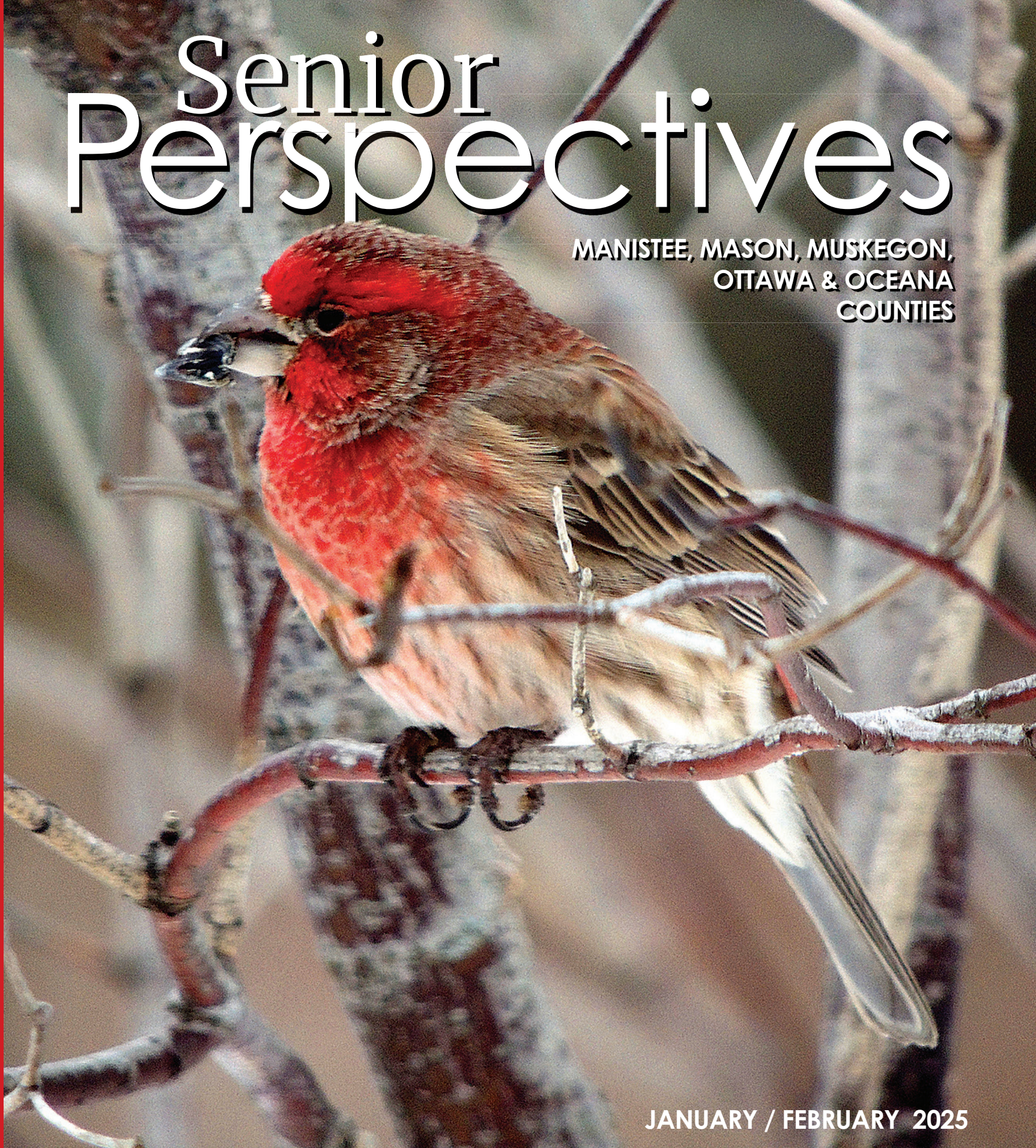


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New Year means new perspectives



BY LOIS
TOMASZEWSKI
EXECUTIVE
EDITOR
SHORELINE
MEDIA

Hope and cheer. Two essential elements to welcome in a new year.

It seems that as one year ends, sometimes with good riddance and sometimes with melancholy, the event is a chance to start over. There is hope that good memories and happy times will fill the next 365 days and that things that bothered us in the past 12 months will become a distant memory. It is truly Tabula Rasa - a clean slate.

Time is certainly not a friend as our trips around the sun accumulate, but each new year is symbolic that our adventures on our journey have yet to unfold. We, hopefully, have gained more insight, become a little wiser, gained new perspectives or checked something off of our bucket list. We may have cried with family and friends, experienced loss or were challenged by illness or health issues. There are always those situations that deeply affect how we view the year behind us.

I recently posted on my social media page that a challenge can be overwhelming and

stressful, but we need to focus on what we accomplished by facing that challenge. Did we find strength in the task of overcoming it? Did we gain knowledge or a new perspective? Even a little more insight can be a considered a success.

For Senior Perspectives, 2025 promises to have more creative thoughts and entertaining articles by our talented pool of columnists and photographers. It will continue to share tips and insights, perspectives and ideas to an expanding audience. We at Shoreline Media are excited to see this happen.

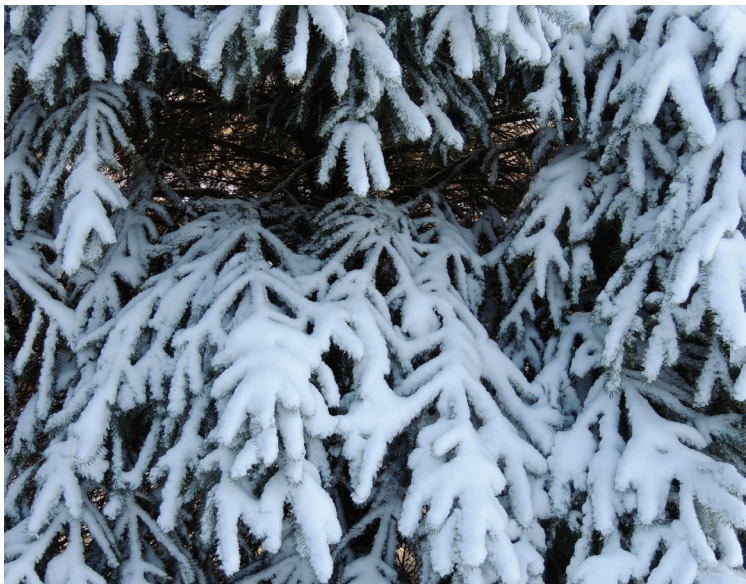
So even though the numbers on the calendar have changed, some things remain unaffected. It takes some time getting used to writing 2025 instead of 2024 anytime a date is needed on a check or document, but that too will soon become a distant memory.

So as we head into the next year, my wish is to celebrate with family and friends, meet new people and experience new things. I hope 2025 brings joy and happiness. I also hope that I will find strength to face challenges and the wisdom to overcome these. And, let this new year bring peace, joy and new adventures for all of the people in the Senior Perspective community.





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COVER PHOTO & WINTER PHOTOS BY GLENN RUTGERS

Advance care planning eliminates the uncertainty

Start the conversation
Advance Care Planning



BY LISA M. TYLER
SENIOR RE-
SOURCES OF
WEST MICHIGAN

They say two things are certain in life: death and taxes. We are usually prepared for the taxes part, thanks in part to threats of

penalties if we don't pay them. But death? We tend to avoid thinking about it, much less talking about it and planning for it, despite its inevitability.

Advance care planning (or having an Advance Directive) is important for adults of any age. Advance care planning simply means sharing decisions about what kind of healthcare you would want if faced with a medical crisis and you're unable to voice those thoughts yourself. These decisions are made based on your personal values, preferences, and discussions with loved ones.

Advance care planning includes choosing an advocate to speak for you if you are unable to do so, completing a patient advocate form or advance directive, and having the conversations about your wishes with those people who should know (your family/advocate and primary care provider), deciding on what types of treatment you might want – or not want – in case of a medical crisis.

The importance of advance care planning recently hit very close to home for me when my beloved mother had a stroke and was incapacitated later that day. I was her primary health care advocate, and fortunately we had talked about what she would want – not a lengthy conversation, but enough



**Make sure
you're
heard.**
(even if you can't speak for yourself)

that I felt I understood her desires.

