



THE SENIOR SCOOP



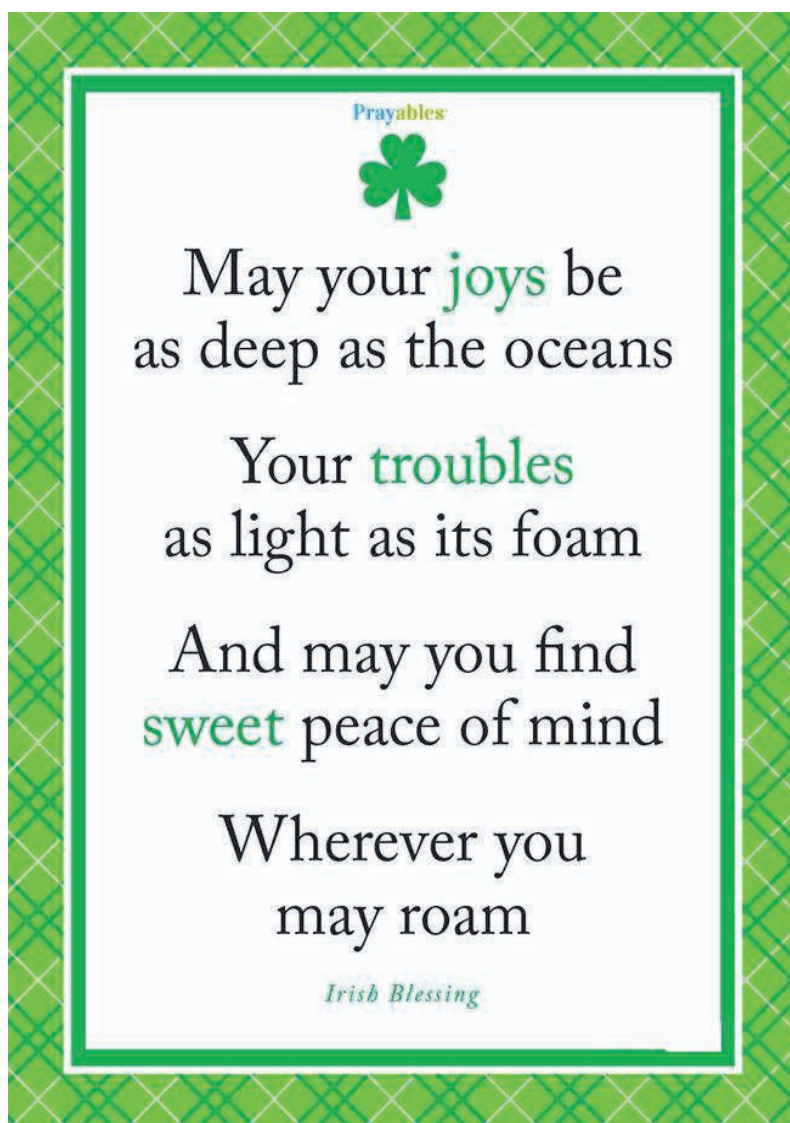
*Be connected.
Be supported.
Be home.*

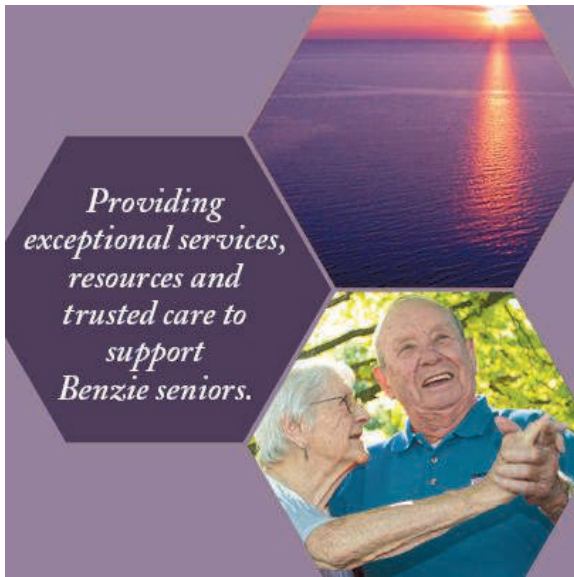
March 2018

INSIDE THIS ISSUE

Directory/Subscription	2
From our Director	3
Calendar of Events	4
Menu	5
Bulletin Board	6
Dawn's Dish	7
Word Search	8
Birthdays/ Recipe	9
Medicare	10
Sleep Disorder	11
Workshops	12
Donation	13

March is...
 National Peanut Month
 National Kidney Disease Awareness Month
 National Nutrition Month
 National Colorectal Cancer Awareness Month
 National Women's History Month
 National Sleep Awareness Month





BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

Beverly Holbrook, *President*
Ned Edwards, *Vice President*
Rosemary Russell, *Secretary*
Jane Elzerman, *Treasurer*
Nancy Mullen Call
Ann Dawe

Ronald Dykstra
Denise Favreau
Scott Harrison
Barbara Johnson
Donna Malecki

Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation; Delta Dental Foundation, GT Regional Community Foundation, Rotary Charities of Traverse City & Benzie County Community Chest.

Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

DIRECTORY

Phone: 231-525-0600 or

Toll Free: 888-893-1102

Fax: 231-325-4855

Email: info@BenzieSeniorResources.org

Website:

www.BenzieSeniorResources.org

facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.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 Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Editor

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 Benzie Senior Resources 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. You can also find this newsletter on our website at www.benzieseniorresources.org under the NEWS tab.



From Our Director

Greetings,

It's coming! Spring is getting closer and I think everyone is looking forward to warmer weather and longer hours of daylight. I know I am.

We have a couple of important changes to announce:

Effective April 1, 2018, the **suggested donation** for the Congregate Meal will increase to \$4. The Benzie Senior Resources Board of Directors approved this increase based on the rising food costs, the increase in number of meals served, and our funding not keeping up with those rising food costs.

Our food cost has increased by **46%** during the past five years. At the same time, support from both the Federal and State governments has only provided a small increase in reimbursement of .32 cents per meal. Additionally, over the past five years, there has been a 15% increase in the number of meals served at The Gathering Place from 22,132 meals in 2013 to 25,489 meals in 2017.

As you know food costs have increased throughout our country, especially in the last 4-5 years. Drought conditions, fires, severe flooding, hurricanes and pounding thunderstorms throughout the major farming/produce regions in the United States and the world have had a significant effect on our food supplies.

Our dedicated kitchen staff serves high quality meals. The Gathering Place continues to set the standard for congregate meal sites. It is rare to find another site like ours in Michigan or the rest of the country, that offers a full salad bar, cold salad bar, two soups and an assortment of beverages and desserts along with our regular meal. We are proud that we don't often enforce portion control on our food served.

Every day we hear from our friends that come to The Gathering Place complimenting our wonderful food, friendly staff and welcoming atmosphere where new friendships are forged.

Our second change pertains to our Administration Office. We are adjusting our hours and opening to our clients at 8:30 a.m. instead of 8:00 a.m. This half hour each morning will allow our staff to share concerns and updates and prepare for the day. Once we open for business we are busy, busy, busy! We will still be open until 4:00 p.m.

Think Spring!!

Douglas



March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
Sunday, March 11 Move clock ahead 1 hour 				
			1 9:00 Hearing Clinic at Admin. Office—By Appointment only 11:30 Lunch 1:00 BUNCO	2 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling
5 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Check 12:00 CARDS	6 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	7 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	8 8:45 Little River Casino 11:30 Lunch 1:00 BUNCO	9  9:30 BUNCO 11:30 Lunch—March Birthday Party 1:00 Wii Bowling
12 10:00 Yoga 11:30 Lunch 12:00 CARDS	13 10:30 Music by The Melody Makers 11:30 Lunch NO Chair Yoga	14 Pi Day 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	15 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check 1:00 BUNCO	16 9:30 BUNCO 11:30 Lunch—St. Patrick's Day party 1:00 Wii Bowling
19 10:00 Yoga 11:30 Lunch 12:00 CARDS	20 First Day of Spring! 10:30 Music by The Melody Makers 11:30 Lunch NO Chair Yoga 	21 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN 4:30 Board of Directors Meeting	22 8:45 Little River Casino 11:30 Lunch 1:00 BUNCO	23 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
26 10:00 Yoga 11:30 Lunch 12:00 CARDS	27 9:00 Estate Planning at Admin. Office—By Appointment only 10:30 Music by The Melody Makers 11:30 Lunch NO Chair Yoga	28 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	29 11:30 Lunch 1:00 BUNCO	30 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 'Ol Time Gathering



March Menu

Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. — 1:00 p.m.

*Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sweet & Sour Chicken Far East Blend Green Beans Fortune Cookie Mandarins	2. Slow Roasted Beef Herb Mashed Potatoes Carrots Bread Pear
5 Chicken Parmesan Italian Beans Corn Garlic Toast Pear	6 Turkey Tetrazzini Spinach Carrots Bread Pineapple	7 Laurie's Famous Chicken Bake Broccoli Scandinavian Blend Bread Mandarins	8 Pizza! Pesto Cauliflower Breadsticks Cinnamon Apples	9 Pollock Almondine Normandy Blend Green Peas Bread Banana
12 Chicken A La King Green Beans Cauliflower Plum Potato Salad	13 Country Style Beef Fritters Herb Mashed Potatoes Scandinavian Blend Bread Banana	14 Deluxe Chicken Sandwich Green Peas Baked Pears Potato Chips	15 Homemade Lasagna Italian Beans Corn Garlic Toast Pineapple	16 Corned Beef & Cabbage Roasted Potatoes Carrots Bread Applesauce
19 Chicken Tenders Tater Tots Caribbean Blend Pineapple Coleslaw	20 Spaghetti with Meatballs Corn Malibu Blend Garlic Toast Banana	21 Greek Pita Sandwich Green Beans Cauliflower Fruit Cocktail	22 Turkey Stew California Blend Mixed Vegetables Bread Peaches	23 Salmon Patties Sweet Potato Tots Normandy Blend Bread Plum
26 Spanish Rice Cauliflower Spinach Bread Pineapple	27 Salisbury Steak Herb Mashed Potatoes Green Beans Bread Banana	28 Chicken Scampi Key West Blend Green Peas Garlic Toast Tropical Fruit	29 Swedish Meatballs Herb Mashed Potatoes Malibu Blend Bread Peaches	30 Sweet Potato Encrusted Pollock Herb Mashed Potatoes California Blend Bread Pear



Bulletin Board

Do you shop at Amazon.com? If so, please start out at smile.amazon.com and choose Benzie Senior Resources as your charity. Then shop as usual. The only thing that will change is that Amazon will donate 0.5% of your order \$ to our agency! Please let your friends know this great news. It's so easy! Here's what you'll see once you get rolling—

Welcome to AmazonSmile

Thank you for supporting Benzie Senior Resources.

Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

We are looking for drivers for our Meals on Wheels routes. Volunteers deliver meals to Benzie County homebound seniors in our vehicles Monday - Friday. We are flexible; you choose how often you volunteer. Once a month, once a week, every other week— it's up to you! Please call Benzie Senior Resources at (231-525-0600), and let them know you'd like to sign up to deliver meals. Don't drive? No problem! We need volunteers to help navigate the routes and bring meals to the door. You'll be helping us help our most vulnerable population.



Would you like to help us spruce up our patio? We need:

- **Hands.** Lots of hands to plant our garden. There are two raised garden beds— if getting down on your knees in the dirt won't work, you can still help!
- **Flower/ plant donations.**
- **Donations toward updating our patio furniture.** Our current furniture, which was generously donated by Labadie's years ago, is in need of replacement. Please call Dawn if you can help with any of these needs. 231.525.0601.

Please don't forget to help us keep our loan closet active with your donations of bath chairs, commodes, wheeled walkers, etc.
Thanks!

If Benzie Central Schools are closed due to bad weather, there will be no meal deliveries & The Gathering Place will be closed. This is for safety!

The Benzie Area Alzheimer's Caregivers Support Group meets at 2:00 p.m. on the first Wednesday of each month in the REMEC room at Paul Oliver Memorial Hospital in Frankfort. Friends and family members of those with memory loss, Alzheimer's or other dementia issues are welcome.

For information, contact
Nancy VanderLinde 231-399-0253 or
vanderlinde1233@gmail.com or Jeanette McNinch at POMH, 231-352-9621.



Dawn's Dish

It's tax time and we are happy to announce that we offer FREE income tax preparation again this year. This service is provided by volunteers from Northwest Michigan Community Actions Agency.

Tax preparation began in February. Call to schedule your appointment—231.525.0600

New this year— drop-off service! How does it work? Call us to set it up. We'll send you the packet or you can pick it up (forms & list of needed documents) you complete the forms,, then bring ALL of your tax documents including Driver's License and Social Security card for those who will be claimed on the return to the Benzie Senior Resources Administration Office. We'll make copies of your id's for your packet. Our volunteers will prepare your return and will call you within 7-10 days to schedule a brief appointment to pick up your documents, sign forms, then you will be on your way.



Please remember, if Benzie Central Schools are closed due to inclement weather so is The Gathering Place.

Wednesdays, March 7, 14, 21, 28—Foot Clinics at the Benzie Senior Resources Administration Office. Call 231-525-0600 for your appointment. While we don't charge a fee, we'd really appreciate donations toward this service by those who use it .

Wednesdays, March 7, 14, 21, 28—1:15 p.m. PLARN. Crochet plastic mats to donate for the homeless. For more information, please call Dawn at 231-525-0601. No experience is necessary.

Thursdays, March 8 & 22 —Little River Casino Trip. Leave The Gathering Place at 8:45 a.m. and Shop-n-Save at 9:00 a.m. Trip fee \$10. There is a slight change to the package. You will still receive a \$5 food voucher but now guests have to earn 10 points on their card before earning the \$20 in River credits. The credits will download automatically on their card. Return by 3:00 p.m. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

Friday, March 9— Birthday Party! We've been neglecting our lunchtime monthly birthday parties. Time to bring them back. We'll have them the second Friday of every month. CAKE!

