



BENZIE

SENIOR RESOURCES

February 2020

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THE SENIOR SCOOP



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Celebrating

45
YEARS

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SENIORS





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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, Grand Traverse 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)

The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours

Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours
are Monday — Friday 8:00 a.m.— 4:00 p.m.
with exception to special events and
inclement weather.

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*

Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

ADDRESS _____

CITY/ST/ZIP _____ DATE _____

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is no charge for emailing. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.



Did You Know...

- In 2019, we served 20,545 meals to 1,388 people at The Gathering Place
- 99% rated the friendliness of The Gathering Place staff and volunteers as *good to extremely good*
- 93% rated the meals as *good to extremely good*
- 97% reported that they were *satisfied to extremely satisfied* with their overall experience at The Gathering Place Senior Center

But don't take our word for it...

Quotes from those who visit The Gathering Place Senior Center:

"The staff and volunteers are very nice and helpful."

"Love this place. The salad was awesome today! Fresh Mixed greens & healthy."

"A real fine place. Hard to believe we have something so good!! We have good management too!"

"All the cooks and everyone does a good job."

"We really enjoy the people and the meals."

Besides offering an outstanding entrée and an assortment of vegetables, our salad bar includes romaine and iceberg lettuce, red cabbage and shredded rainbow carrots. There are always 22 fresh topping options available along with meat, cheese, nuts and hard-boiled eggs. Our salad dressings include our own, made-from-scratch Betsie Valley Ranch, Manitou (1000) Island and Sleeping Bear Honey Mustard. We also offer fat-free French, Golden Italian, and Herb-Infused Oil and Vinegar. Our Dessert/ Jello Bar includes a variety of cold salads and desserts including our ever popular sugar-free and regular Jello.



All of this for a **suggested donation of \$4**. Lunch is served from 11:30 a.m. to 1:30 p.m. but you can always go early and enjoy some terrific activities or stay after lunch for another round of great activities.

In the spirit of "Keeping the Meals on Wheels Rolling"

Currently, we need to replace a 14-year-old, well-rusted vehicle that has over 141,000 miles on the odometer. Our goal is to raise \$22,000 to purchase a gently used low mileage, all-wheel drive vehicle. The good news is we have raised \$19,870 through grants and are only \$2,130 away from our goal!! With your help, we'll get there! All donations received will be designated to the "Keeping the Meals on Wheels Rolling" fund. Having a safe, dependable vehicle for our volunteer drivers is a high priority and will insure that we continue with uninterrupted meal delivery services, as we deliver just under 4,700 meals each month.

