

October 2013

The Senior Scoop

Benzie County Council on Aging, Inc.



October....

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

- Elizabeth Lawrence

2nd is National Custodial Worker Day
4th is National Golf Day
7th is World Smile Day
9th is Fire Prevention Day
9th is Moldy Cheese Day
10th is National Angel Food Cake Day
14th is National Dessert Day
16th is Bosses Day
19th is Sweetest Day
21st is National Pumpkin Cheesecake Day
29th is National Frankenstein Day
31st is Halloween



October is

Breast Cancer Awareness Month
National Diabetes Month
National Pizza Month
Domestic Violence Awareness Month



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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or
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NEW WEBSITE!
www.benziecoa.org

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.

Hello,

Wow, I can't believe its October and autumn is here. Where did the summer go! Below is my continuing series of our programs/services that Benzie County Council on Aging offers. This month I have chosen to highlight the Medicare/Medicaid Assistance Program since open enrollment is scheduled to begin on October 15 through December 7, 2013.

What is MMAP?

MMAP is a free counseling service for Medicare/Medicaid beneficiaries and their caregivers. Since 1984, MMAP has provided education and counseling assistance to Michigan's Medicare and Medicaid beneficiaries and their families or representatives.

MMAP is funded by a grant from the Michigan Office of Services to the Aging through funding received from the Centers for Medicare and Medicaid Services, the Medicare agency and grant from the Administration on Aging, and is not affiliated with the insurance industry. Nationally, this program is called the State Health Assistance Program (SHIP).

Benzie County Council on Aging started offering MMAP Services in 2006 and is administered by two dedicated volunteers.

MMAP's Objective:

MMAP is a free health-benefit counseling service. Our goal is to help you find your way through the health benefits maze.

About our Counselors:

MMAP counselors are trained in Medicare and Medicaid law and regulations, health insurance counseling and relevant insurance products. MMAP counselors are not connected with any insurance company, nor are they licensed to sell insurance. Their purpose is to serve you objectively and confidentially. Our two counselors are dedicated and compassionate people who are ready to answer your questions and act as guides through the Medicare and Medicaid programs.

Through the partnership with MMAP's and BCCOA, we have assisted hundreds of Benzie's elders and disabled folks and saved thousands of dollars in out of pocket expenses, bringing peace of mind to those who are often at a lost when dealing with unfamiliar and difficult government systems.

Our two counselors are available to assist you every Wednesday, from 9:00 am – 12:00 pm. Please call our office at (231) 525-0600 or toll free at 1-888-893-1102 to schedule an appointment.

During Open Enrollment from October 15 – December 7, 2013, we will be adding days and hours to meet the increase demand during Open Enrollment.

Doug's Section is Continued on Page 12.....

Check out our **NEW** website: www.benziecoa.org

Top four tips for staying healthy this flu season

1. **Get a flu vaccine.** The best time to get the flu vaccine is in late October or November.
2. **Wash your hands often.** Avoid touching your eyes, nose or mouth. Cover your mouth and nose with a tissue when coughing or sneezing.
3. **Stay healthy.** Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious foods.
4. **Avoid close contact with people who are sick.** If you are sick, keep your distance from others. If possible, stay at home when you're sick.

"I BELIEVE IN PINK.
I BELIEVE THAT
LAUGHING IS THE
BEST CALORIE
BURNER. I BELIEVE
IN KISSING,
KISSING A LOT. I
BELIEVE IN BEING
STRONG WHEN
EVERYTHING SEEMS
TO BE GOING
WRONG. I BELIEVE
THAT THE HAPPY
GIRLS ARE THE
PRETTIEST GIRLS. I
BELIEVE THAT
TOMORROW IS
ANOTHER DAY AND
I BELIEVE IN
MIRACLES."

Audrey Hepburn



Live life backwards

I want to live my next life backwards:

You start out dead and get that out of the way.

Then you wake up in an old age home feeling better every day.

Then you get kicked out for being too healthy.

