

The Senior Scoop

Benzie County Council on Aging, Inc.

April 2014



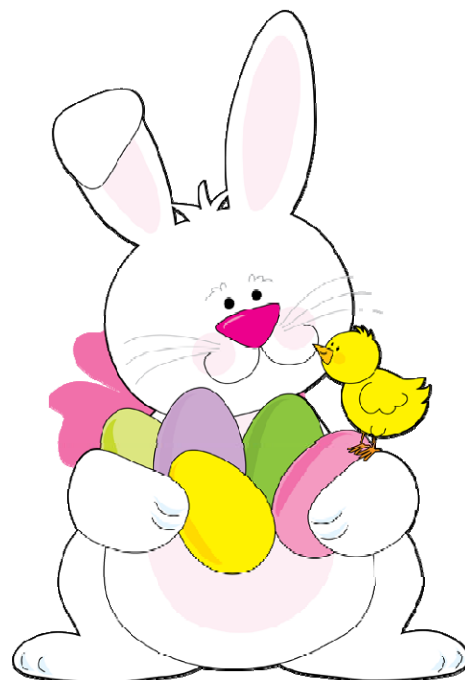
"The naked earth is warm with Spring,
And with green grass and bursting trees
Leans to the sun's kiss glorying,
And quivers in the sunny breeze."
- Julian Grenfell

April is...

Lawn and Garden Month
National Welding Month
National Humor Month
Stress Awareness Month
National Poetry Month
International Guitar Month

April...

1st is April Fool's Day
2nd is National Peanut Butter and Jelly Day
10th is National Siblings Day
15th is Titanic Remembrance Day
17th is National Cheeseball Day
20th is Easter
22nd is National Jelly Bean Day
23rd is National Zucchini Bread Day
25th is World Penguin Day
27th is Babe Ruth Day
28th is Kiss Your Mate Day



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

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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.

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: ____/____/____

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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.

Even though the calendar says March 26th, it sure doesn't look or feel like spring! But we know that sooner or later it will arrive with singing birds, flowers in bloom and spring showers!

I am excited to report on a new dental initiative from Benzie County Council on Aging along with the partnership with Dental Clinics North of Traverse City and Michigan Community Dental Clinics of Manistee. The new program is called Benzie County Senior Oral Health Program and this program wouldn't be possible without the support of grants through the Community Foundation and Benzie Community Chest.

The program works by providing vouchers with a value of up to \$300 for dental treatment available to Benzie County residents age 60 or older whose income level falls at or below 200% of the Federal Poverty Level.

Example: A household of 1 earning \$22,980 or less a year would qualify for the Dental Assistance Fund.

Example: A household of 2 earning \$31,020 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.

All that is required is to fill out an application verifying information on your yearly income, household members, address, etc.

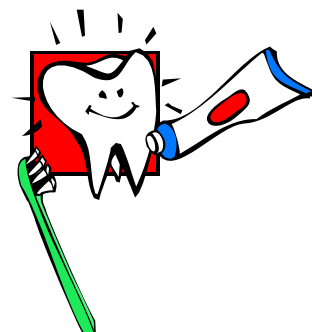
We will be accepting applications for the Benzie County Senior Oral Health Program starting in April with appointments to Dental Clinics North in Traverse City or Michigan Community Dental Clinics of Manistee starting in May.

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

As always, I welcome your thoughts.

Take care,

Douglas



Easter Candy Fun Facts:

- 76% of people eat the ears on a chocolate bunny first.
- Americans consume over 16 million jellybeans on Easter, enough to circle the globe three times over.
- 90 million chocolate bunnies, 91.4 billion eggs and 700 million peeps are produced each year in the United States.
- After Halloween, Easter is the biggest candy consuming holiday. 120 million pounds of candy are bought each year, enough to fill four dump trucks.
 - Households spend \$131 on Easter each year, \$14.7 billion in total.
- The first chocolate eggs were made in Germany in the 19th century and remain one of the most popular Easter candies today.

Happy Birthday!!

