

The Senior Scoop

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February is....

Black History Month

American Heart Month

Low Vision Awareness Month

Bird Feeding Month

National Cherry Month



"The Eskimo has fifty-two names for snow because it is important to them; there ought to be as many for love."

~ Margaret Atwood

DIRECTORY**Phone:** 231-525-0600 or**Toll Free:** 888-893-1102**Fax:** 231-325-4855**Email:** info@benziecoa.org**Website:** www.benziecoa.org**OFFICE HOURS****Monday – Friday:**

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MONTHLY PUBLICATION
BROUGHT TO YOU BY**

Benzie Senior Resources

10542 Main Street

Honor, MI 49640

Douglas Durand,

Executive Director

Dawn Bousamra,

Editor

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**To provide exceptional services, resources and
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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 Benzie Senior Resources 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 Director

Greetings Everyone,

As I write this, we seem to be in a January thaw, but our dedicated snow plow contractors were quite busy during December and into January. We provided more plows during December of 2016 than any other December since we started the Snow Removal Program, and we have seen a significant increase in the number of seniors who have signed up for this service.

Also in December, we delivered 4,265 home delivered meals! For the past several months, we have been so close to hitting 4,000 meals, and finally in December, we crushed it. This milestone would not have been accomplished without our loyal and dedicated volunteer drivers. All of you are the best! Thank you for your time and continued loyalty to our homebound seniors. We are blessed to have a loving and dedicated kitchen staff that comes to work every day with the goal to make sure our seniors are fed a delicious and nutritious meal. A big thank you to: David, Kathy, Wanda, Tim, Nicole, John & Toni. And last but not least, Jeff Stockman our Home Delivered Meals Coordinator makes sure the routes are running smoothly and that each client is satisfied with their meals.

I am excited to introduce a new service for Benzie County seniors—the Friendly Visitor Program. The Friendly Visitor Program is a collaborative effort between Centra Wellness and Benzie Senior Resources. This new program is volunteer-based and matches volunteers with homebound seniors who are seeking additional companionship. Benzie Senior Resources will provide training to visiting volunteers who are qualified, caring individuals.

Friendly Visitor volunteers will visit the senior at their home for 2-3 hours a week. The visits will be social in nature. Some suggested activities may include playing cards, looking at photographs, helping write a letter, reading a story, reminiscing, being a friendly ear or just chatting. The times of the visit are flexible; the volunteer and senior will set up a mutually convenient time that works for the both of them.

Objectives for this program are:

- Provide clients with meaningful, one-on-one relationships with adult volunteers
- Assist clients to become knowledgeable of and have access to needed resources
- Improve clients day-to-day lives
- Help clients maintain self-sufficiency and independence
- Expose clients to a variety of community activities

Our goal at Benzie Senior Resources for the Friendly Visitor Program is to have an enriching experience for the volunteer as well as for the senior. We foresee many friendships evolving from participating in our program.

For more information regarding the Friendly Visitor Program, please call 231-525-0600

