

# *The Senior Scoop*

*Benzie County Council on Aging, Inc.*

“Wherever  
you go, no  
matter what  
the weather,  
always bring  
your own sunshine.”

Anthony J. D'Angelo,



Copyright 2003 S.C. Lewis

*"Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late."  
- Don Halley*

## **February.....**

**2nd** is Ground Hog Day

**7th** is Winter Olympics

**8th** is Boy Scout Day

**12th** is Abraham Lincoln's Birthday

**14th** is National Organ Donor Day

**14th** is Valentine's Day

**17th** is President's Day

**19th** is National Chocolate Mint Day

**20th** is Cherry Pie Day

**22nd** is George Washington's Birthday

**26th** is National Pistachio Day

**February  
2014**

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

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**Editor: Danielle Fortine**

## **Council on Aging Board of Directors**

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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: \_\_\_\_\_

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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.

## **Record Snows!**

That headline says it all! Northern Michigan is experiencing a winter that we have not seen in decades. Most folks are starting to compare it to the winter of 1978, but hopefully we won't see that type of colossal snowstorm that grounded everyone for a week or more.

This does bring me to an important piece of information. We have 108 clients that depend on our Snow Removal program. For many, it is their life line for getting meals delivered; home healthcare needs met from us and other agencies; weekly dialysis visits; emergency vehicle access if the need arises; propane and fuel oil deliveries; etc. As you can see the Snow Removal is a very important service that we provide.

With the record snowfall, many of our clients have already utilized all twelve of their snow removal vouchers. We are offering an additional five vouchers to go with the existing twelve that have been approved. We did not budget for these five extra vouchers and there are some adjustments to the sliding scale fees to help us meet this demand. Please call our office at (231) 525-0600 or visit us Monday through Friday between 8 am – 4 pm if you have any questions or need to purchase snow removal vouchers. We will continue to monitor the winter weather and make adjustments as the need arises.

### **On to another project that Benzie County Council on Aging, along with several other agencies, is working on.**

Benzie County like all areas across the United States is experiencing a rapid growth in the population of 65 + and by 2030, nearly 1 in 4 area residents will be 65 or older.

To help address the growing need and build services and programs to meet these needs and required resources, Benzie County Council on Aging along with the assistance of other agencies has developed a Senior Needs Assessment for those who are 55 + to participate in.

The ultimate goal is to help improve the quality of life for seniors and the community at large by identifying the major factors impacting them, creating a comprehensive plan to address the issues, raising awareness of the issues, challenges and opportunities presented by the aging of our population.

During the next 4-6 weeks you will have the opportunity to complete this survey either on-line through Survey Monkey or a paper copy. Please be prepared to help us with this survey as your answers will help Benzie County Council on Aging and other agencies determine the services and programs provided for older adults for the next five to seven years.

Take care,  
Douglas

# Happy Birthday!!

2 Hazel Don	12 Iris Rymers
2 Betty Gauthier	12 Mary Williams
2 Jessica Lindsay	13 Mildred Kirby
3 Chet Kirby	13 Valerie Thomas
6 Lola White	14 Tina Thornton
7 Emily Rockwell	19 Elizabeth Pettigrove
8 Agnes Hardy	20 Carl Greene
8 Jackie Richards	26 Tim Stoops
9 Dorothy Peterson	27 Danielle Fortine
10 Bess Musil	28 Ellen Kracht
11 Caroline Hentschel	28 Ivan Myers
11 Pat Horn	

I'm not clumsy.  
It's just the floor  
hates me, the tables  
and chairs are  
bullies, & the  
wall gets in the  
way

## Groundhog Fun Facts

- The average groundhog is 20 inches long and normally weighs from 12 to 15 pounds.
- Groundhogs are covered with coarse grayish hairs (fur) tipped with brown or sometimes dull red. They have short ears, a short tail, short legs, and are surprisingly quick. Their jaws are exceptionally strong.
- A groundhog's diet consists of lots of greens, fruits, and vegetables and very little water. Most of their liquids come from dewy leaves.
- A groundhog can whistle when it is alarmed. Groundhogs also whistle in the spring when they begin courting.
- Groundhogs are one of the few animals that really hibernate. Hibernation is not just a deep sleep. It is actually a deep coma, where the body temperature drops to a few degrees above freezing, the heart barely beats, the blood scarcely flows, and breathing nearly stops.
- A groundhog's life span is normally 6 to 8 years.





