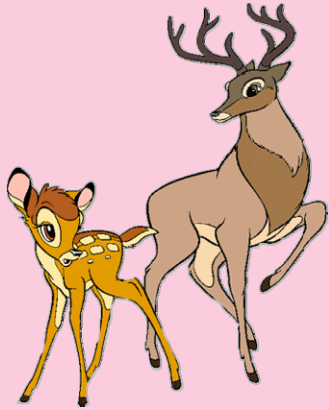


The Senior Scoop

Benzie County Council on Aging, Inc.



June

4th is Hug Your Cat
Day

7th is National
Chocolate Ice
Cream Day

8th is Best Friends
Day

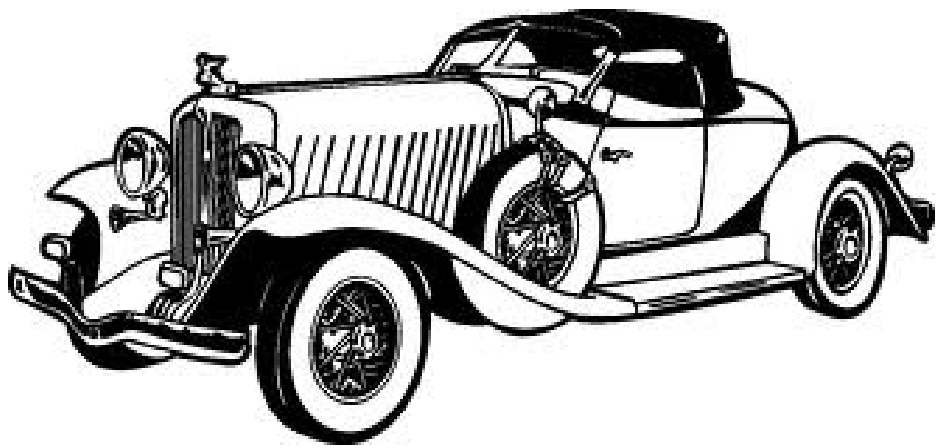
14th is Flag Day

16th is Father's Day

18th International
Picnic Day

21st is Summer
Solstice

23rd is National Pink
Day



June 2013

a son's first hero

DAD

a daughter's first love

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

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

Douglas Durand, Executive Director

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or
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Hours: 8:00 a.m. - 4:00 p.m. M-F

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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.

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

MISSION STATEMENT

To provide programs for Senior Citizens of Benzie County that promote and encourage opportunities for socialization, education, health, safety, welfare and independent living with dignity.

Greetings,

Spring has finally arrived and it's amazing how fast everything greens up, spring flowers are in bloom and we welcome our family and friends back to Michigan from their southern homes! Here at Benzie County Council on Aging we already are seeing more folks at The Gathering Place for some great fellowship, entertainment, activities and of course our delicious lunch meals. Our Chore Program just kicked off and we are busy getting everyone on our list to receive lawn care and/or some minor repairs around their homes. Senior Project Fresh Program will again be started in June and we are updating and adding new restaurants to the Dining Out Program weekly. If you are interested in any of our services, please give us call or stop by.

Take Care,

Douglas

Thank You To All The Volunteers of Benzie County Council on Aging!

Your donated 8500 plus hours of service to the seniors of Benzie County are the reason we can continue to offer our valuable services. We would like to recognize a few businesses for their donations to our Volunteer Appreciation Dinner held on April 25, 2013. A big thank-you to:

Fox Grand Traverse
Crystal Mountain Spa
Honor Building Supply
Interlochen Center for the Arts
Benzie Collision
Precision Collision
Betsie Hosick Health and Fitness Center
Cold Creek Inn
Pinecroft/Champion Hill Golf Course
Watson Benzie
Central State Bank
State Savings Bank
Record Patriot
Riverside Canoe Trips

The Road House
AmeriGas
Genworth
Timberline Campground
Interlochen Eagles
Frankfort Pines Assisted Living
The Barber Shop
Crescent Bakery & Café
Back Cast Fly Shop
Cricket Salon
Harbor Hair Design
Victoria's Floral Design
Community Drug of Benzonia
L'Chayim Delicatessen

We greatly appreciate your generosity and support. Thank-you for helping us make our Volunteer Appreciation Dinner a huge success.

