



**Benzie County
Council on Aging, Inc.**

The Senior Scoop

**Supporting Seniors Today,
Tomorrow & the
Future**

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MAY'S OBSERVANCES

- May 1 Law Day
- May 1 Loyalty Day
- May 5 Cinco de Mayo
- May 6 National Nurses Day
- May 8 Mother's Day
- May 15 Peace Officers Memorial Day
- May 20 National Defense Transportation Day
- May 21 Armed Forces Day
- May 22 National Maritime Day
- May 25 EMS for Children Day
- May 25 National Missing Children's Day
- May 30 Memorial Day



May, the month we are reminded to be proactive in all areas of our health.

- International Mediterranean Diet Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Mental Health Month
- National Asthma and Allergy Awareness Month
- National Osteoporosis Awareness and Prevention Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- Preeclampsia Awareness Month
- Ultraviolet Awareness Month
- Arthritis Awareness Month
- Better Hearing and Speech Month
- Food Allergy Action Month
- Global Employee Health and Fitness Month
- Global Youth Traffic Safety Month
- Healthy Vision Month
- Hepatitis Awareness Month

DIRECTORY

Phone: 231-525-0600 or

Toll Free: 888-893-1102

Fax: 231-325-4855

Email:

schopierayd@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 Schopieray, **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

NAME _____ DOB: ____ / ____ / ____

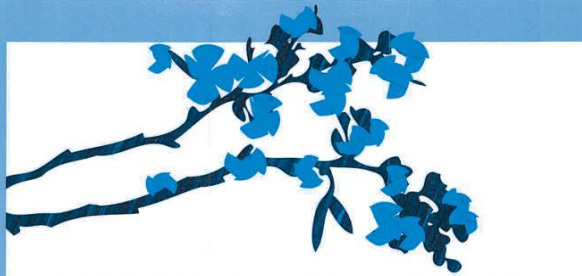
ADDRESS _____

CITY/ST/ZIP _____ DATE _____

EMAIL _____

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.

WHAT'S NEW



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

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

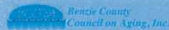
BENZIE COUNTY COUNCIL ON AGING
10542 MAIN STREET, HONOR, MI 49640

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

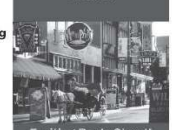
\$548 *

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



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!



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FOR INFORMATION & RESERVATIONS CONTACT:
Douglas Durand @ (231) 525-0600 **Diamond Tours** inc.
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Are you unable to afford food or medicine?

If you or someone you know is age 60 or older and living on a limited income, we are here to help! The MiCAFE network can help you or your loved one apply for benefits you might have earned, but may not know about. The MiCAFE network provides you assistance at no charge, both in-person and over the phone.

You might be eligible for food assistance benefits from the State of Michigan. If you are eligible, you will get a debit card known as the Michigan Bridge Card.

In 2015, eligible MiCAFE clients received an average of \$104 per month on their Bridge Card to buy food at grocery markets and many farmers' markets.

Apply today and worry less about putting food on your table.



Call today to start your benefits application process! To speak with one of our friendly MiCAFE Application Assistants, contact Benzie County Council on Aging, Inc. at 213-525-0600 to speak with one of our friendly MiCAFE Application Assistants.



MiCAFE, a program of Elder Law of Michigan, Inc., helps individuals apply for benefits that meet their basic needs including food, utilities, housing, medical assistance, and prescriptions. More information about MiCAFE can be found at on the MiCAFE website at www.elderlawofmi.org/micafe.



