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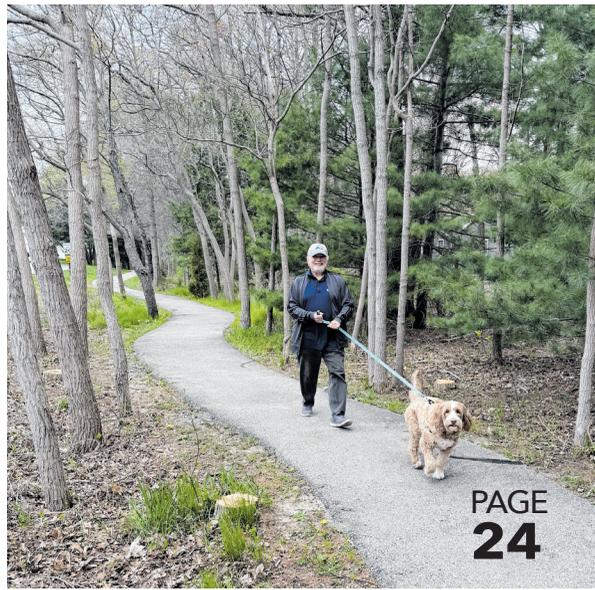
# Senior Perspectives

JULY / AUGUST 2025

MANISTEE, MASON, MUSKEGON,  
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# Time waits for no one, except the 'Baby Boomers'



BY LOIS  
TOMASZEWSKI  
EXECUTIVE  
EDITOR  
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Time is one of the concepts that is always in flux. When we are anticipating going to a destination, it seems to take longer to get there than when we are headed home. When we were children, summer vacation seemed to take forever to get to, but now as we are older (and wiser) it seems that time goes by way too fast.

According to the calendar, we have passed the half-way mark for 2025. That seemed to get here quickly. Six more months and we bid 2025 goodbye and welcome in 2026. For those who graduated high school in 1976 - the U.S. Bicentennial - many will undoubtedly remember the inclusion of patriotic symbols on their class ring. Mine had the Liberty Bell. Uncle Sam was everywhere and the red-white-and blue of Ol' Glory was everywhere. But this same class is probably lamenting the upcoming 50th class reunion, asking "Where did the time go?"

On my social media feed, I often see references to people who grew up in the 60s and 70s. We were the generation that was not supposed to get old. And, for many

of us, that is still true. So many are starting new careers, even in their 60s; others are taking classes at local colleges, absorbing knowledge next to dual-enrollment high schoolers, recent graduates, older adults settling into a new career path and those who need a degree to move up the ladder in their career. I had the opportunity to teach communication skills, namely speech and interpersonal communication to a variety of students at a community college in Indiana.

The sharing of knowledge across generations, cultures, and experience levels was truly wonderful to watch and participate in. Friendships developed between many of my students, in spite of age differences or status in life.

Maybe that is what was meant by the idea that the 'Baby Boomers' would never get old. It's not about the number, the wrinkles, the gray hairs or the lack of hair that makes us "old." It's when we stop learning, experiencing new things, making new friends and growing spiritually and emotionally that we begin to feel the weight of our years.

Live life to the fullest. Gather with friends, celebrate even the little things. Look for and indulge in the experiences on your bucket list. The impact of this may be wonderfully invigorating - and possibly keep you young at heart.

# Men's mental health



BY  
CLIF  
MARTIN SR.

How many of us men take pills or see a counsellor to keep our heads working right? It's more than you think.

Joe Stapel's article, "Quietly helping the heroes" in the March/April Senior Perspectives started me thinking about it. It's a touching history of dealing with PTSD as a police officer and first responder to unspeakably awful tragedies. I hope you have a copy

at hand so you can read it again.

It also reminded me of a most interesting and rewarding volunteer experience at Hackley Hospital's Behavioral facility. There was a separate geriatric unit where I played old songs on the piano each week.

The director of the unit gave me a heads up about a new patient who did want to be there and who might be difficult to deal with. That didn't happen at all. We hit it off right away. He sang along with some of the songs. He was really



pleased when he handed me a business card and I pronounced his name correctly.

One day he was not there and all the staff could tell me was that his family had moved him to another facility. I still think of him and I hope he was alright.

I wrote a poem when I was 35

Or 40, "The Loneliest tears." I don't remember why I wrote it and only recall that it began and ended with "The loneliest tears are the tears of a man, for a man's not supposed to cry."



*Clif's professional life was in radio. He has been in Muskegon since 1963.*

## I Spy

Page # where you found the firecracker in this edition.

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The answer, along with winners' names will be announced in the next issue. In the last issue, the flipflop was hidden in the top right image on page 8. See page 34 for winners.

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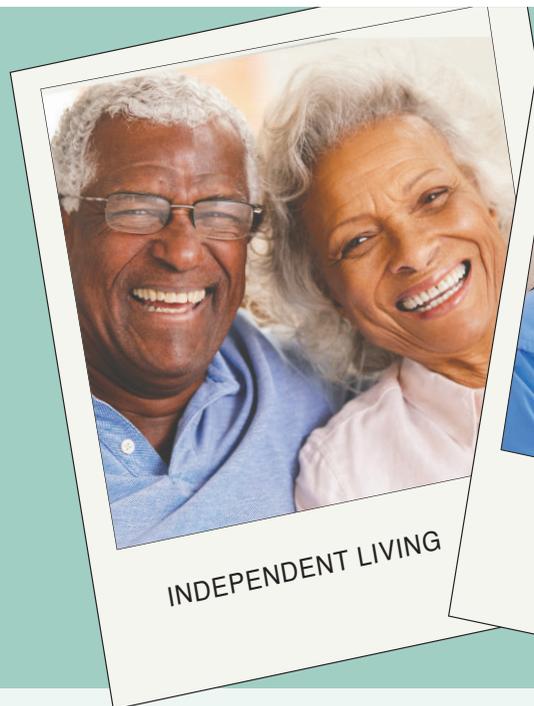
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# Assistive Technology saves the day



BY  
**CHRISTINE  
WISTRUM**

There are many different ways assistive technology (AT) can be used to help people remain independent at home as they age.

As I've gotten older, I've found many of these items have served me well and made life not just easier, but possible for me. I have a problem with stiffness brought on by my arthritis. When I go into my home office to work and sit at my desk for even a short while, I find that it is difficult to stand up and just walk forward. I must stand for a minute or two before even trying to step out. Using a 4-wheeled walker, I can walk forward right away.

I use a grab bar in the shower for balance as it is the location where I'm most fearful of falling. It's important to have the screws for the grab bar anchored in a stud in the wall so it doesn't pull out when you put pressure

on it. I do not use a handheld showerhead, but it is another way to remain independent in your activities of daily living.

The kitchen is another room where AT rescues me. I use a pizza cutter for chopping vegetables, and a pressure cooker to hasten meal preparation. An electric can opener is another innovation I love as well as a jar opener. It makes opening jars possible when my arthritis is bad.

There are bottle openers to help remove the caps off soda bottles,



pry bars for opening pop top lids, meat choppers and vegetable mandolins for slicing vegetables. I like my rocker knife which makes chopping vegetables easier too.

Immersion blenders make it easier to stir food, and bump dots can be used to mark places on the oven control so you can know what temperature you're cooking at without being able to see it.

If you have difficulty holding your utensils due to Parkinson's Disease or essential tremors, weighted utensils may help. If you can only use one arm, having a cutting board with suction cups on the bottom so it does slip can be a life saver. There are also cutting boards with one corner blocked so you can place food on it and cut without having it slide off the board, or several prongs coming up through the bottom to hold food while you cut it.

In the living room, you may want to use a lift chair to help you stand up, and there are multiple versions of lift-aids for when you fall and can't get up on your own. Stair lifts will help you get up and down any stairs in your home. If you don't need an electronic lift yet, a stand with arms can help you rise from your favorite chair. A multi-purpose

step stool can keep you safe while you step up onto a higher level floor or to get into bed or the bathtub.

In your bathroom, in addition to the grab bars, you may find it helpful to have an anti-scald device attached to your hot water pipes so you don't get burned. There are toilet seat risers to make it easier to stand up after using the toilet, bathtub cutaways when the sides of your tub are too high to step over, or a shower chair to keep you safe while showering.

There is SO much more out there! If you aren't sure what assistive technology items might be helpful to you, call Disability Network Lakeshore and we can advise you on what's out there, where you can get it, and how much it costs, and there is no charge for this service!



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

## ASK THE DOCTORS:

# Lifting heavy weights may be beneficial for older adults



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

### DEAR DOCTORS:

I enjoy lifting heavy weights. It makes me stronger and helps me feel energized.

The trainer at my gym says that, because I'm 84 years old, it's not a good idea. He's been after me to switch to lighter weights. Is there any science to back me up that this is OK, or is he right?

