



Benzie County
Council on Aging, Inc.

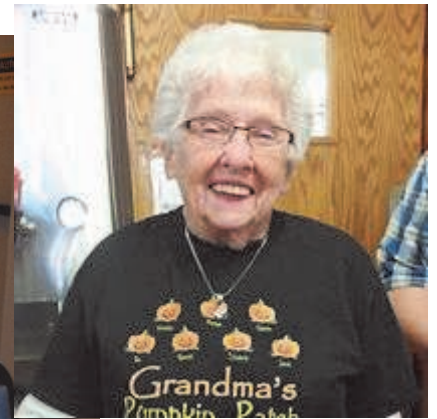
THE SENIOR SCOOP

*Supporting Seniors Today,
Tomorrow & the
Future*

October 2016

INSIDE THIS ISSUE:

Directory/Subscription Form	2
From our Executive Director	3
Menu	4
Calendar of Events	5
Dawn's Dish	6
Meet Emily!	7
Birthdays and Word Search	8
Winter Health	9
Recipes	10
Medicare News	11
Bulletin Board	12
Donations	13
Happy Halloween!	14



October is.....

Breast Cancer Awareness Month
 Computer Learning Month
 Cookie Month
 Eat Country Ham Month
 National Popcorn Popping Month
 National Diabetes Month
 Physical Therapist Month
 National Pizza Month
 Lupus Awareness Month
 Adopt a Shelter Dog Month

Fun Facts About October

- John Adams, Rutherford B. Hayes, Chester Arthur, Theodore Roosevelt, Dwight Eisenhower, and Jimmy Carter were all born in October—the most Presidential month.
- Rural delivery of mail in the United States was not free until October 1, 1896. Prior to this, rural farmers had to pay a private carrier or pick up from their “local” post office.
- President Truman made the first presidential telecast address from the White House on October 5, 1947.
- The birthstones for October are the tourmaline and the opal.
- On October 4, 1957, the first artificial satellite was launched by the Soviet Union.

DIRECTORY

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Toll Free: 888-893-1102

Fax: 231-325-4855

Email: info@benziecoa.org

Website: www.benziecoa.org

OFFICE HOURS

Monday – Friday:

8:00 a.m. – 4:00 p.m.

THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY

Benzie County
Council on Aging, Inc.
10542 Main Street
Honor, MI 49640

Douglas Durand, *Executive Director*
Dawn Bousamra, *Editor*

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Benzie County Council on Aging is funded by Benzie County residents through a property tax millage, federal and state funds through the Michigan Office of Services to the Aging, Area Agency on Aging of Northwest Michigan and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation; Delta Dental Foundation, GT Regional Community Foundation and Benzie County Community Chest. .

The Council on Aging will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

MISSION STATEMENT

To provide programs for Senior Citizens of Benzie County that promote and encourage opportunities for socialization, education, health, safety, welfare and independent living with dignity.

NEWSLETTER SUBSCRIPTION FORM

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the COA office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.

FROM OUR EXECUTIVE DIRECTOR

Greetings,

Once again we mourn the passing of another summer. At the Council on Aging it was productive and busy! In early June, our second Diamond Tours Trip took place, a 3-day tour of Mackinaw City, Sault Saint Marie and Mackinac Island, which was in the midst of their Lilac Festival. We sponsored our second Annual Antique Appraisal Clinic and celebrated the retirement of Phil Gagliano who was with us for over 16 years (plating over 703,000 meals!). This year's Senior Project Fresh brought us 197 \$20 coupon booklets, which were given to qualifying seniors for use at our local Farmer's Markets.

The Lawn Chore Program also kept us on our toes and not surprising we served more clients and provided more lawn mows than any other summer. Many of our programs have seen double digit increases over the past two years. Our population of 60 and older continues to increase, and the biggest percentage of growth is with our 80 - 90 year olds. This creates a greater need for our services, helping them remain in their own homes and providing exceptional services, which supports their independence.

Our Home Delivered Meals program delivered 8% more meals this summer than last summer and we are on pace to deliver over 43,000 meals for the fiscal year! Not to be left out, The Gathering Place and Thompsonville Congregate Meal Sites are on pace to serve over 26,000 meals. We will be very close to a total of 70,000 meals between both nutritional programs, which represents an additional 10,000 more meals this fiscal year! That is above our record breaking numbers from last year.

Without a dedicated group of staff, volunteers and Board of Directors, this could not be possible. Please thank these individuals for their hard work and love for doing what they do!

