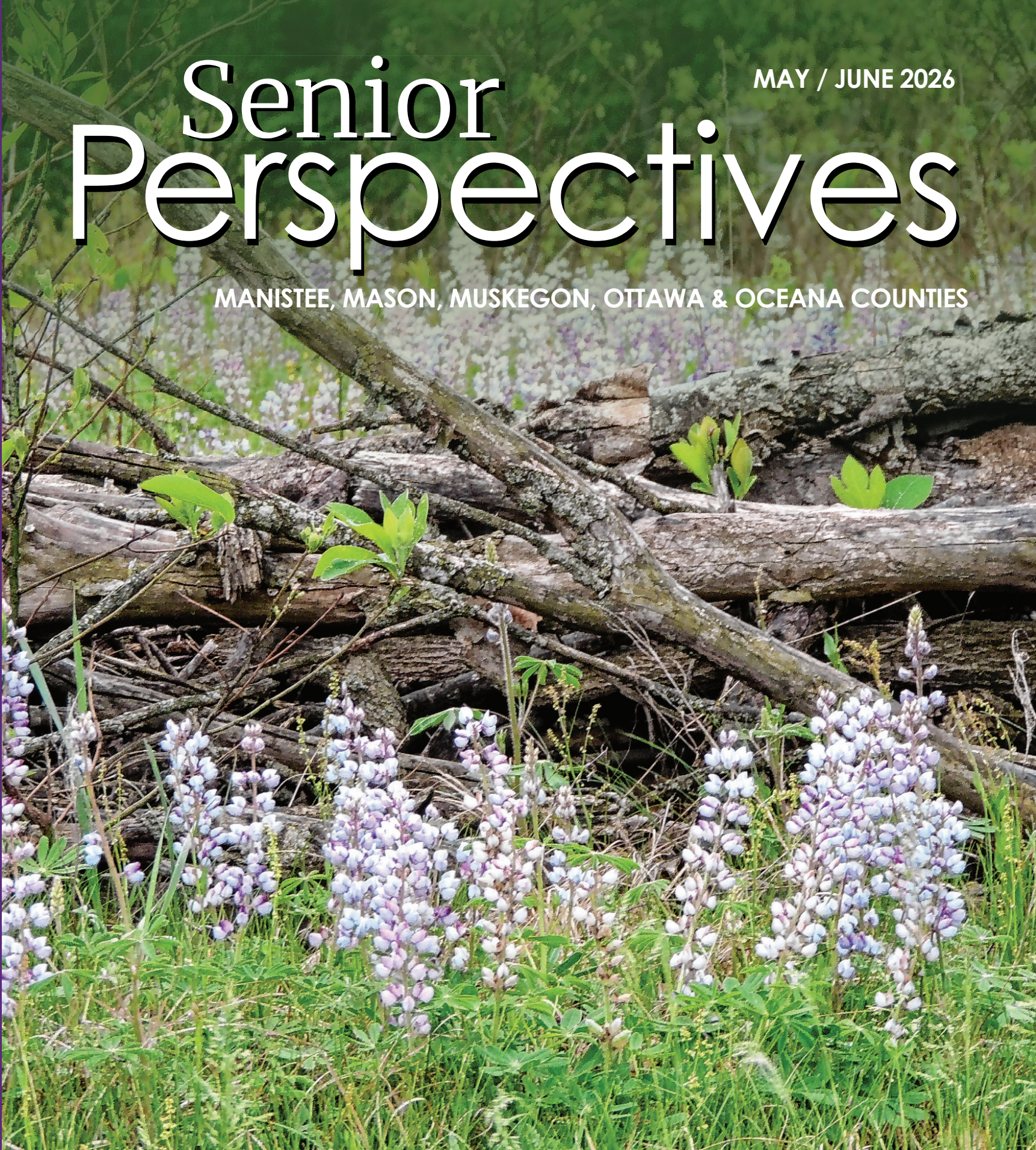


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Senior Perspectives

MAY / JUNE 2026

MANISTEE, MASON, MUSKEGON, OTTAWA & OCEANA COUNTIES



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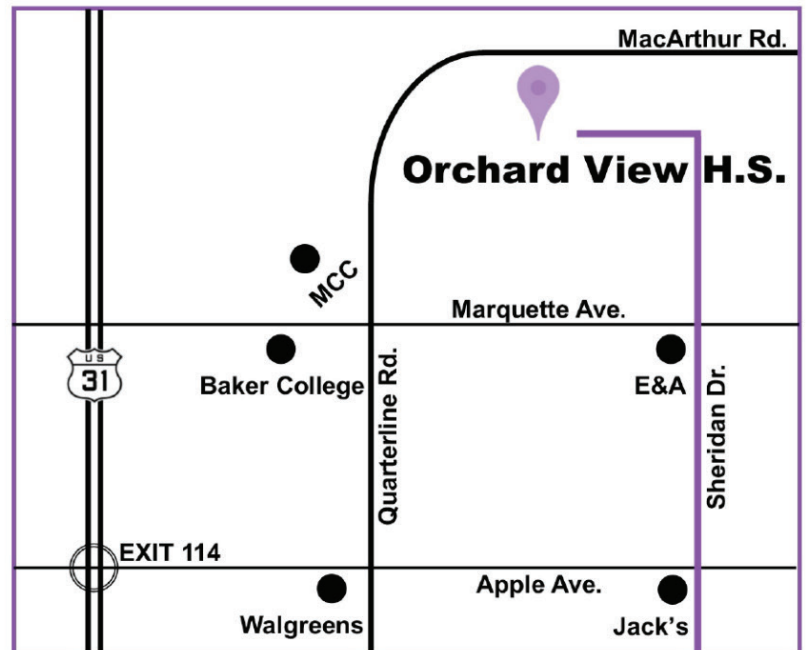
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Spring to summer: a season of remembrance and renewal



BY LOIS
TOMASZEWSKI
EXECUTIVE
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How does that old saying go? April showers bring May flowers. May flowers bring June brides.

This is one of those adages we learned in school to help us remember concepts — the ABCs, state capitals, number of days in the month — you get the picture.

But there is always

some truthful nugget one can glean from sayings like this. It is true that we associate seasons, months and specific dates with those important moments in our life.

For May, I always think about Mother's Day. My mother passed away three years ago at the age of 98. And while one cannot "get over" the passing of a loved one, there are transitions and substitutions. For example, I am now the matriarch — a mother and grandmother. It is these kinds of transitions that move us from one life stage to another, just like the poem I used to open this article.

June means Father's Day. My dad was a World War II vet — Army Air Corps in the Pacific theater. So were three of his brothers. Luckily, all of them came home safely to their mother. My father also passed away, but like my mother, I still think of him all the time. He was my personal hero, working three jobs to keep the family fed, a roof over our heads and even indulging his only daughter in horseback riding lessons.

But I would be remiss if I didn't

acknowledge the one day that should resonate with all of us that occurs in May. Memorial Day is the day we can acknowledge and honor all those who put their lives on the line for all of us, remembering that war is never easy and often requires the ultimate sacrifice. That's why Memorial Day is deserving of special recognition.

While I can certainly point out specific memories related to specific dates on the calendar, the months of May and June are two of the four transition months. We are moving from spring into summer. Families with children are transitioning from schoolwork to summer fun; high school students are graduating and moving toward their future, and couples are opting for June weddings to begin another chapter in their own life cycle.

In spring we are shaking off the confines of winter. We see the earth come alive, and so do our spirits. We leave the winter doldrums behind. When the calendar tells us summer is here, there is a rejuvenation. The days are the longest of the year in June. More sunshine helps replenish vitamin D, and many people move from dining inside to dining al fresco.

