



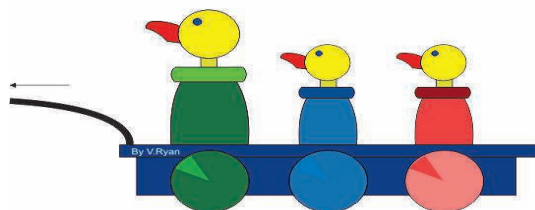
Benzie County  
Council on Aging, Inc.

# *The Senior Scoop*

Supporting Seniors Today,  
Tomorrow & the  
Future

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Egg Nog Month	
Fruitcake Month	
Dreaming of a White Christmas	
Give to Favorite Charity Month	
Safe Toys and Gifts Month	



**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.

**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 Director**Dawn Schopieray, **Editor****COUNCIL ON AGING BOARD OF DIRECTORS**Beverly Holbrook, **Chairman**Ronald Dykstra, **Vice Chairman**Denise Favreau, **Secretary**Jane Elzerman, **Treasurer**

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

**MISSION STATEMENT**

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

**NEWSLETTER SUBSCRIPTION FORM**

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.

## FROM THE EXECUTIVE DIRECTOR

*Season's Greetings everyone!*

*Is it me or did this year go by in just 6 months? I can't believe its December! I hope that those who braved the Black Friday Sales managed to get their purchases they wanted and escape the mayhem without any injuries!*

*In a couple of weeks, staff and volunteers will be busy collecting items for the Christmas Holiday Gift Bags that will go out to 200 older adults that have limited means and family support during this time of year. This year we are increasing this special project by an additional 75 gift bags.*

*This increase would not be possible without the generosity of others through gift donations from individuals and congregations of six churches. We are collaborating with other agencies for names of those that could benefit from these gift bags. We are looking forward to putting together and distributing the gift bags. We all enjoy seeing the joy these baskets bring, for some this is the only gift they will receive. We are still accepting donations for this great community giving project!*

*Speaking on giving, The Gathering Place once again has Toys for Tots box for anyone that is interested in dropping off new unwrapped toys. These toys will stay in Benzie County and be distributed to families that do not have the means to purchase gifts for their children. I challenge everyone to be a SANTA this year for our children and older adults to bring gratification to you and others.*

*I also am pleased to say that our Home Delivered Meals volunteer drivers will be getting an early Christmas Gift, new snow tires on the meal delivery vans. We must keep those wheels a rolling!*

*I want to wish everyone a safe, joyful and spirited holiday season. I also want to thank those of you who have contributed to Benzie County Council on Aging this past year. Without your support we couldn't do it all, and offer the many services and programs that we do.*

*Happy Holidays!*

*Douglas*





## HEALTH TIPS AND RECIPE

## 15 HERBAL TEAS

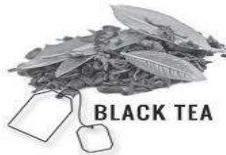
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- \*It's antibacterial



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- \*Has benefits for skin irritations
- \*Contains cancer fighting properties



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- \*Decongestant
- \*Anti-inflammatory
- \*Helps suppress the appetite



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- \*Has antihistamine properties
- \*Anti-inflammatory
- \*Eases motion sickness
- \*Great flavor booster



STINGING NETTLE

- \*Recommended remedy for seasonal allergies
- \*Energy booster
- \*Great for treating arthritis



YERBA MATE

- \*Helps open up respiratory passages
- \*Lowers lipids, leading to reduced cholesterol and lower blood pressure



LEMON BALM

- \*Has calming effects
- \*Helps with the common cold and other respiratory issues
- \*Alleviates digestive problems
- \*Helps treating headaches and toothaches



CHAMOMILE

- \*Great for treating sleep and stomach troubles
- \*Antibacterial



HIBISCUS

- \*Refreshing
- \*Helps lower blood pressure
- \*Naturally high in vitamins
- \*Diuretic



RED CLOVER

- \*Lessens menopausal symptoms
- \*Can help protect against cardiovascular disease
- \*Can reduce the Prostate-specific antigen



DANDELION

- \*Stimulate digestion
- \*Can be used to treat hepatitis, jaundice and dyspepsia
- \*Lessens hot flashes
- \*Combats the formation of kidney stones.



