

THE SENIOR SCOOP

BENZIE COUNTY COUNCIL ON AGING, INC.

September 2013

2nd is Labor Day
5th is Cheese Pizza Day
8th Grandparents Day
10th Sewing Machine Day
11th is 911 Remembrance Day
12th is Chocolate Milkshake Day
13th Fortune Cookie Day
16th National Playdoh Day
17th National Apple Dumpling Day
18th National Cheeseburger Day
21st Miniature Golf Day
22nd Fall Begins
25th National Comic Book Day



**"Healing summer heat
That comforts every bone;
Juicy summer fruits,
A frosty ice cream cone.**

**Aroma of sizzling meat
Grilling on the barbecue,
Green lawns and summer flowers,
A gazillion fun things to do.**

**Summer shorts and swimsuits,
Arms and legs are bare;
Summer's sweet delights
Are welcome everywhere!"**
- Joanna Fuchs

September is.....

Classical Music Month
International Square Dancing Month
National Piano Month
Baby Safety Month
Little League Month
Honey Month
Self Improvement Month
Better Breakfast Month

The **secret** to staying young is
to live honestly, eat slowly, and
lie about your age.



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

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

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Benzie County Council on Aging is funded by Benzie County residents through a property tax millage, federal and state funds through the Michigan Office of Services to the Aging, Area Agency on Aging of Northwest Michigan and private donations and grants.

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

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.

One of my goals is to strengthen our services/programs awareness in the community. This month I would like to focus on our Home Delivered Meals Program.

What Is Home Delivered Meals?

A home delivered meals program provides nutritious meals to persons unable to prepare or obtain their own food. The potential benefits, from the program are:

- Older or handicapped persons may maintain themselves in their own homes.
- Precarious health status may be improved by proper diet, which may prevent hospitalization or institutionalization.
- Persons may be released from hospitals earlier if meals are available at home.
- Isolated homebound persons will receive friendly daily visits.
- Meal deliveries provide daily well-ness visit of health and physical needs, facilitating appropriate referrals to other needed services.

What are the Qualifications for Home Delivered Meals?

- The person must be at least 60 years of age or older, or be the spouse, partner, or unpaid caregiver of a person at least 60 years of age or older.
- The individual must be homebound; i.e., normally is unable to leave the home unassisted, and for whom leaving home takes considerable and taxing effort. A person may leave home for medical treatment or short infrequent absences for non-medical reasons.
- The person must be unable to participate in the congregate nutrition program because of physical or emotional difficulties.
- The person must be physically and/or emotionally unable to obtain food or prepare complete meals.
- The person must be able to feed him/herself.
- The person must agree to be home when meals are delivered. (Contact the program coordinator when an absence is unavoidable.)
- Eligibility for the program is not based on income.

How do I apply for Home Delivered Meals?

You, a family member, caregiver or another agency can call us at (231)525-0600 or toll-free at 1-888-893-1102.

Every day, Monday through Friday, 148 meals are delivered to 126 recipients throughout Benzie County by 38 dedicated volunteers. They crisscross the county on 3 routes and average over 1,250 miles weekly that ensures these folks receive healthy meals 7 days a week.

Now for the ask part! We need your help to meet our goal of raising \$18,500 for a replacement vehicle for one of our vans that has over 155,000 miles on it and to purchase snow tires for the fleet of vans we use to deliver the meals. We received a \$10,000 grant award from the Grand Traverse Band of Ottawa and Chippewa Indians 2% Grant Allocations and with the \$2,200 we have been saving through donations, we just need \$6,300 more to make this happen. Please consider making a donation towards this worthy cause that benefits so many in need.

Take Care,
Douglas

Happy Birthday!!

1st Joyce Spears	2nd Bev Ferrara
3rd Harry Singleton	4th Marie Bankston
6th Nina Ghastin	6th Chuck Bryan
8th Helen Goodshian	10th Mark Goheen
11th D. Powers	13th Ethel Knight
13th Cathy Burlew	13th Dora Link
15th James Mave	16th Virginia Scharlow
19th Mary Kurina	19th Lynn Joslin
22nd Norm Steward	25th Blanche Bock
27th Charlette Courneva	28th Phena Squires
30th Lynn Berndt	30th Gerald Miller

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	3	1			9			
6								

Solution on the last page...

Healthy Food Swaps

Instead of 4 French toast sticks

TRY 2 whole-grain waffles

Why Choosing the light, airy waffles will save you 202 calories and add fiber.

Instead of Corn flake cereal

TRY Bran flake cereal with raisins

Why Just 1 cup provides you with about a quarter of the fiber you need in a day. (Corn flake cereal, on the other hand, has hardly any.)