### Hugs

Consider getting and giving a hug a day. "Hugging is healthy! It helps the body's immune system, cured depression, reduces stress, induces sleep, is invigorating, is rejuvenating, had no unpleasant side effects and is nothing less than a miracle drug.

It's all natural, organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome. In fact, it's practically perfect. There are no movable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation-proof, nonfattening, no monthly fees, no insurance required, theft proof, nontaxable, nonpolluting and of course, fully refundable," according to literature provided by Senior Friends.

### **URGENT!! URGENT!!**

**Unfortunately we will NOT be offering free tax preparation at the BCCOA this year. Due to scheduling conflicts, we do NOT have a tax preparer. We apologize for any inconvenience. However there are still places you can go to get your taxes done for free.**

**\*BACN in Benzonia, please call 231-882-9544 for an appointment**

**\* Northwest Community Action Agency in Interlochen, please call 231-947-3780 for an appointment.**

**Again we are very sorry to not have this program available to you this year.**



### Take Time

Take time to think....

It is the source of power.

Take time to read....

It is the foundation of wisdom.

Take time to pray....

It is the greatest power on earth.

Take time to love and be loved....

It is a God-given privilege.

Take time to be friendly....

It is the road to happiness.

Take time to laugh....

It is the music of the soul.

Take time to give....

It is too short a day to be shellfish.

Take time to work....

It is the price of success.

Take time to play....

It is the secret of perpetual youth.

He died of what??

A Doctor's true story.....

One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of a "massive internal fart."

**I EAT CAKE  
BECAUSE  
IT'S SOMEBODY'S  
BIRTHDAY  
SOMEWHERE**

### Valentine's Day Fun Facts

- More than 36 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- Valentine's Day is the fourth biggest holiday of the year for confectionery purchases (after Halloween, Easter and Christmas).
- On February 14, 270 A.D., Roman Emperor Claudius II beheaded a priest named Valentine for performing marriage ceremonies despite the Emperors' decrees outlawing them.
- The chocolate box has been around for more than 140 years. The 1st Valentine's Day box of chocolates was introduced by Richard Cadbury in 1868.
- Hallmark first products the first Valentine card in 1913. Now, Hallmark offers over 1,330 different Valentine cards to give to loved ones.





## Cooking For One

### Grilled Chicken Nachos

1 oz. baked tortilla chips  
1/4 c. drained, black beans, heated  
4 oz. grilled boneless, skinless chicken breast, cut into small cubes  
2 T. salsa con queso  
3 T. chopped tomato  
2 T. thinly sliced jalapeno pepper  
Lay chips on plate. Top them with evenly with the beans followed by the grilled chicken. Drizzle the salsa evenly over the top. Top with the tomato and jalapeno slices and serve. Serves 1

### Brownie in a Cup

2 T. butter or margarine	4 T. flour
2 T. water	1/4 t. salt
1/2 t. vanilla extract	4 T. sugar
2 T. unsweetened cocoa powder	

In a 12-oz. coffee mug, whisk water, oil and vanilla together. Add cocoa powder. Whisk well. Add sugar and whisk well. Add flour and whisk well. Microwave for 60-90 seconds. Center should be slightly molten. Enjoy with a spoon. Careful; brownie will be hot. Add a scoop of ice cream or cool whip, if desired. This recipe is great for when you only want one serving of dessert.