Take care,
Douglas



February Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Steak Fajitas Refried Beans Baked Peaches</p>	<p>2</p> <p>BBQ Chicken Sweet Potato Spinach Bread Plum</p>	<p>3</p> <p>Hot Beef Sandwich Herb Mashed Potatoes Green Beans Apricots</p>
<p>6</p> <p>Pork Potstickers over Rice Far East Blend Broccoli Fortune Cookie Mandarins</p>	<p>7</p> <p>Chicken A La King Spinach Wax Beans Whole Wheat Bread Plum Halves</p>	<p>8</p> <p>Sweet Potato Encrusted Pollock Normandy Blend Corn Bread Orange</p>	<p>9</p> <p>Pizza Green Peas Carrots Breadsticks Fruit Cocktail</p>	<p>10</p> <p>Slow Roasted Beef Herb Mashed Potatoes California Blend Roll Banana</p>
<p>13</p> <p>Philly Steak Sandwich Tater Tots Cinnamon Apples</p>	<p>14</p> <p>Chicken Scampi Italian Beans Pesto Cauliflower Strawberry Shortcake</p>	<p>15</p> <p>Sweet & Sour Meatballs Sweet Potato Malibu Blend Bread Tropical Fruit</p>	<p>16</p> <p>Salisbury Steak Herb Mashed Potatoes Winter Blend Bread Pineapple</p>	<p>17</p> <p>Homemade Lasagna Italian Blend Corn Garlic Toast Apple</p>
<p>20</p> <p>Country Style Beef Fritters Herb Mashed Potatoes California Blend Bread Banana</p>	<p>21</p> <p>Spaghetti with Meatballs Carrots Italian Beans Garlic Toast Pear</p>	<p>22</p> <p>Bratwurst and Peppers on Bun Baked Beans Spinach Peaches</p>	<p>23</p> <p>BBQ Chili Corn Green Beans Crackers Orange</p>	<p>24</p> <p>Caribbean Pork Sweet Potato Malibu Blend Hawaiian Rolls Tropical Fruit</p>
<p>27</p> <p>Chicken Parmesan Italian Blend Corn Garlic Toast Banana</p>	<p>28</p> <p>Chicken Gumbo Collard Greens Black Eyed Peas Roll Peaches</p>	 		

February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO</p>	<p>2</p> <p>Groundhog Day 9:00 Hearing Clinic at Administration Office 9:00 Foot Clinic at Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>3</p> <p>National Wear Red Day 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling</p>
<p>6</p> <p>10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Clinic 12:00 CARDS</p>	<p>7</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>8</p> <p>10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO</p>	<p>9</p> <p>8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—National Pizza Day 1:00 BUNCO</p> 	<p>10</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p>13</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS</p>	<p>14</p> <p>10:30 Music by The Melody Makers 11:30 Lunch—Valentine's Day Party 3:30 Chair Yoga</p>	<p>15</p> <p>9:30 State Theater Trip 10:00 Stay Fit with Doris 11:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting</p>	<p>16</p> <p>10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO</p>	<p>17</p> <p>National Random Acts of Kindness Day 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p>20</p> <p>President's Day 10:00 Yoga 11:30 Lunch 12:00 CARDS. 1:15 Pinterest Craft</p>	<p>21</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>22</p> <p>George Washington's Birthday 10:00 Stay Fit with Doris 11:30 Lunch—February Birthday Party 12:30 BINGO</p> 	<p>23</p> <p>8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—National Chili Day 1:00 BUNCO</p>	<p>24</p> <p>9:30 BUNCO 11:30 Lunch —National Tortilla Chip Day 1:00 Wii Bowling 6:00 Ol' Time Gathering/</p>
<p>27</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS. 1:00 Spinning</p>	<p>28</p> <p>9:00 Essential Estate Planning in Administration Office 10:30 Music by The Melody Makers 11:30 Lunch—Mardi Gras Party 3:30 Chair Yoga</p>			

Dawn's Dish

Please remember that The Gathering Place Senior Center is closed when Benzie Central Schools are closed.

Thursday, February 2—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.

Thursday, February 2—9:00 a.m.—1:00 p.m. Foot Clinic at Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment.

Friday, February 3—National Wear Red Day! Come on! Everyone looks great in red. Socks, shirts, pants, shoes, scarves...whatever. Get on this and help us bring awareness to heart health. Remind your friends to come in dressed head to toe in red.

Monday, February 6—The Crew from The Maples will be here during lunch for their monthly Blood Pressure Clinic. This is a great opportunity to monitor your numbers!

Thursdays, February 9 & 23—Little River Casino Trip. Leave The Gathering Place at 8:45 a.m. and Shop-n-Save at 9:00 a.m. 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.

Thursday, February 9—National Pizza Day! The kitchen will be making pizzas for lunch today. Don't miss this great pizza bar!

Tuesday, February 14—Valentine's Day Party! Join us for a lovely lunch with Strawberry Shortcake for dessert. Dress in shades of pink and red. Wear hearts and watch out for Cupid!

