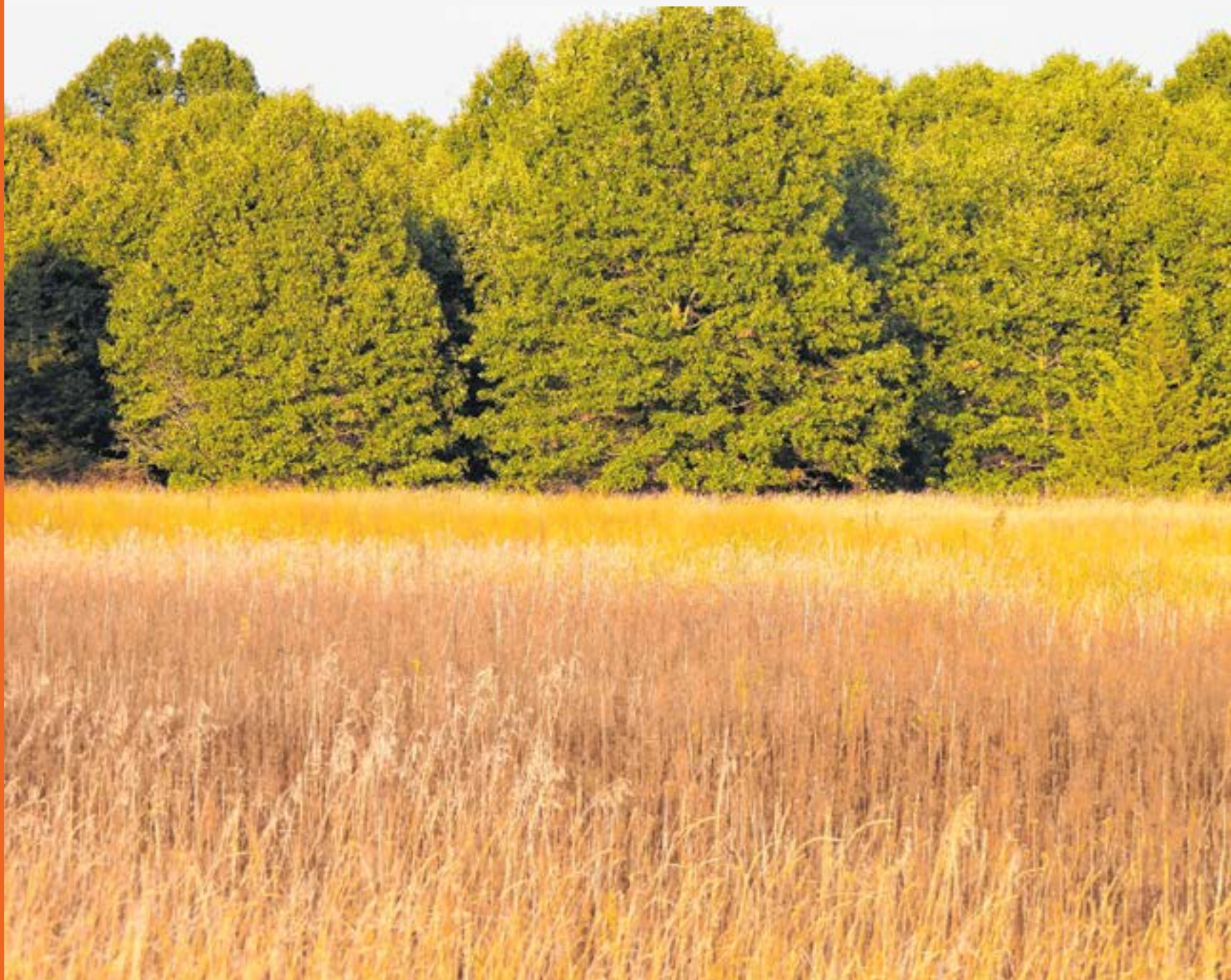


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Senior Perspectives

SEPTEMBER / OCTOBER 2026

MANISTEE, MASON, MUSKEGON, OTTAWA &
OCEANA COUNTIES



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Led by Dr. Tasha Saladin, Allendale Acupuncture and Wellness specializes in helping people with chronic and complex conditions find real solutions without medications or side effects. The clinic's approach focuses on restoring function in the body.

For many patients, peripheral neuropathy is more than a physical symptom. It changes how they move, how they rest, and how fully they can enjoy daily life. Simple things like walking, driving, sleeping, or spending time with family can begin to feel frustrating and exhausting.

That was true for Amy, who developed chemotherapy-induced peripheral neuropathy that caused severe nerve pain and debilitating cramping in her legs. The symptoms made it difficult to stay active and enjoy the things she loved. Walking her dog, hiking, swimming, and even exercising became frustrating because the cramps would stop her in her tracks.

Instead of accepting those limitations, Amy came to Allendale Acupuncture and Wellness looking for another path forward. During her treatment, she became pregnant. Rather than worrying that severe leg cramps would limit her activity, she's now able to stay active and embrace this exciting new chapter with greater comfort and confidence.

Dr. Tasha's dedication to helping patients like Amy is personal. After experiencing significant pain during her own military service, she understands how discouraging it can feel when symptoms take over daily life. That experience helped shape her mission to care for people who feel overlooked, unheard, or out of options.

For many, even small improvements in comfort and steadiness can begin to make everyday life feel possible again.

Using acupuncture and integrative medicine, treatment focuses on supporting circulation, calming irritated nerves, and improving communication within the nervous system. This may help reduce burning, tingling, numbness, and discomfort while improving steadiness, mobility, and overall quality of life.

At Allendale Acupuncture and Wellness, patients are seen as people first. Dr. Tasha takes time to listen, understand the full picture, and help each person work toward getting more of their life back.

Since beginning treatment, Amy's life has changed in more ways than one. Along the way, she became pregnant and looks forward to continuing her care throughout this exciting new chapter. For her, healing has meant not only returning to the activities she loves, but moving into motherhood with greater comfort and confidence.



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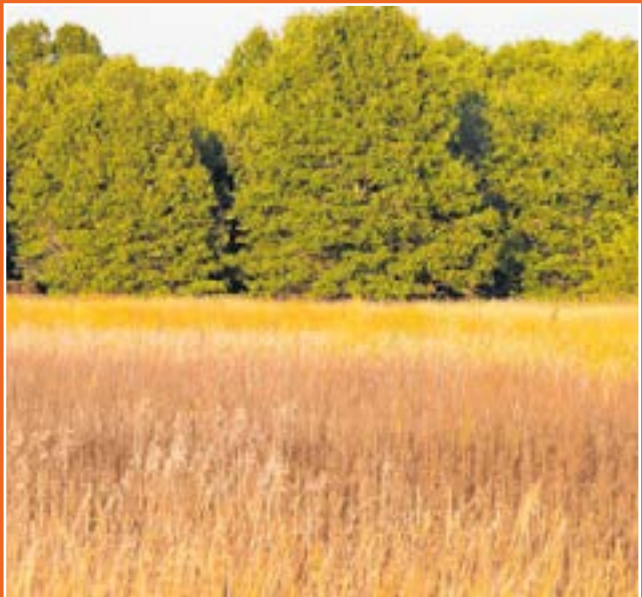
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Interim Publisher:

Paul Heidbreder

Sales:

Shelley Kovar, Monica Evans

Graphics:

Judy Lytle, Julie Eilers,
Madelyn Kerbyson

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

Circulation:

Jeriann Steiger

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The tease of autumn



BY LOIS
TOMASZEWSKI
EXECUTIVE
EDITOR
SHORELINE
MEDIA

There is a point every year when summer begins to loosen its grip. It doesn't happen all at once. If you aren't paying attention, you might miss the first signs. The days can still be warm. The sun still feels like summer. The woods are mostly green.

But then you take a walk in the woods.

You hear it first. The leaves have a different sound. There is

a rustling overhead and underfoot that wasn't there a few weeks earlier. The breeze feels a little different. Maybe it is cooler, or maybe we simply know what is coming.

Then the trees begin their annual tease.

A little yellow appears at the very top of one tree. There is a touch of orange on another. A few red leaves peek out from all that green. Not yet. Give the trees a little more time.

That is what I enjoy about September. Summer hasn't entirely left us, and autumn hasn't quite arrived. We get a little of both.

There are still days to sit outside and soak up the warmth of the sun. But darkness comes a little earlier, and a jacket that has been hanging untouched for months suddenly comes in handy.

Each time I walk through the woods, I look up. How much has changed since the last time?

At first, not much. Then a little more yellow. More orange. A branch of brilliant red where there was none before. Then the weather finally gets it right. Cool nights arrive. The days shorten. Whatever combination the trees have been waiting for finally comes together.

And — voila! The curtain goes up.

The green woods we have known all summer are suddenly filled with yellow, orange, red and gold. It happens every year, and yet I never tire of it.

Maybe I pay more attention now than I did when I was younger. Back then, a year seemed to take forever. We were always looking ahead to the next birthday, holiday or summer vacation.

The years don't seem nearly as long anymore. Neither do the seasons.

The trees don't change all at once. Neither do we.

Most changes in our lives happen gradually. We get busy living and don't always notice them. Then one day we look around and realize something is different.

Children grew up. Careers came and went. People and places changed. So did we.

Fall reminds me of that.

For a few glorious weeks, the trees put on their show. Then the leaves begin to drop. Soon they are crunching beneath our feet instead of rustling above our heads.

By November, those beautiful trees may be bare but turn into these organic, natural sculptures against the sky.

After enough trips around the calendar, you begin to understand that life works a little like that, too. There are seasons we would gladly live through again and others we are happy to leave behind. And we don't always know what the next one will bring.