Sunday, March 11—Don't forget! It's Daylight Savings Time. Spring ahead!

Friday, March 16—St. Patrick's Day lunch. Join us from 11:30 a.m. — 1:00 p.m. for our famous corned beef and cabbage lunch. Wear your green so you don't get pinched! I'll be watching!

Friday, March 30— Ol'Time Gathering party. Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.

Upcoming Trips! *We have one heading to Niagara Falls & Toronto May 7-11 for 5 days and 4 nights at \$475/ person (double occupancy). The other is a trip to Branson for a Holiday Show Extravaganza November 4-10 for 7 days and 6 nights at \$675/ person (double occupancy). Please see our flyers at The Gathering Place or call Judy Fast at 248-425-5849 or Lynn Vanderplow at 231-944-5463 for more information.*





NORTHERN MICHIGAN ELDER LAW PLC

Member of National Academy of Elder Law Attorneys & VA Accredited

MEDICAID
ESTATE PLANNING
WILLS AND TRUSTS
SPECIAL NEEDS TRUSTS
PET TRUSTS

CAREGIVER CONTRACTS
FAMILY COTTAGE PRESERVATION
NURSING HOME PLANS
PROBATE
VA BENEFITS PLANNING

Visit MichElderLaw.com

PETOSKEY (231) 347-7777 • CHARLEVOIX (231) 547-9941 • TRAVERSE CITY (231) 715-1401

Bennett-Barz Funeral Home

Kirk & Courtney Barz – Owners

Benzie County's only funeral home
with an on-site crematory

1417 Beulah Highway • Beulah, MI 49617

Tel: (231) 882-5502

www.bennett-barzfuneralhome.com

Protecting **Seniors**
Nationwide

Medical Alert System



\$29.95/Mo. billed quarterly

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772

THIS SPACE IS
AVAILABLE

LET US *carry*
YOUR MESSAGE
TO THE *Senior*
Community



SWOGGER, BRUCE
& MILLAR
LAW FIRM, P.C.

Estate Planning

– (231) 947-6800 –

www.swoggerandbruce.com

10691 East Carter Rd., Ste. 103
Traverse City, MI 49684

 **GREAT LAKES
HOME CARE**
UNLIMITED

Superior service and compassionate
care in the comfort of your own home.

Call us Today! 231-668-4171
Or go to WWW.GLHCU.COM

830 East Front Street Suite 320
Traverse City, MI 49686

Our Services:

- Alzheimer's and Dementia Care
- Non-Skilled Nursing
- Meal Preparation
- Respite
- And More!
- Skilled Nursing Care
- Medication Reminders
- Housekeeping
- Companionship
- Parkinson's Care
- Traumatic Brain Injuries

**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.**
– 800-477-4574 –

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Dan Page to place an ad today!

dpage@4LPi.com or (800) 950-9952 x5875

Ask us about
our Values Program

**HOMETOWN
PHARMACY**

COPPER RIDGE - TRAVERSE CITY

4000 Eastern Sky Dr Ste 1
Traverse City, MI
231-947-6921

SUTTONS BAY

321 BN St Joseph Rd
Suttons Bay, MI
231-271-3881

HONOR

10587 Main St
Honor, MI
231-325-2735

TRAVERSE CITY EAST

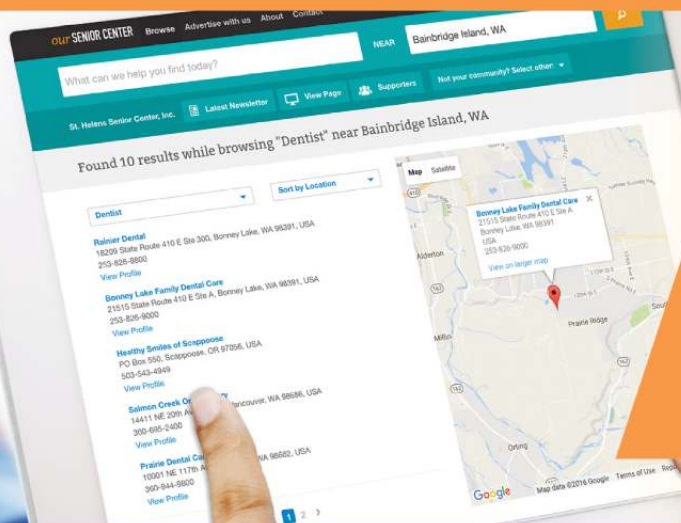
1128 S Garfield Ave
Traverse City, MI
231-946-0900

PRESCRIPTIONS • MEDICAL EQUIPMENT • UNIQUE GIFTS • YANKEE CANDLES • CARDS

www.hometownpharmacy.com

our SENIOR CENTER

A convenient source for local services



FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS
OF OUR CENTER
to find trusted services
in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-331-6501



HOME **SECURITY** TEAM



CRYSTAL LAKE GOLF CLUB

Join us for Dollar Day\$ at
Crystal Lake Golf Club!
Monday and Thursday play 18
holes w/ cart for JUST \$25 person!!

