

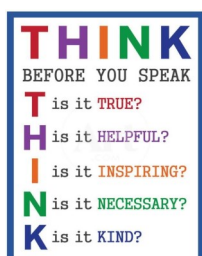
# Allendale Lifelong Learners

January 2021

**Allendale**  
Charter Township est. 1849

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## From the Director's Desk

My word for 2021 is TRUTH! There are so many rumors, lies, conspiracy theories and unknowns out there. This word came to me one night, I think it was about 3 in the morning. I didn't want to forget it, so I grabbed my phone and "wrote" myself a note so I would remember it in the morning. But in the morning, I couldn't remember the word or where I had "wrote" it!!! Can anybody relate? But thankfully I found it and realized this is what we all need. A little more truth in our lives.

This past year, more than ever, I will find something to share in the newsletter, only to realize that there's no truth to the story, saying or quote. I have used snopes.com to confirm many things. It's a great resource to dispel rumors.

In my research of truth, I found some interesting definitions, which leaves me even more determined to seek the truth!! Wikipedia's definition includes: *"Truth is usually held to be the opposite of falsehood."* Usually? Even this definition leaves me puzzled and all the more eager to seek out the truth. When it's all said and done, I was raised with the belief that "you shall know the truth and the truth shall set you free". (John 8:32) But feel free to do your own research on topics you might question. Be your own truth seeker and strive to be a truth teller. This "THINK" chart is a good reminder for what I want to do...

We won't have any planned activities for January or February, but you may get a call for an impromptu get together. Stay warm, stay safe and let's always seek the truth...Until next month...Hugs,

## All Things Michigan...

There are many words and phrases specific to Michigan. And we didn't even touch on that famous accent. Here are some of our favorites:

1. **Party Store**—Elsewhere in the U.S., a party store is a place where one buys paper hats and confetti. In Michigan, it's where one goes to get the real party started (i.e. booze, Better Made potato chips and other refreshments).
2. **Yooper**—Derived from the shorthand term for Upper Peninsula UP, a Yooper is an up north resident.
3. **Troll**—This refers to all the people of Lower Michigan, who've come from under the bridge into the UP.
4. **Townie**—This is a not-so-nice term that summer visitors give to the locals in small northern Michigan communities.
5. **The Thumb**—Nowhere else in the U.S. (except... maybe Wisconsin trying to jump on the bandwagon) is a thumb actually a geographical reference.
6. **Superman**—Elsewhere Superman is that muscular guy in red and blue tights and a cap, who's always getting Lois Lane out of a jam. Here, it's this magical ice cream flavor combination.
7. **The Soo**—This Upper Peninsula term refers to the general Sault St. Marie area.
8. **Pop**—Don't call it soda if you know what's good for you.
9. **Kiddy Corner**—Not to be confused with catty corner, this tells someone that something's just around the corner.
10. **Fudgie**—This is a derogatory term, but not for the reason one might think. It's used to refer to the tourists who invade the UP to shop for the region's famous fudge.
11. **The Union**—Membership in a labor union just comes as second nature in Michigan that this simple reference is just understood.
12. **Secretariah State**—In states like New York or California, the place where you get your tags renewed or take the written test for your license is call the DMV or Department of Motor Vehicles. In Michigan, as with some other Midwest states like Illinois, it's the Secretary of State... Only in Michigan, the first two words are usually kinda mushed together.
13. **Michigan Left**—Michigan motorists don't always use the left lane to make a left turn. Instead, they turn right and make a U-turn. Makes sense, right?

**Most Americans:** It's cold outside!



**Michiganders:** Yes! We can store leftovers in the garage now!

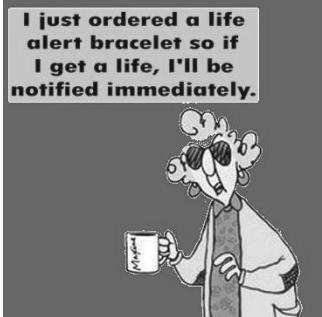
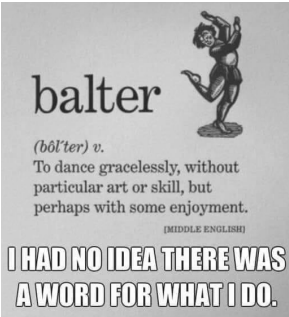
In this time of isolation, here are some ideas to beat the doldrums of boredom! Some are practical, and some may be outside your comfort level. Whatever the case, it's never too late to try something new!

# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Start a Journal—write down your dreams, plans for the day, etc... Strive to write in it each day.	2
3	4 Start your day with some stretches. Reach for your toes. Notice I said reach, not touch!	5 Get up early and watch as the day breaks. It is a new day to embrace and welcome. Make it count!	6 Go for a walk. If it's snowy, walk around the inside of your home, looking out each of the windows.	7 Make some tea and call a friend.	8 Find a bristle brush and dry brush your skin. It sounds weird, but feels so nice.	9
10	11 Find a good book to read and then start each week with a new book.	12 Check out some creative hobbies that you have an interest in. Try one you've never done	13 Find a spot to sit and watch the sunset. You may need to drive somewhere, but try it anyways.	14 Take a bubble bath. Treat yourself to some scented salts and relax.	15 Make a to-do list for next week.	16
17	18 Buy yourself a pineapple and when you cut off the top, plant it in soil. See if you can keep it alive.	19 Start your day with a glass of water. Strive to make this a morning ritual.	20 Do a mindful body scan this morning. Do you hurt anywhere? Does something feel different. Stretch from	21 Smile in the mirror. Come on, try it. Trim what needs trimmed, brush what needs brushed and practice	22 Set a goal for next week. Maybe it's making the bed each day, or eating better. Make it a goal that doesn't come naturally to you.	23
24	25 Call a friend that you haven't talked to in a long time. Don't be shy, they need to hear from you!	26 Connect with nature. Take a walk, put out some bird seed, watch out a window for wildlife.	27 Declutter one space today. Don't get distracted by another space. Focus is the key word today!	28 Cook something new for dinner. Treat yourself to a new recipe that you've been meaning to try.	29 How's that journal going? Did you try some of these ideas. Write about your COVID experience. You could become famous!! ;o)	30
31						

Many churches are now live-streaming their services during this time. If you need help getting connected to a live stream service from your church or any other local churches so you can watch from home, please ask a family member to help. If they don't know how to set you up, call me and I will help you set it up. I'm no expert, but I can connect either a phone, device or computer so you can hear and see a message each week.

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- They say that for Christmas we can meet up to 8 people without problems. But I don't know 8 people without problems!
  - Do you know what the opposite of lady fingers is? Mentos!!
  - I couldn't afford an Ancestry DNA kit, so I just announced that I had won the Lottery. I soon found out who all my relatives were.
  - My friend suggested putting sheep manure on my strawberries. I'm not doing that again! I'm going back to whipped cream!
  - Once upon a time, there lived a king who was only 12 inches tall. He was a terrible king, but he made a great ruler!
  - My body has absorbed so much soap and disinfectant lately, that when I pee it cleans the toilet!
  - I accidentally drank invisible ink...I am now in the Hospital waiting to be seen!
  - I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there!
  - What starts with "W" and ends with "T".
  - What if they close the grocery stores and we have to hunt for our food? I don't even know where Little Debbie lives!
  - When I was 18 I used to touch my toes twenty times each morning, these days I have a cup of coffee and wave at them.
- 



# Rambling Thoughts

“Once when I was a teenager, my father and I were standing in line to buy tickets for the circus. Finally, there was only one other family between us and the ticket counter. This family made a big impression on me.

There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.

The children were well-behaved, all of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be. The mother was holding her husband's hand, looking up at him as if to say, "You're my knight in shining armor." He was smiling and enjoying seeing his family happy.

The ticket lady asked the man how many tickets he wanted? He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus." The ticket lady stated the price.

The man's wife let go of his hand, her head dropped, the man's lip began to quiver. Then he leaned a little closer and asked, "How much did you say?"

The ticket lady again stated the price.

The man didn't have enough money. How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heartbreaking and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home. The \$20 that my dad gave away is what we were going to buy our own tickets with.

Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value to Give.

The Giver is bigger than the Receiver. If you want to be large, larger than life, learn to Give. Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.

The importance of giving, blessing others can never be over emphasized because there's always joy in giving. Learn to make someone happy by acts of giving.”

~ Katharine Hepburn

She may never (inexplicably) be in your child's history books, but Dr. Mildred Jefferson made history that should never be forgotten. The first black woman to graduate from Harvard Medical School, earn 28 honorary degrees, counter the vile racism and elitism of Planned Parenthood, and helped found the National Right to Life, Dr. Jefferson declared passionately: "I became a physician in order to help save lives. I am at once a physician, a citizen, and a woman, and I am not willing to stand aside and allow the concept of expendable human lives to turn this great land of ours into just another exclusive reservation where only the perfect, the privileged, and the planned have the right to live." This isn't Black History. This is American History.