So I'll keep taking my walks in the woods, listening to the leaves and watching the tree-tops for those first hints of color. And when the woods finally burst into full color, I'll stop and enjoy it.

Maybe that is the real lesson of fall. Every season brings something different, and every season gives us something worth noticing.

So enjoy the one you're in.

GUESS WHO?

I am an athlete born in Texas on September 17, 1995. I played football, basketball and baseball while in high school. But football is where I eventually gravitated, despite my father playing professional baseball. I have led the Kansas City Chiefs to several Super Bowl victories.

Answer: Patrick Mahomes

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The answer, along with winners' names will be announced in the next issue. In the last issue, the fireworks was hidden in the flag ad on page 35. See page 34 for winners.



STEAL MY ITINERARY: CHARLOTTE, NC

BY GERALD R. FORD INTERNATIONAL AIRPORT

Charlotte blends charming Southern history with a buzzing modern skyline, making it the perfect getaway for all travelers. Make the most of four days, leaving you with a full heart, a full camera roll, and the feeling that the Queen City is full of magic around every corner.

Start your trip in Uptown. Hop on a historic tour past the Fourth Ward Victorian homes, then head over to Mert's Heart & Soul to enjoy a soul food lunch. Relax at Romare Bearden Park before cocktails and skyline views at Nuvole Rooftop TwentyTwo.

On your second day, conquer the simulator track at the NASCAR Hall of Fame before wandering over to the Mint Museum for a dose of world-class art. Head outside downtown for dinner at Supperland, located inside a restored historic church, followed by a stroll through the NoDa arts district's quirky galleries and live music venues.

Start the next morning slow at Rosie's Coffee & Wine Garden surrounded by over 900 blooming rose bushes. Spend your day exploring Camp North End, a massive innovation hub, before lunch at Optimist Hall, featuring more than 25 vendor stalls.

Finally, take a day trip outside the city. More than 30 miles of trails will end at breathtaking Appalachian views at Crowders Mountain State Park to cap off your North Carolina experience. If sea level is more your style, visit Lake Norman to walk the shore, browse upscale boutiques, and dine at top waterside eateries.

Whether you're chasing adrenaline, uncovering history, or indulging in unforgettable meals, Charlotte delivers a getaway that feels equal parts exciting and effortless, especially when you book your trip nonstop through Gerald R. Ford International Airport!

Ask the doctors:

Healthy Habits Beat Brain Supplements in Fighting Memory Loss



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

DEAR DOCTORS: I am 82 years old and in good physical condition. However, I have memory loss.

What do you think of the brain supplements that are advertised on television? They claim to help you with memory and they say it's proven by studies. What do you think?

DEAR READER: The term Of all the health topics we have covered over the years, a handful get the most mail. They involve common concerns that people are eager to solve. That makes these concerns easy targets for bold marketing claims. (We're looking at you, toenail fungus.) Memory supplements fit this pattern. Advertisements for these products tout a wide range of ingredients that promise a quick fix for an unsettling problem.

If you've had a few "why did I enter this room?" moments, you know memory issues can

be alarming. Small wonder, then, that we want to believe a memory supplement's claim. But the hard truth is that the evidence behind these products is mixed at best. Some advertising claims are based on a single study, sometimes with a small sample size. Others rely on manufacturer-sponsored research and can be crafted from cherry-picked data. With decades of research into whether memory supplements help brain health and function, the results are still mixed.

That said, your interest in these supplements is understandable. And when talking with our own patients, we don't discourage anyone who wants to try them. But our guidance is to view them as supplements in the truest sense of the word. They are an addition to the healthy habits known to support memory and cognitive health. These include a good diet, regular exercise, good blood pressure control and good sleep. Avoiding smoking and limiting alcohol use are also important.

With diet, focus on fresh vegetables and fruit, leafy greens, lean meat, fish, whole grains, legumes and healthy fats.

This is often referred to as the Mediterranean diet. It has been shown to improve blood pressure and reduce the risk of heart disease. That's important because high blood pressure and heart disease are linked to cognitive impairment later in life. Research also continues to find regular exercise can preserve cognition. It helps the brain maintain existing neural connections. It also helps the brain build new ones. Maintaining social connections is just as important. Newer research finds that older adults with regular social contact keep more of their mental sharpness. Those who spend more time alone do not fare as well.

If you do try memory supplements, be aware that side effects are possible. Depending

on the ingredients, these can include stomach upset, headache or nausea. Others can interact with certain prescription medications. For instance, St. John's wort can speed the breakdown of heart medications and antidepressants, so they won't work as well. Vitamin K can interfere with warfarin, a blood thinner commonly prescribed to prevent blood clots. Before you start taking a supplement, check with your doctor.



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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Ramps and other assistive technology



BY
CHRISTINE
WISTROM

You may at some point find yourself facing a situation where you need assistive technology desperately but find it's so expensive you can't afford it. If you've been sick, had hip replacement surgery or knee surgery, found that you need a C-Pap machine for sleep apnea or need a power wheelchair to get out of the house, you may have no choice but to try to find a way to pay for what you need. There are so many kinds of medical equipment that can be prescribed for us, and it seems none of it is cheap! There are too many times when we simply give up and try to muddle through without that equipment, yet it wouldn't be prescribed if we didn't really need it.

There is hope for these situations. There are several Loan Closets in Ottawa and Allegan Counties. Disability Network Lakeshore has one. We accept gently used items that are no longer needed, clean them and loan them out to those who can't afford to purchase them. We do not take items that are in poor condition or are broken. We do not charge for these items, and we actually do get some donations of electric wheelchairs or other more expensive equipment. We also do not ask that the item be returned after you are done using it. If it remains in good repair, you may want to donate it back, but there is no requirement that you do so.



Other loan closets operate under their own rules. Another possible solution is to borrow the money to pay for the item through the Michigan Assistive Technology Loan Fund. Yes, that fund is still around! You must be able to pay the loan back, but they keep the interest low and they stretch the payments out over the expected life span of the item, so the cost is as low as possible. You can borrow up to \$30,000 and they do not reject you because of debt related to medical issues. Disability Network Lakeshore also participates in a Ramp Program with Amramp. We purchased several ramps and can have them erected anywhere in Allegan or Ottawa County. You will have to pay a 10% refurbishment fee in addition to the cost of installing and dismantling the ramp. This fee may be as high as \$1,500 or more, but considering the cost of a ramp can be over \$6,000 to \$7,000, it's certainly a more manageable amount. The

out with you. Assistive Technology makes our lives easier, but if you can't afford it, you may try to do without. Call Disability Network Lakeshore at 616-396-5326 to discuss your need and possible solutions. We're here to help!

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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A Personal Faith



BY REV.
WILLIAM
RANDALL

In this article I talk about my faith but I'm hoping that readers will feel free and able to confess faith in Jesus too. Faith is very personal. No one else can believe for you. It needs to be a personal definite decision. Being a Christian is to believe in Jesus and by faith believing that God accepts you and is your Father in Heaven. It is a family relationship. Jesus also becomes your best friend. You can share with Him how you feel and talk about your hopes and plans. You talk to God just as you would to another person but, with more respect. Today you might say "I'm filled with hope and sense Christ's presence in my life". Tomorrow I might not feel so close to God, I might say "God, I had a problem today and feel I used some words I told God I wouldn't use anymore. Please forgive me, I want to love and honor you. I don't like to feel separated from you".

I know that we are all in the same sinking boat. The Bible says that all have sinned and come short of the glory of God. We have all missed the mark. We need God's mercy and grace. He is still reaching out saying, "Come to me." Jesus paid for my sins and yours when he died on the cross. What a wonderful blessing is ours when we say "Jesus, I believe that when you died, you died for me." The Bible tells us in Romans 5:6 that Christ died for the ungodly. Verse nine tells us are justified (made acceptable to God) by His blood and that we will be saved from judgement through Him. Praise God! I can freely say that I have eternal life, through my faith in Jesus. I hope that you can say it too. God Bless you!

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

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Brian with his Client, Earline who is 101 and lives independently



Ken Mahoney Board Chair of Senior Resources pictured with Vice Chair Susan Houseman



Francine with one of her Fitness Classes



Ken and Pat McNeill at an AmeriCorps Retired & Senior Volunteer Program Event



Francine (left) Dancing With the Local Stars

Giving Back Never Retires

Stories of Older Adults Making a Difference in West Michigan

When people talk about aging, the conversation often focuses on



BY KIMBERLY WILCOX
Director of Marketing Communications for Senior Resources

what changes, and sometimes that can feel negative. Less often do we talk about the positive aspects of aging and what continues to grow: experience, wisdom, resilience, and the desire to give back and make a difference.

Across West Michigan, older adults strengthen our communities every day. They lead, volunteer, advocate, mentor, and help others stay active and engaged. Their stories remind us that aging is not about stepping aside. It is an opportunity to continue contributing, sharing our talents, and embracing new opportunities

in every stage of life.

The following stories highlight just a few of the many ways older adults are continuing to make a lasting impact in our communities.

LEADING THROUGH SERVICE Ken Mahoney

For Ken Mahoney, service has been lifelong. A Montague native and retired high-school mathematics teacher, Ken spent 32 years helping students learn and grow, including 30 years at Holton High School. Retirement opened the door to new ways to serve.

Ken has served as a Muskegon County Commissioner, Montague City Council member, Board Chair of Senior Resources, and member of the Michigan State Advisory Council on Aging. His work has focused on quality-of-life

issues, including food insecurity, environmental stewardship, and aging-related concerns.

One effort he is especially proud of is the restoration of White Lake. For 22 years, Ken worked alongside community leaders and partners to advocate for improvements that eventually led to White Lake being removed from the Great Lakes Areas of Concern list.