Enjoy your retirement and collect your pension.

Then when you start work, you get a gold watch on your first day.

You work 40 years until you're too young to work.

You get ready for High School: drink alcohol, party, and you're generally promiscuous.

Then you go to primary school, you become a kid, you play, and you have no responsibilities.

Then you become a baby, and then...

You spend your last 9 months floating peacefully in luxury, in spa-like conditions - central heating, room service on tap, and then...

You finish off as an orgasm.



BOO!!!

"Everyone must take time to sit and watch the leaves turn."

Autumn Safety Tips For Seniors

Home Heating

Make your chimneys inspected and cleaned.
Never use a stove or oven to heat your residence.
If you are using a space heater, allow at least

Leaf Safety

Wet leaves can create a slip hazard not only for walking but driving as well.
Use extra caution if you are cleaning your gutters. Shoes may become wet causing you to slip as you climb a ladder.
Make sure the ladder is at the correct angle and on solid ground.
Raking leaves can be stressful, take frequent breaks.
Walkways and stairs should be kept free of leaves and other objects that may cause a slip-and-fall injuries.
If you plan on burning leaves, check the weather forecasts before outdoor burning. You should never burn in windy conditions.

Driving Tips

Deer activity is increasing, so be alert to deer entering the roadway.
Children love to play in piles of leaves. Use extra caution where leaves are piled at the curbside.

Spooky Halloween Word Find



APPLE	BAT	BLACKCAT
CANDYCORN	CHOCOLATE	COSTUME
COWBOY	FRIGHT	GHOST
HALLOWEEN	HAUNTED	JACKOLANTERN
MASK	MONSTER	MOON
MUMMY	PARTY	SCARY
SKELETON	SPOOKY	TRICKORTREAT
VAMPIRE	WITCH	

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



WD-40

What Would We Do Without It?

Everyone is familiar with WD-40 and most people have at least one can in their home. What you may not know is there are hundreds of uses for WD-40. Here we have listed some of the more common uses along with some of the more unusual ones as well.

- Removes rubber cement
 - Gets hair color dye stains out of towels
 - Removes streaks from Formica
 - Removes gum from bed sheets
 - Helps prevent rust on hide-a-key containers
 - Keeps snow from sticking to shovel
 - Keeps hose ends from corroding
 - Spray sewing thread to prevent breakage
 - Removes marking pen from glass objects
 - Keeps snow from sticking to satellite dishes
 - Removes Marks-a-Lot ink from most items
 - Removes coffee stains on floor tile
 - Helps remove ketchup stains from carpet
 - Removes Kool-Aid stains from carpet and fabric
 - Spray around flower beds gently to keep cats out
 - Prevents rust from forming on washing machines
 - Keeps line from binding on string trimmer spools
 - Removes melted plastic from toaster oven
 - Removes scuff marks from ceramic tile floor
 - Spray on trees to prevent beavers from chewing on them
 - Removes tape marks from the wall where posters hung
 - Spray the wire cages on tomato plants to keep insects away
 - Removes artificial snow from windows after holiday season
 - Helps keep wooden handles on garden tools from splintering
 - Removes many stains from kitchen counters, i.e., grape juice, strawberry, and tea stains
 - Removes crayon from carpet, screen doors, plastic tables, walls, wallpaper, glass, clothes
 - Removes water spots from mirrors
 - Removes gum from dryer lint screen
 - Camouflages scratches in ceramic tile
 - Removes grease from clothing
 - Cleans smoke stains
 - Lubricates toaster slides
 - Removes ink from blue jeans
 - Camouflages scratches in linoleum
 - Lubricates luggage zippers
 - Removes mascara from tile floors
 - Removes ink stains from leather
 - Frees stuck Lego blocks
 - Removes tomato stains from clothes
 - Prevents mildew growth on fountain
 - Removes coffee stains from leather
 - Shines leaves of artificial houseplants
 - Protects wrought iron from rust
 - Removes felt pen marks from floor
 - Removes ink from carpet, vinyl
- dryers, glass, sofas, rock walls, and most anything that gets marked on by crayons