Life is about transitions. It is about making and remembering. The calendar is one of the ways memories are invoked and seasonal transitions are marked, but the best part of transitions is the opportunity it provides to generate new perspectives on life, love and happiness, as well as new memories. So walk on sunshine, as the song by Katrina and the Waves suggests.

MAD AT LIONEL



BY
CLIF
MARTIN SR.

I am still grumbling and mumbling over Lionel Richie's song "Dancing on the ceiling" from 1986.

It's a pretty good song, but 1986 is too recent for me.

The only song with that title that I want to hear was written by Rodgers and Hart in 1930. Wonderful things happened in that year. I was born.

I don't think you can copyright a title. If I feel like writing an "I love you" song, I can do it without getting sued by a hundred people who already did it. I won't take a chance on doing another

"Stardust." Would the Hoagy Carmichael estate give a bad time? There is at least one "Gone with the Wind" song. Did Margaret Mitchell's people have a fit?

So, what's so special about Rodgers and Hart "Dancing on the ceiling?" Everything. A great melody line, appealing harmonic progressions and Lorenz Hart's words that are some of the finest romantic imagery and gorgeous rhymes ever produced.

"He dances overhead on the ceiling near my bed in my sight through the night." It ends with "I love my ceiling more since it is a dancing floor just for my love."

Sorry, Lionel. I'm just too old..



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The answer, along with winners' names will be announced in the next issue. In the last issue, the shamrock was hidden in the image on page 20. See page 34 for winners.

Ask the doctors:

Debating the Benefits of Sigmoid Surgery



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

DEAR DOCTORS: I am considering having sigmoid surgery. Five years ago, I had pancreatic cancer. I have

also had multiple episodes of diverticulitis. Is there any information about how common post-op diarrhea is after this surgery? Is it constant, or does it eventually stop?

DEAR READER: Your questions cover several health issues, so let's begin with diverticulitis. This is an inflammatory condition that affects the gut. While diverticulitis can occur in the small intestine, most cases develop in the large intestine, or colon.

The condition begins with

the formation of small bulges or saclike pouches along the inside walls. Known as diverticula, they are common to form as people reach middle and older age. The presence of these pouches is called diverticulosis. In most cases, diverticula are "silent" and do not cause any problems. But in some people, they become inflamed. When this occurs, it is a condition known as diverticulitis.

Diverticulitis can cause abdominal discomfort and pain that can become severe. If an infection occurs, symptoms can include fever, chills, nausea, vomiting, diarrhea, constipation and bloating. In severe cases, partial or complete bowel blockage can lead to a rupture of the tissues of the colon.

The first line of treatment is supportive care to manage symptoms. This often includes a diet of clear liquids for several days to help ease inflammation. In some cases, antibiotics may be

used to address infection.

When diverticulitis is severe, or when repeated episodes put the person's health and quality of life at risk, the sigmoid surgery you are asking about becomes an option. Also known as sigmoid colectomy or sigmoidectomy, it involves the removal of part or all of the sigmoid colon. This is the S-shaped portion of the large intestine, located in the lower left of the abdomen, that connects the final section of the colon to the rectum. Because this part of the colon undergoes contractions to move food waste into the rectum, it is a site of high pressure. As a result, it is susceptible to the development of diverticula.

One of the jobs of the colon is to extract water from the semi-liquid waste it receives from the small intestine. Shortening the sigmoid colon gives the large intestine less time and less real estate in which to remove enough water to create solid stool. As a

result, a common post-operative side effect of sigmoid surgery is loose stools or, in some cases, diarrhea.

Severity and duration vary depending on each specific case. For many people, the body adjusts and the aftereffects resolve over time. Dietary changes such as smaller and more frequent meals and limiting high-fiber food can aid in recovery. In some cases, anti-diarrhea medications may be prescribed.

You also mentioned you had pancreatic cancer five years ago. This is likely to factor into your doctors' guidance. Existing scar tissue from previous surgeries and your current health will all be considered.



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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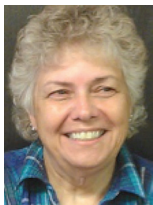


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LIVING ON LESS



BY
CHRISTINE
WISTRUM

Many of us live paycheck to paycheck. Once I retired, I found myself having to manage with about half of what I was making while I was working. What a shock to the system that was! I am the one responsible for paying my bills and making sure they are paid on time. Like many of us, I'm finding that it is not always easy when your primary source of income is Social Security.

In order to know that my bills

are paid on time I use a "bill calendar." This was something I learned through a program called "Your Money, Your Goals," distributed by the Consumer Financial Credit Bureau, and it's a tool I've come to rely on. The bill calendar is simply a calendar that lists the dates when each of my bills are due. Since paying them late results in a service charge being added on, it's a good idea to pay them on time.

I also use a budget sheet listing the specific bills I have to pay each month. It saves me a lot of worry about whether I've paid each bill or not. It's not easy getting them



all paid on time...and it's not easy making sure I have the money on hand to pay them. I've found the best way to do that is to sit down first thing on the day my Social Security check is deposited and pay all of my major bills at once. Whatever is left over is money I can use for groceries, gas, entertainment, etc. I can't tell you how much better it is to know that I won't have creditors constantly phoning me to demand money.

I try to set aside something for my savings account each month too, so I have a little extra to fall back on in emergency situations. I've had times in the past where I had to choose paying up front for an unexpected expense or having to charge it. It's much better to pay it immediately as charging it means having interest added on.

I recall those days of being afraid to answer the phone because someone wanted money I didn't have. I remember spending days worrying about whether I'd have

the money to pay an important bill on time and what it would mean if I didn't. Using the tricks and tools I learned from some basic budgeting classes, I no longer go through that stress. Yes, it's still difficult learning to live on half of what my income was, but I know where I stand now and I'm comfortable knowing my bills are paid. Living on less may not be desirable but it is possible!


If you would like to learn more about creating a budget and using tools like budget forms and bill calendars to manage your money, please contact Disability Network Lakeshore at 616-396-5326.



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



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Advocacy in Action: Protecting, Celebrating, and Supporting Older Adults



BY PAM CURTIS

CEO of Senior Resources of West Michigan

Each spring, we are reminded that advocacy is not a single moment or event—it is an ongoing commitment to ensuring older adults are safe, respected, and

supported as they age. The months of May and June bring together three powerful opportunities to elevate that commitment: Older Americans Month, World Elder Abuse Awareness Day, and statewide and national advocacy efforts to protect funding for the Older Americans Act.

As the Area Agency on Aging serving Muskegon, Oceana, and Ottawa counties, Senior Resources of West Michigan works every day to turn advocacy into action. Whether through education, community collaboration, or policy engagement, our role is to ensure that older adults can age with dignity, independence, and security.

CELEBRATING OLDER AMERICANS MONTH: CHAMPIONING HEALTH AND INDEPENDENCE

May is Older Americans Month, a time to celebrate the contributions, resilience, and diversity of older adults in our communities. This year's theme, Champion Your Health, reflects something we see every day—older adults who are



actively engaged in maintaining their well-being, staying connected, and contributing to family and community life.

At Senior Resources, championing health means more than medical care. It includes access to nutritious meals, transportation, in-home support, caregiver resources, and reliable information to help people make

informed decisions. These services, largely funded through the Older Americans Act, are proven to help older adults remain safely at home and engaged in their communities.

Older Americans Month is also about lifting up the voices of older adults. Advocacy is strongest when it reflects real experiences—what is working, what is missing, and what needs to change. Those voices help guide our planning

locally and strengthen our message statewide and nationally.