"I grew up here," he says. "It mattered to me."

Today, he continues informal kitchen table conversations with residents about issues that matter most to them.

"Don't think of getting older as a negative. You have a lot to offer and a lot to give. Stay active and stay involved."

STAYING STRONG AND CONNECTED Francine Calandro

At 66, Francine Calandro has no plans to slow down. A certified fitness instructor and personal trainer, she has spent decades helping people improve their health, strength, and confidence through movement. A lifelong dancer, she once dreamed of being the next Richard Simmons, inspiring others to feel better about themselves while building healthier lives.

For 18 years, she worked with older adults through AgeWell Services, leading fitness classes that encouraged participants to stay active, build strength, and maintain independence through exercise. Although she retired in 2025, she continues teaching dancing and fitness classes.

Francine also continues to give back through Dancing with the Local Stars, where she has danced

for years with a team to raise money for local food pantries.

Today, her clients range in age from their 60s to their 90s, and her classes are about more than exercise. They help people build strength, improve balance, prevent falls, stay connected, and continue doing the activities they enjoy.

"All small steps make a big difference," Francine says.

Her advice is simple: "Keep moving, find activities you enjoy, and connect with others." Classes, she says, provide a built-in buddy system and a place where people can support and encourage one another.

A CAREER BUILT AROUND HELPING OTHERS Brian Bailey

For Brian Bailey, meaningful work has always centered on helping others. Brian recently celebrated his 62nd birthday and has spent more than 21 years helping older adults remain independent as a Supports Coordinator with Senior Resources of West Michigan.

Before entering aging services, Brian worked in manufacturing. When economic changes affected local jobs, he returned to college at age 36, earned a degree in Human Services at age 40, and began a career dedicated to helping others.

Today, Brian helps older adults access services and support to remain safely in their homes and communities. His career has been built around helping people maintain independence and quality of life.

"If I can make someone's life a little better, a little easier, that's where I feel gratified," he says.

"This job is about touching lives. It allows me to wake up every morning and feel like I've made a difference."

GIVING BACK IN NEW WAYS Kenneth and Patricia McNeill

After distinguished careers in education, Kenneth and Patricia McNeill looked for ways to stay connected and continue serving others in retirement. Patricia retired as Assistant Superintendent of Holt

Public Schools, while Kenneth served as Director of Special Education for Mason Public Schools after beginning as a history teacher.

For Patricia, service now happens through the State Health Insurance Assistance Program, or SHIP, where she has helped Medicare beneficiaries for eight years.

"I really enjoy helping seniors make good decisions and solve problems with their Medicare plans," Patricia says.

Kenneth found a meaningful role with AgeWell Services' Senior Medical Transportation program, volunteering as a dispatcher and helping older adults get to medical appointments.

"It's nice to be helpful and help people in need. It's an extension of my career," Kenneth says.

The couple volunteers through AmeriCorps Seniors RSVP, which connects volunteers with opportunities that match their skills and interests. Although their volunteer roles are different, both Kenneth and Patricia see service as a natural extension of the work they

have done throughout their lives.

For both, volunteering is a continuation of careers spent helping others.

"We've both been in service our entire lives. It's what we do. We enjoy giving back and staying involved in our community."

CONTINUING TO MOVE FORWARD

Their stories remind us that aging is not defined by what we leave behind, but by how we continue to grow, contribute, and connect with others. The opportunity to make a difference does not end at retirement. For many, it is simply the beginning of a new chapter.

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



View from the Driver's Seat: Why Pulling Right Saves Lives



BY
JACK R.
WYDECK

It is not an exaggeration to say that I am amazed every day that I come to work for the Fire Department. I know that I am living the dream that kids

have, of working at a fire station and driving a fire truck for a living. One of the first things everyone wants to know when they start is when they can drive a fire truck. I don't remember the first time I drove a fire truck, or the first time I got to turn on the lights and sirens, but I am sure I was smiling when I did it. Let's talk about how you can help us do our job and respond safely.

Tips for sharing the road with emergency vehicles:

- Always pay attention to your

surroundings. As we get older, it may be harder to hear or see what is coming; take another look to ensure you are safe.

- Keep your radio down so you can hear sirens as they approach.
- It may be hard to tell what direction the sirens are coming from. If you hear them, use your mirror and try to find a safe place to pull to the right; don't just stop in the intersection.

Michigan Law:

- It is the law that if an emergency vehicle is approaching, you, as a driver, are required to pull as far to the right as possible and come to a complete stop until the vehicle passes.
- Move over or get pulled over. It is the law that if there is an emergency vehicle on the side of the road, drivers are required to change

lanes. If they are not able to, they must slow to 10 mph under the posted speed limit.

If you have never had the opportunity to drive a fire truck with the lights and sirens going, I don't know if there are correct words in the English language that describe the feeling. It isn't just because driving fast is fun, and driving the biggest vehicle on the road is cool, or that cars are pulling over when they see you. You are driving something that belongs to the public, probably the most expensive vehicle on the road or it might be that everywhere you go everyone is looking at you, it is both exciting and exhilarating with a pinch of nerve-wracking.

When we are responding to a call, it's like juggling on a roller coaster, and at the end you will have to know all of the answers to your 12th-grade history exam. That

might get you close to the stress of driving.

Here is what a typical response is like when you are driving a fire truck.

Dispatch: It starts when you are back in the station. Let's say, for the sake of stress, that you are in the living room of the fire station reading an article about a new piece of equipment or a new tactic for fighting a fire in a basement. Lights and bells start to wail, and you hear about a person who fell from a ladder on the other side of town. Like you have done hundreds of times, you get into the fire engine and go through the sequence to get it started. It isn't like your car where you just turn a key.

On the way: Once the truck is started, you pull out of the station and into the parking lot. As you are planning how to get there, you try

to remember where all of the traffic and construction is.

Once you are on the way, you have to remember where all of the stuff is that you might need. You try to remember what the hospital said you needed to do once you get to the patient. You are also looking at the people and cars on the road, and while you are as big, as bright, and as loud as possible, people still aren't paying attention to you.

Traffic: The car in front of you is refusing to pull over, and after a lifetime, they finally see you and they pull to the left rather than the right, almost causing a traffic accident. This makes you squeeze in between two cars and makes it hard to see what is coming up.

Updated call information: By the time you get through, the radio comes to life with a dispatcher telling you now that the person is bleeding and beginning to lose consciousness. Any delay now is making the situation more severe for the patient. If you don't get there fast, things could go downhill fast.

The reality is that the person driving the fire truck, ambulance, or police car is doing lots of other things at the same time they are driving. From talking to 911 on the radio, planning what they need to do when they get to the location, to thinking about all of the things that could go wrong. Just driving an emergency vehicle isn't like just

driving your car. We have to make all the right decisions on the way, then when we get there we have to know exactly what to do.

Arriving at the Scene: If everything has gone right, you now arrive at the scene. The patient and their family are expecting you to know exactly what to do and how to help. You have done everything right so far; now is the time to do what people are paying you for. None of that is possible if we don't get there and you don't pull over and let us through.

Your Part in the Response:

- When you hear sirens, someone needs help fast. Pull as

far right as you safely can, and stop. Remember, don't block the intersection.

- If you're not sure which way to go, just stop where you are and let us find a way around you.

- A few seconds of your patience could be the difference in someone's emergency. Thank you for sharing the road with us.

The story in this article was pulled from actual events but the specific call information was changed. Any similarities to real events is accidental. Jack has been an active member of the Muskegon Charter Township Fire Department for 13 years. He can be reached at jack.wydeck@mcd911.net with any questions.

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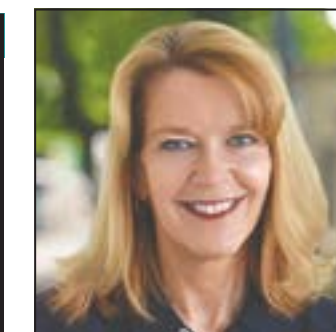
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Dietary Supplements and Aging Americans



BY HOLLY
LOOKA-
BAUGH-DEUR

The dietary supplement business in America is a massive, fast-growing market with high consumer use, significant annual revenue, and a post-market oversight system. Roughly three out of four American adults regularly take supplements, generating over \$70 billion in annual sales. The U.S. Food and Drug Administration (FDA) regulates these products as a special subset of foods rather than with the full rigor of pharmaceutical oversight. Here are a few interesting facts about dietary supplements:

- About 75% of American adults use dietary supplements regularly as part of their health routines.
- Vitamins and multivitamins make up the largest share of products consumed.
- Probiotics, sports nutrition proteins, and immunity-boosting powders are experiencing the fastest consumer demand increase.
- Annual sales in the U.S. exceed \$70 billion, with projections climbing past \$100 billion over the next decade.
- Online e-commerce platforms represent one of the fastest growing and most lucrative avenues for supplement sales.

Dietary supplements may offer benefits at any age, but they can also cause unwanted side effects, including dangerous interactions with prescription medications. Experts widely agree that whole foods should be the primary source of essential vitamins and minerals. Physicians and dietitians often recommend supplemental vitamin D, calcium, and vitamin B12 to support bone strength, energy, and nerve health. Protein powders and creatinine are often recommended to help slow or stop muscle loss (sarcopenia). Some may provide little or no benefit. Patients often do not tell their doctors about all the supplements they take.