Unfortunately, she lost consciousness and after a significant health incident I had to make the decision not to pursue a treatment that would likely have required 24/7 care. Talking with my siblings, we all agreed that Mom would not want that and so we opted against the treatment. She died three days later. As heart-breaking as that was, we never wavered in our knowledge that we had made the right decision. All because she had filled out a form and discussed it with us.

The importance of having such a form – sometimes called a Durable Power of Attorney for Healthcare, a Patient Advocate

form, or Advance Directive – cannot be emphasized enough. And it's not just important for older adults; all adults over the age of 18 should have a form and have conversations.

Filling out a form doesn't mean you cannot change your mind down the road. As you age, your desires for healthcare may change, too, and that's understandable and not unusual. A conversation is a great starting point – about your beliefs, values, priorities, what matters most to you. It's the start of a process.

Knowing what to do and what questions to consider can be daunting. Fortunately, there are resources available. Kelly St. Martin is a specialist in advance care planning with Harbor Palliative Care, one of the services offered through Harbor Hospice. St. Martin has been specially trained and meets with people to help them complete their advance directive, at no cost. With permission, she can even help upload the completed paperwork into the EPIC record management system used by healthcare systems such as Trinity and CoreWell. You can reach her by phone at 231-327-8573 or email KStMartin@HarborHospiceMI.

org to schedule an appointment. You can also find documents on Senior Resources' website: <https://seniorresourceswmi.org/resources/>.

When I was involved in a coalition promoting the importance of advance directives, I used to say that such a document is a gift to your loved ones. It allows you to make your wishes known and can relieve the agony of making hard decisions without knowing what you would want. So please, if you haven't filled out an advance directive, consider doing so soon. It truly is a gift that your family will appreciate down the road and can alleviate some heartache in challenging times.



Lisa Tyler is the communications director for Senior Resources. Lisa is also an alumnus of MSU, enjoys scrapbooking, reading, travel, and being involved in her community. She is treasurer of the Muskegon Area Intermediate School District Board of Education, past chair of the Kids' Food Basket Muskegon advisory committee, vice president for the board of CALL 2-1-1, and a member of the Muskegon Rotary Club, and Greater Muskegon Service League.



BY
HILLARY
HATCH -
PUBLIC
AFFAIRS
SPECIALIST

Social Security's FAQ Page Can Answer Your Important Questions

There are many online resources about Social Security, but it is important that you visit our

official website – SSA.gov – for the most accurate and up-to-date answers. You can find lots of information about our programs and services on our Frequently Asked Questions page at faq.ssa.gov. We feature the most asked questions at the top of the page to include:

- How can I get help from Social Security?
- How much will the COLA amount be for 2025 and when will I receive it?
- What should I do if I receive a call from someone claiming to be a Social Security employee?

- How do I schedule, reschedule, or cancel an appointment?
- What happens if I work and get Social Security retirement benefits?

You can also browse by topic, including:

- Disability.
- Supplemental Security Income.
- Retirement.
- Medicare.

Many of our FAQs are available in Spanish, as well, at www.ssa.gov/espanol.

Visit our publications library at www.ssa.gov/pubs for more detailed information on many important topics. Most publications are available in text, audio, downloadable formats, and in other languages.

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The answer, along with winners' names will be announced in the next issue. In the last issue, the mitten was hidden in the top right image of the wrapped present on page 31. See page 34 for winners.



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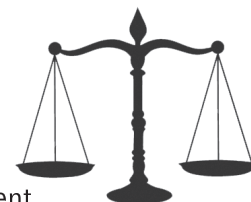
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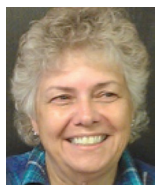


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Disability Network Lakeshore: Defining Abuse

Did you know that having a disability means you are at higher risk of being abused? If you are disabled, you are 10 times more



BY
CHRISTINE
WISTROM

likely to be abused than someone who isn't. You're three times more likely to be sexually assaulted. The likelihood of experiencing

violent crime is twice what it is for someone without a disability. One reason for this is that predators may not believe you are able to defend yourself or that you'll be believed by authorities if you try to report the abuse.

Sometimes we can be in abusive situations and not even realize it. We don't recognize that what's

happening is actually abuse. That may sound odd, but it's true. Some of the ways that abuse is expressed are:

- Being told you are able to do something you really can't do
- Having someone steal your Social Security check
- Refusing to give you the assistive technology device you need
- Insisting that you really aren't disabled, you're just acting that way for attention
- Preventing you from going to the doctor when you need to
- Threatening to harm or actually harming your service animal
- Refusing assistance when it's needed

- Withholding medications

These aren't all of the ways you can be abused, but sometimes abuse is subtle, and we allow it to happen because we don't recognize it.

In addition to being more likely to be the target of abuse, people often become disabled because of abuse. Many survivors find themselves coping



with closed head injury, or back injury due to the abuse. Or they may develop PTSD as a result of being abused.

So, if you think you're being abused, what can you do? First, recognize that it's happening. You should never have to live in fear. Ask for help! You deserve happiness and peace in your golden years. Consider designing a safety plan. A safety plan is a set of steps you can take to lower your chances of being hurt in a domestic violence situation. Try the following:

1. Identify the safe areas in your home: rooms without weapons in them, or small, enclosed rooms like a bathroom. If you need to talk about shelter, look for rooms with more than one way out and a phone, if possible.
2. Choose a code word that you can use for people other than your abuser know you need immediate help and that they need to call the police for you.
3. Keep track of what triggers the abuse. If you know what sets your abuser off, you can avoid those topics as much as possible.
4. Know your escape plan- have a

route chosen to travel, keep your gas tank full at all times, and your car keys close by.

5. Keep a bag packed and ready to go (in your car, if possible) with clean clothes and some extra cash in it.
6. Identify possible shelters or places you can go to stay safe. If you have children or pets, plan for them too.
7. Practice your plan until it is second nature.
8. If you leave, turn off your cell phone. Many of them are equipped with trackers on them.

Being disabled can mean abuse is a fact of life, but it shouldn't. If you need help, please contact the National Domestic Abuse Hotline at 1-800-799-7233. For more information on abuse, 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.



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ASK THE DOCTORS:

Bone density test helpful in diagnosing osteoporosis



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

DEAR DOCTORS:

I just turned 65, and my doctor wants me to have a bone density test. What is it, and how does it work?

DEAR READER: A bone mineral density test, or BMD, measures the strength of one's bones. It's an important diagnostic tool for osteoporosis, a progressive disease in which bones become brittle and fragile and can easily break.

Although our bones appear hard and static, they are made up of living tissue. The honeycombed inner framework of a bone is composed of collagen, which is a protein. A mineral known as calcium phosphate provides strength and solidity. Together, these two substances create a strong and flexible structure that successfully withstands stress.

dynamic life cycle in which old bone is continuously removed, while at the same time new bone is added. In children and teens, the addition part of the cycle outpaces removal, allowing the skeletal bones to grow in both strength and density. This cycle peaks sometime in our late 20s, at which point bone reabsorption gradually begins to overtake bone formation. Certain hormonal changes that occur in women during menopause further accelerate that imbalance. The result is that old bone may be removed too quickly, new bone may be added too slowly, or both. Over time, the honeycomb framework within the bone grows increasingly porous, while the exterior structure becomes thinner.

All of this leads us back to the scan your doctor has recommended. Known as a DXA test -- that's short for dual-energy X-ray absorptiometry -- it's essentially the same procedure and technology used in a standard X-ray. A machine delivers low-dose X-rays, which measure the amount

of calcium and other bone minerals present in a segment of bone. The proportion of bone minerals to soft tissue reveals bone density.

The DXA test, which is most often used to measure bone density at the hip and the lumbar spine, is used to diagnose osteoporosis. It can also help assess risk of future fractures, and to detect whether a treatment for osteoporosis is working. The test, which is as quick and painless as an X-ray, is performed on an outpatient basis. It takes from 15 to 30 minutes to complete, depending on the part of the body being scanned. The results of the test, known as a T score, are presented as a comparison between your own bone density and that of a young adult at the peak of bone formation. A second measurement, known as a Z score, compares your bone density to people your own age, size and gender.