Reserve your Tee Time @

231-882-4061

8493 Fairway Dr. • Beulah



Memorials

806 Hastings Street
Traverse City, MI 49686
231-943-8777 • 888-470-6591
www.swensenmemorials.com

Serving Northern Michigan for Over 100 Years
Compassionate Attentive Service
Family Owned and Operated
Guaranteed Excellence in Workmanship
Pre-Planning Consultations Available

UPGRADE TO A
VIBRANT ad

Contact us for details • 800-477-4574

Shop-N-Save
Pharmacy



1747 Benzie Hwy.
Benzonia, MI

• Prompt, Courteous Service
• Most insurances accepted
(231) 882-0254

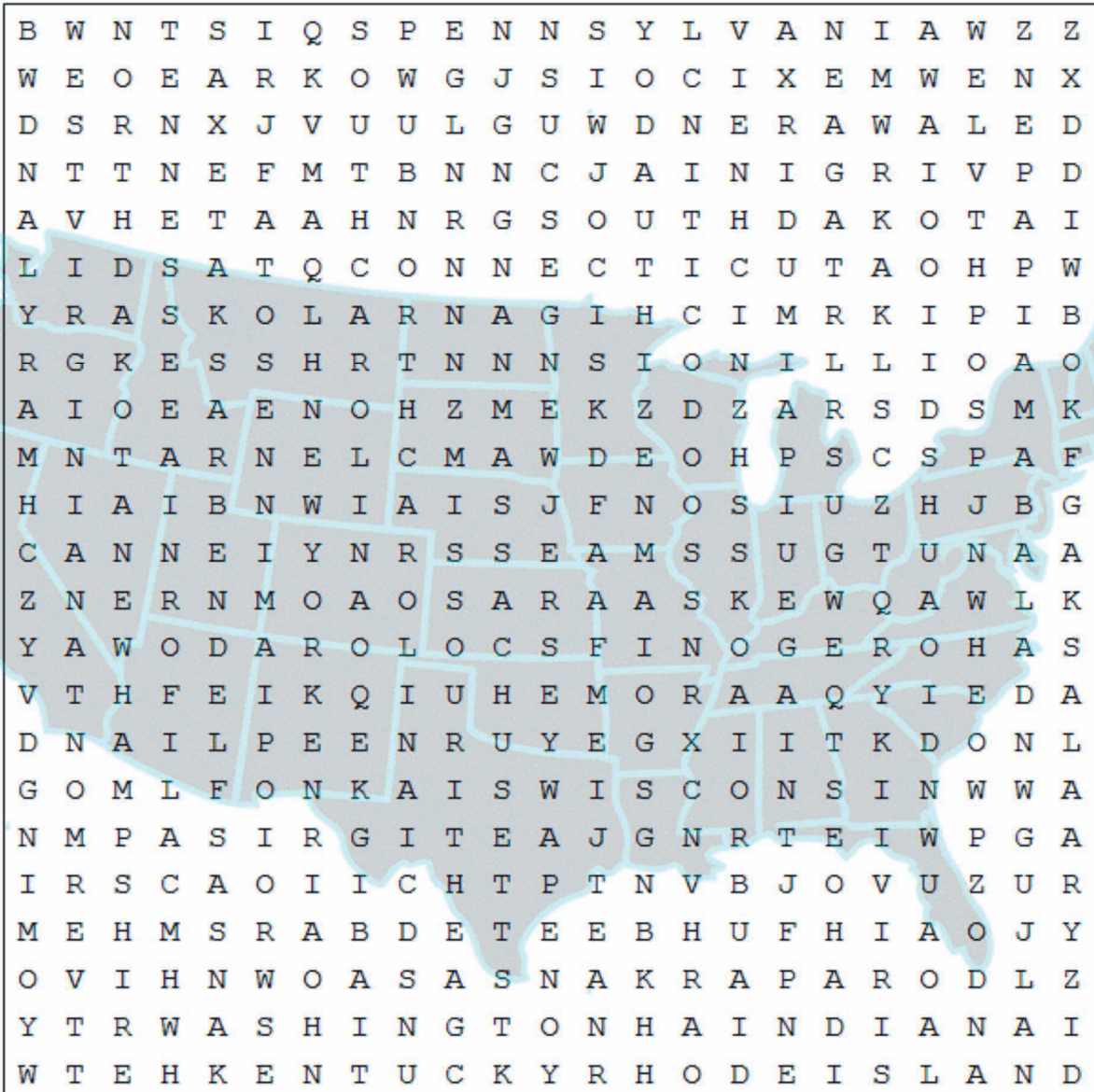


ALL AMERICAN FOOD™
Corner of M-115 & M-22 • Frankfort

352-9021

We Honor the BCCOA
Senior Dining Out Program

50 State Word Search



Alabama
Alaska
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Hawaii
Idaho
Illinois