Pumpkin Cheesecake Pie

Ingredients:

2 (8 ounce) packages cream cheese, softened
1/2 cup white sugar
1/2 teaspoon vanilla extract
2 eggs
1 (9 inch) prepared pie crust
(or Graham cracker crust, whichever you prefer)
1/2 cup pumpkin puree
1/2 teaspoon ground cinnamon
1 pinch ground cloves
1 pinch ground nutmeg
1/2 cup frozen whipped topping, thawed



Directions:

Preheat oven to 325 degrees F (165 degrees C).

In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.

Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.

Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

Pumpkin Pie Shakes

Ingredients:

1 c. fat-free milk
2/3 c. canned pumpkin
1/4 c. packed brown sugar
3/4 tsp. pumpkin-pie spice
2 c. vanilla reduced-fat ice cream, softened
3 tbsp. frozen fat-free whipped topping, thawed
Pumpkin-pie spice (optional)

Preparation:

Combine first 5 ingredients in a blender; process until smooth. Pour 3/4 cup mixture into 4 glasses. Top each with about 2 teaspoons whipped topping; sprinkle with the additional pumpkin-pie spice, if desired

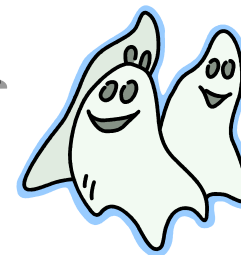
BENZIE COUNTY COUNCIL ON AGING - THE GATHERING PLACE
 Monday - Friday: 8:00 A.M. - 4:00 P.M. LUNCH SERVED FROM 11:30 a.m. - 1:00 p.m.



Call for more information!! 231-525-0601 or 1-877-277-1306

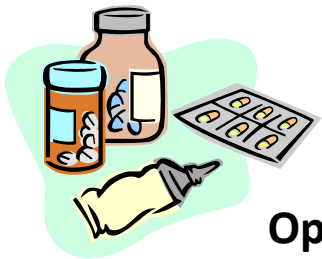
****MENU ITEMS SUBJECT TO CHANGE****



October 2013 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paint The Gathering Place Pink on October 24th in honor of Breast Cancer Awareness Month!	1 Beef Stroganoff Broccoli Wax Beans/ Egg noodles/ Bread/ Banana	2 Goulash w/elbow macaroni Mixed Vegetables Cauliflower/ Bread	3 Boiled Ham Dinner Potatoes, Carrots, Cabbage Bread Apricots	4 Bourbon Chicken Carrots Cauliflower Rice Pilaf/ Bread Fruit
7 Orange Chicken Squash/ Broccoli Wild Rice/ Bread Fruit	8 Caribbean Jerk Pork Malibu Blend Vegetables Steamed Potatoes Bread/ Pineapple Chutney	9 Turkey Chili Mixed Vegetables/ Cauliflower Crackers/ Pear	10 Hamburger Romaine Tomatoes Sweet Potato Planks Bun/ Brown Sugar Bananas	11 Fish Fry Potatoes O' Brian Chef's Blend Vegetables Muffin Peaches
14 Potato Soup Peas/ Carrots/ Cauliflower Crackers/ Apricots/ Cottage Cheese	15 BBQ Chicken Steamed Potatoes Chef's Blend Vegetables Bread/ Banana	16 Swedish Meatballs Sweet Potatoes Green Beans/ Bread Applesauce	17 Wet Beef Burrito Beans/ Corn Salsa/ Tortilla Rice/ Tropical Fruit	18 Roast Pork Au Gratin Potatoes Winter Blend Vegetables Bread/ Banana
21 Gold BBQ Pork Roasted Potatoes Carrot Cranberry Salad Bun/ Maple Apples	22 Chicken Alfredo California Blend Vegetables Peas/ Pasta/ Garlic Toast Banana	23 Sloppy Joe's Tator Tots Mixed Vegetables/ Bun Orange	24 Pork Chow Mein Far East Vegetables Broccoli/ Noodles Wontons/ Mandarin Oranges Fortune Cookie	25 Liver & Onions Mashed Potatoes & Gravy Peas/ Bread Banana
28 Beef Barely Soup Summer Squash Peas/ Crackers Grape Juice	29 BBQ Chicken Steamed Potatoes Carrots Bread/ Pumpkin Tarts	30 Pasta w/ Italian Meat Sauce Cauliflower/ Italian Beans Garlic Toast/ Cantaloupe	 31 Witches Fingers Zombie brains Bat wings Eyeballs 	Don't miss the costume contest on October 29th! Prizes!!!