Older adults (65+) are subjects

of specific nutritional risks such as reduced appetite, absorption changes, poly pharmacy and chronic disease that create opportunity for targeted supplement benefit. Routine high-dose or non-indicated supplementation is not recommended. Important general principles to consider include:

- Prioritize food-first nutrition (rather than pills or powders;) supplements address gaps or diagnosed deficiencies.
- Whenever possible, test for deficiencies first
- Use evidence-based indications and doses; avoid megadoses unless supervised.
- Consider renal function, drug–nutrient interactions (e.g., warfarin, bisphosphonates, antibiotics), and total intake from fortified foods.
- Choose third-party tested products (USP, NSF, ConsumerLab) and review supplements with the physician, physician assistant, nurse practitioner, or pharmacist.
- Look for low-sugar liquid supplement drinks if managing blood sugar or diabetes.
- Watch for interactions:
- Vitamin C and Vitamin B12: These supplements should not be taken together at the exact same time. High doses of Vitamin C can break down and reduce the body’s absorption of Vitamin B12. Take Vitamin C and Vitamin B12 at least two hours apart. This prevents the acidic Vitamin C from interfering with how the gut processes the B12.
- Calcium and Iron: Calcium blocks iron absorption, so intake should be separated by 2 to 4 hours.
- Zinc and Copper: High-dose zinc stops copper from being absorbed properly. Consult a physician or pharmacist about dosing.

Common supplements, indications, and recommended doses: (see reference chart)

- Vitamin D (cholecalciferol, D3)
- Purpose: bone health, fall prevention, supports muscle function; may reduce fracture risk when

combined with calcium in deficient persons.

- Typical indications: low serum 25(OH)D (<20 ng/mL), limited sun exposure, malabsorption, institutionalized older adults.
- Usual doses: 800–2000 IU/day for routine supplementation in older adults; treat deficiency with 50,000 IU weekly or equivalent short-course regimens under supervision. Aim for serum 25(OH)D ~20–30 ng/mL (many experts 30 ng/mL for older adults with bone disease).
- Safety: Upper limit generally 4000 IU/day for most adults; hypercalcemia and nephrolithiasis risk at excessive intakes.
- Evidence: modest reduction in falls/fractures when combined with calcium in deficient or institutionalized older adults; mixed results in community-dwelling adults with adequate status.
- Calcium (calcium carbonate, citrate)
- Purpose: bone health; used with vitamin D for osteoporosis prevention/treatment.
- Typical indications: inadequate dietary calcium (<1200 mg/day), osteoporosis therapy.
- Usual doses: aim total calcium (diet + supplements) 1000–1200 mg/day; supplement only to reach that total.
- Safety: Recommended not to exceed ~2000–2500 mg/day (varies by age); higher supplemental calcium may be associated with constipation and possible cardiovascular concerns—prefer dietary sources where possible.
- Evidence: calcium + vitamin D reduces fractures in some populations; balance benefits/risks individually.
- Vitamin B12 (cobalamin)
- Purpose: prevent/treat deficiency causing neuropathy, cognitive changes, macrocytic anemia.
- Typical indications: low serum B12, pernicious anemia, gastric surgery, long-term metformin or PPI use.
- Usual doses: oral cyanocobalamin 500–2000 mcg/day

or high-dose intermittent (e.g., 1000 mcg/day or 1000 mcg IM monthly if malabsorption). Sublingual or intramuscular routes used when absorption impaired.

- Safety: low toxicity; safe in typical supplemental ranges.
- Evidence: improved hematologic and neurologic outcomes in deficiency; routine high-dose supplementation without documented deficiency not indicated.
- Protein and amino acid supplements (including whey, leucine, HMB)
- Purpose: preserve muscle mass, strength, recovery from illness/surgery, reduce sarcopenia risk.
- Typical indications: inadequate dietary protein intake, sarcopenia, frailty.
- Usual targets: total protein intake 1.0–1.2 g/kg/day for healthy older adults; 1.2–1.5 g/kg/day for acute/chronic illness or malnutrition. Protein supplements: 20–30 g high-quality protein per serving; leucine ~2.5–3 g per serving recommended to stimulate muscle protein synthesis. HMB (beta-hydroxy beta-methylbutyrate) 1.5–3 g/day shows some benefit in frail older adults.
- Safety: monitor renal function for advanced CKD; adjust as advised. Excessive protein may stress kidneys in severe renal impairment.
- Evidence: protein supplementation combined with resistance exercise has best evidence for improving muscle mass and function.
- Omega-3 fatty acids (EPA/DHA)
- Purpose: cardiovascular health (triglyceride lowering), anti-inflammatory effects; possible modest benefit for cognitive decline prevention uncertain.
- Typical indications: hypertriglyceridemia, secondary prevention of coronary disease per clinician guidance.
- Usual doses: 250–1000 mg/day combined EPA+DHA for general health; 2–4 g/day prescription EPA/DHA for triglyceride lowering under supervision.
- Safety: may increase bleeding

risk at high doses; interaction with anticoagulants. GI upset possible.

- Evidence: clear benefit at higher prescription doses for triglyceride reduction; cardiovascular outcome benefits mixed and dose/formulation dependent.
- Iron
- Purpose: treat iron-deficiency anemia.
- Typical indications: documented iron-deficiency by labs (low ferritin, low transferrin saturation).
- Usual doses: oral elemental iron 60–100 mg/day divided, or per clinician guidance; treat underlying cause.
- Safety: constipation, GI upset; risk of iron overload in some conditions; do not supplement without testing.
- Evidence: effective when deficiency confirmed; avoid routine empirical use.
- Vitamin K (K1/phyloquinone, K2)
- Purpose: bone health and blood clotting; K2 sometimes studied for bone/cardiovascular benefits.
- Typical indications: avoid routine high-dose K supplementation in patients on warfarin unless coordinated with anticoagulation management.
- Usual doses: dietary intake recommended; no standard high-dose recommendation for bone health.
- Safety: interacts with vitamin K antagonists (warfarin)—avoid changes without monitoring.
- Probiotics
- Purpose: gut health, prevention/treatment of antibiotic-associated diarrhea, C. difficile prevention in some settings.
- Typical indications: antibiotic-associated diarrhea prevention, specific strains for specific indications (e.g., Saccharomyces boulardii, Lactobacillus rhamnosus GG).
- Usual doses: strain- and product-specific CFU dosing; follow evidence for condition.
- Safety: generally safe but caution in immunocompromised or severely ill older adults due to rare septic complications.
- Herbal and complementary agents (e.g., ginkgo, St. John’s wort, glucosamine, turmeric/curcumin)
- Purpose: various (cognitive claims, mood, joint pain, inflammation).
- Indications: evidence varies widely; many have limited or mixed evidence.
- Safety concerns: significant drug interactions (e.g., St. John’s wort induces CYP enzymes, reduces effectiveness of many drugs; ginkgo may increase bleeding). Use caution and consult clinician.

Practical recommendations for clinicians and older adults

- Screen for malnutrition, weight loss, and common deficiencies.
- Supplement only for documented deficiency or strong evidence-based indication.
- Use the lowest effective dose and avoid multiple overlapping products that increase total intake beyond upper limits (UL) listed.
- Review product quality, potential interactions, and bring supplements to clinic visits.
- Coordinate care with pharmacist for annual polypharmacy reviews.

Older Adult Use of Dietary Supplements: Fiber, Vitamins and Minerals.

Dietary supplements can support healthy aging when used appropriately. Among them, dietary fiber is one of the most evidence-based nutrients for promoting digestive, metabolic, and cardiovascular health in adults 65 years and older. Many other vitamins, minerals, and supplements may also be helpful when dietary intake is inadequate or specific health goals are present.

Why Fiber Matters After 65
Aging is associated with changes in the gastrointestinal tract, slower gut motility, altered microbiome composition, and increased risk for chronic conditions such as constipation, type 2 diabetes, cardiovascular disease, and diverticular disease. Adequate fiber intake has been consistently linked to better health outcomes in older adults, including improved bowel regularity, lower LDL cholesterol, better glycemic control, and reduced inflammation.¹⁻³

The Two Types of Dietary Fiber

Fiber Type	Primary Uses/Benefits	Evidence Highlights
Soluble Fiber	• Lowers LDL cholesterol • Helps control blood glucose • Feeds beneficial gut bacteria • May reduce inflammation • Promotes satiety (supports healthy weight)	• Meta-analyses show soluble fiber lowers LDL cholesterol by ~15–10% ⁴ • Higher soluble fiber intake is associated with lower risk of type 2 diabetes. ⁵
Insoluble Fiber	• Promotes regular bowel movements • Prevents constipation • Supports colon health • May reduce risk of diverticular disease	• Increased insoluble fiber intake is linked to improved bowel regularity. ⁶ • Associated with lower risk of diverticular disease. ⁷

Recommended Daily Fiber Intake for a Healthy 65-Year-Old

Total Fiber: 25–30 grams per day
Aim for a balance of both soluble and insoluble fiber:

- Soluble Fiber: 7–13 grams per day
- Insoluble Fiber: 14–21 grams per day

These amounts support digestive health, cardiovascular health, and healthy blood sugar levels.

Tips for Increasing Fiber Safely

- Increase gradually
- Drink plenty of fluids
- Eat physically active
- Chew while food first, supplements if needed

Supplements vs. Food
Whole foods provide fiber along with vitamins, minerals, and phytonutrients that work synergistically. Fiber supplements (e.g., psyllium husk, inulin, methylcellulose) can be helpful for individuals who cannot meet needs through food alone.

Key Takeaway
For adults 65 and older, aiming for 25–30 grams of fiber daily—through a variety of fiber-rich foods and, when appropriate, safe supplement use—supports digestive function, metabolic health, and overall well-being.

