

# THE TATTLER



## THE MICHIGAN ASSOCIATION OF RETIRED SCHOOL PERSONNEL CLARE COUNTY CHAPTER NEWSLETTER

July 11, 2023

### FROM THE PRESIDENT'S DESK

Ah, our Michigan summer has finally arrived! Here's to hoping each of you have been savoring the warm days of sunshine with family and friends!



Our Witbeck's June Scholarship Fundraiser was certainly an example of "friends who feel like family" working together in celebration of Clare County students. Although the day was scorchingly hot, there was so much fun and laughter.

Special thanks to Chris Schuster. She is truly an amazing project manager: setting everything up, staying all day, then taking everything down. Her dedication to this membership and the students of our area is humbling, indeed.

Also, many thanks to the volunteers for their help on that day. It's interesting to see how we Clare County MARSP members work as a team, blending sales and service so competently. Hmm...sounds a bit like our old school days. 😊

Respectfully submitted,  
Terry Petrongelli  
President  
MARSP Clare County Chapter

### THREE PUBLIC GARDENS TO EXPLORE

Take time to smell the flowers at these gardens where nature and artistry combine.

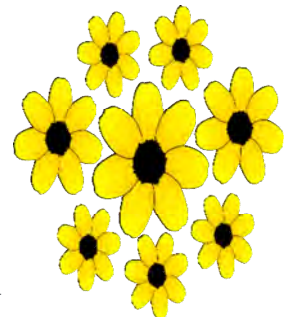
#### DOW GARDENS, Midland

Bridges and footpaths lead through 110 acres of pine forest and flowerbeds at this botanical garden. The rose garden and the children's garden are very popular.

[dowgardens.org](http://dowgardens.org)

#### Frederik Meijer Gardens and Sculpture Park, Grand Rapids

Stroll the trails or take a tram tour through this monumental green space that includes a Japanese garden, a woodland shade garden and an English perennial garden, all adorned by world-class sculptures.



[meijergardens.org](http://meijergardens.org)

#### Meadow Brook Hall Gardens, Rochester

Matilda Dodge Wilson began this garden in 1928, and it was expanded through the 1950's. This garden includes roses, creepers, and white wisteria, which you can view on a historical house tour or a garden tour.

[meadowbrookhall.org](http://meadowbrookhall.org)



## BEST APPS FOR SENIORS

Considering the importance of the technological improvements in today's society, acknowledging the new applications and using those apps can be very beneficial and useful for senior residents. Even though it might be hard for older people to adapt themselves to new and unstoppable technological advances, these advances can make their life easier and bring them joy and fun. It might be difficult to decide on which app to download for most seniors. Let's take a closer look at two:

### Lumosity

This is a brain developer app that has both free and paid versions for iOS and Android. It creates challenging brain teasers and puzzles for individuals to keep their brains sharp. It was specifically designed to maintain and improve brain function in the light of neuroscience. Seniors may improve their memory, speed, attention, problem-solving, and flexibility abilities by using this app.

## Magnifying Glass

This free app is specifically designed for people who are having trouble reading the menu at a restaurant. People who are 65 years of age or older may not be able to read the menu because of some form of eye disease. It is hard to read small letters and it can be bothersome when they want to read something anywhere such as at a restaurant or the doctor's appointment. When seniors download this app, it uses the phone's camera to zoom in on whatever people point it at. This app is a savior for most older persons.

For a look at all TEN useful, practical, and entertaining apps for senior residents, be sure to visit:

<https://grantsforseniors.org/10-best-apps-for-seniors/>

*Grants for Seniors*  
(Online Resource)

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### **STAY INDEPENDENT BY PREVENTING FALLS**

*A serious injury due to a fall, such as a broken bone or head injury, can prevent regular activities and trigger a loss of independence. But falls can be prevented. Here are a few factors that could increase a person's chances of falling.*

- 1. People who worry about falling are at an increased risk, especially if they've fallen previously.*
- 2. Those who need to push with their hands to stand up from a chair or have difficulty stepping on a curb are at increased risk. Strengthening their leg muscles may be the answer.*
- 3. Certain medications may also increase the risk of falls, especially if the medications are to help with sleep or improve mood. Before you start a new exercise routine, ask your doctor to recommend some exercises and fall prevention tips.*

*Best of Health*  
BCBS of Michigan

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## WHAT ARE THE HEALTH BENEFITS OF LAUGHING?