Wednesday, February 15—State Theater Trip. Leaving The Gathering Place at 9:30 a.m. Movie begins at 10:30 a.m. and then we head over to The Grand Traverse Pie Company for lunch afterwards. Typically return about 2:00 p.m. We'll see the movie "42". It's about Jackie Robinson and his experience as a black athlete overcoming racism and winning over fans. Movie cost is only 25 cents plus the cost of your snacks. Trip fee is \$5 plus your lunch.

Monday, February 20—Pinterest Craft time! It's a surprise! Please sign up at the front desk so I have enough supplies.

Wednesday, February 22—February Birthday Party!

Friday, February 24—Ol' Time Gathering Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. The Melody Makers will entertain and there will be dancing! Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.

Tuesday, February 28—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.

Tuesday, February 28—FAT TUESDAY! Mardi Gras Party! Paczki time too! Be sure to wear your purple, gold and green colors and don't forget your beads.

Word Search & Birthdays

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

Valentine Word Search

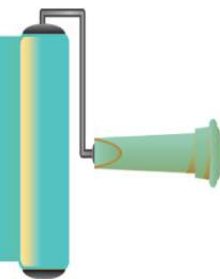
ADMIRER	ENAMORED
ADORE	ENDEARMENT
AFFECTION	ENVELOPE
AMOROUS	FEBRUARY
ANGEL	FLAME
BALLOONS	FLIRT
BELOVED	FLOWERS
BOUQUET	FONDNESS
CANDY	FRIEND
CARD	GIFT
CARNATION	HEART
CHARMED	HEARTTHROB
CHERISH	HOLIDAY
CHERUB	HONEY
CHOCOLATE	HUG
COURTING	KISS
COURTSHIP	LIKE
CRAZY	LOVE
CRUSH	LOVEBIRDS
CUPID	PINK
DARLING	POEM
DATE	RED
DEAR	ROMANCE
DECORATE	SWEETHEART
DESIRE	SWEETS
TENDERNESS	TENDERNESS
DOVES	VALENTINE
EMBRACE	

Photokapi.com

Happy Birthday to you!

Julia Polhamus	1	Marian Lannin	11	Debbie Vallortigara	21
Bonnie Rickett	3	Bill Schnarr	11	Virginia Marsden	22
Daryl Belanger	5	Judy Hilley	12	Sabra Boyle	22
Kat Hazelett	6	Don Bock	12	Stanley Putney	23
Iris Cusch	7	Ronald Wiggins	13	Hillar "Al" Bergman	23
Mark Richmann	7	Jean Higman	13	Helen Fortine	24
William Armstrong	8	Douglas Beaudrie	13	Robb Bollenberg	24
Jackie Richards	8	Niel Nielsen	17	Tim Brushaber	25
Bud Frankenberger	8	Art Jeannot	17	Cliff Grostick	25
Gail Lappe	9	Simona Lopez	18	Irma Komoll	25
Anita Armstrong	9	Ray Nichols	20	Kris Dykstra	27
Stephen Spoor	10	Betty Nilsson	20	Ellen Kracht	28
Caroline Hentschel	11	Sharon Osborne	21	Norman Falet	28

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New faces at The Gathering Place front desk!



Above—We are thrilled that Diane Leitgeb is finally ready to jump on the desk. Just had to wait for her broken arm to heal.

Left—Deb Reed is kind enough to help us out in a pinch! She's a sweet lady ready to tackle whatever task thrown her way.

If you happen upon these smiling faces, please give them a warm welcome!



We are also thrilled to announce the hiring of two new Home Health Aides. Traci Hultman and Germaine Jados have both joined our team. I'd love to show you pictures of them but they have both jumped right into work and I haven't caught up with them yet!

