



**Benzie County
Council on Aging, Inc.**

The Senior Scoop

**Supporting Seniors Today,
Tomorrow & the
Future**

FEBRUARY 2015

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February

2nd is Groundhog Day
4th is World Cancer Day
7th is Eat Ice Cream for Breakfast Day
9th is National Stop Bullying Day
14th is Valentine's Day
17th is Paczki Day
22nd is George Washington's Birthday
26th is National Bacon Day
29th is Bachelors Day



Did You Know?....

February is the only month of the year that can pass without a single full moon, because it only has 28/29 days.

The whole month of February is a celebration of Black History in the USA and Canada.

February 14th, 1929 will be remembered in Chicago as the day of the St. Valentine's Day Massacre: Prohibition Era gangland event that lives on in history between Al Capone and Bugs Moran.

Native Americans in the Great Lakes region of America (Hurons & 6 Nations) call a full moon on the 28th day of February a "Snow Moon" because heavy snowfalls are seen many years at this time.

DIRECTORY**Phone:** 231-525-0600 or**Toll Free:** 888-893-1102**Fax:** 231-325-4855**Email:**

Schopierayd@benziecoa.org

Website: www.benziecoa.org**OFFICE HOURS****Monday – Friday:**

8:00 a.m. – 4:00 p.m.

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**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 DirectorDawn Schopieray, **Editor**

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

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

MISSION STATEMENT

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

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____ / ____ / ____

ADDRESS _____

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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.

FROM THE EXECUTIVE DIRECTOR

Greetings!

What a difference a year makes regarding our winter! Last February I was talking about the record snowfalls and how this had affected the Snow Removal Program. The Board of Directors and myself made the decision that snow plowing had to continue for our clients no matter how much snow we received. Little did we know how much more additional feet of snow would fall! We made it through with the generosity of others and some budget changes!

Yes, I know its Michigan and the weather could change quickly, and we could once again be under the gun of heavy snows, but it is nice to so far have a milder winter as compared to last year!

We are off and running in 2015. January was a very busy month. As many of you may know, we experienced at least a 15% increase in the number of clients served, homemaking service hours and meals provided both to our Home Delivered Meals clients and our friends that come to The Gathering Place last year. So far we are even racing ahead of those numbers through the first quarter on our new fiscal year. In fact we have served just fewer than 1,200 additional meals as compared to the same period last year!

With this type of growth in all of our programs it just proves the growing need for services for our seniors! But it also poses some challenges in finding ways to fund these services. I want to remind everyone how appreciative we are of the wonderful support you show us, through your donations. It is more crucial than ever to continue that support so that we can meet this growing need of your family, friends and neighbors who depend on our essential services to help them remain as independent as possible and able live in their own homes.

Onward to more positive news (and again this is due to the generosity of many during our year-end appeal fundraiser)! We were able to provide over 125 Christmas Gift Bags to our Home Delivered Meals Clients and will be expanding this program to more folks in need of extra Christmas Cheer. We also have met our goal to purchase another vehicle for the Home Delivered Meals Program. This purchase will allow us to move one vehicle, with over 265,000 miles on it, off of a daily meal delivery route and use as a backup vehicle when needed for services.

As always, we at Benzie County Council on Aging are open to any ideas, comments, or suggestions. Please just give us a call.