STANDING AGAINST ELDER ABUSE: AWARENESS, EDUCATION, AND PREVENTION

In June, World Elder Abuse Awareness Day calls attention to an issue that too often remains hidden. Elder abuse, including financial exploitation, scams, neglect, and emotional abuse—affects older adults across all communities and backgrounds. Awareness is the first step toward prevention.

Senior Resources is proud to support **Safe Seniors**, a local collaborative dedicated to educating older adults, caregivers, and professionals about recognizing and preventing abuse and scams. Through workshops, outreach, and shared resources, Safe Seniors helps people understand warning signs, protect themselves and their loved ones, and know where to turn for help.

Education is critical, especially as financial scams become more sophisticated and targeted. By working together with community partners, law enforcement, financial institutions, and service providers, we can reduce isolation, strengthen protections, and create a culture where abuse is recognized, reported, and addressed.

World Elder Abuse Awareness Day reminds us that safety is

foundational to healthy aging. Advocacy at the local level—supporting education, prevention, and coordinated response—directly protects the well-being of older adults.

ADVOCACY AT THE CAPITOL AND BEYOND: PROTECTING FUNDING FOR OLDER ADULT SERVICES

Advocacy also happens at the policy level. On May 13th, advocates from across the state will gather in Lansing on the South Lawn in Front of the Capital building for Older Michigianians Day, a statewide event that highlights the importance of investing in services that help older adults remain independent and connected.

As CEO of Senior Resources, advocacy is a core part of my role. I work alongside colleagues, partners, and older adults to ensure lawmakers understand how policy decisions translate into real-life outcomes. Programs funded through the Older Americans and Older Michigianians Acts are not abstract line items—they are meals

delivered, caregivers supported, rides provided, and crises prevented.

The Older Americans Act is the backbone of our nation’s aging services network and the Older Michigianians Act provides additional resources for these services. Strong, sustained funding allows Area Agencies on Aging to respond to local needs with flexible, cost-effective solutions. When funding is threatened or fails to keep pace with growing demand, the impact is felt directly by older adults and caregivers.

One of the most powerful advocacy tools is a personal story. When legislators hear from older adults and families about how services have helped them stay at home, recover from illness, or care for a loved one, it puts policy into perspective. Advocacy ensures those stories are heard.

A CALL TO ACTION

These observances—Older Americans Month, World Elder Abuse Awareness Day, and Older Michigianians Day—are connected by a shared purpose: valuing older adults and ensuring the systems

that support them remain strong.

Advocacy can take many forms. It may be learning how to spot a scam, attending an educational program, sharing your experience with a policymaker, or simply starting a conversation with a neighbor. Each action helps build a safer, healthier, and more inclusive community for people of all ages.

At Senior Resources of West Michigan, we believe aging should be supported, protected, and celebrated. By working together—locally, statewide, and nationally—we can ensure that older adults continue to thrive today and for generations to come.

For more information, visit www.seniorresourceswmi.org or call us 231-733-3585.

For information on Safe Seniors, visit www.safeseniors.info or call 231-726-7104.

To learn more on our advocacy actions visit the Area Agencies on Aging Association of Michigan at www.4ami.org/advocacy



Pam Curtis is the CEO of Senior Resources of West Michigan and has spent more than 36 years supporting older adults and caregivers. She holds a degree in social work from Ferris State University, where she was recognized as a Distinguished Alumni Award recipient. A lifelong Michigander who grew up along the shores of West Michigan, Pam is a mom to two lovely daughters and enjoys traveling in her free time.



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What your firefighter neighbor wants you to know about electricity



BY
JACK R.
WYDECK

Electricity keeps our homes comfortable, but it also carries hidden risks.

This is not something I am proud to admit,

but for much of my life, I didn't understand how electricity worked. It was a magical thing that happened when I flipped this switch; the lights turned on. I remember watching my dad rewire a bedroom and in the end, everything just worked. He tried to explain it, but it felt like he was pulling a rabbit out of his hat.

It wasn't until I started working for a fire department and learning about water that I started to understand how it works and how dangerous it can be if misused.

When water doesn't do what we want it to, we can see it leaks. When water is clogged, the sink doesn't drain as fast as we want it to. These are all red flags to do some repairs or call a plumber. When electricity doesn't do what we want it to, the red flags may not be so obvious. We can get blown fuses, flickering lights, warm cords, or outlets. By looking at our home through the lens of water flow, we can identify some of the most common electrical concerns before they become an emergency.

OVERLOADED CIRCUITS-

Imagine if I tried to hook up 5 fire engines to a single fire hydrant.

Or if you tried to water all of your lawn with 5 sprinklers on one hose. No way would work. The water system isn't designed to do that. Electricity is very similar. The wiring in your home can only carry a certain number of amps. When too many things are plugged in, each thing is trying to get all the power it needs. This "pull" creates friction, which causes heat; it might start a fire.

Homes built 30-50 years ago were never designed for our large televisions, extra kitchen appliances, electric scooters, medical equipment, and space heaters.

TIPS- Just because you plug it in and it works doesn't mean you are out of the woods. If there is space for two, only use two. Don't create more; understand the system isn't designed for that extra load.

EXTENSION CORD MISUSE-

We have all used an extension cord to bring power to somewhere we need it. It might be when we use a vacuum cleaner in the garage, a giant inflatable snowman in your front yard, a space heater next to your favorite chair, etc.

We use a power strip when the outlet is hard to reach, like behind a sofa, or under a table. Extension cords are not designed to carry a heavy load for an extended period of time. It is like trying to get the same amount of water from a small



hose. That push causes restriction, which causes heat.

Extension cords should be able to cool down the wire inside, but when you put a rug or chair on them, coil them up in the corner, or pinch them, they can't cool down and become an even bigger risk.

Space heaters are commonly used in older homes. Appliances that create heat, such as space heaters, Microwaves, Refrigerators, Clothes washers, and dryers, use a lot of electricity. These appliances are

not designed to be used with an extension cord.

Warning- Power strips are not a permanent solution. They do not increase the capacity of your wiring, they only allow you to plug more things in.

TIPS- If you need power somewhere permanently, call an electrician. Don't use a damaged extension cord. Never use an extension cord to power something that creates heat.

BATTERIES MISHANDLED-

A dam works because one side is filled with water, and the pressure it builds, spins generators inside the dam, creating the power we use. That pressure is being released slowly and is controlled. If the dam breaks, all the water is suddenly released and is very dangerous for anyone in the area.

This is how a battery failure works. In its normal condition, the battery releases power slowly in a controlled manner. When a battery fails all of the power is released quickly and this is when fire starts. Batteries could fail from being damaged, overcharged, or even if the wrong charger is used.

Warning- There are usually a lot of single batteries packaged together. That is a lot of power packed into a small space, and if one overheats, it starts to cascade into a thermal runaway. Like dominoes when one falls, it causes the next one to fall, and so on.

In 1894 Underwriters Laboratories began testing electrical equipment to make sure the products we buy are safe to use.

TIPS- When buying electrical equipment,

make sure it has been tested and is safe, check for the "UL Listed" mark. Only use the appropriate charger. Never use a damaged battery. If the battery doesn't hold a charge, stop using it. If the battery gets hot, smells funny, or makes a weird noise, stop using it and take it outside.

The homes we live in were not built for the electrical demands of today. Our homes are older, the wiring is starting to age, and we use more electrical equipment than we did before. Understanding how electricity works is important. If there is a problem, call a licensed professional right away, don't wait for the end of the magic trick.

Electrical fires happen fast. Have a plan to get out of your house, call 911, keep yourself safe, and be independent in the home you love.



Jack is an active member of the Muskegon Charter Township Fire Department for 13 years. His parents live in Grand Haven, MI, and are planning their first cruise for this spring. He is the proud father of two headstrong daughters who will change the world. He can be reached at jack.wydeck@mcd911.net with any questions.