### Curried Chickpea Stew

1 t. olive oil  
1 c. onion, diced  
1 1/2 c. carrots, diced  
2 cloves garlic, finely diced  
1 1/2-2 T. curry (depending on taste)  
1 14.5 oz. can diced tomatoes  
1 16 oz. can chickpeas  
1 1/2 c. water  
1 cube chicken or vegetable bouillon  
1 chicken breast cut into 1/2 inch pieces  
1 T. butter  
1 t. sugar

### Roast Beef Sandwich with Horseradish

1 T. low-fat mayo  
1 t. prepared horseradish  
2 slices whole grain bread  
1 leaf green leaf lettuce  
1 c. shaved, lean, low sodium roasted roast beef  
4 tomato slices  
1 slice red onion

In a small bowl, combine mayo and horseradish. Stir and set aside. Place 1 slice of bread on a plate. Top with lettuce, beef, tomato and onion. Spread with mayo mixture evenly over second slice of bread. Flip atop the sandwich. Cut into halves or quarters and enjoy.

In a 4 1/2 quart stock pan, add 1/2 c. water, carrots and onions. Simmer until carrots are tender. Add more water if needed, remove carrots and onions. Add olive oil and curry, and heat for 30 seconds or until bubbles appear. Add garlic, remaining water, tomatoes (juice and all), drained chickpeas, chicken and bouillon cube. Stir until bouillon cube is dissolved. Simmer until chickpeas are tender. Add more water, if needed. Stir vigorously to thicken. Put the carrots and onions back in pot. Remove from heat, add sugar and butter, stir to dissolve sugar. This is a delicious one-pot meal.

## Eating On A Budget - The 3 Ps

### Plan:

- ♦ Plan meals and snacks for the week according to an established budget.
- ♦ Find quick and easy recipes online.
- ♦ Include meals that will “stretch” expensive food items (stews, casseroles, stir-fried dishes).
- ♦ Make a grocery list.
- ♦ Check for sales and coupons in the local paper or online and consider discount stores.

### Purchase:

- ♦ Buy groceries when you are not hungry and when you are not too rushed.
- ♦ Stick to the grocery list and stay out of the aisles that don’t contain items on your list.
- ♦ Buy store brands if cheaper.
- ♦ Find and compare unit prices listed on shelves to get the best price.
- ♦ Purchase some items in bulk or as family packs which usually cost less.
- ♦ Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- ♦ Good low-cost items available all year include:
  - o Protein - beans (garbanzo, black, cannellini)
  - o Vegetables - carrots, greens, potatoes
  - o Fruit - apples, bananas

### Prepare:

- ♦ Some meal items can be prepared in advance; pre-cook on days when you have time.
- ♦ Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- ♦ Try a few meatless meals by substituting with beans and peas or try “no-cook” meals like salads.
- ♦ Incorporate leftovers into a subsequent meal.
- ♦ Be creative with a fruit or vegetable and use it in different ways during the week.

## Focus on Nutrient Rich Foods

As you age, your caloric needs decrease but nutrient needs stay the same or increase. Eating nutrient rich foods will assist in getting the vitamins, minerals, protein, carbohydrates, and fats that are necessary. These include:

- dark-colored fruits and vegetables
- lean meats or protein
- low-fat dairy
- whole grains
- beans



## Stay Hydrated

The signal your body gives you for thirst can diminish as you age, so make sure to remind yourself to drink fluids on a regular basis. Aim for eight 8-ounce glasses of water daily. You can also get fluid from water-rich fruits and vegetables to assist in total fluid intake.

**Be Smarter,  
DRINK  
WATER**





## Quiz: How Old Are You Really?

From the following list of 25 items, count all the ones that you remember -- not the ones you were told about! How to score yourself is at the end.