The BMD test is usually recommended for women when they turn 65. It may be

recommended earlier than that if a woman has rheumatoid arthritis, low body weight or low vitamin D levels; has used a corticosteroid for three or more months; has a family history of osteoporosis; has experienced bone breaks resulting from a minor accident; has lost height; or is a heavy smoker or drinker. Depending on the results of the initial test, a follow-up test may be needed in one or two years.

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.)

** ** *

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

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“The Door”



BY REV.
WILLIAM
RANDALL

As we enter the New Year, let's do it as though we are opening a door, putting our best foot forward. We don't know what's on the other side.

Take it as a step of faith, believing that God will have new blessings for us. That we will be starting the year with a fear buster. To our surprise there will be many more doors to go through. Life is like a

we opened the door and stepped through it. As it closed, it locked behind us. We were in a semi-dark stairwell with unfinished cement walls. Down we went, stopping at every landing to try each door, but to no avail. Finally, I turned a knob, and the door opened. We gladly stepped into the light. We were in an employee's break room with chairs, a table, refrigerator and everything else for rest and lunch breaks. We opened the door at the opposite end of the

room and found ourselves in a room with a row of tellers facing people lined up at a counter. We were in a bank. Our hearts thumped. Were we going to be apprehended? The bank manager came to us and asked, “What do you want?” We explained that we

fun house with many doors made of mirrors. That's when we ask for God's help. I'm glad that the Bible tells us that God's mercies are new every day.

Keep reading and I will tell you about an experience my wife and I had facing locked doors.

We visited Calgary in Western Canada. One of the tourist stops was gardens and even trees on top of a tall building. They were beautiful with walkways curving around. We decided to leave so

came through the unlocked door and wanted to know how to get out. He sighed a big sigh and said, “If that's all you want, follow me.” We went through the crowded lobby to find lines of people for a block and around the corner. We asked what was going on. They said, “It's a bank closure like in the movie “It's a Wonderful Life,” we watch every Christmas season.

We tried many doors but only one opened. The same is true for people trying many doors to heaven, but there is only one door.



Jesus said, “I am the door if anyone enters by me, he shall be saved.” (John 10:9)

When you think of eternity, think of a door. It's as easy to enter heaven as it is to enter a door. The Bible says, “believe in the Lord Jesus Christ and you will be saved.” (Acts 16:31)

It's so simple, try it. Take a step of faith.

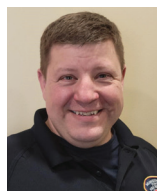
Merry Christmas and Happy New Year,

— Pastor Bill Randall

Rev. William Randall lives at Village of the Oaks. He has been a minister for 68 years and is Pastor of Faith Bible Church. He has a 6:30 p.m. service at the Oaks on Saturdays. He volunteers one day per week at the Muskegon Rescue Mission. Phone number: 231-638-9684 and email address: wrandall16@aol.com



New Year's Resolutions: Safety



BY
JACK R.
WYDECK

What I love about a New Year's resolution is that we are allowed to look back and see what we worked and what didn't. With any luck you didn't experience an emergency this year, but if you did you remember what that felt like. If you didn't, consider yourself lucky, and take this as a warning, now is the time to prepare.

It is understood that the easiest way to create a habit is to consistently do the same thing. Well, I can stick my finger in a light socket every day for a month and that will not become a habit. The result of what you are trying to change has to be better than what you are trying to change. I quit smoking 10 years ago, it wasn't easy, but not smelling like cigarette smoke was better, and saving all that money was better.

Spending time this year thinking about fire safety is better than not being prepared. The seconds you will spend checking your smoke alarms are better than not knowing about a fire happening in your sleep. Putting up a Carbon Monoxide alarm is better than being exposed and slowly poisoned by CO. The time you spend talking about what everyone should do in a Home Escape Plan is better than hoping everyone can get out of your house



in the event of a fire.

Take a moment and complete this checklist provided by the State of Michigan- Bureau of Fire Service and the Michigan Fire Inspectors Society. The information is important and your time will not be wasted.



HOME FIRE SAFETY CHECKLIST

For Residents/Citizens

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- ☐ **Have the Correct Smoke Alarms**
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 - **Bed Shakers** — For hearing impaired, deaf, elderly.
 - **Strobe Lights** — For hearing impaired, deaf, elderly that plugs directly into the wall. Industrial strobe.
 - **Nest** — Smoke/CO combo that alerts your phone when it goes off.
- ☐ **Test Your Alarms** — Press the smoke alarm test button once a month to assure your alarms work.
- ☐ **Change Batteries** — For 9-volt battery smoke alarms, change batteries once a year or when alarm chirps.

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- ☐ **Have CO Alarms** — Install a working CO alarm on every level of your home.
- ☐ **Best Placement** — CO alarms are best near kitchens, garages, utility rooms, appliances.
- ☐ **Change CO Alarms** — Install new CO alarms every 6 to 8 years.

Safety Tip

If you are having any symptoms like:

- Headache
- Dizziness
- Weakness
- Upset stomach
- Vomiting
- Chest pain
- Confusion



Please call your local fire department to come evaluate your home CO level.

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There's nothing chilly about this warm meal

Winter dinner tables tend to look a lot different at meal time than they do in summer. Come winter, people look to balance flavor with additional qualities that can chase away the chill.

In spite of its name, chili can warm anyone up quickly. Chili is often spicy, which means the dish gives off warmth in a multi-layered approach.

This recipe for "Totally Excellent Chili" from "Clueless in the Kitchen" (Firefly) by Evelyn Raab is spicy, but not too hot, and thin enough to be eaten with a spoon, but not to be mistaken for soup. Home cooks can customize the recipe further depending on their desired flavors.

Totally Excellent Chili Serves 6

Ingredients:

- 1 1/2 pounds lean ground beef
- 2 medium onions, chopped
- 2 cloves garlic, minced or pressed
- 1 28-ounce can diced tomatoes
- 1 tablespoon Mexican chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon salt
- 1/2 teaspoon curry powder
- 1/2 teaspoon cayenne pepper (or one small fresh jalapeño pepper, minced, or both)
- 2 19-ounce cans red kidney or pinto beans, drained and rinsed



Directions:

In a large saucepan or Dutch oven, combine the ground beef with the onions and garlic, and cook, stirring to break up the clumps, until the meat is no longer pink and the onions are softened — about 10 minutes. Add the tomatoes, chili powder, cumin, salt, curry powder, and cayenne or jalapeño, cover, and simmer for about 30 minutes. Add the beans and cook for another 30 minutes, stirring often.

Serve this chili sprinkled with shredded cheese and accompanied by plain rice or freshly baked corn bread. If the chili is too spicy for you, a spoonful of plain yogurt or sour cream will help cool things down.

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Let these nachos be the hit at any gathering

Nacho flavors run the gamut from Latin-inspired to chili-covered to everything in between. These “Outrageous Barbecued Nachos,” courtesy of “Virgil’s Barbecue Road Trip Cookbook” (St. Martin’s Press) by Neal Corman, pair the smoky flavor of slow-cooked barbecue with the zip of some nacho standards like jalapeño peppers and cheese.

Outrageous Barbecued Nachos

- 3 ounces (about 1 cup) pulled pork
- 3 ounces (about 1 cup) pulled chicken
- 3 ounces (about 3 slices) sliced and chopped barbecued brisket
- 1½ cups favorite mild barbecue sauce
- ¾ (10-ounce) bag tortilla chips
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded mild cheddar cheese
- 15 pickled jalapeño slices

1. Preheat the oven to 400 F.
2. Combine the meats and barbecue sauce in a small saucepan over medium heat.
3. Spread half of the tortilla chips on a small cookie sheet. Cover the chips with half of the meat and sauce. Top with half of each cheese.
4. Repeat the process on top of this layer, using the other half of the ingredients.
5. Bake until the cheese is completely melted, about 10 minutes. Remove and top with the jalapeños.



Confront the common cold with this beloved seasonal staple

Though there might be no cure for the common cold, that does not mean people are helpless against it. Many people have their own remedies to help them manage and potentially shorten the duration of a cold, and chicken soup features prominently in those antidotes. Whether cold season is kicking into high gear or people are confronting the common cold at other times of year, they can incorporate this recipe for “Chicken Barley Soup with Vegetables” courtesy of Lines+Angles into their cold remedy routines.

