

**In the spring, at the end of the day,
you should smell like dirt.**

~Margaret Atwood



April 2013

The Senior Scoop

Benzie County Council on Aging, Inc.



**"The naked earth is warm with spring,
And with green grass and bursting trees
Leans to the sun's kiss glorying,
And quivers in the sunny breeze."**

~ Julian Grenfell

April.....

- 1st is April Fool's Day**
- 7th is Holocaust Remembrance Day**
- 15th is Tax Day (taxes due)**
- 20th National Pineapple Upside Down Cake Day**
- 22nd is Earth Day**
- 24th is Administrative Professional's Day**
- 25th is Red Hat Society Day**
- 26th is Arbor Day**



The Senior Scoop is a monthly publication brought to you by:

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

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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.

Donations/contributions are appreciated and will aid with the continuation of all needed services for the seniors of Benzie County. If you would like to make a donation, please make your check or money order payable to BCCOA (Benzie County Council on Aging), 10542 Main Street, Honor, MI 49640.

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.



The Senior Scoop



Kay's Corner

I am extremely happy to announce the new Executive Director of Benzie County Council on Aging is Douglas Durand. He is currently the Resource Development Manager for the Wexford County Council on Aging. His entire career has been in the area of services to seniors. The Board of Directors, staff, volunteers and I found Doug to be very personable. He is a great listener; open to hearing concerns and willing to find solutions. He says there is seldom anything that is so urgent that he can't take 24 hours to think it over.

You will be meeting Doug in April. He will be at The Gathering Place for lunch, helping with Home Delivered Meals, meeting with the County Commissioners and learning the ropes. Please take a moment to introduce yourself.

I will be here with Doug for his first few weeks. I am looking forward to a quiet time with Randy in our canoe knowing the Benzie COA is in great hands.

Peace, Kay



"I think that no matter how old or infirm I may become, I will always plant a large garden in the spring.

Who can resist the feelings of hope and joy that one gets from participating in nature's rebirth?"

- Edward Giobbi



2ND Ruth Nanni

10th Lacy Bernard

17th Sarah White

27th Alice Smith

3rd C. Adelle Porter

11th Viola Weatherwax

20th James Chiumino

27th Faye Keyes

5th Grant Papineau

11th Sue Sheffiled

20th Scott Singleton

28th Larry Lozen

5th Dick Swander

11th Darwin Maginity

20th Evelyn McMillan

28th Gordon Armstrong

6th Russell Baatz

12th Carl Barry

22nd George Wilkie

28th Nadine Gilroy

6th Estella Deemer

14th Matt Goodlin

23rd Gertrude Saffron

29th Bob VanHammen

6th Betty Arthur

15th Ramona Foust

23rd Beverly Morrison

29th Kathy Burns

10th Dorothy Stoops

15th Lola Chase

24th Edna Shaffer

10th Yvonne Hockett

17th Maxine Steinmiller

25th Rita Sheren





Spring Fun



Find and circle all of the words that are hidden. The remaining letters spell a message about spring.

ALLERGIES	LILIES
APRIL	MARCH
BASEBALL	MAY
BEES	NEW LEAVES
CROCUSES	PLANTING
CYCLAMENS	RAIN
DAFFODILS	RENEWAL
DANDELIONS	ROBINS
EASTER	SEASON
EQUINOX	SNOWMELT
FLOWERS	SOFTBALL
FROGS	SPRING BREAK
GOLF	SPRING CLEANING
GRASS	TULIPS
GREEN	WARMER
GROWTH	WET
IRISES	

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T L E M W O N S S S A R G L A
G C Y C L A M E N S A L I L P
G N G R O W T H R L L L L R S
O Y I I D L S A R A I E S N N
L A L N K A I E B E R R O H E
F M L O A N F E S G M I P W W
E N A E E E S F I U L R R A L
I O B Q R A L E O E C S A B E
R S T U B E S C D D F O S W A
I A F I G R N N G L I N R H V
S E O N N R A E O N I L C C E
E S S O I D E W W B I R S B S
S I N X R G E E O A A R M E G
A Y F L P R O R N M L W P E O
E T E W S S P I L U T R S S R
R E T S A E P L A N T I N G F
  
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Message revealed on page 7

Live Happy in 2013

Today is the oldest you've ever seen, yet the youngest you'll ever be. So enjoy this day while it lasts!