WE ARE HOSTING OUR
FIRST SQUARE DANCE

June 10th from 7pm-9pm


Cost is \$10 per person or \$15 per couple

Platte River Association

12990 Honor Hwy
Honor, MI 49640


MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Goulash Green Peas Carrots Bread Orange	3 Swedish Meatballs Mashed Potatoes California Blend Bread Apple	4 Chicken Parmesan Italian Beans Corn Garlic Toast Banana	5 Steak Fajitas Refried Beans Peppers & Onions Flour Tortilla Baked Peaches	6 Rosemary Garlic Pork Roast Baked Potato Malibu Blend Strawberry Shortcake
9 BBQ Chicken Sandwich Tater Tots Spinach Pear	10 Pork Potstickers Far East Blend Broccoli Fortune Cookie Mandarins	11 Sweet Potato Crusted Pollock Normandy Blend Collard Greens Bread Plum	12 Meatloaf Mashed Potatoes Green Beans Bread Apple	13 Smoked Sausage Saur Kraut Mixed Vegetables Broccoli Bread Peaches
16 Lemon Chicken Rice Broccoli Cauliflower Bread Apricots	17 Sloppy Joes Ground Beef Corn Green Beans Hamburger Bun Banana	18 Chicken Primavera Over Pasta Italian Blend Spinach Garlic Toast Pineapple	19 Bratwurst Peppers & Onions Baked Beans Mixed Veggies Bun Banana	20 Pot Roast Mashed Potatoes Malibu Blend Bread Cantaloupe
23 Crispy Cod Fillet Normandy Blend Corn Bun Orange	24 Salisbury Steak Mashed Potatoes Carrots Bread Watermelon	25 Tangerine Chicken Over Rice Far East Blend Chow Mein Noodles Mandarins	26 Country Style Pork Fritters Mashed Potatoes Green Beans Bread Apple	27 Steakhouse Burger Sweet Potato Tots Mixed Vegetables Lettuce & Tomato Bun Banana
30 CLOSED 	31 Homemade Lasagna Italian Beans Corn Garlic Toast Tropical Fruit		Community Dinner! FREE! Everyone welcome. Every 3rd Thursday 6pm—7pm at The Community of Christ Church in Interlochen on the corner of U.S. 31 & Lamb Road.	

CALENDAR OF EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Yoga 11:30 Lunch—Maples Blood Pressure Clinic 12:00 CARDS 2:30 Zumba</p>	<p>3</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>4</p> <p>8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch—Grow Benzie 12:30 BINGO 1:15 Chat with Josh Stoltz from Grow Benzie 1:15 Tech Support</p>	<p>5</p> <p>9:00 Hearing Clinic at Administration Office 10:00 Bible Study 10:30 Mary Orth from Talking Library 11:30 Lunch—Cinco De Mayo 1:00 BUNCO</p>	<p>6</p> <p>9:30 BUNCO 10:30 Thompsonville lunch, Bingo and Music 11:30 Lunch—Mother's Day! 1:00 Wii Bowling</p>
<p>9</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p>10</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>11</p> <p>6:45 Older Michiganians Day Trip 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO</p>	<p>12</p> <p>8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>13</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p>16</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p>17</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>18</p> <p>8:30 Zumba 9:30 State Theater trip 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 Tech Support 1:00-3:00 Matter of Balance 4:30 Board of Directors Meeting</p>	<p>19</p> <p>10:00 Bible Study 11:30 Lunch During Lunch Paul Oliver will be here For Blood Pressure and Medication Review 1:00 BUNCO</p>	<p>20</p> <p>Charles Lindberg Day 9:30 BUNCO 11:30 Lunch May Birthday Party 1:00 Wii Bowling</p>
<p>23</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p>24</p> <p>9:00 Legal Services in Administration Office all day 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>25</p> <p>National Senior Health and Fitness Day! 8:30 Zumba 10:00 Stay Fit with Doris 11:15 Dining Out Trip 11:30 Lunch 12:30 BINGO 1:00-3:00 Matter of Balance</p>	<p>26</p> <p>8:45 Little River Casino 9:00 Foot Clinic at Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>27</p> <p>Heat Safety Awareness Day 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering</p>
<p>30</p> <p>Closed</p> <p>Memorial Day</p>	<p>31</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Euchre Tourney Night</p> <p>Frankfort United Methodist has a Euchre Tourney Night every 3rd Thursday at 7pm.</p> <p>Come and enjoy the fun!</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> </div>		

Dawn's Dish

Please join us on Friday, May 6 for our Mother's Day Luncheon. All ages are welcome!

Please note we are closed on Monday, May 30 in observance of Memorial Day.

May is Arthritis Awareness Month and Osteoporosis Awareness and Prevention Month. May is also Mental Health Awareness Month and Stroke Awareness Month; Healthy Vision Month and Melanoma/Skin Cancer Detection and Prevention Month. Watch for valuable information at our front desk on all of these important health issues.