Chicken Barley Soup with Vegetables 6 servings

- | | |
|--------------------------------------|--------------------------------------|
| 8 cups chicken stock | 2 cups cooked chicken breasts, diced |
| 4 cups water | 1 russet potato, peeled and cubed |
| 1 teaspoon marjoram | 1 cup broccoli, chopped |
| 1 tablespoon fresh rosemary, chopped | ½ cup barley |
| 2 tablespoons fresh parsley, chopped | Salt, to taste |
| 1 medium onion, sliced | Pepper, to taste |
| 1 cup carrots, sliced | |

1. In a large pot, combine chicken stock, water, marjoram, rosemary, and parsley. Simmer for 15 minutes.
2. Add onion, carrots, cooked chicken, potato, broccoli, and barley. Add salt and pepper to taste. Simmer over low heat for 35 to 45 minutes, stirring occasionally. Serve.



Part I. The Cardiac System



BY HOLLY
LOOKA-
BAUGH-DEUR

As promised in the most recent issue of Senior Perspectives, 2025 will usher in a year of health-related

articles provided in a systematic and “user friendly” manner. The goal is to help readers navigate essential preventative health practice and evolve into their own advocate in a progressively more complex health care system. No one knows how you feel better than you do – always remember that simple fact. YOU are your first line of defense against chronic disease and evolving disability. Early detection of problems, as well as implementation of simple lifestyle changes are both proven methods of managing the big picture of wellness.

The first body system for review is: The Cardiac System.

TOP 5 DISEASES OR CONDITIONS RELATED TO AGING

- **Hypertension:** High blood pressure, defined as a resting blood pressure of 140/90 or higher is a widespread issue that is affecting an estimated 1.28 billion adults worldwide. The first number (systolic) is measured when the heart is pumping, and the second

number (diastolic) occurs when the heart is at rest and filling. Hypertension is diagnosed if the systolic blood pressure reading on 2 days is ≥ 140 mmHg and/or the diastolic blood pressure reading on both days is ≥ 90 mmHg. An estimated 46% of adults with hypertension are unaware that they have the condition. Less than half of adults (42%) with hypertension are diagnosed and treated and 1 in 5 adults (21%) with hypertension have it under control.

- **Atherosclerosis:** Atherosclerosis is a condition that occurs when plaque builds up in the arteries, causing narrowing and stiffness, restricting blood flow. Risk factors include age, hypertension, high levels of cholesterol and triglycerides, diabetes, inflammatory disease, lack of physical activity, smoking, physiological response to chronic stress, family history, and race.

- **Heart failure:** This occurs when the heart has trouble pumping or fully relaxing to allow filling, leading to fluid buildup and back-up, shortness of breath, and ineffective pumping blood pumping.

- **Coronary artery disease (CAD):** A targeted issue with the heart’s blood vessels, CAD can lead to inadequate blood and

oxygen supply to the heart muscle causing chest pain or heart attack, called a myocardial infarction (MI.)

- **Atrial fibrillation:** An irregular, often rapid heart rate that commonly causes ineffective pumping and poor blood flow, this condition is characterized by the heart’s upper chambers (atria) beating out of sync/coordination with the lower chambers (ventricles).

SYMPTOMS OF TOP 5 CONDITIONS

- Most people with hypertension don’t feel any symptoms. Very high blood pressures can cause headaches, blurred vision, chest pain and other symptoms. Very high pressures (180/120+) can cause severe headache, chest pain, dizziness, difficulty breathing, nausea, ear ringing, confusion

- Atherosclerosis and coronary artery disease may not produce any signs or symptoms early on, but with progression or stress/activity symptoms may include feelings of pressure or tightness in the chest, also known as angina.

- Heart failure symptoms may also be silent at first, but other signs may include shortness of breath, especially at night or lying down, unexplained swelling in lower legs and feet and a wet

cough

- Atrial fibrillation can also be quiet without signs, but detectable symptoms include heart palpitations, fatigue, dizziness and feeling faint without cause.

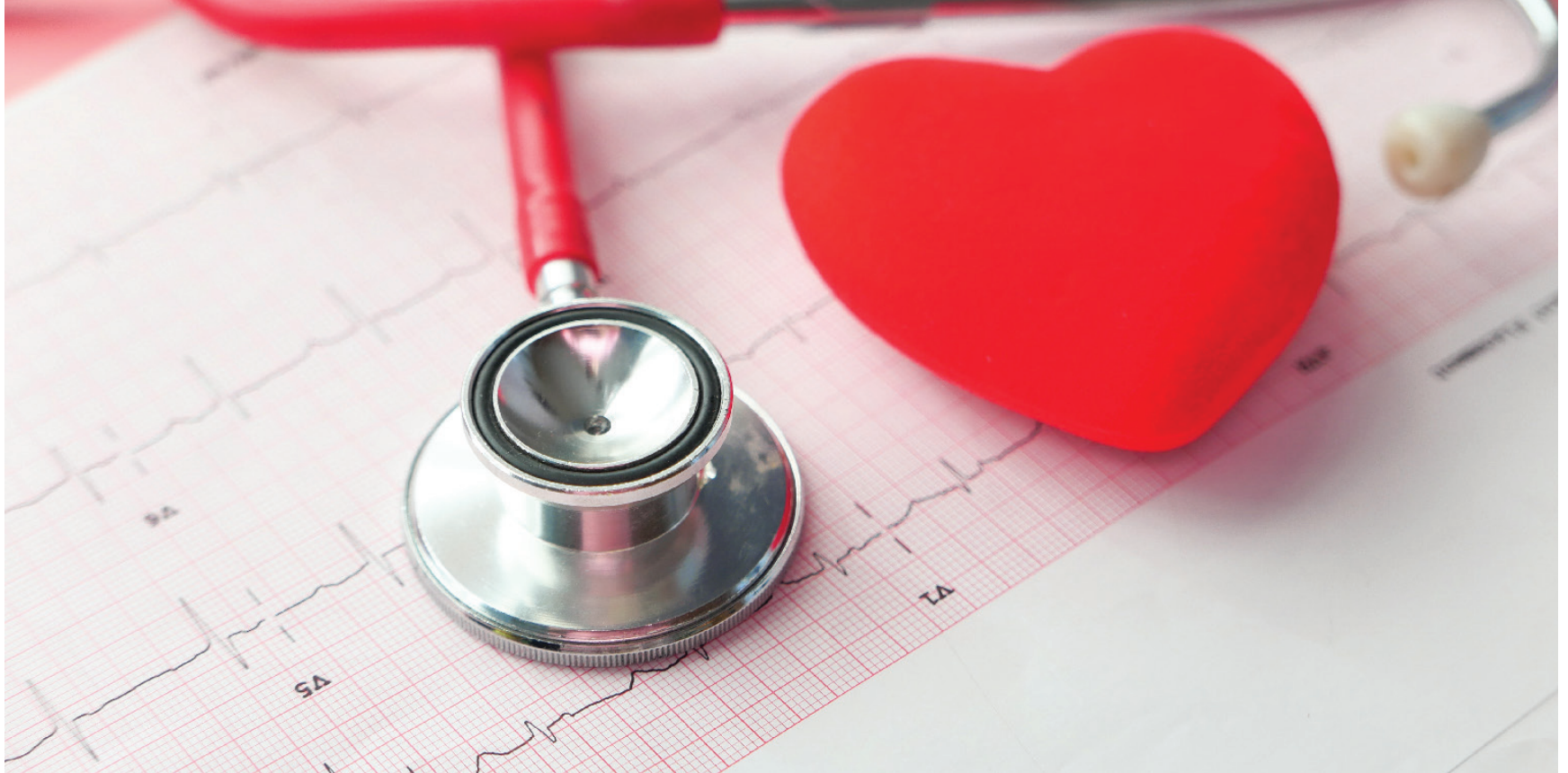
RED FLAGS - WHEN TO SEEK MEDICAL ADVICE AND ATTENTION

- Chest pain – never ignore this! Get it checked out immediately. Pain can be in either arm or between shoulder blades or back area

- Shortness of breath is a significant sign of many cardiac or pulmonary conditions, especially when lying down. Coughing or rattling in the chest with breathing, wheezing may be other pulmonary symptoms

- Swelling in the feet, ankles or abdominal areas or unexplained weight gain

- Less urgent, but important for physician evaluation: Difficulty completing activities of daily living without rest or significant shortness of breath; fatigue; chronic gingivitis; difficulty with wound healing; cramping and calf pain (blood clots); dizziness and fainting feelings, heart palpitations – feeling a fluttering or racing in the chest or irregular pulse



SELF-ASSESSMENT TOOLS

The only definitive way to diagnose hypertension is to have blood pressure measured by a health professional. There is some level of controversy regarding use of automated wrist cuffs for home monitoring, but more recent research and improvements suggest these units are excellent tools for tracking BP.