2 Judy Frederick	17 Sarah White
3 C. Adelle Porter	20 Scott Singleton
5 Dick Swander	20 Evelyn McMillan
6 Russell Baatz	22 George Wilkie
6 Betty Arthur	23 Beverly Morrison
10 Yvonne Hockett	24 Edna Shaffer
10 Lacey Bernard	25 Rita Sheren
11 Viola Weatherwax	26 Kathy Frederick
11 Sue Sheffield	27 Alice Smith
11 Darwin Maginity	27 Faye Keyes
12 Carl Barry	28 Nadine Gilroy
14 Matt Goodlin	28 Gordon Armstrong
14 Barbara Richards	28 Larry Lozen
15 Ramona Foust	29 Bob VanHammen
15 Lola Chase	29 Kathy Burns
17Maxine Steinmiller	

Sun, warm, grow
and bloom,
it's time to
leave now winter,
caus' spring will
come soon...



10 facts show just what a crazy winter Michigan has endured.

- #1.** Benzie County officially broke it's snowfall record since the county started keeping records 70 years ago. Benzie County has received 216 inches of snow.
- #2.** The February 21st wind storm on the edge of the third bout with the polar vortex caused wind gusts over 50 miles per hour. Detroit Metro Airport had a 56mph gust, Saginaw a 56mph gust, and Saginaw Harry Browne Airport had a 55mpg gust.
- #3.** Northern Michigan had it's coldest winter in a long time, with Gaylord setting a record for coldest winter since records began there in 1951.
- #4.** Marquette set a record for most days below zero in a winter. 49 days had the negative sign in front of the temperature.
- #5.** It's the second snowiest winter on record for Grand Rapids. Grand Rapids has been hit with 110.7 inches of snow this winter, which is 42 inches above normal.
- #6.** It was an unusually snowy January in West Michigan. Holland had 66 inches in January, while Grandville had 60 inches, and Grand Rapids had 42 inches for the month.
- #7.** The UP had the coldest winter on record. Marquette had the average temperature for the entire winter of only 7.5 degrees, breaking the old record of 8.5 degrees in 1963.
- #8.** The Great Lakes were nearly covered with ice for much of February, with Lake Michigan setting a record ice cover.
- #9.** December 21-22, 2013 ice storm: It was the worst ice storm in years for southern Michigan. Between .5" and .75" of ice accumulation caused a state of emergency to be declared in Shiawassee County.
- #10.** The January 4-5, 2014 snowstorm: It was Flint's third heaviest snowstorm ever with 17 inches. Much of southern Michigan had over eight inches of snow.

"You can always tell it's April
By the sound of falling rain
That mystic, mournful music
As it trickles down the drain.

We're told we should be thankful
For the kiss of April showers
As it washes all the grass clean
And prepares the soil for flowers.

There's another side to April
Which doesn't bode us good,
When that mini, manic maelstrom
Turns the lawn to liquid mud."
- Thomas Vaughan Jones



Spring Cleaning Tips:

1. Check the Medicine Cabinet

Are medications labeled and stored in their proper containers? Do you have old prescription drugs mixed in with the new? These common practices in homes pose potentially dangerous health hazards. Whereas some medications still retain their potency after expiration dates, many do not and should be disposed of. Old liquid antibiotics, drugs comprised of organic ingredients and those requiring refrigeration should be safely discarded.

2. Clean Up Clutter

Trips and falls are likely to happen when you accumulate too much “stuff”. Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. And either tape carpet edges or throw rugs to the floor or get rid of them entirely.

3. Have an Emergency Plan in Place

In case of an emergency such as a fall, an attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly.

4. Never Try to Move Heavy Objects or Furniture on Your Own

For seniors with reduced strength or mobility challenges, doing household chores may seem like a monumental task. Never try to move furniture or heavy objects on your own. Don't stand on a chair or ladder to clean hard to reach spots or change light bulbs. Use cordless cleaning tools and lightweight equipment which are easier to use. Try the newer, more efficient technology tools on the market designed to make modern household cleaning a breeze.

5. Monitor Your Smoke Alarm System, Fire Extinguisher & Emergency Kit

Periodically check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional.

Every home should have at least two handheld fire extinguishers (one in the kitchen for sure). Check the expiration date and remind yourself to monitor the device every once in a while.

Key Takeaways:

- Get rid of expired, unused medication. Store medicines in a cool, dry, dark place.
 - Maintain a clear walkway for seniors to navigate.
- Know who to call in an emergency and have your phone programmed accordingly.
 - Use cordless cleaning tools and lightweight equipment for household chores.
- Periodically check your smoke detector, fire extinguishers and Emergency Kits.