SUPPLEMENT SAFETY REMINDERS

- Talk with your healthcare provider before starting any supplement, especially if you take medications or have medical conditions.
- More is not always better. High doses can cause harm or interact with medications.
- Look for third-party tested products (e.g., USP, NSF, ConsumerLab) for quality and purity.

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physical therapy, Lookabaugh-Deur serves as adjunct faculty at a number of universities and administrator for Cancer Recovery Coach certification. She lives in Fruitland township with her husband, Sean and their dog, Truman. She welcomes feedback and inquiry at her email: hjldeur@gmail.com



Double-Apple Spinach Salad Serves 4

- 8 cups baby spinach
- 1 medium Granny Smith apple, diced
- 1 medium red apple, diced
- 1/2 cup toasted walnuts
- 2 ounces low-fat, sharp white cheddar cheese, cubed
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar or apple cider vinegar

Toss the spinach, apples, walnuts, and cubed cheese together. Lightly drizzle olive oil and vinegar over the top and serve.

Chicken Spaghetti 8 servings

- 2 cups cooked chicken
- 3 cups spaghetti, uncooked and broken into two-inch pieces
- 2 cans cream of mushroom soup
- 2 cups grated sharp cheddar cheese
- 1/4 cup finely diced green pepper
- 1/4 finely diced onion
- 1 4-ounce jar diced pimentos, drained
- 2 cups reserved chicken broth from pot
- 1 teaspoon Lawry's Seasoned Salt
- 1/8 teaspoon to 1/4 teaspoon cayenne pepper
- 1 cup additional grated sharp cheddar cheese

1. Cook one cut up fryer chicken and pick out the meat to make two cups.
2. Cook spaghetti in same chicken broth until al dente. Do not overcook. When spaghetti is cooked, combine with remaining ingredients except additional 1 cup sharp cheddar.
3. Place mixture in casserole pan and top with remaining sharp cheddar. Cover and freeze up to six months, cover and refrigerate up to two days, or bake immediately: 350 F for 45 minutes until bubbly. (If the cheese on top starts to get too cooked, cover with foil.)



Transform salads for fall dining

Who says salads are just for summertime?

Now that hot and humid days have given way to the crisp evenings of fall, it's time to tweak lunch and dinner menus accordingly. Even though soups and stews are the norm this time of year, salads can have their menu moments as well. What better way to usher in fall than with a seasonal staple like apples?

Juicy and tart apples add crunch to this spinach-based salad. The addition of nuts and cheese also enhance the sweet-salty appeal of "Double-Apple Spinach Salad," while also offering up plenty of fiber, vitamins, minerals and antioxidants. Try this easy recipe, courtesy of "The Mediterranean Diet Cookbook" (Rockridge Press) from the editors of



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

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

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

Baby Back Ribs Serves 4

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

1. Trim any hanging fat off the ribs. Season with the salt and pepper on both sides. Let stand at room temperature for 1 hour.
2. Prepare the grill for smoking at 225 F to 275 F.
3. Place the ribs meat-side up on the grate over the drip pan. Close the lid. If desired, wrap the ribs in aluminum foil after 1 hour 30 minutes or once the bark (crust) is reddish brown.
4. Turn over the ribs, close the lid, and continue cooking for 1 hour 30 minutes more, or until the ribs pull apart with a gentle tug.
5. Remove the foil (if using), baste the ribs with the sauce, close the lid, and cook meat-side up for 10 more minutes or until the sauce is set. Serve immediately.

Cooking tip: The back of pork ribs is covered with a membrane that some pitmasters say prevents the meat from absorbing the smoke, but this is a myth. Many don't bother removing it, and leaving it on helps keep the ribs from falling apart when you move them.



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

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

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

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

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The Fairy Garden – A World in Miniature



BY JANET HASSELBRING

“Fairies are invisible and inaudible like angels; their magic sparkles in nature.” Holland.

Monte Dreese’s adventure into the world of fairies and mini landscapes began in 2019, with a Gnome House a friend gave her. When she placed the house into her garden, she couldn’t have known it would be the beginning of a foray into the world of miniatures. After she was given a second house, a Log House, a neighbor girl visited her: “Do you know how to get fairies into your

houses, Mrs. Reese?”

Building on a love of dollhouses she played with as a child, Monte and her mom began shopping garage sales, second-hand stores, and online venues for miniatures. She learned how to make items from Femo clay and homemade materials that could withstand the elements. Her mini-Gonk cake consists of 27 painstaking steps. It wasn’t long before fairies, mini characters, and scenes began popping up in her garden. Monte was hooked.

Monte works full-time, so the time she spends in her garden is limited to after work and weekends. During summer months, she spends 10/12 hours a week tending her fantasy world and is often up ‘til 3:00 a.m., working by the mini-lights she has strung. Taking everything down in the fall and setting it up

again in the spring requires 10- to 12-hour days. After a rain shower or windstorm, she is out putting everything back in its proper place.

“I am living my life between fantasy and reality at all times.” (Lady Gaga)

The world of miniatures is a captivating blend of art, engineering, and nostalgia. The art form celebrates extreme attention to detail and craftsmanship, inviting beholders to experience familiar realities through a tiny, microscopic, magical lens.

The art form dates back over 5000 years, when ancient Egyptian artists placed miniature models of boats, workers, and grain silos in tombs to provide comfort and wealth in the afterlife. During the Renaissance, European elites commissioned elaborate cabinet houses. The hobby

exploded in popularity in the 1930s with the famous Thorne rooms, and has grown into a strong global community of artisans, hobbyists, and enthusiasts.

Miniatures are built to exact proportions, so every element fits together seamlessly. The 1:12 scale (1” in the model world to 12” in real life) is the standard for traditional dollhouses and miniatures; 1:24 scale is used for larger scenes, and 1:48 scale is used for expansive landscapes, model trains, and tabletop games.

Darren Thomas, founder of D.Thomas Miniatures, says, “... there is something seductive about a miniature – the way your palm can wrap itself around a tiny object, the small, smooth lines of a perfect twelve-inch scaled hand-spindled captain chair rising just

three inches high.”

NAME, National Association of Miniature Enthusiasts, formed in 1972, promotes the craft of miniatures through the association and friendship of artisans, craftsmen, and collectors.

“Come fairies, take me out of this dull world. For I would ride with you upon the wind and dance upon the mountains like a flame.” W.B Yeats

Monte is providing enjoyment and magic for people she’ll never meet. The objects in her garden are not protected; however, instead of people stealing things, they leave her gifts and notes of thanks and appreciation.

“Those who don’t believe in magic will never find it.” - Roald Dahl.

Here are some of the miniatures you’ll find along the sidewalk at 15158 160th Avenue, Grand Haven, MI 49417:

The Gnome house is the largest scene, with a farmer’s market, a barn, and farm animals. This is where a mouse comes nightly to bed down, raise a family, and find shelter from the elements.

The Live Roof House scene boasts succulents, a favorite of Monte. She also loves incorporating moss into her landscapes.

The groundcover by the bird bath in the Antique House was left for Monte with a thank-you note from a golden retriever named Violet.

Move over, Frederick Meijer Gardens! The conservatory is a

botanical garden with a water fountain. The pots and flower arrangements are made from Femo clay

The Green Squirrel School for Fairies was fashioned from an old birdhouse Monte found at Habitat for Humanity. Notice the chalkboard and cast-iron desks.

The Campground holds a plate of fried eggs for a fairy’s breakfast.

Miniaturists are constantly adding, altering, and renovating their projects. A soap dish, found at Goodwill, is a mini-bathtub for a Dog Park Monte has planned with Self-Serve dog baths and vet services.

Come, and you may find magic as well.

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.

Cracking down on crypto ATMs



BY JOE STAPEL

In March of 2025, a message popped up on a senior lady from Wisconsin's computer screen warning of a security breach, she quickly called the number listed for help.

of 2026 limits a daily transaction limit of \$1000 per person on the machine. It also requires operators to provide paper receipts and to issue full refunds to proven fraud victims, among other protections. Crypto ATMs which convert cash into digital currency are found in gas stations, grocery stores, and other businesses.

daily transactions limits. Scammers have often given victims different phone numbers to use when logging into a machine, making it look like they are different individuals. Requiring IDs will better identify people and is going to save victims a lot of money. At least 30 states have passed laws to regulate crypto ATMs. Minnesota, Indiana, and Tennessee have banned the machines out right. In Michigan a bipartisan two bill package proposed in early 2026



seeks to establish the virtual currency kiosk consumer protection act. As of March 2026, these bills were in committee.