One tool that can be used to measure a variety of systems – cardiac, pulmonary, metabolic- is called the “Six-minute Walk Test.” While initially designed to determine functional capacity in persons with heart failure, its use has been expanded for other conditions. Anyone can test themselves, and it is relatively safe because assistive devices such as walkers or canes can be utilized, and the test can be stopped whenever needed. Quite simply, the distance a person can walk

within 6 minutes is measured. If it is less than 500 meters, the test may be an indicator of serious morbidity or pending mortality. Medical intervention is absolutely indicated.

- Key Prevention and Simple Steps to Successful Change

- Cardiac conditions often overlap and respond rapidly to simple lifestyle changes, creating significant change in risk factors and overall health and longevity. Modifiable risk factors include unhealthy diets (excessive salt consumption, a diet high in saturated fat and trans fats, low intake of fruits and vegetables), physical inactivity, consumption of tobacco and alcohol, and being overweight or obese. In addition, there are environmental risk factors for hypertension and associated diseases, where air pollution is the most significant. Non-modifiable risk factors

include family history and age over 65.

- Instead of thinking that “it is too late” or “I am too old to change,” consider making small but meaningful changes.

- Make a goal to increase moderate physical activity levels, such as brisk walking, to 150 minutes per week. The total can be broken into 10-minute time blocks. A brisk walk after meals is recommended for weight management as well.

- Instead of drastically changing diet, start with assuring daily 5 fruits and veggies. Try a new vegetable recipe as a main dish once a week and eliminate meat for one meal. Add fish to your meal plan every other week to start, then weekly.

- Stretching at least 2 times per week has been shown to be helpful for nerves and vessels – just like

muscles. Arteries, veins, and lymphatic vessels all can benefit from elongation and movement.

- Finally, be compliant with medications – consistency and timing are very important to success with cardiac medications.

All signs and symptoms related to these conditions should be discussed with your physician. Keeping logs of home BP readings or when specific symptoms are felt are especially helpful. Stay tuned for the next column... the pulmonary system and conditions will be covered.

*About the author: **Holly Lookabaugh-Deur** is a physical therapist with 40+ years of 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 5 universities and is an instructor for the APTA Aquatic Academy. References are available upon request. Communication and questions are welcome to hjldeur@gmail.com.*



Start 2025 Off on the Right Foot(ing)



BY
JANET
HASSELBRING

I received the message when I was going through a rough patch - questioning the meaning of life, wondering

about the significance of the choices I make and the events I'm a part of - sounds like a mid-life crisis, except I'm way past that phase. Anyway, one morning, as I awakened, mulling this over, and giving myself a pep talk to "rise and shine," my phone beeped. There it was, the message: "God didn't add another day in your life because YOU need it. He added it because SOMEONE out there needs YOU." (Drew Maddux)

That was the right message for the right person at the right time. It helped me "rise and shine" that day and every day since. I posted it on my refrigerator, where I see it every morning, while my coffee is brewing.

Thinking of others, performing acts of kindness, whether random or targeted for a particular person, are the most effective ways to counter periods of self-doubt, discouragement, and despair. Aren't we happiest when we're

not thinking about ourselves and psychoanalyzing our thoughts and actions?

Spiritual guru, Michael Singer, acknowledges the work of Freud and others responsible for the birth of psychology, who emphasized the importance of exploring our inner thoughts, emotions, and patterns of behavior to achieve personal growth; however, Singer's teachings go beyond a mere study of the mind to the realm of spirituality. While the link between psychology and spirituality is deep, spirituality transcends the mind. Basic to achieving spirituality, according to Singer, is the realization that we are not our thoughts; we are not our emotions. To prove this, he asks one simple question: How do you know that you have thoughts? You do!

The "you" inside is consciousness; awareness; it's the observer of your thoughts, emotions, and patterns of behavior, but it is not you. You are the one in there noticing things; psychology studies what you notice. Singer maintains that not understanding this simple, fundamental truth is what leads to the many psychological problems people deal with today. Not getting

caught up in our thoughts, emotions, and patterns of behavior; being aware of them, but not allowing them to define us, is the first step across the Jordan River to the Promised Land of mental and spiritual health.

The Prayer of St. Francis sets forth the same principles: "... Grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love."

Spirituality is usually associated with attending church, reading scripture, practicing Zen and meditation, all good, yet I find that one way to transcend my thoughts and emotions, is to do something every day for someone else, whether it's a smile*, a "Good Morning," sending an ecard, buying the person behind you, in the drive-through lane, a cup of coffee, visiting a shut-in, or leaving a card in their door. Let's make 2025 a brighter gentler world with small acts of kindness. We'll not only enrich the lives of those we touch; our acts will help us forget about ourselves as well! Happy New Year!



*Did you know? A smile affects your body from the skin to the skeleton, including your blood vessels, nerves, and muscles. It affects the functioning of every organ, and influences every gland.

Just one smile relaxes muscles, and if smiling becomes a habit, the effects mount up. Past smiles are affecting you positively today! The effect of a smile on others is no less remarkable. A smile disarms suspicion, melts away fear and anger, and brings forth the best in the other person. A smile is to personal contacts what oil is to machinery - Credit Emmet Fox

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 Florida and beyond, Country Dairy, which describes life on her family farm, in west Michigan, 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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- ▶ take advantage of loneliness, especially those who are isolated.
- ▶ try to get you into a highly emotional state that makes it difficult to think clearly and make decisions - fear, panic, guilt, excitement, love.

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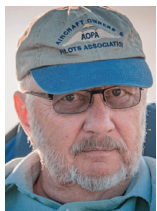


There were around 25 people from all over the country who came for the day of adventure.



KEITH'S WORLD:

Off Roading and Rock Climbing



BY
KEITH SIPE

I'm not an expert on "off-roading" for I am told I have a 'one track' mind, well, actually I have a 2 track mind, if you know what I mean.

Whether you call it two tracking or off roading, it really doesn't matter. It's a great way to spend a day with family and friends.

Which brings me to my story.

My daughter Mindy and her husband Kevin, have a Ford Bronco which took us to Horseshoe Bay in Texas, "The Bronco Off Rodeo." It's a 300-acre area where you find out what the Bronco can do in water, rough two track roads, and rocks, like 'rock climbing'. One

nice thing about the rodeo is Ford furnishes the Bronco for you to drive. You can leave your Bronco home or in our case, in the parking lot. It was about a 10-hour day with classes, driving and eating, of course, eating came in as a close second of the adventure.

There were around 25 people from all over the country who came for the day of adventure.

We had a choice of Bronco vehicles to choose from. There were 2-door sport and 4-door models, (Mindy and Kevin have a Bronco Badlands with a Sasquatch package). There were six Broncos and my granddaughter Kendell picked a 4-door blue Bronco.

Kendell and I rode in the backseat while Mindy and Kevin

were in the front seats and Mindy was behind the wheel. Oh.....she had a great big smile on her face the whole day.

Much of the morning was in class and where we found out what to expect for the day's adventure, such as how to drive and handle the Bronco over the rocks and trails.

After lunch we headed out to the trails. Our instructor "spotter" was with our group of six vehicles the entire day. He rode in another vehicle with a radio that he communicated with all of the six Broncos. The spotter normally stands outside of the Bronco and explains to the driver the better way to achieve the climbing and maneuvering over rocks.

Mindy was behind the wheel the entire day traversing over the trails and rocks. She was a champion in tackling each wall of rocks.

I was amazed at how well Mindy handled the Bronco in climbing the steep rocks. I thought many times, "you can't climb that rock," but sure enough, she did it. Not just once but many times.

At the end of the day of rock climbing and traveling over the rugged terrain, we were able to use a two mile two track that winded around the area to have some more fun. Mindy was kind enough to let Kevin take the wheel for the first time. Kevin had a great time spinning the wheels and sliding from side to side to see how quickly we could get through. I

think Kendell and I had the most fun in the rear seat bouncing back and forth. The four of us were out having the greatest time ever! Great job of driving Kevin. Mindy videoed our two mile ride from the front seat passenger side. Later we watched the video, you could hear all of us laughing and enjoying the ride!



