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SENIOR RESOURCES



THE SENIOR SCOOP



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June 2017

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8:00 a.m. – 4:00 p.m.

THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

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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!

It is hard to believe that Memorial Day is almost upon us! What are your plans? I am looking forward to putting in a garden, trimming some overgrown shrubs and having a barbeque with family and friends!

I am amazed just how much the trees and plants have grown over the last few weeks. I swear I can see how the leaves have grown from morning to late in the afternoon on my drive back home!

Speaking of growth, Benzie County has seen a growth in the 60 and older population over the past 7 years. By 2018, 34% of the population of Benzie County will be over 60. This represents a 24% increase from 2010 to 2018. The fastest growing segment is those individuals over 80, the group most often needing more extensive services and support.

Since 2014, Benzie Senior Resources has seen a growth rate that mirrors, and with many services even exceeds, the percentage of growth in the 60 and older population. Our Home Delivered Meals Program is up 55%; Lawn Chore is up 52%; Personal Care Hours is up 37%, Activities Attendance at The Gathering Place is up 85%; Nurse visits are up 23%; Homemaker Program is up 18%; and Senior Transportation is up 18%.

Benzie Senior Resources supports several thousand people living in Benzie County. We couldn't provide this kind of support without the Senior Millage. The Senior Millage helps people live independently in their own homes longer. For example, our homecare aides visit homes of seniors and help with personal care, light housekeeping and laundry. They also provide respite—giving family caregivers a chance to rest and tend to their own needs.

Benzie Senior Resources offers 28 services. These services are divided into 5 categories: Home Services, Health & Safety, Meals & Foods, Social Connections and Support Services. Our menu of services provides peace of mind to both those receiving our help and their families.

Another service we provide that helps keep people in their own homes is the Home Delivered Meals Program. This program provides seniors with critical, well-balance hot meals, meant to be their main meal of the day. In addition to nourishment, the volunteer drivers make a personal connection and check in on each client.

The Senior Millage helps families, neighbors and YOU!

Please join us on Friday, June 9th at Trinity Lutheran Church in Frankfort for the Benzie County Senior Expo. This event runs from 9:00 a.m. – 1:00 p.m. Hope to see you there!

I wish all the Dads a Happy Father's Day!

As always, I welcome your thoughts.

Take care,

Douglas





June 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
			1 Greek Pita Sandwich Cauliflower Broccoli Plum	2 Caribbean Pork Sweet Potato Malibu Blend Hawaiian Rolls Tropical Fruit
5 Submarine Sandwich Potato Salad Applesauce	6 Goulash Green Peas Carrots Bread Fruit Cocktail	7 Loaded Mac 'n Cheese Malibu Blend Spinach Bread Banana	8 Beef Stroganoff Mixed Vegetables Brussel Sprouts Bread Watermelon	9 Spaghetti with Meatballs Italian Beans Pesto Cauliflower Garlic Toast Orange
12 Pork Potstickers over Rice Far East Blend Broccoli Fortune Cookie Mandarins	13 Salisbury Steak Herb Mashed Potatoes Cauliflower Bread Apricots	14 Sweet Potato Encrusted Pollock Normandy Blend Corn Bread Pear	15 Sloppy Joe's Tater Tots Spinach Orange	16 Herb Roasted Turkey Herb Mashed Potatoes Green Beans Bread Cranberry Sauce
19 Asian Chicken Salad Applesauce Raspberry Carrots	20 Homemade Meatloaf Herb Mashed Potatoes Broccoli Bread Banana	21 BBQ Chicken Baked Beans Corn Bread Watermelon	22 Chicken Tenders Parmesan Garlic Mashed Potatoes Spinach Bread Apricots	23 Chili Cheese Dog Carrots Malibu Blend Tropical Fruit
26 Crispy Cod Sandwich Normandy Blend Corn Pineapple	27 Cabbage Rolls Green Peas Cauliflower Bread Apple	28 Chicken Stir-Fry over Rice Far East Blend Chow Mein Noodles Fortune Cookie Mandarins	29 Seasoned Beef Tacos Refried Beans Cinnamon Apples	30 Baked Chicken Herb Mashed Potatoes California Blend Bread Apricots



June Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Hearing Clinic at The Administration Office 9:00 Foot Clinic at The Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	2 National Donut Day! 9:00 Foot Clinic at The Administration Office 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
5 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	6 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	7 National Chocolate Ice Cream Day! 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch—Birthday Party 12:30 BINGO 1:15 PLARN	8 Best Friend's Day 8:45 Little River Casino 9:00 Foot clinic at The Administration Office 10:00 Bible Study 11:30 Lunch 1:00 Bunco	9 9:30 BUNCO 11:30 Lunch 1:00 Benzie Bucks Auction 1:00 Tech Support
12 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	13 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	14 Flag Day 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	15 Smile Power Day 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO	16 9:30 BUNCO 11:30 Lunch—Father's Day celebration 11:30 Men's Health information with Kevin Thomas, RD 1:00 Wii Bowling 1:00 Tech Support
19 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Clinic 12:00 CARDS NO ZUMBA	20 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga NO ZUMBA	21 First Day of SUMMER! NO ZUMBA 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	22 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	23 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
26 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 2:30 Zumba	27 9:00 Essential Estate Planning in Administration Office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	28 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	29 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	30 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering



Dawn's Dish

Do you want **FREE FARMER'S MARKET FRUITS AND VEGETABLES**? Who doesn't? The 2017 Fruit and Vegetable Prescription Program is looking for you!! You only have to be 18 years old or older and have either a chronic disease or be overweight. There is no income requirement. Here's the lowdown: Get a referral sheet from either me or our main office. Head to Grow Benzie on Mondays and attend the Enrollment Sessions at either 4:00 p.m. or 5:30 p.m. After each session, you'll receive \$20 to spend there at the Farmer's Market! You can receive this four times this summer! So, what are you waiting for?

ATTENTION: The Benzie Bucks Auction date is officially Friday, June 9th in order to give you a little more time to clean out your basements and garages. The Auction begins at 1:00 p.m. Get your Benzie Bucks when you come for lunch. Don't know the drill? Just ask at the desk and we'll fill you in!

June is National Alzheimer's Awareness Month and we'll have updated information on this disease. June is also National Brain Awareness Month and we have Brain Teasers for you right in this scoop!

June is National Men's Health Month and Kevin Thomas, RD with Paul Oliver Memorial Hospital will be here during lunch on June 16th to share important information for the men.

National Donut Day is Friday, June 2nd. That means donuts from Wesco! If you haven't been here before on this day, and you are a fan of donuts, I suggest you show up!

Best Friend's Day is June 8th. Bring your Bestie and we'll buy you both lunch!

Zumba is back! Mondays at 2:30 p.m., Tuesdays at 5:15 p.m. and Wednesdays at 8:30 a.m. If you do all three classes it's **ONLY \$3** for the whole week! Otherwise, \$3 each class and everyone of all ability levels is welcome to join in on the fun! As always, your first class is **FREE**!

Our next Foot Clinics are on June 1st, 2nd and 8th with appointments beginning at 9:00 a.m. at the Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. Donations toward this service are always appreciated.

Do you love to crochet? Join Ann at **1:15 p.m. on Wednesdays** crocheting plastic mats to donate to the homeless. These mats are created from plastic bag yarn also known as PLARN. For more information, please call Dawn at 231-525-0601. Sign up at the front desk! No experience necessary as we need people to cut our bags into plarn.

Thursdays, June 8 & 29—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.

Friday, June 16—We're celebrating all dads during lunch. Join us for our Father's Day Luncheon! All dad's get a gift! And because June is National Turkey Lovers' month, the kitchen is cooking a fabulous Turkey Dinner!

Tuesday, June 27—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.

Friday, June 30—Ol' Time Gathering. Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.

