



Benzie County
Council on Aging, Inc.

The Senior Scoop

Supporting Seniors Today,
Tomorrow & the
Future

2014



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September

1st is Labor Day
4th is Eat an Extra Dessert Day
8th is Natl Grandparents Day
10th is TV Dinner Day
11th is 911 Remembrance
13th is Fortune Cookie Day
19th is Talk Like A Pirate Day
22nd is Elephant Appreciation Day
27th is Hug a Vegetarian Day
28th is Drink Beer Day

September is the ninth month of the year in the Julian and Gregorian Calendars and one of four months with a length of 30 days. September in the Northern Hemisphere is the seasonal equivalent of March in the Southern Hemisphere.



"But now in September the garden has cooled, and with it my possessiveness. The sun warms my back instead of beating on my head ... The harvest has dwindled, and I have grown apart from the intense midsummer relationship that brought it on."

- Robert Finch

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8:00 a.m. – 4:00 p.m.

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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.

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 _____

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 the mailing label after your name.

FROM THE EXECUTIVE DIRECTOR

Hello Friends,

Yikes! Where did the summer go! It seems that it was just June 1st a month or two ago and now we're into September. Maybe it was because winter just didn't want to release its grip on us and spring and summer took so long to finally arrive. I feel we were cheated out of several months of good weather!

September is Fall Prevention Month and below are some national statistics from the National Council on Aging: Falls are the leading cause of injury death for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments, and community partnerships, the number of falls among seniors can be substantially reduced.

The Challenge

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ falls each year.
- Every 14 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.4 million injuries treated in emergency departments annually, including over 772,000 hospitalizations and more than 21,700 deaths.
- In 2012, the total cost of fall injuries was over \$36 billion.

The financial toll for older adult falls is expected to increase as the population ages and may reach \$59.6 billion by 2020.

Falls with or without injury also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, self-limit activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

What can you do to help prevent falls?

Begin a regular exercise program that includes strength and balance training.

- Lack of exercise leads to weakness and increases the chance of a fall.
- Ask your doctor or health care worker about the best exercises for you.
- Sign up for the 6 week class "Matter of Balance."

Have your medications checked by a professional.

- Make sure they check all medicines, even those purchased over the counter.
- As you get older, the way some medicines work in your body can change.
- Some medicines, or combinations of medicines, can make you drowsy or light-headed, which can lead to a fall.

Have your vision checked by an eye doctor.

- You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision.
- Poor vision can increase your chances of falling.

Make your home as safe as possible.

- Remove things you can trip over (such as papers, books, clothes, shoes and other clutter) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Have grab bars put in next to your toilet and the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well.
- Have handrails on all stairs.
- Wear shoes that give good support and have nonslip soles.

In October, we are planning on offering an 8 week class called "Matter of Balance." Be on the lookout for further information as it becomes available.

Take Care ~ Douglas

BIRTHDAYS & FUN

BIRTHDAYS

- 1 Joyce Spears
- 1 Joan Peck
- 2 Bev Ferrara
- 3 Harry Singleton
- 4 Marie Banktson
- 5 Phil Miner
- 6 Nina Ghastin
- 6 Chuck Bryan
- 8 Helen Goodshian
- 10 Mark Goheen
- 13 Ethel Knight
- 13 Cathy Burlew
- 13 Dora Link
- 15 James Mave
- 16 Virginia Scharlow
- 19 Lynn Joslin
- 22 Norm Steward
- 24 Fred Priest
- 27 Charlette Courneya
- 28 Phena Squires



Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

Knock, knock.
Who's there?
Robin.
Robin who?
Robin the piggy bank again

Knock, knock.
Who's there?
Dwayne.
Dwayne who?
Dwayne the bathtub,
It's overflowing!

Knock, knock.
Who's there?
Boo.
Boo who?
Gosh, don't cry it's just a
knock knock joke.

Knock, knock.
Who's there?
Cows go
Cows go who?
Cows don't go who,
they go moo!