We were again awarded a grant from Meals on Wheels of America for our promotion and participation in the March for Meals Awareness Campaign. Speaking of grants, we applied for and were awarded a grant from the Grand Traverse Band of Ottawa and Chippewa Indians 2% Allocation Funds. This grant will help our fundraising efforts to purchase another Home Delivered Meals vehicle replacing one with over 242,000 miles.

Benzie County Council on Aging and Benzie Home Health Care have been focused on aligning their services in preparation to join forces. In the upcoming weeks the merger of Benzie County's premier senior services organizations will be official and we are anxious to announce the details of how this combination of excellent services and trusted care will benefit seniors living in Benzie County.

Since 2003, Benzie County Council on Aging has been the go to agency for senior services in Benzie County. Benzie Home Health Care has been the trusted agency for providing excellent home health care to Benzie County residents since 1975. With over 50 years of combined experience serving Benzie County, the merger of these organizations will provide a comprehensive and integrated delivery of services connecting seniors with resources that address their specific needs. As a joint entity, the focus will remain on improving the quality of life, health and safety, social support systems and nutrition through high quality services.

As always, we are open to any ideas, comments, or suggestions.

Take care~
Douglas

MENU

Lunch is served Monday thru Friday at The Gathering Place from 11:30-1:00.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sloppy Joes Tater Tots Normandy Blend Orange	4 Citrus Chicken over Rice Malibu Blend Spinach Bread Tropical Fruit	5 Swedish Meatballs Herb Mashed Potatoes Green Beans Bread Watermelon	6 Tangerine Chicken over Rice Far East Blend Broccoli Fortune Cookie Mandarins	7 Slow Roasted Beef Herb Mashed Potatoes California Blend Bread Apple
10 Sweet Potato Encrusted Pollock Normandy Blend Peas Bread Tropical Fruit	11 BBQ Chicken Corn Wax Beans, yellow Bread Apple	12 Goulash Peas Carrots Bread Plum	13 Chicken Linguini Alfredo Pesto Cauliflower Broccoli Garlic Toast Banana	14 Rosemary Garlic Pork Roast Sweet Potato Malibu Blend Bread Pear
17 Chicken Tenders Tater Tots Roast Squash and Zucchini Bread Orange	18 Homemade Meatloaf Herb Mashed Potatoes Cauliflower Bread Pear	19 Chicken Stir-fry over Rice Far East Blend Chow Mein Noodles Fortune Cookies Mandarins	20 Salisbury Steak Herb Mashed Potatoes Peas Bread Apple	21 Ham Dinner Sweet Potato California Blend Bread Pineapple
24 Southern Style Pork Fritters Herb Mashed Potatoes Broccoli Bread Pear	25 Spaghetti with Meat Sauce Italian Beans Corn Garlic Toast Plum	26 Chicken Fajitas Refried Beans Cinnamon Apples	27 Meatball Sub Italian Beans Pesto Cauliflower Pineapple	28 Smoked Sausage with Kraut Brussel Sprouts Malibu Blend Bread Banana
31 Manicotti (brains) Italian Blend (fingers) Spinach (worms) Garlic Toast (spiders) Peaches (rat tails)				

OCTOBER CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 Yoga 11:30 Lunch—Maples Blood Pressure Clinic 12:00 CARDS 2:30 Zumba</p>	<p>4</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>5</p> <p>8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:30 Genealogy</p>	<p>6</p> <p>8:45 Little River Casino 9:00 Hearing Clinic at Administration Office 10:00 Bible Study 11:30 Lunch—Jessica with Benzie Bus 1:00 BUNCO</p>	<p>7</p> <p>8:00 Tunnel of Trees 9:30 BUNCO 10:30Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling</p>
<p>10</p> <p>10:00 Yoga 11:30 Lunch— National Angel Food Cake Day 12:00 CARDS 2:30 Zumba</p>	<p>11</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>12</p> <p>8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO Closing at 1:00 p.m. 4:00—6:30 Empty Bowls Soup Nite</p>	<p>13</p> <p>10:00 Bible Study 11:00 Flu Clinic 11:30 Lunch 1:00 BUNCO</p>	<p>14</p> <p>9:30 BUNCO 11:30 Lunch—National Dessert Day 1:00 Wii Bowling</p>
<p>17</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p>18</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>19</p> <p>8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch—Jeff's Stamp Collection 12:30 BINGO 1:30 Genealogy 4:30 Board of Directors Meeting</p>	<p>20</p> <p>8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—Paul Oli- ver Blood Pressure Clin- ic and Medication 1:00 BUNCO</p>	<p>21</p> <p>Pink Day 9:30 BUNCO 11:30 Lunch—Birthday Party 1:00 Wii Bowling</p>
<p>24</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Pumpkin Deco- rating 2:30 Zumba</p>	<p>25</p> <p>9:00 Essential Estate Planning in Admin- istration Office 10:30 Music by The Melody Makers 11:30 Lunch— National Pasta Day 3:30 Chair Yoga 6:00 Zumba</p>	<p>26</p> <p>8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:30 Genealogy</p>	<p>27</p> <p>10:00 Bible Study 11:15 Dining Out Day — Blue Caribou Cafe 11:30 Lunch 1:00 BUNCO</p>	<p>28</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering</p>
<p>31</p> <p>10:00 Yoga 11:30 Lunch— Halloween Party 12:00 CARDS 1:00 Spinning 2:30 Zumba</p>				