Senior Project Fresh 2013

This program allows income eligible seniors to receive coupons to purchase fresh produce from Michigan Produce Growers.

- You must meet income guide-lines.
- You must live in Benzie County.
- You must be 60 years or older.
- Attendance in one of our presentations in June is required.

For more information including: presentation dates, income guidelines, etc. please contact our office at 231-325-4851.



Benzie County Council on Aging Senior Dining Out Program

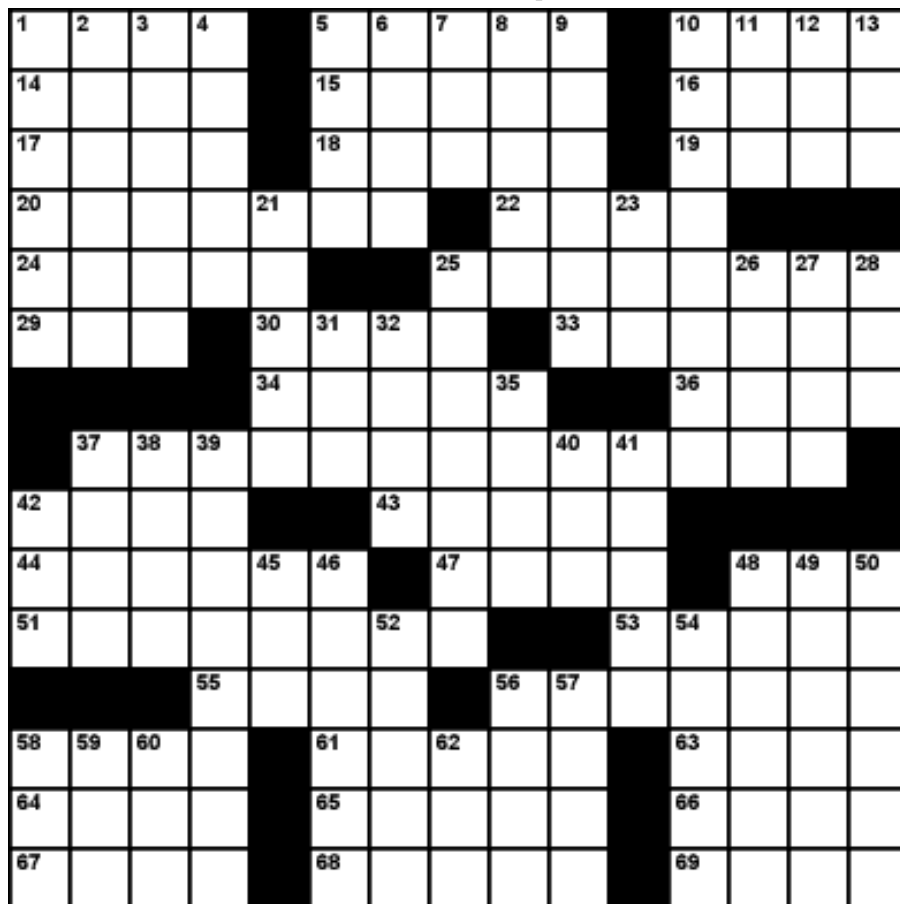
This program is designed to give seniors more choices for their nutrition from local restaurants. The cost is \$3.00 per voucher and is good for \$6.00 off your meal at any participating restaurant. Any amount above the \$6.00 will be the responsibility of the customer. Alcoholic beverages, tax and gratuity are not included. Please call our office at 231-325-4851 for more information. The following are the restaurants that currently participate in our program:

Geno's Sports Bar & Grill	The Fusion
A.Papano's Pizza	Dinghy's Restaurant & Bar
Cold Creek Inn	Interlochen Eagles
East Shore Market	Platte River Inn
Hungry Tummy	Jodi's Tangles Antler
The Lighthouse Café	Lumberjack's Bar & Grill
A & W	Papa J's
Crescent Bakery	Rich's Roadside Café
Wall's Grill	Stone Oven

Happy Birthday!!