Dessert Word Scramble

Unscramble the words. Key is below.

- | | | |
|-----|-------------------|--|
| 1. | _____ iaecrl | finger-shaped cream puff |
| 2. | _____ lmnsupdi | a rounded mass of steamed and seasoned dough |
| 3. | _____ rbetehs | frozen fruit-flavored mixture, similar to ice cream |
| 4. | _____ rboelbc | deep-dish fruit pie with a rich biscuit crust |
| 5. | _____ sautdrc | a baked sweetened mixture of eggs and milk |
| 6. | _____ smsoelas | syrup remaining after sugar is crystalized out of cane or beet juice |
| 7. | _____ elwffa | crisp golden-brown pancake with deep indentations on both sides |
| 8. | _____ ocrrho | a long, slender, deep-fried pastry resembling cruller |
| 9. | _____ klaavab | near Eastern pastry made of many layers of paper-thin dough |
| 10. | _____ npkceaas | a thin flat cake made from batter and fried on both sides |
| 11. | _____ ansedu | ice cream served with syrup poured over it |
| 12. | _____ mnpisou | Italian style of ice cream of a very fine and smooth texture |
| 13. | _____ iobnrew | a small, chewy, cakelike cookie |
| 14. | _____ ebrtos | cooling drink of fruit juice and water |
| 15. | _____ smaoairb | dessert containing primarily oranges and flaked coconut |
| 16. | _____ tuanog | aerated confection made by mixing nuts and sometimes fruit pieces in a sugar paste |
| 17. | _____ tefofe | sweet made from sugar or treacle boiled with butter, nuts, etc. |
| 18. | _____ flrgydsanie | small, finger-shaped sponge cake |
| 19. | _____ mesuso | savory or sweet dish with the consistency of a dense foam |
| 20. | _____ aclinon | tubular pastry shells stuffed with a sweetened filling |

1. éclair 2. dumplings 3. sherbet 4. cobbler 5. custard 6. molasses 7. waffle 8. churro
 9. baklava 10. pancakes 11. sundae 12. spumoni 13. brownie 14. sorbet 15. ambrosia
 16. nougat 17. toffee 18. ladyfingers 19. mousse 20. cannoli

People will forget what you said, people will forget what you did, but
 people will never forget how you made them feel!

Shrimp and Bacon Deviled Eggs

Ingredients:

8 hard-cooked large eggs, shelled
1/4 cup instant potato flakes
1/4 cup fat-free mayonnaise
1 tablespoon chopped fresh chives
2 teaspoons Dijon mustard
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
1/8 teaspoon ground red pepper
1/2 cup cooked medium shrimp, peeled and chopped (about 4 ounces)
2 tablespoons chopped fresh parsley
3 center-cut bacon slices, cooked and crumbled



Preparation

Cut eggs in half lengthwise; remove yolks. Place 4 yolks in a medium bowl; reserve remaining yolks for another use. Add potato flakes and next 6 ingredients (through red pepper) to yolks; stir well. Stir in shrimp and parsley. Spoon about 1 rounded tablespoon shrimp mixture into each egg white half. Sprinkle with bacon.

Golden Pineapple Casserole Side Dish Recipe

Ingredients

2 cans (20 ounces each) crushed pineapple
1/2 cup sugar
2 tablespoons all-purpose flour
3 eggs, beaten
4 slices bread (crusts removed), buttered and cubed



Directions

Drain cans of pineapple, keeping 1 cup of juice. In a bowl, combine pineapple and juice with sugar, flour and eggs; mix well. Spoon into a 2-qt. baking dish; top with bread cubes. Bake at 350°, uncovered, for 45-50 minutes or until set and browned. Serve as a side dish with ham or poultry. Yield: 8 servings.

There is no diet that will do what eating healthy does.

Skip the diet.

Just eat healthy.

Free Community Meal in Lake Ann at the Historic Almira Township Hall from 5:30-7:00pm on the last Thursday of each month.

This event is sponsored by Advent Lutheran Church of Lake Ann.

Can You Help Us Help Others?

We have been given a challenge from an individual that will match donations dollar for dollar for a total of \$1,000.