Dawn's Dish

Please note: The Gathering Place Senior Center is closing at 1:00 p.m. on Wednesday, October 12th to prepare for Empty Bowls Soup Nite fundraiser.

All participants in the Congregate Meal Program (The Gathering Place) must fill out a **NEW NAPIS** form starting October 1st. We are **REQUIRED** to have an updated form each year. So please don't give my desk volunteers a hard time!

October is Fire Prevention Month. We'll have information on how to prevent fires by recognizing potential hazards. With the weather changing our furnaces, wood stoves, electric heaters and propane tanks will be back on and we sometimes need a safety refresher.

National Popcorn Month is October! So thrilled we have our very own popcorn machine on site and Bonnie Fast to run it! Only 25 cents per bag and all monies go back into The Gathering Place. Win-win!

October is Diabetes Awareness month. Watch for valuable information available all month. Take a quiz—are you at risk?

Wednesdays, October 5, 19, 26—1:30 p.m.-3:30 p.m. Genealogy Class with Kay. Having your own laptop and knowledge of how to navigate the internet preferred. Space limited so call today! (231)-525-0601.

Thursday, October 6—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment. Clinic is located at the Administration Office.

Friday, October 7—Tunnel of Trees Trip! Leaving at 9:00 a.m. and return by 5:00 p.m. Stops along the way include: Good Hart General Store, the historic church at Middle Village and lunch at The Legs Inn. Call to sign up at (231) 525-0601. Trip fee is \$15.00. You are responsible for buying your own lunch.

Wednesday, October 12—Empty Bowls Soup Nite 4:00—6:30. Don't miss this delicious fundraiser at The Gathering Place. Silent Auction; Famous Area Soups; Bread/ Beverage and Dessert included. \$8/ person; Children 12 years and under are only \$2.50! Carry outs are available.

Wednesday, October 19—Stamp Collection Day. Our very own Jeff Stockman has quite the collection of stamps. Join us during lunch to check them out and if you have a collection, please share!

Thursdays, October 6 & 20—Leave at 8:45 a.m. Little River Casino Trip. Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

Friday, October 21—October is Breast Cancer Awareness Month. Wear pink (yes, men too!) whether it's your whole outfit, a ribbon, socks, hat, bracelet or lip-stick. Let's show our support!

Thursday, October 27—Dining Out Day! We are heading to Blue Caribou in Beulah for lunch. Grab your dining out certificates from our office for only \$3. They are worth \$6 at participating restaurants. Leaving at 11:15 a.m. Sign up required. Call (231) 525-0601.

Tuesday, October 25—Essential Estate Planning. 9:00 a.m. to 4:00 p.m. at the Administration Office. Appointments are approximately one hour. This is an opportunity to speak with an experienced estate planning attorney for free to review, update and/or create an estate plan. Schedule an appointment by calling 231-525-0600.

Monday, October 24—12:30 p.m. Pumpkin decorating! Bring your own pumpkin or help us decorate one for The Gathering Place. We'll have plenty of Mr. Potato-head parts to create your one-of-a-kind pumpkin without having to carve!