1st Joan Giddis	2nd Dan Giddis	2nd Mabel Foust
2nd Phillip Feiger	3rd Joyce Polen	5th Dorothy Ballard
6th Buck Lumbert	7th Gerald Karbinsky	7th Pauline Barnes
8th Linda Illig	8th Orlin Reed	9th Lois Walker
9th Charla Moore	9th Cottrell Meadows	9th Ernst Nolan
9th Vic Schroeder	10th Julie Hopkins	11th Beverly Reed
14th Fenton Hall	17th Lucy Mitchell	19th June Miner
20th Geri Killeen	21st Mabel Foust	21st Lois Priest
22nd Charlene Hamilton	23rd June Trost	24th Chester Kirby
25th Jim Stowe	26th Joanne Blausey	27th Fred Ockert
27th Rosemary Holso	28th Jean Harrington	28th Terry Herban
28th Wilma Flickinger	29th Elinor Gleason	29th Laurel Hanson
30th June Armstrong		

Father Knows Best By Dave Fisher



Across

1. Covers
5. Felix's fastidious roommate
10. American Beauty, e.g.
14. Let out
15. Take a powder?
16. "Suor Angelica" has one
17. Altar's place
18. Computer storage device
19. Fella
20. Father's favorite melons
22. What the mob might do
24. Fragrant resin
25. Father's favorite deli order
29. Indian beans
30. Europe's highest volcano
33. Puts on
34. Jeweller's aid
36. One-a-day, e.g.
37. Father's favorite bug
42. Living room item
43. _-dovey
44. Sexy
47. Lip-_
48. It's said to have a long arm
51. Father's favorite garden
53. Sioux tribe
55. The two
56. Father's favorite field
58. Timely tautonym
61. Palindromic detector
63. Capital of Yemen
64. Sorrowful word
65. Not hidden
66. Ball supporters
67. Remove
68. Salamanders
69. Swirl

Down

1. Went over
2. Old Chevy model
3. Scatter
4. Cook, in a way
5. Seal's nemesis
6. Turfs
7. Tramp, e.g.
8. Old marketplace
9. Neglectful
10. The clothing biz
11. Lode's load
12. Trespass
13. End fast
21. Say 'uncle'
35. Begrudge
23. Baseball Hall of Famer Mel
25. Father's favorite native child
26. Excited
27. _ hall
28. Verb suffix
31. Top, for example
32. Zero
37. "David Copperfield" heroine
38. _ effort
39. Where survey results probably end up
40. Between fam. and sp.
41. Yahoo competitor
42. Apart, abbr.
45. Swear words?
46. Lime
48. Glorified
49. Acquiesced
50. Eensy-_
52. What skinheads do
54. Express
56. Headline?
57. Liberal _
58. Hip joint?
59. Tavern tonic
60. Pen
62. Early drops_

GOOD LUCK!!



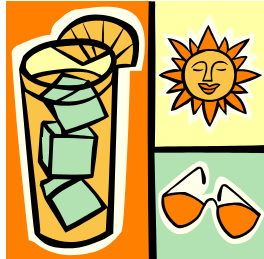
Answers on page 9

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!! 231-325-3720 or 1-877-277-1306