Basics (Electricity and Water: More alike than you think)

CURRENT: WHAT MOVES

Water is stored in elevated water tanks, and with the help of gravity, it fills the water mains to our homes and fire hydrants. Electricity is coming from the power company through the power lines into our homes. Instead of measuring the gallons of water flowing in the water mains per minute, think of the electricity as the amps moving in a completed circuit.

VOLTAGE: THE PUSH

We can change the amount of water pressure available by putting more water in the tanks, and the power company can increase the amount of power in the lines by increasing the generators' output (More Water Pressure=More voltage).

We hook up hoses from hydrants into our fire trucks, the fire trucks increase the speed the water is flowing and this builds the pressure, which is like increasing the electric voltage.

RESISTANCE: WHAT SLOWS IT DOWN

A wider hose is going to let more water pass than a narrow hose. We have all kinked a hose when someone is washing the car, and it stops the water from spraying, this is like electrical resistance (Ohms). When the resistance is high enough it causes heat and light. The filament in an old light bulb, or a toaster, works because of resistance. As electricity moves through it slows down and gets hot and bright.

Gender-Specific Aging Health Priorities



BY HOLLY
LOOKA-
BAUGH-DEUR

If 2026 is the year to create new health commitments for habit changes – realistic, gradual, meaningful lifestyle changes – then it's time

to explore the differences between male and female health priorities as we age. Health priorities later in life often shift between men and women due to biological, hormonal, and social factors. Below is a clear comparison of the key health concerns and priorities after age 55 to help guide you on your road to better health.



HEART & CARDIOVASCULAR HEALTH

Men

- Higher risk of heart disease at earlier ages
- More likely to experience “classic” heart attack symptoms (chest pain, left arm pain)
- Focus is often on cholesterol, blood pressure, and weight control

Women

- Risk sharply increases after menopause (loss of estrogen protection)
- Women are more prone to damage in smaller blood vessels, which may be missed in standard tests
- More likely to have atypical symptoms (fatigue, nausea, jaw / back pain)
- Greater risk of stroke at older ages

HEALTH PRIORITIES:

Men tend to address heart disease earlier; women need to

intensify efforts for cardiovascular health after menopause.

BONE & JOINT HEALTH

Men

- Lower risk for osteoporosis overall, but often underdiagnosed
- When fractures occur, mortality risk can be higher

Women

- Much higher risk of osteoporosis, especially post-menopause
- Higher rates of hip fractures
- Need bone density screening earlier and more frequently

HEALTH PRIORITIES:

- Bone density prevention (calcium, vitamin D, resistance training) is especially critical for women.

COGNITIVE & MENTAL HEALTH

Men

- Older males are thought to have the highest level of undiagnosed and untreated mental health issues such as depression and anxiety
- Higher suicide rates in older age
- Less likely to seek mental health support

Women

- Higher lifetime risk of Alzheimer's disease
- More likely to seek help for depression / anxiety
- Often experience caregiving stress

HEALTH PRIORITIES:

Women focus more on dementia prevention and emotional wellbeing; men need greater attention to mental health screening and social connection.

CANCER SCREENING PRIORITIES

Men

- Regular prostate cancer screening (PSA testing)
- Recommend lung screening if former / current smoker
- Higher rates of bladder and liver cancer

Women

- Breast cancer screening (mammograms)
- Cervical cancer screening (until appropriate age)
- Higher thyroid cancer incidence

HEALTH PRIORITIES:

Colorectal cancer screening for BOTH sexes after 45. * Note: Colorectal cancer screening is the fastest growing type of cancer in adults age 30 – 50.

HORMONAL & METABOLIC CHANGES

Men

- Gradual testosterone decline (“andropause”)
- Muscle mass loss (sarcopenia)
- Higher visceral fat risk
- Blood sugar management

Women

- Menopause management (hot flashes, bone loss, metabolic shift)
- Increased abdominal fat distribution
- Higher autoimmune disease rates

HEALTH PRIORITIES:

Women face a sharper hormonal transition; men experience slower but progressive muscle and metabolic decline.

Summary of Key Differences: Men vs. Women (Later Life Health Priorities)

Area	Women (Later Life Priority)	Men (Later Life Priority)
Heart	Risk increases post-menopause	Earlier heart disease risk
Bones	High osteoporosis risk	Underdiagnosed bone loss
Brain	Higher Alzheimer's risk	Higher suicide risk
Cancer	Breast & cervical screening	Prostate screening
Hormones	Sudden impact of menopause shift	Gradual testosterone decline
Care habits	More preventive care use	Less frequent checkups

LIFESTYLE & LONGEVITY PATTERNS

- Women live longer on average but spend more years with disability.
- Men have shorter lifespans but higher rates of fatal heart disease earlier.
- Women are more proactive in preventive care.
- Men are less likely to attend routine checkups.

A shift in perspective from measuring life by how long we live to living as long as possible without disability is a key part of re-prioritizing our health concerns. Both men and women should prioritize social and cognitive engagement, maintaining social ties to support mental health. Longevity and quality of life are both impacted by this important component of good health. Another universal priority for men and women alike is maintaining a consistent activity level, averaging 150-300 minutes of moderate activity per week is recommended, along with resistance training twice weekly.

In general, women outlive men around the globe by Older Americans tend to have higher levels of chronic disease and disability than counterparts in many other developed countries:

- A global study ranked the U.S. 53rd out of 195 countries for health

burden related to aging—worse than many European and East Asian countries.

- U.S. older adults have higher rates of age-related disease and disability than peers in many high-income countries.
- Americans also live more years with disease (“healthspan-lifespan gap”), often due to musculoskeletal, mental health, or chronic disorders.

LIFE EXPECTANCY AT BIRTH IN THE UNITED STATES (2024)

- Women: ≈ 81.4 years
- Men: ≈ 76.5 years
- Overall (both sexes): ≈ 79.0 years

This represents a record high in U.S. life expectancy, rebounding after declines during the COVID-19 pandemic.

LIFE EXPECTANCY AT OLDER AGES (AGE 65)

- Women at age 65: ~ 20.8 more years (so average age ~ 85.8)
- Men at age 65: ~ 18.4 more years (so average age ~ 83.4)

This means that once someone reaches age 65, they can expect to live into their mid-80s on average.

GENDER GAP

Women in the United States continue to live about 4.9–5.3

years longer than men at birth—a consistent pattern seen historically where women tend to have longer lifespans than men.

Overall, evidence suggests older U.S. adults (men and women) are more likely to live with multiple chronic conditions than those in many other wealthy nations. It's time for us to embrace lifestyle modifications to improve the quality of life and health as we age in America. We can do it!



Holly Lookabaugh-Deur is a retired physical therapist with board specializations in oncology and geriatric clinical care. She holds a BS in physical, MHS in neurological studies and doctorate in geriatric clinical medicine. She serves as adjunct faculty at 8 colleges and universities, and loves living in West Michigan with her husband, Sean, and Truman, the happiest labrador in the world. She welcomes feedback to hjldeur@gmail.com.

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Breakfast sandwiches are an early morning comfort food

Comfort food is often associated with dinner fixtures like meatloaf and baked ziti. But comfort also can be served up at the breakfast table.

Breakfast sandwiches are wildly popular and can act as early morning fuel after a good night's rest. When the urge strikes to prepare some early morning comfort food, cooks can look to this recipe for "Fried Egg, Bacon, Cheese, and Tomatoes on a Bread Roll" courtesy of Lines+Angles.