**DEAR READER:** A decline in muscle mass, a process known as sarcopenia, is a natural part of the aging process. Estimates suggest the average adult loses one-third of their muscle mass over their lifetime. It begins at a slow but steady rate in our 30s and 40s, with a decrease of between 3% to 6% per decade. It accelerates when we reach our 60s. A loss of muscle mass adversely affects energy, endurance, balance

and agility. It can increase the risk of falls and injury, limiting the ability to live independently. This makes resistance training an important practice for healthy aging.

Traditional advice for older adults has been to choose lighter weights and perform more repetitions with strength and resistance training. Lighter weights put less stress on aging muscles, joints and connective tissues, and the increased repetitions build endurance. So the thinking has been they're a safer choice. However, recent research is building a case for the heavy lifting you enjoy. Several studies have found that heavy resistance training builds muscle mass and muscle strength in older adults. It's also been found to preserve long-term muscle function.

We recently wrote about a study of adults in their 80s and 90s who lifted heavy weights. The study found they gained strength and muscle mass in just 12 weeks. Now, researchers from Norway have

analyzed data from a number of similar studies. The review found that heavy lifting and the "one-rep max" are safe for both healthy people and those with chronic illness. A one-rep max is when you lift the maximum weight you can, with good form, for a single repetition. Their review found that adding a one-rep max into a regular exercise program can help reverse age-related decline in muscle mass and function in older adults. The researchers also saw benefits to leg and feet muscles. These muscles are crucial to balance and lose mass at a faster rate.

While these studies open the door to a new approach to healthy aging, there are some important caveats. To avoid injury and get the most benefit, have an experienced trainer guide you and spot you. Start gradually and work your way up. Always talk with your doctor before starting a new or more strenuous form of exercise.



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

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# MI Choice Waiver program “life-changing” for family



**BY LISA M. TYLER**  
COMMUNICATIONS  
DIRECTOR  
SENIOR RESOURCES

Joan Wills-Birch is the executive director of The Little Red House, an adult day care services program in Spring

Lake. The Little Red House (TLRH) receives funding through Senior Resources for some of its participants, so Joan knows about the MI Choice Waiver program. Or so she thought.

Joan has been with The Little Red House for almost 25 years and has been executive director since January of 2025. While she has known about the MI Choice Waiver program – which provides services that help people stay in their own homes, rather than live in a skilled nursing facility – she learned even more about the benefits of the Waiver program when she needed help caring for her mother, Sharon.

“My mom retired from Hospice of North Ottawa, where she was an aide,” Joan said. “Then she worked here for seven years, about three hours a day, before she became a participant. She came in the morning for about three hours a day. Then COVID hit. She lived by herself, and she wasn’t really

understanding COVID.”

One day, Sharon went out to get the newspaper and she passed out on the ground. She was horribly dehydrated, Joan said. Due to COVID, Joan hadn’t been inside her mom’s house in months. “I was cooking and delivering meals to her, but she wasn’t eating. She was feeding them to her dog or throwing them out. The next week she passed out again. I took her to the doctor, and they found she had broken her pelvis.” That kind of break couldn’t be repaired, and Sharon started using a walker. A friend who checked on her later called Joan and said ‘your mom can’t walk.’ We took her to the hospital, and she was out of it. They found she had a life-threatening sodium deficiency.

“Mom can’t walk, she doesn’t know who people are,” Joan recalled of that time. “So I called Theresa (a nurse friend who worked at Senior Resources at the time) and she told me to call Senior Resources.”

Joan said something had been wrong with her mom, but COVID made it worse. “The life-threatening sodium deficiency alerted us to many issues and then dementia really took over,” Joan said. Sharon needed 24-hour help, which was paid privately from her mom’s

money. “We worked with her big-time and she was coming back. She asked not to be put in a home. She was going through her money fast” with the around-the-clock help.

Theresa told me about Primary Care at Home (the Senior Resources home-based medical practice). That was life-changing. They were amazing people. Even when Mom came here (to The Little Red House), they came here for her.”

Due to Joan’s work at TLRH and previously with hospice, she

was aware of caregiving needs. “When you’re taking care of someone, it’s hard. You have to decide who you are – daughter or caregiver? You can’t be both – it will kill you. Resentment builds.” Joan was unable to help with her grandchildren as she wanted, due to the care her mother needed.

The previous executive director at TLRH said to bring Sharon with her during the day when Joan worked. That provided some stability, but she was still using her



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**SHARON WILLIS**

private funds for care at home and she was going to run out of money.

“She was capable of staying home with help,” Joan said. That’s when they started the enrollment process in MI Choice Waiver. She described the process as “daunting, but painless” due to the help from Senior Resources staff members. And she is thankful for that assistance, as she said it made a huge difference in both her mother’s care and in providing support for Joan and her brother.

Costs for things like Ensure, the liquid nutritional supplement Sharon needed to get adequate nutrients each day, were high. “We were paying \$325 a month for Ensure and incontinence products were at least \$250 per month. (Waiver) had it sent to her house. Briefs and pads (needed for incontinence) – we didn’t need to pay; Waiver did.

“We needed her to come here (to TLRH) and get showered. She did 8 hours a day here” with the Waiver

program. “It was so hard. I’d pick Mom up at 6 a.m. and she’d stay here all day.” Sharon, the former aide at TLRH, became a participant three days a week for 8 hours a day. Eventually, even that wasn’t enough, Joan said.

The Waiver supports coordinator asked what else was needed. They had an aide who came five days a week and prepared meals, provided companionship, and got her ready for bed.

Joan was especially grateful for the companionship, which Sharon craved. “Mom needed company,” Joan said. “We couldn’t put her in a home; she was too aware. She said she would die in a home. My mom knew her routine at home.” Joan said her brother, who was a vital care partner, told her he was prepared to consider putting their mother in a skilled nursing facility if they hadn’t received help. They both had their own health issues that they needed to address, along with their families needing help, and they were both feeling exhaustion and stress.

While Joan’s work gave her an understanding of older adults and their caregivers, she said she wasn’t truly prepared for it, despite that knowledge.

“Caregiving is the hardest thing,” she said. “You don’t know until you go through it. They (caregivers) are just exhausted. Physically, emotionally, financially – it all adds up quickly. Isolation is a killer, which COVID taught us.”

While Sharon had dementia, Joan believes COVID hastened that. “Everything changed so quickly.

Her coming here (to TLRH) gave her a purpose. She would talk to people. She’s a social person. She said ‘What would I do without it (TLRH). I would die!’

Sharon was enrolled in Waiver on March 6, 2024, after her assessment in early February that year. Her services began with the adult day care services at The Little Red House twice a week and community living supports four hours a week, then expanded to include liquid nutritional supplements, increased community living supports and additional hours at TLRH. Sharon remained a Waiver participant until her death on March 6, 2025 – exactly one year.

“I’ve never had a bad experience with Senior Resources,” Joan said. “I haven’t met a person in 25 years

from Senior Resources who isn’t right for their job. (The supports coordinator) was amazing; she did so much.

“Until you need it, you have no conception. No idea.”



*Lisa Tyler is the former Communications Director at Senior Resources of West Michigan (and was when this article was written). She is currently CEO of United Way of the Lakeshore. She remains passionate about issues relating to older adults, as well as community involvement, including the Muskegon Rotary Club, Muskegon Area Intermediate School District, and the Greater Muskegon Service League. She and her husband have two young adult children. She is an avid MSU Spartan fan.*

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# The Power of Water



BY  
JACK R.  
WYDECK

How Often Do You Think About Water?

Probably not as much as I do.

When Benjamin Franklin founded the first firefighting company, their

skies, falls as rain, and winds its way through rivers, lakes, and streams. The same water that carved the Grand Canyon now brews your morning coffee and brings life to the flowers in your garden.

While we admire all the wonderful things water can do, we don't always think about what happens when we don't have enough. Did you know that about 60% of your body is made of water? Simply losing 3 or 4% can make a person dehydrated. Without any water the human body can only survive about three days.

Just as water is essential to firefighting, it's just as vital inside our bodies, especially as we age.

Older adults are more prone to dehydration, and changes in body composition mean there's less water in the body to begin with. Chronic illnesses like diabetes or heart disease, common in older adults, also increase risk. Add to that the possible side effects of medications like blood pressure drugs, and dehydration becomes a more serious and frequent concern.

In addition, some seniors may limit fluids due to fear of incontinence or mobility issues related to frequent bathroom trips. But reducing fluid intake can lead to worse health outcomes, making hydration a crucial

part of staying well

## WHAT ARE THE WARNING SIGNS OF DEHYDRATION?

Thirst is the body's natural way of signaling the need for fluids, but as we age, this signal becomes less dependable. That is why it's important to recognize other early signs of dehydration, like:

- Dry mouth
- Dark-colored urine
- Fatigue
- Headache
- Lightheadedness

Dehydration can lead to serious health problems, including urinary tract infections, kidney stones, constipation, and even confusion or falls, especially in older adults. In severe cases, it can cause hospitalization or long-term complications. That's why catching it early and staying on top of fluid intake is so important.

