



Benzie County
Council on Aging, Inc.

The Senior Scoop

Supporting Seniors Today,
Tomorrow & the
Future

2016

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July is National:

Baked Bean Month
 Hot Dog Month
 Ice Cream Month
 Blueberry Month
 Picnic Month
 Parks and Recreation Month
 Anti-Boredom Month



Did you know?

- ★ The Continental Congress met in Philadelphia, Pennsylvania and appointed a committee of five men to work on a draft of the declaration
- ★ The committee consisted of John Adams, Benjamin Franklin, Thomas Jefferson, Roger Sherman, and Robert R. Livingston
- ★ Thomas Jefferson was delegated by the committee to singly write the Declaration although Adams and Benjamin Franklin made many revisions before it was finally submitted to Congress on June 28, 1776
- ★ The Declaration of Independence was adopted on July 4, 1776 and signed by the President of the Continental Congress, John Hancock
- ★ The main reason why we celebrate the Declaration of Independence on the fourth of July is because that was the day it was adopted by the colonies and essentially the day that the United States of America was born
- ★ That was the day in history that the United States became a free and independent state from England

DIRECTORY**Phone:** 231-525-0600 or**Toll Free:** 888-893-1102**Fax:** 231-325-4855**Email:**

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Website: www.benziecoa.org**OFFICE HOURS****Monday – Friday:**

8:00 a.m. – 4:00 p.m.

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MONTHLY PUBLICATION
BROUGHT TO YOU BY**

Benzie County
Council on Aging, Inc.
10542 Main Street
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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.

Greetings!

Well, I have to say, I can't top my bear sighting from last month. It's been the normal commute for me with the usual wildlife sightings; but I am still waiting to see my first fawn this year. Last summer I would frequently see triplets along M-115 between Mesick and Copemish. My other "wildlife" encounter has been a chipmunk that likes to peek under my day lilies and hostas as I do weeding and follows me around in my backyard even when I mow the grass.

In other news, at The Gathering Place, on Monday, June 13th we said goodbye to Phil Gagliano after 16 years of service at Benzie County COA. During those 16 years, Phil was instrumental in making and serving over 703,000 home delivered and congregate meals! The staff and our consumers at The Gathering Place honored Phil with a little send-off retirement party; he will be missed by all. Phil, we wish you good health and happy days in your retirement.

We have some exciting upcoming events to share with you and hope you will "SAVE THE DATE":

► Saturday, August 6th is Benzie Home Health Care's 35th Annual Local Motion (Formally known as the Walk-A-Thon), at Bellows Park in Frankfort. This is a very important fundraiser for Benzie Home Health Care and we at the BCCOA will be taking part in the event this year. If anyone is interested in registering for the event and collecting pledges, please see us at the Administrative Office.

► Friday, September 16th the COA, along with Paul Oliver Hospital, is bringing back the Benzie County Senior Expo. The Expo will be held at Paul Oliver Hospital from 9am – 1pm. The best part it's FREE to attend. There will be a wide range of vendors that will be specific to older adults and services for their current and future needs. Be on the lookout for further information.

► Thursday, September 22nd at the Little River Casino in Manistee, there will be a special event called Senior Empower Day, "Don't Gamble With Aging". This event will focus on a healthy, active lifestyle and planning ahead for when life throws you surprises! We have brochures at The Gathering Place and the Administrative Office for anyone interested in learning more, and/or registering for, the event.

► Northwest Michigan Health Services and BCCOA are working together to present several sessions in August regarding Senior Oral Care. This is part of our Benzie Senior Oral Health Program. More information will be coming soon.

The Benzie Senior Oral Health Program provides Benzie County residents, age 60 or older, whose income level falls at or below 200% of the Federal Poverty Level, a voucher with a value of up to \$300 (depending on the clinic) for dental treatment.

Example: A household of 1 earning \$23,540 or less a year would qualify for the Dental Assistance Fund.

Example: A household of 2 earning \$31,860 or less a year would qualify for the Dental Assistance Fund.

Types of treatment that are covered:

Initial Visit - Your initial dental visit including a comprehensive examination, full set of x-rays, and a dental cleaning is covered. You will also be enrolled in the Northern Dental Plan at your first visit. This membership entitles you to discounted rates (30% - 40%) on all future dental treatment.

Preventive Care Appointments – Coverage is available for dental cleanings and examinations once every six months once you have had your initial visit.