~Your kids are becoming you... but your grandchildren are perfect!

~You forget names... but it's OK because other people forgot they even knew you!

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".

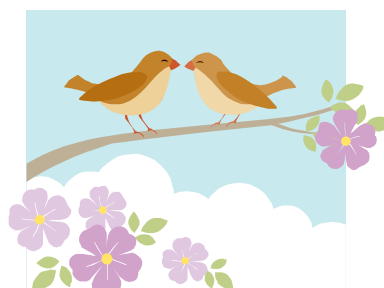
~You miss the days when everything worked with just an "ON" and "OFF" switch.

~You tend to use more 4 letter words... "what?"... "when?"... ???

Old is good in some things: old songs, old movies, and best of all OLD FRIENDS!!!

The first day of Spring is one thing, and the first Spring day is another. The difference between them is sometimes as great as a month.

Henry Van Dyke



BENZIE COUNTY COUNCIL ON AGING - THE GATHERING PLACE
Monday - Friday: 8:00 A.M. - 4:00 P.M. LUNCH SERVED FROM 11:30 a.m. - 1:00 p.m.
Saturday Breakfast: 8:00 A.M. - 11:00 A.M.
Call for more information!! 231-325-3720 or 1-877-277-1306
****MENU ITEMS SUBJECT TO CHANGE****

April 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 EASTER LUNCH! Ham Sweet Potatoes Green Bean Casserole Roll/ Tropical Fruit	2 Turkey Stroganoff Broccoli Wax Beans Roll/ Banana	3 Creamy Chicken Over noodles Mixed Vegetables Bread/ Apple	4 Tacos Refried Beans Tomatoes Brown Sugar Bananas	5 Swedish Meatballs Mashed Potatoes/ Wax Beans Green Beans Bread/ Jello cup
8 Sloppy Joes Mixed Vegetables Cheesy Cauliflower Pear	9 Chicken Stir Fry Far East Vegetables Broccoli Fried Rice Mandarin Oranges	10 BBQ Chicken Sweet Potatoes Cauliflower Bread/ Fruit	11 Spaghetti with meat sauce Italian Blend Vegetables Broccoli/ Garlic Toast Grapes	12 Fish Fry Roasted Potatoes Chef's Blend Vegetables Muffin Banana
15 Beef Barely Soup Cauliflower Sweet Potatoes/ Broccoli Bread/ Banana	16 BBQ Chicken Redskin Potatoes Chef's Blend Vegetables Bread/ Banana	17 Chili Green Beans Carrots Corn Muffin	18 Smothered Steak Burger Tater Tots Peas/ Bread Orange	19 Bourbon Pork Baked Beans Roasted Potatoes Fruit
22 Turkey Stew Redskin Potatoes Wax Beans Pear	23 Pot Roast Sweet Potatoes Broccoli/ Bread Banana	24 BBQ Meatballs Mashed Potatoes Peas/ Bread Peaches	25 Bean Soup Zucchini Mixed Vegetables Corn Muffin/ Crackers Grapes/ Cottage Cheese	26 Salisbury Steak Mashed Potatoes Carrots/ Bread Apple
29 Sliders Potato Planks Baked Beans Apricot Nectar	30 Chicken Cordon Bleu Chef's Blend Vegetables Stewed Tomatoes Bread Roll Pineapple	<u>Cost for Meals (Seniors)</u> M- F \$3.00 (Suggested Donation) Saturday \$5.00	<u>Cost for Meals</u> <u>(Non-Senior)</u> M - F \$7.50 Caregivers \$5.50 Saturday \$6.25 (Children's prices reduced)	<i>Don't forget Saturday Breakfast! Eggs, Sausage, Biscuits & Gravy, Waffles, Fruit, Beverages and More!</i>



Spring Cleaning



Cleaning with... VINEGAR

With so many different uses around the house, this super item deserves a reserved space in your cabinet.