American Heart Month

Heart Disease and Stroke: What Seniors Need to Know

Heart disease is the number one cause of death in the United States. Stroke is the third. Not all types of heart disease and stroke are preventable, but most are. If you know what you can do now to reduce your risk of heart disease and stroke and how to be on the lookout for telltale symptoms of a problem, you can significantly increase your chances of living longer.

What to Know About Heart Disease

Heart disease is a pretty broad term applying to a number of types of illnesses and issues that can affect the health of your heart. As you likely know, your heart is one of the most important organs in your body, so any time it's not working right, there's cause for worry.

The most common type of heart disease people experience is **coronary artery disease (CAD)**. CAD causes most heart attacks, so if you're at risk of it, you want to know it as soon as possible so you can take preventative measures. CAD occurs when your arteries become hard and narrow, so it's more difficult for blood to get through and reach the heart.

CAD can be caused or exacerbated by lifestyle choices such as smoking, an unhealthy diet, or a general lack of exercise. Some people with CAD will encounter other symptoms before the disease reaches the point of a heart attack, such as angina, which is the chest pain that occurs when the heart doesn't get enough blood. Angina is far less serious than a heart attack, but should be treated as a warning sign that you may experience a heart attack if you don't take the proper measures to improve your heart health.

Heart failure is when your heart just isn't able to pump as much blood through your body as you need. The symptoms that often point toward heart failure are:

- Hard time breathing
- Swelling in your feet, ankles, and legs
- Exhaustion

All of those symptoms can point to other problems as well, so if you're worried you may be experiencing heart failure, head to the doctor's office to see what they say.

Heart arrhythmia occurs anytime your heart is beating abnormally. Whether it's beating too fast, too slow, or in an irregular rhythm, it can cause uncomfortable symptoms such as feeling dizzy, out of breath, faint, or having chest pains. Heart arrhythmia does occur more often in seniors, but it isn't often a huge cause for concern.

Who's At Risk of Heart Disease?

Not everyone's at equal risk of heart disease. You're more likely to need to be on the lookout for symptoms if you:

- Are a smoker
- Have a sedentary lifestyle
- Have high cholesterol
- Have high blood sugar
- Are obese
- Have diabetes
- Consume too much sodium

Strokes

While heart disease is more common, strokes affect approximately 800,000 people in the U.S. every year. Strokes occur when the brain can't get the blood it needs. They can often be deadly, but in many cases, recognizing what's happening quickly enough can save a person's life and reduce the brain damage strokes can cause.

There are two main types of stroke you may encounter: Ischemic and Hemorrhagic.

Ischemic strokes are caused by a blocked artery and make up about 85% of all strokes. They're usually caused by blood clots, which can be caused by lifestyle choices like eating a diet high in fats, sodium, and cholesterol.

Hemorrhagic strokes are less common, but still serious. They occur when an artery in the brain either bursts or leaks blood. These strokes are often caused by high blood pressure and aneurysms.

How to Recognize A Stroke

The absolute most important thing to know about strokes is how to recognize them when they occur so you can get help fast. If you can quickly get someone suffering from a stroke to a medical professional, you vastly increase their chances of surviving and avoiding brain damage and physical disabilities.

The main symptoms of a stroke to look for are:

- Sudden numbness in the face, arm or leg. Often during a stroke, the patient will feel the numbness more on one side of the body than the other
- Difficulty speaking or understanding speech
- Trouble seeing, whether in one or both eyes
- Trouble walking due to dizziness or loss of balance
- Sudden severe headache

The symptoms come on fast and you should call 911 right away if you think someone near you is experiencing a stroke.

Who's At Risk for a Stroke?

The listed risk factors for strokes should be familiar by now – they sound an awful lot like the risk factors for heart disease. You're more likely to encounter a stroke if you:

- Have an unhealthy diet high in saturated fats, trans fat, and cholesterol
- Don't get much exercise
- Are obese
- Frequently drink alcohol
- Smoke

The Relationship Between Heart Disease and Stroke

There's a reason that strokes and heart disease have a serious overlap in risk factors. Your heart is in charge of pumping blood through your body – including to your brain. Both heart disease and stroke come about when your blood isn't moving through your body as it should.