Take care,

Douglas

RECIPE AND FOODS FOR A HEALTHY HEART

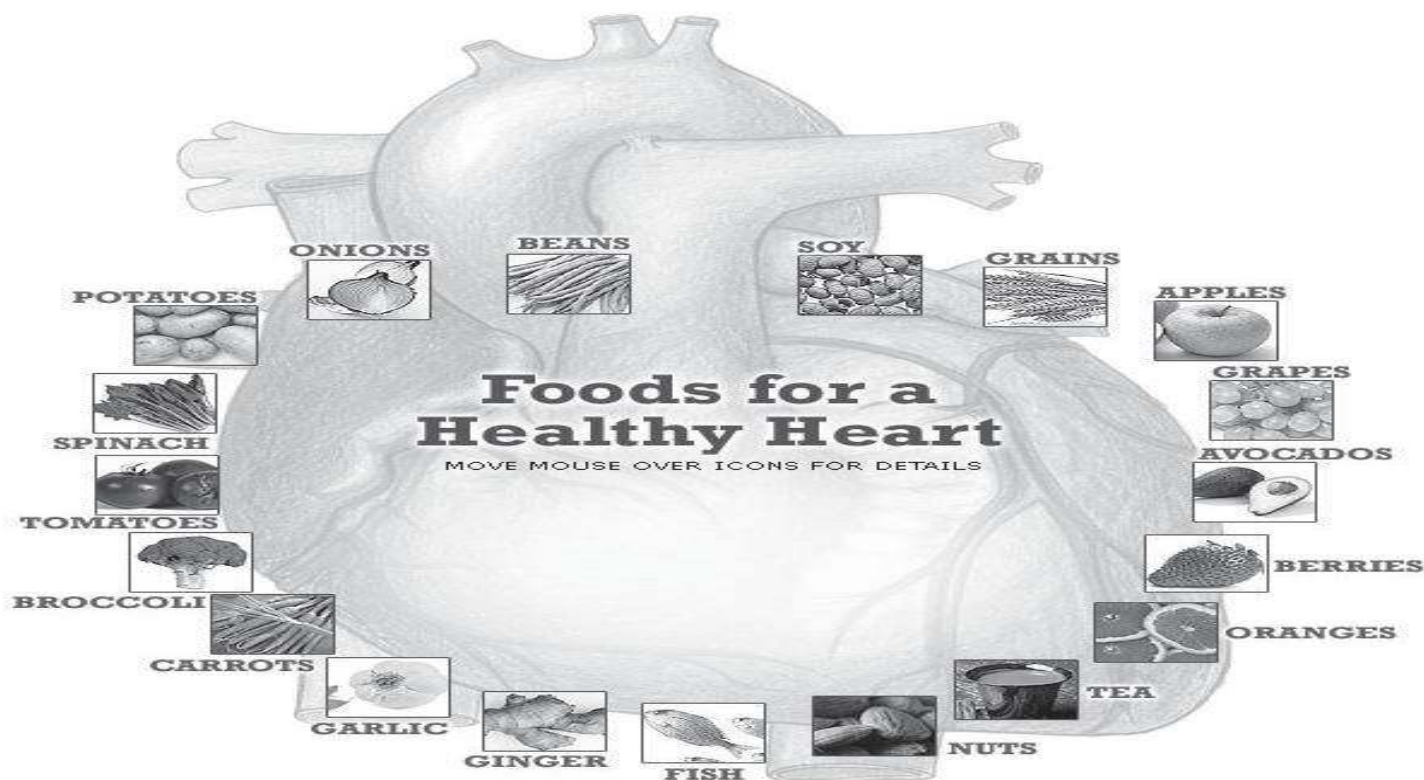
ROASTED BUTTERNUT SQUASH LASAGNA

Ingredients:

1 3 lb. butternut squash, quartered, seeded, peeled, and cut into 1/2-inch slices
 2 tbsp. oil
 2 jars (15 oz., each) prepared Alfredo sauce
 1/2 cup milk
 1 tsp. minced garlic
 1 cup chopped Fisher® Chef's Naturals Hazelnuts
 9 (7x3½-inch) sheets dry no-boil lasagna pasta
 1½ cups shredded Parmesan (about 5 oz.)