Denture Evaluation – If you have problems eating, speaking, and chewing because of broken or ill-fitting dentures, coverage is available to evaluate your denture fit and develop a plan to fix the problem.

In order to be considered a client must simply fill out an application, providing basic household information and verification of yearly household income.

We are accepting applications for the program, and issuing vouchers for dental treatments at Dental Clinics North in Traverse City, Northwest Michigan Health Services in Benzonia or Michigan Community Dental Clinics in Manistee.

If you have any questions, please call our office at (231) 525-0600 or 1-888-893-1102

As always, we at the Council on Aging are open to any ideas, comments, or suggestions.

I want to wish everyone a Safe and Wonderful 4th of July Celebration!

Take care,
Douglas

HEALTH TIPS - ALL ABOUT BLUEBERRIES



National Blueberry Month 10 Ways to Enjoy Blueberries

Eat them raw as a healthy snack

1

Freeze them and enjoy them as a cold, refreshing treat

2

Blend them as part of your favorite smoothie recipe

3

Simmer them in a pot with a little lemon juice and use as a healthy topping for ice cream

4

Mash cold blueberries with aloe vera for a soothing eye gel

10

Bake them in pancakes or muffins

9

Freeze them in ice cubes to add to water for flavor

8

Add them to salads

7

Use as a topping for yogurt or oatmeal

6

Blend with balsamic vinegar for a delicious salad dressing

5



All About Blueberries!

- Although blueberries are cultivated in 16 countries around the world, true wild blueberries grow naturally only in North America.
- British Columbia and Michigan are the world's leading producers of farm-grown blueberries.
- Blueberries are a super food full of micronutrients and high in dietary mineral iron.
- Blueberries also contain vitamin C, which aids in tissue repair and enhances iron absorption, and vitamin E and antioxidants, which repair cell damage, fight heart disease and cancer, and may offer a protective effect against Parkinson's disease.
- Based on production area, blueberries are the number one fruit crop in the country. They officially surpassed apples for the top spot in 1996.
- There are more products at Tim Hortons that contain blueberry than there are containing maple. Perhaps it should be Canada's national fruit!



JULY MENU

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

Monday

Tuesday

Wednesday

Thursday

Friday

				<p>1</p> <p>Beef Stroganoff Mixed Vegetables Brussels Sprouts Bread Watermelon</p>
<p>CLOSED</p> 	<p>5</p> <p>Lunch Meat Lettuce & Tomato Sliced Cheese Potato Salad Sub Bun Applesauce</p>	<p>6</p> <p>Chicken Tenders Herb Mashed Potatoes Corn Bread Apricots</p>	<p>7</p> <p>Goulash Green Peas Carrots Bread Banana</p>	<p>8</p> <p>Caribbean Pork Sweet Potato Malibu Blend Hawaiian Rolls Tropical Fruit</p>
<p>11</p> <p>Blueberry Pancakes Sausage Links Scrambled Eggs Orange</p>	<p>12</p> <p>Sloppy Joes Tater Tots California Blend Hamburger Bun Banana</p>	<p>13</p> <p>Citrus Chicken over Rice Malibu Blend Spinach Bread Tropical Fruit</p>	<p>14</p> <p>Salisbury Steak Herb Mashed Potatoes Broccoli Bread Apple</p>	<p>15</p> <p>Sweet Potato Encrusted Pollock Normandy Blend Corn Bread Pear</p>
<p>18</p> <p>Asian Chicken Salad Raspberry Carrots Applesauce</p>	<p>19</p> <p>Spaghetti W/ Meatballs Italian Beans Pesto Cauliflower Garlic Toast Orange</p>	<p>20</p> <p>Homemade Meatloaf Herb Mashed Potatoes Carrots Bread Banana</p>	<p>21</p> <p>Pork Potstickers over Rice Far East Blend Broccoli Fortune Cookie Mandarins</p>	<p>22</p> <p>Hot Dog Baked Beans Corn Bun Watermelon</p>
<p>25</p> <p>Steakhouse Burger Tater Tots Broccoli Bun Apple</p>	<p>26</p> <p>Southern Style Pork Fritters Sweet Potato Carrots Bread Banana</p>	<p>27</p> <p>Crispy Cod Sandwich Normandy Blend Corn Bun Pineapple</p>	<p>28</p> <p>Swedish Meatballs Herb Mashed Potatoes Green Beans Bread Pear</p>	<p>29</p> <p>Homemade Lasagna Italian Beans Pesto Cauliflower Garlic Toast Orange</p>