EMPLOYEE INTRODUCTION

Hi! My name is Dawn Schopieray. I'm the new receptionist (smiling face) at the office of Benzie County Council on Aging. I wanted to take a moment and introduce myself.

I have lived here in Benzie County for 5 years. I am joined by my husband Jesse and our 4 children; Tanner (18), Tristen (15), Turner (10) and Saige (5). We as a family are in the beginning phase of a new journey. Our oldest son is starting college and our youngest is starting kindergarten leaving



me with a bit of an empty nest. However, there is still

going to be tons for me to do with all the running for their school and sports. We love it and wouldn't change anything, except the gas prices of course. We are looking forward to seeing where the journey is going to take us.



I have worked in a variety of different types of positions in my life from sales, to being a nursing assistant at the hospital, to various office positions. I feel that each job I have had in my life has helped prepare me to be a great asset to this organization. I am extremely excited to be working with such an extraordinary group of people that all work together to make it possible for the Benzie County Council on Aging to help every senior they can. Who wouldn't want to work here? I know I am looking forward to growing with the Benzie County Council on Aging. I hope to meet you all sometime soon!

Do You Know.....

The first Friday of each month, we offer a delicious lunch meal at the Thompsonville Community Center? For a suggested donation of \$3 for those 60+, you can enjoy a well balanced great tasting meal! And there is always Bingo in the morning and good music by The Melody Makers before and after lunch. For further information and to register to sign up to attend, please call Shirley Sexton-Damore at (231) 378-2755 or The Gathering Place Senior Center at (231) 525-0601.

We Need Your Help!

Our fundraising goal of "Build Our Van" is 70% completed and we need just \$4,500 more dollars to purchase a vehicle to keep our four Home Delivered Meals Routes operating so that over 120 homebound older adults receive their nutritious meals daily! Help put us over the top!



SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Sloppy Joes Carrots Tater Tots Buns Banana	3 Baked Chicken Green Beans Corn Biscuit Apple	4 Spaghetti/Meat sauce Italian Blend Pesto Cauliflower Garlic toast Pear	5 Roast Beef Mashed Potatoes California Blend Bread Pineapple
8 Goulash Mix Vegetables Brussel Sprouts Bread Apple	9 Salisbury Steak Carrots Normandy Blend Bread Plum	10 Sausage Ravioli Italian Blend Italian Beans Garlic Toast Peaches	11 General Tso's Chicken Far East Veggies Broccoli Wonton/Rice Mandarins	12 Closed for Staff & Volunteer In-service 
15 BBQ Chicken Cottage Fries Spinach Rolls Pears	16 Hamburger Tater Tots Mix Vegetable Bun Orange	17 Swedish Meatballs Mashed Potatoes Green Beans Bread Apple	18 Pesto Linguini Carrots Corn Garlic Toast Plum	19 Greek Lemon Chicken Greek Potatoes Cauliflower Bread Banana
22 BBQ Meatballs Sweet Potato Capri Veggies Bread Apple	23 Chicken Fajitas Corn/Bean Salsa Key West Blend Tortilla Pineapple	24 Franks and Beans Baked Beans Collard Greens Bun Banana	25 Pirogue Carrots Broccoli Bread Pear	26 Fish Fry California Blend Green Beans Bread Orange
29 Peanut Chicken Far East Blend Broccoli Fortune Cookie Pineapple	30 Roast Pork Sweet Potato Spinach Bread Pear			

RECIPES/HEALTHY EATING

Impossibly Easy Chicken Pot Pie

This pot pie couldn't be easier. It's loaded with chicken and vegetables in a creamy sauce and baked under an impossibly easy crust.

Ingredients

1 2/3 cups Green Giant™ Steamers™ frozen mixed vegetables
1 cup cut-up cooked chicken
1 can (10 3/4 ounces) condensed cream of chicken soup
1 cup Original Bisquick™ mix
1/2 cup milk
1 egg

Directions

- Heat oven to 400°F. Mix vegetables, chicken and soup in ungreased glass pie plate, 9x1 1/4 inches.
- Stir together remaining ingredients with fork until blended. Pour into pie plate.
- Bake 30 minutes or until golden brown.