Directions:

1. Preheat oven to 450°F.
2. Toss squash with oil on a large baking sheet until well-coated and spread in one layer. Roast 15 minutes until tender.
3. Meanwhile, combine Alfredo sauce, milk and garlic in a saucepan bring simmer. Heat milk mixture over low heat 10 minutes.
4. Reduce temperature to 375°F. and butter a 13 x 9-inch baking dish.
5. Toast hazelnuts on a baking sheet for 3 to 5 minutes or until lightly browned.
6. Pour 1 cup sauce into baking dish and cover with 3 lasagna sheets, making sure they do not touch each other. Layer ½ of squash, cover with 1 cup sauce, 1/2 cup Parmesan and 1/3 cup nuts. Repeat layer and top with 3 sheets of pasta, cover with remaining sauce. Sprinkle remaining cheese and nuts over sauce.
7. Cover dish tightly with foil, tenting slightly to prevent foil from touching top layer, and bake in middle of oven 30 minutes. Remove foil and bake lasagna 10 minutes more, or until top is bubbling and golden. Let lasagna stand 5 minutes before cutting.





Lunch Daily From 11:30 Thru 1:00

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti & Meatballs Pesto Cauliflower Italian Beans Garlic Toast	3 Hamburgers Mixed Veggies Lettuce & Tomato Bun Baked Peaches	4 Chicken Tacos Refried Beans Lettuce & Tomato Tortilla Cinnamon Apples	5 Pork Fritters Mashed Potato Broccoli Bread Apple	6 Eggplant Casserole Italian Blend Corn Bread Banana
9 Chicken Patty California Blend Corn Bun Apple	10 Tropical Chicken Strips Sweet Potato Malibu Blend Hawaiian Rolls Pineapple	11 Beef Stew Normandy Blend Peas Crackers Melon	12 Brats Baked Beans Carrots Bun Orange	13 Roast Pork Baked Potato Cheesy Broccoli Shortcake Strawberries
16 Lemon Chicken Broccoli Carrots Bread Pineapple	17 Jambalaya Black Eyed Peas Collard Greens Bread Melon	18 Philly Sandwich Lima Beans Carrots Bun Pear	19 Chicken Stir Fry Far East Veggies Stir Fry Blend Wonton Mandarins	20 Fish Sandwich Cottage Fries Normandy Blend Bun Banana
23 Turkey Stew Carrots Corn Crackers Plums	24 Manicotti Pesto Cauliflower Italian Beans Garlic Toast Orange	25 Sloppy Joes Tater Tots Spinach Bun Apple	26 Smoked Sausage Brussels Sprouts Sauerkraut Bread Banana	27 Sweet & Sour Meatballs Sweet Potato Malibu Blend Hawaiian Rolls Tropical Fruit

February Happenings

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 12:00 Knitting 1:15 Movie— Groundhog Day</p>	<p>3</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>4</p> <p>10:00 Floor Exercise 11:30 Lunch 12:30 BINGO 2:30 Line Dancing 3:00 Tai Chi</p>	<p>5</p> <p>9:00 Hearing Clinic at Administration Office 10:00 Bible Study 11:30 Lunch—Happy Birthday February Babies! 1:00 BUNCO</p>	<p>6</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch—Happy Birthday Babe Ruth 1:00 Wii Bowling</p>
<p>9</p> <p>10:00 Yoga 11:30 Lunch—National Toothache Day 12:00 CARDS 12:00 Knitting 1:00 Scrabble</p>	<p>10</p> <p>10:30 Music by The Melody Makers 11:30 Lunch—Wear Red Day 3:30 Chair Yoga</p>	<p>11</p> <p>10:00 Floor Exercise 11:30 Lunch—Happy Birthday Thomas Edi- son 12:30 BINGO 2:30 Line Dancing 3:00 Tai Chi</p>	<p>12</p> <p>9:00 Little River Casino 10:00 Bible Study 11:30 Lunch— President Lincoln's birthday Trivia 1:00 BUNCO</p>	<p>13</p> <p>9:30 BUNCO 11:30 Lunch— Valentines' Day party 1:00 Wii Bowling</p>
<p>16</p> <p>President's Day 10:00 Yoga 11:30 Lunch 12:00 CARDS 12:00 Knitting 1:15 Movie—Lincoln</p>	<p>17</p> <p>10:30 Music by The Melody Makers 11:30 Lunch—Mardi Gras Party 3:30 Chair Yoga</p>	<p>18</p> <p>9:30 State Theater Trip 10:00 Floor Exercise 11:30 Lunch 12:30 BINGO 2:30 Line Dancing 3:00 Tai Chi 4:30 Board Meeting</p>	<p>19</p> <p>10:00 Bible Study 11:30 Lunch—The Maples Blood Pres- sure Clinic 1:00 BUNCO</p>	<p>20</p> <p>9:30 BUNCO 11:30 Lunch—National Cherry Pie Day 1:00 Wii Bowling</p>
<p>23</p> <p>10:00 Yoga 11:30 Lunch—Tootsie Roll Day 12:00 CARDS 12:00 Knitting 1:00 Scrabble 1:00 Advisory Council</p>	<p>24</p> <p>10:30 Music by The Melody Makers 11:30 Lunch—Flag Day 3:30 Chair Yoga</p>	<p>25</p> <p>10:00 Floor Exercise 11:30 Lunch 12:30 BINGO 2:30 Line Dancing 3:00 Tai Chi</p>	<p>26</p> <p>9:00 Little River Casino 9:00 Foot Clinic at Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>27</p> <p>9:30 BUNCO 11:30 Lunch— Hawaiian Luau 1:00 Wii Bowling 6:00 Ol' Time Gather- ing</p>