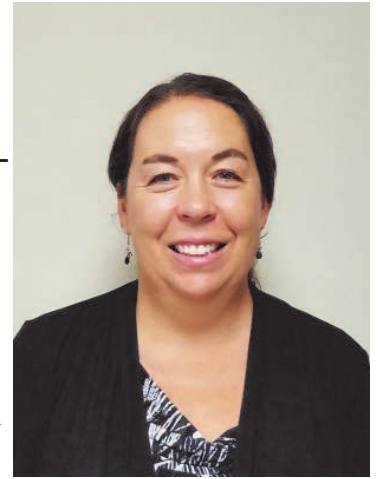
Friday, October 28—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m. Please bring a dish to pass and we'll see you there. Donations accepted.

Monday, October 31—Halloween Party during lunch. Goblins, ghouls and treats! Come dressed in your best costume—will we guess your true identity? Prizes awarded for most creative!

Meet Emily!

Welcome Emily Rice, our Director of Home Health Services, to our team! Emily worked for the Grand Traverse County Commission on Aging as a Nursing Supervisor for 19.5 years. WOW! We are so fortunate to have her expertise on our staff.

Emily was born in the UP, spent most of her childhood in Minnesota, then moved to Michigan at age 13. She is married to Paul and has three children: Aaron 22 (who is a senior at MSU—go green!), Paulie 10 and Molly 8.



In her spare time she enjoys spending time with my family; gardening; walking; snow shoeing; and going on wine tours. She absolutely loves nature and being outdoors.

“I love working with seniors. It was a career I kind of stumbled into, but I can't imagine doing anything else. It is so rewarding to be able to be a part of an organization that allows people to remain living at home for as long as possible.”

Please stop by and extend a warm Benzie County welcome to Emily!

What does The Gathering Place Senior Center mean to you?

“It is good to be with people our own age. We give comfort and encouragement to each other; can talk about our health problems. We really care for each other; we feel like family...We all have a good time eating together instead of each one at home alone; it is no fun eating alone. So, thank you all of you for The Gathering Place, we feel like someone really cares for us ‘Old Seniors’.”

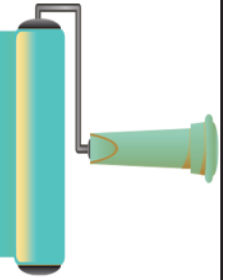
“This place means the world to me. After my husband passed my world came apart. This place saved me. I enjoy the people and working the desk. I also call Bingo once in a while; what fun. This is the nicest senior center around. You should be very proud. Again, thank you.”

“The Gathering Place is a great place for tasty, nutritious meals and a good place for friends and neighbors to meet.”

“It means friendship, laughter, balanced meals. Air conditioned in the summer and good warm place in the winter.”

“The Gathering Place has become my main place of entertainment. So nice to have all the comradery. I feel welcome and comfortable. Everyone has been so accepting of me and genuinely caring. Love playing my harmonica with the band.”

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OCTOBER BIRTHDAYS & WORD SEARCH

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October Birthdays

Sylvia Benett 10/1
 Nancy Kasperzak 10/3
 Phyllis Crowell-
 VanHammen 10/5
 James Loucks 10/6
 Chris (Mary) Thom 10/7
 Terry VanHeynnigen 10/9
 Linda Remington 10/10
 Tom Marsden 10/10
 Ruth Pedersen 10/11
 Judy Acha 10/11
 Betty Croft 10/11
 Bonnie Tate 10/12

Kathy Maddaison 10/12
 Susana Green 10/12
 Herb Baker 10/12
 Geoffrey Allen 10/13
 Marleen McPherson 10/13
 Bob Powell 10/14
 Shirley Sexton-Damore 10/14
 Sharon Hyll 10/15
 Betty Kalbach 10/14
 Clyde Kastl 10/15
 Doris Loll 10/16
 Carol Elbright 10/16
 Cheryl Williams 10/16
 Rob Janusch 10/17
 Edna Teatro 10/17

Fred Poynor 10/19
 Sharon McCollu 10/21
 Alda Cook 10/22
 Dominick Ferrara 10/23
 Lawrence Muzzarelli 10/25
 George Harris 10/26
 Charlies Hicks 10/26
 Herb Ryan 10/26
 Julia Hyll 10/28
 Betty Gardner 10/28
 Patty Tibbitts 10/28
 Bruce Toms 10/29
 Jim VanHammen 10/31
 Gloria Ellis 10/31
 Bill Kulback 10/31