The Radiance Foundation celebrates American History trailblazer

DR. MILDRED  
JEFFERSON





# 38 Ways to Relieve Stress

In less than 10 minutes

by Sharon Martin, LCSW

- Listen to your favorite music
- Get some fresh air
- Stretch or do some yoga poses
- Do a grounding exercise
- Disconnect from technology
- Talk to someone supportive
- Meditate
- Look at photos that make you smile
- Squeeze a stress ball
- Read for pleasure
- Walk, bike, or skateboard around the block
- Count to 10 slowly and repeat
- Dance
- Journal
- Write down 10 things you're grateful for
- Doodle, draw, color, or Zentangle
- Chew a piece of gum
- Watch a funny video on YouTube
- Sit in the sun
- Punch a pillow



- Read an inspirational quote
- Spend time with your pets
- Knit
- Take a shower
- Do 20 jumping jacks
- Do something nice for someone else
- Visualize a safe, comforting place
- Pick some flowers (or pinecones or leaves or seashells or rocks)
- Give yourself a neck massage
- Kick a soccer ball
- Diffuse essential oils or use scented lotions or candles
- Slow, deep breathing
- Hug a loved one
- Savor a cup of decaffeinated tea or coffee
- Repeat a mantra
- Do a progressive relaxation exercise
- Tend your garden; water and talk to your plants
- Make a list of your worries and identify which you can do something about



**When this is over,**  
May we never take for granted  
a handshake with a stranger,  
Full shelves at the store,  
Conversations with neighbors,  
A crowded theater, a Friday  
night out. The taste of communion,  
a routine checkup, A school rush  
each morning, coffee with a friend.  
A stadium roaring, each  
deep breath. A boring Tuesday,  
Life itself. When this ends,  
May we find that we have  
become more like the people we  
wanted to be, we were called to be,  
we hoped to be. And may we stay  
that way - better for each other  
because of the worst.

Kelly's Treehouse  
Laura Kelly Fanucci

Because there are so many unknowns currently, if you have a need or any questions I can help you with, please text or call and leave a message @ 616.843.0572 or send an email to [khanes@allendale-twp.org](mailto:khanes@allendale-twp.org)



This is John with his mom and grandsons. His mom, Sara Jean Ferguson, was a feisty lady that always had an opinion to share, a story to tell or a trip to take. She took her final journey on December 20, just shy of her 87th birthday. We will miss her and the stories she told.

This is that last of our parents' to pass away. We are eternally grateful for the love and guidance we got from our parents and will cherish the memories they leave. Go rest high on that mountain.

**If you can't remember why you walked into the room, but you can remember the rest of these jingles...you are my people.**

1. "My bologna has a first name"
2. "I don't wanna grow up"
3. "Gimme a break, gimme a break"
4. "The best part of waking up"
5. "Sometimes you feel like a nut"
6. "I'd like to teach the world to sing"
7. "Reach out and touch someone"
8. "If you dare wear short shorts"
9. "They're magically delicious"
10. "Meow, meow, meow, meow"
11. "Plop, plop, fizz, fizz, oh what a relief it is"
12. "So kiss a little longer. Hold hands a little longer. Hold tight a little longer"



I needed to do the laundry, but then I realized I was out of detergent, so I went to write a shopping list and realized how unorganized the junk drawer was, and started checking pens for ink.

When I went to toss all the junk, I saw that the trash was full but before I took it out I wanted to get rid of old food in the fridge.

That's when I realized a juice jug had leaked so I needed to clean it up but when I went to grab a rag, I saw that the pantry closet was a nightmare so I started organizing it.

And that's how I ended up on the floor looking at my old photo albums from 1990's and not doing laundry.



## *Just to Warm your Heart...*

A group of alumni, highly established in their careers got together to visit their old university professor. The conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain-looking, some expensive, and some exquisite - telling them to help themselves to the coffee.

After all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress." "Be assured that the cup itself adds no quality to the coffee. In most cases, it's just more expensive and in some cases even hides what we drink.

What all of you really wanted was coffee, not the cup, but you consciously went for the best cups & and then began eyeing each other's cups."

"Now consider this: Life is the coffee. The jobs, houses, cars, things, money and position in society are the cups. They are just used to hold and contain life. The type of cup we have does not define nor change the quality of life we live.

Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us." God brews the coffee, not the cups . . . enjoy your coffee. Being happy doesn't mean everything's perfect. It means you've decided to see beyond the imperfections. Live in peace and peace will live in you.

Today I painted a new residents nails at work and as we were going over colors, she mentioned she wanted clear. The only thought that came to my mind was "CLEAR?! That's no fun." I asked her why she wanted clear and she said, "My hands are ugly, I don't want to draw attention to them." I then carefully responded with, "Your hands tell the story of your life. They tell the story of love, of care and adventure. These hands have touched and held things that most people can only wish to one day." And with that, she went with the color pink for her nails.