Instead of Chicken salad sandwich made with regular mayo

TRY Tuna salad sandwich made with canola oil mayonnaise

Why You'll get a double dose of heart-healthy omega-3 fats.

Instead of Corned beef sandwich

TRY Ham sandwich

Why You'll eat 55 percent less fat.

Instead of Meat loaf made from 85 percent lean ground beef

TRY Meat loaf made with white-meat ground turkey

Why In addition to trimming 100 calories, you'll save a whopping 13 grams of fat per slice.

HEALTHY EATING

Avocado Melon Breakfast Smoothie

A delightful concoction of green fruit plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the fridge up to 24 hours.

Preparation: 5 minutes

Serves: 2

Ingredients:

- *1 large, ripe avocado
- *1 cup (8 oz) milk, fat-free
- *1 cup fat-free yogurt, plain
- *1 tbsp honey
- *1 cup honeydew melon chunks (about 1 slice)
- *Juice from ½ lime (1½ tsp lime juice)
- *½ cup 100% apple juice or white grape juice

Directions:

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold. (Holds well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)



Grape and Cashew Salad Sandwich

The creamy and tangy goodness of low-fat cottage cheese is the perfect balance to sweet grapes and cashews. Enjoy this salad as a sandwich filling or on a bed of lettuce.

Preparation: 15 minutes

Serves: 4

Ingredients:

- 1 cup low-fat cottage cheese
- 1 stalk celery, chopped
- 2 tbsp fresh parsley, chopped
- 8 slices whole-grain bread
- 1½ cups red grapes, quartered
- Ground black pepper to taste
- 8 lettuce leaves
- ¾ cup dry roasted cashews, unsalted, coarsely chopped

Directions:

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread ¼ salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich; top with 2nd bread slice.



Medicare News – September 2013

By: Jim Verville, Region 10 Coordinator

Michigan Medicare/Medicaid Assistance Program

Area Agency on Aging, Traverse City, Michigan

Tips to Protect Against Home Health Care Fraud

While there are many excellent home health care organizations that are certified by CMS Medicare to provide services to the homebound, occasionally there are reports and occurrences of scams and abuse in the marketplace.

Some of the red flags that people receiving these services should be wary about include:

- Home health agencies soliciting business over the phone or going door to door at senior housing communities or neighborhoods
- Receiving an offer to sign up seniors on the spot at community events or senior fairs
- Receiving a Medicare Summary Notice that lists medical treatment that the beneficiary knows he or she did not receive or does not recognize the physician's name
- Billing Medicare for skilled nursing service when the care was something less than that such as weekly blood pressure or glucose checks
- Billing Medicare for home health services when the beneficiary does not meet the conditions of being homebound or does not require skilled care
- Billing Medicare for more hours of care than what was actually provided
- Being told that the beneficiary must use a specific provider

Several rules apply to determine eligibility for home health care services. For example, the first 100 visits following a "post-institutional spell of illness" is covered by Medicare Part A. Beyond that, additional visits are paid by Medicare Part B. Home health visits that are not after a "post-institutional spell" are all paid by Part B.

Medicare has established specific qualifying conditions that must be met for a beneficiary to be eligible to receive home health care benefits. The agency must participate in Medicare. The beneficiary must be confined to the home and need skilled nursing care or physical, occupational, or speech therapy.

Also, the beneficiary must be under the care of a physician who has certified the need for home health care services and has developed a plan of care. In order for the physician to develop the plan of care he will need to meet, face to face, with the beneficiary.

The beneficiary pays nothing for home health care services as long as it is a service that is medically necessary and covered by Medicare.

When a home health care service is about to be discontinued or changed, the agency must furnish the beneficiary with an Advance Beneficiary Notice explaining what service or supply is going to be reduced or stopped. The patient can opt to continue with that service, however, they will have to pay for it themselves.

Once again, there are many caring and honest home health care providers in the area. If there are errors made, often times it is done inadvertently. Keep in mind, it is important to remain vigilant and monitor the situation. If the beneficiary is uncomfortable or unable to do this, it is suggested that they have a friend or relative become involved.

Medicare beneficiaries who have concerns about the legitimacy of their home health services or any other questions pertaining to Medicare or Medicaid benefits can contact the Michigan Medicare/Medicaid Assistance Program for help. MMAP counselors are skilled people who are both unbiased and well trained in all of these areas. A counselor can be reached by calling MMAP, toll free, at 800-803-7174.



Dawn's Dish

School is back in session so please watch out for kids & busses scooting off to school!