1. Blackjack chewing gum
2. Wax Coke-shaped bottles with colored sugar-water
3. Candy cigarettes
4. Soda-pop machines that dispensed bottles
5. Coffee shops with tableside jukeboxes
6. Home milk delivery in glass bottles with cardboard stoppers
7. Party lines
8. Newsreels before the movie
9. P. F. Flyers
10. Butch wax
11. Telephone numbers with a word prefix (e.g., Olive - 6933)
12. Peashooters
13. Howdy Doody
14. 45-RPM records ... and 78-RPM records
15. S&H Green Stamps
16. Hi-fi systems
17. Metal ice trays with lever
18. Mimeograph paper
19. Blue flashbulb
20. Packards
21. Rollerskate keys
22. Cork popguns
23. Drive-in theaters
24. Studebakers
25. Washtub wringers

If you remembered!

0 - 5 = You're still young

6 - 10 = You are getting older

11 - 15 = Don't tell your age

16 - 25 = You're older than you think!

"The birds are gone, the ground is white, the winds are wild, they chill and bite;  
The ground is thick with slush and sleet, and I barely feel my feet."

## **Medicare News – February 2014**

### **Is Your Medicare Prescription Drug Plan Working?**

Medicare/Medicaid Assistance Program (MMAP) counselors have received several phone calls from Medicare beneficiaries in our 10 county region advising of unexpected changes with their Medicare Prescription drug plans in 2014. Some people are indicating that their monthly premiums have increased upwards to about 35% to 40%. Also, after making their first trip to their favorite pharmacy, some are finding that they now have to make a co-pay for generic medications, where last year the same prescription was free to them.

Still other Medicare beneficiaries are advising us that they are unable to purchase a particular drug because the pharmacist is reporting that it is no longer on the insurance company's formulary. Yet, another variable is the list of medications that a person is prescribed. That can frequently change during a year and may result in a huge unanticipated co-pay with their current plan.

Medicare prescription drug plans can change substantially from year to year. Additionally some companies may stop offering coverage at the end of a year, or reorganize, resulting in a beneficiary being auto-assigned to another plan that may not be best for them.

So how can these "surprises" be minimized? First, start by carefully reading the mail from your current insurance company. Medicare requires that all prescription drug plans send out an Annual Notice of Change to their members that will describe the changes planned for the upcoming year. Medicare requires that this booklet be received prior to the start of open enrollment on October 5<sup>th</sup>. Information about monthly premium costs, co-payments for drugs, formulary adjustments, and any other change that is planned must be reported in this annual notice. While the details in the booklet may be a bit daunting to read, Medicare beneficiaries are encouraged to spend some time reviewing it so they understand any changes that may affect them.

MMAP counselors are also ready to help. MMAP clients are always advised to contact their local MMAP office in September of each year so that they can compare their drug list among all plans for the upcoming year. Beneficiaries are asked to furnish a list of their medications and other personal information so a review can be done. There are about 34 individual prescription drug plans approved by Medicare, so the options are plentiful. MMAP personnel can sift through all of plans and come up with recommendations that will work best for the client. MMAP personnel can also help to enroll in a different plan if needed. Medicare beneficiaries are locked into their current plan through the balance of 2014 unless they are eligible for "Extra Help". If they are eligible, then they can change their drug plan at any time.




Medicare beneficiaries can get in touch with a representative of the Medicare/Medicaid Assistance Program by calling 800-803-7174. 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.

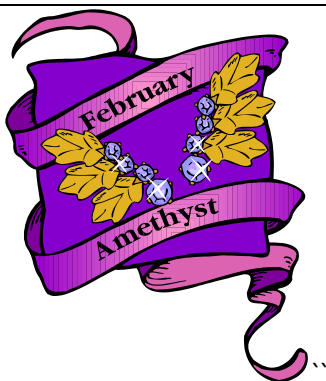
By: Jim Verville, Region 10 Coordinator  
Michigan Medicare/Medicaid Assistance Program  
Area Agency on Aging, Traverse City, Michigan