### **RUN THE DISHWASHER TWICE.**

When I was at one of my lowest (mental) points in life, I couldn't get out of bed some days. I had no energy or motivation and was barely getting by. I had therapy once per week, and on this particular week I didn't have much to 'bring' to the session. He asked how my week was and I really had nothing to say.

"What are you struggling with?" he asked.

I gestured around me and said "I dunno man. Life."

Not satisfied with my answer, he said "No, what exactly are you worried about right now? What feels overwhelming? When you go home after this session, what issue will be staring at you?"

I knew the answer, but it was so ridiculous that I didn't want to say it. I wanted to have something more substantial. Something more profound. But I didn't.

So I told him, "Honestly? The dishes. It's stupid, I know, but the more I look at them the more I CAN'T do them because I'll have to scrub them before I put them in the dishwasher, because the dishwasher sucks, and I just can't stand and scrub the dishes." I felt like an idiot even saying it.

What kind of grown woman is undone by a stack of dishes? There are people out there with \*actual\* problems, and I'm whining to my therapist about dishes? But my therapist nodded in understanding and then said:

**"RUN THE DISHWASHER TWICE!"**

I began to tell him that you're not supposed to, but he stopped me. "Why aren't you supposed to? If you don't want to scrub the dishes and your dishwasher sucks, run it twice. Run it three times, who cares?! Rules do not exist, so stop giving yourself rules."

It blew my mind in a way that I don't think I can properly express. That day, I went home and tossed my smelly dishes haphazardly into the dishwasher and ran it three times. I felt like I had conquered a dragon. The next day, I took a shower lying down. A few days later. I folded my laundry and put them wherever they fit.

There were no longer arbitrary rules I had to follow, and it gave me the freedom to make accomplishments again.

Now that I'm in a healthier place, I rinse off my dishes and put them in the dishwasher properly. I shower standing up. I sort my laundry.

But at a time when living was a struggle instead of a blessing, I learned an incredibly important lesson:

**THERE ARE NO RULES! RUN THE DISHWASHER TWICE!**



# THE REST OF THE STORY...

I believe in the rest of the story. I believe there's still ink in the pen.... and someday all that's hazy through a clouded glass will be clear at last.

The following story was read by famous commentator, Paul Harvey in 1964. The following, is an updated version that he had said in 1995. I found this to be very prophetic, sad and spooky...but true. After reading this, you can make up your own mind.

"If I were the prince of darkness, I would want to engulf the whole world in darkness.

I'd have a third of its real estate and four-fifths of its population, but I would not be happy until I had seized the ripest apple on the tree — thee.

So, I would set about however necessary to take over the United States.

I'd subvert the churches first, and I would begin with a campaign of whispers.

With the wisdom of a serpent, I would whisper to you as I whispered to Eve:

"Do as you please."

To the young, I would whisper that the Bible is a myth. I would convince the children that man created God instead of the other way around. I'd confide that what's bad is good and what's good is square.

And the old, I would teach to pray after me, "Our Father, which are in Washington ..."

Then, I'd get organized, I'd educate authors in how to make lurid literature exciting so that anything else would appear dull and uninteresting.

I'd peddle narcotics to whom I could. I'd sell alcohol to ladies and gentlemen of distinction. I'd tranquilize the rest with pills.

If I were the devil, I'd soon have families at war with themselves, churches at war with themselves and nations at war with themselves until each, in its turn, was consumed.

And with promises of higher ratings, I'd have mesmerizing media fanning the flames.

If I were the devil, I would encourage schools to refine young intellect but neglect to discipline emotions. I'd tell teachers to let those students run wild And before you knew it, you'd have drug-sniffing dogs and metal detectors at every schoolhouse door.

Within a decade, I'd have prisons overflowing and judges promoting pornography. Soon, I would evict God from the courthouse and the schoolhouse and then from the houses of Congress.

In his own churches, I would substitute psychology for religion and defy science. I'd lure priests and pastors into misusing boys and girls and church money.

If I were the devil, I'd take from those who have and give to those who wanted until I had killed the incentive of the ambitious.

What'll you bet I couldn't get whole states to promote gambling as the way to get rich?

I'd convince the young that marriage is old-fashioned, that swinging is more fun and that what you see on television is the way to be.

And thus, I could undress you in public and lure you into bed with diseases for which there are no cures.

In other words, if I were the devil, I'd just keep right on doing what he's doing."

Sound familiar? Scary stuff!

It makes you think.....