CINNAMON

- \*Lowers cholesterol
- \*Fights viruses
- \*Increases antioxidants
- \*Alleviates arthritis symptoms

## Peppermint Patty Sandwich Cookies

PREP: 30 MIN. • BAKE: 10 MIN./BATCH + COOLING

MAKES: 3 DOZEN

- 2 pkg. devil's food cake mix (regular size)
- 4 eggs
- $\frac{2}{3}$  cup canola oil
- Granulated sugar
- 1 pkg. (8 oz.) cream cheese, softened
- $\frac{1}{2}$  cup butter, softened
- 1 tsp. peppermint extract
- 4 cups confectioners' sugar

1. Preheat oven to 350°. In a large bowl, combine cake mixes, eggs and oil; beat until well blended. Shape into 1-in. balls; place 2 in. apart on greased baking sheets. Flatten with bottom of a glass dipped in granulated sugar.
2. Bake 7-9 minutes or until tops are cracked. Cool 2 minutes before removing to wire racks to cool completely.
3. In a large bowl, beat cream cheese, butter and extract until blended. Gradually beat in confectioners' sugar until smooth.
4. Spread filling on bottoms of half of the cookies; cover with remaining cookies. Refrigerate leftovers in an airtight container.

**PER SERVING** 231 cal., 10 g fat (4 g sat. fat), 37 mg chol., 245 mg sodium, 33 g carb., 1 g fiber, 2 g pro.

## Peppermint Patty Sandwich Cookie

AMY MARTIN VANCOUVER, WA

These cookies are a hit with kids and adults at my annual party. For extra flair, mix food coloring or crushed candy canes into the filling.



## Callahan Christmas Wreaths

CASSIDY CALLAHAN FITCHBURG, MA

When my family asked for good old Norwegian wreath cookies, I studied several recipes for ideas, then added my own special touches.



## Callahan Christmas Wreaths

PREP: 30 MIN. • BAKE: 10 MIN./BATCH • MAKES: 2½ DOZEN

- $\frac{1}{2}$  cup butter, softened
- $\frac{1}{2}$  cup shortening
- 1 cup sugar
- 2 eggs
- 2 tsp. grated orange peel
- $\frac{1}{2}$  tsp. almond extract
- $2\frac{1}{2}$  cups all-purpose flour
- Green food coloring
- Red and green candied cherries

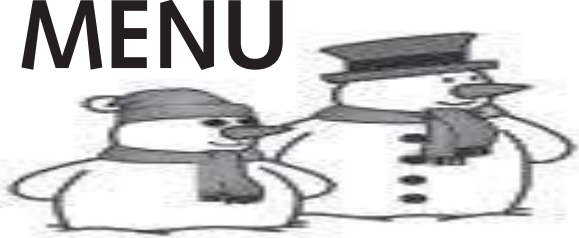
2. For each wreath, shape two 6-in. ropes using 2 tsp. plain dough for one and 2 tsp. green dough for the other. Place the two ropes side by side; press together lightly, then twist several times. Shape into a circle, pinching ends to seal. Place the wreaths 2 in. apart on ungreased baking sheets. Repeat with the remaining dough.

3. Cut candied cherries into small pieces and place on wreaths to decorate as desired, pressing lightly to adhere. Bake cookies 6-8 minutes or until set and bottoms are light brown.
4. Remove from pans to wire racks to cool. Store in an airtight container.

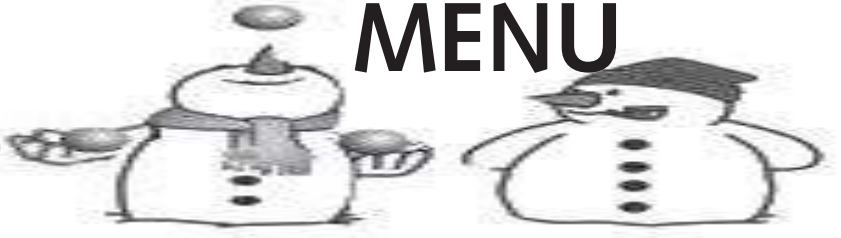
**PER SERVING** 125 cal., 7 g fat (3 g sat. fat), 22 mg chol., 26 mg sodium, 15 g carb., trace fiber, 2 g pro.

1. Preheat oven to 400°. In a large bowl, cream butter, shortening and sugar until light and fluffy. Beat in eggs, orange peel and extract. Gradually beat in flour. Divide dough in half; tint one portion green with food coloring.

# MENU



# MENU



Monday

Tuesday

Wednesday

Thursday

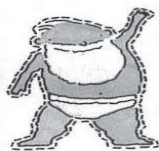
Friday

Lunch is served Monday thru Friday at The Gathering Place from 11:30-1:00.