Joe Stapel is a former police officer of 20 years, full and part time. He was an Ordinance Enforcement Officer for a local township. He was the first corporate safety specialist at Meijer Inc., a retired state of Michigan licensed private investigator, retired campus safety director of Western Michigan Business College, current member of Michigan Chiefs of Police and Michigan Fraternal Order of Police. He can be contacted at jyalanhome@gmail.com



The man who answered told her that a payment from her account to a Chinese based porn site was pending. He told her to prevent the loss, she needed to withdraw that amount in cash from her credit union and put it into crypto-currency machine at a nearby gas station in the town where she lived. He told her she had to act quickly before businesses opened for the day in China and the pending payment went through. So she did. Hindsight, she said there were all kinds of red flags. Earlier this year, she recounted her experience as she testified before state lawmakers in support of a new Wisconsin law to regulate cryptocurrency kiosks also known as crypto ATMs. The law which took effect in April

They are a popular tool for criminals looking to steal money since transactions often involve overseas exchanges, making money hard to trace and recoup. The machines may look like traditional bank ATMs, but they are not, scammers can direct a victim under emotional duress to a kiosk. The victim puts a large amount of U.S. dollars in, and it's out of the country in a matter of minutes. The state Rep in Wisconsin who sponsored the bill was astonished at how much money criminals were stealing from seniors in Wisconsin. They wanted it to be a very tough bill. A police officer from Milwaukee who also testified in favor of this bill says that a new requirement for kiosk users to show a photo ID will prevent criminals from getting around the

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

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Whitetail Deer – A Nuisance or A Delight



BY
LOUISE
MATZ

First of all, let’s review some interesting facts about whitetail deer. The whitetail deer is a common American mammal known for the white underside of its tail which it flashes as a warning signal. Michigan has an estimated population of 1.7 to 2 million whitetail deer. They are found in every county in Michigan. That’s a lot of deer, but Texas has over 5 million whitetail deer! California has none! They have blacktail mule deer and an occasional albino. Does Michigan have any deer other than whitetail? No, but we have 2 large hooved members of the

deer family, the elk and the moose. The moose is found primarily in Michigan’s upper peninsula. The elk is found in the northern part of the lower peninsula. What do our whitetail deer like to eat? They love to eat acorns, clover and woody twigs. In the spring and summer, they like green plants, fresh shoots, grasses, dandelions, crops, alfalfa, and soybeans. Their fall diet is nuts, acorns, field corn, wild grapes, and apples. In the winter, their diet is tree brows, twigs, buds, and bark from white cedar, maples and dogwoods. The top favorite flowers for deer are tulips, daylilies, roses, pansies, and hydrangeas. The top deer-resistant flowers are yarrow, bee balm, bleeding heart, catmint, coneflowers, lavender, salvia, astilbe, and verben. The average weight of an adult

male (buck) is 125 to 175 lbs. and 100 to 130 for adult females (does). Michigan has a long-standing deer hunting tradition, supported by updated regulations, public and private lands, and dedicated trophy management areas. The highest number of record deer come from southern and southwestern agricultural areas like Ottawa, Lapeer, Berrien, and Lenawee counties. Three Southeast Michigan cities are teaming up this month to reduce the rapidly growing deer population. Are these beautiful animals a problem in Michigan? The answer is yes. They’re involved in tens of thousands of crashes annually. In certain urban and suburban areas of the state, an abundance is affecting motorists as well as farmers, insurance companies and

residents. Do you love seeing these beautiful animals? I think we all do as long as they’re not causing an accident or eating our flowers and crops. Can we live together peacefully? I hope so. Louise Matz is a national award-winning writer. She has been writing for Senior Perspectives for over 25 years. She enjoys family time, reading, traveling, biking, golf, pickleball, ping pong and mahjongg. She and her husband spent over 20 years enjoying bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys. She is currently re-inventing her life as she lost her husband of 62 years in November of 2023.

Plan your financial future with social security



BY
HILLARY
HATCH -
PUBLIC
AFFAIRS
SPECIALIST

Social Security is a vital part of your financial plan, and we offer a variety of resources and tools to help you make informed decisions about your retirement and overall financial wellness. Learning about your benefits, how we calculate them, and the right time to retire will be key to your planned retirement is the first step to a secure tomorrow. Our publications

are powerful tools are you begin planning. **Start your planning with:** • *Your Retirement Benefit: How It’s Determined* at www.ssa.gov/pubs/EN-05-10070.pdf. • *When To Start Receiving Retirement Benefits* at www.ssa.gov/pubs/EN-05-10147.pdf. You should start planning now by reviewing your Social Security Statement and understanding your potential benefits. Social Security is not meant to be your only source of income in retirement. To live comfortably, you will probably need other savings, investments, pensions, or retirement accounts in addition to your Social Security benefits. Our infographic *Anytime is the Right*

Time to Save for Your Future at www.ssa.gov/benefits/assets/materials/retirement/EN-05-10549.pdf shares valuable information as you begin planning. **Your free and secure my Social Security account is here to help** • Sign in to your personal my Social Security account at www.ssa.gov/myaccount/ to access your *Social Security Statement*. This easy-to-read summary shows your estimated retirement, disability, and survivors benefits. • Explore the Plan for Retirement tool in your account to check various benefit estimate scenarios. Compare how different future earnings and retirement start dates impact your benefit amount.

• Take steps toward financial wellness by regularly reviewing your estimated benefits and planning for your future. **Sharing is caring** It’s time to take charge of your financial future. Use Social Security’s resources and tools to make informed decisions and build a secure tomorrow. You should encourage your friends and family to improve their financial knowledge and plan for their future by sharing this information and creating their personal my Social Security account at www.ssa.gov/myaccount/.

Hillary Hatch is a Social Security Public Affairs Specialist

Small acts of support can make a big difference in the lives of older Americans

For many older adults, staying connected, informed, and independent is important. Sometimes, a little help from a trusted friend, family member, neighbor, or caregiver can make everyday tasks easier and less stressful. Whether it’s helping someone create a personal my Social Security account at www.ssa.gov/myaccount, reminding them about important documents, or simply checking in regularly, small acts of support can go a long way.

Helping Loved Ones Stay Connected to Their Benefits Social Security benefits are an important part of retirement security for millions of people. Helping older family members understand and access their benefits online can save time and provide peace of mind. Your loved one can create a free and secure my Social Security account to view their Social Security Statement and manage their benefits. With a personal my Social Security account people can: • Review benefit information

• Get a benefit verification letter • Update direct deposit, phone, and address information • Request a replacement Social Security or Medicare card (if eligible) • Receive important notices online • And more! If someone you care about isn’t comfortable using online services, offering to sit with them and walk through the process can make a big difference. **Watch for Signs That Someone May Need Extra Help** As loved ones age, everyday responsibilities can sometimes become overwhelming. Family members and friends are often the first to notice when someone may need additional support. You can help by: • Checking in regularly • Helping organize important paperwork • Assisting with appointments or reminders • Encouraging safe online practices to avoid scams • Sharing information about

trusted resources and services Even a quick phone call or visit can help someone feel supported and connected. **Protecting Older Adults from Scams** Scammers often target older adults by pretending to be government agencies or threatening the loss of benefits. Remind your loved ones about our “Never Ever” partnership with other agencies to help everyone recognize and avoid government imposter scams. Remember: • Never ever will someone from the government say: “Your money isn’t safe. Move it to protect it.” Only a scammer will. • Never ever will someone from the government threaten to suspend your government benefits if you don’t pay immediately. Only a scammer will. • Never ever will someone from the government demand that you pay with a payment app, cryptocurrency, wire transfer, or gift cards. Encourage older adults to pause,

verify information, and talk to someone they trust if something feels suspicious. If someone you know was victim of a scam, please guide them to our Office of the Inspector General website at oig.ssa.gov to report it. **Protecting Older Americans is an Everyday Priority** The older adults in our lives are parents, grandparents, neighbors, mentors, veterans, caregivers, and friends. Their experiences and contributions continue to strengthen our communities every day. Let’s pledge to take time, reach out, listen, and lend a hand when needed. Sometimes the smallest gestures leave the biggest impact. **Our Social Security programs and services may benefit an older adult in your life. Visit www.ssa.gov to learn more.** For information about the “Never Ever” campaign, visit <https://www.hhs.gov/press-room/hhs-announces-federal-elder-justice-action-plan-and-ejcc-never-ever-campaign.html>.

G A M E P A G E

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

Level: Advanced

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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.

- B I O A O A W C O C B T Y T A B O C N B I O C N
W Z P S B A P C N A . . . M P S ' Y T E T K H O C N
O C B P A B S D D B I W B L W M Z T U P S K E Z T
E O D D O F S K B B P B W K G W Z P S B . "
- J W S K L F F W Y B C T M

TODAY'S CLUE: A equals S

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CROSSWORD

CLUES ACROSS

- 1. Manila hemp plant
- 6. Turkish river
- 10. Something to read
- 14. In a way, initiated
- 15. Popular Apple TV series
- 17. King Charles is part of it
- 19. Earlier
- 20. Foot (Latin)
- 21. Zodiac sign
- 22. A browning of the skin
- 23. Remain as is
- 24. Turfs
- 26. It's used to slaughter animals
- 29. Volcanic crater
- 31. The mother of Jesus
- 32. One's life story
- 34. One-time Liverpool coach Slot
- 35. Counterparts
- 37. Jacob __, American journalist
- 38. Digital audiotape
- 39. River in South Africa
- 40. Kimono sashes
- 41. Rooting somewhere
- 43. American spy Aldrich
- 45. A way to call for
- 46. Taxi
- 47. Pancakes made of buckwheat flour
- 49. Swiss river
- 50. Popular type of video game (abbr.)
- 53. Have surgery
- 57. Formal withdrawal from a union
- 58. Performs spoken improv
- 59. Greek war god
- 60. 2,000 lbs.
- 61. Helps to evade capture

CLUES DOWN

- 1. Swedish rock group

- 2. "Friday Night Lights" director Peter
- 3. Currency exchange fee
- 4. Feline
- 5. Folk singer DiFranco
- 6. Ghastly pale from distress
- 7. Rapid eye movements
- 8. Monetary unit of Macao
- 9. Lawmakers
- 10. Colorless mineral
- 11. At some prior time
- 12. American protest singer
- 13. Opener
- 16. Seldom
- 18. Relaxing places
- 22. Touchdown
- 23. From end to end
- 24. Kids love him
- 25. Metal-bearing solid
- 27. Skin care product manufacturer
- 28. Thirteen
- 29. Angry
- 30. Member of a Semitic people
- 31. One-thousandth of an inch
- 33. Former CIA
- 35. Most lemony
- 36. Engage in
- 37. Mass of fish eggs
- 39. Food supplies
- 42. Backbones
- 43. American real estate investment firm
- 44. Megabyte
- 46. "Three Coins in the Fountain" songwriter
- 47. Dutch colonist
- 48. Full-grown pike fish
- 49. Emergency prep expert Edwards
- 50. Flute
- 51. Dismissive sound
- 52. Slang term for marijuana
- 53. Young women's association
- 54. Cosmopolitan city
- 55. Narrow isthmus in Thailand
- 56. Pointed end of a pen

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15				16				
17					18									
19					20				21					
				22				23						
		24	25					26				27	28	
29	30						31					32		33
34					35	36					37			
38				39							40			
	41		42						43	44				
			45					46						
	47	48					49					50	51	52
53						54					55	56		
57											58			
59					60						61			

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FALL EVENINGS WORD SEARCH

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

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

WORDS

- ACORN
- AMBER
- AUTUMN
- BONFIRE
- BREEZE
- CHILLY
- CIDER
- CINNAMON
- COZY
- CRISP
- EQUINOX
- FLANNEL
- FOLIAGE
- FROSTY
- GOLDEN
- HARVEST
- HAYRIDE
- LEAVES
- NUTMEG
- PUMPKIN
- SCARLET
- SWEATER
- TWILIGHT
- VIBRANT

GUESS WHO ?

