if you have arthritis that limits the amount of exercise you can do comfortably, there are activities that can help. You may not be able to walk, bike or jump, but can you swim? I participate in "water walking" at my local Aquatic Center. Being partially submerged allows me to exercise my legs without placing added strain on my knees. If my knees get sore while I'm walking, I switch to swimming. It's a win-win situation; I win by increasing my exercise and by having fun at the same time!

It's recommended that we do 150 minutes of aerobic exercise each week. While that shocked me at first, it works out to only 30 minutes each weekday. That's not so bad! It helps to split my time up between water-walking and other exercise, so I don't get bored. I use housework on the days I can't get to the Aquatic Center. While it's not as fun, it is a form of exercise and it keeps me moving.

In addition to aerobic exercise, we need to put some effort into building or maintaining muscle strength. I try to do exercises that take some energy, like leg lifts, or working with some light-weight barbells. I don't have to work until I'm in pain, and in fact, that doesn't help. But I do need to push myself a little.

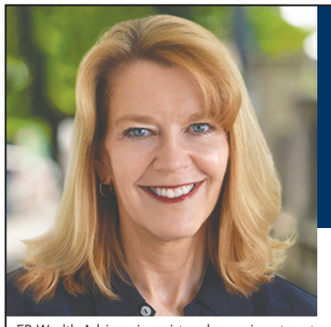
Like most older adults, I need to work on improving my balance. It's a big part of what motivates me to exercise! I'm afraid of falling, so doing exercises to help prevent a fall seems to be a pretty good idea! They are fairly easy exercises too: toe lifts (going up on your heels) and balancing on one foot while holding onto the back of a chair are a couple of examples. Not too hard to do and it certainly helps with balance and flexibility.



Exercise is something that, as a couch potato, I generally try to avoid. Yet I know how important it can be. I want to stay as active as I can in my older years. I hope that with enough exercise, I'll stay flexible and strong enough to continue living independently.

If you'd like more information about staying healthy in spite of having a disability, please contact Disability Network Lakeshore at 616-396-5326.

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.



EP Wealth Advisors is registered as an investment adviser with the SEC and only transacts business in states where it is properly registered or is excluded or exempted from registration requirements. SEC registration does not constitute an endorsement of the firm by the Commission, nor does it indicate that the advisor has attained a particular level of skill or ability.

Julee Sarto, AIF®
Advisor

jsarto@epwealth.com
231-690-3502

Investment Management
Financial Planning | Wealth Advisory

ep wealth advisors®

I am thankful that I'm not a turkey



BY REV. WILLIAM RANDALL

When Thanksgiving Day comes around again, it's time to express thanks for all the good things of life. The Bible tells us that every good and perfect gift comes down from the Father of lights. Life sometimes throws a wrench in and clogs up our gears, but ordinarily life goes smoothly for most of us. It's good to believe that all things work together for good for those who love God.

Some families go around the table at Thanksgiving dinner, and each one tells of something they are thankful for. A family was doing this, and it was going quite well until they came to Buddy. He couldn't think of anything. His daddy said, "Open your eyes, and you will see something." Buddy opened his eyes, and right before him he saw a crispy, golden-brown turkey with a big knife lying on the plate. Buddy said, "I'm thankful that I'm not a turkey." His dad expected him to give the name of a relative or perhaps mention the beautiful painting of Sallman's "Head of Christ" that hung right by the table.

I know that I'm thankful for my dear family and for Jesus, who died for my sins.

I am including proclamation excerpts from George Washington and Abraham Lincoln that remind us of the value of faith, family and freedom.

In 1623, Gov. William Bradford called the Pilgrims together for prayer and thanksgiving. Three years earlier, they arrived in the New World on the Mayflower. The climate was harsh, and they lacked food and shelter. Half of the Pilgrims died of sickness or starvation the first winter, yet they were thankful.

President George Washington's first Thanksgiving proclamation for a new nation, 1789

WHEREAS it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favors;

Now, THEREFORE, I do recommend and assign Thursday, the 26th day of November next, to be devoted by the people of these states to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be; that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country, and for the great and various favors which He has been pleased to confer upon us.

Abraham Lincoln's proclamation excerpts, 1863

It is the duty of nations as well as of men to own their dependence upon the overruling power of God; to confess their sins and transgressions in humble sorrow, yet with assured hope that genuine repentance will lead to mercy and pardon; and to recognize the sublime truth, announced in the Holy Scriptures and proven by all history, that those nations are blessed whose God is the Lord.



We know that by His divine law, nations like individuals, are subject to punishments and chastisements in this world. May we not justly fear that the awful calamity of civil war which now desolates the land may be a punishment inflicted upon us for our presumptuous sins, to the needful end of our national reformation as a whole people?

We have been the recipients of the choicest bounties of heaven; we have been preserved these many years in peace and prosperity; we have grown in numbers, wealth and power as no other nation has ever grown. But we have forgotten God. We have forgotten the gracious hand which preserved us in peace and multiplied and enriched and strengthened us, and we have vainly imagined, in the deceitfulness of our hearts, that all these blessings were produced by some superior wisdom and virtue of our own. Intoxicated with unbroken success we have become too self-sufficient to feel the necessity of redeeming and preserving grace—too proud to pray to the God that made us.

It has seemed to me fit and proper that God should be solemnly, reverently, and gratefully acknowledged, as with one heart and one voice, by the whole American people. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November as a day of Thanksgiving and praise to our beneficent Father who dwelleth in the heavens.

With an incentive to praise God and to petition Him, let us make Thanksgiving for 2026 a time of close connection with God. May it not be just Thanksgiving but also Thanksliving. Thanksgiving Day is a designated day to fly the flag *and to thank God that we are not ruled by socialists or communists. Freedom is a gift from God. May you and yours be richly blessed.*

Bill Randall resides at Christian Care Assisted Living. He has been a minister for 68 years and is Pastor of Faith Bible Church. He preaches twice a month (the first and third Sunday's) at Christian Care. Phone number: 231-638-9684

Medicare Open Enrollment: Your Questions Answered

What to review, what you can change and how the State Health Insurance Assistance Program (SHIP) can help

Each fall, people with Medicare can review their health and prescription drug coverage for the coming year. Even if your plan has worked well, costs, benefits, provider networks and covered medications can change. These frequently asked questions can help you prepare for Open Enrollment and know where to turn for unbiased assistance.



BY KIMBERLY WILCOX
Director of Marketing Communications for Senior Resources

What is Medicare Open Enrollment?

It is the annual period when people with Medicare can review and change their Medicare health and prescription drug coverage. Open Enrollment runs from Oct. 15 through Dec. 7. Changes generally take effect Jan. 1.

Who can make changes during Open Enrollment?

Anyone enrolled in Original Medicare with a Part D prescription drug plan, a Medicare Advantage (Part C) plan, or a Medicare Advantage plan that includes prescription drug coverage.

What changes can I make during Open Enrollment?

Join, switch or drop a Medicare Part D prescription drug plan.

Switch from Original Medicare to a Medicare Advantage plan.

Switch from Medicare Advantage back to Original Medicare.

Change from one Medicare Advantage plan to another.

Why should I review my coverage every year?

Plans can change monthly premiums, deductibles, copayments, provider networks and prescription drug formularies, or lists of covered medications. A plan that worked well this year may not be the best option next year.

What is the Annual Notice of Change?

The Annual Notice of Change, or ANOC, is sent by your current Medicare plan each fall. It explains changes to coverage, costs and benefits for the coming year. Review it to see whether your plan still meets your needs.

SHIP TIP

Even if you are happy with your current coverage, reviewing your options each year may help lower costs, improve coverage, or ensure your preferred doctors and medications remain covered.

SHIP
State Health Insurance Assistance Program
Navigating Medicare



What information should I gather before comparing plans?

A list of current medications, including dosages.

Your preferred pharmacies.

Names of your health care providers.

Information about your current Medicare coverage.

How can SHIP help?

SHIP counselors provide free, unbiased Medicare counseling; help comparing Medicare health and drug plans; information about costs and coverage; and help understanding Medicare notices and enrollment options. SHIP counselors do not sell insurance.

Is there a cost for SHIP counseling?

No. SHIP counseling is provided free of charge.

Schedule Your Free SHIP Appointment

Muskegon County
231-733-3572
Oceana County
231-873-4461 ext. 103
Grand Haven
616-842-9210
Holland
616-355-5118

Visit www.shiphelp.org to find out more.

What if I miss the Dec. 7 deadline?

In most cases, you will need to wait until another enrollment period to make changes. Some people may qualify for a Special Enrollment Period because of certain life events or circumstances.

Will Medicare contact me to enroll in a new plan?

Be cautious. Medicare will not call unexpectedly to sell you anything. Do not provide your Medicare number, banking information or other personal information to an unsolicited caller.

How can I protect myself from Medicare scams?

Never give your Medicare number to someone who contacts you unexpectedly.

Hang up on callers demanding immediate action or payment.

Verify information through Medicare or a trusted source such as SHIP.

Report suspected Medicare fraud or scams.

Should I work with an insurance agent during Open Enrollment?

Insurance agents can explain and compare the Medicare plans they offer. However, an agent may represent specific insurance companies and may not offer every plan available in your area. A SHIP counselor can provide a free, unbiased comparison based on your medications, pharmacies and health care providers.

SHIP
State Health Insurance Assistance Program

Navigating Medicare

Can I use both an insurance agent and a SHIP counselor?

Yes. An insurance agent can explain the plans they offer, while a SHIP counselor can provide an objective comparison of available Medicare options. Gathering information from both may help you make an informed choice.

How do insurance agents and SHIP counselors differ?