## TIPS FOR STAYING HYDRATED

Simply carrying a water bottle can significantly increase the amount of water a person drinks. Several studies and behavioral health experts say that having a water bottle around work by:

- Creating a visual reminder- Out of sight, out of mind, having a bottle around is a constant reminder to drink, and prompts you to sip more often.
- Easy Access: You are more

likely to sip on water throughout the day when water is within an arm's reach.

- Tracking Intake: Refill counts and volume markers let you monitor progress throughout the day.

- Building a healthy Habit: Carrying a bottle regularly helps create the routine, and that routine leads to more consistent hydration over time.

## BUT WATER IS SO BORING?

Drinking plain water isn't the only option. You can add flavor with slices of lemon, cucumber, or fruit. Herbal teas, diluted juices, milk, and broths all contribute to your daily fluid intake. Even fruits like watermelon and oranges, or foods like soup, can help keep you hydrated.

Staying hydrated doesn't have to be a chore. With a little awareness and a few simple strategies, you can protect your health and feel your best every day. So the next time you head out, grab your water bottle; it might just be one of the healthiest habits you carry with you.



*Jack has been an active member of the Muskegon Charter Township Fire Department for 11 years. When not helping people get prepared for emergencies, he enjoys spending time with his wife of 19 years and his two teenage daughters. He can be reached at [jack.wydeck@mcd911.net](mailto:jack.wydeck@mcd911.net) with any questions.*



best tool was the bucket brigade. A person would pass a bucket of water to another person, who would, in turn, pass that bucket to someone else until they were close enough to splash the water on the fire. Today, we have high-pressure fire hoses connected to million-dollar engines, fed by hydrants spaced every 400 feet. Despite all the advancements, one thing remains unchanged—we still fight fire with water.

Water is a truly extraordinary thing. It covers about 75% of the earth, most of which is salt water, undrinkable. Only a small amount, around 3.5%, is drinkable fresh water, and then even less is reachable. Water never disappears; as clouds it dances through the

# What's My Purpose



**BY KEITH SIPE**

Recently, I received an email from a reader who read my article, Said/Unsaid, which was in the September/October 2024 issue.

The article was basically about knowing when to speak and when to be silent. If you haven't read it and would like to, I can send it to you. Knowing 'when' is the most important part. This person who shared their story with me, carries the article with them as a reminder.

After reading the letter, it got me thinking. I'm in the autumn of my life. I have lost the most important and precious part of my life, my wife. I'm still here, now what am I going to do with the rest of my life now that she's gone, "What's my purpose?"

Why am I still here? These thoughts go over and over in my mind. "What's My Purpose"? Again and Again, I shout to myself "WHAT IS MY PURPOSE"?

I have shared these thoughts with a couple of my friends. It wasn't until I received the email from this person that got me thinking a little more deeply. Maybe writing "is my purpose"? I'm not sure, the stories I write are about the things I have done or are doing. The adventures, family events, trips and even my serious moments in life.

I was reminded again that maybe writing gives me my "worth and or purpose"! I don't know! I have received comments from people who have read the Senior Perspective over the years. Plus, the phone calls and comments from people from time to time. They comment about a story or two they have read and it had a special meaning to them.

The Senior Perspective covers five counties, Ottawa, Muskegon, Oceana, Mason, and Manistee. I have even found copies in the Newaygo County area. There are many people I have come into contact with that read the Senior Perspective.

My question is, do I...or do we all....still have a purpose in the senior years of our lives? Of course we have a purpose and sometimes we just need to find it! That is where the difficulties come in, we must 'find' the answer.

We all heard the comment, "is your glass half full or half empty?" You are a more positive person if you think your glass is half full. You are less positive if you believe the glass is half empty. In my life, there are times I feel that I am less than half full, and hopefully, at least, a 1/4 full. But then again I even wonder if there is 'anything' in my glass. Let us work on our glass and make sure it is always 'overflowing'.

I know many of us have tried

over and over to remain positive, and it works most of the time. But...there are times when it is most difficult to be a positive person with all life's stresses. No matter what we do, stress pops up from time to time. During times in our lives when we run into stressful situations, we want to give up and call it quits. But, there is something inside that keeps pushing us forward in a positive way. When we can't find it, don't give up, just work much harder and not give up. For giving up is not a solution, just push forward and you will find the answer. I'm still pushing and pushing very hard most of the time.

I feel like giving up, but giving up is NOT the answer. Soooooo... 3 things you must do - 1) Never Give Up. 2) Never Ever Give Up and 3) Really, NEVER EVER EVER GIVE UP! Make your/my glass overflowing as much as we can.



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

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# Part 4, The Integumentary System



BY HOLLY  
LOOKA-  
BAUGH-DEUR

This health-related, educational series is designed to systematically review the top five health conditions in each body system to help optimize healthy aging. Part 4 focuses on the integumentary system or the skin, the largest organ of the body.

Skin has many important functions, with two of the most important roles being thermal regulation and protection from infection.

With aging, the outer layer of the skin gets thinner, paler, and less elastic. Because blood vessels get more fragile with age, older adults tend to bruise more easily. Also, older adults may produce less sweat and oil from the glands in their skin.

Age-related changes such as a loss of elastic fibers (elastin) and collagen cause the skin to look older, develop wrinkles, and be more fragile. Hormonal changes, such as those that occur with menopause, can cause the skin to become thinner and drier. Other chronic health conditions that are more common in older adults, such as diabetes, can also have symptoms that affect the skin. One of the biggest skin complaints from older adults is significant dryness and “crepe-like” skin. Aging of the skin is facilitated by response to over-exposure by ultraviolet (UV) rays from the sun, accumulating damage through the lifespan. Premature aging and wrinkles, “sunspots” and abnormal pigmentation, and a variety of skin cancer types are

consequences of UV light.

**The top 5 skin conditions** common in older adults include the following:

- **Skin Cancer:** Skin cancer is one of the top 5 types of cancer prevalent in the United States. Three primary types of skin cell cancer are basal cell carcinoma (BCC); squamous cell carcinoma (SCC) and melanoma.

- o BCC arises from deeper skin cells and usually manifests as flesh-colored bumps or red patches.
- o SCC originates from the middle and outer layers of skin and first signs include flat, dry patches or a firm, pink/ reddish nodule
- o Melanoma comes from the pigmentation cells in skin and usually are first noticed as new or changed moles (see the ABCDE screening info below!)

- **Shingles.** Shingles, which is caused by a virus called herpes zoster, usually dormant in a body after exposure to chicken pox, is a disease that triggers a painful skin rash. A vaccine is available to lower the risk of shingles, which can be extremely painful.

- **Rosacea.** Rosacea is a condition that causes reddened skin and a rash, usually on the nose and cheeks, sometimes accompanied by a sense of tingling or burning. This condition is more common as skin ages.

- **Autoimmune conditions.** Autoimmune skin conditions (such as psoriasis and scleroderma) occur when your body mistakenly attacks its own cells. Psoriasis is a chronic disease that causes patches of thick, red skin with silvery-white scales that itch or burn. Scleroderma causes

inflammation and thickening of the skin and other areas of the body.

- **Skin infections.** Older adults are more likely to develop skin infections, especially if they have poor circulation or diabetes, or are taking certain medications. Skin infections can be caused by bacteria, viruses, fungi, or parasites. They often cause rashes, swelling, itching, and pain. Scratching dry skin can absolutely create opportunity for skin infections, dermatitis, or cellulitis (caused by bacteria). Skin folds create a warm, moist environment for fungal conditions such as intertrigo to grow.

cancer – particularly melanoma - everywhere on your body.

- Be smart about the sun. Use Sun Protection Factor (SPF) – minimum of 15 (which means 15 times the natural protection your skin provides to UV light) – and reapply every two hours. Use a wide spectrum SPF product. Peak sun hours are 10 am to 4 pm, so be diligent during those hours. Protect your eyes with shades as well. Unfortunately, ultraviolet damage from childhood may have caused damage that emerges in later life and cannot be reversed; however, diligent screening can catch serious conditions early.

- Avoid use of tanning beds or lights. Consider the option of using spray tans instead if this is important to you but be sure and check with your doctor first. Some

## PREVENTION STRATEGIES INCLUDE:

- Follow the acronym ABCDE for routine self-screening for skin

**A** **Asymmetry:** Moles that have asymmetrical appearance

**B** **Border:** A mole that has blurry and/or jagged edges

**C** **Color:** A mole that has more than one colour

**D** **Diameter:** Moles with a diameter larger than a pencil eraser (6 mm or 1/4 inch)

**E** **Evolution:** A mole that has gone through sudden changes in size, shape or colour

sunless tanning products contain dihydroxyacetone (DHA) can be dangerous if ingested through the mouth or nose.