Zumba is back! Check out our calendar of events for times and dates. Your first class is free and then it is only \$3! All ability levels are welcome.

The week of May 8 is National Women's Health Week. Watch for tips on staying healthy, as well as updated information on a variety of health screenings.

It's time for a Square Dance! Carter Creek String Band with caller Pat Heokje will help us kick up our heels on Friday, June 10 at The Platte River Association Hall from 7:00 p.m.—9:00 p.m. This dance is a fundraiser for our agency and Integrity Health is generously paying for our hall rental. All ages are welcome! Cost is \$10 per person or \$15 per couple. Questions? Call Dawn at 231-525-0601.

Wednesday, May 4—During and after lunch Josh Stoltz, Grow Benzie Executive Director will be here to share what's new for you with Grow Benzie!

Wednesdays, May 4 & 18—Tech Support with Dustin Wolpoff of Dustin's Computer Repair will be here after lunch to help you navigate your computer, tablet or smart phone. Sign up at our front desk for your individual appointment. A donation of \$2 is appreciated. Dustin might not be available for June or July (he and his wife are expecting twins!) so schedule your appointment today!

Thursday, May 5—Mary Orth with Talking Book Library will be here during lunch. Information available on the free National Library Service for the Blind and Physically Handicapped. She will have a digital player and books for you to see, feel and try using this great device. Applications will be available for those qualified to immediately sign up for the program. Mostly all of the services are generated through the mail, and she will explain how that works. Mary welcomes any questions with hopes of helping others use this valuable service to

Wednesday, May 11—Older Michiganians Day Trip. Join myself and our Executive Director, Douglas Durand as we head to Lansing for this excellent opportunity to BE HEARD. Help us lobby for senior rights in Michigan. We'll participate in a rally, meet with State Legislators and hear from keynote speakers. We have a scheduled meeting with Senators Darwin Booher and Wayne Schmidt. Lunch is free. The trip is free! We'll leave Honor plaza at 6:45 a.m. and return at 6:00 p.m.

Thursdays, May 12 & 26—Little River Casino Trip. PLEASE NOTE NEW TIME OF DEPARTURE. **Leave The Gathering Place Senior Center at 8:45 a.m. and leave Shop-n-Save at 9:00 a.m.** Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3:00 p.m. Call now to reserve your spot on the bus! (231) 525-0601.

Wednesday, May 18—State Theater Trip. Rebel Without A Cause starring James Dean. Leave The Gathering Place at 9:30 a.m. Cost for the movie is only one quarter. We'll have lunch out afterwards. No trip fee but you are responsible for your lunch.

Tuesday, May 24—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.

Wednesday, May 25—Dining Out Day! We are heading to The Stone Oven in Lake Ann 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

Thursday, May 26—9:00 a.m. Foot Clinic with Rosemary Russell, RN, from Hometown Pharmacy. Clinic is held the Administration Office. Call (231) 525-0600 or toll free at 888-893-1102 for an appointment. Donations accepted.

Friday, May 27—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m.

BIRTHDAYS & WORD SEARCH



Memorial Day Last Monday in May



AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
WAR



Kay Gossens	2	Meg Tackett	10	Naomi Crawford	22
Joan Wolfe	2	Wayne Ingleston	11	Sharon McKeon	22
Jill Claybour	4	Frank McKeon	11	Catherine Bright	23
Beverly Holbrook	4	Crystal Meadows	11	Ann Marie	
Larry Sawallich	4	Roger Gilroy	12	Parson-McNamara	23
Eugene Heniser	5	Hope Clifton	13	Bobbie Zirkel	23
Robert Henning	5	Claudia Bailey	14	Edward Laffleur	24
Irene Rath	5	Jane Elzerman	14	John Lautner	24
Donna Chalmers	6	Bonnie Fast	14	Jack Howell	25
Sivert Crawford	6	Lola Chase	15	Kathleen Leach	25
Phyllis Gauthier	6	Rosemary Russell	15	Donna Stowell	26
Kory Tomey	6	Dave Peterson	17	Patty Fagan	28
Kay Boyne	7	Jeanne Strathman	17	Patty Adams	30
Richard Geren	8	Carol Vargo	17	Shirley Beaton	30
Lynn Kuehneman	8	Ray Tate	19	Lorraine Gillison	30
George Tsatsos	8	Steve Tebo	19	Lois Hammond	30
Marilyn Olsen	9	Patricia Danke	20	Dick Hitchingham	30
Sophie Bryan	10	Leta (Jane) Dolph	20	Paula Showers	30
Marce Keillor	10	Harry Friend	20	Suzanne Strom	30
May Scheromerhorn	10	Bob Hazelett	21	Joanne Kittendorf	31
Mike Sheronick	10	Herman Illig	21		