Insurance agents sell Medicare plans and may receive commissions from insurance companies. SHIP counselors provide free, unbiased information and counseling, but do not sell insurance products or receive commissions.

How can I schedule an appointment with SHIP?

Appointments fill quickly during Open Enrollment, so call early to schedule a free, one-on-one Medicare counseling appointment.

This program is supported by the Muskegon County Senior Millage and the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $38,064 with 100% of funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.

Kimberly Wilcox serves as Director of Marketing Communications at Senior Reourses 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.

FALL ROOF AND GUTTER CLEANING
Starting at $150
Call: 616-842-1417
roofcleaning101@icloud.com







The Fire Extinguisher Truth



BY JACK R. WYDECK

Fire extinguishers are a topic when I start talking to people about how they can be safe at home. People think that having a fire extinguisher is like an insurance policy against having a fire in their homes. I can tell you it is not. Fires happen in homes that have fire extinguishers every day. What saves people isn't just having a fire extinguisher, but knowing how to use it before you need it. Catching a fire and stopping it before it gets a chance to grow is the real insurance policy.

It might be easiest to keep the fire extinguishers under the kitchen sink along with all of the other things you might use one day. It might seem convenient to put your extinguisher next to the oven cleaner and Windex, but it may not be the best spot if there is a real emergency. Most fires in the United States happen in the kitchen and usually start because someone was cooking and forgot, or their attention was pulled away for a moment. If that pan catches fire, the fire extinguisher under the kitchen sink may not be accessible. A better spot is near an exit door in the kitchen. An extinguisher should be positioned so that you can keep your back to the door and an eye on the fire.

Of course, having it within reach doesn't do much good if you're not sure when it's the right moment to grab it. It is important to know when it's actually time to use the extinguisher, and when it's time to get out. House fires that happen today are faster and more dangerous than in the past. Fire safety research has shown that because of the lightweight construction and popularity of plastics in our household equipment, a family only has 3 minutes to evacuate before the flames and smoke make it impossible to escape.

Fire extinguishers are designed to stop a fire where it starts and stop the fire from growing bigger and extending into the rest of the house. Fire is a chemical reaction when heat, fuel, and oxygen come together. Not all fire extinguishers are the same. A fire extinguisher works to remove one of those elements, therefore stopping the chemical reaction that is fire. The type of fire is broken into different groups, and fire extinguishers are designed for those types of fires. Typical fire extinguishers are A-B-C extinguishers and do a great job with the most common fires.

Knowing that, the technique of using an extinguisher makes sense. It's not about spraying at the flames, but rather cutting off what's feeding them. If you have to use an extinguisher, it is important to remember to PASS.

P- Pull the pin. Fire extinguishers have pins that prevent them from being accidentally discharged. Pull the pin and make sure the extinguisher is ready.

A- Aim at the base of the fire. The fire is a reaction we want to stop, aiming at the base is the best way to put the fire out.

S- Squeeze the trigger. This releases the agent inside the extinguisher and puts the contents on the fire.

S- Sweep back and forth; move across the fire until the fire is out.

Knowing is only half the battle. Practice is important. Practicing and rehearsing what to do can

make the difference between fumbling and reacting in an emergency.

Just like your insurance policy, it's important to keep it up to date. You can't think about it once and never again; you can't practice once and think you will know what to do when your kitchen is on fire.

Getting into a habit of checking your fire extinguisher is a chore that you can accomplish quickly. Look at the pressure gauge and make sure the needle is in the green zone. If you have ever used yours, even just a quick burst, it needs to be replaced or recharged. Once the seal is broken, you can't count on it. Give it a quick shake to make sure the powder inside doesn't settle or clump up. Home fire extinguishers can last from 5 to 15 years. If yours is older than that, or if you don't remember how old it is, it might be worth replacing rather than a guessing game about whether it will work.

A fire extinguisher that is outdated, half-empty, or a mystery to everyone in the house isn't insurance; it's a false sense of security. If you have one, know where it is, how to use it, and when not to use it. Keep in mind that your safety is the most important thing; don't risk your safety to try to save dinner. There are some great pizza places in town.

Fire Class	Geometric Symbol	Pictogram	Intended Use	Mnemonic
A			Ordinary solid combustibles	A for "Ash"
B			Flammable liquids and gases	B for "Barrel"
C			Energized electrical equipment	C for "Current"
D		*(none)*	Combustible metals	D for "Dynamite"
K			Oils and fats	K for "Kitchen"

Remember the P A S S Word



Jack has been an active member of the Muskegon Charter Township Fire Department for 13 years, the last 4 as the Fire Inspector. He works with people to be safe around their homes and make the right decisions about safety. He can be reached at jack.wydeck@mcd911.net with any questions.

Find us anytime at www.SuperiorMonument.com

Let us help you design your own

Cemetery Monument or Marker

Traditional, custom, cremation or bronze –
together we can create a meaningful memorial.

Preserving the memories. Honoring the life. Remembering the love.

Superior Monument

354 Ottawa St.
Muskegon, MI
Corner of Business 31
and Marquette

Muskegon/Whitehall
231-728-2211
Grand Haven
616-844-1700

FREE CONSULTATIONS

LOCALLY OWNED AND OPERATED

Sleep in Later Life: Why it Matters



BY HOLLY LOOKA-BAUGH-DEUR

An area of healthy aging research that touches everyone focuses on nature's best preventative and curative "medicine" – the state of SLEEP. Our body's sleep needs and patterns change significantly as we grow older. Difficulty in achieving restorative sleep can disrupt the natural methods of repairing broken DNA, eliminating waste and plaques from our brain, and refreshing the ability to fight infections and disease. Sleep is sometimes treated as a luxury, something that can be sacrificed when life becomes busy. For older adults, however, sleep is an important component of overall health. A growing body of research connects sleep quantity and quality with cardiovascular health, cognitive functioning, mood, physical performance and safety.

The Science of Sleep:

A sleep episode is a highly organized biological process in which the brain cycles repeatedly through non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep, with each cycle lasting roughly 90–120 minutes and repeating several times during the night. NREM sleep progresses from light sleep into deep, slow-wave sleep, while REM sleep is characterized by heightened brain activity, vivid dreaming, and temporary muscle paralysis. Deep sleep, also called N3 or slow-wave sleep, is especially important for physical restoration and healthy aging. During this stage, the body increases processes involved in tissue repair, immune function, energy regulation and hormone release, including growth hormone secretion. Deep sleep also supports the brain's ability to consolidate certain types of memories and appears to contribute to the clearance of metabolic waste products through increased activity of the brain's waste-clearance systems. As people age, the amount of deep sleep generally decreases, making the quality and continuity of nighttime sleep increasingly important. Typically, older adults tend to become sleepy earlier in the evening, awakening earlier in the morning, with less overall time in REM and frequent awake periods at night. Although every stage of sleep contributes to health, deep sleep is particularly valuable because it provides a period of profound physiological recovery for both the body and brain.

Aids for sleeping have become a multi-billion-dollar industry filled with over-the-counter medications, supplements, noise controlling devices, special pillows, sheets and lighting, to name a few. The National Institute of Aging recommends that older adults receive 7 – 9 hours of sleep per night.

Why Sleep Is a Health Risk Factor

Sleep is critical to our health. Achieving a state of sleep is an active biological process rather than the bodily functions shifting into dormancy. During sleep, the brain and body carry out important functions involved in memory, attention, emotional regulation, metabolism, cardiovascular health and physical recovery. Inadequate sleep over time is associated with increased risks of high blood pressure, heart disease and diabetes. Poor sleep can also contribute to memory difficulties, negative mood, stress and a greater risk of falls and accidents.



Common Sleep Problems Among Older Adults

Aging brings physiological changes that can make uninterrupted sleep more difficult. Medical conditions, medications, pain, daily activity, mental health and changes in the body's circadian rhythm can all contribute.

1. Insomnia

Insomnia can involve difficulty falling asleep, staying asleep or waking too early and being unable to return to sleep. In one research study of older adults, while 18% reported frequent insomnia or poor-quality sleep. About 30% of the subjects usually slept less than seven hours per day.

2. Sleep Apnea

Sleep apnea causes repeated interruptions in breathing during sleep. A 2023 systematic review and meta-analysis of 39 studies involving more than 33,000 older adults estimated the prevalence of obstructive sleep apnea at approximately 35.9%, although estimates varied substantially between studies.

3. Restless Legs Syndrome

Restless legs syndrome produces an uncomfortable urge to move the legs, often accompanied by crawling, tingling or unpleasant sensations. A nationally representative U.S. sample found symptoms consistent with restless legs syndrome in 10.6% of older adults.

4. Frequent Nighttime Awakenings

Older adults commonly experience lighter, more fragmented sleep. Pain, arthritis, medications, nighttime urination, anxiety and breathing problems can result in repeated awakenings.

5. Changes in the Body's Internal Clock

The circadian rhythm—the body's internal timing system—changes with age. Older adults often become sleepy earlier and wake earlier than they did when they were younger. An early sleep schedule is not

necessarily insomnia if the person feels rested and functions well during the day.

The Benefits–and Limits–of Napping

Napping can be a useful part of healthy aging for some people, but it should complement—not replace—adequate nighttime sleep. A 2022 systematic review of 15 studies involving 326 older adults found that daytime napping generally had positive effects on subjective sleepiness and fatigue, and some studies found improvements in psychomotor performance and learning. Another systematic review of 35 studies found that short or moderate naps (20 – 30 minutes) were sometimes associated with better cognitive outcomes.

Napping research also requires caution. Longer or more frequent daytime sleep has been associated with poorer health and cognitive outcomes. A 2026 study in healthy retirees also found that reducing habitual nap duration and frequency was associated with less decline in verbal episodic memory over one year. The relationship between napping and health is complex.