Medicare News – October 2013

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



Open Enrollment & Medicare Plans for 2014

The open enrollment period for Medicare Plans will once again be from October 15th through December 7th, with an effective date of January 1, 2014. The details for each of the stand-alone Medicare Prescription Drug Plans (Part D) and the Medicare Advantage Plans will be released prior to the start of the enrollment period.

First let me describe some of the basic features of the drug insurance coverage for these plans. Generally, there have been over 30 stand-alone drug plans and about 12 Medicare Advantage Plans available to Medicare beneficiaries in some or all of the counties of Northwest Michigan. These plans vary considerably in premium cost, co-pays for medications, and in the cost for the deductible.

While there are not any details available concerning the premiums for Medicare plans at this point, CMS Medicare has already announced that some of the costs associated with prescription drug insurance will be lower in 2014. The annual deductible cost for plans will be reduced by \$15 to \$310. The gap or donut hole will be lowered from \$2,970 to \$2,850 in 2014. This means that beneficiaries will enter the donut hole quicker than in the previous year. It is important to note that the \$2,850 threshold level for the gap represents the total cost for medications, not the out of the pocket cost. Once a beneficiary enters the donut hole, the co-pay for their brand name medications will rise to 47.5% of the full cost of the drug. Generic drugs will cost 72% of the full price. Compared to 2013, the cost for brand drugs for those folks in the donut hole will remain the same, while the cost for generic drugs will be lowered about 7% from the previous year.

The catastrophic level has also been reduced by \$200 to \$4,550. This means that people who have spent this much out of their pocket, will see their drug co-pays reduced significantly.

Beneficiaries who are eligible for any level of Extra Help are not affected by the donut hole, so it is important for this, and many other reasons, to be screened for this important benefit. The Extra Help program is sponsored by the Social Security Administration.

There are many changes taking place in health care at this point. The new Health Insurance Marketplace plans will not affect nor change anything for Medicare beneficiaries. Those on Medicare need to do nothing as it relates to these new healthcare plans. In fact, it is illegal for Medicare participants to enroll in one of the Marketplace plans.

Folks can compare drug and health plans and enroll online by going to the Medicare website at www.medicare.gov and click on "Find health & drug plans." Otherwise trained counselors from the Medicare/Medicaid Assistance Program (MMAAP) can provide no cost services to Medicare beneficiaries for those who are unable to do their own research. They can also be screened for Extra Help and other low income benefits.

It is vital for people on Medicare benefits to have their plans reviewed each year because the plans are constantly changing. New plans are offered and some existing ones are terminating. Also, the plan benefits can change from the standpoint of the drug formulary, co-pays, premium levels, and even restrictions. MMAAP counselors consist of volunteers and paid staff who are unbiased and well trained to provide help. A counselor can be reached by calling MMAAP, toll free, at 800-803-7174. Start the process today by calling MMAAP and request to have a drug worksheet mailed out.

*****Call the BCCOA office at 231-525-0600 to set up an apt with one of our MMAAP Volunteers*****



Dawn's Dish

All participants in the Congregate Meal Program (The Gathering Place) must fill out a **NEW NAPIS** form starting October 1st. Regardless of when you filled one out, we are **REQUIRED** to have an updated form from each person.