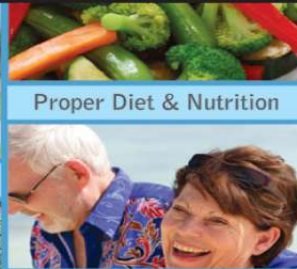
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Asparagus
Carrots
Celery
Kale
Onions
Spinach
Squash
Sweet Potatoes
Yams
Tomatoes

Beans

Black Beans
Garbanzo Beans
Kidney Beans
Lima Beans
Miso
Pinto Beans
Navy Beans
Soy Beans
Tofu
Tempeh

Fruits

Apples
Cranberries
Blueberries
Grapefruit
Oranges
Pears
Plums
Raspberries
Watermelon
Strawberries

Seafood

Cod
Halibut
Mackerel
Oysters
Salmons
Sardines
Scallops
Shrimp
Talapia
Tuna

Grains

Barley
Brown Rice
Buckwheat
Corn
Millet
Oats
Quinoa
Rye
Spelt
Whole Wheat

Nuts

Almonds
Cashews
Flaxseed
Macadamia Nuts
Peanuts
Pistachios
Pumpkin Seeds
Sunflower Seeds
Sesame Seeds
Walnuts

Spices

Basil
Cilantro
Ginger
Oregano
Parsley
Peppermint
Rosemary
Sage
Thyme
Turmeric

Drinks

Cranberry Juice
Fat Free Milk
Fruit Smoothie
Green Tea
Mint Tea
Orange Juice
Soy Milk
Tomato Juice
Vegetable Juice
Water

Walking for heart health: a six-week programme for beginners



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Mon	10 mins	Rest	Rest	Rest	Rest	Rest
Tue	10 mins	15 mins	15 mins	15 mins	15 mins	20 mins
Wed	10 mins	15 mins	20 mins	20 mins	25 mins	25 mins
Thu	15 mins	15 mins	15 mins	15 mins	20 mins	20 mins
Fri	Rest	Rest	Rest	20 mins	20 mins	30 mins
Sat	10 mins	15 mins	15 mins	20 mins	20 mins	20 mins
Sun	20 mins	25 mins	30 mins	30 mins	30 mins	35 mins

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Workshop to be held at the

Homestead Twp. Hall

11508 Honor Hwy, Honor, MI 49640

Meet once a week for 8 Tuesdays

May 18, 25,

June 1, 8, 15, 22 & 29,

July 6, 2016

1:00 – 3:00 PM

No cost to attend. Optional donation of \$15 appreciated.

Space is limited and pre-registration is required.

Register through the Benzie County Council on Aging at

231-525-0600

This program is supported by the Michigan Health Endowment Fund.

AREA AGENCY ON AGING
of Northwest Michigan

 **Benzie County
Council on Aging, Inc.**



PACE



PARTNER



NOURISH




STIMULATE

BLAZE A TRAIL TO WELLNESS

Although Americans are living longer these days, more are also developing chronic illnesses. Do illness and aging always go hand-in-hand? The answer is a surprising, but resounding, NO.

It is never too late to get more active or revamp your diet. It is not a matter of training for a marathon or giving up entire food groups, either. Small things can lead to huge differences in the way you feel and the way your body works. Although you should always consult with your doctor before making changes, there are easy steps you can take toward overall wellness—regardless of your age.

 About **80%** of older Americans have at least one chronic health condition.

HEALTHY LIVING:

- Helps keep your mind active
- Helps maintain physical health
- Provides structure and routine
- Connects you with the community
- Promotes social activities
- Helps prevent isolation
- Provides income in some cases

BE WISE, BE WELL



Start slowly. If you have not been exercising, choose something low-impact that you can do a little at a time. Walk for ten minutes in the morning and the afternoon. Sign up for a Tai Chi class, or learn some gentle stretches.