Beef and Bean Taco Casserole

Ingredients:

1 lb lean ground beef
1 can (16 ounce) refried beans
1 jar (16 ounce) salsa
1 package (1 ounce) taco seasoning mix
2 1/2 cups coarsely broken tortilla chips
1 green bell pepper, chopped
4 medium green onions, sliced (about 1/4 cup)
2 medium tomatoes, chopped
1 cup shredded cheddar or Monterey Jack cheese
1/4 cup sliced ripe olives
1 cup shredded lettuce



Directions:

Heat oven to 350 degrees Fahrenheit. In a large skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in refried beans, salsa, and taco seasoning mix. Reduce heat to medium. Heat to boiling, stirring occasionally.

In ungreased 2-quart casserole, place 2 cups of the broken tortilla chips. Top evenly with beef mixture. Sprinkle with bell pepper, onions, 1 cup of the tomato, the cheese, and olives. Bake uncovered 20 to 30 minutes or until hot and bubbly and cheese is melted. Top baked casserole with lettuce, remaining 1/2 cup tomato, and remaining 1/2 cup tortilla chips.

Eat more healthy carbs and whole grains

Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes. Studies have shown people who eat more whole grains tend to have a healthier heart.



A quick definition of healthy carbs and unhealthy carbs

Healthy carbs (sometimes known as good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.

Unhealthy carbs (or bad carbs) are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. Unhealthy carbs digest quickly and cause spikes in blood sugar levels and energy.



SEPTEMBER CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Closed for Labor Day	2 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA	3 10: 00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:30 ZUMBA!	4 9:00 Little River Casino 9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	5 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling	6 
8 10:00 Yoga 11:30 Lunch 12:15 CARDS 2:30 ZUMBA	9 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	10 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:30 ZUMBA!	11 9/11 Remembrance Day 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	12 Closed for Training	13 
15 9:30 TC Shopping 10:00 Yoga 11:30 Lunch 12:15 CARDS 2:30 ZUMBA!	16 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	17 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:30 ZUMBA! 4:30 Board Meeting	18 9:00 Little River Casino 9:00 Foot Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	19 Wear BLUE Day for Prostate Awareness! 9:30 BUNCO 11:30 Lunch Benzie EMS blood pressure/blood sugar checks 1:00 Wii Bowling	20 Pancake Breakfast 8 am—11 am See Dawn's Dish for details
22 10:00 Yoga 11:30 Lunch - September Birthday Party 12:15 CARDS 2:30 ZUMBA!	23 First Day of Fall! 10:30 Music by The Melody Makers 11:30 Lunch No Chair Yoga	24 10:00 Exercise with Doris 11:15 Dining out Day—Papa J's 11:30 Lunch 12:30 BINGO 2:30 ZUMBA!	25 10:00 Bible Study 11:30 Lunch - The Maples Blood Pressure Checks 1:00 BUNCO	26 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering	27 
29 10:00 Yoga 11:30 Lunch - FLU CLINIC 12:15 CARDS 2:30 ZUMBA!	30 10:30 Music by The Melody Makers 11:30 Lunch No Chair Yoga	Get your flu shot at The Gathering Place on the 29th during and after lunch until 2:30 pm			

Dawn's Dish

Well, here we are again, bidding Summer a fond farewell and embracing the beautiful colors of Fall. In addition to our weather changing, our roadways are again full of children heading to school on those big, yellow buses. Please be extra cautious as we all get back into the swing of the school year. Also, if you stop by and notice I look a bit harried, it may have something to do with my two school-age boys insisting that homework is more of an option than a necessity.

With Fall and the start of the school year comes another seasonal issue: the flu. The CDC (Centers for Disease Control) recommends a yearly flu vaccine for everyone **6 months of age and older** as the first and most important step in protecting against this serious disease. According to the CDC, people should begin getting vaccinated soon after the flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins. Because of this, Rosemary Russell, R.N. from Hometown Pharmacy will be here on Monday, September 29th during and after lunch to provide **FREE** flu shots to all area seniors age 60 and older.