Indiana
Iowa
Kansas
Kentucky
Louisiana
Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana

Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island

South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington
West Virginia
Wisconsin
Wyoming

Copyright © 2014 puzzles-to-print.com. All rights reserved.



March Birthdays/ Recipe

Jo Holmes	1	Marcia Gould	7	John Noecker	15	Nancy Vanderlinde	24
Wally Arnold	2	Richard Wheaton	7	Doris Zaleski	15	Lyle Crist	25
Don Sowa	2	Lorene Gleason	8	Robert Nilsson	16	Avonda Dobson	25
John Bailey	3	Shirley Metternick	8	Cloral Beeler	17	Becky Miller	25
Shirley Edinger	3	Carol Poullisse	8	Violet Labadie	17	Al Komoll	26
Michael Parson-		Joan Lichty	9	Patricia Tolar	17	Richard Ritter	26
McNamara	3	Marina Seger	9	Patty Moore	18	Jack Leard	27
Rebecca Ramarize	3	Leon Marciniak	9	Susan Steben	19	Faye Wurm	27
Marjorie Smeltzer	3	Howard Foust	11	Greta Steele	19	Susan LaCross	28
Dolly Hughes	4	Marilyn Cook	12	Doris Werth	19	Donna Sandeck	28
Maggie Baker	5	Dale Gauthier	12	Josie Pape	20	Dorothy Cleary	29
Art Ellsworth	5	Esther Schroeder	12	Delwyn Sneller	21	Irene Nugent	29
Setusuko Pelky	5	Bonnie Barnes	13	Julia McDonald	22	Thelma Rider	29
Pam Clark	6	Norma Frees	13	Toby Tull	22	Kathy Huffman	30
Maxine Taylor	6	Don McCash	13	Carolyn Bailey	24	Dale Janusch	30
Linda Brown	7	Erna Lentz	14	Joan Frederick	24	Richard Heniser	31

If we forgot your birthday we are truly sorry.

If you'd like your name removed from the birthday list, please let us know.

Irish Shepherd's Pie

Ingredients:

1 T. olive oil	salt and ground black pepper to taste	3 cloves garlic, minced
1 T. butter	2 t minced fresh rosemary	2 1/2 cups water, or as needed
1 onion, diced	1 12 oz package frozen peas & carrots, thawed	1 egg yolk
2 lbs lean ground lamb	1/8 t ground cinnamon	1 t. paprika
1/3 c. all-purpose flour	2 1/2 lbs Yukon Gold potatoes, peeled and halved	1 T ketchup
1 T butter	1 pinch ground cayenne pepper	1/4 c. cream cheese
1/4 pound Irish cheese	2 T. milk	

Directions Preheat the oven to 375 degrees F. Place olive oil and butter in Dutch oven over medium heat. Stir in onion and ground lamb; brown the meat, breaking it up into small crumbles as it cooks, about 10 minutes. Stir in flour until incorporated, then mix in salt, black pepper, rosemary, paprika, cinnamon, ketchup, and garlic; cook and stir until garlic is fragrant, 2 to 3 minutes. Stir in water and scrape up any brown bits from the bottom of the Dutch oven. Reduce heat to medium-low and bring mixture to a simmer; cook and stir until thick, about 5-6 minutes. Remove lamb mixture from heat and stir in peas and carrots until combined. Spread lamb mixture into the bottom of a 9x13-inch baking dish and set aside. Place potatoes into a large pan of salted water. Bring to a boil, reduce heat to medium, and cook until tender, about 15 minutes. Drain well and return potatoes to pan. Mash butter, cayenne pepper, cream cheese, and Irish cheese into the potatoes. Mash until combined and potatoes are smooth. Season to taste with salt and black pepper. Whisk together egg yolk and milk in a small bowl; stir into the mashed potato mixture. Top the lamb mixture in the baking dish with the mashed potatoes and spread evenly to cover. Bake in the preheated oven until the top is golden brown and sauce is bubbling up around the edges, 25 to 30 minutes.