JULY CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
4 Closed 	5 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	6 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:00 Matter of Balance at Honor Township Hall	7 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	8 International Joke Day 9:30 BUNCO 10:30 Thompsonville lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling
11 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	12 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	13 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	14 10:00 Bible Study 11:30 Lunch—Dining Out Trip 1:00 BUNCO	15 9:30 BUNCO 11:30 Lunch 1:00 Cliff Shelder Concert Good-will offering is appreciated.
18 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	19 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	20 National Lollipop Day First Landing on the Moon 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 4:30 Board of Directors Meeting	21 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication Review 1:00 BUNCO	22 9:30 BUNCO 11:30 Lunch—Hot Dog and Vanilla Ice Cream Day 1:00 Wii Bowling
25 9:00 Music House Trip 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 2:30 Zumba	26 9:00 Essential Estate Planning in Administration Office all day 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	27 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	28 10:00 Bible Study 11:30 Lunch—1:00 BUNCO	30 9:30 BUNCO 11:30 Lunch National Lasagna and Cheesecake Day 1:00 Wii Bowling 6:00 Ol' Time Gathering

Dawn's Dish

I see so many new faces walk through our door each week! Many of you are hosting friends and family from out-of-town; who doesn't want to visit us and enjoy the beauty of Benzie County in the summer! We know summers are busy and having visitors can be a little exhausting. Why not alleviate your stress a bit and bring them here for lunch? All ages are welcome!

Calling all bus drivers! We are in need of folks to drive our 15 passenger bus on day trips. Call Dawn at 231-525-0601 if you have a CDL and want to get out and explore Northern Michigan.

Please remember we are closed July 4th to celebrate Independence Day. Please have a safe and happy holiday!

Memphis is calling your name! Join us as we head to Memphis Tennessee for 7 days and 6 nights. Leaving on November 13th and returning November 19th. This trip is jam packed with everything that's great about Nashville! Graceland, Rock N' Soul Museum, Guided Tour of Nashville, Tunica the Casino Capital of the South. Call or stop by for more details!

July 1st is National Joke Day. Bring in your favorite jokes to share with friends. If you have any good "clean" jokes, please share with me. My kids love a good knee slapper.

Friday, July 1—Thompsonville Bingo, lunch and dancing begins at 10:30 a.m. Please call 231-525-0601 to sign up.

Thursday, July 7—Do you have questions about riding the Benzie Bus? Have you been too nervous to try Benzie Bus for the first time? Jessica Carland, Mobility Manager at Benzie Bus, will be here the first Thursday of every month during lunch to answer any questions and give us updates on services and routes. Stop by to meet Jessica and ask her all your burning questions.

Thursday, July 7—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for an appointment. The clinic is located at the Administration Office.

Thursdays, July 7 & 21—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.

Thursday July 14—Dining Out Day! We are heading to Rich's Roadside Café in Interlochen 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.

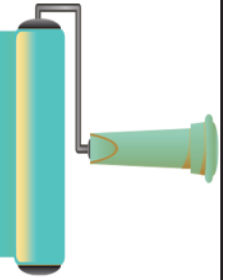
Friday, July 15—1:00 p.m. Cliff Shelder Concert, he's an award winning singer, songwriter and record producer. Cliff has performed at fairs, festivals, restaurants, including the Bluebird Cafe in Nashville, and many corporate and social events in several states. He sings Classic and Traditional Country music from the 1940's through the present. His show includes songs from such artists as Ernest Tubb; Alan Jackson; Merle Haggard; Hank Williams; Jim Reeves; George Strait; Randy Travis and Willie Nelson. What a great way to start your weekend! A good-will offering would be appreciated to cover the cost of Cliff's performance. Mark your calendars and bring a friend!

Monday, July 25—Music House Trip. Have you ever been to the Music House in Acme? It's fabulous! The Museum's unique collection of instruments provides guests with a walk through the history, artistry and engineering of automated music. The collection spans from the late 18th century to 1950, going from simple music boxes to early recorded sound and radio. The hour and a half long, docent guided tour showcases the beauty of the craftsmanship, the history of the era and the complexity of the engineering of the collection as well as allowing guests to hear many of the rare instruments on display actually play. Leave at 9:00 a.m. Return by 3:00 p.m. Trip fee is \$15 plus the cost of your lunch. Fee covers your admission to the museum. We will grab lunch in Travers City after our tour and then head back to Honor.