Fried Egg, Bacon, Cheese and Tomatoes on a Bread Roll Makes 4 servings

- 4 bread rolls, split in half horizontally and toasted
- 8 slices thick bacon
- 4 large eggs
 - Salt, to taste
 - Freshly ground black pepper, to taste
- 4 slices cheddar cheese
- 1 fresh tomato, rinsed and sliced

1. In a skillet set over medium-high heat, cook the bacon until nicely browned and crispy. Drain bacon on paper towels.
2. Remove most of the bacon drippings from the pan and fry the eggs to your liking. Season to taste with salt and pepper.
3. Arrange a slice of cheese and 2 slices of cooked bacon on the bottom half of each roll. Add tomato slices and a fried egg to each. Top with the remaining half of the bread roll. Serve.

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Savor a summer fruit salad

Even as summer winds down, there tends to be plenty of time to reap the rewards of backyard gardens and warm-weather entertaining. Refreshing salads are favored at such gatherings, and the interesting pairing of peaches and tomatoes makes the most of these fruits when they're at their peak. Sweet and savory flavors combine in this recipe for "Peachy Tomato Salad" courtesy of "The Mediterranean Diet Cookbook" (Rockridge University Press). This delicious side pairs best with grilled fare.

Peachy Tomato Salad Serves 2

- 2 ripe peaches, pitted and sliced into wedges
- 2 ripe tomatoes, cut into wedges
- 1/2 red onion, thinly sliced
- Sea salt and freshly ground pepper, to taste
- 3 tablespoons olive oil
- 1 tablespoon lemon juice



Toss the peaches, tomatoes and red onion in a large bowl. Season to taste. Add the olive oil and lemon juice, and gently toss. Serve at room temperature.

Ham and quinoa salad makes for light but filling fare

Salads make for a great meal when people are looking for light yet filling fare. Salads also offer a lot of versatility, and just about any ingredient can be added to a salad or even serve as the base of a salad. For example, this recipe for "Ham, Fennel and Quinoa Salad" from Lines+Angles features a base of quinoa. When paired with diced ham, the quinoa makes this delicious dish a little more filling than a more traditional salad.

Ham, fennel and quinoa salad Makes 4 servings

- 8 ounces quinoa, rinsed and drained
- 1 fennel bulb, thinly sliced
- 4 slices cooked ham, about 6 to 8 ounces, diced
- 2 ounces roughly chopped pecans
- 1 1/2 ounces baby salad leaves
- Salt
- Freshly ground black peppercorns

For the dressing:

- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1 tablespoon white wine vinegar
- 3 tablespoons olive oil



Put the quinoa in a saucepan with 3 cups of water and a big pinch of salt. Bring to a boil, then reduce the heat and simmer for 15 minutes, or until all of the liquid has been absorbed. Spread out on a plate and leave to cool for 10 minutes.

Toss the cooled quinoa with the fennel, ham, pecans, and baby leaves.

To make the dressing, whisk the mustard, honey and vinegar together, then whisk in the oil. Season to taste with salt and pepper, then toss with quinoa salad.



An 'Unexpected' Encounter with Emily Dickinson



BY JANET HASSELBRING

Is it finally here? When Emily Dickinson said, "March is the Month of Expectation," she was describing the anticipation we feel at

the long-awaited arrival of spring. While we're enjoying the longer days and the warmer weather, what Dickinson was "expecting" was in her garden, where bulbs she had planted the previous fall, discarded their protective shells and pushed through the dirt, creating a world of beauty and color.

Here, in North Country, where we're advised not to plant annuals 'til well into May, I'm still enjoying the "first fruits" of Spring:

The Tulip
She slept beneath a tree
Remembered but by me.
I touched her cradle mute;
She recognized the foot,
Put on her carmine suit, --
And see!

Dickinson's garden of crocuses

- "vassals of the snow," tulips, and daffodils bloomed at Easter time, attesting to the power of the "perennial," new life, and the Resurrection.

And to hope:

"Hope is a thing with feathers
That perches in the soul
It sings the song without the

words

And never stops at all."

*(Dickinson)

Dickinson wrote over eighteen hundred poems; however, less than a dozen were published during her lifetime (1830-1886). Today, she is considered one of the most-studied 19th-century poets, and her poem

about Hope is the most-searched poem online.

Published posthumously in 1891, the poem is a defining example of American Romantic poetry and 19th-century symbolism. Her poems matter because of their unique style, her techniques, and the structure she uses:

Common meter, similar to Protestant hymns; **slant rhyme**, rather than perfect rhyme; **capitalization** for emphasis; **dashes** to create pause and ambiguity; and **compression** of thought – Dickinson says more in 4 lines than many poets say in 40.

In "Hope," Dickinson uses

extended metaphor, transforming hope into a bird (another sure sign of spring) – resilient, constant, and wordless.

"Hope is a thing with feathers," makes hope visible, tangible, and alive; "It sings the song," captures optimism without sentimentality; "And never stops at all," exudes constancy and resilience with a powerful, yet gentle tone.

Dickinson lived much of her life in self-imposed seclusion in her parents' home in Amherst, Massachusetts. Starting in her late twenties, she rarely left her home, communicating with the outside world mainly through letters. While her isolation remains a mystery, her choice became a defining feature of her life and writing – shutting out the outside world, allowed her to focus intensely on her inner world. Whatever she lost "out there" is our gain: her poems sheathe some of the most innovative and enduring lines in American literature.

My "unexpected" encounter with Dickinson happened because of a painting my husband and I purchased in Sarasota, FL, in 2010.** We hung the painting, "Approaching Darkness," by Albert Mancini, in my husband's mancave.





I didn't pay much attention to it until one day, I was cleaning out files and discovered information about the painting. To my surprise, I learned that it was part of a series of paintings based on Dickinson's poems! I brought the painting upstairs, where I could study it while I did further research.

In 1990, Mancini suffered a cerebral hemorrhage. He was in a coma for six weeks and suffered paralysis and severe memory loss. He recovered in 1992 and was inspired to express his miraculous recovery through paintings in a series he named, "I'll tell You How the Sun Rises." Mancini painted twenty-nine pieces while living in

Sarasota and kept them in storage for two years (perhaps to honor Dickinson's life of seclusion). Then in 2008, he sent the paintings to Dickinson's hometown, where the Emily Dickinson International Society presented the exhibit at Amherst College. The exhibit was then returned to Sarasota, where the paintings went up for sale. Voila! The rest is history, as they say.

Mancini didn't name the paintings after the poems they represented; however, I think this poem most likely inspired Approaching Darkness:

"She sweeps with many-colored brooms,

And leaves the shreds behind;
Oh, housewife in the evening west,

Come back and dust the pond!

You dropped a purple ravelling in,

You dropped an amber thread;
And, now you've littered all the East

With clouds of emerald!

Mancini admits it was difficult

selling the paintings, but he wanted to share them with others.

I decided to do the same. I love the painting for the meaning it holds, but I've sent it to an online art auction. I figure we've honored Dickinson's life by keeping the painting secluded in the mancave, but, just as Dickinson and her work have become widely studied and wildly popular, I'm hoping the painting, based on her work, will find a wider audience as well. If it's an intrusion into her privacy, I "hope" she'll forgive me.

*For the complete poem, visit <https://www.poetryfoundation.org/poems/42889/hope-is-the-thing-with-feathers-314>

** Sarasota Art Exhibit
- <https://share.google/vbWTMLvH0gATrA3cz>



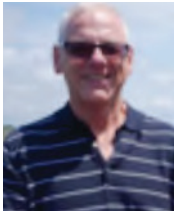
Janet lives in Spring Lake, MI with her husband, Don, and Welsh terrier, Snack. She drags herself off the tennis and pickleball courts occasionally to write. Her writings include *Tales from Pelican Cove*, a series of books featuring wild/shorebirds from FL and beyond, *Country Dairy*, which describes 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.