**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.

*Call for more information!! 231-525-0601 or 1-877-277-1306*  
**\*\*MENU ITEMS SUBJECT TO CHANGE\*\***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Smoked Sausage Sauerkraut/peas/ carrots Summer squash/ bread Orange	4 Phil's Baked Rigatoni Pesto Cauliflower Italian Beans Garlic Toast/ Peaches	5 Hobo Stew Steamed Potatoes Wax Beans/ Biscuit Mixed Fruit	6 Dave's Shepard Pie Mashed Potatoes/ Corn Carrots/ Bread Cinnamon Applesauce	7 Charbroiled Chicken Roasted Potatoes Chef's Blend Vegetables Bread/ Tropical Fruit
10 Chef's Choice 	11 Roast Pork Au gratin Potatoes Broccoli/ Corn Bread Banana	12 Dave's Chicken Fajitas Red & Green Peppers Onions/ Romaine Tomatoes/ Refried Beans Tortillas/ Fried Apples	13 Beef Barley Soup Sweet Potatoes Cauliflower/ Crackers Fruit	14  Orange Chicken  Key west Blend Vegetables  Peas/ Wild Rice Bread Strawberry Shortcake 
17 Detroit Tigers Day All Beef Franks Baked Beans/ Potato Salad Bun/ Watermelon	18 Dave's Kabobs Chicken & Pork Brussel Sprouts Wax Beans/ Rice/ Bread Apricot Nectar	19 Phil's Cassoulet Peas/ Cauliflower Bread/ Grapes	20 Broccoli Cheese Soup Steamed Potatoes Crackers/ Maple Pears Cottage Cheese	21 Pork Fried Rice Far East Vegetables Broccoli/ Wontons Mandarin Oranges
24 Chicken Noodle Soup Capri Blend Vegetables Brussel Sprouts Crackers/ Pear	25 Swedish Meatballs Sweet Potatoes Chef's Blend Vegetables Bread/ Banana	26 BBQ Sliders Potato Planks Green Beans/ Bun Apple	27 Baked Macaroni & Cheese Spinach/ Cauliflower Bread Fruit	28 Baked Fish Broccoli Grilled Summer Squash Wild Rice/ Bread Banana



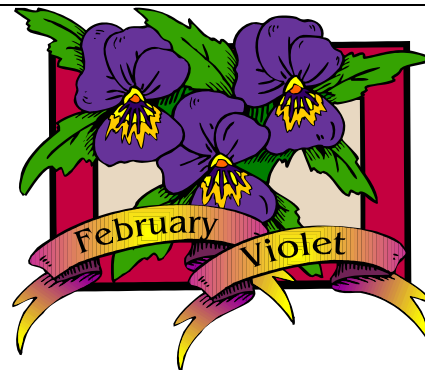
## February 2014

### THE GATHERING PLACE CALENDAR OF EVENTS

Open Monday through Friday  
8:00 a.m. - 4:00 p.m.

Lunch served daily  
11:30 a.m. – 1:00 p.m.