ALL RIGHTS RESERVED © 2018 Allrecipes.com Printed From Allrecipes.com 2/13/2018



Medicare

Medicare Coverage for Preventive Services

Are preventive care services free under Medicare?

Medicare covers over 20 different preventive care services at no cost to the beneficiary. Preventive care is the care you receive to prevent illness, detect medical conditions, and keep you healthy. If you meet the coverage rules and guidelines for a particular preventive service, Part B of Original Medicare or your Medicare Advantage plan must cover that service. For example Medicare covers cervical and vaginal cancer screenings for all women and prostate cancer screenings for all men over age 50 with Medicare. If you have Original Medicare, you pay no deductible or copay for covered preventive services if you see a health care provider who accepts assignment. Medicare Advantage plans also cover Part B preventive services. Your Medicare Advantage plan will not charge you for preventive care services that are free for people with Original Medicare, as long as you see an in-network provider. If you see a provider outside your MA plan's network, charges will typically apply.

What is the difference between preventive services and diagnostic services?

Many times, preventive services are provided along with diagnostic services. The classification of services as preventive rather than diagnostic is important because it affects your out-of-pocket costs. The same test can be considered preventive or diagnostic, depending on the circumstances. For example, all women with Medicare are eligible for an annual screening mammogram at no cost to them as long as they are 40 or older. However, if a person were referred for a diagnostic mammogram as the result of an abnormal screening mammogram or physical breast exam, that service would be subject to a 20% copay after the Part B deductible. Likewise, Medicare covers 100% of the cost of an annual PSA blood test for all men on Medicare who are at least 50 years old. However, if someone needs a PSA test more than once a year, the extra tests are considered diagnostic and cost sharing applies.

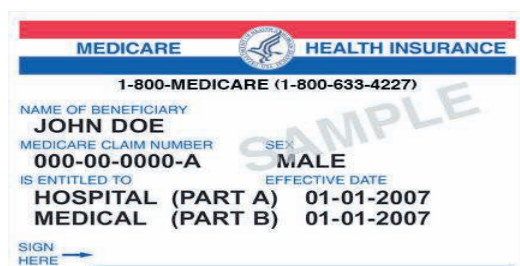
How do I know which preventive services Medicare covers?

To find out if Medicare covers a particular preventive test, service or item, you can consult pages 35-59 of the Medicare & You booklet that every Medicare beneficiary receives each year in the mail. Preventive services described on those pages have a picture of an apple next to them. If you prefer to look online, you can visit <https://www.medicare.gov/coverage/preventive-and-screening-services.html>. You can also call Benzie Senior Resources at 231-525-0600 and we will try to help you find an answer.

Are immunizations considered a Part B preventive service?

Most immunizations are covered by your Part D drug coverage, but flu and pneumonia shots are always preventive services and are covered by Part B.

—contributed by our MMAPs volunteer Fran Wallace



National Sleep Awareness Month

March has been designated National Sleep Awareness Month, so this is a good time to focus on sleep deprivation and disorders. The Centers for Disease Control and Prevention (CDC) call undiagnosed sleep disorders a public health epidemic. Insufficient sleep can lead to high blood pressure, heart attacks, strokes, obesity, and worse. I was surprised to learn that traffic fatalities due to drowsy driving are responsible for at least 100,000 crashes/year with at least 1550 fatalities according to the National Highway Traffic Safety Administration.

There are more than 80 sleep disorders—one of the most common and deadly is sleep apnea. I want to share my experience with it. I snored like a lumberjack as a kid. Sleep deprived, I relied upon coffee and energy drinks as a college student and later as an agriculture industry employee during busy harvest seasons. Truck drivers I knew would bring me Jolt cola from Ohio. I ignored the symptoms of a sleep disorder, spinning insomnia into gifted hours of uninterrupted creativity. As I grew older I had no idea heart disease would rear its ugly head in my 40th year. I had a heart attack which was more than an awakening. After recuperation, I once again experienced insomnia but the hours were anxiety-filled, not creatively fulfilling.

I went for a sleep study, resulting in a diagnosis of obstructive sleep apnea. The pulmonary specialist prescribed treatment with continuous positive airway pressure (CPAP). I have to wear a full-mask. Within days of using this therapy, I knew it was helping. I had more energy, felt rested when I woke, and did not nod off before Jeopardy. Admittedly, with the air pressure and wearing the mask I first thought, *“Luke, I am your Mother...”* It took me some time to get used to it. Lately, the fella in my life fondly refers to it as my Hannibal Lecter persona. Adjustments to air pressure are still necessary at times. Willingness to work with the device is important. I also found that communicating with one’s pulmonary caregiver is essential and can make a tremendous difference in your health.

