

If you would like to run for the Fruitport School Board, you must file with the Muskegon County Clerk by Tuesday, July 23rd at 4PM.

For more details check with the Clerk at 231-724-6425 or co.muskegon.mi.us/clerk



LOOKING FOR SOME CRAFTERS!

Every fall our Ladies Fellowship Group holds its annual Bazaar at First Congregational Church of Fruitport (3212 Pontaluna Rd). If you can paint, knit, sew, create, or craft in any way, we would appreciate your help. Although we meet each Wednesday morning, this may be something you could do in your own time at home. There is plenty of time as completed items aren't needed until the beginning of November. Please talk to or call Cherie (616-402-8949) or Julie (231-329-1477) if you would like to be included in the "off-site work crew." **We welcome your help!**

Some ideas are:

- Various holiday gifts or décor
- Slippers, mittens, scarves
- Paintings, rugs, aprons
- Stools, bird feeders
- Wall hangings
- Walker carrying pockets

This is for women, men, and children.

If you're visiting a loved one with Alzheimer's, here are some tips for a pleasant visit.

by Alzheimer's Disease Research
 Know that Alzheimer's commonly includes problems with:

- Communication: trouble finding words, expressing thoughts, or following conversations.
- Memory: repeating the same question, not recognizing a friend or family member right away, struggling to do familiar tasks.
- Behavior: agitation, irritability, and verbal or physical outbursts.

Tips to help communicate:

- Always approach your loved one calmly from the front to avoid startling them. Reintroduce yourself and help them make the connection. For example, "Hi, Aunt Helen, I'm Greg, Ruth's son."
- Avoid arguing, criticizing, or correcting them.
- Remain calm and encourage them to express themselves as best they can, even if they struggle to articulate their thoughts or sound offensive.
- Speak slowly and keep your words and sentences short and simple.
- Remove distractions. Visit with them in a quiet living room, for instance, instead of a busy café.

Tips to help with memory:

- Reminisce about a favorite time together. Ask about immediate family members. Bring an old photo album or news clippings that may help trigger memories.
- Engage. Talk about events in your life, the local community, and the world.
- Remember who they were before Alzheimer's. Were they an artist, choir member, or frequent traveler? Help them rediscover those passions.

Tips to help with behavior:

- Let your loved one repeat questions. When possible, gently redirect their attention to something else.
- Minimize stress. If they seem agitated or uncomfortable, find a way to make it easier.
- If possible, suggest physical activity like walking or dancing. Exercise is good for the body and brain.
- Play their favorite music. Music stays in the memory and may provide emotional and behavioral benefits.

Most importantly, accept how your loved one is and enjoy visiting with them. And take pictures to send to them after your visit!

Visit alz.org for more information.

WHAT IS HIGH BLOOD PRESSURE?

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

High blood pressure (HBP, or hypertension) is a symptomless "silent killer" that quietly damages blood vessels and leads to serious health problems. While there is no cure, using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more.

KNOW YOUR NUMBERS

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Call 1-800-AHA-USA1 (1-800-242-8721) or visit www.heart.org/fund for more information about cardiovascular disease.



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The Fruitport High School graduating class of 1985 celebrated 40 years last September. The reunion was held at Pin Crest Lanes in Fruitport and was well attended. Thanks to class member Randy Thorstenson, his wife Barb, and many family members for the great meal, also thank you to class members that donated items to raffle and paid for the food, making the meal free for all to enjoy. More photos can be found on Facebook at **Fruitport Class of 1985 Classmates and Friends Forever**. Hopefully those who missed will be at our next event. ~by Heidi Tice