



Benzie County
Council on Aging, Inc.

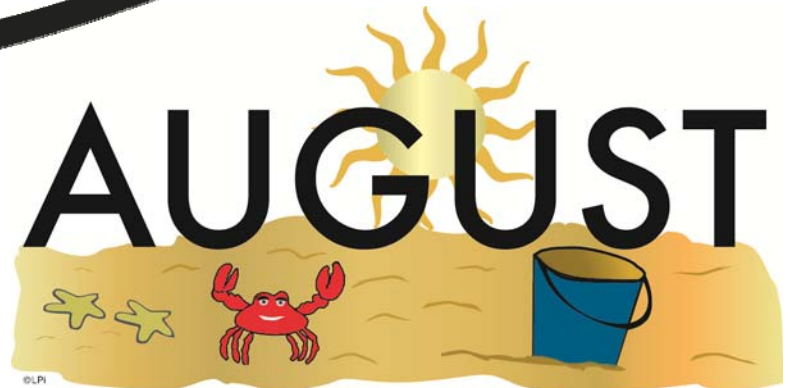
The Senior Scoop

Supporting Seniors Today,
Tomorrow & the
Future

2014

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"A single sunbeam is enough to drive away many shadows."

- St. Francis of Assisi



"Someone's sitting in the shade today because someone
planted a tree a long time ago."

- Warren Buffett

August...

3rd is National Watermelon Day

4th is U.S. Coast Guard Day

7th is National Lighthouse Day

9th is Book Lover's Day

10th is National S'mores Day

13th is Left Handers' Day

14th is National Creamsicle Day

21st is Senior Citizen's Day

26th is National Dog Day

30th is Toasted Marshmallow Day

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

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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: ____/____/____

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.

FROM THE EXECUTIVE DIRECTOR

Wow, it's hard to believe that we are halfway through summer and where has the time gone? It has been a busy summer here at BCCOA and I am excited to have a Kick-Off event on August 25th at 1:00 PM, to launch The Gathering Place Senior Center Advisory Council.

You may be asking yourself what this is about. Well, if you ever wanted the opportunity to be part of great team that will help make recommendations and assist the The Gathering Place Senior Center Coordinator, BCCOA Executive Director and BCCOA Board of Directors in planning, developing and implementing programs and Center activities; then this is your opportunity!

Some of the objectives I would like to see establish are:

- Advise on long-range planning for development, improvement, and maintenance of the TGP Senior Center and programs/services.

- Help draft TGP Senior Center rules and policies.

- Advocating for services for the seniors of Benzie County by assisting in developing possible services and programs.

- Serve as ambassadors for TGP Senior Center/BCCOA.

- Help distribute information concerning seniors and aging issues.

- Participate in Fundraising activities that will benefit the TGP Senior Center.

- Promote and advocate with local, state and federal government representatives.

- Monitor legislation of interests to seniors.

Qualifications for Council Members:

- Interest and commitment to representing the interests of older adults.

- Ability to work effectively with others.

- Ability to think objectively and express ideas.

- Willingness to devote time and energy to Council activities (Approximately two-four hours per month)

- Interest in planning, policy development and advocacy activities.

So come on out on August 25th to learn more!

VOLUNTEERS NEEDED! As we look to expand to add another Home Delivered Meals Route, we need more volunteer drivers to make this a reality. Because we serve a frail and vulnerable clientele, all volunteers will be subject to a background check.

If you love to drive and enjoy touring around beautiful Benzie County and not have to use your own vehicle or gas then the Home Delivered Meals Volunteer Driver is for you! You will be using one of our own fleet vehicles. A valid driver's license is required and must be 18 years or older.

If you still want to get out and about Benzie County, but don't want to drive, then our Volunteer Meal Deliverer position is your opportunity. This will also give you the opportunity for some wellness social visits with the homebound client that receives our home delivered meals. A valid driver's license is required and must be 18 years or older.

We could not fulfill our mission without the endless commitment of individual and local civic group volunteers who give their time and talents to serve our community. Whether you can help weekly or just once a month, your help is needed.