****MENU ITEMS SUBJECT TO CHANGE****

June 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast for Lunch Western Eggs American Fries Oatmeal/grits English muffin/ cantelope	4 Meat Cabbage Casserole Carrots Wax Beans/ Banana Bread	5 Bourbon Pork Broccoli Capri Blend Vegetables Rice/ Bread/ Fruit	6 Chili Mixed Vegetables Zucchini/ Crackers Bread/ Orange	7 BBQ Chicken Roasted Potatoes Chef's Blend Vegetables Roll/ Golden Pineapple
10 Linguine with Meatballs Cauliflower Italian Beans Garlic Toast/ Pear	11 Meatloaf Mashed Potatoes Green Bean Casserole Bread/ Banana	12 Creamy Chicken Broccoli/ Rice Bread Apple	13 Yankee Pot Roast Mashed Potatoes Carrots/ Green Beans Bread Watermelon	14 Tuna Noodle Casserole Mixed Vegetables Cauliflower Roll Banana
17 Chicken Noodle Soup Sweet Potatoes Brussel Sprouts Applesauce/ crackers	18 Spaghetti with meat sauce Pesto Cauliflower Italian Beans Garlic Toast/ Banana	19 Goulash Collard Greens Havard Beets Bread/ Pear	20 Lemon Chicken Broccoli Parmesan Tomatoes Wild Rice/ Tropical Fruit	21 Roast Pork Mashed Potatoes Carrots Bread/ Apple
24 Sloppy Joe's Mixed Vegetables Tator Tots Orange	25 Salisbury Steak Mashed Potatoes Green Beans Bread/ Banana	26 Chicken Dumplings Peas/ Carrots Grapes	27 Pork Fried Rice Broccoli in vegetable sauce Far East Vegetables Won Tons Mandarin Oranges	28 Fish Cottage Fries Chef's Blend Vegetables Bread/ Fruit
	<p><u>Cost for Meals</u> <u>(Non-Senior)</u> M - F \$7.50</p> <p>(Children's prices reduced)</p>		<p><u>Cost for Meals (Seniors)</u> M- F \$3.00 (Suggested Donation)</p>	



Dawn's Dish

It's Senior Project Fresh time again! This program is an opportunity for income eligible seniors to receive coupons for purchasing fresh produce from local growers. For more

information on this valuable program, please call our office at 325-4851. You must register for the classes in order to attend. The dates and times are as follows: Friday, June 7th at 3:00 p.m. at The Gathering Place; Monday, June 10th at 10 a.m. and 3:00 p.m. at The Gathering Place; Thursday, June 20th at 10:00 a.m. at The Gathering Place and Thursday, June 27th at 10:30 a.m. at The Thompsonville Fire Department.

Please note: Our Little River Casino trip time has changed. We are now departing The Gathering Place at **9:00 a.m.**

Please join us in celebrating Dad on June 13th for our Father's Day Lunch!

Please note that our Yoga exercise class is cancelled on Monday, June 10th due to the Senior Project FRESH class. Also, Bible Study is cancelled on Thursday, June 13th for the Senior Project FRESH class. We apologize for the inconvenience.

Tuesday, June 4, 11, 18, 25

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

Wednesday, June 12 & 26

9:00 a.m. **Little River Casino Trip.** Trip fee \$10. Receive \$25 River Credits. Return by 4 p.m. Space is limited so call now to reserve your spot on the bus! (231) 325-3720

Wednesday, June 5, 12, 19, 26

Medicare/ Medicaid Assistance Program

Qualified volunteers are available in our Administration Office on Wednesdays to offer assistance and answer your questions. Please call 325-4851 to schedule your appointment.

Wednesday, June 19

Board of Directors Meeting 1:30 p.m. at The Gathering Place

Thursday, June 6

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

Thursday, June 13

10:00 a.m. – 12:00 p.m. **Foot Clinic**, Rosemary Russell, RN, from the Prescription Shop will trim, clean your nails and do a complete nursing assessment on your feet. *Clinic at COA Admin. Office. Call 325-4851 for an appointment.* Donations accepted.

Thursday, June 13

Father's Day Lunch. Join us for our annual lunch honoring Dad. As usual James is cooking up delicious Yankee Pot Roast for this celebration.