In the kitchen...

- Naturally disinfect all surfaces. (mix 1 part vinegar with 1 part water in spray bottle)



- Scrub stuck on stains. (make a paste with vinegar and baking soda and scrub with a sponge)

- Clean out your coffee maker. (pour 2 cups white vinegar and 1 cup water in your coffee maker and run a full cycle. Then replace filter and run another 2 cycles of just water)



- Keep sponges fresh by soaking in vinegar overnight. (rinse them before using again)
- Clean hands with vinegar to remove any strong odors such as onion and garlic smells.



- Remove hard water spots from stainless steel by wiping with a cloth dipped in vinegar.

Next month look for even more uses for vinegar!

Senior Strategies: Keeping Spring Cleaning Safe for Seniors

Spring is just around the corner and with it comes warmer weather, flowers and a reminder to clean and de-clutter our homes and our lives. Many seniors grew up with the concept of “spring cleaning” and continue to make it a part of their annual routine. Here are a few tips to follow:

- Clean the medicine cabinet and check all items for expiration dates. Are the medications stored in their own containers? Discard any unused medications.
- Check batteries in smoke alarms and carbon monoxide detectors. Run a test to ensure they're working.
- Remove clutter to reduce the risk of trips and falls. Remove unnecessary furniture that obstructs the traffic flow.
- Throw away outdated food from the pantry or refrigerator.
- Program the phone with emergency contacts on speed dial. Work with neighbors to watch out for each other. An extra set of eyes and ears can help identify problems before they happen or when something has gone wrong and help is needed.
- Downsize equipment like vacuums and push mowers. Hand-held vacuums work great for seniors with diminished strength or reduced mobility. Lightweight models are preferable, especially if they're cordless.
- Spring showers can make outdoor surfaces slippery. Place non-slip mats on floors to help seniors avoid a fall if they plan on working or socializing on patios or decks.



Medicare News April 2013 Medicare Enrollment Periods



Individuals enrolled in Medicare are never locked into a particular Medicare product choice. While enrolling in the Medicare product of one's choice during the Initial Enrollment can help to avoid penalties later, options for making changes occur annually. The chart below provides a general summary of various Medicare products and the times when one has the chance to review their coverage and make changes if desired. **PLEASE NOTE:** This is only a summary of the enrollment periods that are available. Special circumstances may offer other chances to chose Medicare plans or make changes.

The Medicare Medicaid Assistance program (MMA) is the state-wide program which provides free health benefits counseling to Medicare and Medicaid beneficiaries, their families, and caregivers. **Individuals with questions about Medicare may contact MMA for assistance** at their local Commission on Aging office or regional office at the Area Agency on Aging **1-800-803-7174**.

Medicare Product	Enrollment Period
Initial Enrollment Period Medicare Parts A & B & D (drug plan) <u>OR</u> Medicare Advantage/Health Plans	3 months before the month of 65 th birthday, the month of 65 th birthday and 3 months after month of 65 th birthday
Open Enrollment – Medicare Part B for those not enrolled at other times or with a special enrollment period	January 1 – March 31 annually
Annual Election Period (for reviewing / changing plans) Medicare Part D & Medicare Advantage/Health Plans	October 15 – December 7 annually
Special Enrollment Period - Medicare Part B when losing “credible coverage” from another source like employer coverage	Within 8 months after losing credible coverage
Special Enrollment Period - Medicare Part D (drug coverage) - when involuntarily losing credible drug coverage	Begins with the month of notice of loss of coverage and continues until 60 days after the loss or 60 days after the notice, whichever is later
Disenrollment Period Medicare Advantage/Health Plans dropping an Medicare Advantage plans and returning to Original Medicare and a drug plan	January 1 – February 14 Annually
Guaranteed Issue Period Medicare Supplemental Plans During this time a company cannot deny coverage, make you wait for coverage to start or charge more because of your health conditions	Begins the first day of the first month you are BOTH 65 and enrolled in Medicare Part B.