### Laughter relieves stress

“When we laugh, levels of cortisol—known as the stress hormone—go down,” Scott says. “You also get an uptick of adrenaline, and endorphins are released.” This leads us to feel happier and more relaxed. One study even suggests it’s a good add-on to the treatment of stress and depression.

### It could relieve pain

Studies have shown that laughter is useful for people coping with both physical and emotional pain. Though the research is still young, the connection likely comes back to the fact that laughing releases endorphins.

It probably won’t take your pain from unbearable to zero, but humor could be just the distraction you need to get through a tough time

### It strengthens relationships

When University of California psychology professor Robert Levinson invited couples into his lab and asked them to discuss things about their partner that irritated them, he found that the couples who tackled this stressful situation using humor and laughter had higher levels of relationship satisfaction.

### Laughter burns calories

According to a Vanderbilt University study, laughing for 10 to 15 minutes can increase your heart rate and oxygen consumption enough to burn 40 calories. That may pale in comparison to an actual workout, but it’s not too shabby as a side effect of enjoying yourself.

### It’s good for your brain

Research from Loma Linda University shows that laughing improves the short-term memory of adults in their 60s and 70s. In a randomized, controlled trial, participants who watched funny videos had 44% better recall ability than participants who were asked to sit quietly—a pretty remarkable difference!

### Laughter is good for your heart

Heart disease is nothing to laugh at ... or is it? Research suggests laughter may be good for your ticker. In a 2016 study published in the *Journal of Epidemiology*, University of Tokyo researchers asked people who were 65 years old or older how often they laughed aloud, finding that those who said they almost never laughed had a higher risk for heart disease and stroke than those who laughed daily, who may have been protected by laughter’s ability to reduce stress.

### Laughter is the best medicine

So next time you feel the urge to laugh burbling up, don’t hold back. And if you need something to get the giggles going, consider spending time with people who bring you joy. It just might add years to your life!

-Emily Laurence, *Reader’ Digest*, June 2023



## DEER COLLISIONS

Deer are most active at dusk and dawn, so that's where your awareness should be highest. But deer-vehicle collisions can happen to anyone at any time. (In 2021, 18 percent of reported Michigan vehicle crashes – 52,218 of them – were deer-related.) If you're driving by mountains, woods or agriculture fields, there are probably deer in and around those habitats. Take wild life crossing signs seriously; moderating your speed gives you more time to react. Stay alert and don't get distracted. If it looks like you are about to hit a deer, don't swerve. Hitting the deer will often do a lot less damage than what can happen by swerving, like going off the road or crashing into a telephone pole or another car. Slow down if you can; if there are no drivers behind you, brake hard.

*Chad Stewart*  
Deer Biologist  
Michigan DNR



-Shel Silverstein

## GOOD GRAMMAR

*A grammar book walks into a bar...*

\* An oxymoron walked into a bar, and the silence was deafening.



\* Two quotation marks walk into a "bar."

\* Hyperbole totally rips into this insane bar and absolutely destroys everything.

\* A question mark walks into a bar?

\* A synonym strolls into a tavern.

\* At the end of the day, a cliché walks into a bar -- fresh as a daisy, cute as a button, and sharp as a tack.

\* A run-on sentence walks into a bar it starts flirting. With a cute little sentence fragment.

\* A figure of speech literally walks into a bar and ends up getting figuratively hammered.

\* A misplaced modifier walks into a bar owned by a man with a glass eye named Ralph.

\* The past, present, and future walked into a bar. It was tense.

\* A dyslexic walks into a bra.

\* A verb walks into a bar, sees a beautiful noun, and suggests they conjugate. The noun declines.

– excerpt from *Jill Thomas Doyle*