- Have regular skin inspections by your primary care physicians and/ or a dermatologist. Older adults frequently miss skin changes particularly in the scalp area.

- Using skepticism about “antiaging” products that reduce wrinkles is wise. Most of these products are cosmetics, not pharmaceuticals, so U.S. Food and Drug Administration (FDA) approval is not required. Additionally, some of these items contain heavy metals such as mercury and lead, which can lead to serious health consequences.

- Some medications such as specific antibiotics, chemotherapy agents, and nonsteroidal anti-inflammatory drugs (NSAIDs) and diuretics can make skin more susceptible and sensitive to sunlight.

- Limit exposure to toxic chemicals whenever possible. As we age, skin sensitivities and allergies may develop. Laundry

detergent, perfumed soaps and lotions, and certain foods can cause itching, irritated skin, hives and rashes.

Many dermatological conditions that evolve in later life can be avoided or mitigated with simple skin hygiene, good nutrition and hydration, management of excessive ultraviolet stresses, and routine screenings. Don't worry about the wrinkles ☐; the aging process is beautiful!



*About the author: Holly Lookabaugh-Deur is a physical therapist with 45 years of clinical experience. Her degrees include a masters in neurological studies, doctorate in science, and board certifications in geriatrics and oncology. She serves as adjunct faculty for multiple universities, and she is an instructor for the APTA Aquatic Academy and associate editor of Oncology Rehabilitation in Practice medical journal. References are available upon request. Communication and questions are welcome to hjldeur@gmail.com.*

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# Grilled seafood to excite backyard BBQ guests

Grilling is a passion shared by millions of people across the globe. For some, there's simply no better way to prepare meals in summertime than to do so over an open flame.

Recent years have seen many people expand their culinary horizons beyond traditional grilling fare like hamburgers and hot dogs. Indeed, there's no shortage of options for grilling aficionados looking to expand their repertoire. Individuals who love seafood can try this recipe for "Grilled Diver Scallops and Fall Vegetable Shish Kebabs with Hazelnut Brown Butter" courtesy of John Holl's "The American Craft Beer Cookbook" (Storey).

## Grilled Diver Scallops and Fall Vegetable Shish Kebabs with Hazelnut Brown Butter

**Makes 4 servings**

- 12 fresh large diver scallops
- 4 fennel bulbs, trimmed, cored, and diced into 1 1/2-inch cubes
- 4 large parsnips, peeled and diced into 1 1/2-inch cubes
- 1 medium butternut squash, peeled, seeded, and diced into 1 1/2-inch cubes
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 1 12-ounce can Oskar Blues Mama's Little Yella Pils, or similar beer
- 8 skewers
- 1 cup (2 sticks) unsalted butter
- 1 tablespoon finely chopped toasted hazelnuts
- 9 vanilla wafer cookies

1. Remove the scallops from the refrigerator to come up to room temperature. Prepare a medium fire in a gas or charcoal grill. If using charcoal, arrange the coals in a thin layer to evenly control the heat.
2. Combine the fennel, parsnips, and butternut squash in a large bowl and toss with 1 tablespoon of the olive oil. Transfer the vegetables to a cast-iron skillet (or another grill-safe pan), season with salt and pepper, and place the pan on the grill. Cook, with the lid closed, stirring occasionally, until the vegetables are a light golden brown, about 25 minutes.
3. Remove the skillet from the grill and deglaze with 1/4 cup of the beer. Remove the vegetables from the skillet and let cool for 5 minutes. Reserve any drippings in the skillet for later.
4. Using two skewers for each shish kebab, alternately thread the scallops, fennel, parsnips, and butternut squash onto the skewers. Using two skewers for each kebab will prevent the ingredients from spinning on the grill.
5. Season the kebabs with salt and pepper and lightly coat with the remaining 1 tablespoon olive oil. Grill the kebabs, turning once, until you've reached the desired level of doneness for the scallops, about 5 minutes per side for medium. Set aside and tent with foil while making the sauce.
6. Return the skillet to the grill; add the butter, hazelnuts, and remaining 1 1/4 cups beer to the vegetable drippings. Cook, stirring occasionally, until the butter is melted and lightly browned.
7. Transfer the kebabs to a serving plate, pour the brown butter sauce over the scallops, and serve immediately.

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# Simple spare ribs to satisfy your craving for barbecue



The aroma of barbecue is hard to resist and the flavor is even better. Barbecue is an art form, as that enticing aroma and undeniable flavor is truly a labor of love. But even novices can try their hands at barbecue and end up with delicious results. For those who want to craft their own barbecue concoctions, this recipe for “Barbecue Spare Ribs” from Lines+Angles is easily followed, and the finished product is undeniably flavorful.

## *Barbecue Spare Ribs* Makes 6 servings

2 tablespoons paprika	peppercorns
1/2 teaspoon cayenne pepper	6 lbs. spare ribs, racks cleaned and trimmed
2 tablespoons garlic powder	
1 tablespoon salt	13 ounces barbecue sauce, low sugar, if possible
1 teaspoon freshly ground black	

### **Directions:**

1. Stir together the paprika, cayenne, garlic powder, salt, and pepper in a mixing bowl.
2. Thoroughly rub the spice mix into the rib racks. Place in a shallow dish, cover and chill for at least 8 hours.
3. After chilling, remove the ribs from the fridge. Preheat a gas or charcoal grill to about 300 F.
4. Cook the ribs on the grill, covered with a lid, until the meat is tender and pulls away from the bone, about 2 hours.

# Fresh veggies add spark to salad dishes

Salads are a dietary staple across the globe. Salads are traditionally served chilled or at room temperature, and many are enhanced by oil, vinegar or another dressing. Many people are quick to think of certain varieties of lettuce as the prime base for salads. However, just about any fruit or vegetable can serve as a foundation for a tasty salad.

Zucchini and tomato provide excellent nutrition and can be hydrating, which can come in handy once the weather starts to warm. These versatile ingredients can be combined to form a robust salad to accompany any meal or one that can be enjoyed on its own. Such is the case with this recipe for “Raw Zucchini Salad” from “The Mediterranean Diet Cookbook” (Rockridge Press) by the editors of the Rockridge Press. Refreshing and filling, this salad may quickly become a staple of your diet.

## *Raw Zucchini Salad* (Serves 2)

- 1 medium zucchini, shredded or sliced paper thin
- 6 cherry tomatoes, halved
- 3 tablespoons olive oil
- Juice of 1 lemon
- Sea salt and freshly ground pepper, to taste
- 3 to 4 basil leaves, thinly sliced
- 2 tablespoons freshly grated low-fat Parmesan cheese

Layer the zucchini slices on two plates in even layers. Top with the tomatoes. Drizzle with the olive oil and lemon juice. Season to taste.

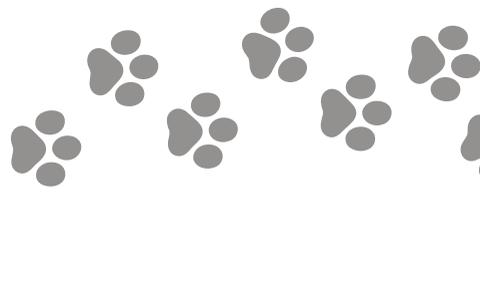
Top with the basil and sprinkle with cheese before serving.



# SALLYING FORTH

## WITH

# SNACK



**BY JANET HASSELBRING**

"It's a dangerous business, Frodo, going out your door. You step into the Road, and if you don't keep your feet, there's no knowing where you might be swept off to." (Tolkien)

As Snack, my Welshie, and I sally forth on our daily walks, Baggin's words remind me that the world outside is unpredictable, challenging, and even dangerous. The challenges are compounded when walking with a dog. I choose my words carefully, because I don't walk Snack, she walks me.

One of the main challenges for dog owners/walkers is where to let their charges pee and poop. Many of the routes Snack chooses are residential, and though I try to respect people's property, "when nature calls, it's time to go."

One resident asks that Snack not pee on his grass, to which I politely reply, "So you'd rather she pee on your neighbor's grass?" Another resident, alert as a guard dog, threatens to take action if Snack pees on his property. This is

the "dangerous" part... Another woman, whom I like immediately, announces she doesn't mind if Snack poops in her yard, if I pick up after her. Of course, I pick up after my dog! One house we pass has a water station in the lawn. I love these people!

Dogs communicate through pheromones – chemical messengers that other dogs recognize. Since pheromones are especially potent in the urine, dogs pee to alert other dogs of their presence – it's doggie

"pee-mail."

An added challenge with Snack is that she's a "marker." Marking takes sniffing up a level: peeing empties the bladder, while marking is all about communication. It's Snack's way of saying, "This area is mine. I was here." Because she's





constantly marking her territory and checking her “pee-mail,” our “sallies” are more like “sniffaris” than walks.

Meeting other dogs is interesting, and owners vary in their views of “meet and greet.” Snack is curious about every dog she meets, regardless of size or breed; however, I’m always on high alert because she’s a terrier - quirky and unpredictable.