Secret message hidden in word search.... APRIL SHOWERS BRING MAY FLOWERS



Healthy Eating



Rhubarb Healthy Food Guide

Peak season: April through September

What you get

Low in calories and full of fiber, potassium and vitamin C, rhubarb also contains catechin, a flavonol that may contribute to heart health.

Shopping Tips

The two most commonly found varieties of rhubarb are Victoria, characterized by a green stalk with red shading, and Cherry, as red as the name suggests. One might assume that the red stalks are sweeter, but some of the greener varieties actually have higher sugar contents.

Look for bright, crisp stalks with minimal pitting, dryness and other visible damage.

Storage Tips

Rhubarb, like other leafy green plants, is highly perishable and susceptible to water loss, so extended storage is unfortunately not possible. Keep it under refrigeration for a week or two if you want to use it fresh, or freeze it if you want to have the summer taste all through the year.

You can freeze rhubarb raw, or blanch the stalks in boiling water for 1 minute and chill thoroughly before packing and freezing.

Freeze in a plastic freezer bag or airtight container, leaving an inch of empty space at the top of the container.

Fresh Rhubarb Bread Pudding

8 slices bread without crusts, toasted and cubed

1 1/2 cups milk

1/4 cup butter or margarine

5 eggs

1/2 teaspoon ground cinnamon

1 1/4 cups white sugar

1/4 cup chopped walnuts

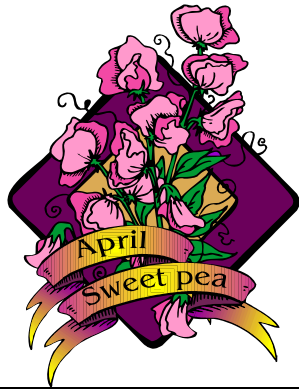
2 cups diced rhubarb

1/4 teaspoon salt



Directions

1. Preheat the oven to 325 degrees F (165 degrees C).
2. Place bread cubes into a buttered 2 quart casserole dish. Combine the milk and butter in a saucepan, and heat just to the boiling point. Pour over the bread cubes, and let stand for 15 minutes. In a medium bowl, whisk together the eggs, sugar, cinnamon and salt. Stir in rhubarb. Pour over the soaked bread, and stir gently until evenly blended. Sprinkle walnuts over the top.
3. Bake for 50 minutes in the preheated oven, until nicely browned on the top. Let stand for 10 minutes before serving.



April 2013
CALENDAR OF EVENTS
“THE GATHERING PLACE”
 Open Monday through Friday
 8:00 a.m.-4:00 p.m.
 Lunch served daily 11:30 a.m. – 1 p.m.
 Saturday 8:00 a.m.-11:00 a.m.
 231-325-3720
 OR TOLL FREE 1-877-277-1306