Tuesday, July 26—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 the Administration Office at 231-525-0600.

Friday, July 30—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. All ages invited!

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BIRTHDAYS & FUN

Summer Fun Word Search

- BARBECUE
- BATHINGSUIT
- BEACH BOAT
- CAR TRIP
- CHALK
- FAMILY
- FIREFLIES
- FIREWORKS
- FRIENDS
- FUN
- GAMES
- ICE CREAM
- LEMONADE
- PARTY
- PICNIC
- POOL
- SUNGLASSES
- SUNSHINE
- SWIM
- TOWEL
- VACATION
- VOLLEYBALL
- ZOO



JULY BIRTHDAYS

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



Charles Struble	1	Glen Rineer	12	Richard Strom	23
Carroll Volpe	1	Carissa Blonshine	13	Bruce Leach	24
Kenneth Kulow	2	Benjamin Taylor	14	Lois Fournier	25
Ola (Ginger) Reed	2	Mary Lou Allen	15	Rosemary Friend	25
Ron Fast	3	David Browne	15	Diane Goodson	25
Darlene Morden	3	Nellie Thomas	15	Rudy Jimenez	25
Margaret Boyd	4	Darlene Gray	16	Lois Link	25
Lorna McGill	5	Gladys Wilson	17	Dan Rayner	26
Kate Edwards	6	Arlis Bryan	18	Neil Nugent	27
Fred Kerby	7	Margaret Chalmers	18	Mary Brownell	28
Bill Schnarr	8	John Grix	18	Chris Dowd	28
Shirley Sheronick	8	Zoraida Kenner	18	Colleen Hooker	28
Sherry Foust	9	Leila Mackenzie	18	John Pietryka	28
Arthur Koenig	9	Brett Kalbach	20	Luana Denzel	29
Geraldine Hyams	10	Joyce Sauer	20	Evelyn Shelder	30
Mary Jo Allen	11	Joanne Shea	22	David VanHammen	30
Nancy Kage	11	Arnold Wurm	22	Jane Kennedy	31
Doug Fink	12	Jackie Fine	23		

SEA SALT VS. TABLE SALT

Healthy Lifestyle

Nutrition and Healthy Eating

What's the difference between sea salt and table salt?

Answers from Katherine Zeratsky, R.D., L.D.

The main differences between sea salt and table salt are in their taste, texture and processing. Sea salt is produced through evaporation of ocean water or water from saltwater lakes, usually with little processing. Depending on the water source, this leaves behind certain trace minerals and elements. The minerals add flavor and color to sea salt, which also comes in a variety of coarseness levels.

Table salt is typically mined from underground salt deposits. Table salt is more heavily processed to eliminate minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that helps maintain a healthy thyroid.

Sea salt and table salt have the same basic nutritional value, despite the fact that sea salt is often promoted as being healthier. Sea salt and table salt contain comparable amounts of sodium by weight.

Whichever type of salt you enjoy, do so in moderation. The Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 milligrams a day.

With

Katherine Zeratsky, R.D., L.D.

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May 04, 2016

Original article: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/sea-salt/faq-20058512>

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SOCIAL SECURITY FAQ'S

Question:

When a person who has worked and paid Social Security taxes dies, is benefits payable on that person's record?

Answer:

Social Security survivors' benefits can be paid to:

- A widow or widower — unreduced benefits at full retirement age, or reduced benefits as early as age 60;
- A disabled widow or widower — as early as age 50;
- A widow or widower at any age if he or she takes care of the deceased's child who is under age 16 or disabled, and receiving Social Security benefits;
- Unmarried children under 18, or up to age 19 if they are attending high school full time. Under certain circumstances, benefits can be paid to stepchildren, grandchildren or adopted children;
- Children at any age who were disabled before age 22 and remain disabled; and
- Dependent parents age 62 or older.

Question:

I want to make sure I have enough credits to receive Social Security retirement benefits when I need them. How can I get a record of my Social Security earnings?

Answer:

The best way for you to check whether you have earned enough credits (40 total, equaling 10 years of work) is to open a free *my Social Security* account at www.socialsecurity.gov/myaccount to review your *Social Security Statement*.

Once you create an account, you can:

- Keep track of your earnings to make sure your benefit is calculated correctly. The amount of your payment is based on your lifetime earnings;
- Get an estimate of your future benefits if you are still working;
- Get a replacement 1099 or 1042S.
- Get a letter with proof of your benefits if you currently receive them; and
- Manage your benefits:
 - ~ Change your address; and start or change your direct deposit.