Puzzles & Announcements

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

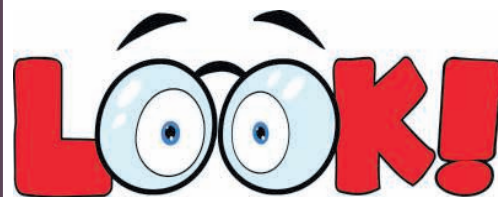
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ROLLER BLADES
SANDALS
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SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
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contact Nancy VanderLinde
231-399-0253 or
vanderlinde1233@gmail.com or
Jeanette McNinch at POMH,
231-352-9621.



Need help figuring out your smart phone,
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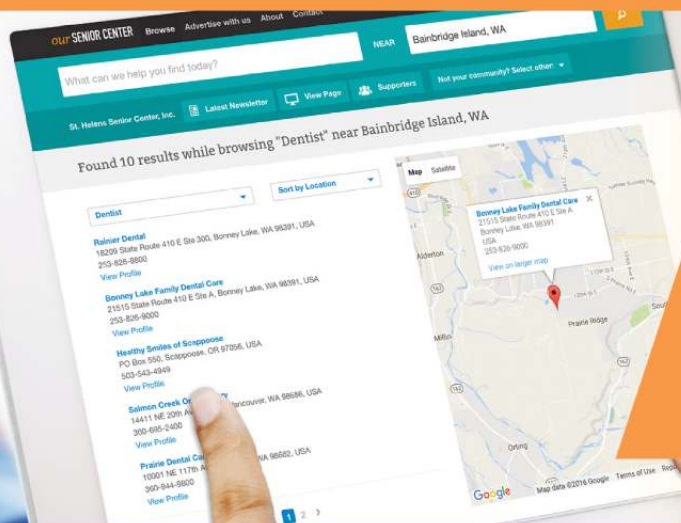
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Laughter is the Best Medicine



Sure, it's fun to share a good laugh. But did you know it can actually improve your health? It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. As children, we used to laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent.

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. One study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems

into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides.

Laughter stops distressing emotions. You can't feel anxious, angry, or sad when you're laughing.

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict.

Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.

Sharing humor is half the fun—in fact, most laughter doesn't come from hearing jokes, but rather simply from spending time with friends and family. And it's this social aspect that plays such an important role in the health benefits of laughter. You can't enjoy a laugh with other people unless you take the time to really engage with them.

How laughing together can strengthen relationships
All emotional sharing builds strong and lasting relationship bonds, but sharing laughter also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times. Using humor and laughter in relationships allows you to:

Be more spontaneous. Humor gets you out of your head and away from your troubles.

Let go of defensiveness. Laughter helps you forget resentments, judgments, criticisms, and doubts.

Release inhibitions. Your fear of holding back and holding on are set aside.

Express your true feelings. Deeply felt emotions are allowed to rise to the surface.

June Birthdays

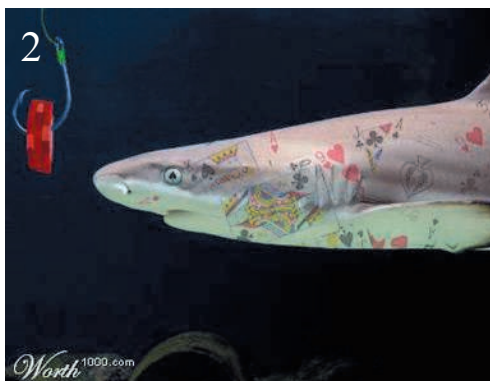


Joan Giddis	1
Dan Giddis	2
Philip Feiger	2
Jeanne Revnell	2
Connie Ryan	2
Dennis Cheylava	3
Bill Honer	3

Joy Brozofsky	5
Orville Campbell	5
Pam Greenleaf	6
Sandra Keeler	6
Ivan Lumbert	6
Jim Marsden	6
Nelde Yerke	6
Fred Ely	8
Linda Illig	8
Trilby Novak	8
Rose Steffens	8
Kathleen Stoltmann	8
Orlin Reed	9
Marce Keillor	10
Joanne Thomason	10
Julie Hopkins	10
George Kerridge	12
Duane Nugent	12
Barbara Bowman	13
Trent Delong	13
Jeannie Olah	14
Margaret Wade	14
Robert Ward	15
Fern Plant	17