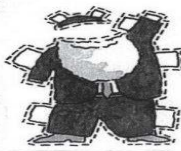
	1 Beef Fritters Mashed Potatoes Whole Wheat Bread Banana	2 Chicken Club Broccoli Cottage Fries Hamburger Bun Plum Halves	3 Sweet and Sour Meatballs Baked Sweet Potato Vegetable blend, key west Whole Wheat Bread Peaches	4 Manicotti Vegetable Blend Garlic Toast Oranges Juice
7 BBQ Meatballs Broccoli Whole Wheat Bread Apple	8 Orange Chicken Vegetable Blend, Malibu Cauliflower Soft Dinner Roll Pear	9 Goulash Green Peas Whole Wheat Bread Orange	10 Brat on Bun Corn Baked Peaches	11 Baked Fish Vegetable Blend Brussels Sprouts Whole Wheat Bread Banana
14 Hamburger on Bun Mixed Vegetables Cinnamon apples	15 Shepard's Pie Green Beans Cauliflower Whole Wheat Bread Plum Halves	16 Baked Chicken Spinach Whole Wheat Bread Sliced Peaches	17 Baked Beans Malibu Blend Vegetables Whole Wheat Bread Banana Smoked Sausage with Kraut	18 Pork Roast Vegetable Blend Green Peas Whole Wheat Bread Orange
21 Spaghetti with Meatballs Green Beans Pesto Cauliflower Garlic Toast Orange	22 Chili Corn Green Beans Oyster Cracker Apple	23 Breaded Pork Fritter Mashed Potatoes Broccoli Whole Wheat Bread Plum Halves	24 	25 <b>MERRY CHRISTMAS</b>
28 Swedish Meatballs Mashed Potatoes Vegetable Blend Whole Wheat Bread Pear	29 Cabbage rolls Vegetable Blend Corn Garlic Toast Apple	30 Ham Dinner Baked Sweet Potato Vegetable Blend, Malibu Orange	31 	



# December 2015 Calendar of Events



Frohe Krampusnacht!



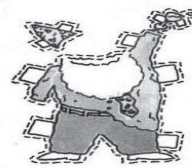
Happy Hanukah!



Wassail  
and Good Yule!



Merry Christmas!



Happy New Year!

**Good Wishes for Anything You May Celebrate!**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	2 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	3 9:00 Hearing Clinic at Administration office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	4 9:30 BUNCO 10:30 Thompsonville Bingo, Music and lunch Christmas party 11:30 Lunch 1:00 Wii Bowling
7 10:00 Yoga 11:30 Lunch—Pearl Harbor Day 12:00 CARDS 1:00 Pearl Harbor Documentary 2:30 Zumba	8 10:30 Music by The Melody Makers 11:30 Lunch—National Brownie Day 3:30 Chair Yoga 6:00 Zumba	9 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 3:00 Christmas shopping, dinner and light tour	10 10:00 Bible Study 11:30 Lunch—December Birthday Party 1:00 BUNCO 1:00 Christmas Craft	11 9:30 BUNCO 11:30 Lunch—Dining Out Day Jodi's Tangled Antler 1:00 Wii Bowling
14 10:00 Yoga 11:30 Lunch Welcome American Red Cross 12:00 CARDS 1:00 Christmas Craft 2:30 Zumba	15 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	16 8:30 Zumba 9:30 State Theater Trip—The Bishop's Wife 10:00 Stay Fit with Doris 11:30 Lunch—National Chocolate Covered Anything Day 12:30 BINGO 4:30 Board of Directors Meeting	17 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	18 9:30 BUNCO 11:30 Lunch 1:00 Benzie Bucks Auction 6:00 Ol' Time Gathering
21 10:00 Yoga 11:30 Lunch—Look on the bright side day 12:00 CARDS 1:00 Christmas movie—A Christmas Carol	22 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	23 10:00 Stay Fit with Doris 11:30 Lunch—Christmas lunch NO BINGO	24 Closed	25 Closed
28 10:00 Yoga 11:30 Lunch—National Card Playing Day! 12:00 CARDS 1:00 Spinning	29 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	30 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	31 Closed  6:00 p.m.—9:00 p.m.—New Year's Eve Potluck Party!	

## ***Dawn's Dish***

Once again we are proud to be a Toys for Tots drop-off location. Please place your unwrapped, new toys in the box near the front desk. Toys accepted until December 14.