Keith Sipe has been writing for 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.



Mindy receives more instructions for climbing the rock.



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

Level: Advanced

Game
Page
Answers
on
Page 34

CELEBRITY CIPHER
by Luis Campos

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

“ F H ’ E V J P V R R T L P F J M H Y F O X ,
N C M P J O M F Z C J U P . F K C D O M C D H
F L V E X P H H F O X M F Z C J U P M C O
H P R P Z F E F C O . H Y V H L V E I F O M C K
L P F J M . ” — Z V R I F R N P J

TODAY’S CLUE: I equals K

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WHAT’S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

Game Page is brought to you
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Toast
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Cherokee
Restaurant

MTR
MARINE TAP ROOM
BREMEN, IN

Dockside
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Donuts

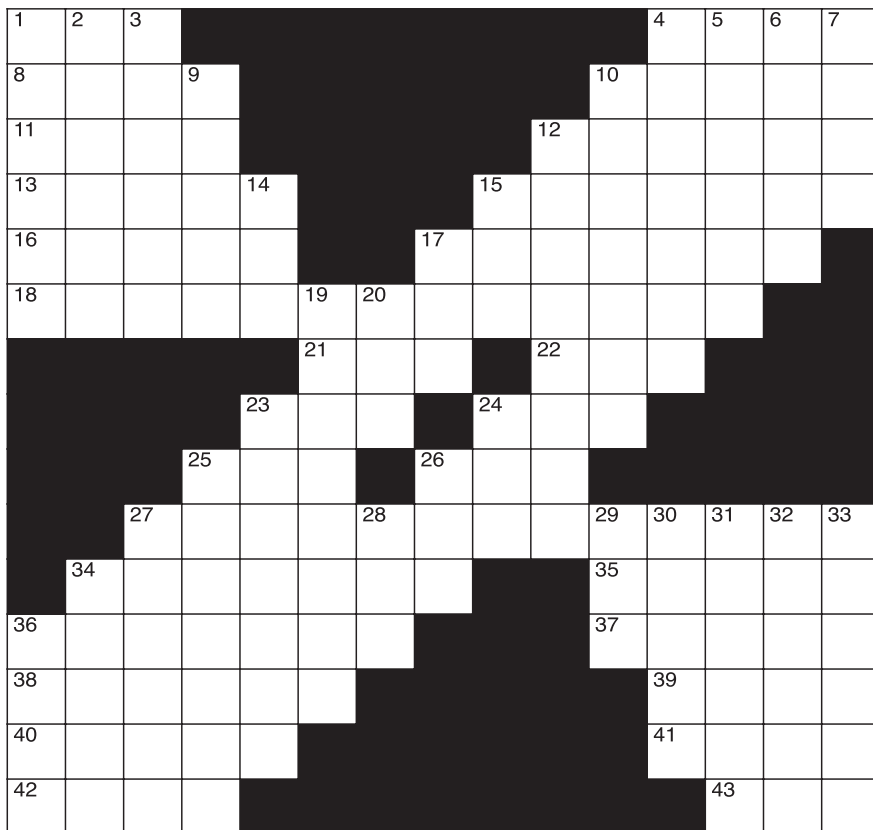
NO NAME
SALOON
& GRILL

Full Moon
DINER & SALOON

RED
ROOSTER
TAVERN

PUB
ONE ELEVEN

CROSSWORD



CLUES ACROSS

1. Americans' "uncle"
4. Chair
8. Ancient kingdom
10. Egyptian city
11. Alaskan glacier
12. One from Somalia
13. Ancient alphabets
15. Relating to vocabulary
16. Small mongrels
17. Natural settings
18. Weekend entertainments
21. Line from which light seemingly streams
22. Your own private code
23. Swiss river
24. Satisfaction
25. A person's brother or sister
26. Folk singer DiFranco
27. The Blonde Bombshell
34. Kids' school project
35. Bluish greens
36. Classifying
37. Cube-shaped
38. Choo-choos
39. Indian religious god of dissolution
40. French department
41. Leak into gradually
42. Foundation
43. Midway between south and southeast

CLUES DOWN

1. Counterbalancing debt
2. In slow tempo
3. Glamorous city
4. Japanese lute
5. Makes law
6. Informative book
7. Animal's body part
9. American playwright
10. Blood poisoning
12. Angels
14. Sino-Soviet block (abbr.)
15. Written account
17. Unwelcome pest
19. Saddle horses
20. Type of gibbon
23. Delta is one
24. NE Massachusetts cape
25. Soup cracker
26. Yes vote
27. Muddy ground
28. Physics apparatus (abbr.)
29. Type of drug
30. German city
31. Animal disease
32. Martini ingredients
33. Get away
34. Spanish municipality
36. Thrust a knife into

Answers on page 34



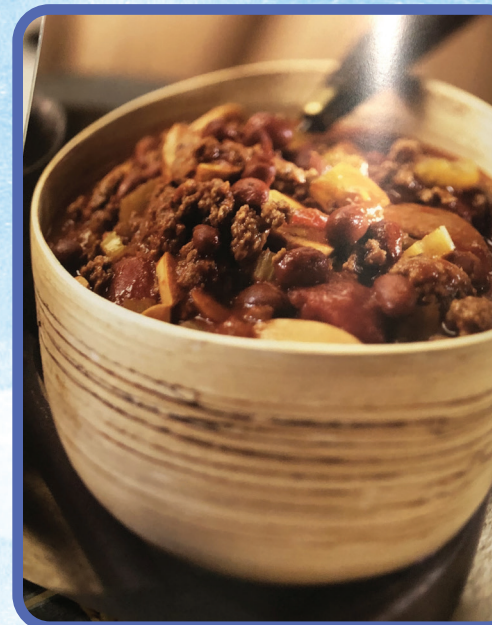
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Winter is Wonderful!



BY
LOUISE
MATZ

I love a fresh snowfall, especially the wet snow that sticks to all the trees. It's a beautiful sight. The ground is covered with a clean, white

blanket. The trees are dressed for a wedding. And, if a cardinal shows up against that white backdrop, it's pure eye candy! What's not to like?

Winter cold causes us to cherish a hot drink. It suggests we sit by the fireplace and read a book. Winter cold invites us to stay in bed a few extra minutes in the morning. It encourages us to enjoy home-made soup, a hot toddy, and other comfort foods. Winter turns off the sunlight early, making us feel perfectly justified to retire to bed at 7:00 pm! Again, what's not to

like about winter? No yard work. No sunburn. No mosquitoes. No beach sand. No ants.

So, is there anything wrong with winter? **Only that it is far too long!**

November and December are great months for winter. They fit well with our Thanksgiving and Christmas holidays. Of course we want snow for Christmas. But three more months is overkill. We can do without it. Most of us will come down with a bad case of the "Februarys."

If you can't travel to a warm destination, here's my first recommendation for a cure: Select four vacation spots, one for each week in February. Then select a day to spend immersed in that

vacation spot. Pick up a book or brochure at the library or at a travel agency or go on line. Spend the day checking out the highlights of the area and choosing what you would do if you were there. You could invite a friend or a family member to join you either personally or remotely. You may even want to take photos and share with others.

My second recommendation is similar. Most of us have enjoyed many vacations and most of us have oodles of photos. Select one of those trips. Dig out the photos. Notify people that you will be re-taking the trip on a particular day. Would they like to take the trip again with you? Use Zoom, or Facebook, or other options to review and share the memories of this trip. What did

you enjoy the most? What would you do differently? Would you go back again? I guarantee it will be uplifting and afterwards you will be ready to select your vacation trip for the next week.

After four weeks of "vacation trips," the "Februarys" will be behind you. The worst of winter is over. Next comes March with a few inspiring hints of Spring. Congratulations, you made it through another Michigan winter!



Louise has been writing for Senior Perspectives for over ten years. She enjoys family time, reading, walking, biking, and golf. Pickleball and mahjonnig have been added to the list since retirement. She also loves to join her husband for turkey hunting and fishing in the Florida Keys.



