

The Senior Scoop

Benzie County Council on Aging, Inc.

May 2014

May is...

- National Barbecue Month
- National Blood Pressure Month
- National Hamburger Month
- Foster Care Month
- National Salad Month



REMEMBER THOSE WHO SERVED
ALL GAVE SOME, SOME GAVE ALL

May...

- 1st** is May Day
- 5th** is Cinco de Mayo
- 8th** is VE Day, WW II
- 11th** is Mother's Day
- 15th** is National Chocolate Chip Day
- 16th** is National Sea Monkey Day
- 17th** is Armed Forces Day
- 26th** is Memorial Day

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

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The Council on Aging will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

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

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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.

Hello Everyone,

It's hard to believe that May is here! We have had few teaser weather days from Mother Nature to give us a taste of warm weather, but yet she still is throwing a few curveballs at us!

I'm a big Detroit Tigers Fan and so far into this young baseball season, the current team is also throwing a few curve balls at us. I'm thinking this current team just might be a little frustrating to watch. The Tigers seem to be stuck in a pattern of win one game, and then lose the next day. It also doesn't help that the Detroit Free Press is highlighting the 1984 team that went on to start the season 35-5 and of course won it all that year.

Enough about the Tigers!

Last month, I asked folks to consider helping us help others and more specifically to help with donations to off-set the cost of our Snow Removal Program. So far twenty-three individuals have donated \$5,607 to help us help others! I can't stress enough that your kindness and support of this organization is very much appreciated.

We also sent out a survey to our Home Delivered Meals Clients to rate our meals, delivery process, volunteers and staff helpfulness. Below are the responses from those that participated in the survey:

- ★ 100% are satisfied with the temperature of the food when it is delivered.
- ★ 96% are satisfied with the taste of the food.
- ★ 96% are satisfied with the appearance of the food.
- ★ 100% enjoy their visits from the volunteers that deliver their meals.
- ★ 98% are satisfied with the overall quality of home delivered meals.
- ★ 100% are satisfied with the variety of meals they receive daily.
- ★ 100% are satisfied with our staff in helping meet their needs and answering their questions.

I am proud of these scores and want to thank the volunteers and all the staff that work hard to make our Home Delivered Meals Program so successful! Of course our goal is to have 100% satisfaction rate across the board! We always welcome your suggestions to better all of our programs/services.

I want to wish all of the Moms a Happy Mother's Day!

Take care,

Douglas



Child Sent to Bed

A small boy is sent to bed by his mother...

[Five minutes later]

"Mom..."

"What?"

"I'm thirsty. Can you bring me a glass of water?"

"No. You had your chance. Lights out."

[Five minutes later]

"Mom..."

"WHAT?"

"I'm THIRSTY...Can I have a glass of water??"

"I told you NO! If you ask again I'll have to spank you!!"

[Five minutes later]

"Momm..."

"WHAT?!!!"

"When you come in to spank me, can you bring me a glass of water?"

Mother's Day Fun Facts:

- There are 84 million moms in the United States.
- Mother's Day is the busiest day of the year for restaurants. Be sure to make reservations ahead of time.
- There are more phone calls made on Mother's Day than on any other day of the year.

A New Baby

For weeks a six-year old lad kept telling his first-grade teacher about the baby brother or sister that was expected at his house.

One day the mother allowed the boy to feel the movements of the unborn child. The six-year old was obviously impressed, but made no comment. Furthermore, he stopped telling his teacher about the impending event.