Dan Kelsey	18
Leonard Corey	19
Pat Vertucci	19
George Bailey	20
Geri Killeen	20
Beverly Childs	21
Mabel Foust	21
Gloria McPherson	22
Pat Ely	23
Kathy Swetnich	24
John Ester	25
Ruth Laffleur	25
Brant Leonard	25
Terry View	25
Chester Dixon	26
Rosemarie Holso	27
Suzanne Jewell	27
Duane Parker	27
Lucy Swanson	28
Laurel Hanson	29
Doris Maddox	29
June Armstrong	30
Jeff Lepke	30
Carol Salerno	30

Brain Teasers—Guess the phrase from the photo. Answers are on the bottom of page 12.



Dehydration in Older Adults

CAUSES OF SENIOR DEHYDRATION

- **Medications**—It's not uncommon for seniors to be on several medications at any given time. Some of these may be diuretic, while others may cause patients to sweat more.
- **Decreased Thirst**—A person's sense of thirst becomes less acute as they age. In addition, frail seniors may have a harder time getting up to get a drink when they're thirsty, or they may rely on caregivers who can't sense that they need fluids.
- **Decreased Kidney Function**—As we age our bodies lose kidney function and are less able to conserve fluid (this is progressive from around the age of 50, but becomes more acute and noticeable over the age of 70).
- **Illness**—Vomiting and/or diarrhea can quickly cause elderly dehydration.

THE MYTH OF "8 GLASSES OF WATER" A DAY

"Everybody has a normal state of body water that relates to their weight. Anything below that (normal state) is dehydration; everything above it is hyperhydration," Dr. Larry Kenney, professor of physiology and kinesiology at Penn State University, explains.

That normal level of hydration varies widely from person to person. Contrary to the mantra that everyone should drink eight glasses of water every day, Kenney says there is nothing scientific to back that up. "People misinterpreted that to be, it had to be liquid and it had to be water," he says. A person's diet can greatly affect hydration levels: fruits (especially watermelon), vegetables, and soups are mostly water-based. "Day in, day out, a lot of people get their water from foods, as well as behavioral attitudes towards food," Kenney explains. "For instance, when we walk by a water fountain, we tend to take a drink, and we tend to drink when we eat."

Kenney also takes issue with the idea of not drinking caffeinated beverages because they're dehydrating. He says the amount of caffeine in a cup of coffee or tea is relatively small, and it's made of mostly water anyway, so it will hydrate you to some degree. The same holds true for beer, he says, but there is a point at which the diuretic effect of caffeine and alcohol kicks in, so moderation is always the key.

In general, larger people need to drink more water, as do athletes and those who perspire heavily, but that may mean more or less than eight glasses a day. "There is no one-size-fits-all remedy," he says. Instead, he recommends monitoring body weight to keep track of hydration levels. To monitor body weight, one should be weighed every morning. If they've lost two pounds or more from the day before, and especially if they feel thirsty or have a headache, they're probably dehydrated.

Mild dehydration is defined as losing 2 percent of your body weight. Severe dehydration occurs with 4 percent or greater body weight loss. Even mild dehydration can affect a person's health, especially if he already has cardiac or renal problems. "We have measured in the lab cognitive impairment," he says. "With severe dehydration, it puts a greater strain on the heart. Think of a pump trying to pump with less fluid. That would be one of the primary problems."

Kenney says an active 65-year-old who exercises probably doesn't need to weigh herself every day, but a 75-year-old in a nursing home who has had issues with dehydration in the past, or has had cardiac issues, should be weighed every day.

Dehydration Continued

Don't rely on scales that also claim to measure hydration levels and body mass index. "Their accuracy is very poor; we can't use them even for research purposes," Kenney says.