And, a wagging tail doesn’t always mean a friendly exchange. I’ve noticed that even when dogs have squabbles, they shake them off and go their way, unperturbed – it’s behavior we, humans, would do well to model.

Aside from these challenges, I’ve met people, had interesting conversations, and made friendships I wouldn’t have



experienced without my walks with Snack.

One can sort people into three categories based on their feelings towards dogs: those who love them, those who are indifferent, and those who dislike them. Here are some dog lovers (and dogs) we’re met:

We meet Chris and his magnificent Keeshon, Eddie, nearly every day. Snack and Eddie are friends “from a distance.” We’ve gotten to know John and Laurie Sanders, owners of the Reef Party Store on West Spring Lake Road. One day, I noticed Country Dairy

products being delivered to the Reef. Since CD is my family farm, Snack and I went in and introduced ourselves to John. He claims he can’t keep CD products on the shelf! Who knew? John gave Snack a treat, and now, every day, she heads straight for the Reef. Walking in Grand Haven one day, we discovered a magical “Fairy Garden,” and met Monte, who created this unbelievable village in her yard for passersby to enjoy! In Pentwater, Snack and I visited our friend, Barbara Saunders, at her bookstore, Storybook Village, an imagination



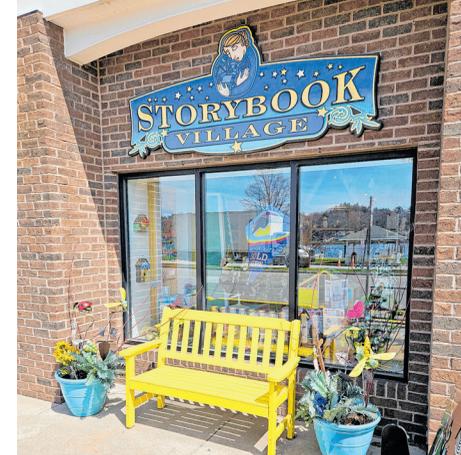
wonderland, where she and her store manager performed a marionette show for us.

I can't imagine walking, or life, for that matter, without Snack. She means the world to me. We're joined at the hip.

She's my "forever" dog. Okay, I know she won't live forever, but this I do know:

"If there are no dogs in heaven, then when I die, I want to go where they went." (Will Rogers)

I want to go where Snack went.



*Janet lives in Spring Lake, MI with her husband, Don, and Welsh terrier, Snack. She drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild/shorebirds from FL and beyond, Country Dairy, which describes life on her family farm, in west MI, in the 1930s, when her parents lived and worked on the land, and Tweets, A Twitter Feed of Short Stories and Articles. She is a multiple NAMPA (North American Mature Publishers Association) winner, and received the 2024 Legacy of Caring Award from the United Way of the Lakeshore. Her piano gets lonely because she chooses to whack fuzzy yellow balls and dink pickleballs instead of tickling its ivories.*

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## SAFETY AND SECURITY FOR SENIORS:

# Finding lost money



BY  
JOE  
STAPEL

I was talking to my wife on the phone. She said you just got a letter from a credit card company and it looks like a bill? Oh ok. Got home and opened it.

“Mr. Stapel, please activate your account or we must send this money to the state of Michigan.”

What! I contacted them and asked what this was about. I apparently had a balance in an account from 2021 that I had forgotten about. I activated it and found it had a nice balance in it. My wife even found the card for it.

Were you aware that the Feds have made a new database to help people find old 401 (k)s and pension plans. And here is a list of other sites that you can check for lost money for yourself or family members.

Michigan has the Department of Treasury Unclaimed.

**Missing money.com:** This site



searches 49 states for unclaimed property that might be due you or family members. Hawaii has their own site. On this site, you can search a variety of locations including insurance company's and banks.

**Treasuryhunt.gov:** you can find out if you or a family member have any saving bonds that have not been paid. As on most sites you will need a Social Security number and full name and state.

**Lostandfound.dol.gov:** Here, you can search for lost or missing retirement funds. This is a new Retirement savings lost and

found database that just started beginning in 2025.

**Pension rights.org** is where you can get free help through the non profit pension rights center if you are located in certain states.

**pbgc.gov/workers-retirees:** you can search for unclaimed benefits from private - sector plans that have shut down.

**dol.gov/agencies/whd/wow:** Are you owed any back pay? You can check this site. You have 3 years to request back pay.

**closedbanks.fdic.gov/funds** can be checked for money left in a FDIC insured bank that has failed.

**ncua.gov** can be checked for accounts at failed credit unions. In 2025, more than 20 failed credit unions were listed as having held people's unclaimed funds.

And for more info on unclaimed assets, please visit **aarp.org/unclaimed.**

Please let me know if you find any lost funds. Thanks

Stay safe this summer and drive carefully.

*Joe Stapel has worked as a police officer in Muskegon County for 20 years full and part time. He worked at Meijer Corporate Office in Grand Rapids as the Company's First Safety Specialist. Stapel received his Bachelors in science in Law Enforcement from Ferris State University. He is also the Founder of Help Michigan Heroes non profit in Michigan.*





# STRUCK BY A DOVE



**BY REV.  
WILLIAM  
RANDALL**

My wife Avis and I visited Branson, Missouri for the second time. Though we had been there a few years earlier, it seemed so very new.

Additional venues were squeezed into the winding steep roads.

We knew the routine though. We had a long list of available shows from which to choose a few. One that we chose was “The Life of Christ”.

The Life of Christ was illustrated with several incidents of the Savior’s life. It concluded with the death, burial and resurrection of Jesus. The nailing of Jesus to the cross was very realistic. The audience quieted,

with gasps in awe. The body was buried and when the stone rolled away, out came Jesus triumphantly. It was a beautiful scene bathed in millions of kilowatts of light. The whiteness of the Savior’s robe was whiter than white.

Just before we were plugged into total darkness, amidst flowers, Jesus released at least a half a dozen beautiful white doves. They fluttered around Jesus and just as they began to fly the lights were extinguished. The doves were trained to fly up over the audience and return to cages near the ceiling.

Things didn’t go as planned. One wayward dove decided not to rise to the prescribed altitude, but while flying at a fast speed,

smacked me right in my face! At first it stung like being slapped in the face.

As people were exiting I thought I’d tell an usher about my experience. I thought in case there was a future problem, I should tell someone. He either didn’t believe me or he didn’t care. He just said, “oh huh”.

The crowd was directed to the lobby where the actors formed a semi-circle and we all passed by and could make comments. I even shook hands with the devil! After I did I wiped off my hand when he wasn’t looking.

I finally came to Jesus who was at the end of the line. He was tall, handsome and friendly looking. I told Jesus about being struck with a dove. He bent over and put his

hands on my shoulders and told me how sorry he was. He asked if I felt alright. I assured him that I was fine and he gave what looked like a heavenly smile.

I like to tell this story because some people tell their tales of danger and fear and no one seems to care. In cases like that I suggest that you tell it to Jesus, He cares. Jesus loves you. He died and rose again for our salvation. Trust in Him.

No one loves you as much as Jesus does. “Believe in the Lord Jesus Christ and you will be saved.”



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

# Senior Perspectives

## G A M E P A G E

	3	6					2	8
					9	5		
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Level: Beginner



Game  
Page  
Answers  
on  
Page 34



### WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



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.

“ NL HZZ UCJN PFHP HELWBIH BR  
PFL NJWRP IJYCPWG BC PFL NJWZT,  
LMILAP OJW HZZ PFL JPFLWR.”  
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TODAY'S CLUE: A equals P