While statistically it is unproven if CPAP treatment prevents major cardiovascular events, I wear my mask very strictly. I am meticulous in its use because I have known people diagnosed with sleep apnea who did not allow for adjustments to the machine or its settings. When there were difficulties, they gave up and went without the prescribed therapy, degenerating their overall health. I also knew a woman whose life ended in her sleep from a cardiovascular event when she was not using her machine.

There is also the problem of people who won’t even attempt to get diagnosed. I wish they would. I hope they do—because I feel strongly that CPAP therapy saves my life, daily. Even though at first I felt like a freak show with a bad facial from the strap-marks of my mask as it dents my skin each morning, I realize it’s worth it because I’m still here, and I’ve slept well. In a few hours elasticity works its magic and the skin puffs back out. Who knows, it might be a new way to combat wrinkles.

This is something to consider—if you are not sleeping well, have a conversation with your primary care physician about it. It can really make a difference. It can save your life. -

—Angela Williams



Workshops

LIVING WITH... CHRONIC PAIN? DIABETES?

GET ON THE PATH TO HEALTHIER LIVING!

What is PATH?

PATH is a workshop that empowers people to take an active role in managing chronic health conditions.

Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.

Adults of all ages interested in managing a long-term condition may attend, including family members and caregivers.

You Will Learn:

- Ways to deal with difficult emotions and manage stress.
- Goal setting, problem solving and decision making.
- How to develop a healthy eating and exercise plan.
- How to manage medications, working with your doctor and communicating with friends/family.
- **Chronic Pain PATH** participants also learn the importance of using a variety of tools to manage chronic pain, including pacing & planning, better breathing, using your mind, and a gentle flexibility program called the Moving Easy Program.
- **Diabetes PATH** participants also learn the importance of using a variety of tools to manage diabetes, including monitoring blood sugar, managing medications, planning meals, reading labels, and preventing/delaying complications

2018 Self-Management Workshops

Area Agency on Aging of Northwest Michigan

1609 Park Drive, Traverse City, MI 49686

Meet once a week for 6 weeks*

Chronic Pain PATH

Tuesdays, 1:30-4:00 PM

February 20, 27, March 6, 13, 20, & 27, 2018

-OR-

Wednesdays, 9:00-11:30 am

May 23, 30, June 6, 13, 20, & 27, 2018

Diabetes PATH

Sundays, 2:00-4:30 PM

April 8, 15, 22, 29, May 6, (skip 13), & 20, 2018

-OR-

Tuesdays, 1:00-3:30 PM

September 11, 18, 25, October 2, 9, & 16, 2018

Note: This session includes individual support with a Certified Diabetes Educator

No cost to attend. Donations appreciated. Space is limited (10-15 participants) and registration is required.

Register with Sharon at **1-800-442-1713**

Or online at www.aaanm.org/workshop-registration

*Participants must join the workshop in session 1 or 2.

Creating Confident Caregivers, 2018 Workshops to be held at The Area Agency on Aging of Northwest Michigan, 1609 Park Drive, Traverse City.

Meet once a week for 6 weeks. Four options available!

Mondays 5:30 p.m.-7:30 p.m.

April 9, 16, 23, 30, May 7, 14

or

Mondays 2:00 p.m.-4:00 p.m.

June 4, 11, 18, 25, July 2, 9

Wednesdays, 1:00 p.m.—3:00 p.m.

Oct. 31, Nov. 7, 14, 21, 28, Dec. 5

Mondays 5:30 p.m.-7:30 p.m.

Sept. 10, 17, 24, Oct. 1, 8, 15

No costs to attend. Optional donations are appreciated. Space is limited to 12 participants and pre-registration is required. Register with Sharon at 1-800-442-1713



Donations

Giving is not just about making a donation. It's about making a difference.

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need your support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes.

You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes.

Legacy Giving: Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

Memorial Gifts: Tribute gifts 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. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at info@BenzieSeniorResources.org

DONOR INFORMATION:

Name: _____
Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

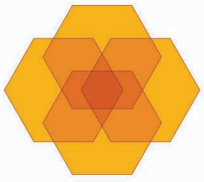
Type of Donation (please circle): Legacy Tribute Other

Make Checks Payable To: Benzie Senior Resources

*Benzie Senior Resources is an independent 501c3 not-for-profit organization.
Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations.
Consult your tax or legal advisor for details.*

Donor Privacy Policy—Benzie Senior Resources (BSR) does not sell or distribute donor information. Be assured your information is secured and protected and only used by BSR when processing your donation and supplying you with BSR information.





BENZIE

SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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

**Our office cat, a.k.a. “Momma Cat”
or “Tiger” wishes all of you a very
Happy St. Patrick’s Day!**



**A few of our volunteers clowning around during the Beulah
Winterfest Parade. Our Subaru, Subie-Doo, was there promoting
the importance of our Home Delivered Meals program.**