We have another **PATH** class starting in October. **PATH** stands for **P**ersonal **A**ction **T**oward **H**ealth and is taught by two certified instructors: Jackie Hice

and Sharon O'Brien. These weekly sessions are designed to be entertaining and interactive. This **free** course is benefits adults of all ages with chronic or long-term health conditions including heart disease, arthritis, diabetes, depression, asthma, bronchitis and emphysema. Class is limited to 12 participants so please call Dawn or stop by The Gathering Place to sign up today! **Must sign up by September 30th**. Class meets from 1:00pm- 3:30pm every Thursday at the Administration Office starting October 6th for six weeks. Questions call Dawn at (231) 525-0601.

Our website is currently in transition. We apologize for any inconvenience.

Tai Chi is back every Wednesday at 3pm!

Thank you to all who donated to our 1st Annual Backpack Drive! We are proud to donate the supplies to Platte River Elementary School!

Please note: We are closed on Monday, September 2nd for Labor Day & Monday, September 16th for repairs.

If you see Rico and Carol Salerno, please congratulate them on being crowned our 2013 Coho Festival Senior King & Queen! Congrats!

Monday, Sept. 9 -11:30am-1pm The Maple's staff will be here for a free Blood Pressure Clinic.

Monday, Sept. 23 -Traverse City Shopping trip.

Please note we are meeting at The Gathering Place. We leave at 10am. Return at 3pm. 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 September 18.**

Tuesday, Sept. 17 -Dining Out Day! We're heading to The Fusion in Frankfort 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 at 11:15 a.m. Call Dawn at 231-525-0601 or toll free at 877- 277-1306 for more information and to sign-up. **Must sign up by**

September 10 so we can let The Fusion know how many of us to expect!

Wednesday, Sept. 4, 11, 18, 25-**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, Sept. 4, 11, 18, 25 - 3pm **Tai Chi** with certified instructor Jackie Hice. Classes are approximately 45 minutes and all abilities are welcome. Tai Chi movements are performed in a safe, slow and relaxed manner.

Wednesday, Sept. 18 -BCCOA Board of Director's Meeting at 2pm.

Wednesday, Sept. 25 -Sept. Bday party at lunch!

Wednesday, Sept. 25 -Our Medicare/ Medicaid Assistance Program volunteers will be at Betsie Valley District Library in **Thompsonville** from 5:30 pm-7:00 pm to discuss open enrollment and drug and health plan changes.

Thursday, Sept. 5 -11:30 a.m. Heartland Hospice Services information table. Topics include: Medicare benefits, making choices for the end of life and dispelling hospice myths.

Thursday, Sept. 12 & 26 -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, Sept. 5, 12, 19, 26 -Euchre at The Gathering Place! 6pm Potluck & 7pm game time!

Thursday, Sept. 5 -9am **Hearing Clinic**, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

Thursday, Sept. 5 - 9am **Foot Clinic** with Rosemary Russell, RN, from the Prescription Shop. Clinic at the Admin. Office. Call 231-525-0600 or toll free at 888-893-1102 for an appt. **Donations accepted.**

Thursday, Sept. 19 -12:30 pm Extendicare will be here for some Music Therapy!


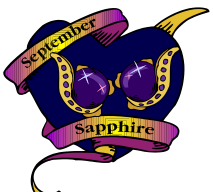

Thursday, Sept. 26 -12:15pm Mystery Trip! This **SWEET** afternoon trip will only take a couple of hours. **\$5 trip fee plus your treat.** Must sign up by September 19.

DAWN'S DISH CONTINUED ON NEXT PAGE.....

Dawn's Dish continued....

Thursday, Sept. 26—1:30-3:30 Flu Clinic Rosemary Russell, RN from the Prescription Shop will be here for this important event.

Friday, Sept. 27—8:00 a.m. Tunnel of Trees Day Trip. Gorgeous color tour! Please call Dawn at 231-525-0601 or toll free at 877-277-1306 for reservations. Space is limited. Must sign up by September 20. \$10 Trip fee plus your lunch.