Thursday, June 20

Noon to 1:00 p.m Lunch Presentation in our activities room with Mike Fiebing, Solid Waste/ Recycling Coordinator for Benzie County. Please take the time to hear this valuable information regarding **Benzie County's recycling program.**

Friday, June 14

Flag Day! Wear your red, white and blue in honor of our flag.

Friday, June 7

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

Friday, June 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!



June 2013

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.

231-325-3720
TOLL FREE 1-877-277-1306



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club	9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	9:30 BUNCO 11:30 Lunch— Thompsonville Lunch 1:00 Wii Bowling 3:00 Senior Project FRESH
10	11	12	13	14
10:00 Senior Project FRESH 11:30 Lunch 12:00 Pinochle 3:00 Senior Project FRESH	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	9:00 Little River Casino 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club	9:00 Foot Clinic 10:00 Bible Study 11:30 Father's Day Lunch Celebration 1:00 BUNCO	9:30 BUNCO 11:30 Lunch— FLAG DAY 1:00 Wii Bowling
17	18	19	20	21
10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 2:00 Board Meeting	10:00 Senior Project FRESH 11:30 Lunch 12:00 Solid Waste/ Recycling presentation 1:00 BUNCO	9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
24	25	26	27	28
10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	9:00 Little River Casino 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club	10:00 Bible Study 10:30 Project FRESH class in Thompsonville 11:30 Lunch 1:00 BUNCO	9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering

Beer Cheese Soup Recipe

Ingredients

- 2 tablespoons *finely chopped onion*
- 1/2 teaspoon *butter*
- 2 cans (10-3/4 ounces each) condensed cream of celery soup, undiluted
- 1 cup beer or nonalcoholic beer
- 1 cup *milk*
- 1 teaspoon *Worcestershire sauce*
- 1/2 teaspoon *dried parsley flakes*
- 1/4 teaspoon *paprika*
- 3/4 pound *process cheese (Velveeta), cubed*



Directions

In a large saucepan, sauté onion in butter. Stir in the soup, beer, milk, Worcester-shire sauce, parsley and paprika. Reduce heat; stir in cheese until melted. Heat through (do not boil). Yield: 6 servings.

Healthy Swaps

SWAP OUT Potato Chips FOR Baked Carrot and Turnip Chips. These homemade chips will really increase fiber and antioxidants with lowering calories.

SWAP OUT Ground Beef FOR Chopped Mushrooms.

Mushrooms are so similar to meat in terms of meat and texture, yet on average have 90% fewer calories.

SWAP OUT Muffin Batter FOR Grated Veggies

Just reduce all ingredients by a fourth when making the batter and add as much grated carrot or zucchini as you can while still maintaining the texture.

This will slash calories while boosting fiber and beta-carotene.

SWAP OUT Tortillas or Wraps FOR Lettuce

Roll up a burrito or sandwich fillings in romaine lettuce and save a few hundred calories. Plus, it will give you extra fiber, vitamin C and vitamin B.





Medicare News

Michigan Medicare/Medicaid Assistance Program

June 2013



As many of you may know, Sue Graybill has recently retired from the position of Regional MMAP and Employment Coordinator at the Area Agency on Aging in Traverse City. Sue will be joining her husband in this new adventure of retirement, and she plans to spend more time with her children and their families. We certainly wish Sue a great retirement. We will all miss her. Perhaps she may do some MMAP volunteer counseling later.

Let me briefly introduce myself. My name is Jim Verville. I began my tour-of-duty in MMAP starting in November of 2009 as a Volunteer Counselor. I served as the Site Coordinator from June of 2010 until April of 2013 at which time I was named to replace Sue Graybill as the Regional Coordinator for MMAP. I enjoy working with our beneficiaries and the 50 MMAP Counselors located throughout Region 10. More and more of the “boomers” are reaching Medicare age. This makes our jobs both interesting and challenging. I look forward to finding new and innovative ways to reach and help our Medicare population in Region 10.