Exercising is less of a chore when you do it with people you enjoy. Involving others will also hold you accountable. Gather a group of friends or join a class that offers what you are looking for. Most senior and community centers offer free or low-cost options.



Activity is important, but nutrition is equally vital. Keep an honest record of what you eat to see how you are doing. If you have a condition like diabetes, always consult your doctor before changing your diet. Nutritionists are another excellent resource, whether you have special dietary needs or not.



Wellness is a matter of body and mind. Eating healthy foods and staying active may reduce risks to your brain's health. Do even more by learning new things and exercising your mind. Try reading, playing games, taking a class, or simply being social.

TIP: IT'S MORE THAN ADDING YEARS TO YOUR LIFE.

Add life to your years! Stay motivated by picking goals that will bring you joy, like going to the theater or joining friends for dinner.

Medicare News

More Medicare Counselors Available

The Region 10 Office of the Medicare/Medicaid Assistance Program, MMAP, has recently added another 12 counselors in their 10 county service area.

Jim Verville, MMAP Regional Coordinator, announced that his Traverse City office recently provided a three day intensive training for new team members. “We continue to add more counselors to the program each year”, said Verville. “We now have 52 individuals who are available to provide consultation to residents in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford counties.”

MMAP is part of the national State Health Insurance Program sponsored by Medicare. Free services are provided to folks in all areas of Medicare health insurance including help in selecting drug and health plans and supplemental policies. MMAP counselors can also screen Medicare beneficiaries for eligibility in Medicaid, Extra Help, and other low income assistance programs and even assist with the application for these benefits. Another service involves help with the identification of possible Medicare and Medicaid fraud and abuse.

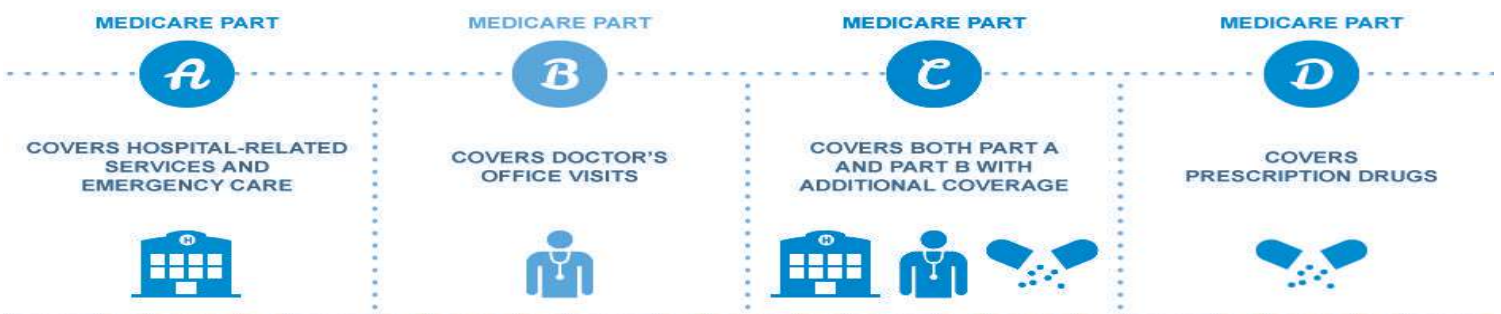
“We are very excited about the new members of our team,” said Verville. “There are over 170,000 Medicare beneficiaries located throughout our 10 county region, and we are only able to reach about 4% of them”. “We need to conduct more outreach to create a better awareness of our services and also ensure that we have additional counselors available to help more people”.

During the 53 day Medicare Annual Enrollment Period last year, MMAP counselors in Region 10 saved their clients \$1.4 million by helping them find a better Part D prescription drug plan. Verville said, “The cost-benefit of the program is absolutely fantastic”.

About half of the MMAP counselors are volunteers and the remaining half are individuals who are currently working for an organization that permits them to provide these services as a part of their duties. Many of these individuals work for the County Commissions and Councils on Aging, home health care organizations, tribal governments, medical facilities, and even managers of senior apartments. “Our team is growing, but our challenge is to help even more beneficiaries”, said Verville.