For an older adult who sleeps well at night, a brief early-afternoon nap may provide an alertness or fatigue benefit without necessarily disrupting nighttime sleep. In contrast, late-afternoon or evening naps can make it harder to fall asleep at night. The NIA specifically advises avoiding late-afternoon or evening naps when they interfere with nighttime sleep. If someone suddenly needs long or frequent naps, that change is worth discussing with a healthcare professional.

What Can Older Adults Do About Insomnia?

• Cognitive Behavioral Therapy for Insomnia (CBT-I)

For chronic insomnia, cognitive behavioral therapy for insomnia is one of the best-supported-by-research treatments. CBT-I addresses behaviors and thoughts that can perpetuate insomnia and commonly includes stimulus control, sleep scheduling and relaxation techniques. Studies show that the impact of CBT-I on older adults show improvements in sleep efficiency, time to fall asleep and nighttime wakefulness.

• Improve Sleep Habits

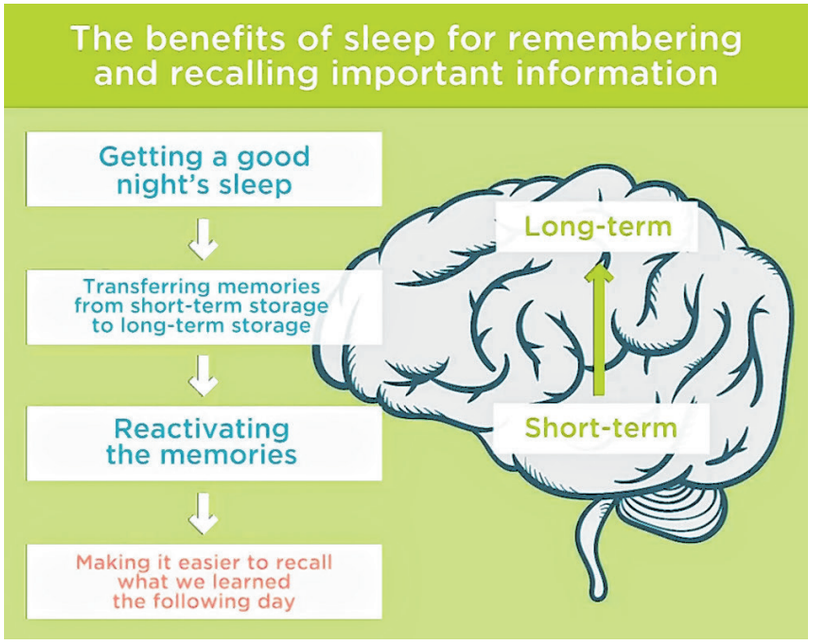
Maintaining a consistent bedtime and wake time, regular physical activity, exposure to daytime natural light, keeping the bedroom comfortable and quiet, limiting caffeine later in the day, avoiding excessive alcohol, avoid long or late naps, and establishing a systematic bedtime routine are all considered to be key components of healthy sleep hygiene.

• Don't Stay in Bed Fighting Sleep

Sleep professionals recommend getting out of bed for a quiet activity in dim light when unable to sleep, returning to bed when sleepy.

• Review Medications and Medical Conditions

Some medications can interfere with sleep; a medication review can be especially useful for people taking several prescriptions or over-the-counter products.



• What About Sleeping Pills and Supplements?

Sleeping medications can sometimes have a role in treatment, but they require particular caution in older adults because some can cause daytime sedation, confusion, impaired coordination and falls. Older adults should also be cautious about treating insomnia independently with over-the-counter sleep aids or supplements. "Natural" does not mean "safe," and products can interact with prescription medications or produce unwanted effects.

When Is It Time to Ask for Help?

An older adult should consider talking with a healthcare professional if they regularly have difficulty falling or staying asleep, are frequently tired or sleepy during the day, snore loudly or appear to stop breathing, wake choking or gasping, have uncomfortable nighttime leg sensations, experience falls or major changes in sleep, or need sleep medication regularly.

The Bottom Line: Sleep Is Part of Healthy Aging

Getting older does not mean that poor sleep should simply be accepted. It is normal for sleep to become lighter and more fragmented with age, but persistent insomnia, excessive daytime sleepiness, breathing interruptions, restless legs and major changes in sleep patterns can signal treatable problems.

A good night's sleep is not wasted time. It is part of the body's daily maintenance system—and an important investment in health, independence and quality of life.

Holly Lookabaugh-Deur is a semi-retired physical therapist with board certifications in geriatric clinical medicine and oncology rehabilitation. Her 45+ years as a PT include patient care and advocacy, teaching and mentorship, clinical research, residency leadership, and clinical specialist development. For additional resources or questions, contact the author at hjldeur@gmail.com.

Stirring Up Memories
with Senior Perspectives



Healthy holiday recipe swaps

Although presents garner most of the fanfare during the holiday season, there is no denying that food and entertaining also figure prominently this time of year. Delish magazine reports that Christmas food consumption ranks third, behind Thanksgiving and Super Bowl Sunday, among Americans, and that a single Christmas meal can weigh in at 3,000 calories, not factoring in any other food consumed that day.

No one wants to feel held back while having fun with family and friends, but smart food choices can mean healthier living during this season of festivities. Dish up these alternatives when holiday entertaining.

• Lean on leaner cuts of meat. A strong body is built on protein, and holiday hosts often make a meat or poultry dish the star of the holiday dinner table. When selecting holiday fare, choose leaner options such as "round" or "loin" roasts; otherwise, select white-fleshed fish and skinless poultry in lieu of other options.

• Use broths instead of creams. Soups and gravies are popular this time of year, and both can be made healthier by opting for stock or broth bases over more fattening milks or creams when creating these recipes.

• Create a one-crust pie. Pie is one of the more popular holiday desserts, and plenty of the calories come from a rich, buttery crust. Lighten up by serving a one-crust pie, such as pumpkin or sweet potato. Fruit-based pies like apple or blueberry also can be made with one crust. Simply top the fruit with a light crumb coating.

• Find ways to incorporate vegetables. Vegetables are low in calories and rich in vitamins and nutrients. Many also are high in fiber, so they can help people avoid overeating. According to dietary experts from the American Heart Association, people should aim for four to five servings of vegetables each day. When making a plate, fill half of the plate with vegetables. Enhance dishes like lasagna or other pastas with fresh vegetables as well.

• Skip the fried bird. Although deep-frying a turkey can reduce cooking time, frying historically is not the best cooking method for those who are making health-conscious choices. Rather than frying, consider spatchcocking (also known as butterflying) the turkey to enable it to cook faster. Use fresh herbs and seasonings instead of butter and oil to flavor your turkey as well.

• Skip the cocktails. The Center for Science in the Public Interest says that classic cocktails with little to no added sugar typically fall into the 150- to 200-calorie range, while others can be about 200 to 300 calories each. Many people will want to save those extra calories for dessert or another indulgent dish rather than drinking them away. If you want to simulate a cocktail, make a spritzer with sparkling water and unsweetened cranberry juice.

Celebrants can make some smart choices in the foods and beverages they eat to enjoy a healthier holiday season this December.



What's on your Thanksgiving plate?

67% Will eat turkey on Thanksgiving

A 2026 Economist/YouGov poll found that turkey continues to reign supreme on the Thanksgiving dinner table. When asked what they'll be eating at Thanksgiving dinner, 67 percent of poll participants indicated they plan to eat turkey, making it the most popular food to find its way onto the dinner table for this popular holiday. Additional staples also remain wildly popular among Thanksgiving celebrants, suggesting that food is among the more sacred Turkey Day traditions.



When asked what they plan to eat at Thanksgiving dinner this year, participants noted some easily recognizable favorites:

- **56%** Mashed potatoes
- **55%** Bread or rolls
- **54%** Pie
- **51%** Stuffing
- **51%** Gravy
- **40%** Green beans
- **39%** Sweet potatoes
- **38%** Cranberry sauce
- **33%** Corn

THANK YOU TO OUR RECIPE PAGE SPONSOR - CARE PATROL

CARE Patrol™
Your Partner in Senior Care Solutions

We can assist families with finding independent, assisted, memory care and in-home care

Our services are always free to you. We work with over 32,000 care providers across the nation, who pay for our services.

Dedicated Local Senior Care Advisor
Tailored Care Options
Pricing Details & Cost Savngs
Personal & Virtual Tours
Move In & Transition Support
Local Resources For All Your Needs

(231) 683-2002 ■ www.WestMI.CarePatrol.com ■ Facebook: CarePatrol of West MI



Homemade chicken soup is ideal for cold and flu season

Cold and flu season arrives each year. Though there might be little people can do to avoid catching a cold or coming down with the flu, certain approaches can make it easier to get through a bout with either illness. Flu vaccinations have been found to lessen the severity of infection with the influenza virus, while rest and plenty of fluids can help reduce the length of time a cold puts people out of commission.

Knowing what to eat when combatting a cold and the flu also can help people treat each virus. Chicken soup has long been a go-to when fighting a cold, and this recipe for "Homemade Chicken Noodle Soup" from Lines+Angles makes a worthy addition to anyone's cold- and flu-flighting culinary repertoire.