Winter Boot Drive—We are partnering with Love Inc. for our 1st Annual Boot Drive! All boots will be donated to local families in need. If you cannot get to a retail store to purchase the boots, you can also make a monetary donation & we'll pick them up for you! All sizes accepted.

Thursday night Euchre is off until Spring 2014. Please feel free to join our other card players at The Gathering Place on Mondays at noon.

Monday, October 7—Grow Benzie! Lisa Richter, Kitchen Manager with Grow Benzie will be here during lunch to chat and answer questions about their Incubator Kitchen & Workshop Series. Please help me welcome here to The Gathering Place!

Monday, October 7, 14, 21 & 28—ZUMBA is here! 2:30 pm-3:30 pm. All ability levels and ages are welcome. \$3 per class. Bring soft soled shoes for this Latin inspired dance & fitness fun. 45 minutes of ZUMBA with a break half-way. Taught by Suzanne Waring, certified ZUMBA instructor.

Monday, October 21—Traverse City Shopping trip. **We have three pick-up locations: 9:45 a.m. at Shop-n-Save; 10:00 a.m. at The Gathering Place and 10:15 a.m. at Ric's.** Heading back from Traverse City at 2:30 pm. Call Dawn for reservations and more information. 231-525-0601 or toll free at 877-277-1306. **Trip fee is \$10. Must sign up by October 15.**

Monday, October 28—Pumpkins and Dining Out Day! We're heading to Ed Moody's in Frankfort to see his amazing pumpkin carvings and then on to Dinghy's for lunch. Purchase your Dining Out vouchers at the Administration Office for \$3. They are worth \$6 at participating restaurants. Meet us there or call ahead and we'll take a van over. Van leaves The Gathering Place at 11:00 a.m. Heading to Dinghy's for a **noon** lunch. Call Dawn at 231-525-0601 or toll free at 877-277-1306 for more information and to sign-up. **Must sign up by**

October 23 so we can let Dinghy's know how many of us to expect!

Tuesday, October 1—10:00 am- 2:00 pm **Walk In Flu Clinic** at The Administration Office across the street from The Gathering Place. Sponsored by The Prescription Shop.

Tuesday, October 22—Pahl's Pumpkin Patch Trip & Pumpkin Carving! Join me for pumpkins, gourds, donuts, apple cider, corn mazes & farm animals! Van leaves at 12:30 p.m. Return by 2:30 pm. Stay after the trip for a Jack-O-Lantern Carving party at 2:30 p.m.! If you aren't up for the trip but have a pumpkin to carve, please join us for carving! **Trip fee \$10** (includes basketball size pumpkin, cider & donuts). Carving tools supplied. Will also have stickers for pumpkins who don't want to be carved!

Tuesday, October 29—Halloween Costume Contest! Show us what you've got! Prizes for the spookiest; most creative; best disguise; best homemade; best face painting; ugliest costume & best superhero. Come ready to parade through The Gathering Place.

Wednesday, October 2, 9, 16, 23, 30—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!**

Wednesday, October 2, 16, 23, 30—3pm 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. ***No Tai Chi on October 9**

Wednesday, October 9—11:30 a.m. – 1p.m. The Maple's staff will be here for a free **Blood Pressure Clinic.**

Wednesday, October 9—Benzie Food Partners Empty Bowls Project 16th Annual "Soup Nite" 4:00 pm – 6:30 pm. Don't miss this delicious fundraiser at The Gathering Place. Silent Auction; Famous Area Soups; Bread/ Beverage and Dessert included. \$8/ person; Children 12 years and under are only \$2.50! Carry outs are available. If you are interested in volunteering to help our kitchen clean up, please call Dawn at (231) 525-0601 today!

Dawn's Dish is continued on page 12....



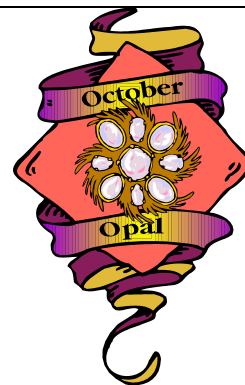
October 2013

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.