Last year our team served 5,274 Medicare beneficiaries throughout our 10 county regions. There are approximately 65,000 people who are currently eligible for Medicare throughout these same 10 counties, so we helped about 8% of the population. We are truly grateful for the 50 MMAP Counselors who are part of our team. About half of them are Volunteer Counselors and the other half are associated with an agency or private organization. Our Counselors are all trained and certified and do an excellent job in helping our beneficiaries. I can say they all have a heart for the seniors and those who are on Medicare because of a disability. We strive to help our clients with health insurance questions, medical billing issues, fraud and abuse in the Medicare and Medicaid systems, along with a wide range of other related subjects.

Lastly, I want to talk about an issue that I see looming in the area of health insurance. The current session of the Michigan Legislature passed two bills that will reorganize Blue Cross Blue Shield of Michigan. While the full detail of this legislation is well beyond the scope of my comments, I have a deep concern that one aspect of these new laws will have a huge impact on Medicare beneficiaries in Michigan. As a result of this legislation the Blue Cross Blue Shield Legacy Medigap plans will probably disappear after June of 2016. We have about 210,000 Michigan residents who are enrolled in these Medicare supplement plans. Very few of these subscribers are aware that the Legacy products will likely be ending in about 3 years. While there are certainly other medigap supplemental plans available, the Legacy products have long been a favorite because of their relatively low cost and the excellent coverage offered by them. While the loss of these plans will result in a major change in health care costs for seniors, residents who are receiving Medicare benefits at an earlier age due to a disability will also face a crisis. These beneficiaries will not have many choices for medigap coverage because they are under the age of 65 and most companies do not offer supplemental plans for these individuals. Those that do offer them charge premiums that are unaffordable. Fortunately we have some time to react to this. My hope is that we, in Michigan, can arrive at some reasonable consensus regarding the availability and the pricing for medigap supplemental plans within the next three years. We need to ask ourselves, “What can I personally do to ensure that this happens”.

The Gathering Place, Benzie Senior Center



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

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



Senior Center Coordinator/Supervisor - Dawn Bousamra
Front Desk Hostesses – Paula Dolak-Stokes, Judy Fast, Kathy Burns, Corliss Mick

Mondays

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

Tuesdays

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

Wednesdays

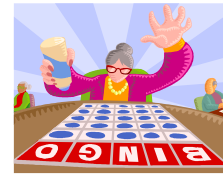
Exercise w/Doris: 10:00 a.m.
Bingo: 12:30 p.m. - 1:30 p.m.
Knitting: 1:00 p.m.

Thursdays

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

Fridays

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



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.

Local Events

Walk with us to cure Lupus: June 1st at the Mineral Springs Park in Frankfort. Walker check-in at 9am and the Walk begins at 10am. For more information contact Amy Gillard at ajgillard@chartner.net

Enjoy Michigan's Summer Free Fishing Weekend: June 8th-9th Everyone, residents and non-residents alike, can fish without a license, all other fishing regulations apply.

Frankfort Craft Fair: June 15th at the Market Square Park 10am - 4pm. Outdoor Art & Craft Fair with over 75 artists. Car show only 3 blocks away. For more info call 231-352-7251 or visit www.frankfort-elberta.com

Antique Vehicle & Muscle Car Show: June 15th at the Mineral Springs Park 8am - 4pm.

Solstice Festival: June 22nd at the Elberta Waterfront Park. Musicians & entertainers, activities for kids including face painting, games and prizes. Adults can enjoy the Beer Garden, along with local wines and food. For more information call 231-651-0321.

Benzie Area Symphony Orchestra Concert "*Love Stories & Love Songs*": June 23rd at Benzie Central High School. 7pm. For more information call 231-889-7103.

Annual Used Book Sale: June 28th - 29th at the Benzonia Public Library. Held in the lower level of the Mills Community House. 9am - 4pm. Call 231-882-4111 for information.