With all the snowfall this season and the plowing service that we offer our Benzie County Seniors, our budget for this service has been surpassed by over \$16,000. Because of this additional expense, other programs will have to be scaled back or eliminated. Please consider a donation to the Benzie County Council on Aging. Any amount will be appreciated. Please help us meet this challenge!

You may use the donated form that is in the Senior Scoop Newsletter.

I'd hide if I
was you.



Here are some important health facts to consider:

FACT:

Seniors have higher rates of heart disease, cancer, high cholesterol and high blood pressure than the rest of the adult population.

FACT:

These diseases can be prevented or controlled through healthy eating and regular physical activity.

FACT:

It's also true that you are never too old to lose weight, and that losing just a little weight – even five pounds – can make a huge difference to your health.

FACT:

Most seniors are not as physically active as they could be.

FACT:

Seniors who are physically active for at least an hour each day have better heart health and are better able to control their weight than those who are not as active.

FACT:

The majority of senior men and many senior women eat more than the recommended amount of sodium (salt).

FACT:

Decreasing the amount of sodium you eat can substantially reduce your risk of high blood pressure.

FACT:

Many seniors do not get enough calcium, folate, vitamin B6, vitamin B12 and vitamin C through the food they eat.

FACT:

The right vitamins and minerals, in the right amounts, can help prevent anemia, depression and memory loss.

FACT:

Most senior women do not eat enough vegetables and fruit, grains, milk and milk products, meat and meat alternatives. Most senior men do not eat enough vegetables and fruit or milk and milk products.

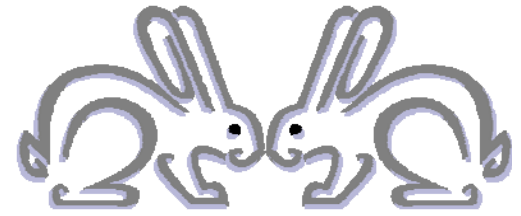
FACT:

It is possible to change and improve the way you eat – and the way you feel – at any age.

Take Time For 10 Things....

- Take time to work - it is the price of success.
 - Time to think - it is the source of power.
 - Take time to play - it is the secret of youth.
- Take time to read - it is the foundation of knowledge.
- Take time to worship - it is the highway of reverence and washes the dust of earth from our eyes.
- Take time to help and enjoy friends - it is the source of happiness.
 - Take time to love - it is the one sacrament of life.
 - Take time to dream - it hitches the soul to the stars.
 - Take time to laugh - it is the singing that helps with life's loads.
- Take time to plan - it is the secret of being able to have time for the first nine things.

DON'T WORRY ABOUT
A LITTLE GRAY HARE.



Life lessons from the Easter Bunny!

Don't putt all of you eggs in one basket. Walk softly and carry a big carrot. Everyone needs a friend who is all ears. There's no such thing as too much candy. All work and no play can make you a basket case. A cute little tail attracts a lot of attention. Everyone is entitled to a bad hare day. Let happy thoughts multiply like rabbits. Some body parts should be floppy. Keep your paws off other people's jellybeans. Good things come in small sugarcoated packages.



8 Tips for Easter Egg Safety

Before you start working with eggs, it is important to wash your hands and your work area thoroughly.

Check eggs for any cracks and discard any that do have cracks before cooking. Also discard any eggs that crack during the dying or decorating process.

If you plan to color your Easter eggs, be sure to use food-grade dyes made especially for food.

Hard boiled eggs can only be unrefrigerated for two hours at the most. Start your timer if you will be hiding eggs and plan to eat them after they are found; two hours is the max!

If you think your egg hunt will last longer than two hours, try using plastic eggs instead.

If you hide edible eggs, make sure to avoid hiding in areas that may contain contaminants, such as dirt, areas with pets or lawn chemicals.

Hard boiled eggs are safe in the refrigerator for up to one week.

Cooked egg dishes, such as quiche, breakfast casserole or egg salad, should be consumed within three days of preparing and leftovers must be kept refrigerated.