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Dockside  
Donuts

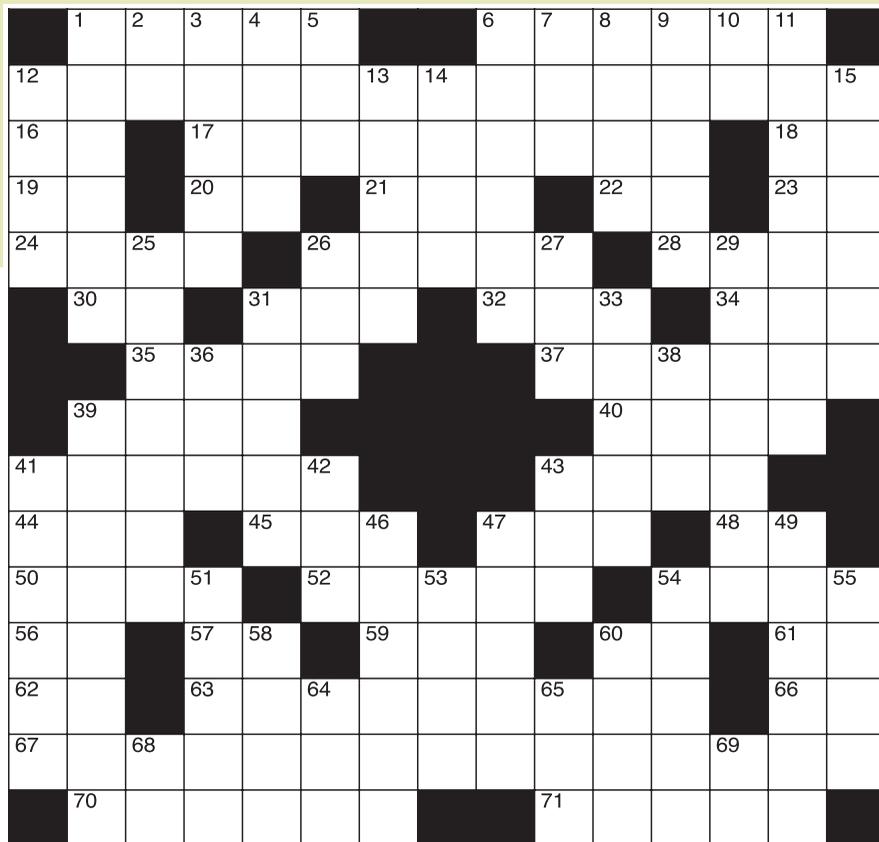
NO NAME  
SALOON  
& GRILL

Full  
Moon  
DINER & SALOON

RED  
ROOSTER  
TAVERN

PUB  
ONE-ELEVEN

# CROSSWORD



## CLUES ACROSS

1. Notes
6. Long-haired dog breed
12. ESPN's nickname
16. Spanish be
17. Disadvantage
18. Of I
19. Actor Pacino
20. On your way: \_\_\_ route
21. Fifth note of a major scale
22. Companies need it
23. News agency
24. Faces of an organization
26. Ponds
28. Samoa's capital
30. Partner to "Pa"
31. Adult male
32. Cool!
34. Used of a number or amount not specified
35. No No No
37. Hosts film festival
39. British place to house convicts
40. Made of fermented honey and water
41. Chief
43. College army
44. Thyroid-stimulating hormone
45. Consume
47. One point north of due east
48. For instance

50. Brews
52. Alaskan river
54. Not soft
56. Atomic #22
57. "The Golden State"
59. "The world's most famous arena"
60. Larry and Curly's pal
61. One billion gigabytes
62. Conducts inspections
63. Malaria mosquitoes
66. Unit to measure width
67. Features
70. Affairs
71. Letter of Semitic abjads

## CLUES DOWN

1. Follower of Islam
2. Trauma center
3. French young women
4. Norse god
5. U.S. commercial flyer (abbr.)
6. Merchant
7. Peyton's younger brother
8. Jungle planet in "Star Wars" galaxy
9. Tree-dwelling animal of C. and S. America
10. "Pollack" actor Harris
11. Stuck around
12. Put on
13. Influential Norwegian playwright

14. Christian \_\_\_, designer
15. Fulfills a debt
25. Style
26. More (Spanish)
27. A baglike structure in a plant or animal
29. Remedy
31. Disturbance
33. "The Martian" actor Matt
36. Express delight
38. Brooklyn hoopster
39. 1900 lamp
41. Motionless
42. One's mother (Brit.)
43. Relative biological effectiveness (abbr.)
46. Compels to act
47. Gardening tool
49. Ancient country
51. Frightening
53. Wimbledon champion Arthur
54. Popular plant
55. Database management system
58. Gasteyer and de Armas are two
60. Where soldiers eat
64. Tenth month (abbr.)
65. Illuminated
68. Atomic #18
69. Adults need one to

Answers on page 34



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# LET'S WALK



BY  
**LOUISE  
MATZ**

Nearly everyone likes to walk. Are you an avid walker? Do you have a passion for it? Is it one of your favorite things to do? Do you have a favorite spot for walking? I live in a condominium with a path circling the complex. It has a nice mix of sun and shade and also a mix of scenery. There is a wooded area, some walking alongside our pond, and a portion runs alongside the street. Although there are many other places where I enjoy walking, this path at my condo is my all-time favorite. First of all, it is so handy for me, but also I love seeing my neighbors along the way. I always carry dog treats, so my neighbors with dogs are encouraged to stop and say hello.

What is your perfect walk? What do you look for when you

want to take a walk? Do you want sun or shade? Do you prefer a calm day to walk or would you prefer a breeze? Do you delight in the perfect temperature or are you pleased to walk no matter how warm or cold? I think most would prefer not to walk in the rain, but there may be an exception.

Michigan has some awesome parks for walking. My favorite is Pere Marquette in Muskegon. I love walking the channel wall and watching the boats pass through or watching the people fishing from the wall. The pier going out to the lighthouse is another great walk. Depending on the day, you might choose the boardwalk or just walking along the beach at Pere Marquette. Should you want to sit for a little break to rest or enjoy the scenery, there are benches scattered along the way.

Neighborhood walks are another option. No two are the

same. When traveling somewhere with my sisters, we often take time for a walk, both for exercise and also to get the lay of the land.

What do you like to see when walking? Are you a people watcher? Do you look for birds, animals, flowers, or something unusual? My husband and I used to go walking in the woods and we would look for turkey tracks or other signs that turkeys were in the area.

Do you prefer to walk in the morning or evening? Can we spot you walking at the same time every day? Are your walks planned or spur of the moment? Perhaps the time depends upon your walking partner.

There are so many places to walk. For many reasons, some

people may prefer to walk in the mall or at the gym or in their home on a treadmill. Wherever and whenever you walk, it is an activity that contributes to good physical health and a good frame of mind.

Let's walk!



*Louise is a national award winning writer. She has been writing for Senior Perspectives for over 15 years. She enjoys family time, reading, traveling, biking, golf, pickleball and mahjongg. She and her husband spent over 20 years enjoying bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys. She is currently re-inventing her life as she lost her husband of 62 years in November of 2023.*



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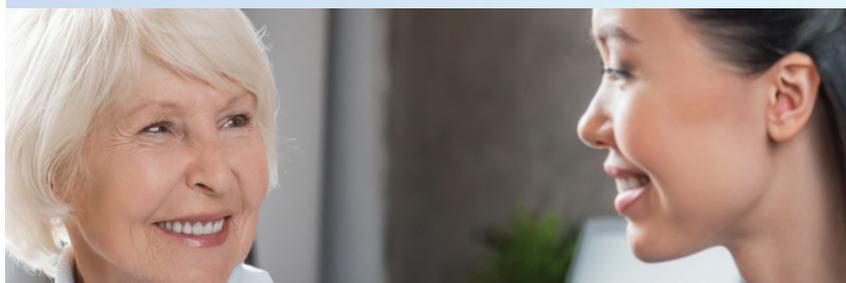
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# ALL ABOARD!



BY  
CYNTHIA  
HOGG

Yes, they still say that!

How would you like to board the longest passenger train in the United States, almost a mile long from tip to tip? Step on it in the

afternoon in Virginia and wake up the next morning in Florida? And best of all – have your own car there waiting for you!

It's all possible, with Amtrak's AutoTrain, the only train in the whole country where you can ride the train, and bring your car with you!

I had been wanting to try this out for the longest time and finally had the chance this past month. Leaving from Grand Rapids with two granddaughters, I stopped overnight in Pennsylvania to pick up two more granddaughters before driving to Lorton, Virginia, to meet the AutoTrain. The train departs at 4pm, but you have

to have your car there no later than 2:30. We experienced some stressful driving in traffic around the nation's capital, but arrived in Lorton with time to spare. On the way home, we just did everything

in reverse.

The whole process is fascinating. The carriers for the vehicles look like double decker horse trailers. After turning over our car and

keys over to

attendants, we went into the station to wait. The stations at each end (Lorton, Virginia and Sanford, Florida) are quite similar but we found the one in Sanford offered a few more amenities, including a food truck parked outside with more variety than the train station cafe, plus a free shuttle to the historic downtown area for strolling and shopping – along with a promise to get you back before the train leaves!

The two trips themselves were also fairly similar, with just a few differences. On the way down, there were far fewer passengers. My four granddaughters and I each had a whole row of seats to ourselves – very handy at night when we wanted to stretch out for sleeping! On the way back, it was a full house, a total of 44 train cars, 30 for vehicles and 14 more carrying over 600 travelers. In that case, it was necessary to sleep sitting up in our reclining coach seats overnight. One more difference: on the way down, we





had to stop for half an hour for a tornado to pass. That was exciting!

If I had been traveling by myself, I would have upgraded to a “roomette,” a private room with seats that fold into bunkbeds. I have used them before and enjoyed them. While not spacious, I appreciate the privacy, the chance to lay flat, and the fact that your meals are included! But they are not cheap, and with five of us traveling, I would have needed a total of three roomettes. Just too pricey! I was fine sleeping overnight

in coach for the one night each way. Longer than that, not so sure!