I am an actress and singer born in California on September 1, 1996. I began my career as a fashion model. I also performed a cover of a Katy Perry song for Kidz Bop. I'm known for my role on a Disney show and also for playing a love interest opposite Tom Holland's Spiderman.

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

WORD SCRAMBLE

Answers on page 34

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

P S C I R

--	--	--	--	--

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

C R I H O

--	--	--	--	--

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

I E F D L

--	--	--	--	--

CRYPTO FUN

Solve the code to discover words related to fall. Each number corresponds to a letter. (Hint: 5 = E)

- A. 18 5 6 15 5 7
Clue: Tree foliage
- B. 13 6 17 5
Clue: Gathers leaves
- C. 22 26 20 22 17 1 23
Clue: Orange gourd
- D. 11 24 13 23
Clue: Starchy crop

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My Favorite Camper



BY
KEITH SIPE

What would be the best thing to have and use as a camper? I thought of a tent, and a pop-up tent camper. How about a motorhome with pull outs to enlarge the living area. A nice pickup truck with a camper in the bed of the truck. A house boat is another idea or maybe a sailboat, at least 40 foot long. Another idea of a camper is a van, not a small van but a larger van with all the comforts for traveling. What does your imagination come up with?

My thoughts go to a Ch-47 Chinook Helicopter, YES!!! Go big or go home. The money, well, take it out of petty cash and go for it, there is no money problems!

My imagination got the best of me and my thoughts went directly to the photo here. There it was, my dream camper, a Ch-47 Chinook Helicopter. While looking at the Chinook, I got to thinking, what a great way to go camping. Yes, camping. It would be an ideal camper, a Chinook Camper. You would say to your friends, "I'm going camping this weekend in my "CC". One of a kind for sure. Just sit back and think of the places you could fly and camp. One of the first things that came to mind was camping on a plateau somewhere out west in the Rocky Mountains. Landing on the plateau with a view for miles in every direction. The quietness of such a place would be fantastic!

The back of the CC would open up into a very large room. Imagine what you could put inside the CC.



You could take a side by side on your camping trips. Maybe a couple of motorbikes. There's plenty of room as you can see. You would have a bathroom, kitchen and a bedroom. Oh, let your mind wander of all the things you could do to make your CC as comfortable and beautiful for camping. Yes, camping in a helicopter.

You can go camping and traveling to so many wonderful places in the Untied State or throughout the world. Mountain tops, or on a secluded lake somewhere. The shore of an ocean or river. So many places to go. I've seen photos of people camping and sleeping in a hammock on the side of a mountain. Now that is something I wouldn't do for, I have a CH-47 Chinook to camp with. You could take your CC and find a place to camp just about anywhere. You would be taking your camper a (CH-47 Chinook) with all of its room and be as comfortable as you could ever imagine.

Just let your mind wander off



to some exotic place that only a dream you could come up with. The most beautiful place, maybe an wooded area where there is a cabin on the hill side overlooking a valley. The only way in is by your CC. This world is full of many places to visit and it is impossible to be able to make a decision which one is the best. So, you can make a list of all the places you could

travel and enjoy. Now that is some imagination to have, wouldn't you say?

Keith may be reached at rightseat625bg@gmail.com Please drop him a note, he loves the attention, well, he would love to hear from you. Plus, Keith is off on another adventure to Texas to see his daughter and family.



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Coming soon: Stories About Our Feathered Friends



BY GLENN RUTGERS

Many years ago, when I was quite young, I remember throwing a stone at a robin on a power line in front of our home near Holland. Now, as I look back, I was a bad boy because the stone hit the robin and he fell from the power line, as they say, dead as a doornail.

I only relate that story because something happened inside of me that said, “Never try that again!” Well, that was a hard lesson to learn. From that day to this, I may have hit a few birds with my car. Later, I will tell you a story from

the state of Maine.

I love to admire and capture pictures and stories of birds that are all around us ... at least during the summer.

It is my pleasure to share with you photographs of birds and stories that I have accumulated over the years.

A BIT ABOUT ME ... SHORT VERSION!

I am retired and live in the Holland area. I have always had an interest in photography. When the day came for getting a digital camera, I never stopped taking photos. Thanks to the wonderful staff at Senior Perspective, I have

been given the opportunity to share photos I have taken with its readers. I also have had a photo published in Birds & Blooms magazine of a bumblebee on a sunflower.

My idea of success is to share with others something that means very much to me. Sharing photographs is a hobby and a very small business. I am so thankful to Senior Perspective for having my photos on many of its covers. It is an honor for me to be able to share some of the beautiful things I have seen in nature.

I have put together a program called “The Demise of the Passenger Pigeon.” I have shared this particular program with two groups of people: a bird group in Holland, Michigan, and a Hope College summer seminar. The response was overwhelming.

So, I would like to create a version of this program relating to the demise of birds worldwide. Since 1970, North America has lost nearly 3 billion birds, representing a significant decline in the continent’s bird population.

What I would like to do is put together articles about birds that I could share with you. The articles would begin with “The Demise of the Passenger Pigeon.” All I will say is this: At one time, there were billions of passenger pigeons. The last passenger pigeon died in 1914. Her name was Martha. What a horrible ending for billions of birds who called our area home.

Thank you for allowing me to put together this introduction. I



Photo courtesy of Smithsonian Institution Archives

would like to start with this sad story and then move on to today and the risks birds are facing with our fast-paced, ever-increasing society reducing the size of areas for birds to gather and live.

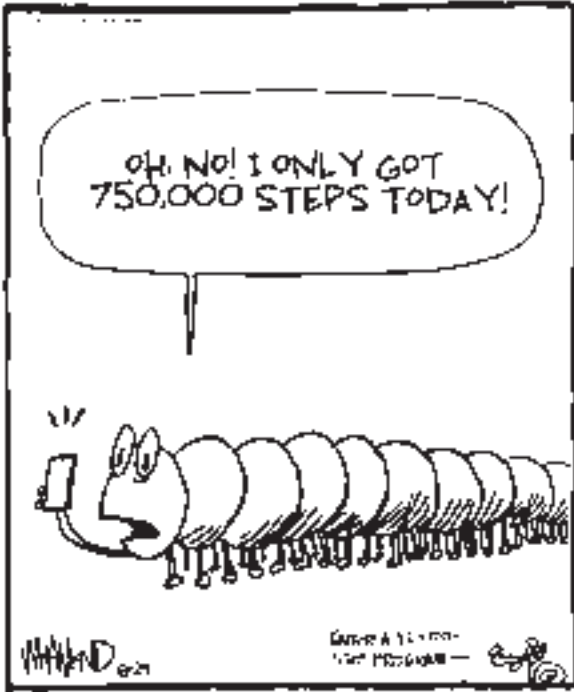
Glenn is a retired Holland-area photographer with a longtime interest in nature and bird photography. His work has appeared on numerous Senior Perspective covers, and one of his photographs was published in Birds & Blooms magazine. He also has presented a program on the passenger pigeon to a Holland-area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



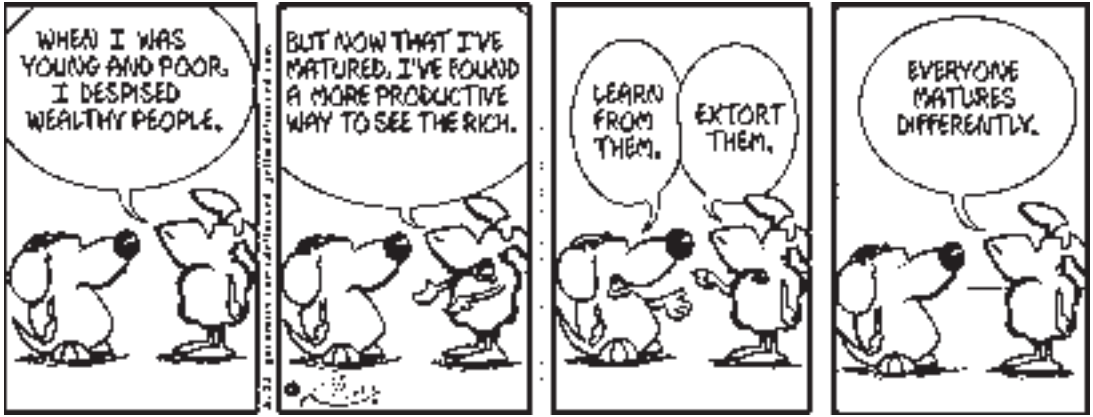
Exhibit photo of Martha, the last passenger pigeon