Safety and Security



BY
JOE
STAPEL

Disasters can turn an area upside down in a day. It seems that more and more weather emergencies and power outages are occurring, and it pays to be ready .

The following is a list of items to have on hand so you can be prepared when these events happen.

FLASHLIGHTS AND BATTERIES

A flashlight or two with extra batteries is essential. Most people have a cellphone with a light on it. Be sure you know how to use that light when you need it. A battery operated lantern is also a good thing to have to put on a table.

One lighting idea I read about was a crisco candle. A can of crisco and a sheet of paper make an excellent long term candle in a pinch. Roll up the paper to form a wick and stick the wick into the can of crisco . It will burn for 8 hours a day for a month.

WATER

Having at least four jugs of water or cases of water on hand is recommended in case of a power outage. With conservative use they should last a long time.

FOOD

If there is a major emergency or power outage in your area, it

is very likely that grocery stores will be closed , some such as Meijer have emergency generators available that can be brought to their stores if needed. If trees are down it could be awhile before roads can be cleared . Some experts suggest having 3 or 4 weeks of food on hand .

A supply of various canned or packaged food is crucial. Items such as spam (canned meat), beans, canned vegetables, and fruit, as well as easy to eat foods like peanut butter, instant oatmeal ,and mixed nuts ,are good items to have in your pantry. Each time you go shopping, pick up a few of these items.

COMMUNICATION SOURCES

Most people have a cellphone now-days and some still have a landline. You may want to invest in a battery back up unit for your WiFi connection. Also consider obtaining a battery powered radio that can keep you informed of important news and weather bulletins .

GENERATOR

If you own your home or condo , you may consider purchasing a generator. An installed unit that runs on gas with a transfer switch is available and also portable units can be purchased locally at the big box stores , Menards, Lowe's, or Home Depot.

FIRST AID KITS

Make sure you have a well



stocked first aid kit. You can make your own or purchase one from any large retailer.

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. He can be contacted at jyalanhome@gmail.com

Sources used to gather information were Mlive and Popular Mechanics magazine.

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Another Book Club Story - What You Are Looking for is in the Library



BY
LOUISE
MATZ

What You Are Looking For Is in the Library by Michiko Aoyama was our selection. It is a National bestseller and a Washington Post Best Feel Good Book of the Year.

Set in Japan, it's a novel about five people in Tokyo with very different circumstances who find life-changing guidance through book recommendations from a mysterious librarian named Sayuri Komachi.

All the characters are interesting, but let me tell you more about the librarian. She is no ordinary librarian, She is a very large pale

woman with a tight bun containing a beautiful kanzashi hairpin. She wears a beige apron with a loose-knit white sweater often looking like a polar bear. She is seated at a desk to the rear of the library. Approaching from a distance, she appears to be intense about something with a needle and a box sitting on her desk. Although it turns out she was very helpful and kind, everyone approaching is a bit intimidated. She is all business and very efficient, fingers flying over the keyboard, apparently anxious to get back to her needle felting.

Along with giving each person a recommended reading list, she also gives each person a felted character,

presumably made by her. Although the reading lists seem strange, it turns out that she has a unique ability to sense exactly what is needed for each person.

Bottom line, we all loved the book and would highly recommend it. However, we were fascinated by the librarian and her needle felting. So, our very crafty member, Sydney Day, offered to show us how to do needle felting. Sydney supplied us with a box and a needle, yarn, a cup to store our yarn and forms on which to decorate or create. What fun!

Definition: Needle felting is a dry felting technique that uses specialized barbed needles to tangle and compress wool fibers into

dense, 3D shapes or 2D designs. It requires roving wool, felting needles, and a foam or brush mat to protect surfaces.



Louise is a national award winning writer. She has been writing for Senior Perspectives for over 25 years. She enjoys family time, reading, traveling, biking, golf, pickleball, ping pong and mahjongg. She and her husband spent over 20 years enjoying bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys. She is currently re-inventing her life as she lost her husband of 62 years in November of 2023.



Senior Perspectives

G

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M

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G

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

Level: Advanced

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HERE'S HOW IT WORKS:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Game
Page
Answers
on
Page 34

CELEBRITY CIPHER by Luis Campos

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

“TG TI KTCCTDZYG GP SAG J XJB
GP ZBKAQIGJBK IPXAGETBS, REAB
ETI IJYJQO KAMABKI ZMPB ETI BPG
ZBKAQIGJBKTBS TG!” – ZMGPB
ITBDYJTQ

TODAY'S CLUE: P equals O

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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

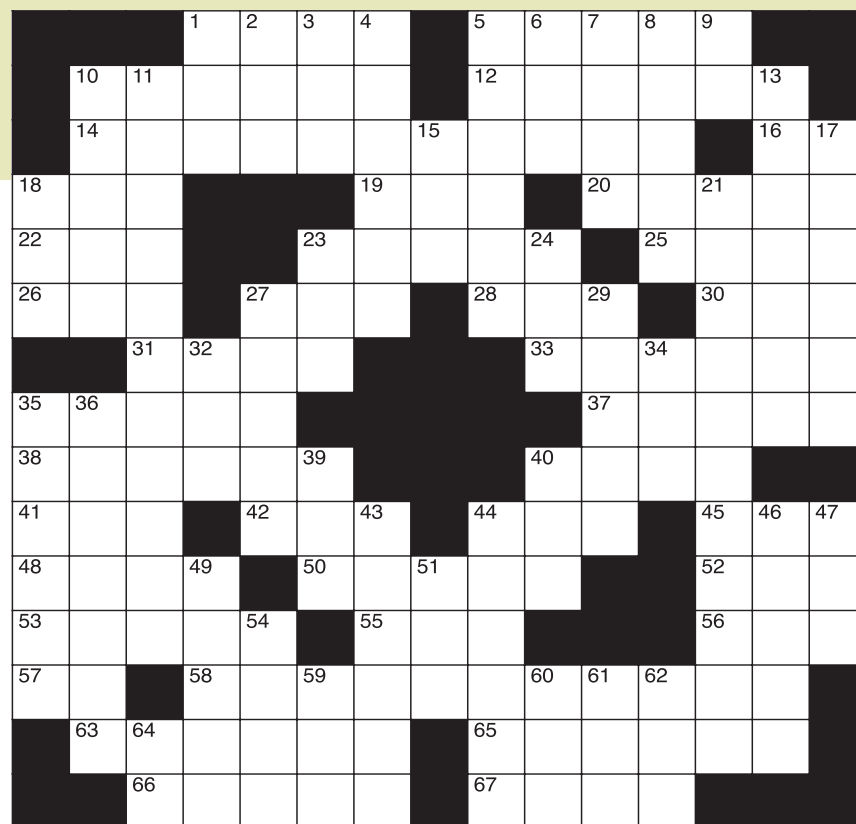
CROSSWORD

CLUES ACROSS

1. Streetcar
5. Take ___ of it!
10. SW Asia peninsula
12. Beating wings to escape from a perch
14. One who revitalizes
16. Indicates position
18. Dishonorable man
19. Singer King Cole
20. Short-tailed marten
22. One point east (clockwise) of due north
23. The god of the underworld in ancient mythology
25. Dirt
26. Superconducting super collider
27. Not good
28. A way to sink
30. Unwell
31. Follow orders
33. Deep ravine
35. Perfumery practice
37. Indian film director Sultan
38. Member of U.S. Navy
40. Wing-like
41. Very fast airplane
42. Slang for cigarette
44. Most cars still need it
45. Political war chest
48. Cools down
50. Diminish toward one end
52. Indigenous person of Thailand
53. Combined
55. Container
56. Expression of satisfaction
57. Thou
58. Return a favor
63. Go over once more
65. Removed
66. "Silence of the ___"
67. Comedian Rogen