		September 2013 THE GATHERING PLACE CALENDAR OF EVENTS New Number!!! 231-525-0601 TOLL FREE 1-877-277-1306		
Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for Labor Day	3 NO MUSIC 11:30 Lunch NO YOGA	4 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	5 9:00 Hearing Clinic 9:00 Foot Clinic 10:00 Bible Study 11:30 Lunch—Heartland 1:00 BUNCO 6:00 Euchre Potluck & game	6 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling
9 10:00 Yoga 11:30 Lunch 11:30-1:00 Maple's Blood Pressure Clinic 12:00 Pinochle	10 10:30 Music by The Melody Makers 11:30 Lunch NO YOGA	11 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	12 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 6:00 Euchre Potluck & game	13 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
16 Closed for Repair	17 NO MUSIC 11:15 Dining out Day—The Fusion 11:30 Lunch 3:30 Chair Yoga	18 10:00 Exercise with Doris 12:30 BINGO 1:00 Knitting club 2:00 Board Meeting 3:00 Tai Chi	19 10:00 Bible Study 11:30 Lunch 12:30 Extendicare Music Therapy 1:00 BUNCO 6:00 Euchre Potluck & game	20 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
23 10:00 TC Shopping 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	24 10:30 Music by The Melody Makers 11:30 Lunch NO YOGA	25 10:00 Exercise with Doris 11:30 Lunch 11:30 Bday Party! 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi 5:30pm Medicare 101 at Betsie Valley Library in Thompsonville	26 9:00 Little River Casino 10:00 Bible Study 12:15 Mystery trip 1:00 BUNCO 1:30-3:30 Flu Clinic Walk in! 6:00 Euchre Potluck & games	27 8:00 Tunnel of Trees 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 'Ol Time Gathering
30 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	Don't miss our Tunnel of Trees day trip on the 27th! Guaranteed to please!	Try a little Music Therapy with Extendicare at 12:30 on the 19 th **FUN for sure!	Get your flu shot at The Gathering Place on the 26th from 1:30-3:30	

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****

September 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed for Labor Day	3 Chicken A La King Broccoli/ Yellow Squash Bread Pineapple Tidbits	4 Macaroni & Cheese Spinach/ Recipe Tomatoes Bread Applesauce	5 Fish Fry Cottage Fries Chef's Blend Vegetables Muffin Pear	6 Pork Chop Suey Far East Vegetables Broccoli Wontons/Rice Mandarin Oranges
9 Chef's Choice	10 Roast Pork Baked Potato Broccoli/ Bread Banana	11 Chef's Choice	12 Golden Pork BBQ Chef's choice vegetables	13 Chicken Vegetable Soup Chef's Choice vegetables Steamed Potatoes/ Crackers
16 Closed for repairs	17 Swedish Meatballs Mashed Potatoes Green Beans Bread/ Banana	18 Spanish Rice Spinach/ Cauliflower Bread/ Pears	19 Chicken Dumplings Peas/ Wax Beans Bread/ Orange	20 Smoked Sausage Cabbage/ carrots Bread/ Fried apples
23 Turkey BBQ Chili Buttered Potato Spinach Crackers/ Pineapple	24 Meatloaf Mashed Potatoes/ gravy Green Beans/ Bread Jello fruit cup	25 Chicken Florentine Soup Recipe Tomatoes Capri Blend vegetables Rice/ Bread/ Peaches	26 Spaghetti & Meatballs Italian Blend Vegetables Butter Beans Breadstick Apple	27 Salisbury Steak Mashed Potatoes Green Beans Bread/ Apricots
30 Breakfast for Lunch Western Eggs/ Fried apples Cantaloupe / American Fries Oatmeal/ Orange Juice	Mystery Trip 12:15 on Thursday the 26 th ! Will satisfy your sweet tooth for sure!		Dining out Day is Tuesday, September 17 th at The Fusion. Leave The Gathering Place at 11:15 a.m.	Get your flu shot at The Gathering Place on September 26th from 1:30 pm - 3:30 pm

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.

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/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

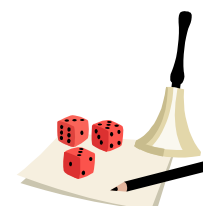
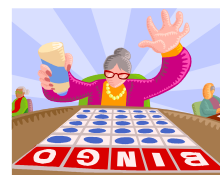
Exercise w/Doris: 10:00 a.m.
Bingo: 12:30 p.m. - 1:30 p.m.
Knitting: 1:00 p.m.

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.

Memories keep those we love, close to us forever!

If you come to The Gathering Place on Wednesdays for lunch or Bingo, you'll notice someone is missing. On Wednesday, August 21st Rena Fuller passed away. 100 years young, she never missed a Wednesday to play cards with her dear friends Avonda and Emerson. Our staff came to appreciate her weekly greetings; one was guaranteed a hug and kiss from Rena. She was just that way. Our sympathies go out to her family and friends; please know Rena touched our lives too and she will be missed.



Thank you for the gift
of love,
Now you're sharing it
up above.
You had many things
to say.
All in a caring way.
You always saw good
in everyone,
No matter what
they've done.

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7	2	6	1	5	3	8	4	9
4	5	9	2	7	6	3	8	1
8	3	1	5	4	9	2	6	7
6	7	2	8	3	1	9	5	4



Benzie County Council on Aging, Inc.

10542 Main Street • Honor, MI 49640