Question:

Are Supplemental Security Income (SSI) payments paid only to disabled or blind people?

Answer:

No. In addition to people with disabilities or blindness, SSI payments can be made to people who are age 65 or older and have limited income and financial resources. For more information, read our publication, *Supplemental Security Income*, at www.socialsecurity.gov/pubs/11000.html.

Medicare News

Vigilance is needed to Combat Medicare Fraud & Abuse

Fraudulent activity continues to be an issue in the Medicare system. It's been several years since the federal government has released information about the cost impact that fraud and abuse has on the Medicare trust fund, but the most recent estimate is \$60 billion annually.

While much of the more costly fraud and abuse activity occurs in the larger cities throughout the country, it also occurs in the less populated areas.

One of the first lines of defense against fraudulent claims are the Medicare beneficiaries themselves. Each quarter, Medicare sends them a statement called the Medicare Summary Notice (MSN). It lists all Part A and Part B services along with the dates and cost for each. Also, the Part D prescription insurance plan sends a monthly summary that lists all of the drugs that were purchased, the costs, and the year-to-date activity. Providers also send out a statement called the Explanation of Benefits. These documents should be reviewed to ensure they match the beneficiary's actual experience.

A few examples of Medicare fraud include:

- Billing Medicare for medical supplies that have been returned to the company
- Billing Medicare for services and supplies that were never provided
- Submitting claims for unnecessary services or procedures
- Using another person's Medicare card to get medical care
- Falsifying claim forms to get paid for services not provided
- Billing Medicare twice for the same service
- Billing Medicare for non-approved services by calling them approved services
- Providing or selling Medicare identification information to an organization intending to commit fraud

Most medical providers are honest. Occasionally a billing or coding error is made, but these are usually detected and are quickly fixed.

Medicare beneficiaries who have concerns about the accuracy of their medical statements and billings, or any other question pertaining to Medicare or Medicaid benefits can contact the Michigan Medicare/Medicaid Assistance Program for free help. Simply call MMAP at 800-803-7174, and leave a message. A local counselor will return your call.

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

Protect



- Always check Medicare statement.
- Never give out Medicare or Social Security number to strangers.
- Know whom you can trust.
- Do not accept "free" offers.
- Avoid providers who promise payment for items or services not usually covered.

Detect



- Overcharges.
- Charges for services not received.
- Someone asks you to provide your Medicare/Medicaid, Social Security or bank account numbers.
- Someone asks you to sign a blank form.
- Using another person's Medicare card.

Report



- Discrepancies with your Medicare billings, services and claims.
- Call the company or doctor first to question the change and ask them to correct it with Medicare.
- If you suspect fraud when someone offers or gives you free services or equipment.



REGISTRATION
7:30 - 9:00 AM
BRUNCH SERVED
AT FINISH
registered participants

WALK • RUN • BIKE

FOR
Benzie Home Health Care

SATURDAY, AUGUST 6TH

AT FRANKFORT'S SEVENTH STREET BEACH
PARK PAVILION ON CRYSTAL LAKE
(Corner of Bellows Avenue and South Shore Drive)



All proceeds benefit Benzie Home Health Care,
a 501(c)3 non-profit organization serving Benzie Seniors.

PLEASE CONTACT US FOR AN INFORMATION PACKET:
(231) 715-3234 OR INFO@BENZIEHOMEHEALTHCARE.ORG
BENZIEHOMEHEALTHCARE.ORG

WHAT'S HAPPENING



JOIN SWOGGER, BRUCE & MILLAR LAW FIRM FOR:
ESSENTIAL ESTATE PLANNING

EVERY FOURTH TUESDAY OF THE MONTH
9:00 AM TO 4:00 PM

BENZIE COUNTY COUNCIL ON AGING
10542 MAIN STREET, HONOR, MI 49640

Join attorney Courtney Marshall every fourth Tuesday of the month for Essential Estate Planning at the Benzie County Council on Aging. This new program offers an opportunity to speak with an experienced estate planning attorney to review, update, and/or create an estate plan.

Estate planning is an essential part of planning for your future and for the future of your family and loved ones. Schedule an appointment, free of charge, to discuss your individual estate plan by calling BCCOA at 231-525-0600.