**New Number!!! 231-525-0601**  
**TOLL FREE 1-877-277-1306**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:00 Video Exercise 9:00 Yoga 11:30 Lunch 12:00 Knitting	<b>4</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	<b>5</b> 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	<b>6</b> <b>9:00 Hearing Clinic</b> 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	<b>7</b> 8:00 Video Exercise 9:30 BUNCO 10:30 Thompsonville Lunch, Music & Bingo <b>11:30 Lunch—</b> <b>Opening Day of</b> <b>Olympics</b> 1:00 Wii Bowling
<b>10</b> 8:00 Video Exercise 9:00 Yoga 11:30 Lunch <b>11:30-1:00 Maple's</b> <b>Blood Pressure Clinic</b> 12:00 Knitting <b>1:00 Fireside Chat:</b> <b>Ann Loveless Talk</b>	<b>11</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	<b>12</b> 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	<b>13</b> <b>9:00 Little River</b> <b>Casino</b> 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	<b>14</b> 8:00 Video Exercise 9:30 BUNCO <b>11:30 Happy</b> <b>Valentine's Day Lunch</b> 11:30 Lunch 1:00 Wii Bowling
<b>17</b> 8:00 Video Exercise 9:00 Yoga 11:30 Lunch— President's Day <b>11:30 Lunch—Detroit</b> <b>Tiger Training Camp</b> <b>party</b> 12:00 Knitting <b>1:00 Time to Laugh</b> <b>out Loud with Kate!</b>	<b>18</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	<b>19</b> 10:00 Exercise with Doris <b>State Theater Trip</b> 11:30 Lunch 12:30 BINGO 3:00 Tai Chi <b>4:30 Board Meeting</b>	<b>20</b> <b>9:00 Foot Clinic</b> 10:00 Bible Study <b>11:30 Lunch—</b> <b>Cherry Pie Day</b> 1:00 BUNCO	<b>21</b> 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch <b>Health Series: Benzie</b> <b>EMS talks about</b> <b>Strokes</b> 1:00 Wii Bowling
<b>24</b> 8:00 Video Exercise 9:00 Yoga <b>11:30 Lunch—Flag</b> <b>Day</b> 12:00 Knitting	<b>25</b> 10:30 Music by The Melody Makers <b>11:15 Dining Out</b> <b>Day—The Lighthouse</b> <b>Cafe</b> 11:30 Lunch 3:30 Chair Yoga <b>4:45 NMCAC Winter</b> <b>Dinner Series at Grow</b> <b>Benzie</b>	<b>26</b> 10:00 Exercise with Doris 12:30 BINGO 3:00 Tai Chi	<b>27</b> <b>9:00 Little River</b> <b>Casino</b> 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	<b>28</b> 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling <b>6:00 Ol' Time</b> <b>Gathering</b>

And Now For A Little Chuckle ☺

Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside.

"Yes," says Sally, "a lock of my husband's hair."

"But Larry's still alive."

"I know, but his hair is gone."

# Dawn's Dish

We have survived Snowpocalypse 2014. Now it's time to dig out and have some fun! Around here we are trying a few new things—you'll notice a food comment card at our front desk as you check in for lunch. Just our way of finding out what you LOVE or wish we'd never serve again. So please, take a moment to fill out this anonymous food survey. Speaking of surveys, it might feel like you have been taking a handful of them lately, please keep in mind we are working hard to drive our agency in the direction needed by our seniors and we need your input!

**Just a reminder if Benzie Central Schools are closed (which they have been a lot!) we are closed.**

Have you been to Tennessee? How about heading there in June 2014? Stop by The Gathering Place for an information packet. Monthly payments are accepted!

We're excited to partner with Northern Michigan Culinary Arts Community and Grow Benzie on a Community Dinner Series for February, March and April to be held in Grow Benzie's main building, 5885 Frankfort Highway (M-115) in Benzonia. All meals are made from scratch by well-known local chefs and will feature many locally-produced ingredients. Watch them create and then enjoy! For a complete schedule of dates, please see me at The Gathering Place. The first dinner our group is attending is on Tuesday, February 25 and begins at 5:00 p.m. Mike Jones of the Benzie Conservation District is the guest speaker. If you'd like to ride with us, please meet at The Gathering Place at 4:45 p.m. There is no cost to ride with us, but the dinner cost is \$5 per senior. Please call to sign up today! Must have reservations no later than February 18<sup>th</sup>.  
Call Dawn at 231-525-0601!

Monday, February 10 –1:00 p.m. Fireside Chat with Grand Rapids Art Prize 2013 Grand Prize winner **Ann Loveless**. Please help us give Ann a warm welcome to The Gathering Place! We are thrilled that she is making room for us in her schedule.

Monday, February 10—11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free **Blood Pressure Clinic**.

Monday, February 17—Detroit Tigers Day! 11:30-1:00p.m. Batter up! Spring Training officially starts for the Tigers and why not celebrate with a party! Think ballpark food and wear your Tigers best! Prizes for fans who dress to impress!