Homemade Chicken Noodle Soup

Makes 8 servings

1	3½-pound whole chicken
10	cups low-sodium chicken broth
8	carrots, peeled and sliced
6	stalks celery, trimmed and sliced
3	onions, peeled and sliced
2	cloves of garlic, peeled and minced
8	sprigs fresh parsley
2	sprigs fresh thyme
1	bay leaf
2	tablespoons butter
	Salt, to taste
	Freshly cracked black pepper, to taste
12	ounces wide egg noodles

For the chicken stock:

1. Rinse the chicken inside and out under cold running water. Place the chicken in a large pot, set over medium heat and add the chicken broth. Add ¼ of the carrots, ⅓ of the celery and ⅓ of the onions. Add the garlic, 2 sprigs parsley, thyme, bay leaf and enough water to just cover the chicken. Bring broth to a boil, reduce heat and simmer for about 1¼ hours, or until chicken is very tender, skimming any foam from the surface of the broth.
2. Remove chicken from broth and place in a colander to drain and cool. Strain the broth through a very fine mesh strainer into a large, clean soup pot. Discard the vegetables used to flavor the stock.

For the soup:

1. Skim any fat off the top of the strained broth.
2. Remove and discard the skin and bones from the chicken and cut the meat into bite-sized pieces; set aside.
3. Melt the butter in a large Dutch oven set over medium heat. Add the remaining carrots, celery and onions and cook for about 7 minutes or until the onions are translucent. Add the chicken pieces and chicken stock, season with salt and pepper. Bring soup to a simmer and cook for about 30 minutes or until the vegetables are tender.
4. Chop the remaining parsley; add the parsley and egg noodles, stirring frequently. Cook for 8 to 10 additional minutes or until the noodles are tender.
5. Ladle into soup bowls and serve hot.

Gratitude – Thank you, Dolly!





BY JANET HASSELBRING

"Safe in the arms of Jesus,
Safe on His gentle breast,
There by His love o'ershaded,
Sweetly my soul shall rest." (Crosby)

The world is mourning the death of Dolly Parton. She's with her loved ones and her Jesus now. Her entrance into heaven must have been a sight to behold. Flanked by a bodyguard of angels, Dolly walks through the pearly gates crooning to her Lord. Heaven will never be the same.

"If I can get God's attention, I can get the world's."

Dolly Parton certainly got the world's attention with her songs and songwriting. As far as getting God's attention, she once quipped, "The higher your hair, the closer you are to God." By that standard, she was close to God her entire life. And now she's with Him forever.

C.K Chesterton noted, "When it comes to life, the critical thing is whether you take things for granted or take them with gratitude." Dolly's life and work were infused with gratitude: "Life is sweeter when you have an attitude of gratitude."

In gratitude, let's reflect on the many ways Dolly enriched our lives:

Poverty - "You're only poor if you choose to be. You can be rich in spirit, kindness, love, and all those things that you can't put a dollar sign on."

Work – "Don't get so busy making a living that you forget to make a life."

Dreams - "I encourage people to dream big, because if you don't dream, you never find out all the wonderful things that life has to offer."

Success – "Success goes straight to my heart, not to my head."

Authenticity – "Find out who you are and do it on purpose. Never ignore your roots, your home, or your hair."

Leadership – "If your actions create a legacy that inspires others to dream more, learn more, do more, and become more, you are an excellent leader."

Aging – "I don't have time to get old."

Humility and Self-Deprecation – '" I'm not offended by the dumb blonde jokes because I know I'm not dumb – and I also know that I'm not blonde."





Strength – "I know how to stand my ground. I know how to speak up. I know how to stand sturdy. But that doesn't mean I've hardened my heart."

Failure – "The way I see it, if you want the rainbow, you gotta put up with the rain."

Hope – "With hope, there's nothing you can't do."

Passing judgment – "Lord, I've got enough problems of my own to pass judgment on someone else."

Simplicity - "I make a point to appreciate all the little things in my life. I go out and smell the air after a good, hard rain… I hold the treasures that somebody special has given me."

Giving – "…I see a need, and if I can, I fill it."

Faith – "I don't practice my faith; I live it."

*Literacy – "If you can read, you can do anything, dream anything, and be anything. You can never have too many books in a home."

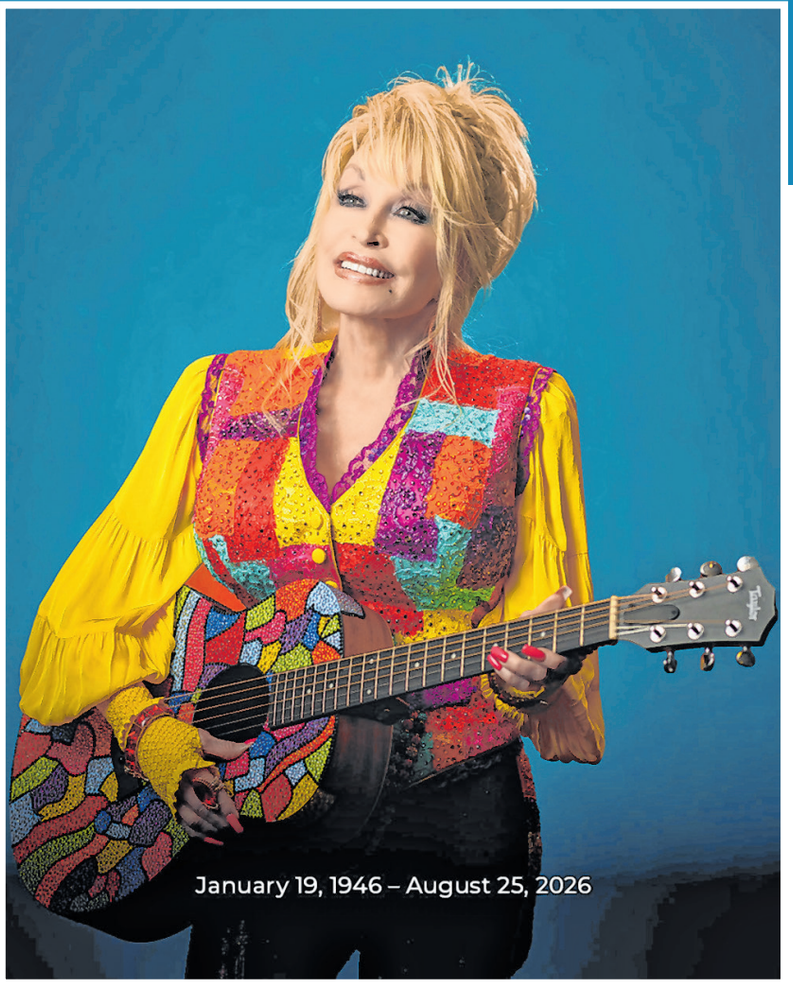
*The Dolly Parton Imagination Library (DPIL) has gifted over 325 million books to children from birth to age 5, worldwide since its inception in 1996. Dolly's preeminent shared book literacy program was inspired by her father: "He was the smartest man I've ever known, but his inability to read probably kept him from seeing all of his dreams come true."

DPIL capitalizes on research showing the optimum window for language development is from birth to age 3. It instills a love of reading, fosters reading skills, and virtually ensures a child will be reading by the time they start kindergarten and thus will never fall behind.

If a child is not reading by the end of third grade, they will not be reading by the time they graduate from high school, resulting in a direct correlation between incarceration and illiteracy: the average reading level of inmates is third grade.

The books, chosen by a blue-ribbon panel, are geared to the child's developmental level, signed by Dolly, and mailed to the youngster's home. Funding one child for free books for a year is $36 ($3 a book) and is covered by the Dollywood Foundation and local affiliates.

We are fortunate to have a piece of Dolly and her Imagination Library here in West Michigan. Currently, DPIL is available in Oceana County, Muskegon County, and portions of Kent County. Fundraising is underway to launch the program in the Tri-Cities, Ottawa County. To learn more, register a child, or donate, visit www.imaginationlibrary.com, www.unitedwaylakeshore.org/dpil, or www.earlybirdbooks.org, To donate to the Tri-Cities, Ottawa County, visit www.earlybirdbooks.org/donate and designate your gift for MITriCities. You can also email Janet Hasselbring at janethasselbring23@gmail.com for more information.



Because the literacy program was such an important part of her legacy, Dolly's family has asked that, instead of flowers and gifts for her memorial, donations be made to her beloved Imagination Library.

"If I am remembered 100 years from now, I hope it will be not for looks, but for books."

Thank you, Dolly! We will always love you!

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.

Promising advancements in Alzheimer's disease

Alzheimer's disease has touched the lives of millions. Tens of millions of people have Alzheimer's disease worldwide, accounting for 60 percent to 70 percent of the total number of people living with dementia globally, according to the World Health Organization. However, when including early, pre-symptomatic stages like prodromal and preclinical phases, estimates indicate 400 million people across the globe are affected by brain changes linked to Alzheimer's, says the National Institutes of Health.

Expanding medications and clinical trials

For decades, medical interventions for Alzheimer's were limited to managing symptoms. Today, the treatment landscape is undergoing a profound transformation. Therapeutic strategies now directly target the biological drivers of the disease, supported by expanded drug offerings, advises Alzheimer's Research UK.

The Alzheimer's Association says that analysis of global clinical trials points to positive results of a growing body of medications. There are now 158 novel agents currently being evaluated across 192 clinical trials. While amyloid-targeting drugs once comprised 33 percent of the clinical studies, that share has dropped to 20 percent, as therapies targeting neuroinflammation and tau protein tangles have increased.

The Alzheimer's Association also says approximately 35 percent of drugs currently in development are repurposed therapies previously approved for other conditions. This helps speed up the pathway of important medications for clinical availability.

Earlier diagnoses

Disease-modifying medications show the highest efficacy when administered during early stages. That means that early detection of Alzheimer's disease is critical. The Alzheimer's Impact Movement says high-accuracy blood tests prescribed in primary care settings can enable clinicians to screen for amyloid pathology using a simple blood draw.

Targeting genes

Researchers supported by the NIH are exploring gene therapy approaches to reduce amyloid accumulation early on and quiet brain inflammation. These include delivering protective APOE-e2 gene variants.