April 2014 Menu



The Gathering Place Senior Center

231-525-0601 or 877-277-1306

Lunch is served Monday-Friday, 11:30 a.m. - 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Creamy Chicken Brussel Sprouts/ Mixed Vegetables Wild Rice/ Bread/ Peaches	2 Goulash Peas/ Carrots/ Bread Apple	3 Turkey Stew Cauliflower/ Green Beans Crackers/ Banana	4 Roast Pork Steamed Potato/ Broccoli Rolls/ Melon
7 Pasta with Meat Sauce Italian Beans/ Corn/ Garlic Toast/ Orange	8 Salisbury Steak Mashed Potatoes Green Beans/ Bread/ Apple	9 Lemon Chicken with Rice Capri Blend Vegetables Broccoli/ Bread/ Banana	10 Polish Sausage Sauerkraut/ Peas & Carrots bread/ Pear	11 Pot Roast Roasted Potato Normandy Blend Vegetables Roll/ Tropical Fruit
14 Chili Mac Mixed Vegetables Cauliflower/ Crackers Pear	15 Swedish Meatballs Mashed Potatoes Green Beans Bread/ Apple	16 Baked Chicken Succotash Stewed Tomatoes/ Biscuits Apple	17 Franks & Beans Peas/ Squash Bread/ Pear	18 Fish Fry Potato Wedges Key West Blend Veggies Bread/ Jello fruit cup
21 Smoked Ham Sweet Potato Green Bean Casserole Bread/ Pineapple	22 Hamburger Tater Tots/ Mixed Veggies Bun/ Banana	23 Chicken Stir Fry Far East Vegetables Broccoli/ Won Tons Rice/ Apple	24 Shepherd's Pie Corn/ Stewed Tomatoes Baked Pears	25 BBQ Chicken Roasted Potatoes Broccoli/ Roll Tropical Fruit
28 Cassoulet/ Carrots Peas/ Bread/ Apple	29 Meatloaf/ Mashed Potatoes Green Beans/ Bread Banana	30 Chicken Mac -n- Cheese Peas & Carrots Cauliflower/ Roll/ Grapes		

*Menu items are subject to change

Dawn's Dish

Do you enjoy driving? Do you have a Chauffer's or CDL License? We'd love your help! Drivers are needed for our local trips to Traverse City and around the county. Please call Dawn at 231-525-0601 for more information!

Our Technology class is finally ready to begin! We're starting out at The Gathering Place Senior Center on Monday, April 14th from 3:00 p.m. to 5:30 p.m. Local students with the SEEDS program at Benzie Central Senior High School will be here to help you with your smartphone, tablet, iphone, laptop, etc. questions. Bring your devices (if you have one) and your questions. The second class will be located in the computer lab at Benzie Central High School on Monday, April 21 from 3:00 p.m.—5:30 p.m. Transportation is not provided but you can get your bus passes from our Administration office and use the Benzie Bus. There is no cost for this class but donations are always welcome! Please sign up at The Gathering Place Senior Center.

Did you hear our phone numbers have changed? Please pass it on! Our Administration office is 231-525-0600 or toll free at 888-893-1102. The Gathering Place numbers are 231-525-0601 or toll free at 877-277-1306.

ZUMBA is back! April dates are: Monday, April 7, 21 & 28 at 2:30 p.m.; Monday, April 14 at 8:30 a.m.; Wednesday April 16, 23 & 30. at 8:00 a.m. All ability levels and ages are welcome. \$3 per class. Bring soft soled shoes for this Latin inspired dance & fitness fun. 45 minutes of ZUMBA with a break half-way. Taught by Suzanne Waring, certified ZUMBA instructor.

Monday, April 4—1:45 p.m. **Dental Presentation at Thompsonville Fire Hall.** Benzie County Council on Aging has teamed up with Northwest Michigan District Health Department to provide help to a limited number of seniors in obtaining Dental Services. Join us to learn more about this program and receive some valuable and educational information regarding oral dental care for those who are 60 years old and older.

Tuesday, April 15—Traverse City Shopping trip. Think Christmas shopping! **We have four pick-up locations: 9:15 a.m. Glenn's in Frankfort, 9:45 a.m. at Shop-n-Save; 10:00 a.m. at The Gathering Place and 10:15 a.m. at Ric's.** Heading back from Traverse City at 2:30 pm. Call Dawn for reservations and more information. 231-525-0601 or toll free at 877-277-1306. **Trip fee is \$10.**

Tuesday April 22—11:15 a.m. **Dining Out Day!** We're heading to Geno's in Thompsonville. If you would prefer to meet us there, we plan to arrive about 11:45 a.m. Dining Out vouchers are available at the Administration Office for \$3. They are worth \$6 at participating restaurants. **Must sign up by April 18** so we can let them know how many of us to expect!