Please note the last day of Zumba is Wednesday, December 16 until Spring!

The Gathering Place Senior Center is closed on Thursday, December 24 and Friday, December 25. We are also closed during the day on Thursday, December 31 but will be open at 6:00 p.m. for our annual New Year's Eve Potluck Party.

Our weather changes fast around here and before we know it snow will be on the ground. With that comes the inevitable snow day. Please remember that The Gathering Place Senior Center and our Administration Office are closed when Benzie Central Schools are closed.

Thursday, December 3—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

Monday, December 7—Pearl Harbor Remembrance Day. Watch a National Geographic Documentary on Pearl Harbor beginning at 1:00 p.m. Show is 45 minutes long.

Tuesday, December 8—National Brownie day! We're taking it a step further and having Brownie A La Mode during lunch. Yummy!

Wednesday, December 9—Shopping & Christmas Light Tour. 'Tis the season to go shopping and enjoy the lights! We'll leave The Gathering Place at 3:00 p.m. and head to Traverse City. Shop for an hour or so, grab a bite to eat downtown and then hop back in the van for the Christmas light tour. \*If we have a snow day we'll try again on Wednesday, December 16. Trip fee is \$5.00 plus your meal.  
Call 231-525-0601 to sign up today!

Thursday, December 10—Snowman snow globe craft. Give as a gift or keep for yourself! All supplies provided. Cost of class is just \$3. Please sign up by Friday, December 4 at the desk or call 231-525-0601 so we have enough supplies for everyone! Class begins at 1:00 p.m.

Friday, December 11—Dining Out Day! We're heading to Jodi's Tangled Antler. Grab your dining out certificates from our office for only \$3. They are worth \$6 at participating restaurants. Leaving at 11:15 a.m. Sign up required. Call (231) 525-0601.

Monday, December 14—Create wine glass candle holders for yourself or give as a gift. All supplies are provided and class is only \$3. Please sign up by Friday, December 11 at the desk or call 231-525-0601 so we have supplies for everyone! Class begins at 1:00 p.m.

Wednesday, December 16—State Theater Trip. 25 cent Matinee of The Bishop's Wife starring Cary Grant, Loretta Young and David Niven. Movie starts at 10:30 a.m. Leave The Gathering Place at 9:30 a.m. Enjoy lunch afterwards at The Grand Traverse Pie Company. Trip cost is \$5 plus the cost of your lunch. Return by 2:30 p.m.

Thursday, December 17—9:00 a.m. Little River Casino Trip. Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3:00 p.m. Call now to reserve your spot on the bus! 231-525-0601.

Friday, December 18—Benzie Bucks Auction! 1:15 p.m. Collect your bucks and get ready for the bidding wars. Baked goods & treasures galore! Eat lunch here and we'll give you Benzie Bucks. Use those bucks to bid on items. Please donate your items today!

Friday, December 18—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m. donations accepted. All ages invited!

Monday, December 21—Ba Humbug! Revisit a Christmas classic with A Christmas Carol starring George C. Scott. This movie is a little over two hours long and we'll begin at 1:10 p.m. There will be popcorn!

Wednesday, December 23—Please join us for our annual Christmas lunch. You never know when a magical elf in a red suit might show up. Wear your favorite holiday sweater! As always all ages are welcome.

Thursday, December 31—New Year's Eve Potluck Party! 6:00 p.m.—9:00 p.m. Ring in 2016 with us at 9:00 p.m. Please bring a dish to pass and friends. All ages are welcome; this is a family friendly event. No charge to attend and donations are accepted. The Melody Makers will entertain and there will be dancing!



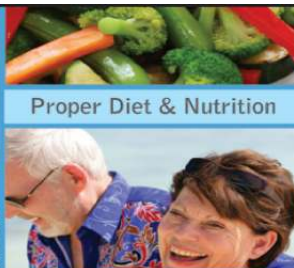
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# BIRTHDAYS & FUN