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



Monday	Tuesday	Wednesday	Thursday	Friday
Don't miss out on the pumpkin patch trip! October 22nd leaving The Gathering Place at 12:30pm!	1 *10:00 – 2:00 Flu Clinic at Administration office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	2 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	3 9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	4 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling
7 10:00 Yoga 11:30 Lunch 11:30 Grow Benzie 12:00 Pinochle 2:30 ZUMBA!	8 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	9 10:00 Exercise with Doris 11:30 Lunch 11:30-1:00 Maple's Blood Pressure Clinic 12:30 BINGO 1:00 Knitting club NO Tai Chi 4:00-6:30 Soup Night	10 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	11 9:30 BUNCO 11:30 Lunch— LOVE INC. 1:00 Wii Bowling
14 10:00 TC Shopping 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle 2:30 ZUMBA!	15 8:00 Wii Bowling Tournament at Turtle Creek! 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	16 10:00 Exercise with Doris 12:30 BINGO 1:00 Knitting club 2:00 Board Meeting 3:00 Tai Chi	17 9:00 Foot Clinic 10:00 Bible Study 11:30 Lunch 12:30 Extendicare Nurse Medication Management Talk 1:00 BUNCO	18 9:30 BUNCO 11:30 Lunch—October Birthday Party! 1:00 Wii Bowling
21 NO YOGA 11:30 Lunch 12:00 Pinochle 2:30 ZUMBA!	22 10:30 Music by The Melody Makers 11:30 Lunch 12:30 Pahl's Pumpkin Patch Trip 3:30 Chair Yoga	23 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	24 PINK DAY! 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	25 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
28 10:00 Yoga Exercise 11:00 Ed Moody & Dining out to Dinghy's Trip 11:30 Lunch 12:00 Pinochle 2:30 ZUMBA!	29 10:30 Music by The Melody Makers 11:30 Lunch— Costume Contest 3:30 Chair Yoga	30 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	31 9:00 Little River Casino 10:00 Bible Study 11:30 Spooky lunch & costume party 1:00 BUNCO	

Dawn's Dish Continued.....

Wednesday, October 16—BCCOA Board of Director's Meeting at 2pm.

Thursday, October 10 & 31—9am **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, October 3—9am **Hearing Clinic**, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

Thursday, October 17—9 am **Foot Clinic** with Rosemary Russell, RN, from the Prescription Shop. Clinic at the Administration Office. Call 231-525-0600 or toll free at 888-893-1102 for an appointment.
Donations accepted.

Thursday, October 17—12:30pm. **Ask-A-Nurse and Medication Management** discussion in our Activity Room. An Extendicare nurse will be here to chat about important medication concerns.

Thursday, October 24 – **PINK DAY!** October is Breast Cancer Awareness Month. We are dedicating this day to those we've lost and those who are fighting to win! Wear pink (yes, men wear pink too!) whether it's your whole outfit, a ribbon, socks, hat, bracelet or lipstick! Let's paint this place pink.

Thursday, October 31st—Halloween! Costume party during lunch. Tricks & treats! Don't miss our ghoulish event.



Doug's Section Continued

How MMAP Can Help You:

- Identify, compare and enroll for prescription drug assistance and during Open Enrollment (October 15 – December 7, 2013)
- Explain Medicare Health Plan Options
- Understand doctor bills, hospital bills and Medicare Summary Notices
- Explain The Medicare Program prior to becoming eligible for Medicare
- Understand Medicare/Medicaid eligibility, enrollment, coverage, claims and appeals
- Enroll in Medicare Savings Programs
- Review Medicare supplemental ("Medigap") insurance needs, compare policies and pursue claims and refunds
- Explore long term care financing options, including long term care insurance
- Identify and report Medicare and Medicaid fraud and scams

Did You Know – Help for People with Limited Incomes and Assets:

Those with limited income (money coming in on a regular basis, such as, Social Security, SSI, pension checks, Veteran's benefits, and employment wages) or assets (items you own, including property, vehicles, and investments) may qualify for either LIS/Extra Help or Medicare Savings Program.