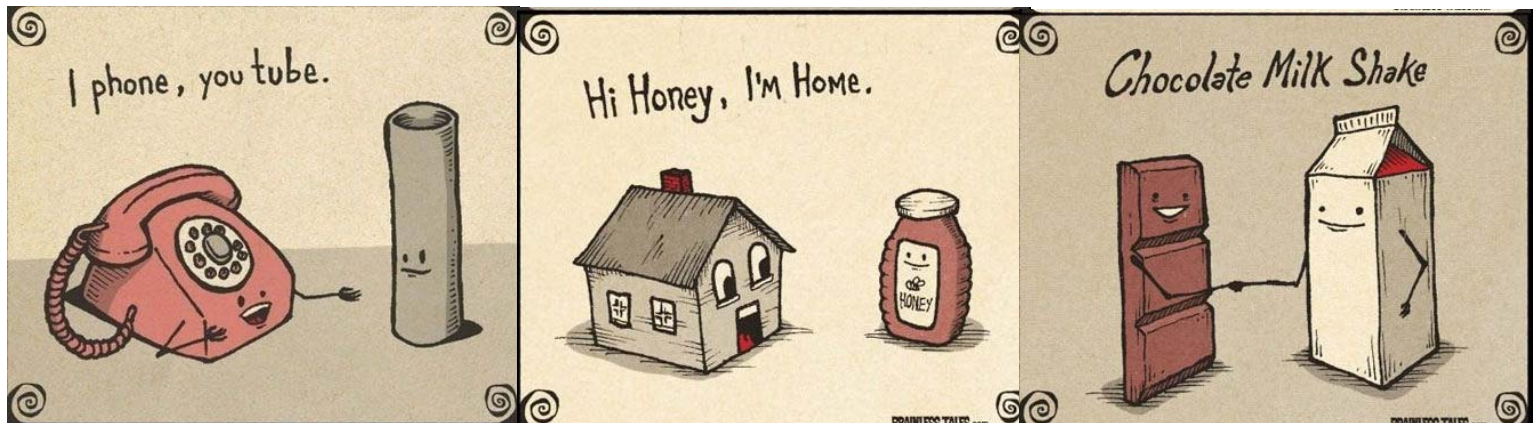
The teacher finally sat the boy on her lap and said, "Tommy, whatever has become of that baby brother or sister you were expecting at home?"

Tommy burst into tears and confessed, "I think Mommy ate it!"



"Let me show you
Sweet smell of a delicate whisper
Behind the vision of gardens
Go and read of your life
Tiny ripping at the heart
Drunk from a rose."

- Erica Caitlin Lee



Six Tips for a Healthier Memorial Day

- Cook with lean meats like 93-percent ground beef, lean ground turkey or chicken.
- Limit processed meats like hot dogs, bacon or deli meats, which contain a lot of fat. Substitute smoked turkey for bacon in recipes.
- Go "skinless" on poultry and trim all visible, solid fat from meat. Drain fat from ground-meat crumbles.
- Brown meat, poultry and seafood in a nonstick pan with cooking spray or small amounts of oil.
- Marinate meat, poultry and seafood with marinades containing little-to-no fat.
- Grill, broil or roast meat and poultry on a rack so fat drips off.



Chicken and Spinach-Stuffed Shells

Ingredients:

18 large pasta shells (from 16-oz package)
 1 container (15oz) whole-milk ricotta cheese
 1 large egg, slightly beaten
 1/4 cup grated Parmesan cheese
 2 cups spinach, chopped
 1 cup chopped cooked chicken
 1 jar (26oz) tomato pasta sauce
 2 cups shredded Italian cheese blend (8oz)

Directions:

- 1) Heat oven to 350°F. Cook and drain pasta as directed on package. Rinse with cool water; drain.
- 2) Meanwhile, in medium bowl, mix ricotta cheese, egg, Parmesan cheese, spinach and chicken.
- 3) Spread 1 cup of the pasta sauce in bottom of 13x9-inch (3-quart) glass baking dish. Spoon about 2 tablespoons ricotta mixture into each pasta shell. Arrange shells, filled sides up, on sauce in baking dish. Spoon remaining sauce over stuffed shells.
- 4) Cover dish with foil; bake 30 minutes. Sprinkle with Italian cheese blend. Bake uncovered 5 to 10 minutes longer or until cheese is melted.



Spinach Stuffed Chicken Breasts

Ingredients:

1/2 cup mayonnaise
 1 (10 ounce package) chopped spinach
 1/2 cup crumbled feta cheese
 2 cloves garlic, chopped
 4 skinless, boneless chicken breasts
 4 slices bacon

Directions:

Preheat oven to 375 degrees F.

In a medium bowl, mix mayonnaise, spinach, feta cheese, and garlic until well blended. Set aside.

Carefully butterfly chicken breasts, making sure not to cut all the way through. Spoon spinach mixture into chicken breasts. Wrap each with a piece of bacon, and secure with a toothpick. Place in shallow baking dish. Cover.

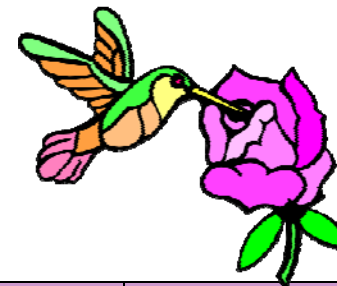
Bake in the preheated oven for 1 hour, or until chicken is no longer pink in the center and the juices run clear. An instant-read thermometer inserted into the center should read at least 165 degrees F.






Wishing you the
very best this
Mother's Day!