So would I use the AutoTrain again? *Definitely.* First of all, I am a fan of train travel in general. One of Amtrak’s mottoes is “Fly past the traffic without having to fly.” I love someone else doing the driving, while I enjoy the scenery. I like getting up and moving around, walking down to the café for a snack, and talking with other passengers. Train travel is far more “sociable” than any other means of travel.



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But what made this train trip even sweeter was having my own car waiting for me at the other end. I had to pay to have my car “ride” the train, of course, but figured I would have spent at least that much to rent a car. I prefer the familiarity of my own car, plus I could skip the hassle of getting

to or from a car rental location. We also left most of our items packed in the car, bringing just what we needed for overnight on the train. No transferring all our luggage to and from a rental. On the way down, I paid a little extra to have our car one of the first unloaded so we could maximize

our sightseeing. On the way back, there was no pressure so we just waited for our car. It took about 45 minutes.

If I plan a trip to Florida with another set of grandkids, I will definitely “choo-choo” choose the Amtrak AutoTrain. It’s an especially great way to travel with grandkids!

~

Cindy Hogg is a freelance writer who splits her time between Grand Rapids and Ludington. She is the author of *The Definitive Guide to Skip-Gen Travel with Your Grandchild (For Adventure Loving Grandparents on the Go)* and *Miracle on the Mayflower: John Howland’s Remarkable Rescue and Lasting Impact on America*.

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# 100 YEARS AGO THIS MONTH

# JULY

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

- The Kuomintang proclaim a new national government for the Republic of China on July 1.
- Nikolai Golitsyn is executed by the Soviet Union on July 2. Golitsyn, the last prime minister of the Russian Empire, was charged with participating in a counterrevolutionary monarchist organization. The Bolsheviks granted Golitsyn an opportunity to leave the Soviet Union,
- but the 75-year-old aristocrat chose to stay.
- Forty-four people lose their lives when a ceiling collapses inside the Pickwick Club in Boston on July 4. The club was hosting a Fourth of July celebration when a ceiling above roughly 120 people dancing at 3:30 a.m. collapses.
- The treasury of St. Peter's Basilica in Rome is robbed on July 4. Police report between five and seven million lira worth of valuables, including gold crosses and other religious objects, were stolen during the heist. Numerous arrests are made and stolen items are recovered just two days later.
- The Boeing Airplane Company test flies its first passenger aircraft, the Boeing Model 40, on July 7.
- Ralph Samuelson becomes the first person to perform a ski jump on water while performing at a water carnival on Lake Pepin in Minnesota on July 8. Samuelson eventually earns the nickname "The Father of Waterskiing."
- Ecuadoran president Gonzalo Córdova is arrested and removed from office by the Military League on July 10.
- The Scopes Monkey Trial begins in Dayton, Tennessee, on July 10. Scopes is ultimately found guilty of violating the Butler Act and fined \$100 on July 21.
- English high school student Phyllis Green breaks the world record for the women's high jump on July 11. The 17-year-old Green becomes the first female competitor to jump higher than five feet.
- A mob of 200 white residents of the logging town of Toledo, Oregon, kidnap 29 residents of Asian descent on July 12. The kidnapped residents are placed on a train bound for Portland. Five mob leaders are ultimately arrested and one of the residents is eventually awarded financial damages for violation of his civil rights.
- Archaeologists in what is now the Czech Republic discover one of the oldest ceramic figurines in the world on July 13. The roughly four-inch artifact is estimated to be from before 24,000 B.C.
- The Canadian province of Saskatchewan repeals the Prohibition Act of 1916 on July 16.
- A flood wall collapses on July 17 after several days of heavy rains in Hong Kong. Eighty people are killed after a landslide sparks the collapse of the wall.
- The first volume of Adolf Hitler's autobiographical manifesto Mein Kampf is published on July 18.
- Britain enacts the first Palestinian Citizenship Order, 1925, on July 24. The act officially defines a Palestinian for the first time and remains in effect until 1948.
- American lawyer, orator and politician William Jennings Bryan, who ran for president three times between 1896 and 1908, dies in his sleep on July 26. Bryan's death comes just five days after he obtained a guilty verdict in the Scopes Trial.
- George Seldes is ordered to leave Italy on July 27. Seldes was in the country as an American correspondent for the Chicago Tribune and refused to alter the tone of one of his dispatches that was critical of the Fascist government led by Benito Mussolini.

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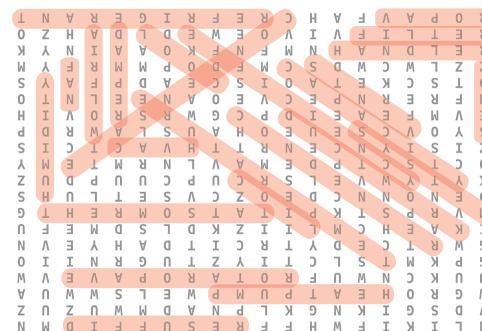
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 EVAPORATOR  
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 FILTER  
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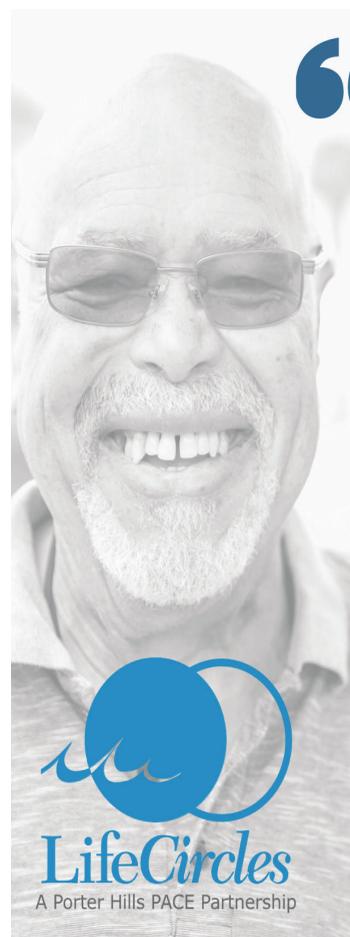
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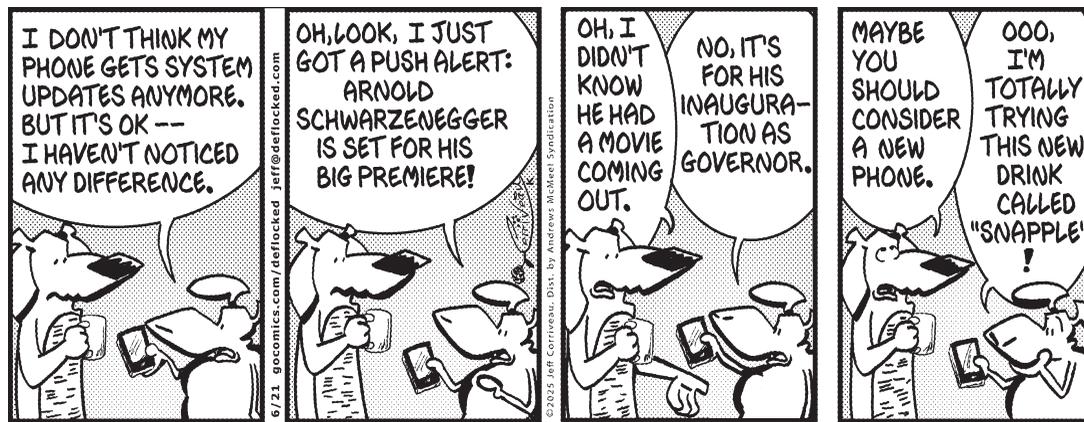
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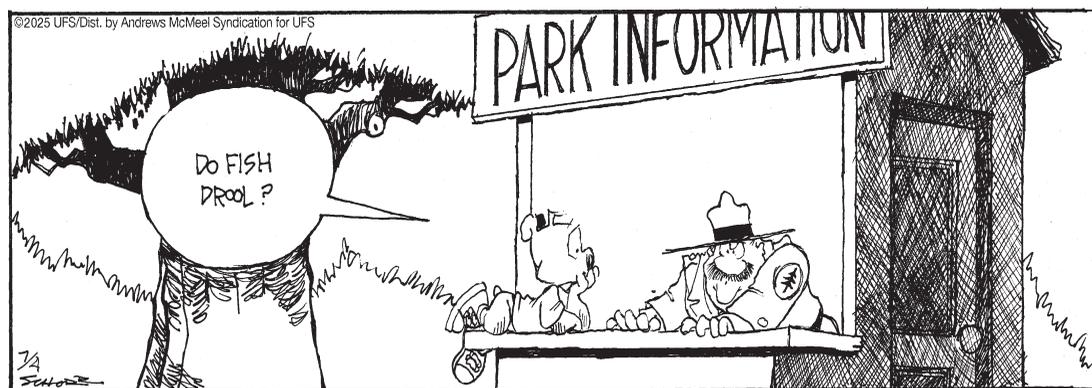