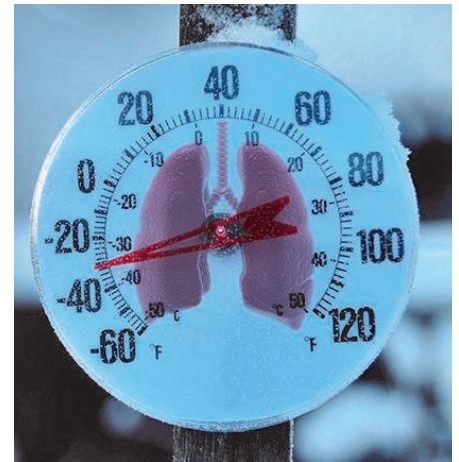
HEALTH TIPS

Winter is coming. Here's what you need to know.

by Cameron Kennerly of The Lung Institute

For anyone who suffers from Chronic Obstructive Pulmonary Disease (COPD), cold weather conditions can often bring out the worst symptoms. Cold temperatures can regularly lead to fatigue, and even windy days can cause shortness of breath. It's no secret that many suffering from the disease have found their symptoms become aggravated during colder weather. The effect of cold temperatures on respiratory health has been the subject of study for quite some time, and researchers have even found direct links between cold weather and COPD hospital admissions.

With your health in mind, the Lung Institute is here to provide you with the information you need to avoid **the danger of cold weather and COPD** so that you stay healthy this winter.



The effects of cold weather on the lungs can be extreme and chronic exposure to cold environments are known to cause dramatic changes to the respiratory system. What many who experience respiratory illness fail to realize is how closely linked the heart and lungs are in their function. The lungs provide oxygen to the bloodstream and the heart pumps blood, delivering oxygen to various parts throughout the body. With an onset of low to extreme temperatures blood vessels begin to narrow, restricting blood flow and depriving the heart of oxygen. The heart is forced to pump harder, which ultimately increases blood pressure.

The body's initial response to cold weather is an increase in the respiration rate (hyperventilation) followed by a steep drop (hypoventilation). As researchers can attest, even cold weather temperatures that seem *mild* can spark poor respiratory health. In mild winters particularly, the largest strain on the respiratory system can be found, leading to a higher rate of cold-related mortality among the elderly. In fact, it is at 40 degrees Fahrenheit in which the risk of cold-related mortality is at its highest point because of the strain it puts on the lungs and heart.

Now that you understand the dangers, it's time to fight back with a few simple tips for keeping your lungs in the best condition this winter.

- Don't burn wood on stoves or fireplaces to avoid smoke build-up.
- If the weather is poor, change your schedule to avoid it when possible.
- If using oxygen, keep your oxygen hose under your coat to keep the air as warm as possible.
- When it's cold outside, use a scarf or face mask over your nose and mouth and breathe through your nose. This will warm the air before it enters your lungs.

RECIPES



Pumpkin Muffins

Ingredients:

- 1 3/4 cups all purpose flour
- 1 cup sugar
- 1/2 cup dark brown sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon nutmeg
- 2 eggs
- 1 15 ounce can pure pumpkin puree
- 1/2 cup coconut oil, melted
- 1 teaspoon vanilla extract.

1. Preheat oven to 375 degrees and place 12 paper liners into each well of your standard size muffin baking pan.
2. Measure out the flour, sugars, baking soda, salt and spices in a medium bowl and whisk together. Set aside.
3. In another bowl, whisk together the eggs, pumpkin puree, coconut oil and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir together. Do not over mix, just stir until everything is incorporated into the batter.
5. It is helpful to use a large scoop to evenly distribute the batter into each well. They will be nearly full.
6. Bake your muffins for 20-22 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Pumpkin Ice Cream



INGREDIENTS

- 8 oz Heavy Whipping cream
- 14 oz Sweetened Condensed Milk
- 3/4 cup Pumpkin Puree
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Vanilla

Instructions

- Whip the cream until stiff peaks form.
- Gradually add condensed milk while continuing to beat.
- Stir in the pumpkin, vanilla and spice.
- Freeze for at least 4 hours.

MEDICARE NEWS



Medicare News – September 2016

The Medicare Annual Enrollment Period Starts October 15th

This is the time of year when most Medicare beneficiaries have the opportunity to switch their Part D prescription drug plans or their Medicare Advantage plans. CMS Medicare sets the period of October 15th through December 7th as a time for beneficiaries to make a change.

Jim Verville, Regional Coordinator for the Medicare/Medicaid Assistance Program (MMAP) in Traverse City encourages all Medicare beneficiaries to have their plans reviewed during the fall enrollment period. He said, “It’s not unusual for plans to add or remove drugs on their formulary, increase the co-pay amounts for medications, and change the monthly premium costs”. There are about 30 Medicare Part D drug plans to choose from throughout Michigan and an average of 15 Medicare Advantage plans available in each County.