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
10:00 Yoga Exercise 11:30 Easter Lunch! 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 1:00 PATH class at Administration office	9:30 BUNCO 11:30 Lunch NOON-Lunch at Thompsonville 1:00 Wii Bowling	8:00 Breakfast Buffet \$5.00
8	9	10	11	12	13
10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	10:00 Exercise with Doris 10:00 Little River Casino 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	10:00 Bible Study 11:30 Lunch 1:00 BUNCO 1:00 PATH class at Administration office	9:30 BUNCO 11:30 Lunch 11:30 Lunch & Learn with Seniors Helping Seniors 1:00 Wii Bowling	8:00 Breakfast Buffet \$5.00
15	16	17	18	19	20
10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga	10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 1:30 Board meeting 3:00 Tai Chi	10:00 Bible Study 11:30 Lunch 1:00 BUNCO 1:00 PATH class at Administration office	8:00 Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling	8:00 Breakfast Buffet \$5.00
22	23	24	25	26	27
9:00 TC Shopping 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga	10:00 Exercise with Doris 10:00 Little River Casino 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	10:00 Bible Study 11:30 Lunch 1:00 BUNCO 1:00 PATH class at Administration office 5:00 Volunteer Appreciation Dinner	9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6pm Ol' Time Gathering	8:00 Breakfast Buffet \$5.00
29	30	Cost for <u>Non-Senior Meals</u> Lunch: (M - F) \$7.50 (Children's prices reduced) Saturday Breakfast Buffet: \$6.25		The Gathering Place lunch is served from 11:30 a.m. to 1:00 p.m.	
10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga	Cost For <u>Senior Meals</u> Lunch: \$3.00 (Suggested Donation) Saturday Breakfast Buffet: \$5.00			



Dawn's Dish

The air is brimming with the anticipation of melting snow. Spring has officially arrived and I am certain the weather will continue to improve.

We are anticipating the return of our senior snowbirds, so if you are one of them—please come and see us! Soon we will all be sporting sandals, sunglasses and sunscreen.

Nicole is quickly approaching her due date, Jessica Lindsay has joined our team in the kitchen and Doug Dufrane is heading off to the Coho where he is the Head Chef. We have appreciated his spending the “off season” with us this year.

Personally, I am counting down the days where our morning routine (before I get here!) doesn't include that unfortunate find of wet mittens in a backpack. Where we can walk out the door without snow pants and boots, and drive our commute knowing the roads are clear.

Of course, I am reminded we do live in Michigan and so I leave you with this quote: “The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.” *Henry Van Dyke*

Attention Chess and Cribbage players! If you are interested in starting a group here at The Gathering Place, please give me a call to get on a list. All skill levels accepted. (231) 325- 3720

Trips! Trips! Trips! Stop by The Gathering Place for our travel brochure. We've partnered with Xpedition Travel to give our folks a large, affordable selection of adventures. A few of the highlights are: Branson in June; Tigers games in June and August; Chicago in November and December; New Orleans in September. Please call Dawn if you have any questions! (231) 325-3720

Monday, April 1

Easter Lunch. Join us for Ham, jelly beans and colored eggs!

Monday, April 22

9:00 a.m. **Traverse City Shopping.** Our bus is heading to the Cherryland mall. Please call (231) 325-3720 for reservations. Trip fee is \$10.

Tuesday, April 2, 9, 16, 23, 30

10:30 a.m. – 1:30 p.m. The Melody Makers provide music for your listening and dancing pleasure! Music starts at 10:30 a.m. Lunch served from 11:30 a.m. – 1:00 p.m.

Wednesday, April 10 & April 24

10:00 a.m. **Little River Casino Trip.** Trip fee \$10. Receive \$25 River Credits. Return by 4 p.m. Space is limited so call now to reserve your spot on the bus! (231) 325-3720

Thursday, April 4

9:00 a.m. – noon **Hearing Clinic**, sponsored by *Miracle Ear*, will be held to give free hearing tests as well as check and service hearing aids. Call 800-459-5992 for appointment.

Thursday, April 4, 11, 18, 25

1:00 p.m. – 3:30 p.m. PATH (Personal Action Toward Health) class held at the Administration building across from The Gathering Place. Please call to sign-up for this free class or for more information. (231) 325-3720

Thursday, April 25

Volunteer Appreciation Dinner for all Benzie County Council on Aging volunteers. If you have volunteered at our agency in the past 12 months—you are invited! Spouses included. Dinner begins at 5:00 p.m. Our staff looks forward to this yearly opportunity to celebrate your generosity!