Complicating matters is that signs of dehydration in younger people don't always show up in the elderly. For example, if a young person was extremely dehydrated, his skin may be wrinkled or sagging. But, that certainly wouldn't be noticed in most cases of elderly dehydration.

Perhaps because of that delay in diagnosis, elderly dehydration is a frequent cause of hospitalization (one of the ten most frequent admitting diagnoses for Medicare hospitalizations, according to the Health Care Financing Administration), and it can be life-threatening if severe enough.

SIGNS OF ELDERLY DEHYDRATION

Signs of dehydration in seniors may include:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Sunken eyes
- Inability to sweat or produce tears
- Rapid heart rate
- Low blood pressure
- Low urine output
- Constipation

If you suspect dehydration in an elderly loved one, you can check for a decrease in skin turgor by pulling up the skin on the back of the hand for a few seconds; if it does not return to normal almost immediately, the person is dehydrated.

PREVENTING DEHYDRATION IN SENIORS

To help make sure your loved one doesn't suffer from dehydration, make sure he or she consumes an adequate amount of fluids during the day; eats healthy, water-content foods such as fruit, vegetables and soups; checks that urine color is light and output adequate (dark urine or infrequency of urination is a classic sign of dehydration). Drink even when they're not thirsty. Keeping a water bottle next to the bed or their favorite chair could help, especially if they have mobility issues.

If your loved one is in a nursing home or other care facility, make sure that the staff has a hydration program in place that includes assisting residents with drinking, offering a variety of beverages, and providing drinks not only at mealtimes but in between meals. Also make sure that they monitor residents' weight and assess them if their physical condition or mental state changes. If dehydration is an issue, and your loved one takes laxatives or diuretics, speak to his or her doctor about changing medication. As with most illnesses, prevention is the key. Making sure your loved one stays hydrated now is much easier than treating him or her for dehydration later.

Article taken from <http://www.aplaceformom.com>



Social Security



Summer is here and millions of vacationers are packing their bags to visit a new locale and soak up some sunshine. You might be traveling quite a ways. You're used to staying connected to important information like your bank accounts and social networks, especially on the go. Social Security is there in the same way — easily accessible when you're away from your home or office.

When you're going on vacation and want to be sure your Social Security benefits arrive, use *my Social Security*. When you open a personal and secure *my Social Security* account, you can access it on your terms. We put you in control of your financial future.

A *my Social Security* account is important whether you receive benefits from Social Security or not. You can:

- Request a replacement Social Security or Medicare card if you meet certain requirements
- Check the status of your application or appeal
- Get your *Social Security Statement*
- Get a benefit verification letter stating that:
 - You receive retirement, disability, Supplemental Security Income (SSI), or Medicare benefits
 - You never received Social Security benefits, Supplemental Security Income (SSI) or Medicare
 - You received benefits in the past, but do not currently receive them. (The letter will include the date your benefits stopped and how much you received that year.)
 - You applied for benefits but haven't received an answer yet.

There's also more you can do with your *my Social Security* account. We're always adding new features and resources to make your life easier and give you greater control over your benefits. Placing the "Application Status" feature behind the *my Social Security* portal provides a secure service delivery channel that allows us to provide detailed status information about your claim without requiring a confirmation number. With the new Application Status, you can see:

- The Re-entry number for in-progress online applications
- Detailed information about the current status of the application or appeal
- The location where your claim is being processed
- Scheduled hearing information for appeals.

Whether you're vacationing or on a staycation, Social Security's online services are at your fingertips. With an easy-to-access *my Social Security* account, you can use our multiple online services while barefoot on the beach. How convenient is that? You don't even have to put your lemonade down at www.socialsecurity.gov/myaccount.

By, Bob Simpson, Social Security District Manager in Traverse City

Answers to Brain Teasers on Page 9: 1) Dr. Pepper; 2) Card Shark; 3) Whole milk; 4) King of Pop; 5) Eggplant; 6) Nightmare

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.

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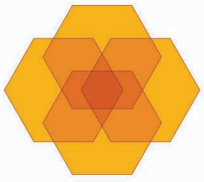
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