Dawn's Dish

We are having a food drive all month long for our neighbors down the street, Benzie Food Partners. All donations accepted at our front desk. Suggested donations: boxed dinners, tuna fish, soup, flour (small bag) and canned vegetables. For a complete list of needed donations please stop by our front desk Monday through Friday 8:00 a.m. to 4:00 p.m.

Please remember The Gathering Place Senior Center is closed when Benzie Central Schools are closed because of inclement weather.

Just a reminder we still have Mary Jane's Chair Yoga class every Tuesday at 3:30 p.m. All physical activity levels are welcome. Cost is only \$5.00

I'm excited to announce we have line dancing every Wednesday in February at 2:30 p.m. Cost is only \$3 and class is 30 minutes. All physical activity levels are welcome.

Have your CDL or Chauffer's license? Want to drive our bus on various local day trips? Please call me ASAP at 231-525-0601.

Monday, February 2—1:15 p.m. Movie and popcorn at The Gathering Place. We'll watch the comedy "Groundhog Day" starring Bill Murray. The movie is free and the popcorn is only 25 cents!

Thursday, February 5—February Birthday Party! Join us for cake and a celebration of our February babies!

Thursday, February 5—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

Friday, February 6—Thompsonville lunch and Bingo beginning at 10:30 a.m. Please call 231-525-0601 to sign up.

Monday, February 9 & 23—1:00p.m. come for some Scrabble!! Put your word knowledge to work and play this classic word game with your friends! Will you be the lucky one to draw the "Q", "X", or "Z"? No charge.

Tuesday February 10—Wear Red Day! February is American Heart Month/ National Heart Month. We'll have some important information regarding heart health and tips to staying healthy.

Wednesday February 11—Happy Birthday Thomas Edison. Join us during lunch for a little Thomas Edison Trivia!

Thursday, February 12—Happy Birthday President Lincoln. Join us during lunch for some Lincoln trivia.

Thursdays, February 12 & 26—9:00 a.m. Little River Casino Trip. Trip fee \$10. Receive \$20 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, February 13—Happy Valentine's Day! Come wearing pink and red. Throw on a sweater with hearts on it and come for lunch and Strawberry Shortcake.

Monday, February 16—We'll celebrate President's Day by watching "Lincoln" beginning at 1:15 p.m.

Tuesday, February 17—Mardi Gras! Purple, gold, green let's do this right! Beads everywhere!

Wednesday, February 18—State Theater Trip. Leave at 9:30 a.m. We're going to see "Driving Miss Daisy". Head to Grand Traverse Pie Company afterwards for lunch. Movie is only 25 cents! Trip fee is \$5.00 plus the cost of your lunch.

Thursday, February 19—The staff from The Maples will be here during lunch for a Blood Pressure Clinic. Blood sugar checks will also be taken.

Friday, February 20—National Cherry Pie Day. So...guess what? YEP! We're having Cherry Pie for dessert.