In honor of Prostate Cancer Awareness Month we are going to paint The Gathering Place **BLUE**! Please join us on Friday, September 19th and wear **BLUE** to help us spread awareness about Prostate Cancer. More than 30 million men suffer from prostate conditions that negatively affect their quality of life. Over 50% of men in their 60s and as many as 90% in their 70s or older have symptoms of an enlarged prostate (BPH). Each year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die of it.

Matter of Balance Class update: Beginning in **OCTOBER**, Jackie Hice, Dawn Schopieray and I will be teaching A Matter of Balance class from 2:00 p.m. to 4:00 p.m. on Thursday afternoons in our Council on Aging Administration Office. We are certified coaches on this topic. This class emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Call the office at 231-525-0600 to sign up now!

Breakfast Fundraiser—Saturday, September 20 from 8 am-11 am. All-you-can-eat pancakes and sausage. \$10 ages 12 and older; \$6 ages 5-11; Children 4 & under are free All proceeds go to help us purchase blinds for our windows!

Monday, Sept. 15— **Traverse City Shopping trip. Please note we are meeting at The Gathering Place.** We leave at 9:30 am. 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 10.**

Monday, Sept. 29—**Flu Clinic** with Rosemary Russell, RN from Hometown Pharmacy during and after lunch until 2:30 p.m.

Monday, September 22—11:30 a.m. September Birthday Party! Join us for cake as we celebrate those born in September!

Wednesday, September 24—11:30 a.m. **Dining Out Day!** We're heading to Papa J's in Honor (our next door neighbor)! Dining Out vouchers are available at the Administration Office for \$3. They are worth \$6 at participating restaurants. **Must sign up by September 22nd** so we can let them know how many of us to expect!

Wednesday, September 17—Board of Directors Meeting at 4:30 p.m. at The Gathering Place Senior Center.

Thursday, September 4 & 18—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.

Thursday, September 25—11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free **Blood Pressure Clinic.**

Friday, September 26—**Ol' Time Gathering!** Come and enjoy food, music and fun. Music (acoustic) will start at 6:00 p.m. with a potluck dinner at 7:00 p.m. Donations accepted. All ages invited!

Please call Dawn at 231-525-0600 with any questions or to sign up for a trip!

Please note we are closed on Monday, September 1 in honor of Labor Day and Friday, September 12 for staff training.

Bears In Your Backyard?

Most residents and visitors welcome the chance to get a glimpse of a bear. Sometimes bears are attracted to areas used by people, becoming unwelcome visitors.



Many people do not realize that by simply altering their behavior they can minimize the chance of unwanted property damage, close encounters with bears, and the death of many bears.

Black and grizzly bears are omnivorous, eating both plants and meat protein. Bears primarily eat vegetation, supplementing their diet of grass, berries, nuts and seeds with an occasional meal of carrion (dead animals), insects, or any mammal they can catch, or dig up.

In the Yellowstone ecosystem, 90% of a bears diet will consist of vegetation.

Bears Around Your Home

If your home is in a rural area that is near forested land, chances are good that you have bears for neighbors. How well you get along with these somewhat gluttonous neighbors depends on you. Although bears are generally shy and usually avoid humans, they are opportunistic and will search for human food supplies when natural foods are not available, or when they are easy to obtain.

Is your residence free of food odors that may attract a hungry bear's attention? Garbage, bird food, pet food, fruit trees, and outdoor grills are the most common bear invitations.