COMICS

REALITY CHECK



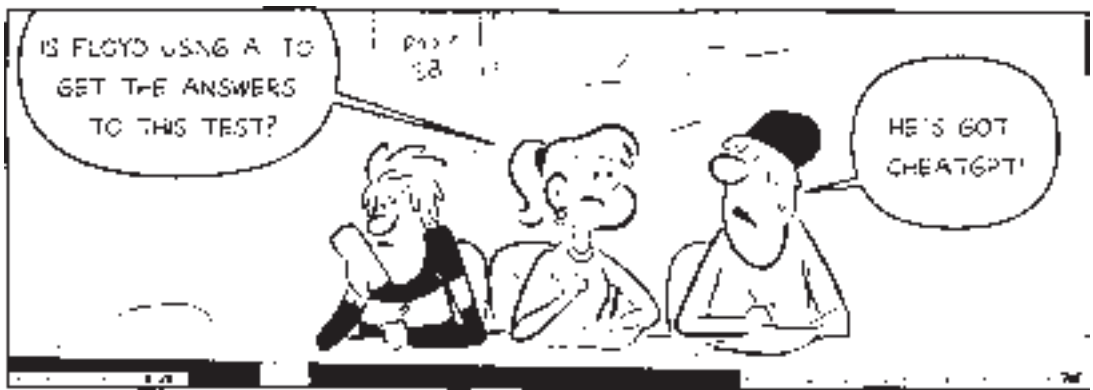
DEFLOCKED



GRIZZWELLS



BREVITY



F MINUS



MODERATELY CONFUSED



100 YEARS AGO THIS MONTH SEPTEMBER

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

- One hundred people lose their lives in Spain on September 1 due to flooding from storms. The storms come after a 55-day drought.
- The funeral train of actor Rudolph Valentino arrives in Chicago on September 3 after departing New York a day earlier. Despite a heavy police presence, several grieving fans break through a police cordon and run onto the tracks.
- Fifteen members of the League of Nations Council unanimously accept a resolution to admit Germany to the League on September 4. A condition of that acceptance was Germany's pledge that the country would

- never again go to war.
- Pope Pius XI publicly condemns the Action française movement on September 8. The far-right, monarchist and national political movement in France objected to the legacy of the French Revolution.
- Roughly 1,000 Greek rebels attack government troops in Athens on September 9. Many of the troops are loyal to deposed Greek dictator Theodoros Pangalos, but their revolt is quickly put down.
- The formation of the National Broadcasting Company (NBC) is announced on September 13.
- Argentina enacts law No. 11,357 on September 14. The law provides more legal protection for married women and expands civil rights for women.
- English writer Rudyard Kipling publishes his Debits and Credits

- collection on September 15. The collection includes the poem, "The Vineyard," which is interpreted as a criticism of the United States for its late entry into World War I.
- A Category 4 hurricane strikes Miami and much of southern Florida on September 18. The hurricane causes an estimated \$100 million in damage and ultimately kills more than 370 people.
- Gangster Al Capone escapes harm when The North Side Gang conducts a failed assassination attempt on him in Cicero, Illinois, on September 20. The failed attempt is made in broad daylight while Capone is eating at his headquarters.
- American inventor Thomas Edison declares radio broadcasting to be a commercial failure on September 22.
- A crowd of more than 132,000 people watch challenger Gene

- Tunney defeat heavyweight boxing champion Jack Dempsey on September 23 at the Sesquicentennial Stadium in Philadelphia. Dempsey was fighting his first bout in more than three years.
- John Coltrane is born in Hamlet, North Carolina, on September 23. Coltrane would become one of the most influential figures in 20th century music before succumbing to cancer in 1967.
- Henry Ford introduces the eight-hour workday and five-day workweek at the Ford Motor Company on September 25.
- American burglars Ray Terrill and Elmer H. Inman escape from prison in Oklahoma on September 27.
- The controversial play The Captive opens on Broadway on September 29. The play is among the first Broadway plays to address the subject of lesbianism

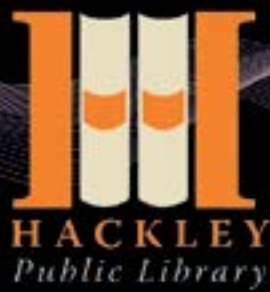
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Understanding food labels

Nutritious food is necessary to sustain life, and that's one reason why food packages contain lists of ingredients. But all ingredients are not created equal. A growing number of consumers desire greater transparency about the foods they are eating, including sourcing, production, preparation details, and nutritional content. While that can be challenging to ascertain when dining out, people have more control over what they eat at home.

According to the plant-based food advocacy company ProVeg International, 62 percent of people are paying more attention to ingredient lists now than they did five years ago. In addition, nearly two-thirds of adults say the ingredients in a food or beverage have at least a moderate

influence on whether they buy it.

One of the ways to be mindful of food ingredients is to understand food labeling. Pertinent information is included on the label, and it pays to study these labels when choosing foods. Here's how to navigate the Nutrition Facts Label, according to the U.S. Food & Drug Administration.

- Servings per container: The first thing people will come across is the servings per container. This tells a person how many servings are in the package.
- Serving size: The serving size indicates how much of the food equates to one serving. It maybe measured in cups, grams, ounces, or even pieces.
- Calories: The calories pertain

to the number of calories in one serving. As a general guide for nutrition advice, 2,000 calories a day is used. A person's calorie needs may be higher or lower depending on variables like age, sex, height, weight, and physical activity level.

- % daily value: These numbers will appear next to the various nutrients in the product and show the percentage of each nutrient's recommended daily value is in the food. Daily values are listed in grams, milligrams or micrograms. By understanding daily values, one knows how many nutrients to consume each day. As a general rule, 5% DV or less of a nutrient per serving is considered low, while 20% DV or more of a nutrient per serving is considered high.



Many older adults do not get the recommended amount of nutrients each day and can use food labels to create a more nutrient-rich diet. It's essential for seniors to look for foods that contain adequate dietary fiber, calcium, vitamin D, and potassium. Individuals also should consume less saturated fat, sodium and added sugars.

Seniors can use nutrition labels as a source of information that helps them make healthy food choices.



SUPPORT FOR OLDER ADULTS STARTS HERE

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

CALL US TODAY: 1-800-992-2061
YOU CAN DO IT. WE CAN HELP.

ANSWERS FOR GAMES

WHAT'S THE DIFFERENCE? (from page 24):

1. Hose on truck
2. Extra truck on side
3. Missing writing on fire truck behind shoulder
4. Missing telephone pole in background

WHAT'S THE DIFFERENCE? (from page 27):

1. More plants and basket on right
2. Missing pumpkin
3. Bird in sky
4. Gourd in front

WORD SCRAMBLE (from page 26) Answers:

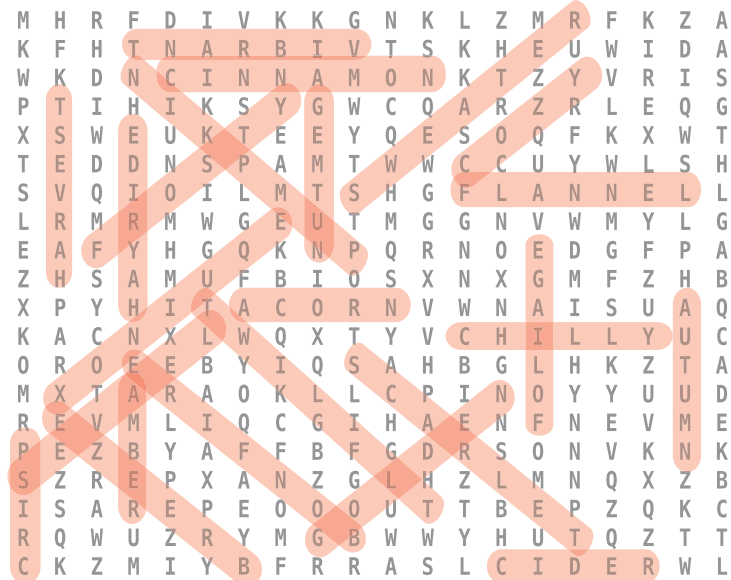
1. Crisp
2. Choir
3. Field

CRYPTO FUN (from page 27) Answers:

A. leaves B. rake C. pumpkin D. corn

GUESS WHO (from page 27) Answer: Zendaya

WORD SEARCH (from page 26) Answers:



I SPY — In the last issue, the fireworks was hidden in the flag ad on page 35. Winners from the last issue are: Lori Fessenden of Shelby, Lisa Allen of New Era, and Diane Gardner of Montague

CELEBRITY CIPHER — Answer:

"This is an interesting thing about songs ... You're delving into stuff that maybe would be difficult to talk about."
-- Paul McCartney

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

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

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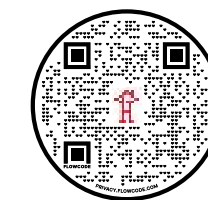
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9AM - 2PM (Check-in at 9AM)

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\$25/person & Includes Lunch

- 9:00 AM** Registration for Ticket Holders & Walk Ins
- 10:00 - 10:15 AM** Opening Remarks - **Amanda Long**
- 10:15 - 11:15 AM** Keynote Speaker
- 11:15 - 11:30 AM** Break
- 11:30 - 12:00 PM** Christine Wistrom
- 12:00 - 12:45 PM** Box Lunch in Cafeteria - **50/50 Drawing**
- 1:00 - 1:30 PM** First Breakout Session
- 1:30 - 2:00 PM** Second Breakout Session
- 2:00 PM** Event Ends



Main Speakers:
Kate Maver
Christine Wistrom
Katlin Mills

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