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100 YEARS AGO THIS MONTH

JANUARY

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

- Christiania, the capital city of Norway, is renamed "Oslo" on January 1.
- Violence plagues Italy on January 2 as part of the fallout of Benito Mussolini's crackdown on opposition newspapers. Though King Victor Emmanuel III refuses to grant Mussolini the dictatorial powers the latter requested, he grants the Prime Minister tacit permission to respond to the violence how he sees fit.
- Nellie Tayloe Ross is inaugurated as

the Governor of Wyoming on January 5, becoming the first woman elected to a gubernatorial office in United States history.

- Bhanupratap Deo is proclaimed as the new Raja of the princely state of Kanker within British India on January 8. The 3-year-old would rule until 1947, when the princely states are abolished as India gains its independence.
- The British submarine HMS L24 sinks in the English channel on January 10. The submarine had collided with the Royal Navy battleship HMS Resolution, killing all 43 men aboard the L24.
- Al Capone survives an assassination attempt made by the North Side Gang

on January 12 in Chicago. Capone was conducting business inside a State Street restaurant when the rival gang riddled his car with bullets, prompting the mobster to order a bulletproof Cadillac.

- Joseph Stalin fires Leon Trotsky as Commissar for Military and Navy Affairs on January 15. A prominent critic of Stalin, Trotsky is eventually murdered at his home in Mexico City by a Stalinist agent in 1940.
- Huddie Ledbetter, better known as "Lead Belly," is granted a full pardon by Texas governor Pat Morris Neff on January 16. The blues musician had served seven years of his prison sentence after being found guilty of killing a relative over a fight for

a woman.

- "The Gentleman Bandit" Gerald Chapman is arrested in Muncie, Indiana on January 18. Chapman is apprehended thanks in part to informant Ben Hance, who is murdered in August in a killing that is believed to have been performed as retaliation for Chapman's incarceration.
- Roy Olmstead, a lieutenant in the Seattle Police Department, is indicted by a federal grand jury on January 19. Olmstead is accused of smuggling alcohol into the country from Canada in violation of the Volstead Act.
- Curtis Welch, the only doctor in Nome, Alaska, sends an urgent message

via radio telegram on January 22. The message alerts all major Alaskan towns of an impending outbreak of diphtheria, while a second message sent to the U.S. Public Health Service in Washington, D.C. highlights the desperate need for antitoxin. Roughly 300,000 units of antitoxin are discovered in Anchorage on January 26, temporarily containing the epidemic.

- Paul Newman is born in Shaker Heights, Ohio, on January 26. The son of Theresa Garth and sporting goods store owner Arthur Sigmund Newman, Sr., the younger Newman would grow up to become one of the world's most recognizable movie stars and a devoted

philanthropist.

- A riot breaks out in Berlin on January 27. Numerous injuries are reported as monarchists, communists and republicans clash during demonstrations held on the birthday of ex-kaiser Wilhelm II.
- On January 28, nominee to the U.S. Supreme Court Harlan Fiske Stone testifies before the U.S. Senate Judiciary Committee. Stone is eventually confirmed by a vote of 71 to 6.
- After nearly a year of fighting and 14,000 deaths, the Khost rebellion against King Amanullah Khan is ended in Afghanistan on January 30. The rebellion is ultimately unsuccessful, but many of the king's reforms are delayed until 1928.



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Remembering Andy Griffith



BY
CLIF
MARTIN SR.

Andy Griffith is best remembered by most of us as Mayberry Sheriff Andy Taylor, along with his boy, Opie, sidekick Barney Fife and Aunt Bea. But he had lots of fans before that TV show came

along. I was one of them, laughing my head off at his recorded comedy monologue, "What it was, was football."

I can't imagine that there's anyone who has not heard it. That's the one where he's a country bumpkin who sees his first football game. He has no idea what that pretty little green cow pasture is for until big guys kick a punkin' and knock each other down.

He finally figures it's some kind of a game to see how many times they can kick that punkin' without bustin' it or steppin' in somethin'. He did another one as Deacon Andy, watching "Romeo and Juliet." It's just as funny as the football story, maybe even funnier. You can find it on the internet.

The film that made him a star as a dramatic actor was "A face in the crowd." No comedy in that one. Andy plays a talented country boy who gets too famous too fast. He can't handle the price of fame and goes nuts. Take a look if you can handle it. There are still Mayberry fans who don't like it.

His personal favorite role was TV's Matlock, a high priced lawyer. You'd

better have a thousand bucks right at hand if you wanted him to defend you.

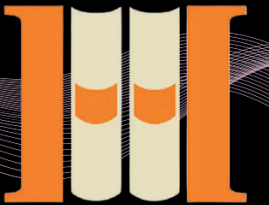
Andy Griffith - What a versatile and loved performer.

Clif spent his professional life as a deejay beginning in Flint, where he married a radio fan.




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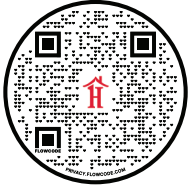
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BY
JOE
STAPEL

Safety and Security

How to Hide Valuables in Plain Sight

I highly recommend that you use a bank safe deposit box for safekeeping of any valuable items.

Having said that, we all like to have an emergency "stash" at home for extra check books, important papers, and such. If this is your preference, make sure it is a very sturdy safe attached to the floor or wall.

The object of hiding things in plain sight is not to make it easy for someone who breaks into your home to find your stash. Thieves do not want to spend much time in your home and will check the normal places first.

1. Under the mattress
2. Inside the pillowcase or under the pillow
3. In the cookie jar
4. In the sugar canister
5. In your underwear or sock drawer
6. Under the bed

Here are some ideas for you to think about trying.

Use any steel or aluminum can in your pantry. When preparing the ingredients from the can, remove the bottom from the can instead of the top. Clean out the inside then wash the can and let it dry. Now you can place money and jewelry in a plastic bag and place it inside the can. You can place a sponge or cloth in the bottom of the



can and then place it back in the pantry with the other cans.

Purchase a few plastic pen and pencil holders. You can use them in several locations. Place two strips of Velcro® on the back of the plastic holder. Next, go to a closet. Walk backwards into the closet and look up to the spot above the door that is not visible when standing outside looking into the closet. Using a step stool, place the other half of the two Velcro® strips to the wall and attach

the bag. Now you can place cash, papers, even jewelry in the pouch and no one will see it.

This same idea can be used under a kitchen drawer or under a kitchen/ dining room chair for quick access to cash. This is also a good idea for traveling if you do not have a room safe.

If you are a magazine reader and have a magazine rack, you can put cash in a baggie and tape it inside on a page. Then place the magazine back in the rack near the bottom.

An area that can be used in the basement or garage is a false electrical outlet box and a blank box cover. You can purchase these at any home improvement store. Some boxes come with the nails and are ready to be attached to a 2 by 4 stud in the garage or basement. Install the box and place whatever you want to hide inside the empty box. This is a great place to put house keys, etc. You can screw the cover on or use Velcro® to attach the cover.

Utilize a regular size flashlight that holds D-size batteries. Remove the batteries and place cash, keys, jewelry, etc. inside. Put the flashlight back into the junk drawer. Again, here is a perfect place to hide your valuables in plain sight.

I hope these ideas will help you protect your valuables. Please stay safe and secure until the next issue.

Sources used were my own ideas and experience.

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



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LOST AND FOUND IN LAKE MICHIGAN



BY
CYNTHIA
HOGG

Lake Michigan gives and Lake Michigan takes away.

Lake Michigan gives us fresh water; it gives us fish; it provides recreational opportunities; it gives us beautiful sunsets.

But Lake Michigan has taken many lives and swallowed up many boats and ships.

Sometimes it just tries to take small things, like a wedding ring. Perhaps not on the same scale as ships and lives but if you're a young couple, just six days married, it can seem like a big

thing at the time.

Such was the case of Joe and Katharine Balog of Grand Rapids this past August.

Joe and Katharine were honeymooning in the Traverse City area. On this particular late summer afternoon, they were just outside Northport, going for a swim at Christmas Cove on Lake Michigan. Katharine had already headed in and Joe was following, not realizing that the cold water had shrunk his fingers somewhat. Swimming in waist-deep water, he suddenly saw his wedding band slip from his finger. He tried to grab it, but it spun through the water and disappeared below the surface. His heart sank along

with it but after all, he reasoned, wouldn't it fall pretty much straight down?