Bear-Proofing Your Property

- In northern states like Montana, take down, clean and put away bird feeders by April 1. Store the bird feeder until early winter. (Birds will do just fine with the natural foods available.) Bear damage due to bird feeders is a very common and growing complaint. Do not begin feeding birds again, until mid-November when most bears have gone into hibernation.
- Clean up spilled seed below feeder stations.
- Keep garbage in airtight containers inside your garage or storage area until day of pickup. Double bagging and the use of ammonia will reduce odors that attract bears. Freeze food scraps before discarding into the garbage can.
- Garbage for pickup should be put outside the morning of collection and not the night before.
- A plastic garbage bag alone does not provide enough security. Always place bagged garbage in a secondary container.
- Do not place meat or sweet food scraps in your compost pile.
- Do not leave pet food or dishes outdoors at night.
- Clean up and/or store outdoor grills after use.
- Use a bear-proof dumpster, can, or store all garbage in a secure storage area without windows until day of pickup.
- Erect portable solar powered electric fences around fruit trees and gardens. Do not allow fruit or vegetables to rot on the ground.
- Compost Piles, if you must have a compost pile, enclose it with electric fencing. Don't put meat, fish, melon rinds and other pungent scraps in the pile. Keep it aerated and properly turned. Add lime to promote decomposition and reduce odor.
- Never intentionally feed bears to attract them to your yard for viewing.

Medicare News

The Medicare Prescription Drug Donut Hole

This article will provide some information about the Medicare Part D prescription drug donut hole, also known as the coverage gap. How does a Medicare beneficiary get in it? How does it affect medication costs? What can be done to reduce your costs? How does the Affordable Care Act address the donut hole? Where can I get help?

The donut hole has been a component of Part D plans since Medicare first started offering drug coverage in 2006. The donut hole is reached once the incurred cost for all medications reaches a certain dollar amount threshold. The incurred cost is defined as the full cost of a prescription drug, not the out-of-pocket amount. The figure for 2014 is \$2,850. Once a beneficiary incurs this amount, they will be in the donut hole and their costs will increase, sometimes substantially. The out of pocket cost will rise to 47½% of the full cost of brand name drugs; and 72% of the full cost for generic drugs. Beneficiaries who take several expensive brand drugs will find they reach the donut hole early during the calendar year and end up paying a substantial amount of money for the balance of the year.

A few examples will demonstrate how significant these costs can be. The full cost of Humalog, a common diabetic medication, is about \$200 per month. The copay with one selected Medicare Part D plan will be about \$40. The cost in the donut hole will be 47.5% of the full cost, or about \$95. Another example is the Advair Diskus, frequently prescribed for respiratory issues. The full cost of Advair is \$300 per month. The copay before the donut hole is \$40. The cost once the gap is reached increases to about \$140.

The Affordable Care Act has a provision to reduce the copays for beneficiaries who reach the donut hole. The reduction is staged to take place each year through 2020 when the cost once the gap is reached will be 25% of the full cost of both brand name and generic drugs.

The next step beyond the donut hole is the catastrophic level. In 2014, once beneficiaries spend \$4,550 out of their pocket for medications, their copays will be reduced significantly. To use the examples cited earlier, one of the Part D plans will charge about \$10 per month for Humalog; and \$15 for the Advair Diskus, once the catastrophic level is reached.

The donut hole resets each calendar year starting in January. There are a few possibilities to either avoid the donut hole or extend the time when it is reached during the year. To start with, beneficiaries can review their medications with their physician to determine if there is a generic substitute for one or more of their brand name medications. Generic drugs are lower in cost and will be a factor in reaching the gap. Another alternative is to determine eligibility for the Extra Help program that is administered by the Social Security Administration. The cost effect impact of the donut hole may be little to none, depending on the level of eligibility. Part D premiums may also be reduced to as low as \$0.

Eligibility for Extra Help is financially based. The allowable maximum gross monthly income is \$1,479 for singles, and \$1,986 for married couples. Lower income amounts will result in even greater reductions in the cost of medications and premiums. In addition, the asset limits for this program are \$13,440 for singles and \$26,860 for married couples. Countable assets include such items as property that is not considered the primary residence, retirement accounts, investments, and cash.

Finally, beneficiaries should review their Part D plans each year during the open enrollment period from October 15th through December 7th. As mentioned earlier, there are many plans available. Each one has different characteristics in terms of how they cover the beneficiary's full list of medications. Some plans have better coverage for certain brand name drugs and others may have some additional benefits once the donut hole is reached.