The annual enrollment period is also an excellent time for folks to convert from a Medicare Advantage Plan to Medigap coverage, or vice versa. There are up to 10 different Medigap plans available, each having different levels of coverage. Also, referred to as supplemental plans, the monthly premiums for Medigaps are usually based on plan benefits, age, location, and health factors. Verville said that his office is already receiving a lot of calls from clients who have a Blue Cross Blue Shield Legacy Medigap plan. Legacy customers have received notice that their premiums will increase substantially starting January 1st of next year. Many want to find alternative plans. He said that MMAP will also help these folks get screened for the new Medigap subsidy provided by the Michigan Health Endowment Fund, and assist them in finding another Medigap plan that best matches the coverage they desire along with an affordable premium. “We will then refer them to a company that sells the product they choose as a means to get the actual pricing detail and receive help with enrollment”, said Verville.

MMAP counselors are trained and certified to provide free Medicare and Medicaid assistance on a local basis. Verville said that he has 50 team members in his 10 county region providing a local presence in each county. MMAP is part a national program that serves Medicare beneficiaries. The best way to start the process is for folks to call their local MMAP office. Benzie County residents should call toll free 888-893-1102 or 231-525-0600, to request a prescription drug worksheet and to schedule an appointment. The form will provide our counselors with the information needed so they can review all of the drug plans that are available and develop a short list of the best alternatives.

“Each fall, we receive more requests than we can handle” said Verville. “Folks need to call us for a drug worksheet as soon as possible to ensure that they get on the schedule”, he said.

By: Jim Verville, Region 10 Coordinator
Michigan Medicare/Medicaid Assistance Program
Area Agency on Aging, Traverse City, Michigan



This year we are offering a one time Fall Clean-up. This service includes raking and bagging of leafs (we do **not** haul away), removing/replacing storm doors & windows, removal of A/C window units and plastic covering over your windows (you provide the plastic). The cost will be \$20 per hour with a maximum of 3 hours. Call 231.525.0600 or 877.893.1102 for more information. Vouchers are currently available for purchase.

BULLETIN BOARD



Guess what time it is? It's time to start thinking about snow...well snow removal that is!! Our snow removal program will run from November 15, 2016 thru April 15, 2017. Call 31.525.0600 or 877.893.1102 for more information. Vouchers will be available for purchase October 24th.



October is Dental Hygiene month. Benzie County Council on Aging has partnered with, Dental Clinics North, MSDC of Manistee and Northwest Michigan Health Services to assist seniors in obtaining dental services. Call our office for more information! 231-525-0600



Thursday October 13th Flu Clinic with Rosemary Russell, RN from Hometown Pharmacy. Appointments starting at 11:00 a.m. Please sign up at The Gathering Place front desk by calling 231-525-0601. Bring your Medicare Card and any supplemental insurance cards.

DONATIONS

When You Donate. . . You Make a Difference

The Benzie County Council on Aging is an independent 501c3 not-for-profit organization that depends upon donations to sustain our programs. We need your support to continue to provide caring and professional services to the seniors of Benzie County and the need is greater than ever as the population over the age of 60 rises and our traditional funding sources diminish. Your support, either large or small, helps us continue this important work!

When you make a donation to the Benzie County Council on Aging, you will be helping provide important services and programs to seniors in our county. Some of these services include Home Delivered Meals Program, Homemaking Services, Senior Center Operations, Educational Programs, Chore Service, Snow Removal and more.

There are many other ways to contribute to the Benzie Council on Aging, now and in the future, that may fit your interests.

Tribute Donations:

Tribute gifts of any amount can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. The Council will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

Planned Giving:

As you prepare your legacy for your family and your community, please consider including the Benzie County Council on Aging as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to the Benzie County Council on Aging will benefit many seniors and help us to continue vitally needed services for years to come.

Your tax-deductible donation can and will make a world of difference in the life of an area senior citizen or disabled individual.

You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory of or honor of an individual, please tell us and we will do our best to meet your wishes.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102.

DONOR INFORMATION:

Name: _____
Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Make Checks Payable To: "Benzie County Council on Aging"

Benzie County Council on Aging is an independent 501c3 not for profit organization. Gifts to the Benzie County Council on Aging are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.

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