## DECEMBER BIRTHDAYS

Bernice	Sineway	2
Ed	Fay	2
Gerald	Schroeder	3
Nancy	Sheffer	4
Tom	Burton	4
Charles	Myers	4
Albert	Francik	5
Linda	Rackow	5
Paula	Smeltzer	6
Harley	Osborne	6
Ellsworth	Pike	6
Anthony	Sineway	8
Claire	Early	8
Shelly	Fast	9
Daniel	Skurski	9
Geraldine	Thornell	10
Carol	Brown	11
Marti	Litherland	11
Gary	Brouwer	12
Rachel	Hopkins	13
Carol	Ely	13
Rick	Clark	14
Corliss	Mick	15
William "Bill"	Ward	17
Paul	Stiles	18
Randall	Bond	20
Phil	Gagliano	20
Richard	Gillespie	20
Eugene	Nowak	21
Shirley	Pierce	21
Alvin	Gray	22
Robert	Courneya	22
Tanya	Struble	24
Niel	Haugen	24
Steve	Walton	27
Bernard	Killeen	27
James	Hawkins	27
Gayle	Dixon	28
Dan	Haswell	28
Keith	Jewell	28
Robert	Damer	29
Bob	Johnston, Sr.	29
Judy	Navarre	30
Peggy	Nostrandt	31
Jane	Fouchey	31

## CHRISTMAS WORD SEARCH

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

BELLS  
CANDLES  
CANDYCANE  
CARDS  
CELEBRATE  
CHIMNEY  
CHRISTMAS  
RUDOLPH  
SANTA  
SEASON  
SLEIGH  
STOCKING  
TREE  
WREATH  
ELVES  
FROSTY  
GIFT  
GIVING  
GREETINGS  
HOLIDAY  
JOLLY  
JOY  
MERRY  
MISTLETOE  
NOEL  
NORTHPOLE  
REINDEER





# Healthy Holiday Tips

1. Don't skip meals beforehand
2. Keep plate sizes and portions small
3. Drink mostly water & limit alcoholic drinks
4. Make time for daily exercise routines
5. Eat 70% vegetables, and 30% other foods
6. Skip dressings, butter & gravy
7. Eat slowly and thoughtfully
8. Give away leftover dishes
9. Avoid stressful topics of conversation
10. Schedule time alone to rest and recharge
11. Keep up your spiritual disciplines
12. Avoid long hours watching TV or chatting
13. Trust and act on your inner guidance
14. Go for a walk after dinner
15. Be thankful and see lessons and blessings
16. Remember that you are lovable and valuable

## SOCIAL SECURITY FAQ'S

**Question:**

I prefer reading by audio book. Does Social Security have audio publications?

**Answer:**

Yes, we have many helpful publications you can listen to. You can find them at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). Some of the publications available include *What You Can Do Online*, *How Social Security Can Help You When a Family Member Dies*, *Apply Online for Social Security Benefits*, and *Your Social Security Card and Number*. You can listen now at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Question:**

I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

**Answer:**

Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

*RETIREMENT*

**Question:**

How are my retirement benefits calculated?

**Answer:**

Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are first adjusted or "indexed" to account for changes in average wages since the year the earnings were received. Then we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our *Retirement Estimator*, which offers estimates based on your Social Security earnings. You can find the *Retirement Estimator* at [www.socialsecurity.gov/](http://www.socialsecurity.gov/)

**Question:**

I know that Social Security's full retirement age is gradually rising to 67. But does this mean the "early" retirement age will also be going up by two years, from age 62 to 64?

**Answer:**

No. While it is true that under current law the full retirement age is gradually rising from 65 to 67, the "early" retirement age remains at 62. Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit the website at [www.socialsecurity.gov](http://www.socialsecurity.gov).



## Medicare News

### Have You Checked Your Part D Drug Plan for 2016?

The Medicare Annual Enrollment Period will conclude on December 7<sup>th</sup>. We encourage all Medicare beneficiaries who have a Medicare Part D prescription drug plan to verify whether their current plan will meet their needs for 2016. There are 25 drug plans available for 2016.

We receive many calls right after the first of the year from folks who made their first trip to the pharmacy or have received their first monthly bill for the premium, complaining about the increased cost. Plans can change from year to year, and sometimes drastically. Once open enrollment closes, most Medicare beneficiaries are unable to make changes until the following year.

Here are some of the issues that Medicare beneficiaries can face if they do not review the plan offerings for the following year:

1. The monthly premium can increase significantly
2. Plans often make adjustments to their formulary and can remove drugs or even add new medications
3. An annual deductible ranging up to \$360 can be added to a plan or can increase for those who already have one
4. Co-payments for prescriptions often change
5. Some plans have added benefits when a subscriber goes into the donut hole and that special provision can vary from year to year
6. Many plans have preferred pharmacies where beneficiaries can get a better deal on their drug costs, and that can vary from one year to the next

Examples of Your Monthly Estimated Cost IF You have a:		
Medication	Plan with Listed Drug ON Formu- lary	Plan with Listed Drug OFF Formu- lary
Advair Diskus	\$15	\$472
Humalog INJ	\$15	\$77
Levemir INJ	\$15	\$309
Spiriva Handihaler	\$15	\$1,270

Let's take a look at a few specific examples of the cost impact when a drug goes off a plan's formulary for 2016:

Some beneficiaries are eligible for Extra Help which can lower their premium and co-pays for medications. Those eligible for this benefit can also switch their Part D plans anytime during the year.