CLUES DOWN

1. Children's game
2. Relative biological effectiveness (abbr.)
3. Own (Scottish)
4. Female follower of Bacchus
5. Subsides
6. Protects from weather
7. Spanish municipality
8. Supermarket chain
9. Domain name
10. Semitic peoples
11. Designs anew
13. City associated with Jesus
15. Cool!
17. Bank employee
18. Central nervous system
21. Standardized piece of text
23. A type of fever
24. Baglike structure in a plant or animal
27. Threaten persistently
29. Aspirations
32. Baby's eating accessory
34. Actress Thurman
35. Turn into bone
36. One who saves you
39. Consume
40. Swiss river
43. A part of a river where the current is very fast
44. Categories
46. Expressed amazement
47. It's important in respiration (abbr.)
49. Greek war dance
51. Bland, semi-liquid food
54. Regard in a specified way
59. Taxi
60. Naturally occurring solid material
61. Feline
62. Post-burning residue
64. Elevated railroad



Answers on page 34

LANGLOIS

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

WORDS

- ANGLER
- BAG
- BAIT
- BOBBER
- CAST
- CATCH
- CHUMMING
- DRAG
- FISHING
- HOOK
- JIGGING
- LEADER
- LIMIT
- LURE
- RELEASE
- SIGHT
- SINKER
- SKUNKED
- SPAWNING
- STRIKE
- STRUCTURE
- TACKLE
- TERMINAL
- TROLLING

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

WORD SCRAMBLE

Answers on page 34

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

R S E E T

--	--	--	--	--

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

T A S L B E

--	--	--	--	--	--

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

L N S E

--	--	--	--

GUESS WHO?

I am a singer/songwriter born in New York on May 9, 1949. I played the piano at a bar to help support my mother while in high school. I progressed to being a Grammy Award-winning artist and pianist known for my huge catalog of songs. I am the third best-selling solo artist in the U.S.

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34



Solve the code to discover words related to law enforcement.
Each number corresponds to a letter.
(Hint: 17 = O)

A. 23 25 3 9

Clue: System of rules

B. 1 17 23 10 22 13

Clue: Enforces laws

C. 18 12 17 17 1 13 12

Clue: State police officer

D. 17 12 2 13 12

Clue: State of something



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Down South



Cresson Wrench Bar and Grill



BY
KEITH SIPE

It seems like the south has called me back to my daughter's place in Aledo, Texas again for a few weeks.

The few weeks were in January, February and a couple of days in March. Around six weeks of warmer weather. That's what this old body likes and deserves. I actually missed a lot of that white stuff, if you know what I mean. It was a well-deserved long visit to Texas!

When I arrived, the weather was nice, it started off with a little sunshine and warm air, but that didn't last long. For in a couple of days, it got cold, like in the 20-degree area. But that didn't last long for within a week the temperatures were back up were I like them to be, in the 70's. Plus, I was amazed at what I found in the sky, it was this big bright yellow thing that I haven't seen in a while. The SUN! I'm defiantly in favor of this big yellow thing in the sky! It just seems to warm the old heart of mine.

When I left Michigan for Texas out of Grand Rapids, it was in the early morning and it was cold and snowing. Like I just said, It was cold, plus, the temperature was at 12 degrees. The flight was scheduled

to leave a 7:00AM for Chicago. Well, we didn't leave at seven, it was a half hour later. Which was fine with me for the plane needed to be "de-iced". I don't want anything on the airplane to freeze up and not work properly. It did make my time a little tighter for my next flight out of Chicago. After landing in Chicago, I had ten minutes to spare and just like that, I boarded the plane and was in Dallas 2-hours later.

My daughter picked me up and as we were rolling down the road in warmer weather, I rolled down the window and felt the warm wind blowing on my face. You could say I was 'Loving it'.

Another high light for me was that I have a friend from high school who lives west of Fort Worth. She is about 45 minutes from my daughter's place. She lost her husband around a year before my wife passed. It's nice to have a friend from back home that lives

close by when visiting my daughter. When visiting the area, I like spending time with her for there are many places to visit. We once went to the Will Rogers Memorial Center and listen to Gospel Quartets. Another time a performance of



Mindy and Keith enjoying a moment of refreshments.

the Jersey Boys and most recently was at the Kimble Museum for the symphony. The west part of Fort Worth has a cultural area that brings in many events.

We drove to Cresson, Texas which

is just south of Aledo and had pizza at the "Cresson Wrench".

My daughter and I enjoy going to the grocery store called Brookshire. It's about six miles north from her home in the Willow Park area. It's a big grocery store and has a large variety of groceries and other products for you to choose. BUT it also has a bar and outdoor area for you to sit and enjoy your beverage (or beer or wine). They have a varied selection of beer on tap for your taste buds to enjoy. Plus, it will only cost you 2-bucks for the beer on tap. My kind of place for sure. I always ask my daughter, "do you need anything from the store, I'll gladly run over and get you ANYTHING?"

One time when I was there grocery shopping with my daughter Mindy, we splurged on a beer each and split a chicken pot pie. That set me back a whole ten bucks. Yikes.

There were many other events and things I did in Texas, but my "word count" alarm came on sooner than I expected, so I better sign off for now and hope your summer is filled with joy and happiness.



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.



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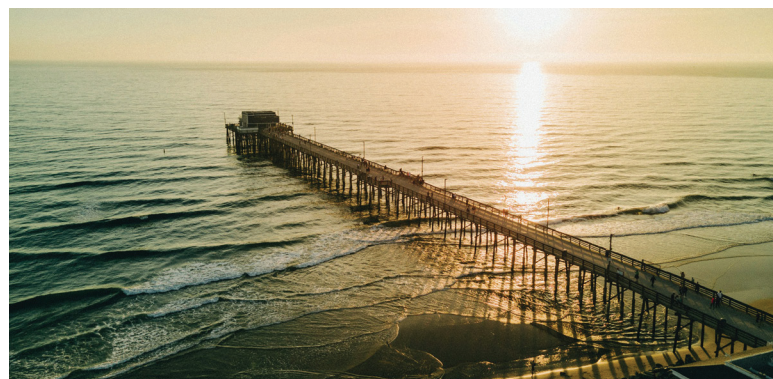


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For the outdoor enthusiast, Crystal Cove State Park offers scenic trails, tide pools, and panoramic ocean views. Or for shopping and culture, South Coast delivers an unmatched luxury retail experience alongside acclaimed dining and arts venues. Prefer something more relaxed? Laguna Beach invites you to slow down with its thriving arts scene, hidden coves, and unforgettable Pacific sunsets.

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Make America Righteous Again



BY REV. WILLIAM RANDALL

This article differs from my previous writings for this paper. There is no humor at all, it is very serious. It is different because I am asking for a response.

Trends in our nation are very dangerous and alarming. There is a moral breakdown and globalism is being promoted instead of Americanism. There is division & hatred in politics such as never before.

Our President calls for everyone to rally behind his slogan "Make America Great Again". We should do that, but I am suggesting that we should "Make America Righteous Again". Righteousness

could make America great again. Righteousness is the answer.

There is support from the Bible in Proverbs chapter fourteen verse 34, says "Righteousness exalts a nation". Righteousness means it is good, right, holy, just, honest, equitable and guiltless, the opposite from sinful, immoral and unjust.