# COMICS

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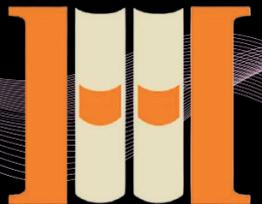




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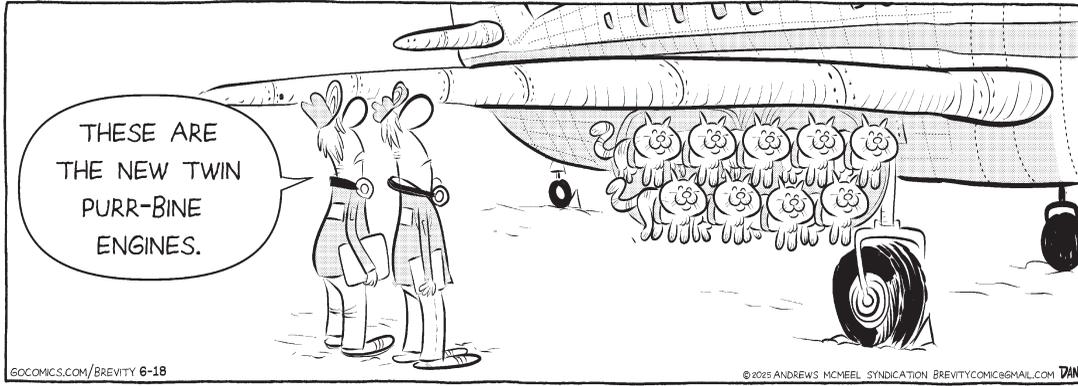
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## ANSWERS FOR GAMES

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

WHAT'S THE DIFFERENCE? — Answers:

1. Missing float
2. Man in pool
3. Dog outside of pool back center
4. Flowers by fence

CELEBRITY CIPHER — Answer:

Solution: "We all know that America is the worst country in the world, except for all the others."

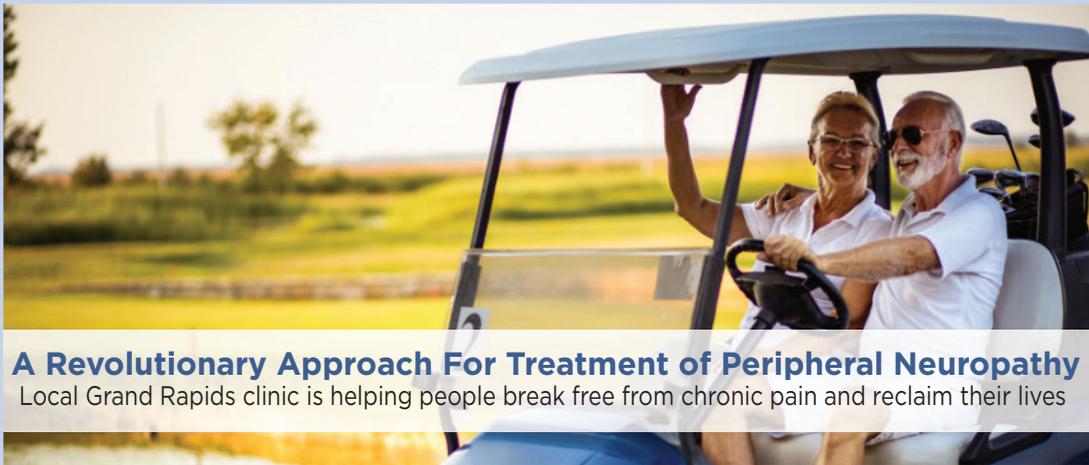
-- Mort Sahl

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

**I SPY** — In the last issue, the robin was hidden in the top right image on page 8.

Winners from the last issue are:

Gary Hoffmeyer of Whitehall, Barbara Thierwechter of Manistee and D. James Lathers



## A Revolutionary Approach For Treatment of Peripheral Neuropathy

Local Grand Rapids clinic is helping people break free from chronic pain and reclaim their lives

### A Daily Struggle, Not Just a Part of Aging

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

### Understanding the Impact of Peripheral Neuropathy

Corinne Conry of the Acupuncture Center of Grand Rapids (ACGR) shared this belief. "I've been treating chronic pain and neuropathy, in all its various forms, for over a decade and so often my patients come to me because of the symptoms, not because of the diagnosis. They attended one of our talks, saw me on TV, or spoke to one of our patients and say to themselves, 'hey, I feel the same thing,'" she said. When asked how this condition impacts daily life, Corinne added, "It can be devastating. Imagine trying to go about your day when your feet feel like they're on fire or struggling to sleep because of constant burning and tingling. It can even become dangerous. Many patients can't safely drive because their feet have become so numb. And because of that numbness, they live in constant fear of falling. What's most heartbreaking is that they've been told it's just a part of getting older, leaving them feeling hopeless."

Peripheral neuropathy is a result of damage to the nerves which causes pain ranging from discomfort to debilitating. It can be caused by diabetes, chemotherapy, or unknown causes. Since neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shared Corinne. "That usually indicates that your nerves are hanging on by a fragile thread."

### Case Study: Restoring Quality of Life

A case study from a real patient illustrates the impact of early intervention. John, whose name and personal details have been changed to protect his privacy, initially sought care at the Acupuncture Center of Grand Rapids after experiencing persistent burning and tingling sensations in his feet. His symptoms had developed gradually over several years, but he had initially dismissed them, believing they would resolve on their own. Unfortunately, they did not, and as his condition progressed, he found himself unable to engage in activities he once enjoyed — most notably, playing golf. Standing for prolonged periods became increasingly difficult, and he struggled to keep pace with his golfing partners.

John consulted his physician, who referred him to a neurologist for further assessment. A nerve conduction study was performed, yielding normal results. However, John continued to experience significant discomfort, leaving him feeling frustrated and uncertain. A limitation of standard nerve conduction tests is that they mainly evaluate large, myelinated nerve fibers, while small nerve fiber damage — often the earliest sign of peripheral neuropathy — goes undetected. Without an explanation for his ongoing symptoms, John became increasingly discouraged by his inability to participate in the sport he loved.

John saw Corinne at one of her talks and scheduled a consultation. During his visit, a comprehensive sensory assessment was conducted to evaluate his level of nerve damage. Based on his symptoms and his assessment results, a personalized treatment plan was developed. With treatment, John reported a noticeable reduction in tingling and soreness in his calves. By the midpoint of his treatment plan, he experienced improved stability while walking and standing. While individual responses to treatment vary, this case highlights the importance of detection and intervention.

### A Unique Approach to Treatment

Fortunately, Corinne and her team provide treatments for this often misunderstood and seemingly hopeless disease. What sets them apart from other clinics is the unique combination of acupuncture and advanced integrative therapies. "Our treatments stimulate the nerves, which can regenerate and reverse the damage that causes peripheral neuropathy. The real magic happens when we blend time-tested traditional methods with cutting-edge medical technology," Corinne emphasized.

Those technologies include breakthrough treatments designed to accelerate healing. "These integrative therapies promote an increase in cellular energy, giving peripheral nerve cells the vital missing components that they need for self-repair and regeneration. This is critical because neuropathy occurs when the myelin sheath and capillaries are damaged, depriving the nerves of their protective coating and nourishment. This damage is ultimately the source of all the pain and numbness," Corinne shared.

### Why Patients Choose the Acupuncture Center of Grand Rapids

Many patients seek care at the Acupuncture Center of Grand Rapids after exploring various treatment options. "Most of our patients come to us after having tried everything else without success," said Corinne. "Our focus is to introduce a new approach to neuropathy treatment. While each case is unique, the body has a natural ability to repair and heal itself. Sometimes, though — especially as we age — it needs an extra boost to kickstart that process. That's where we come in. Finding out if we can help begins with an initial consultation."

At the Acupuncture Center of Grand Rapids, the process begins with a conversation about how the disease affects the patient's daily life, followed by a sensory assessment to evaluate the extent of nerve damage. "This helps us determine if we can make a meaningful difference," said Corinne. "If the damage is beyond a certain level, there's not a lot we can do. Thankfully, for most patients, we can help, allowing them to once again enjoy life on their terms. We've administered thousands of treatments and I'm happy to share that we've achieved an 87 per cent success rate. In these patients, we see a significant reduction in pain, enhanced mobility and sensation, and improved sensory re-assessment scores."

### Take Action Today

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of recovery. While sooner is always better, meaningful improvements may still be achieved even in later stages. If you or someone you love is suffering from chronic pain that presents as burning, tingling, or 'pins and needles', or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. Call (616) 369-2121 to book a consultation and visit [acugr.com](http://acugr.com) to learn more about how the Acupuncture Center of Grand Rapids can help you regain control of your life. There is hope, and there is help.



BY  
CORINNE  
CONRY  
MSOM, LAc

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



Call (616) 369-2121 to schedule a consultation!



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