Wednesday, April 2, 9, 16, 23, 30—3:00 p.m. **Tai Chi** with certified instructor Jackie Hice. Classes are approximately 45 minutes in length and all abilities are welcome. Tai Chi movements are performed in a safe, slow and relaxed manner.

Wednesday, April 16—10:00 a.m. TV 7 & 4 and ABC 29 & 8's Joe Charlevoix will be at The Gathering Place Senior Center to chat with us about severe weather in the Spring. Please join me in welcoming him to Benzie County and stay for lunch!

Wednesday, April 9— 1:15 p.m. Oliver Arts Center Trip. Join us as we head back to The Oliver Arts Center to view their new exhibit, "Honoring Women: Character, Courage & Commitment". Return by 3:30 p.m. \$5 trip fee.

Thursday, April 3, 10, 17 24—PATH— Benzie County Council on Aging is excited to offer free **PATH** classes at our Administration Office in Honor beginning April 3, 2014. **PATH** stands for **P**ersonal **A**ction **T**oward **H**ealth and is taught by two certified instructors: Jackie Hice and Sharon O'Brien. These weekly sessions are designed to be entertaining and interactive. This **free** course benefits adults of all ages! Class meets from 1:00 pm- 3:30 pm every Thursday at the Administration Office starting April 3 for six weeks. Questions? Please call Dawn at (231) 525-0601. If you miss the first class you can still join the group!

Thursday, April 10 & 24—9:00 a.m. **Little River Casino Trip.** Trip fee \$10. Receive \$25 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, April 18—11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free **Blood Pressure Clinic.**

Friday, April 11—**Health Series:** Craig Johnson, Benzie EMS Medical Director will be here to share helpful information on Fall Prevention as well as test your blood sugar and blood pressure. He'll be here during our lunch hour 11:30 a.m. – 1:00 p.m.

Friday, April 25 – **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!