The symptoms and results may differ, but in many cases the causes are essentially the same.

(Note: there are exceptions, sometimes family history or something like a brain tumor can influence your risk, regardless of lifestyle. In most cases though, the risk factors described play a role.)

Reduce Your Risk



As a senior, your risk for both heart disease and stroke increases. For every 10 years you live after the age of 55, your risk of stroke doubles. The majority of deaths from heart disease occur with people over the age of 65.

That doesn't mean there's nothing you can do.

Exercise. – Sitting all day is terrible for us. We didn't evolve to be sedentary and lifestyle has some serious effects on our health. Go for walks. Make a point to fit 30 minutes of cardio or weight training into your day several times a week. Your body (and your loved ones) will thank you for it.

Eat a healthy diet. – You know the drill. Low in fat and sodium, high in fruits and vegetables.

Quit smoking. – If you still smoke, quit now. It's probably the one thing you can do today that will have the biggest effect on your health.

Avoid stress. – Obviously this is much easier said than done, but if you have a lot of stress in your life, look for ways to minimize it. If you can cut out some of the commitments in your life, consider doing so. If you can't, turn to meditation, yoga, or therapy to see if you can manage your stress levels better.

Go to the doctor often. – The sooner you can recognize the symptoms and risk factors, the sooner you know to step up your prevention efforts. A doctor can tell you when it's time to be worried and what to do about it.

We can't avoid all health risks, but we can take steps to minimize the risk of many of the common diseases and illnesses that occur. Healthy living can lead to fewer issues with cardiovascular health as you age and help you avoid the devastating brain damage that can come with a stroke. It may not be fun to exercise and eat healthy, but it's far preferable to a heart attack.

Banana Split Oatmeal—Frozen Yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.

Ingredients:

- 1/3 c. oatmeal (dry, quick cooking)
- 1/8 t. salt
- 3/4 c. water (very hot)
- 1/2 banana (sliced)
- 1/2 c. frozen yogurt

Directions:

1. In microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minutes. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

NOTE: add a little swirl of chocolate syrup for extra fun!



Bulletin Board



It's getting to be tax time again and we are happy to announce that we will

be offering FREE income tax preparation again this year. This service is provided by volunteers from Northwest Michigan Community Action Agency. Tax preparation will begin in early February. Call our office at 231-525-0600 to schedule your appointment.



DIABETES Personal Action Toward Health

PATH

The Stanford Diabetes Self-Management Program

GET ON THE PATH TO HEALTHIER LIVING!

FREE Diabetes Self-Management Workshop

COMING SOON!

Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.

Open to adults of all ages living with diabetes (Pre-diabetes, Type 1, Type 2), and their family members and caregivers.

To learn more or to register your interest, please contact Sharon at 1-800-442-1713
Visit us online at www.aaanm.org/path-workshops



CHRONIC PAIN Personal Action Toward Health

PATH

The Stanford Chronic Pain Self-Management Program

GET ON THE PATH TO HEALTHIER LIVING!

FREE Chronic Pain Self-Management Workshop

COMING SOON!

Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.

Open to adults of all ages dealing with chronic pain conditions (Arthritis, Back Pain, Fibromyalgia, etc.), and their family members and caregivers.

To learn more or to register your interest, please contact Sharon at 1-800-442-1713
Visit us online at www.aaanm.org/path-workshops



Happy Valentine's Day from Big Momma!

Donations

When You Donate. . . You Make a Difference

Benzie Senior Resources 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, in any way or amount, helps us continue this important work!

When you make a donation to Benzie Senior Resources, 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 Benzie Senior Resources, 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. Benzie Senior Resources 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 Benzie Senior Resources 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 Benzie Senior Resources 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 Senior Resources

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

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U.S. Postage
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Permit No. #1



Thank you Benzie County Sheriff Deputies for all your hard work and dedication!
We were happy to celebrate Law Enforcement Appreciation Day with you.