GLP-1s, shingles vaccines and promising findings

Observational and real-world studies show that taking GLP-1 medications for type 2 diabetes or obesity is associated with a lower risk of developing Alzheimer's and cognitive decline, according to the Cleveland Clinic. Similarly, major published studies show that adults over age 65 who receive the two-dose shingles vaccine have significantly reduced risk of Alzheimer's and vascular dementia compared to unvaccinated individuals. Both of these treatments can reduce brain inflammation associated with dementia development.

Lifestyle changes

Medications and other therapies are just the tip of the iceberg. Non-pharmacological interventions also are successful at reducing Alzheimer's disease prevalence. Findings published in the Journal of the American Medical Association demonstrate that targeted exercise, dietary changes and cognitive training significantly preserves brain function. This can yield memory performance equivalent to being one or two years younger.

Alzheimer's disease research continues, and various developments in prevention and treatment are going beyond symptom management.



EXCEPTIONAL CARE. PEACE OF MIND.

WHERE PROFESSIONAL CARE AND PERSONAL CARING MEET

PERSONAL CARE

Professionally managed team providing 24 hour supervision, activities and health related services designed to minimize the need to relocate.

A PLACE TO THRIVE

Private and secure setting to maximize comfort and convenience to shopping and community resources.

OPTIMIZE INDEPENDENCE.

Balance changing needs and preferences while supporting autonomy, personal choice and companionship.



ROBBINSWOOD
1125 Robbins Rd
Grand Haven
(616) 842-1900
robbinswoodalc.com

robbinswood
Assisted Living Communities

NORTHCREST
2650 Ruddiman Dr
North Muskegon
(231) 744-2447
robbinswoodnorthcrest.com

Bayview Tower APARTMENTS

Elderly Community ~ 62 years or older

Now accepting applications for 1 & 2 bedroom apartments for immediate move in.

Rent based on income

Office: 231.726.6984
TTY/TDD 711
Fax: 231.726.4356

864 Spring Street, Muskegon MI 49442
Bayview@imsteam.net
Equal Housing Opportunity



Your Local Elder Law Specialists

- Elder Law
- Estate Planning
- Wills & Trusts
- Medicaid Planning
- Veteran's Benefits
- Nursing Home Planning
- Powers of Attorney & Guardianship



David Waterstradt



Mathias Waterstradt

The Law Offices of David E. Waterstradt, PLLC

950 Norton Ave, Suite 405 | Muskegon, MI | 231-773-1169

BRAEBURN
Wealth Management

Charting Your Financial Course Together by Investing With Knowledge and Discipline!

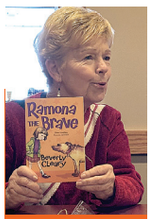


111 W Western Ave
Muskegon, MI
Phone: (231) 720-0743
info@braeburnwealth.com

- Personalized wealth management and financial planning, to social security and employer-sponsored retirement plans.
- We provide comprehensive services.

Braeburn Wealth Management Since 2011

The Mississippi River – A Short and Delightful Trip



BY LOUISE MATZ

Michigan people know a lot about the great lakes, but what do they know about the rivers, especially one like the mighty Mississippi.

If you are interested in learning about the river, I have just the trip for you. My sister and I recently returned from such a trip. We boarded a beautiful three-story riverboat called The Twilight in LeClaire, Iowa, and enjoyed learning about the Mississippi river for the next two days. The learning was an extra for me. I booked it as a pleasure trip and it certainly turned out to be one. We had all our meals aboard and they were beyond scrumptious.

There were no overnight accommodations on the riverboat. Although you could certainly drive or fly there on your own, we booked our travel as a bus trip with Orchard View Travel in Muskegon, MI. We rode the bus to LeClaire and spent our first night there, boarding the riverboat the next morning. At the end of the day we arrived in Dubuque, IA. We spent the night in Dubuque and boarded the riverboat the next day for our return trip to LeClaire. Then, we again spent the night in LeClaire and headed home on the bus the next day. There were a few other interesting stops while on the bus, but the river trip was the highlight.

Speaking of highlights, let me tell you more about the cruise. The riverboat is vintage and charming. Upon arrival, we were assigned a table for all our meals. It was also the place where we could leave our carry-on luggage. We were then encouraged to explore the boat, all three levels, plus a stop at the captain's wheelhouse. The entire three stories were outlined with chairs facing the water for our use. It was a very smooth ride even when the river got a little choppy. Just being on the river was delightful. I was especially pleased when sitting outside. The captain would comment occasionally throughout the journey. Unless you had very noisy companions, everyone aboard could hear him well, inside or out. Some of his comments were to direct our attention to something on the river or nearby land, such as eagles or pelicans in view or the flood line on riverside houses. Many of his comments were important facts about the river such as its size, how it is managed, and how important it is economically for our country. He told us about the Mississippi Flyway which is a massive migration route for birds down the Mississippi, often called an avian highway. While sitting on the forward deck, besides the many birds, I also saw many Monarch butterflies heading south. They seemed to pop up in front of me as we moved forward. I found the history of riverboats very interesting. I was surprised to learn that most riverboats remained in the river when they sank. It was too costly to retrieve them and, eventually, the earth just formed over them.



We learned about locks as we went through them. We learned about dams and barges and river management. The comments included examples of the type of cargo being transported, where it was headed, and how much more







it would cost if it was transported by truck instead of river. The captain's comments were sometimes educational, sometimes historical, and sometimes just entertaining. He did not comment continuously, but just enough.

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.



SUPPORT FOR OLDER ADULTS STARTS HERE

West Michigan Community Mental Health has launched a new Older Adult Services Program, offering specialized behavioral health support, care coordination, and connections to community resources tailored for older adults.

CALL US TODAY: 1-800-992-2061

YOU CAN DO IT. WE CAN HELP.

GAME PAGE

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

Level: Advanced

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.

"OJUYTOF BJOUCTXDUMP PJ WDBY UJ UCGOIDTATNM UYM WTOS GP G PUMGSK LDCLJPM ... JO RYTBY UYM PJDA WGK ZTE TUP TOUMAAMBUDGA MKM." — WGCK PYMAAMK

TODAY'S CLUE: A equals L

© NEA, Inc., dist. by Andrews McMeel Syndication

WHAT'S THE DIFFERENCE?

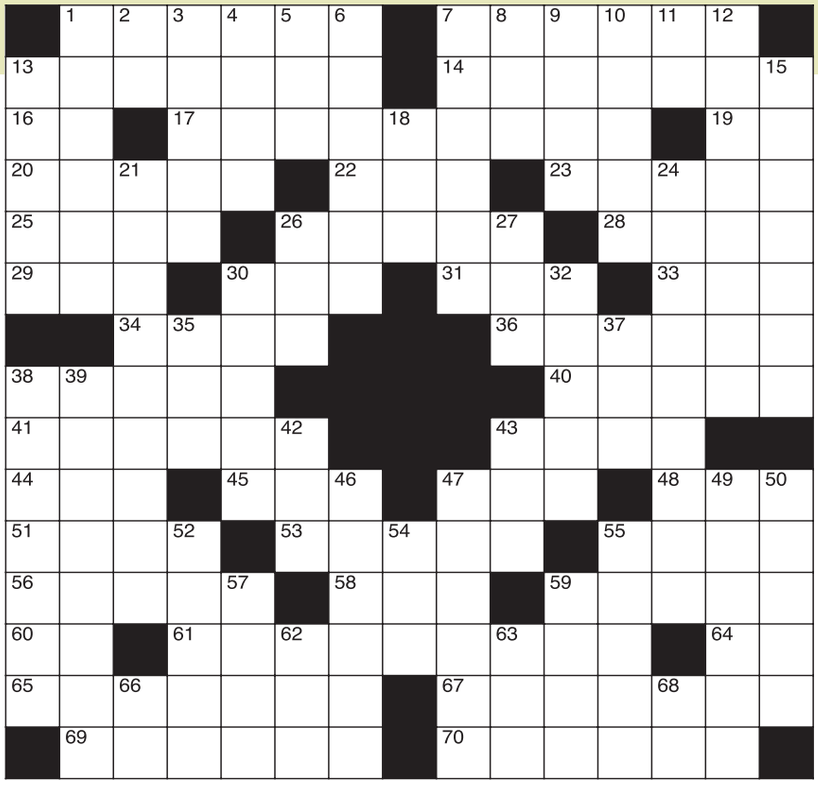
There are four differences between Picture A and Picture B.