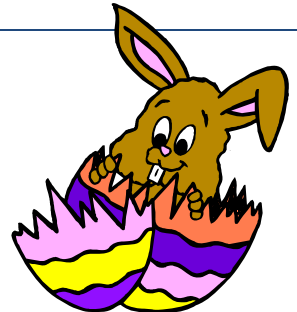


April 2014

The Gathering Place Senior Center

Calendar of Events



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch—April Fool's Day!</p> <p>NO CHAIR YOGA</p>	<p>2</p> <p>10:00 Exercise with Doris</p> <p>11:30 Lunch</p> <p>12:30 BINGO</p> <p>3:00 Tai Chi</p>	<p>3</p> <p>10:00 Bible Study</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>4</p> <p>9:30 BUNCO</p> <p>10:30 Thompsonville Lunch, Music & Bingo</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:45 Thompsonville Dental Kick-off</p>
<p>7</p> <p>10:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 Knitting</p> <p>2:30 ZUMBA!</p>	<p>8</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p>9</p> <p>10:00 Exercise with Doris</p> <p>1:15 p.m. Oliver Arts Center Trip</p> <p>11:30 Lunch</p> <p>12:30 BINGO</p> <p>3:00 Tai Chi</p>	<p>10</p> <p>9:00 Little River Casino</p> <p>9:00 Foot Clinic</p> <p>10:00 Bible Study</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>11</p> <p>9:30 BUNCO</p> <p>11:30 Lunch—Health Series Benzie EMS, Fall Prevention</p> <p>1:00 Wii Bowling</p>
<p>14</p> <p>8:30 ZUMBA!</p> <p>10:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 Knitting</p> <p>3:00 Technology Class at The Gathering Place Senior Center</p>	<p>15</p> <p>9:45 TC Shopping Trip</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch—Income Tax Day!!</p> <p>3:30 Chair Yoga</p>	<p>16</p> <p>8:00 ZUMBA!</p> <p>10:00 Joe Charlevoix visit</p> <p>11:30 Lunch</p> <p>12:30 BINGO</p> <p>3:00 Tai Chi</p> <p>4:30 Board Meeting</p>	<p>17</p> <p>9—3 Hearing Clinic Open House at Admin. office</p> <p>10:00 Bible Study</p> <p>11:30 Lunch—April Birthday Party!</p> <p>1:00 BUNCO</p>	<p>18</p> <p>9:30 BUNCO</p> <p>11:30 Lunch—Maples Blood Pressure Clinic</p> <p>1:00 Wii Bowling</p>
<p>21</p> <p>10:00 Yoga</p> <p>11:30 Lunch—Easter Lunch</p> <p>12:00 Knitting</p> <p>2:30 ZUMBA!</p> <p>3:00 Technology class at Benzie Central High School</p>	<p>22</p> <p>10:30 Music by The Melody Makers</p> <p>11:15 Dining Out Day—Geno's</p> <p>11:30 Lunch—Earth Day</p> <p>3:30 Chair Yoga</p>	<p>23</p> <p>8:00 ZUMBA!</p> <p>10:00 Exercise with Doris</p> <p>11:30 Lunch</p> <p>12:30 BINGO</p> <p>3:00 Tai Chi</p>	<p>24</p> <p>9:00 Little River Casino</p> <p>10:00 Bible Study</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>25</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>6:00 Ol' Time Gathering</p>
<p>28</p> <p>10:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 Knitting</p> <p>2:30 ZUMBA!</p>	<p>29</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>NO CHAIR YOGA</p>	<p>30</p> <p>8:00 ZUMBA!</p> <p>10:00 Wii Bowling Tournament at Incredible Mo's</p> <p>10:00 Exercise with Doris</p> <p>11:30 Lunch</p> <p>12:30 BINGO</p> <p>3:00 Tai Chi</p> <p>5:00 Volunteer Appreciation Dinner</p>	<p>231-525-0601</p> <p>or</p> <p>877-277-1306</p>	

Parkinson's Disease: Know The 10 Early Warning Signs (Parkinson's Awareness Month)

Article By: *Griswold Home Care*

April is National Parkinson's Awareness Month, so it's a great time to talk about the early warning signs of the disease that you should look for. Parkinson's Disease is a motor system disorder that affects movement and can progress over time. About 60,000 Americans are diagnosed with Parkinson's Disease each year and the National Parkinson's Foundation notes that there are thousands of additional cases that go undetected. Most cases begin around age 60. However, Parkinson's Disease can occur in younger adults.

Many people with early signs of **Parkinson's Disease** think these early signs are a normal part of aging, and they don't seek medical help. Although there is no cure for Parkinson's, there are treatments that can help reduce symptoms. But to get treatment, you have to first recognize the symptoms. The National Parkinson's Foundation has identified ten early warning signs you should look for.

- . **Tremors.** The first signs of Parkinson's Disease are tremors, which appear as a slight shaking in body parts like your finger, hand, or lip. These tremors often happen when you're relaxed. One common type of tremor is a "pill-rolling tremor," or a back-and-forth motion of your thumb and forefinger.
- . **Loss of smell.** You might notice that certain foods don't smell as strongly as they used to. An impaired sense of smell can occur years before you notice any movement problems.
- . **Cramped handwriting.** People sometimes notice that their handwriting looks different than it used to. The letters are crowded together or are smaller than they used to be. Writing might also be more difficult than it used to be.
- . **Muscle stiffness.** As we age, our muscles and joints tend to become more stiff. Usually, this goes away as we move around. If it doesn't, it could be an early sign of Parkinson's. If you've noticed that your arms don't swing when you walk, your feet feel stuck to the floor, or if others have commented that you look stiff, you might be in the early stages of Parkinson's.
- . **Trouble sleeping.** Flailing your arms or legs when you're deeply asleep, or even kicking and punching during the night. You may also simply have a hard time getting to sleep.
- . **Speaking softly.** You may have noticed (or others have told you) that your speaking voice sounds unusually soft, or that you sound hoarse when you speak.
- . **Mask-like face.** People with Parkinson's may show little facial expression. You may not blink your eyes as often as you normally would, and appear to stare.
- . **Constipation.** You're getting enough water and fiber in your diet, but are still constipated.
- . **Dizziness.** You have felt light headed or fainted a couple of times recently.
- . **Stooped posture.** You used to stand straight up with good posture, but now find that your posture is more bent over or stooped.