Take Care ~ Douglas

BIRTHDAYS & FUN

BIRTHDAYS

- 2 Betty Wick
- 4 Rita Parrotte
- 7 Betty Hentschel
- 10 Charles Poswoski
- 12 Berneice Radcliffe
- 13 Kay Bond
- 13 Betty Culp
- 13 Anna Harris
- 16 Joann Worden
- 16 Jim Burns
- 18 Marge Lozen
- 19 Bev Popp
- 19 Elizabeth Winchell
- 20 Gene Sutton
- 20 Lois Lumbert
- 26 Marion Loomis
- 28 Andy Meholic
- 29 Marilyn Killeen
- 31 Charles Singleton
- 31 Jean Hillman



Birthdays are good
for your health!
Studies have shown
that people who
have more birthdays
live longer.

Beach Word Search Puzzle

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

BLANKETS
CHILDREN
COOLER
DOGS
FRISBEE
GOGGLES
LIFEGUARD

SWIMMING
TIDE
TOWELS
UMBRELLA
UNDERTOW
VOLLEYBALL
WAVES

OCEAN
PICNIC
RADIO
SAND
SANDALS
SHELLS
SNORKELS
SUNGLASSES



GET THE FACTS ABOUT THE FLU

1. What is the best way to guard against the flu?
2. Who should get a flu vaccine?
3. Can I get sick from the flu vaccine?
4. What else can I do to protect myself and others?
5. How do I know if I have the flu?
6. What should I do if I'm sick?
7. When should I see a doctor?
8. How long should someone with the flu stay at home?

1. Health experts say that having a flu vaccine is the most effective way to keep from getting the disease. The annual flu vaccine is usually available starting in September, but you can get it anytime during the flu season.
2. Because your immune system weakens as you age, adults age 65 years and older are more susceptible to the flu. It is important all seniors get the flu vaccine. The flu vaccine changes each year to guard against the 3-4 strains of flu that health experts expect to be most common that season.
3. You cannot get the flu from the flu vaccine because it is made from "inactivated" viruses. The vaccine may cause some mild side effects that people mistake for the flu, including a low fever and some body aches.
4. Clean your hands often with soap and water. Regularly wipe down places where germs collect, such as doorknobs, phones, and bathroom surfaces. Avoid touching your eyes, nose and mouth.
5. You will likely have a cough, body aches and pains, a headache, a fever, and sometimes some sneezing, a sore throat, and a stuffy nose. You'll also feel highly fatigued.
6. Stay home and get plenty of rest and fluids. Cover coughs and sneezes. Try to avoid close contact with others. Talk with your doctor about medications that can shorten your bout of the flu.
7. Seek medical advice if you are at risk for serious complications, if you feel faint, or if you have a fever of 102° or higher; chills; difficult or painful breathing; or a severe sore throat.
8. Don't go out until 24 hours after your fever is over except for medical care and necessities. Your fever should be gone without the use of fever-reducing medications.

What about the "stomach flu"??

Diarrhea and feeling sick to the stomach are sometimes related to the flu, especially in children. However, most often these symptoms are caused by other viruses or by bacteria. The flu is a disease of the respiratory system, not a stomach or intestinal disease.



Cold and Flu Soothing Tea

Ingredients:
 2 ½ quarts of water
 ½ lb of sliced ginger root
 4 garlic cloves,
 sliced in half lengthwise
 4 lemons, sliced
 Raw cinnamon to taste
 Cayenne pepper to taste (optional)