Counselors from the Medicare/Medicaid Assistance Program (MMAP) are available to screen for eligibility in the Extra Help program. Also, MMAP counselors can review drug plans during the open enrollment period and, if needed, furnish suggestions for plan alternatives. Help can be reached by calling 800-803-7174. Representatives will send out a prescription drug worksheet that will begin the process of the Part D plan review for 2015. It is recommended that beneficiaries start calling MMAP in September to start the plan review process for the upcoming year.

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

SEVERE WEATHER - FACTS & MYTHS

Myth: Highway and interstate overpasses are safe shelters against a tornado.

Fact: Overpasses can concentrate the tornado winds, causing them to be significantly stronger. This places the people under them in an even more dangerous situation. In recent years, several people seeking shelter beneath overpasses have been killed or severely injured. Being above ground level during a tornado is dangerous.

Myth: The low pressure with a tornado causes buildings to explode. Opening the windows will equalize the pressure, saving the building.

Fact: Opening the windows in an attempt to equalize pressure will have no effect. It is the violent winds and debris that cause most structural damage. It is more important for you to move to a safe area away from windows and exterior walls. With a tornado, every second counts, so use your time wisely and take cover.

Myth: Thunderstorms and tornadoes always move from west to east.

Fact: More often than not, thunderstorms move from west to east. Conditions in the atmosphere dictate how and where storms will move, and it can be in any direction. Tornadoes have been known to act erratic, and can change directions and speed very quickly. Never try to outrun a tornado in a vehicle.

Myth: It's not raining here, and skies above me are clear, therefore I am safe from lightning.

Fact: Lightning can strike many miles away from the thunderstorm. If storms are in your area, but skies happen to be clear above you, that certainly does not imply you are safe from lightning. Though these "Bolts from the Blue" are infrequent, lightning strikes 10 to 15 miles away from the storm are not out of the question.

Myth: Since I am inside my house and out of the storm, I am completely safe from lightning.

Fact: Just because you have taken shelter inside, you are not automatically safe. While inside waiting out a storm, avoid using the telephone or electrical appliances and do not take showers or baths. Also stay away from doors and windows. Telephone lines, cords, plumbing, even metal window and door frames are all lightning conductors and pose a threat.

Myth: Large and heavy vehicles, such as SUVs and pickups, are safe to drive through flood waters.

Fact: It is a common belief that the larger the vehicle, the deeper the water it can drive through. Many people do not realize that two feet of water can float most vehicles, including SUVs and pickups. If the water is moving rapidly, vehicles can be swept away.

Myth: Flash floods only occur along flowing streams.

Fact: Flash floods can and do occur in dry creek or river beds as well as urban areas where no streams are present.

There are two **PATH** classes starting September 2nd at Community of Christ on US Hwy 31 at Lamb Road in Interlochen. **PATH** stands for **P**ersonal **A**ction **T**oward **H**ealth and is taught by two certified instructors. These weekly sessions are designed to be entertaining and interactive. These courses benefit adults of all ages with chronic or long-term health conditions including heart disease, arthritis, diabetes, depression, asthma, bronchitis and emphysema.

Chronic Pain PATH Workshop meets for 6 Tuesdays beginning September 2- October 7 from 9:30 a.m. – noon.

Diabetes PATH Workshop meets for 6 Tuesdays beginning September 2 – October 7 from 2:00 p.m. – 4:30 p.m.

DONATIONS

When You Donate. . . You Make a Difference

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 in order to continue to provide services to the seniors of Benzie County. The need is greater than ever as the population of 60 and older 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 help provide important services and programs to seniors in our county. Some of these services include: Home Delivered Meals, Homemaking, Senior Center Operations, Educational Programs, Chore and Snow Removal.

There are many other ways to contribute to Benzie County Council on Aging, now and in the future.

Tribute Donations:

Tribute gifts of any amount can 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 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 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 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.

*Happy Labor
Day!!*

10542 Main Street
Honor, MI 49640



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It's A Girl!

*Welcome Olivia Lynn!
7 pounds 15 ounces and 21.5
inches long. Born 8/1/14 at
2:53 p.m.
Congratulations Jessica!*