Answers on page 34

CROSSWORD



CLUES ACROSS

1. Spiritual leaders
7. Containing salt
13. Fortified wine
14. Edible mollusk
16. Blood type
17. Make a comparison
19. Government lawyer
20. "Game of Thrones" actor Ciaran
22. 8th month of the year (abbr.)
23. Very willing
25. __ ex machina
26. Satisfies
28. New Zealand mountain
29. A doctrine
30. Popular Dodge truck model
31. Dekagram
33. Naturally occurring solid material
34. Company higher-up
36. Villains
38. Cricket frog genus
40. Influential early psychologist
41. Endured
43. Servant
44. You can get stuck in one
45. __ and feather
47. Passive optical network
48. French ballet dynasty
51. Employee stock ownership plan
53. Forming a bottom layer
55. Sound
56. Yankees slugger Judge
58. Dickens character
59. Beloved late sportscaster Craig
60. "The Mount Rushmore State"
61. Sarcastic and critical
64. Atomic #79
65. Longtime Atlanta Braves pitcher
67. Humor
69. Shawl
70. Preliminary assessment of patients

CLUES DOWN

1. Animal disease
2. Commercial
3. Craft supplies
4. Containers
5. A way to save for your golden years
6. Common Arabic greeting
7. Bulged downward
8. Acquired brain injury
9. Lay about
10. Intestinal
11. Not yes
12. In a way, pleased
13. Messianic figure in Islam
15. Resulting from intense conviction
18. Not in
21. Number above the line in a fraction
24. Lawn pest
26. Pouch
27. Ancient language (abbr.)
30. Start anew
32. Wild flower
35. Fourteen
37. Graphical user interface
38. Facing the same way
39. Campaigns
42. Touch lightly
43. "Boardwalk Empire" actress Gretchen
46. Violent seizure of property
47. One who supports the Pope
49. Malaise
50. Body fluid
52. Inauthentic person
54. Title of respect
55. Moth genus
57. Central Japan city
59. Silk garment
62. Draw from
63. Automobile
66. A male
68. Powerful government lawyer

Answers on page 34



GEOGRAPHY WORD SEARCH

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

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

WORDS

ARCHIPELAGO
ATOLL
BASIN
BAYOU
CANYON
CARTOGRAPHY
DELTA
EQUATOR
ESTUARY
FJORD
GEODESY
GLACIER
ISTHMUS
LATITUDE
LONGITUDE
MESA
OASIS
PENINSULA
PLATEAU
STRAIT
TOPOGRAPHY
TRIBUTARY
TUNDRA

WORD SCRAMBLE

Answers on page 34

1. Rearrange the letters to spell something pertaining to Thanksgiving.

F U F I N S T G

2. Rearrange the letters to spell something pertaining to diabetes.

V S E N R E

3. Rearrange the letters to spell something pertaining to geography.

R E A H T

Answers on page 34

GUESS WHO?

I am an actress born in Connecticut on November 19, 1961. I am regarded as one of the most successful actresses of the 1990s, as well as the "queen of romantic comedies." I've starred opposite Billy Crystal, Tom Hanks and Hugh Jackman.

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.





Answers on page 34

CRYPTO FUN

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

Solve the code to discover words related to men's health.
Each number corresponds to a letter.
(Hint: 25 = S)

A. **17 16 12 18 16 10**
Clue: Physician

B. **25 12 10 5 5 21 26 21 15**
Clue: Testing

C. **5 14 5 10 12 26 25 5**
Clue: Physical activity

D. **24 20 2 5**
Clue: Boy or man





Keith's World: Highway 16



BY KEITH SIPE

When I am looking out my window toward the Mart Dock, I see the LST-393. It is a World War II ship with much history. You will need to go to downtown Muskegon and visit the LST-393 next summer.

While searching for something months ago on the internet—which, now, I don't have a clue what I was searching for—I did run across some information on a highway route called Highway 16. I find it funny how, when you are searching for one thing, something else pops up by accident, and you find you are running down another rabbit hole.

Highway 16 was a route approximately 210 miles across Michigan from Detroit to Muskegon. It passed by Brighton, Lansing and Grand Rapids, and continued on to Muskegon. It was the way for transporting all sorts of goods by road and train.

I won't get into the details of the many cities, towns and branch roads that were involved in this route.

Highway 16 (U.S. 16) was also called Grand River Avenue for much of its length in the state. It was one of the important pre-interstate roads in Michigan. Before the creation of the United States Numbered Highway System in 1926, the highway was M-16. The modern route of Grand River Avenue cuts across the Lower Peninsula from northwest to southeast, from Grand Rapids to Detroit. Before the late 1950s and early 1960s, U.S. 16 followed other roads between Muskegon and Grand Rapids, and then Grand River Avenue through Lansing to Detroit, with the many branch roads I mentioned earlier. With the coming of the Interstate Highway System, U.S. 16 was moved from older roads to the newer freeways of today. When the gap in the freeway was filled in around Lansing, the U.S. 16 designation was decommissioned in the state. The freeway was then designated Interstate 96 (I-96) east of Grand Rapids or I-196 west of that city.

Another interesting thing I found was that the original pathway along the Grand River Avenue corridor was an Indian trail. The trail was used by the first European settlers to the area now known as Michigan in 1701.

There are many interesting trails, roads and highways that were developed through the early years of Michigan. The train route and roads meandered to the north and south from many of the towns and cities along the east-west route during the early years.

The Highway 16 route did not end in Muskegon. It continued across Lake Michigan on the ship called the Highway 16 (LST-393), ending in Milwaukee. Wait a minute—it didn't end in Milwaukee either! It continued to the west from the docks of Milwaukee.

So, today, the Mart Dock is the home of the LST-393 (Highway 16). It is a World War II vessel that landed on Omaha Beach on June 6, 1944, D-Day. It is now a museum at the Mart Dock in downtown Muskegon. Again, you should visit the LST-393 sometime in the future.

Keith may be reached at rightseat625bg@gmail.com Please drop him a note, he loves the attention, well, he would love to hear from you.



There's **ONE** place like home!

THE LITTLE RED HOUSE INC.
ADULT DAY CARE SERVICES

A place full of warmth, friendship, and belonging...where new memories are made while old ones are shared. A place of compassion and care...where enriching activities and meaningful relationships cultivate happiness and vitality.

$17 per hour **Partial or full days** **VA eligible**

616.846.5720
thelittleredhouse.org
311 E. Exchange St., Spring Lake

The Little Red House is a 501(c)(3) nonprofit organization.

Serving Muskegon & Ottawa County Residents since 2000

Elders' Helpers
Live on your own with a helper in your home

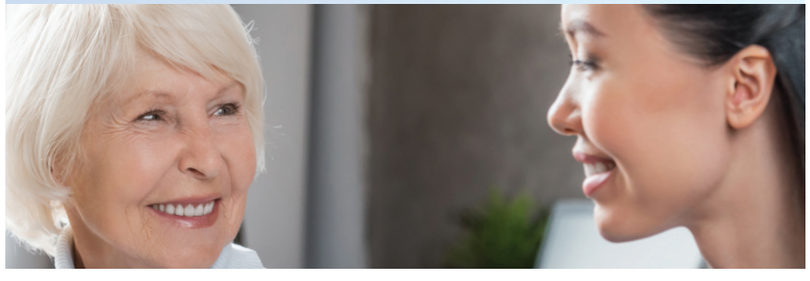
Caregiving Services: Compassionate assistance with daily activities like housekeeping, meal preparation, personal care, and companionship.

Nursing Services: Professional care from our RNs and LPNs, including medication management and regular health assessments to ensure your well-being.

Personal Emergency Response Systems (PERS): 24/7 monitoring for peace of mind, at home or on the go. Immediate assistance at the push of a button.

CONTACT US TODAY!

Holland Office: ***616-401-9140***
Grand Rapids Office: ***616-454-8305***
Muskegon Office: ***231-402-4058***
Email: ***eldershelpers@eldershelpers.com***
Visit: ***eldershelpers.com***



Remember our feathered friends this winter



BY GLENN RUTGERS

Each year passes by so quickly! For some of the birds visiting my feeders this year, the magic date seemed to be Sept. 8, 2026.

I have to admit this fall is the first in my 79 years that I noticed such a clear change as birds began their migration, leaving our area here up north to make their yearly trip to their southern vacation homes.

I was at an Audubon club meeting in Holland when several people mentioned that it would soon be time for our feathered friends to move south. Little did we know that some might be leaving that very day or night.

The following morning, I did not see my favorite bird friends come for their morning feeding at my six or so feeders.

It turns out to be the first time in my life I can give you an exact date when I noticed their fall departure. Later in the day, someone casually mentioned to me that the birds "had started their annual migration last night, September 8."

I wonder how many of our feathered friends arrived safely at their homes, anywhere from our southern states all the way to South America.

Can you imagine birds, from the tiny hummingbird to very large birds, traveling thousands of miles to enjoy warmer weather for the next six months or so?

I hope our feathered friends find that their winter vacation will be filled with bird happiness.

Keep in mind that we will still have birds living in our area here in Michigan. I hope to see a number of snowy owls coming down to pay us a visit over the next five or six months. These birds' winter visits vary from year to year and may be related to the lemming population in the Arctic. So, be on the lookout over the next few months for snowy owls hanging out on top of a power pole!

If you enjoy having birds around your home and property, make sure to feed them a hearty meal of their favorite foods. Like us, birds need food during the cold winter months, too. Once you have established a feeding station or two, make sure you keep them stocked with their favorite types of food.

As I have grown older, I have come to the realization of how important nature is to each one of us. It is very easy to ignore the needs of our feathered friends and wild animals living in the woods and other natural homes.

So, add these birds and animals that hang out year-round to your Christmas list. The cost of keeping your bird feeders stocked isn't that significant, and your bird friends will be happy.

Well, we can't do much for the animals that crawl into the ground to hibernate. All we can do is hope that they have found enough food to make them fat and sassy, and that they sleep really well!

The holidays will soon be upon us, so don't forget the birds and

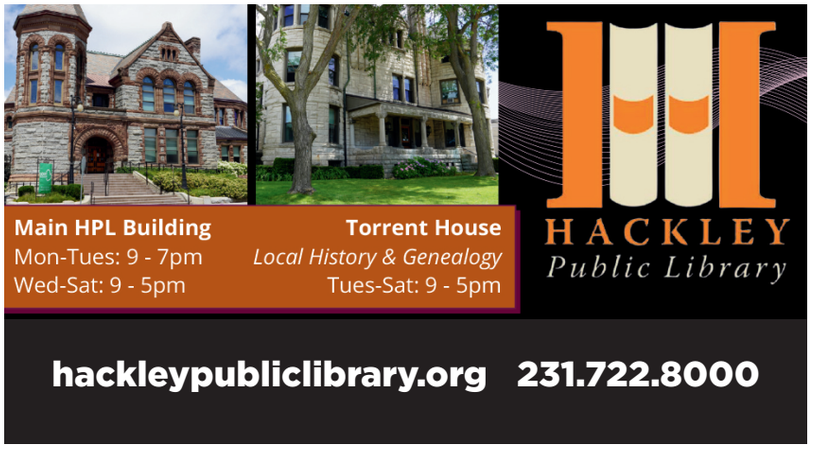


animals that will celebrate the holidays tucked away in a secret den somewhere.