rawforbeauty.com
 MyHealthTips.in



AUGUST MENU

Monday



Tuesday

Wednesday


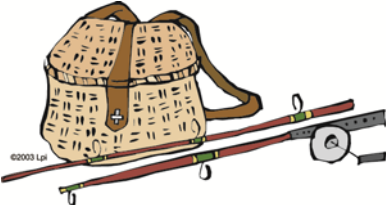

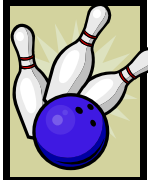


Thursday

Friday



				¹ Creamy Chicken Broccoli Carrots Rice/Bread Banana
⁴ Asian Chicken Salad Peaches Raspberry Carrots Croissant	⁵ Swedish Meatballs Mashed Potatoes Cauliflower Bread Apple	⁶ Baked Chicken Spinach Key West Veggies Roll Pineapple	⁷ Pesto Linguini Italian Blend Veggies Peas/Bread Stick Orange	⁸ Roast Beef Mashed Potatoes California Veggies Bread Pear
¹¹ Sloppy Joes Tator Tots Mixed Veggies Bun Banana	¹² Shepard's Pie California Veggies Stewed Tomatoes Bread Orange	¹³ Pork Fritters Green Beans Cauliflower Bread Grapes	¹⁴ Chicken Stir Fry Far East Veggies Stir Fry Veggies Won-tons Pineapple	¹⁵ Roast Pork Mashed Potatoes Carrots Bread Pear
¹⁸ White Chicken Chili Brussel Sprouts Carrots Crackers Apple Sauce	¹⁹ Tacos Corn & Bean Salsa Baked Apples Tortilla Plum	²⁰ Manicotti Italian Veggies Italian Beans Garlic Toast Banana	²¹ BBQ Chicken Cottage Fries Green Beans Roll Apple	²² Cajun Fish Fry Sweet Potatoes Key West Veggies Bread Orange
²⁵ Gyro Tomato/Red Onions Malibu Veggies Pita Bread Plum	²⁶ Chicken Alfredo Italian Veggies Carrots Garlic Toast Melon	²⁷ Smoked Sausage Sauer Kraut Mixed Veggies Bread Nectar	²⁸ Meatloaf Spinach Cauliflower Bread Apple	²⁹ BBQ Meatballs Sweet Potatoes Normandy Veggies Bread Orange

AUGUST CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nominate your Coho Festival Senior King & Queen today!				¹ 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling	² 
⁴ 10:00 Yoga 11:30 Lunch 1:00 CARDS 2:30 ZUMBA!	⁵ 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	⁶ 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 & 6:00 FREE Living Trust Education Seminar 2:30 ZUMBA!	⁷ 9:00 Little River Casino 9:00 Foot Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	⁸ 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 	⁹ 9:00 Relay for Life Walk at Memorial Park in Benzonia. Our team, "Oldies but Goodies" will be walking beginning at 9am.
¹¹ 10:00 Yoga 11:30 Lunch 1:00 CARDS 1:00 911 Dispatch Fireside Chat 2:30 ZUMBA!	¹² 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	¹³ 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:30 ZUMBA!	¹⁴ 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	¹⁵ 9:30 BUNCO 11:30 Lunch— Benzie EMS blood pressure/ blood sugar checks August Birthday Party 1:00 Wii Bowling	¹⁶ 
¹⁸ 10:00 Yoga 11:30 Lunch 1:00 CARDS 2:30 ZUMBA!	¹⁹ 10:30 Music by The Melody Makers 11:15 Dining Out Day 11:30 Lunch 3:30 Chair Yoga	²⁰ 10:00 Exercise with Doris 10:00 Fishtown 11:30 Lunch 12:30 BINGO 2:30 ZUMBA! 4:30 Board Meeting	²¹ 10:00 Bible Study 11:30 Lunch— National Senior Citizen Day 1:00 BUNCO	²² 9:30 BUNCO 11:30 Lunch 12:30 Coronation of Coho Festival Senior King & Queen 1:00 Wii Bowling	²³ Hot dogs, chips, bottled water & ice cream from 11:00 a.m. to 1:00 pm \$5 all ages! Parade begins at 2pm
²⁵ 10:00 Yoga 11:30 Lunch 1:00 Advisory Council Meeting 1:00 CARDS 2:30 ZUMBA!	²⁶ 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	²⁷ 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:30 ZUMBA!	²⁸ 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	²⁹ 9:30 BUNCO 11:30 Lunch The Maples Blood Pressure Clinic 1:00 Wii Bowling 6:00 Ol' Time Gathering	³⁰ 

DAWN'S DISH

The State of Michigan's senior education program entitled, "**A Living Trust Education Initiative: Who Should You Trust? Avoiding Estate Planning Mistakes,**" will be here twice on Wednesday, August 6th at 1:00 p.m. AND 6:00 p.m. Please don't miss this opportunity to hear free, professional guidance from a reliable source.