May 2014

The Gathering Place Senior Center Calendar of Events



Monday	Tuesday	Wednesday	Thursday	Friday
			¹ 9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	² 9:30 BUNCO 10:30 Thompsonville Lunch, Music & Bingo 11:30 Lunch 1:00 Wii Bowling
⁵ 10:00 Yoga 11:30 Lunch 12:00 Knitting 2:30 ZUMBA!	⁶ 9:45 TC Shopping Trip 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	⁷ 8:45 ZUMBA 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	⁸ 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	⁹ 9:30 BUNCO 11:30 Lunch—Mother's Day 1:00 Wii Bowling
¹² 10:00 Yoga 11:30 Lunch 1:00 Fireside Chat with Elder Law Attorney Diane Huff 12:00 Knitting 2:30 ZUMBA!	¹³ 10:30 Music by The Melody Makers 11:30 Lunch 2:00 Walking group meeting 3:30 Chair Yoga	¹⁴ 8:45 ZUMBA! 10:00 Exercise with Doris 11:30 Lunch— May Birthday Party! 12:30 BINGO 3:00 Tai Chi	¹⁵ 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	¹⁶ 9:30 BUNCO 11:30 Lunch—Benzie EMS blood pressure and blood sugar checks 1:00 Wii Bowling
¹⁹ 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure clinic 12:00 Knitting 2:30 ZUMBA!	²⁰ 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	²¹ 8:45 ZUMBA! 9:30 Senior Expo trip 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi 4:30 Board Meeting	²² 9:00 Little River Casino 9:00 Foot Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	²³ 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
²⁶ Closed Memorial Day	²⁷ 10:30 Music by The Melody Makers 11:15 Dining Out Day—Mayfair Tavern 11:30 Lunch 3:30 Chair Yoga	²⁸ 8:45 ZUMBA! 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	²⁹ 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	³⁰ 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering

Dawn's Dish

ZUMBA is back! Mondays at 2:30 p.m. and Wednesdays at 8:45 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.

It's that time of year again when we start planning our next **Benzie Bucks Auction**. We haven't settled on our date yet but it will be toward the end of June. Spread the word and please start bringing in your donations! And start collecting those Benzie Bucks at lunch!

Walking group. The weather is just right for getting a group together to go for a walk. Let's meet, discuss areas we'd like to explore and choose a schedule. First meeting is on Tuesday, May 13th at 2:00 p.m. Wear comfortable clothes and shoes because after we chat about the "where's and when's" we'll take a twenty minute jaunt around Honor!

We have a small garden on the side of our center. Anyone interested in helping out? How about helping build us a new, raised garden? Please see me for more information. Pass it on! We could use a green thumb or two around here.

Speaking of gardens, if you are out and about getting flowers, please keep us in mind. We are in need of flowers for our Gathering Place Senior Center AND our Administration Office. All donations are welcome! Please help us spruce up the place for summer!

Laughter Workshop. Kate's back! Monday, May 5th at 1:00 p.m. Kate Withington-Edwards, Activity Director at Paul Oliver Living and Rehabilitation Center will be here for another laughter workshop. She became a Certified Laughter Leader in 2010, through the World Laughter Tour™. Come and enjoy the many positive benefits of laughter.

13th Annual "Ideas for Life" Senior Expo Trip is May 21st. We're heading to the Grand Traverse County Civic Center in Traverse City. This expo is free to attend and includes over 100 exhibitors all geared toward YOUR needs! We'll leave The Gathering Place Senior Center at 9:30 a.m. returning by 2:30 p.m. NO cost for the trip but you are in charge of purchasing your own lunch (which we will grab in Traverse City).

Victorian Fashion Show and Tea on Saturday, May 10 at The Gathering Place Senior Center. Sponsored by The Honor Historical Society and The Benzie County Council on Aging. \$5 admission will get you tea, refreshments and a Victorian Fashion Show. Bring your favorite Teacup and story behind it!

For Foot and Hearing Clinic appointments please call our Administration Office at 231-525-0600.

Monday, May 12—1:00 p.m. Fireside Chat with Diane Kuhn Huff, Attorney at Law. Diane is a certified Elder Law Attorney through the National Elder Law Foundation. Come with your questions regarding estate planning, elder law, and trust administration.

Monday, May 19—11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free **Blood Pressure Clinic**.

Tuesday, May 6—Traverse City Shopping trip. Call Dawn for reservations and more information. 231-525-0601 or toll free at 877-277-1306. **Trip fee is \$10.**

Tuesday May 27—11:15 a.m. **Dining Out Day!** We're heading to Mayfair Tavern 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. **Must sign up by May 23rd** so we can let them know how many of us to expect!

Wednesday May 21st—Board of Directors Meeting at 4:30 p.m. at The Gathering Place Senior Center.