Righteousness comes when an individual, community or nation turns to God. When an individual sees that Jesus dies on the cross and rose again for the salvation of the lost and says, "I believe Jesus died & rose again to save me," a wonderful transformation takes place. The heart is changed and one's world begins to change for the better.

America can change one

individual at a time. Communities are changed by people who turn to God and live to do God's will. We should ask, "Does that honor and please God?"

I would like to talk with people who want to help make America Righteous again.

I can be reached at 231-638-9684.

Maybe you have some ideas that could help in a positive way. What can you do?



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

Rev. William Randall lives at Village of the Oaks. He has been a minister for



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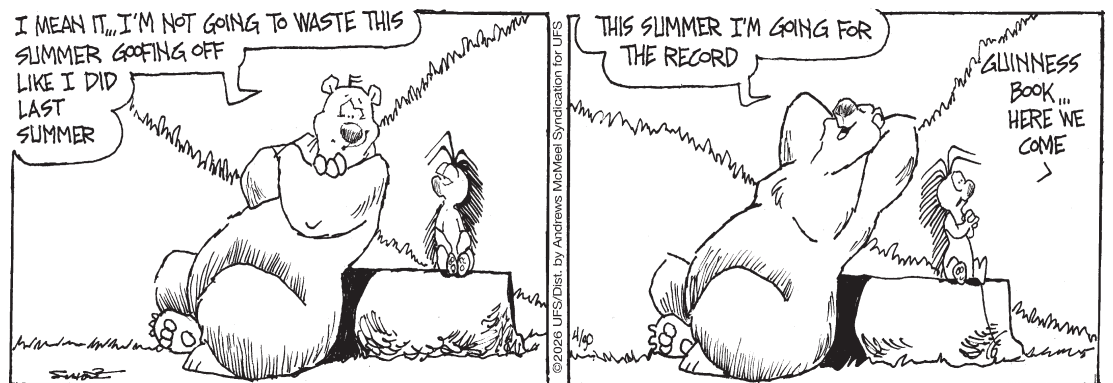
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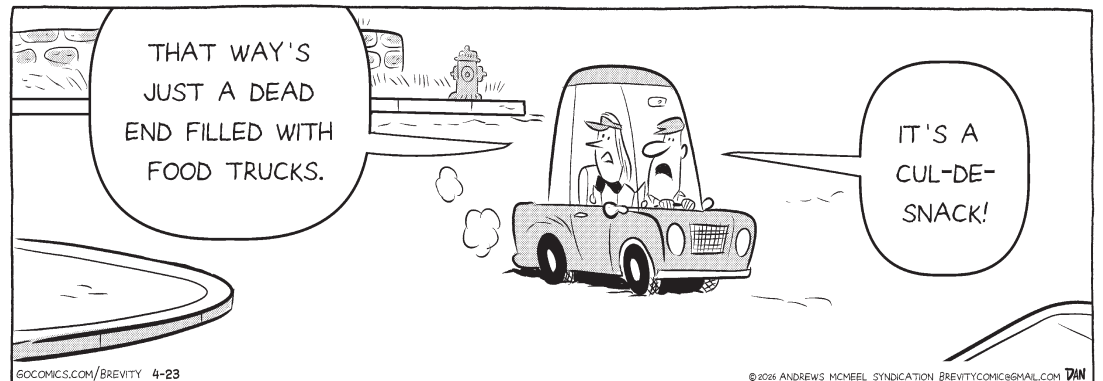
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100 YEARS AGO THIS MONTH

MAY

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

- The Ford Motor Company becomes the first major American company to introduce a 40-hour workweek and the two-day weekend on May 1. The reduction from 48 to 40 hours comes with no reduction in pay.
- A civil war breaks out in Nicaragua on May 2. The conflict begins when exiled members of the Partido Liberal political party land in the country with the intention of overthrowing the government.
- The Norge airship departs Gatchina near Leningrad on May 5. The Norge is bound for Vadsø, where it will be prepared to cross the North Pole.
- The first night landing of an airplane on the deck of a ship is accomplished in Britain on May 6. Royal Air Force pilot G.H. Boyce lands a Blackburn Dart on the deck of the HMS Furious.
- Russian inventor Leon Theremin demonstrates his experimental television system in the Soviet Union on May 7.
- English documentary producer and naturalist Sir David Attenborough is born in London on May 8.
- Explorers Richard E. Byrd and Floyd Bennett take off from Spitsbergen, Norway, in a monoplane on May 9. The men return nearly 16 hours later, claiming to have successfully completed a flight over the North Pole. However, a diary entry of Byrd's discovered in 1996 suggests the plane turned back 150 miles short of the North Pole due to an oil leak.
- On May 10, France becomes the first nation to ratify the 1925 Geneva Protocol. The protocol bans the use of poison gases and biological weapons in war.
- Hans Luther resigns as Chancellor of Germany after losing a vote of no confidence in the Reichstag on May 12.
- The New York Rangers, the Chicago Blackhawks and the Detroit Cougars are admitted to the National Hockey League on May 15.
- The Irish political party Fianna Fáil is founded on May 16. Eamon de Valera is the party's first president.
- Italian-born anarchist Severino Di Giovanni leads a group that bombs the United States Embassy in Argentina on May 16. The bombing is in response to the convictions of Nicola Sacco and Bartolomeo Vanzetti, who were found guilty of murdering a guard and paymaster during an armed robbery of the Morill Shoe Company in Massachusetts in 1920.
- Christian evangelist and national celebrity Aimee Semple McPherson disappears on May 18. McPherson had last been seen swimming at Venice Beach, California, and initial speculation was that she had drowned. However, McPherson reappears in Mexico five weeks later.
- United States President Calvin Coolidge signs an act authorizing the creation of the Great Smoky Mountains National Park on May 22.
- One hundred and forty people are killed when the Mount Tokachi volcano in Japan erupts on May 24.
- Miles Dewey Davis III is born in Alton, Illinois, on May 26. Davis would become one of the most influential and acclaimed musicians of the twentieth century.

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CHAMPION YOUR HEALTH: MAY 2026

May is Older Americans Month, a time to recognize and support older Americans. This year's theme, Champion Your Health, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging.



Don't let abuse, neglect or financial exploitation and scams affect your health and well-being. SafeSeniors works to prevent abuse and exploitation through education and to seek justice through the investigation of these crimes.

Be a Champion - contact SafeSeniors to schedule a presentation for your group to learn how to stay safe. Report any suspected abuse, neglect or financial exploitation to Adult Protective Services at 855-444-3911.

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SafeSeniors outreach is supported by funding from the PREVNT grant, administered by the Michigan Bureau of Aging, Community Living, & Supports.



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— Char

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Use the MI Caregiver Connection virtual hub to see what programs, services and resources are available from your local AAA for:

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- ⊙ And more

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ANSWERS FOR GAMES

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

1. Missing twine
2. Flowers in foreground
3. Logo on woman's apron
4. Vase with flowers at right

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

1. Different glove on hand
2. Hammer in belt
3. Bag on counter
4. Missing pocket on shirt

WORD SCRAMBLE (from page 24) Answers:

1. Steer
2. Stable
3. Lens

CRYPTO FUN (from page 27) Answers:

- A. laws B. police C. trooper D. order

GUESS WHO (from page 27 Answer: Billy Joel)

WORD SEARCH (from page 24) Answers:

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

I SPY — In the last issue, the shamrock was hidden in the image on page 20. Winners from the last issue are: Deborah Calhoun of Norton Shores, Ronald Stoltzman of Norton Shores and B.K. Grieve of Twin Lake

CELEBRITY CIPHER — Answer:

"It is difficult to get a man to understand something, when his salary depends upon his not understanding it!"
 -- Upton Sinclair

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

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



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