Monday, February 17—**Time to Laugh out Loud!** 1:00 p.m. We are in for a treat! Kate Withington-Edwards, Activity Director at Paul Oliver Living and Rehabilitation Center will be here to rescue us from the winter doldrums! She became a Certified Laughter Leader in 2010, through the World Laughter Tour™. While nursing her Mum, who had terminal bowel cancer, she discovered how good laughter made them both feel and how it reduced stress. Coming from a

long line of laughers, she now knows, through education and training, the benefits of laughter and its physical and emotional impact on the body and brain. She loves sharing her laughter workshops with a variety of different groups throughout the county and other parts of Michigan. Please join me in welcoming Kate to The Gathering Place!

Tuesday, February 25—11:15 a.m. **Dining Out Day!** We're heading to The Lighthouse Café in Elberta. 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. Call Dawn at 231-525-0601 or toll free at 877- 277-1306 for more information and to sign-up. **Must sign up by February 21<sup>st</sup>** so we can let them know how many of us to expect!

Wednesday, February 5, 12, 19, 26—**Medicare/Medicaid Assistance Program**. Qualified volunteers are in our Administration Office on Wednesdays to answer your questions. Please call 231-525-0600 or toll free 888-893-1102 to schedule your appointment.  
**Donations Accepted!**

Dawn's Dish Continued on next page.....

Wednesday, February 5, 12, 19, 26—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, February 19 –We’re heading to **The State Theater** in Traverse City for their 25 cent matinee. Leave at 9:45 a.m. The Jackie Robinson Story starring Jackie Robinson. After the movie we’ll jump next door to The Grand Traverse Pie Company for lunch. Return to The Gathering Place by 3:00pm. Call to reserve your seat on the van! 231-525-0601. RESERVATIONS required by February 17<sup>th</sup>. Trip fee is \$5. Movie and Lunch costs are your responsibility.

Thursday, February 13 & 27—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.

Thursday, February 6—9:00 a.m. **Hearing Clinic**, sponsored by *Miracle Ear*. Free hearing tests, check

and service hearing aids. Call 800-459-5992 for appointment.

Thursday, February 20—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, February 14—Valentine’s Day Lunch—11:30 a.m. to 1:00 p.m. Wear red, hearts & come for strawberry shortcake! Love is in the air!

Friday, February 21—**Health Series**: Craig Johnson, Benzie EMS Medical Director will be here to share helpful information on Strokes 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, February 28 – **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!

Northern Michigan Diabetes Initiative

Your local diabetes resource!

Please visit their website: [www.nmdiabetes.org](http://www.nmdiabetes.org) OR call: (231) 935-9227

Attention Seniors who need Heat & Energy Assistance!

If you are struggling with your heat and energy bill, fall within the program guidelines and live in Benzie County, you are encouraged to apply for **empower** assistance today. Please contact TrueNorth to apply or if you have any questions.

Households will be able to apply for help with heat and/or energy payment (s) if you:

- Have a **past due notice** or a **shut-off notice** on an energy bill.
  - Have a fuel tank containing **less than** 25% of fuel.
  - Have a below minimum balance on an account.
  - Are within income guidelines.

Again please contact TrueNorth with inquires with this assistance program @ 231-355-5890 OR 1-855-300-8013



## 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*

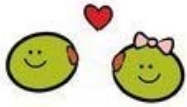
Mailing Address: \_\_\_\_\_

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 St. Honor MI 49640

Benziecoa.org 231-525-0600

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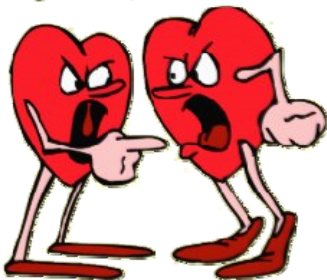
Valentine's Day

Word Search



FLOWERS	ARROW
HEARTS	CANDY
KISS	CARD
LOVE	CHOCOLATE
VALENTINE	CUPID

I love you more!!!



No, I love you more!!!

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