I would like to wish you a merry Christmas and a happy New Year, along with our feathered friends and other friends on and in the ground. And merry Christmas to our human friends.

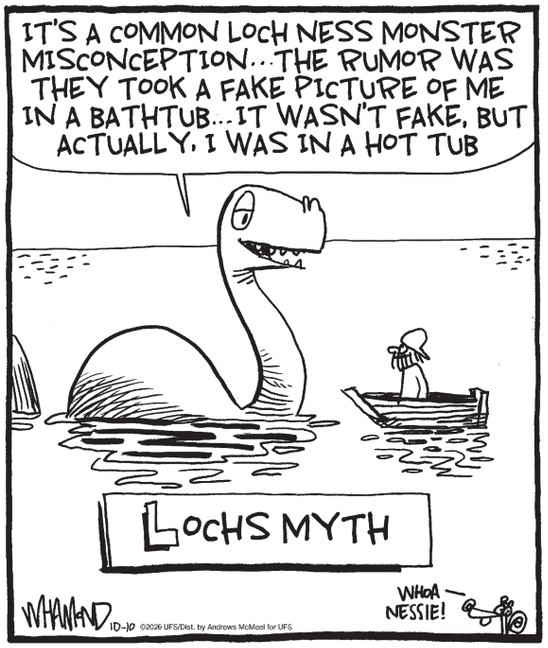
Remember the reason for the season.

Glenn is a retired Holland-area photographer with a longtime interest in nature and bird photography. His work has appeared on numerous Senior Perspective covers, and one of his photographs was published in Birds & Blooms magazine. He also has presented a program on the passenger pigeon to a Holland-area bird group and at a Hope College summer seminar. Through his photography and writing, he enjoys sharing his appreciation of birds and the natural world with others.

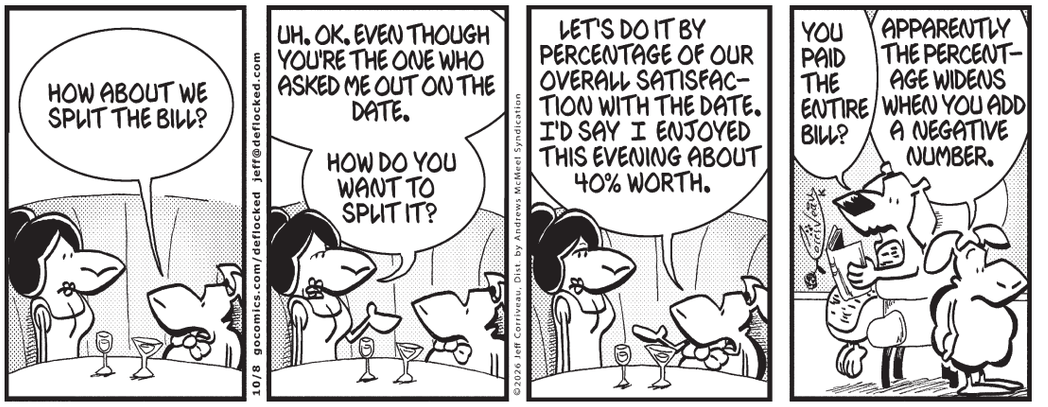


COMICS

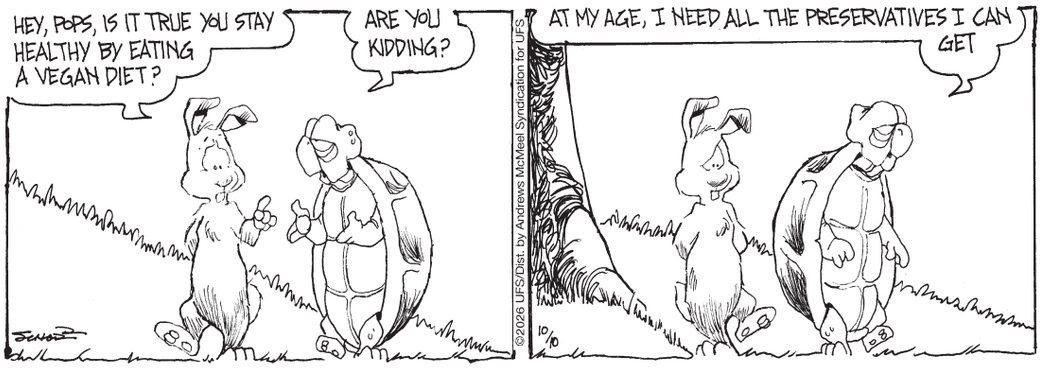
REALITY CHECK



DEFLOCKED



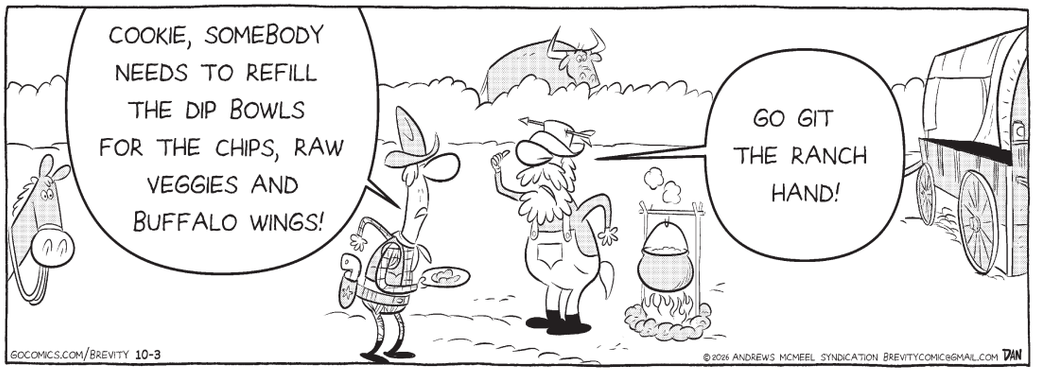
GRIZZWELLS



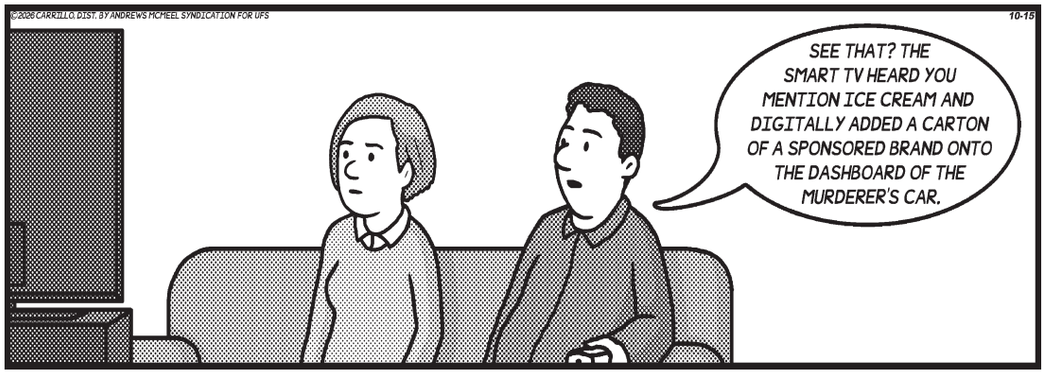
MODERATELY CONFUSED



BREVITY



F MINUS



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 1926.

• The American Telephone & Telegraph Company (AT&T) completes the sale of its subsidiary, the Broadcasting Company of America (BCA), on November 1. The sale marks the departure of AT&T from the radio industry.

• On November 2, French pediatrician Gaston Variot warns young women to avoid dancing the Charleston. Dr. Variot claims the movements of the dance could jeopardize young women's ability to have children.

• Three prisoners fail in their attempt to escape Tombs Prison in New York City on November 3. The three prisoners killed the prison warden and a guard before escaping the building but were ultimately cornered in the prison yard, where the escapees took their own lives rather than surrender to authorities.

• Prince Leopold of Belgium marries Princess Astrid of Sweden on November 4. The civil ceremony is presided over by Stockholm politician Carl Lindhagen.

• Marshal Józef Pilsudski decrees a press gag law in Poland on November 7. The law forbids the publication of news that could cause a public demonstration or rumors that could ridicule or criticize government officials and judges.

• George Gershwin's musical, "Oh, Kay!," opens on Broadway on November 8. The play introduces the song "Someone to Watch Over Me."

• One-hundred-twenty-three opposition party members lose their seats in the 535-seat Italian Parliament on November 9. Arrest warrants are issued for each opposition party member, who were expelled for their boycott of the Fascist-dominated Parliament.

• Princeton Universitys severs athletic relations with Harvard University on November 10. A formal letter from Princeton cites a lack of goodwill between undergraduates at each university as the motivation behind the decision.

• The United States Number Highway System is established on November 11.

• The Shelton Brothers Gang uses a biplane in an effort to bomb the hideout of rival gangster Charles Birger near Marion, Illinois on November 12. The bombing effort accomplishes little more than blowing up a pit used for cock fighting on the site of the hideout.

• A short story by P.L. Travers titled "Mary Poppins and the Match Man" appears in a New Zealand newspaper on November 13. Travers later writes a series of books about Mary Poppins, and the character eventually inspires a popular musical film.