~ Douglas

February Menu

Our meals meet 1/3 of the recommended daily allowance nutrition requirements (RDA)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken Tenders with House Dip Sauce</p> <p>Oven Roasted Potatoes</p> <p>Steamed Broccoli Florets</p> <p>Stone Ground Wheat Bread</p> <p>Classic Fruit Cocktail</p>	<p>4</p> <p>National Homemade Soup Day!</p> <p>Homestyle Beef Stew</p> <p>Steamed Sweet Corn</p> <p>Green Bean Blend</p> <p>Fresh Baked Biscuits</p> <p>Diced Pears</p>	<p>5</p> <p>Crab Cakes</p> <p>Normandy Vegetable Blend</p> <p>Steamed Green Beans</p> <p>Stone Ground Wheat Bread</p> <p>Tropical Fruit Blend</p> <p>Bonus: Homemade Coleslaw</p>	<p>6</p> <p>Texas Style BBQ Beef Sandwich</p> <p>Baked Beans with Bacon</p> <p>Oven Roasted Brussel Sprouts</p> <p>Chunky Applesauce</p>	<p>7</p> <p>Oven Roasted Chicken</p> <p>Parmesan Garlic Mashed Potatoes</p> <p>Malibu Vegetable Blend</p> <p>Stone Ground Wheat Bread</p> <p>Apricots</p>
<p>10</p> <p>Beef & Cheddar Ravioli</p> <p>Italian Style Green Beans</p> <p>Pesto Infused Cauliflower</p> <p>Whole Wheat Garlic Toast</p> <p>Diced Peaches</p>	<p>11</p> <p>Chicago Style Italian Beef Sandwich</p> <p>Tarragon Carrots</p> <p>Oven Baked Tater Tot</p> <p>Pineapple Tidbits</p>	<p>12</p> <p>Whole Wheat Blueberry Pancakes</p> <p>Savory Sausage Links</p> <p>Fresh Scrambled Eggs</p> <p>Oven Baked Spiced Apples</p>	<p>13</p> <p>Hand Rolled Swedish Meatballs</p> <p>Herbed Mashed Potatoes</p> <p>Steamed Broccoli Florets</p> <p>Stone Ground Wheat Bread</p> <p>Fresh Banana</p>	<p>14</p> <p>Classic Chicken Marsala</p> <p>Oven Baked Potato</p> <p>Key West Vegetable Blend</p> <p>Stone Ground Wheat Bread</p> <p>Old Fashioned Strawberry Shortcake</p>
<p>17</p> <p>Homestyle Boneless Pork Chops</p> <p>Homestyle Stuffing</p> <p>California Vegetable Blend</p> <p>Steamed Spinach</p> <p>Stone Ground Wheat Bread</p> <p>Apricots</p>	<p>18</p> <p>Homestyle Salisbury Steak</p> <p>Herbed Mashed Potatoes</p> <p>Capri Vegetable Blend</p> <p>Stone Ground Wheat Bread</p> <p>Fresh Banana</p>	<p>19</p> <p>Beef Stir-Fry over Rice</p> <p>Asian Vegetable Blend</p> <p>Green Bean Blend</p> <p>Lucky Fortune Cookie</p> <p>Mandarin Oranges</p>	<p>20</p> <p>Classic Chicken Parmesan</p> <p>Steamed Sweet Corn</p> <p>Italian Vegetable Blend</p> <p>Whole Wheat Garlic Toast</p> <p>Apricots</p> <p>Cherry Pie!</p>	<p>21</p> <p>Slow Roasted Beef</p> <p>Herbed Mashed Potatoes</p> <p>Malibu Vegetable Blend</p> <p>Stone Ground Wheat Bread</p> <p>Diced Pears</p>
<p>24</p> <p>National Tortilla Chip Day!</p> <p>Seasoned Beef Taco Bar</p> <p>Authentic Refried Beans</p> <p>Oven Baked Spiced Apples</p> <p>Bonus: Tortilla Chips with Fire Roasted Salsa</p>	<p>25</p> <p>Mardi Gras!</p> <p>Cajun Style Chicken Pasta</p> <p>Green Bean Blend</p> <p>Cauliflower Florets</p> <p>Whole Wheat Garlic Toast</p> <p>Diced Peaches</p>	<p>26</p> <p>Crispy Cod Sandwich</p> <p>Normandy Vegetable Blend</p> <p>Steamed Green Peas</p> <p>Stone Ground Wheat Bread</p> <p>Pineapple Tidbits</p>	<p>27</p> <p>National Chili Day!</p> <p>Homestyle Cheesy Chili Mac</p> <p>Steamed Sweet Corn</p> <p>Stone Ground Wheat Bread</p> <p>Oven Baked Pears</p>	<p>28</p> <p>Rosemary Garlic Roasted Pork</p> <p>Herbed Mashed Potatoes</p> <p>Malibu Vegetable Blend</p> <p>Stone Ground Wheat Bread</p> <p>Apricots</p>
<p>We accept cash, Visa, Mastercard and Discover. Personal checks are also accepted made out to BSR</p> <p>Small bills are appreciated</p>		<p>Lunch is served Monday thru Friday at The Gathering Place</p> <p>11:30 a.m. — 1:30 p.m.</p> <p>Menu is subject to change without notice</p>		<p>Meal price is a \$4.00 suggested donation for age 60 and older</p> <p>Under 60 is \$7.50</p> <p>Caregivers under 60 are \$5.00</p>