How is it already time for the Coho Festival again? We are excited to choose our Senior King & Queen for 2014. Please help us by nominating yourself or someone else. The nomination forms are at the front desk. Our King & Queen do NOT have to be a couple. The Coho Festival Queen candidates will help crown our Senior King & Queen on Thursday, August 21 at 12:30 p.m. Keep in mind we need our King & Queen to ride in a cushy convertible in the parade on the 23rd!

Fundraiser Lunch on Saturday, August 23rd before the parade from 11:00 a.m. to 1:00 p.m. Hot dogs, chips, bottled water & ice cream for \$5. All proceeds go towards the purchase of a new van for our Home Delivered Meals route.

Would you like to help us guide the direction of The Gathering Place Senior Center? Have ideas regarding what we need or what we should do next? Then this is your chance to have a say in what happens behind the scenes! We are forming an Advisory Council and our first meeting is at 1:00 p.m. on Monday, August 25. See you there!

Calling all CARD SHARKS! Whether you play Euchre, Cribbage, Pinochle, Solitaire or something else, please keep in mind every Monday at 1:00 p.m. there are others just like you playing cards here. Don't be shy! Come down ready to play.

Beginning September 8th for two months Danielle and I will be teaching "**A Matter of Balance**" class from 2:00 p.m. to 4:00 p.m. on Monday afternoons in our Council on Aging Administration Office. Danielle and I are certified coaches in this topic. This class emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Call the office at 231-525-0600 to sign up now!

Our Zumba instructor, Suz Waring is having a contest for the person who attends the most Zumba sessions from now until December 1. The winner will receive a \$25 gift certificate for Zumba! Join us today! Every Monday and Wednesday at 2:30 p.m. Each class is \$3 but your first session is free!

Monday, August 11 —1:00 p.m. Please join us in welcoming Ronald Berns, Director of the Benzie County Central Dispatch. Ron will share information regarding the Dispatch Center, how they respond to situations and answer any questions you may have.

Monday, August 21—11:15 a.m. **Dining Out Day!** We're heading to Blue Caribou Café in Beulah. 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 August 18** so we can let them know how many of us to expect!

Wednesday, August 20—Board of Directors Meeting at 4:30 p.m. at The Gathering Place Senior Center.

Wednesday, August 20—Leland Trip! Let's head to Fishtown! Charming shops, beautiful views and smoked fish! What more could you ask for? Join us on this local, quick trip. We'll leave at 10 am, grab lunch in Leland and head back by 3:30 p.m. Plenty of beautiful scenery along the way!

Thursday, August 7 & 28 —9:00 a.m. **Little River Casino Trip.** Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

Thursday, August 29 —11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free **Blood Pressure Clinic.**

Friday, August 15 - July Birthday Party! Join us for cake as we celebrate those born in July!

Friday, August 29— **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!

Please call Dawn at 231-525-0601 with any questions or to sign up for a trip!

GREAT LAKES FACTS THAT WILL BLOW YOUR MIND!