Friday, April 12

Lunch and Learn with Carla Parks, RN, owner of Seniors Helping Seniors. This unique program matches local seniors who want to help with those who are looking for help.

Friday, April 5

Noon-Lunch in Thompsonville! Join us for lunch and music. Please call Dawn at (231) 325-3720 for reservations.

Friday, April 26

Ol' Time Gathering! Come and enjoy food, music and fun. Music (acoustic) will start at 6:00 p.m. with a potluck dinner at 7 p.m. Donations accepted. All ages invited! Bring a dish to pass, an instrument to play and a foot to tap!

The Gathering Place, Benzie Senior Center



Monday - Friday 8:00 a.m. – 4:00 p.m.
Saturday 8:00 a.m. - 11:00 a.m.
10579 Main Street (in the Plaza), Honor
(231) 325-3720 or 1-877-277-1306

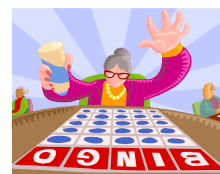


Lunch served from 11:30 a.m. – 1:00 p.m.
Cost is \$3.00 suggested donation

Senior Center Coordinator/Supervisor - Dawn Bousamra
Front Desk Hostesses - Judy Fast, Kathy Burns, Jeannie Knudsen

Mondays

Exercise: 8:00 a.m.
Yoga Exercise: 10:00 a.m.
Pinochle: Noon



Tuesdays

Music: 10:30 a.m. - 1:30 p.m.
Chair Yoga: 3:30 p.m.

Wednesdays

Exercise w/Doris: 10:00 a.m.
Tai Chi: 3:00 p.m.
Bingo: 12:30 p.m. - 1:30 p.m.
Knitting: 1:00 p.m.

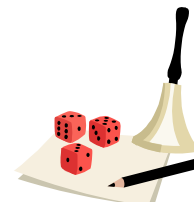


Thursdays

Bible Study: 10:00 a.m.
Bunco: 1:00 p.m.

Fridays

Exercise: 8:00 a.m.
Bunco: 9:30 a.m.
Wii Games: 1:00 p.m.



Saturdays

Breakfast: 8:00 a.m. - 11:00 a.m.

Newsletter Subscription Form

NAME: _____ DOB: ____/____/____

ADDRESS: _____

CITY/ST/ZIP: _____ DATE: _____

If you would like a copy of this newsletter mailed to your home each month, please mail this form to the COA office, 10542 Main St, Honor, MI 49640. Suggested donation for annual subscription is \$5.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.



Local News



Need Legal Advice????

The Free Legal Aid Clinic (FLAC) is held every Tuesday evening beginning at 7:00 PM at Third Level Crisis Intervention Center, Inc. located at 1022 E. Front Street in Traverse City. It is an opportunity for individuals to receive private, free and confidential legal advice and problem clarification from attorneys from the Grand Traverse-Leelanau-Antrim Bar Association. Over 60 attorneys from the bar volunteer their time to the program and answer legal questions of all types. Services are provided on a **first-come, first-served** basis to the first 15 people who arrive. Sign up begins at 5:00 PM Tuesday. This service is made available by funding from the Legal Services of Northern Michigan. Call 231-922-4800 or toll free 800-442-7315 for more information.

April Events

Benzie County Chamber of Commerce Business EXPO: April 16th 11am – 6pm
Exhibitors showcasing their best products and services! Open to the public, Free Admission, Door Prizes. At the Crystal Mountain Conference Center.

Murder at Gooseneck Lake interactive murder mystery: April 28th 2 pm
At the Benzonia Public Library Call 231-882-4111 for information.

Habitat for Humanity Benzie County Chili Super: April 30th 4pm – 7pm
At the Thompsonville First Congregational Church. Menu includes chili, veggies and dip, bread, pie, milk and coffee. Donations benefit Habitat for Humanity Benzie County.



Benzie County Council on Aging, Inc.

10542 Main Street • Honor, MI 49640