Don't be caught having to pay more for your drug coverage next year. There may very well be a better option for you. It's important to have your current drug plan reviewed every year during the Medicare Open Enrollment Period.

Medicare beneficiaries can make their own plan comparisons by going to [medicare.gov](http://medicare.gov) and clicking on "Find health & drug plans". Also, they can receive personalized help from a local certified counselor at the Medicare/Medicaid Assistance Program. Local MMAP representatives are available to help with drug plan comparisons, screening for low income assistance, and many other senior health care insurance topics. Simply call MMAP at 800-803-7174. Finally, the Medicare Beneficiary Call Center can help at 1-800-Medicare (1-800-633-4227).

By: Jim Verville, Region 10 Coordinator

## DON'T FORGET



### Both The Gathering Place and the Main Office

Will be closed on:

December 24th and 25th  
&  
December 31st and January  
1st.

### The Main Office Only:

will be closed for maintenance  
on  
December 30th.

Please note that if Benzie  
Schools is closed The Gather-  
ing Place will be closed as well.



COME JOIN THE FUN  
AT THE

### COMMUNITY CHRISTMAS PARTY

WHEN: SUNDAY, DECEMBER, 6, 2015  
2:00 - 4:00

WHERE: THOMPSONVILLE VILLAGE HALL  
14714 LINCOLN AVE.  
THOMPSONVILLE, MI

FOR: ALL CHILDREN and ADULTS



Special Visit by  
**SANTA CLAUS**  
FREE Photos With Santa

Sponsored by:  
Benzie Human Services Collaborative  
Community Centered Workgroup



MUNSON HEALTHCARE

### Health Care Within Reach


A new family practice medical center is opening December 7 in Benzonia.

Northwest Michigan Health Services is now welcoming patients at its new medical clinic, located in the Community Resource Center of the Benzie-Leelanau District Health Department building.

The health building is located at 6051 Frankfort Highway.

Northwest accepts Medicare, Medicaid, and most commercial insurances. They also offer a sliding fee discount for people without insurance.

You can schedule an appointment by calling :  
231-941-0351.


**PATH**  
 Personal Action Toward Health  
The Stanford Church's Diabetes Self-Management Program

**GET ON THE PATH TO HEALTHIER LIVING!**

**Diabetes Self-Management Workshop Coming Soon!**

Meet once a week for 6 weeks, in 2 ½ hour sessions. Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.

Adults of all ages interested in diabetes may attend, including adults with pre-diabetes, Type 1 or Type 2 diabetes, family members and caregivers.

No cost to attend.  
**\$20 GIFT CARD FOR THOSE WHO ATTEND 5 OR MORE SESSIONS.**

Pre-registration is required.  
 Please call the Area Agency on Aging:  
**1-800-442-1713**

## VOLUNTEERS NEEDED



### BENZIE COA ADMINISTRATION OFFICE

Are you looking for a way to fill your time? Do you enjoy helping people? Do you have previous office experience and computer knowledge? If so we need your help. We are in need of some volunteers to assist in answering our multi-line phones, to do some filing and other basic office work. If this sounds like an opportunity that you would enjoy please stop by the administration office Monday -Friday from 8-3.

## CONTACT Us

Douglas Durand—Executive Director  
(231) 525-0600 ext. 102  
Sabra Boyle—Fiscal Manager  
(231) 525-0600 ext. 101  
Dawn Bousamra—Senior Center Coordinator  
(231) 525-0601 ext. 201  
Jeff Stockman—HDM Route Coordinator  
(231) 525-0601 ext. 202  
David Main—Executive Chef  
(231) 525-0601 ext. 203



## 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:**

Name: \_\_\_\_\_  
*Check here if you wish to remain ANONYMOUS*

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Make Checks Payable To: "Benzie County Council on Aging"

*Benzie County Council on Aging is an independent 501c3 not for profit organization. Gifts to the Benzie County Council on Aging are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.*

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

Nonprofit Org.  
U.S. Postage  
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Honor, MI  
Permit No. #1