MMAP's Mission: To educate, counsel and empower Michigan's older adults and individuals with disabilities and those who serve them, so that they can make informed health decisions.

Healthcare Foodservice Workers Week is October 7 – 13 and I would like to take this time to thank James, Phil, Dave, Bonnie, Nicole, Tim, Jessica and Ginger for their dedicated hard work to make sure the folks that attend The Gathering Place have a wonderful healthy lunch meal. But that is not all they do, for many the day begins at 6am to start prep work for the days meal, then it's onward in putting together the 140 home delivered meals. Then it is more prep work, doing dishes, cleaning and then it's the noon meal at TGP and making sure the food never runs out! The afternoon is more prep work for the next day's meal and finally the end of day cleaning that goes on and about TGP. And they all do this with a friendly smile to whoever they meet. On behalf of the BCCOA Board of Directors and staff, THANK YOU and a JOB WELL DONE!

Take Care,

Doug

Senior Citizen Exercise Program

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotards on, the class was over.

Are You At Risk For Shingles?

A painful infection of the nerves and skin, shingles and its effects on your outer appearance can resemble those of chickenpox.

Who gets shingles?

The varicella zoster virus resides within a person's nerve roots near the spinal cord after they have contracted chickenpox, then "wakes up" with the onset of shingles. While it's not known what awakens the virus, common risk factors among people that may increase⁴ their risk for later contracting shingles include:

- * Being age 60 or older
- * Suffering from injury or illness
- * Dealing with a compromised immune system brought about by illness and/or treatments

While shingles is not commonly transmitted from one person to another a person with uncovered, open blisters can transmit the virus by contacting another person who has never had chickenpox; that person would then get chickenpox, NOT shingles.

Signs of Infection

Shingles starts off with tingling, burning, sensitive areas of skin that usually develop into a rash, followed by groups of painful, fluid-filled blisters that eventually dry out and crust over. Fever, headaches and fatigue are other common symptoms. An outbreak usually takes about two to three weeks to go away, although potential scarring, PHN and damage to the eyes can result from severe attacks if treatment isn't initiated early enough following a physician's diagnosis.

The Gathering Place, Benzie Senior Center



Monday - Friday 8:00 a.m. – 4:00 p.m.
10579 Main Street (in the Plaza), Honor
(231) 525-0601 or 1-877-277-1306

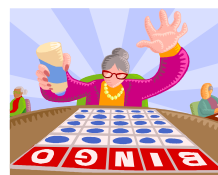
Lunch served from 11:30 a.m. – 1:00 p.m.
Cost is \$3.00 suggested donation



Senior Center Coordinator - Dawn Bousamra
Front Desk Hostesses – 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.
Tai Chi: 3:00 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.

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.

Happy Birthday

1 Nena Verburg	2 Jim Nicholas
2 Lois Anderson	2 Laura Kerby
3 Ralph Hillman	3 Phyllis Albee
3 Roberta Sawallich	5 Phyllis Crowell-VanHammen
6 Rosalie Stout	7 Judy Maholic
8 Paul Hansen	9 Polly Pell
11 Judy Acha	
11 Gary Hickox	12 Susy Green
14 William Pell	14 Shirley Damore
16 Doris Loll	17 James Hulsebus
18 Dorothy Bulmer	19 Anne Vanoller
19 William Johnson	20 Dan Shields
23 Dominick Ferrara	26 Teresa Eastman
26 Herb Ryan	27 Marilyn Gray
28 Kenneth Rockwell	28 Betty Gardner
29 Madonna Cussans	31 Gloria Ellis

The witches fly
Across the sky,
The owls go, "Who? Who? Who?"
The black cats yowl
And green ghosts howl,
"Scary Halloween to you!"

Happy Fall!



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Benzie County Council on Aging, Inc.
10542 Main St. Honor MI 49640
231-525-0600 www.benziecoa.org