Repeated dives "straight down," however, failed to recover his ring.

Katharine brought goggles and snorkels from shore so they said a prayer and got to work. They dove and resurfaced repeatedly over the course of half an hour but to no avail. Cold and exhausted, they finally gave up.

Joe called their insurance agent and Katharine called the jeweler to ask him to start making an identical wedding band ASAP. They were feeling pretty glum.

And then Joe got mad. Joe shared with this author that he actually

shook his fist and said, "I'm not going to let Lake Michigan take my wedding ring!" He said he also thought, "Sometimes God answers prayers through other people."

So, what did he do? He pulled out his phone and googled, "Lost my wedding ring in Lake Michigan" and up popped the blog of a ring finder. While this particular ring finder was retired and also lived on the wrong side of the lake (Wisconsin), he provided Joe with a directory of local ring finders. Who knew such a thing existed? Joe reached a man in Traverse City who said he'd drop everything and be there in an hour. While they waited, they returned to the spot and, as advised, placed a buoy over the spot.



An hour later, along comes Clare Winslow III with his Excalibur II metal detector. He placed stakes in a 10' perimeter around the buoy while Katharine stood nearby, shivering in a life jacket, and Joe occasionally dove underwater again.

Nothing.

"We were starting to lose hope," said Joe, "when Clare stepped outside the 10' circle and after a few minutes said, 'Hey, come here!'" Katharine screamed and we rushed over and sure enough, he'd found my ring. When we got back to shore, people were laughing and clapping and telling Clare, 'Great job!' It was a very happy time."

Through the holiday season and heading toward Valentine's Day, Joe and Katharine are remembering their adventure with gratitude, while also laughing about the story they'll have to share with their children and grandchildren someday.

I visited the blog (theringfinders.com) and far from a random experience, there are apparently enough lost rings to keep ring finders busy in 17 different countries. They have recorded more than 13,000 recoveries to date, representing more than \$15 million worth of jewelry. Whew!

It must be a very satisfying hobby, but you may want to remove your ring before swimming next time!



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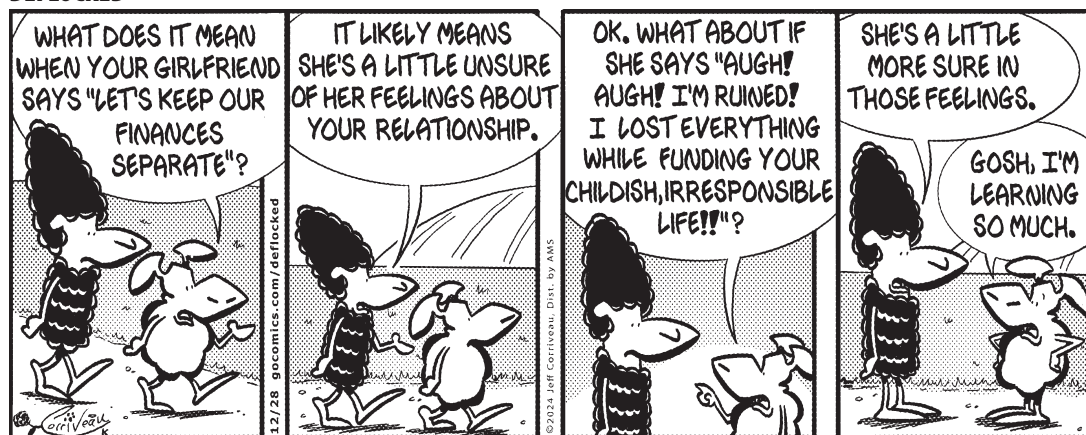
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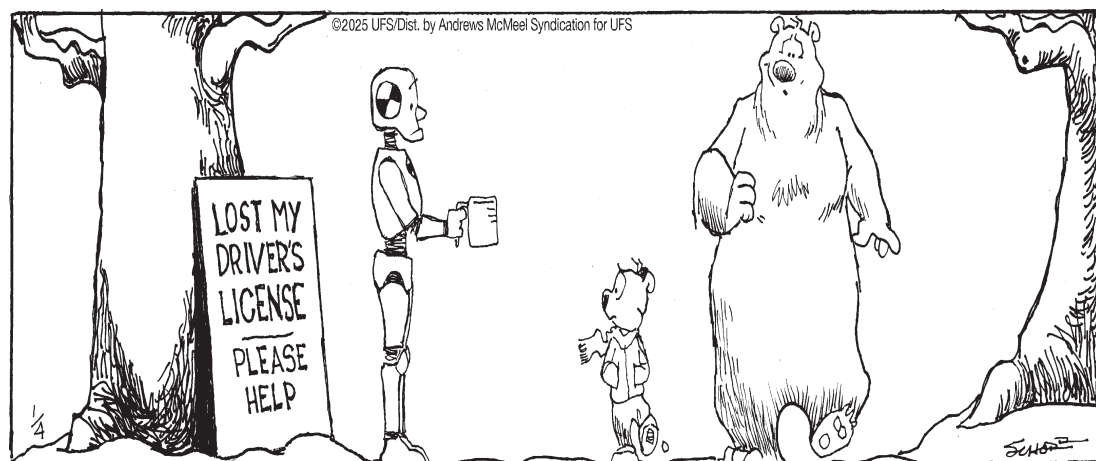
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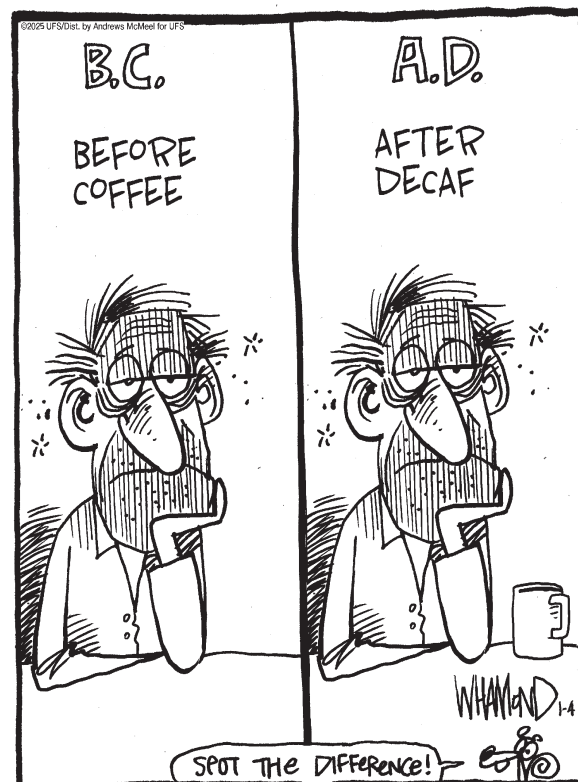
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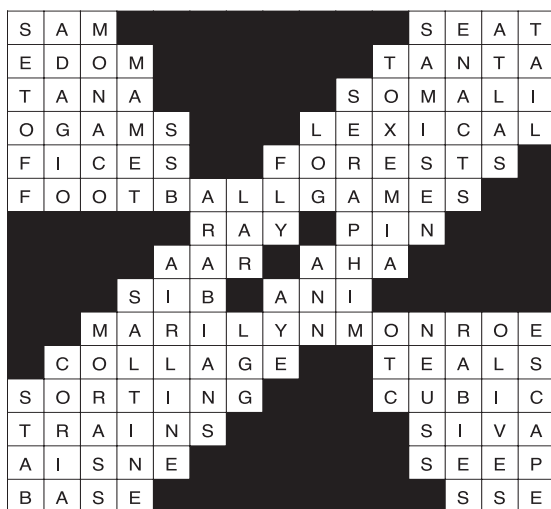
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ANSWERS FOR GAMES



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1. Dog to the side
2. Missing ski pole
3. Green helmet different shape
4. Fallen skier in the back

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Solution: "It's a really weird thing, modern divorce. I found out I was getting divorced on television. That was kind of weird."

-- Val Kilmer

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

I SPY — In the last issue, the mitten was hidden in the top right image of the wrapped present on page 31.
Winners from the last issue are Marilyn Deur, Carol A. Feltes and Gary Hoffmeyer.

“She Saved My Life”

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

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

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

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

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

Fortunately, four months ago Dawn

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

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

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

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

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

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

consistently generates unparalleled results.

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

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

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

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