FOR MORE INFORMATION CONTACT: COURTNEY MARSHALL @ 231-947-6800
OR CMARSHALL@SWOGGERANDBRUCE.COM



BENZIE COUNTY COUNCIL OF AGING PRESENTS

TUNICA-Casino Capital of the South & MEMPHIS-Home of the Blues



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights at a Tunica area Casino Resort
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Admission to GRACELAND - Home of Elvis Presley
- ◆ Free time on BEALE STREET in Memphis
- ◆ GUIDED TOUR OF MEMPHIS, TN
- ◆ Admission to MEMPHIS ROCK N' SOUL MUSEUM
- ◆ and much more

\$548 *

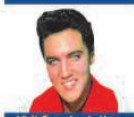
7 DAYS 6 NIGHTS
PER PERSON, DOUBLE OCCUPANCY
(Sun - Sat)
November
13 - 19, 2016



Experience Tunica's best gaming action.



World-class Gaming in Tunica.



Visit Graceland - Home of Elvis.



Exciting Beale Street!

Departure: Shop-N-Save, 1747 Benzie Hwy, Benzonia, MI @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: exciting Tunica, the Casino Capital of the South. Tonight, check into an en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast, you will continue towards your destination. Tonight, you'll check into a Casino Resort in Tunica and enjoy a delicious Dinner Buffet.

Day 3: Have a Hot Breakfast before enjoying a GUIDED TOUR OF MEMPHIS, the "Home of the Blues." From the music landmarks to legendary sights, you will experience the irresistible soul of this fascinating city. Enjoy Dinner before heading back to your Casino Resort.

Day 4: After a Hot Breakfast, your group will have a memorable day, starting with a visit to the MEMPHIS ROCK 'N' SOUL MUSEUM. Since opening its doors in 2000, the Rock 'N' Soul Museum has been seen by over 200,000 tourists. Take an audio guided tour through the museum's seven galleries and see the story of rock and soul unfold through extensive audio footage, artifacts and audio visual programs. Later, you'll depart for free time on BEALE STREET in Memphis. Then, return to Tunica to visit another Casino Resort for more gaming and Dinner.

Day 5: After a Hot Breakfast, your group will have a memorable day, starting with a PLATINUM TOUR of amazing and opulent GRACELAND, home of Elvis. Later, you'll depart for free time on BEALE STREET in Memphis. Then, return to Tunica to visit another Casino Resort for more gaming and Dinner.

Day 6: Enjoy a Hot Breakfast before leaving for the Cotton Museum at the Memphis Cotton Exchange. This evening, relax at your en route hotel.

Day 7: Today, after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short.
See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$225 for single occupancy.
Final Payment Due: 9/6/2016

FOR INFORMATION & RESERVATIONS CONTACT:
Douglas Durand @ (231) 525-0600



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Mark Your Calendar... Every 1st Friday... 10:30 am—1:30 pm
Thompsonville Community Center

Senior Citizen Luncheon

Fun...Food...Fellowship

10:30am-11:30am Bingo

11:30am—12pm Music by The Melody Makers

12pm-Lunch (\$3 Suggested Donation for those 60+)

12:45pm-1:30pm Music by The Melody Makers

1:30pm Door Prize Drawing

Please call 1-877-277-1306 to reserve your place for the luncheon 2 days prior to the event. Please come on down, we look forward to meeting you!



Thompsonville Community Center
14714 Lincoln Avenue

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.

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

Nonprofit Org. U.S. Postage Paid Honor, MI Permit No. #1

MAIL TO:



We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. GIVE ME Liberty, OR GIVE ME DEATH FOREVER EST. 1776

GOD BLESS AMERICA

My country tis of thee, sweet land of liberty I only regret that I have but one life to give for my country

LIBERTY AND JUSTICE FOR ALL Democracy is the government of the people, by the people, for the people

Where liberty dwells, there is my country



We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

Old Glory O beautiful for spacious skies, for amber waves of grain For purple mountain majesties Above the fruited plain! NOTHING SHORT OF independence, IT APPEARS TO ME, CAN POSSIBLY DO

Ask not what your country can do for you, but what you can do for your country

I have not yet begun to fight. FREEDOM support any friend, oppose any foe, to assure the survival and success of liberty SHE'S A GRAND OLD FLAG, SHE'S A HIGH FLYING FLAG, AND FOREVER IN PEACE MAY SHE WAVE.

One if by land two if by sea 50 Stars 13 Stripes Independence Day