Thursday, February 26—9:00 a.m. **Foot Clinic** with Rosemary Russell, RN, from Hometown Pharmacy. Clinic is held the Administration Office. Call 231-525-0600 or toll free at 888-893-1102 for an appointment. **Donations accepted.**

Friday, February 27—Hawaiian Luau time! Why? Because that's where I'd like to be right now. Leis and a tropical lunch—don't miss it!

Friday, February 27—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m. with a potluck dinner at 7 p.m. Donations accepted. All ages invited!

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FEBRUARY BIRTHDAYS

3	Enrico Salerno
5	Daryl Belanger
6	George Adams
6	Kat Hazelett
7	Mark Richmann
8	Bud Frankenberger
8	Jackie Richards
9	Christine Jones
9	Gail Lappe
11	Sharon Gilbert
11	Caroline Hentschel
11	Cynthia Schnarr
13	Ronald Wiggins
14	Delores Jones
14	Effie (Tina) Thornton
15	Tim Kluck
16	Betty Gauthier
17	Dennis Pace
21	Glen Reed
22	Virginia Marsden
24	Helen Fortine
25	Tim Brushaber
25	Cliff Grostick
25	Irma Komoll
25	John Zirkel
28	Ellen Kracht
29	Marsha Case

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Arrow
Be Mine
Candy
Card
Chocolate
Couples
Cupid

Date
Diamond
February
Feelings
Flowers
Friendship
Gift

Hand holding
Heart
Hugs
Kisses
Love
Lovers
Romance

Roses
Stroll
Suitors
Valentine

February Born

Witty and intelligent. Outgoing person. Smart and attractive. Altruistic. Peace lover. Faithful towards your near and dear ones. Very sensitive. Honest to the core. Loves to spend money. Modest and humble. Creative mind. Dominating personality. Ambitious towards life. Never give up spirit. Good listener. Superstitious. Entertainment lover.

**Just to
Keep
You
Smiling!**



February Is American Heart Month: Are You at Risk for Heart Disease?

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

Understanding the Burden of CVD

CVD does not affect all groups of people in the same way. Although the number of preventable deaths has declined in people aged 65 to 74 years, it has remained unchanged in people under age 65. Men are more than twice as likely as women to die from preventable CVD.

Having a close relative who has heart disease puts you at higher risk for CVD. Health disparities based on geography also exist. During 2007–2009, death rates due to heart disease were the highest in the South and lowest in the West.

Race and ethnicity also affect your risk. Nearly 44% of African American men and 48% of African American women have some form of CVD. And African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. About 2 in 5 African American adults have high blood pressure, yet fewer than half of them have the condition under control.

Many CVD deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

Take It One Step at a Time

You can control a number of risk factors for CVD, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High blood cholesterol
- Diabetes

As you begin your journey to better heart health that can last a lifetime, keep these things in mind:

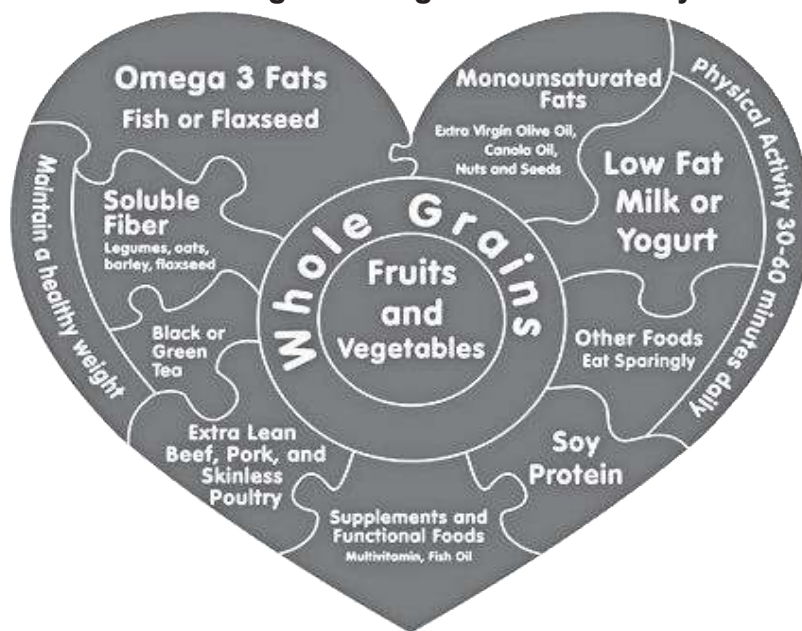
- Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference!
- Partner up. The journey is more fun—and often more successful—when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep—also important for a healthy heart—and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