Wednesday, May 14th—May Birthday Party! Join us for cake as we celebrate those born in May!

Thursday, May 8 and 22—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, May 9th—**Mother's Day Lunch! 11:30 a.m. to 1:00 p.m. All are welcome!**

Friday, May 16—**Health Series:** Craig Johnson, Benzie EMS Medical Director will be here to share helpful information on Heat 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, May 30—**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!

May 2014 Menu

The Gathering Place Senior Center
231-525-0601 or 877-277-1306
Lunch is served Monday—Friday, 11:30 a.m. to 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Tuna Salad Raspberry carrots Lettuce/ Tomato Croissant</p>	<p>2</p> <p>Pork Loin Mashed Potatoes/ Apple Broccoli/ Cauliflower/ Roll</p>
<p>5</p> <p>Burgers Tator Tots/ Mixed Veggies Bun/ Pear</p>	<p>6</p> <p>Spaghetti with meatballs Italian blend vegetables Garlic Bread/ Fruit & Jello</p>	<p>7</p> <p>BBQ Chicken Green & Wax Beans Sweet Potatoes/ Bread Banana</p>	<p>8</p> <p>Beef Tacos Corn & Bean Salsa Lettuce/ Tomatoe/ Tortilla Baked Apples</p>	<p>9</p> <p>Salmon Patties Normandy Blend Vegetables Spinach/ Bread Apricot Nectar</p>
<p>12</p> <p>Sloppy Joe's Brussel Sprouts/ fries Bun/ Peaches</p>	<p>13</p> <p>Orange Chicken Key West Blend Veggies Beets/ Bread/ Rice/ Apple</p>	<p>14</p> <p>Salisbury Steak Mashed Potatoes California Blend Veggies Bread/ Melon</p>	<p>15</p> <p>Turkey Stew Broccoli/ Cauliflower Corn/ Biscuits/ grapes</p>	<p>16</p> <p>Roast Pork Sweet Potatoes Whole Green Beans Roll/ Oranges</p>
<p>19</p> <p>Spanish Rice Stewed Tomatoes Collard Greens/ Bread Melon</p>	<p>20</p> <p>Swedish Meatballs Mashed Potatoes Malibu Blend Bread/ Banana</p>	<p>21</p> <p>Chicken Patties Cottage Fries Zucchini squash Bun/ Apple</p>	<p>22</p> <p>Goulash Peas/ Carrots Bread/ Grapes</p>	<p>23</p> <p>Lasagna Italian Blend Vegetables Italian Beans/ Garlic Toast Orange</p>
<p>26</p> <p>Closed for Memorial Day</p>	<p>27</p> <p>Pork Fritters Sweet Potatoes/ Apple Mixed Vegetables/ Bread</p>	<p>28</p> <p>Creamy Chicken Carrots/ Peas/ Rice/ Bread Orange</p>	<p>29</p> <p>Ham & Bean Soup Green & Wax Beans Corn/ Bread/ Pear</p>	<p>30</p> <p>Fish Fry Capri Vegetables Cauliflower/ Bread Banana</p>

*Menu items are subject to change

Memorial Day Word Search

Find the hidden words associated with Memorial Day.

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

ANTHEM
CEMETERY
CEREMONY
DECORATION
FALLEN
FLAG
FLOWERS
GRAVES
HALFMAST
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE
PATRIOTIC
REMEMBRANCE
SALUTE
SOLDIERS
TAPS
VETERANS
WAR

Dog Search

Word: Dog

I Don't Want To.
I Don't Have To.
You Can't Make Me.

I'm Retired

D G O O D D O D G O O D D O
O D O O G G G D O D G O G G
O G O G D O O D G O O D D D
D G D O O O G G O O G D G O
O G D G O G D G O G G O G D
D D D G D D O D O O G D O O
O D G O G G D O O G G O O D

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.

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Memorial Day Fun Facts

- Memorial Day was originally called Decoration Day.
- By 1890, each northern state was marking Decoration Day as an official state holiday; celebrations took place on different days in the southern states.
 - The day became a federal holiday in 1971.
- Decoration Day evolved into Memorial Day and was gradually extended to include all American military personnel who had died in different wars.
- The origins of Memorial Day go back to the Civil War, when more lives were lost than in any other war in US history.
- Some of the biggest Memorial Day parades are in Washington, D.C., Chicago and New York.
- Memorial Day was celebrated on May 30th for almost a century. The date changed to the last Monday in May following the passing of the Uniform Monday Holiday Act in 1968.
- Waterloo, New York, which held its first celebrations of the day in 1866, was named the birthplace of Memorial Day by the federal government.