• The Balfour Declaration is unanimously approved by Prime Ministers throughout the British Empire on November 15. The declaration endorses the creation of a Jewish nation in the British mandate of Palestine.

• Clarence "Taffy" Abel becomes the first Native American player in the National Hockey League when he debuts for the New York Rangers on November 16.

• Sakichi Toyoda founds the Toyoda Automatic Loom Works, Ltd., on November 18. The company is the forerunner of the Toyota Motor Corporation, which would begin manufacturing automobiles in 1937.

• The silent film "The Great Gatsby" is released on November 21. It is the first film adaptation of F. Scott Fitzgerald's 1925 novel of the same name.

• Norwegian chemical engineer Erik Rotheim receives the first patent for an aerosol spray dispenser on November 23.

• Roughly 111,000 spectators gather to watch the Army-Navy game at Soldier Field in Chicago on November 27. It is the only time the game, which ends in a 21-21 tie, is played at Soldier Field.

Mika Meyers
Attorneys



More accessibility.
More attention. More expertise.

That's what you can expect from the Mika Meyers team. With over 75 years of experience, you can expect strategic planning and advocacy during your lifetime and after.

Practice Areas
- Probate & Trust Administration
- Elder Law
- Estate & Trust Planning
- Probate & Trust Disputes

Call to schedule a consultation

(231) 723-8333

414 Water Street
Manistee, MI 49660

Attorneys
- Timothy J. Figura
- Neil P. Jansen
- George V. Saylor, Of Counsel

mikameyers.com

We get you. *We've got you.*

Study ID: HUM00254688 IRB: Health Sciences and Behavioral Sciences Date Approved: 11/17/2025

Want to learn practical tools for well-being?

Want to feel more uplifted?



TRY OUR FREE ONLINE PROGRAM, TAILORED FOR ADULTS 50+

- **No travel required**
- **No computer experience needed**
- **Free tablet and internet provided**
- **Get personalized support from a trained coach**
- **Earn up to $140 for participating**

Empower@Home
is a **mood-boosting program** designed to lift your spirits and enhance your quality of life

Scan the QR code to see if you may be eligible!

To learn more:
Call **734-215-5090** or
visit **empower-at-home.com**

UNIVERSITY OF MICHIGAN

SeniorResources Area Agency on Aging

Study managed by University of Michigan School of Social Work in collaboration with Senior Resources, located in Muskegon, MI



RECHARGEABLE* | DISCREET + COMFORTABLE | HANDS-FREE CALLS** | WEATHERPROOF

Choosing Beltone means healthy hearing for life.

Regardless of your need, we have you covered. We are committed to providing customized solutions that meet your needs and provide peace of mind.

FREE trials of our latest technology



HEARING AIDS starting at $995*
Monthly payments as low as $31/month

Find out the trade-in value of your old devices - all brands welcome

FREE in-office demonstrations
FREE clean & check of your existing devices
FREE video otoscopy exam

ALL INSURANCES ACCEPTED

Call **1-800-522-9588** to book your appointment today!

Family owned and operated since 1982.

Award-Winning Customer Service

BEST CUSTOMER SERVICE 2023 Newsweek statista

AMERICA'S BEST RETAILERS 2024 Newsweek statista

AMERICA'S BEST CUSTOMER SERVICE 2025 Newsweek statista

Call 1-800-522-9588
to schedule an appointment today!

Beltone Illuminate™

Beltone™

beltone.com

MUSKEGON • 843 W. Summit • (231) 755-3920 • 800-522-9588

NEW LOCATION: GRAND HAVEN • 17088 Robbins Rd. • (616) 215-0504

FREMONT • 108 S. Stewart • (800) 522-9588
JENISON • 640 Baldwin • (616) 457-0028
HOLLAND • 533 Michigan Avenue • (616) 394-0577
LUDINGTON • 239 N. Jebavy • (231) 843-3039

Also serving Manistee, Shelby, Hart, and Montague

*Call for more details. Cannot be combined with other offers, coupons or insurance plans. Previous purchases excluded. Participation may vary. See locations for details. Benefits of hearing instruments may vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation and proper fit. Beltone Hearing Care Centers are independently owned and operated. Participation may vary. © 2019 All rights reserved. Beltone is a trademark of GN Hearing Care Corporation.

ANSWERS FOR GAMES

WHAT'S THE DIFFERENCE? (from page 24):
1. Missing window on building 2. Bicycle on right
3. Different pants 4. Tree in background

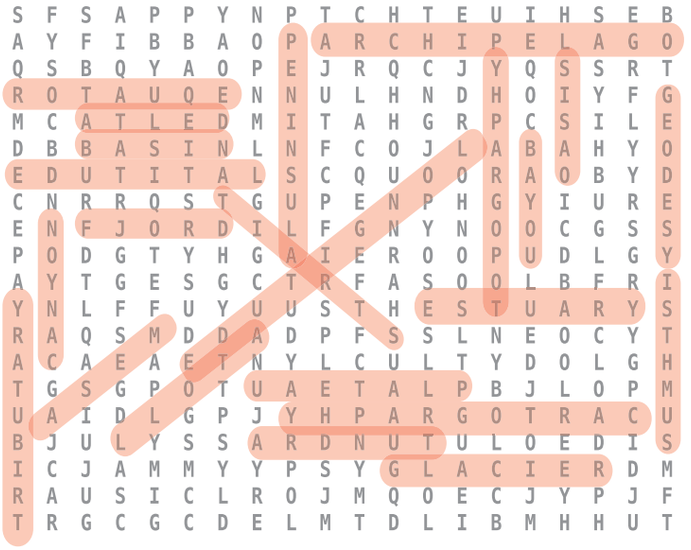
WHAT'S THE DIFFERENCE? (from page 27):
1. Candle is taller 2. Salad on plate on left 3. Missing fork 4. Spoon on right

WORD SCRAMBLE (from page 26) Answers:
1. Stuffing 2. Nerves 3. Earth

CRYPTO FUN (from page 27) Answers:
A. doctor B. screening C. exercise D. male

GUESS WHO (from page 27) Answer: Meg Ryan

WORD SEARCH (from page 26) Answers:



I SPY — In the last issue, the leaf was hidden in the apple graphic on page 16. Winners from the last issue are: Lou Schaub of Muskegon, Diane Cox of Scottville, and Bonnie Pawlowski of Whitehall

CELEBRITY CIPHER — Answer:
"Nothing contributes so much to tranquilize the mind as a steady purpose ... on which the soul may fix its intellectual eye." -- Mary Shelley

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

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



© 2026 Jeff Stahler/ Dist. by Andrews McMeel Syndication

BALDWIN HOUSE™
SENIOR LIVING

We love our military veteran residents!

Our community offers 5% off the monthly rent for military veterans ages 55+, and proudly supports the nearby Coast Guard station. The compassionate and experienced staff here makes sure that everyone gets treated like family after a lifetime of giving to others.

Our lovely community also offers:

- Full-time housekeeping and maintenance staff
- Enhanced care services available via on-site, 3rd party medical team
- In-unit laundry and full kitchen
- A Life Enrichment program with engaging activities like Happy Hour, bus trips off campus, live music and other fun things to do!

5% VETERAN DISCOUNT FOREVER

To find out more, call us today!

LLOYD'S BAYOU (616) 844-9001
17046 Lloyd's Bayou Dr. | Spring Lake, MI 49456
BaldwinHouseSeniors.com

Your Community Is Our Community

Because no one should navigate care alone.

We're not just caregivers – we're your neighbors, here to walk alongside you. With the Hospice of Michigan community by your side, you can focus on what matter's most.

Call us anytime, day or night.
888-247-5701
or visit hom.org



Hospice of Michigan

© 2025 Hospice of Michigan

AgeWell SERVICES

Redefining age through connections that support health and wellness.

Discount Dine: Delicious and healthy meals served at the Driftwood Café at Tanglewood Park and at Corine's Soul Food restaurant.

Lunch & Activity Centers: Meals and activities in your neighborhood.

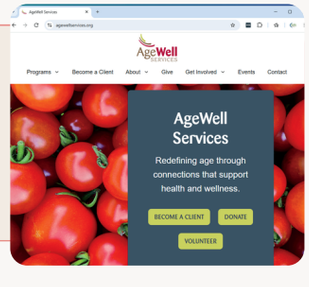
Meals on Wheels: Nutritious meals delivered to home-bound seniors.

SafeSeniors: Prevention & investigation of abuse, neglect and financial exploitation.

Senior Community Activities: Fitness and enrichment activities at AgeWell Services in downtown Muskegon, Lunch & Activity Centers and locations throughout the community.

Senior Medical Transportation: Door-to-door transportation to non-emergency medical appointments.

Check out our new website at agewellservices.org! You'll find everything you need to know about AgeWell Services in an easy to navigate, information packed site, whether you're on your phone, tablet or computer.



231-755-0434 | 800-442-6769



Estate Planning & Elder Law Begins With Understanding

We understand legal matters can be deeply personal and confusing. Our goal is to prepare an individualized estate plan ensuring your assets are handled in accordance with your wishes.



Anna Urick Duggins
P (231)-722-5415

- Long-Term Care Planning
- Medicaid Planning
- Veteran's Aid and Attendance
- Wills and Trusts
- Financial and Health Care Powers of Attorney
- Guardianships and Conservatorships
- Trust and Estate Administration



Nicole M. Osborn
P (231)-722-5423

- Wills and Trusts
- Financial and Health Care Powers of Attorney
- Guardianships and Conservatorships
- Trust and Estate Administration
- Adoptions, Divorce, Child Custody

PARMENTER LAW

Visit 601 Terrace Street, Muskegon, MI 49440
Web www.parmenterlaw.com