It's important to remember that all of the above warning signs can be caused by conditions other than Parkinson's. If you experience any symptoms that worry you, you should always see your healthcare provider. If you do have Parkinson's, there are now many treatments that can reduce your symptoms and help slow the progression of the disease

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.

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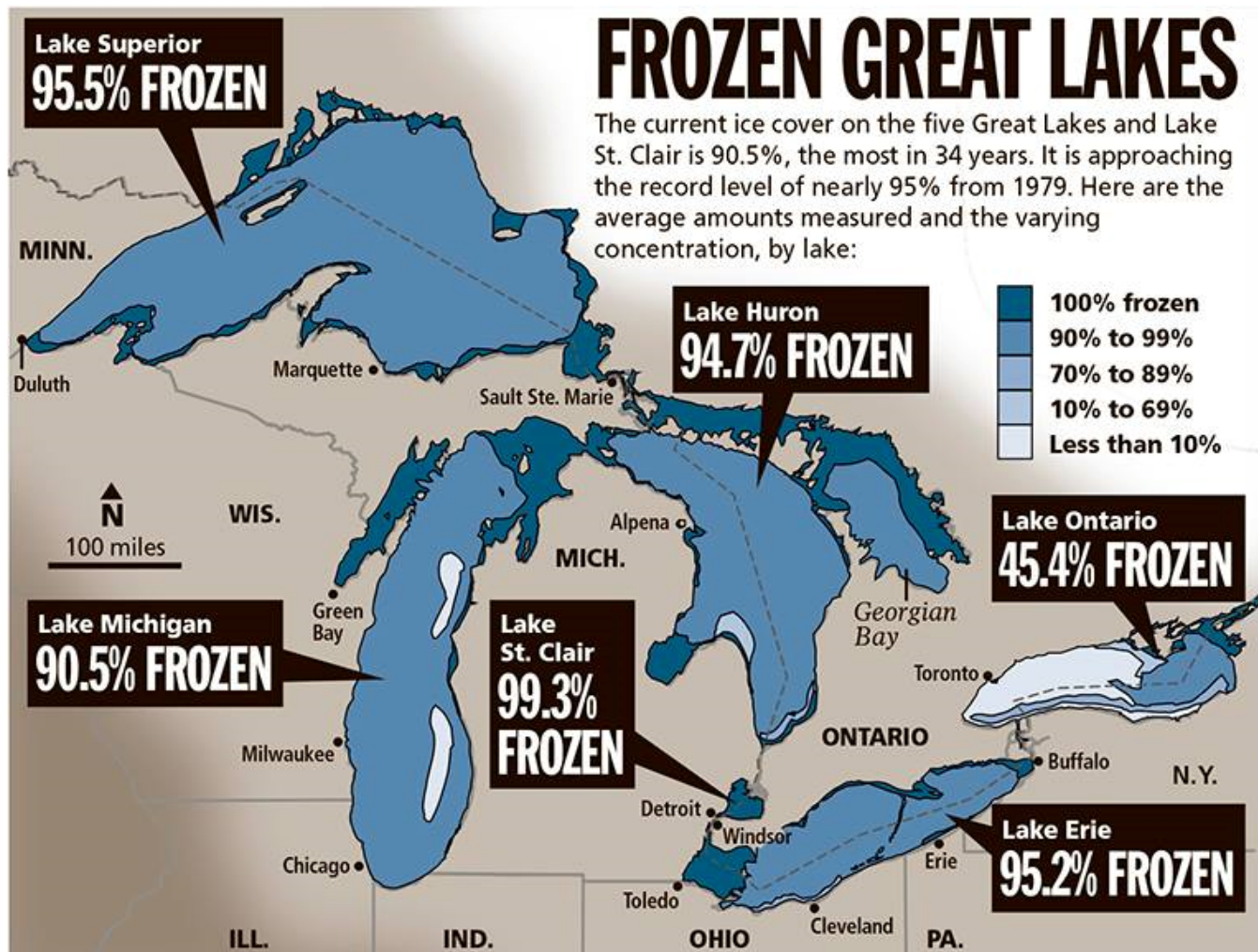


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SOURCE: National Oceanic and Atmospheric Administration

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