- **Lake Superior is actually not a lake at all, but an inland sea.**
- All of the four other Great Lakes, plus three more the size of Lake Erie, would fit inside of Lake Superior.
- **Isle Royale is a massive island surrounded by Lake Superior. Within this island are several smaller lakes. Yes, that's a lake on a lake.**
- Despite its massive size, Lake Superior is an extremely young formation by Earth's standards (only 10,000 years old).
- **There is enough water in Lake Superior to submerge all of North and South America in 1 foot of water.**
- Lake Superior contains 3 quadrillion gallons of water (3,000,000,000,000,000). All five of the Great Lakes combined contain 6 quadrillion gallons.
- **Contained within Lake Superior is a whopping 10% of the world's fresh surface water.**
- It's estimated there are about 100 million lake trout in Lake Superior. That's nearly one-fifth of the human population of North America!
- **Lake Erie is the fourth-largest Great Lake in surface area, and the smallest in depth. It's the 11th largest lake on the planet.**
- There is alleged to be a 30- to 40-foot-long "monster" in Lake Erie named Bessie. The earliest recorded sighting goes back as early as 1793.
- **During the War of 1812, the U.S. beat the British in a naval battle called the Battle of Lake Erie, forcing them to abandon Detroit.**
- The shoreline of all the Great Lakes combined equals nearly 44% of the circumference of the planet.
- **If not for the Straits of Mackinac, Lake Michigan and Lake Huron might be considered one lake. Hydrologically speaking, they have the same mean water level and are considered one lake.**
- Goderich Mine is the largest salt mine in the world. Part of it runs underneath Lake Huron, more than 500 meters underground.
- **Below Lake Huron, there are 9,000-year-old animal-herding structures used by prehistoric people from when the water levels were significantly lower.**
- There are massive sinkholes in Lake Huron that have high amounts of sulfur and low amounts of oxygen, almost replicating the conditions of Earth's ancient oceans 3 million years ago. Unique ecosystems are contained within them.
- **Lake Huron is the second largest among the Great Lakes, and the fifth largest in the world.**
- In size, Lake Michigan ranks third among the Great Lakes, and sixth among all freshwater lakes in the world.
- **Lake Michigan is the only Great Lake that is entirely within the borders of the United States.**
- The largest fresh water sand dunes in the world line the shores of Lake Michigan.
- **Singapore, Mich., is a ghost town on the shores of Lake Michigan that was buried under sand in 1871. Because of severe weather conditions and a lack of resources due to the need to rebuild after the great Chicago fire, the town was lost completely.**
- In the mid-19th century, Lake Michigan had a pirate problem. Their booty: timber. In fact, the demise of Singapore is due in large part to the rapidly deforested area surrounding the town.
- **Lake Ontario is the smallest of the Great Lakes in surface area, and second smallest in depth. It's the 14th largest lake on the planet.**
- The province Ontario was named after the lake, and not vice versa.
- **Babe Ruth hit his first major league home run at Hanlan's Point Stadium in Toronto. It landed in Lake Ontario and is believed to still be there.**
- A lake on Saturn's moon Titan is named after Lake Ontario. It's called "Ontario Lacus."

HOW DOES THE NEW HOSPITAL OBSERVATION STATUS AFFECT MEDICARE PATIENTS?

Hospital care generally follows three pathways. You can be treated at the emergency department and released, be admitted as an inpatient, or be admitted under observation status. The first two options are fairly clear as far as how Medicare pays for the cost of care. Emergency room treatment is usually covered under Medicare Part B and services are paid at a rate 80% of the approved amount, after the \$147 annual deductible is met. Inpatient hospital care such as room, board, and facility charges are paid under Medicare Part A. The first 60 days have no co-pay, however, the patient is responsible for the \$1,216 Part A deductible.

What does this new observation status mean and how does Medicare pay if you are admitted to the hospital under this classification? This observation treatment is different from inpatient stay. It is covered by Medicare Part B. The patient is responsible for the annual \$147 deductible and the 20% remaining after Medicare pays the initial 80% of the approved amount. Does this mean that Medicare beneficiaries pay more or less for their health care services if admitted under observation? That depends. Variables such as the total hours of stay, plus other services play a role in the patient cost. If a patient has a good supplemental insurance policy such as a C or F plan, then the balance due, after Medicare pays its share is usually nonexistent. Many of these supplemental plans pay the Part A and B deductibles and the 20% co-insurance normally paid by the patient.

If a patient only has original Medicare with no supplemental coverage or Medicare Advantage plan, there can be significant out of the pocket expenses that will mount with each additional hour of care under the observation status. Remember, Part A pays the full cost of hospital services provided to inpatient admissions for the first 60 days after the \$1,216 Part A deductible. Those admitted under observation will be responsible for the 20% charges not paid for by Medicare when their treatment commences. This will include the cost for the room, which can be up to \$100 per hour, physician's fees, diagnostic testing and all other health care services that are provided. The 20% out of the pocket expense can add up to a large expense as the hours of care progress.

Further, patients who are admitted under observation, will find that hospitals are unable to directly bill their Part D prescription drug insurance plans for medications that are furnished to them during their stay. Hospitals are not considered to be network pharmacies. Medicare classifies these as "self-administered drugs". Patients will be billed directly for all of their medications and are responsible to seek reimbursement from their insurance plan on their own. The process is not easy, and the reimbursement is often a fraction of what they had to pay the hospital. Most hospitals do not allow patients to bring their own medications when admitted, due to the liability factor.