Assistance is available by calling the toll free MMAP phone number at 800-803-7174, and leaving a message. A local counselor will return the call.

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





PATH

Personal Action Toward Health
The Stanford Chronic Disease Self-Management Program

GET ON THE PATH TO HEALTHIER LIVING!

Diabetes Self-Management Workshop Coming Soon!

Meet once a week for 6 weeks, in 2 ½ hour sessions. Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.

Adults of all ages interested in diabetes may attend, including adults with pre-diabetes, Type 1 or Type 2 diabetes, family members and caregivers.

No cost to attend.

\$20 GIFT CARD FOR THOSE WHO ATTEND 5 OR MORE SESSIONS.

Pre-registration is required.

Please call the Area Agency on Aging:

1-800-442-1713

BULLETIN BOARD

Benzie County Council on Aging Presents



Have you ever wondered—

What's in your attic, in your basement or hidden in your drawers?

How much are your family treasures worth?

Antique Appraisal Clinic

Featuring

Don Butkovich

at The Gathering Place

May 14, 2016

10:00 am to 4:00 pm

CALL FOR APPOINTMENT

231-525-0600

\$10 per item and there is NO LIMIT to how many items you can bring in but YOU must be able to carry them and you must pay in ADVANCE to keep your timeslot or it will be given away. Don is generously donating his fee to Benzie County Council on Aging. So dig out that painting, sculpture, jewelry, crystal or whatever and find out what hidden treasures you may have in your attic!

ABOUT DON BUTKOVICH: Don is a nationally known and respected Antique Appraiser. He has over 43 years experience in Estate Dispersals and Appraising Fine Antiques and Art.

Free light refreshments will be available throughout the day

CONTACT Us

Douglas Durand—Executive Director

(231) 525-0600 ext. 102

Sabra Boyle—Fiscal Manager

(231) 525-0600 ext. 101

Dawn Bousamra—Senior Center Coordinator

(231) 525-0601 ext. 201

Jeff Stockman—HDM Route Coordinator

(231) 525-0601 ext. 202

David Main—Executive Chef

(231) 525-0601 ext. 203

CREATING CONFIDENT CAREGIVERS®

Caring for Someone Living with Dementia or Memory Loss?



A Training Program Providing Knowledge, Skills, & Outlook for Effective Caregiving

Learn about:

- Dementia & its effects on the brain
- Caregiver resources

Learn how to:

- Reduce caregiver stress
- Improve caregiver self-confidence
- Create a positive caregiving environment
- Plan activities for your loved one based on their strengths

Creating Confident Caregivers® is an exciting new program offered in select regions in Michigan for family caregivers of persons with dementia or memory loss.

Based on the university-tested Savvy Caregiver program, **Creating Confident Caregivers®** is a six session program that provides caregivers with information, skills and attitudes to manage stress and increase their effectiveness.

FREE 6-week workshops in collaboration with these locations:

West Shore Medical Center Education Center Meeting Room A
1465 E Parkdale Ave Manistee, MI
Saturdays 10 am-12 noon, 3/19-4/23/16

Fife Lake Public Library
77 Lakecrest Ln, Fife Lake, MI
Sundays 2-4 pm, 4/3-5/15/16 (skip 5/8)

Area Agency on Aging of NW MI
1609 Park Drive, Traverse City, MI
Mondays 5:30-7:30 pm 4/4-5/9/16

Belle Oakes Living Center
Second floor Ice Cream Social Room
2353 S LaChance Rd, Lake City, MI
Mondays 5:30-7:30 pm, 4/11-5/16/16

Friendship Centers of Emmet County
1322 Anderson Rd, Petoskey, MI
Wednesdays 2-4 pm, 4/20-5/25/16

To register, or for information on scheduled trainings, please contact:

AREA AGENCY ON AGING

of Northwest Michigan

1609 Park Drive, Traverse City, MI 49686

800-442-1713

Or online at www.aanm.org/workshop-registration

WHO CAN ATTEND?

Any caregiver who is caring for a loved one in the home who has Alzheimer's disease, memory loss, or other form of dementia

FREE RESPITE CARE

Care for a family member with dementia or memory loss can be provided free of charge, while attending the sessions. Please ask for details when registering.

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.
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