HEART HEALTHY DIET & SIGNS OF HEART ATTACK

Heart-healthy diet: 8 steps to prevent heart disease

Changing your eating habits can be tough. Start with these eight strategies to kick-start your way toward a heart-healthy diet.

1. Control your portion size
2. Eat more vegetables and fruits
3. Select whole grains
4. Limit unhealthy fats and cholesterol
5. Choose low-fat protein sources
6. Reduce the sodium in your food
7. Plan ahead: Create daily menus
8. Allow yourself an occasional treat



12 Signs of a Heart Attack

One thing to remember about heart disease: it doesn't always announce itself loudly – its entrance is typically silent. Talk to your doctor about any concerns you may have. Would you know if you were having a heart attack – or if you saw someone else having one? Symptoms are not necessarily the same for both sexes.

Most Common Heart Attack Symptoms:

- Chest discomfort that lasts more than a few minutes and can feel like uncomfortable pressure, squeezing, fullness or crushing pain
- Discomfort in other areas of the body like the arms, back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Breaking out in a cold sweat
- Light-headedness
- Nausea

Less Common Symptoms

- Pain or discomfort above the waist that is fleeting, including pain in one or both arms, the back, neck, jaw or stomach
- Nausea or indigestion
- Shortness of breath; women are more likely than men to experience this
- Sweating
- Extreme fatigue
- Dizziness

SURVIVING WINTER

How to Survive a Long Winter

- A long, cold winter can take its toll in many ways, on both our homes and health. Preparing in advance for the winter helps to alleviate some of the issues that occur when the winter wonderland starts to become not so wonderful.
- Save money on heating costs and stay warm in an energy efficient home. Prepare your home by securing window seals, having the heating system maintained and having the attic well insulated.
- Keep in touch with friends and family. Venture out to social events when possible or have frequent telephone conversations.
- Dress wisely when venturing outdoors. Wear layered clothing, a hat, gloves, warm socks and boots.
- Stay active while outside and go indoors if you start to feel chilled.
- Stay physically healthy. Visit your doctor when medical problems arise and have them treated promptly.
- Eat a well-balanced diet and take a multi-vitamin.
- Exercise daily. Work in at least 30 minutes of cardio daily, whether indoors or out. Exercise helps to keep brain chemicals balanced and helps thwart depression.
- Get plenty of sleep, but not too much. Go to bed early and rise with the sun to maximize your exposure to day light.



DON'T FORGET



If Benzie Central Schools are closed The Gathering Place will be closed as well. Sorry for any inconvenience this may cause, however, our main concern is safety!



Come on down to the Benzie Showcase, during the Winterfest, and look for us! We will have a booth set up and would love to meet you!

Date: February 14th

Time: 11am-3p

Where: Downtown Beulah

Winterfest

We will be holding a food drive all month for our neighbors down the road, Benzie Food Partners. Donations of all nonperishable food items will be accepted at The Gathering Place



We now have a computer lab! And it's online!



We now offer Line Dancing at The Gathering Place on Wednesdays at 2:30.



Finished with your newsletter?

What to do with it now:

- ▶ Leave it on a table in your doctor's waiting room.
- ▶ Stick it on a bulletin board at
 - the Laundromat
 - grocery store
 - place of worship
- ▶ Share it with family and friends.

What NOT to do: Throw it away!

February 27th
Hawaiian Luau
Party During
Lunch



DONATIONS

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:

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