What is the Federal Government's rationale for adopting the observation status? Observation time is meant to be a period for medical professionals to make a more accurate determination of the patient's diagnosis and treatment when it is not always obvious. Often diagnostic testing and monitoring needs to be done to make this decision.

Rising health care costs, coupled with the large influx of "baby boomers" joining the Medicare ranks, is placing a huge burden on the Medicare Hospital Insurance Trust Fund. Observation status can reduce government outlays, as a means to help keep the fund solvent. Without question, this can place more financial responsibility on the Medicare beneficiary and their insurance plans. Medicare requires doctors to show proof why their patients should be a full hospital admission. Medicare can and does rule against a doctor's decision and the hospital is simply not paid under Part A coverage. There is one more additional dilemma that Medicare beneficiaries may face if they are admitted under observation. If their doctor subsequently determines the patient needs to have skilled care at a nursing home facility, observation status does not count towards the initial 3 day hospital stay. Thus, Medicare will not pay for the full cost of care during the first 20 days in a nursing home.

Once again, a good way to avoid the additional costs that may be associated with observation status, and any other health care expenses, is to purchase a good Medicare supplemental insurance plan. The premiums for these plans cost more but they pay well and can save people money over time.

Guidance is always available, at no cost, through the Medicare/Medicaid Assistance Program. MMAP Counselors are a great resource and are available to discuss the various health insurance options for Medicare beneficiaries and their caregivers. MMAP personnel are trained and certified to provide help in all areas of Medicare health care insurance, Medicaid benefits, fraud and abuse, billing issues, and a number of other related topics. MMAP can be reached toll free at 800-803-7174.

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

RECIPES

Spinach Salad with Bacon, Caramelized Onions, Mushrooms and Blue Cheese in a Bacon Pan Sauce Dressing Topped with a Hard Boiled Egg

(makes 2 servings)

Ingredients:

- 2 eggs
- 4 slices bacon (cut into 1 inch slices)
- 1 cup red onion (sliced)
- 4 ounces mushrooms (sliced)
- 3 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1 teaspoon dijon mustard
- 1 small clove garlic (grated)
- salt and pepper to taste
- 4 ounces baby spinach
- 1/4 cup mild blue cheese (crumbled)



Directions:

1. Cover the eggs in water, bring to a boil, turn off the heat, cover and let sit for 7 minutes.
2. Transfer the eggs to cold water and let cool enough to hold.
3. Remove the shells from the eggs and slice.
4. Meanwhile, cook the bacon in a pan and set aside reserving 2 tablespoons of bacon grease.
5. Caramelize the onions in the remaining bacon grease and set aside.
6. Caramelize the mushrooms in the remaining bacon grease and set aside.
7. Add the vinegar to the pan and deglaze it.
8. Add the reserved bacon grease, sugar, mustard, garlic and season with salt and pepper and remove from heat.
9. Assemble salad and toss with dressing.



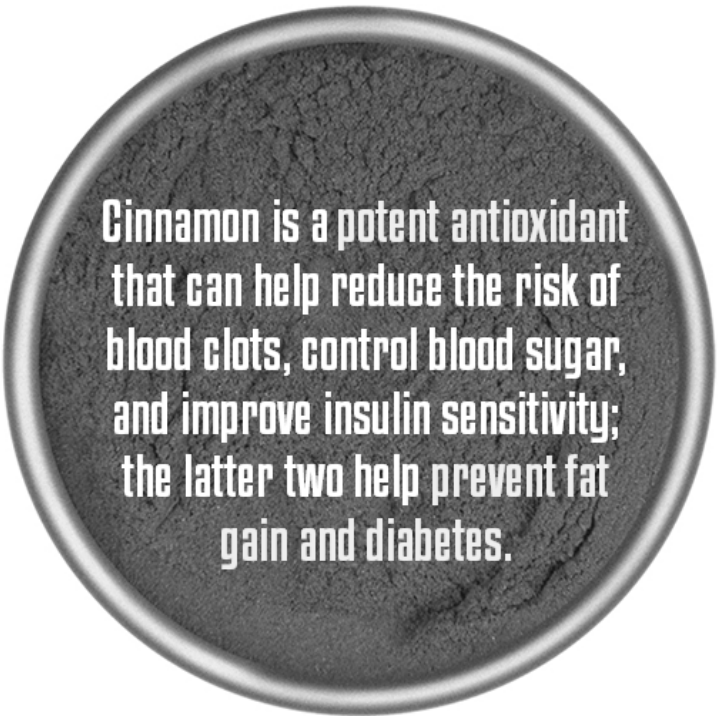
Ingredients:

- 3 Zucchini, medium with skin
- 1/2 c Flour (any)
- 1 c Italian flavored bread crumbs
- 1/2 c Parmesan cheese
- 1 c Egg substitute or whites
- 5 sprays Olive oil
- For dipping: Marinara or ranch dressing

Zucchini Fries

1. Slice zucchini into thin "fry-size" strips about 1/4 inch or less in thickness.
2. Prepare work station. Place 3 small clean and shallow baking dishes or bowls side by side. Fill one with flour, another with egg white or egg substitute and the last with bread crumbs.
3. Preheat the oven to 400 degrees Fahrenheit. Now, dip each slice of zucchini first in the flour, then in the egg mixture, and finally into the breadcrumbs. Place each coated slice onto a large baking half sheet (18x13) lined with parchment paper or foil. Leave a small amount of space between each slice. Spray with olive oil (about 5 sprays) and sprinkle with Parmesan cheese.
4. Place baking sheet into the oven and bake for 25-35 minutes (flipping every 10 minutes) until golden brown and crispy. Alternatively, you can fry each slice in olive oil, but this is a lower fat version. Serve with marinara.

NUTRITIONAL FUN FACTS



Cinnamon is a potent antioxidant that can help reduce the risk of blood clots, control blood sugar, and improve insulin sensitivity; the latter two help prevent fat gain and diabetes.


A 20 oz. bottle of Coca-Cola has more sugar than a large Cinnabon.



When you drink one 20 oz. bottle of Coca-Cola, you are consuming 65g of sugar = 2.43 oz. = 1.77 shots



One shot glass = 1.5 oz.

1 ounce of flaxseed oil (250 calories) packs nearly 15,000mg of heart-healthy omega-3 fatty acids.

The omega-3's in fish oil (DHA & EPA) can help reduce the risk of heart attack and stroke, improve cognitive function, shunt breast cancer development, relieve depression, and increase muscle protein synthesis.

Eat less sugar.
You're sweet enough already.



DONATIONS

When You Donate. . . You Make a Difference

The Benzie County Council on Aging is an independent 501c3 not-for-profit organization that depends upon donations to sustain our programs. We need your support to continue to provide caring and professional services to the seniors of Benzie County and the need is greater than ever as the population over the age of 60 rises and our traditional funding sources diminish. Your support, either large or small, helps us continue this important work!

When you make a donation to the Benzie County Council on Aging, you will be helping provide important services and programs to seniors in our county. Some of these services include Home Delivered Meals Program, Homemaking Services, Senior Center Operations, Educational Programs, Chore Service, Snow Removal and more.

There are many other ways to contribute to the Benzie Council on Aging, now and in the future, that may fit your interests.

Tribute Donations:

Tribute gifts of any amount can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. The Council will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

Planned Giving:

As you prepare your legacy for your family and your community, please consider including the Benzie County Council on Aging as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to the Benzie County Council on Aging will benefit many seniors and help us to continue vitally needed services for years to come.

Your tax-deductible donation can and will make a world of difference in the life of an area senior citizen or disabled individual.

You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory of or honor of an individual, please tell us and we will do our best to meet your wishes.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102.

DONOR INFORMATION:

Name: _____
☐ Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Make Checks Payable To: "Benzie County Council on Aging"

Benzie County Council on Aging is an independent 501c3 not for profit organization. Gifts to the Benzie County Council on Aging are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.



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

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



Julie painting her watercolors.



Lynn AKA the coffee lady



Geri celebrating her 90th birthday!



Don Bock drumming



Historical Society Visit