February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> <p>10:00 YOGA & MORE 11:30 Lunch</p>	<p style="text-align: center;">4</p> <p>10:30 Music by The Melody Makers 11:30 Lunch</p>	<p style="text-align: center;">5</p> <p>8:30 Oatmeal Bar 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo</p>	<p style="text-align: center;">6</p> <p>11:00—Grief Support at the Administration Office 11:30 Lunch 1:00 BUNCO</p>	<p style="text-align: center;">7</p> <p>National Wear Red Day! 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling</p>
<p style="text-align: center;">10</p> <p>10:00 YOGA & MORE 11:30 Lunch 1:15 Movie Monday—</p>	<p style="text-align: center;">11</p> <p>10:30 Music by The Melody Makers 11:30 Lunch</p>	<p style="text-align: center;">12</p> <p>8:30 Oatmeal Bar 9:00 Foot Clinic at the Admin. Office—By Appointment only 9:30 State Theater Trip 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo</p>	<p style="text-align: center;">13</p> <p>8:30 Little River Casino 11:00—Grief Support at the Administration Office 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO</p>	<p style="text-align: center;">14</p> <p>9:30 BUNCO 11:30 Lunch—Happy Valentine's Day and February Birthday Party 11:30 Jessica with Benzie Bus 1:00 Wii Bowling</p>
<p style="text-align: center;">17</p> <p>President's Day 10:00 YOGA & MORE 11:30 Lunch 1:00 Heart Craft</p>	<p style="text-align: center;">18</p> <p>10:30 Music by The Melody Makers 11:30 Lunch</p>	<p style="text-align: center;">19</p> <p>8:30 Oatmeal Bar 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting</p>	<p style="text-align: center;">20</p> <p>National Cherry Pie Day! 9:30 Memory Support 11:00—Grief Support at the Administration Office 11:30 Lunch—Blood Pressure Clinic with Kate and Medical Moment with Megan 1:00 BUNCO 6:00 HARP Forum</p>	<p style="text-align: center;">21</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p style="text-align: center;">24</p> <p>10:00 YOGA & MORE 11:30 Lunch 1:00 Christmas Craft</p>	<p style="text-align: center;">25</p> <p>Fat Tuesday! 9:00 Estate Planning at Admin. Office—by appointment only 10:30 Music by The Melody Makers 11:30 Lunch</p>	<p style="text-align: center;">26</p> <p>8:30 Oatmeal Bar 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo</p>	<p style="text-align: center;">27</p> <p>8:30 Little River Casino 11:00—Grief Support at the Administration Office 11:30 Lunch 1:00 BUNCO</p>	<p style="text-align: center;">28</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering</p>
<p style="text-align: center;">There is no Zumba, Chair Yoga or PLARN this month</p>				 

Dawn's Dish

Mondays, February 3, 10, 17 & 24—10:00 a.m. **YOGA & More!** Class is geared for all levels. Please join us and bring a yoga mat or towel. There is no charge for this class.

Wednesdays, February 5, 12, 19 & 26— Oatmeal Breakfast Bar, 8:30 a.m. to 10:00 a.m. January. \$1 donation is appreciated. Steel-Cut Oats with a variety of toppings.

Wednesdays, February 5, 12, 19 & 26—Foot Clinic at the Benzie Senior Resources Administration Office. Call 231-525-0600 for your appointment. We don't charge a fee, but we do appreciate donations.

Thursdays, February 6, 13, 20 & 27— 11:00 a.m. to 12:00 p.m. Grief Support Group at the BSR Administration office. Kristi Spencer, MA, LPC Bereavement Coordinator for Heartland Hospice. Call 231-525-0601 with questions.

Friday, February 7—**National Wear Red Day!** Go Red for Women is the American Heart Association's movement to end heart disease and stroke in women. Wear red and help spread awareness.

Monday, February 10—1:15 p.m. Movie Monday. We play a movie in-house at The Gathering Place with free Popcorn, pop and a special treat! We'll be watching **Casablanca** starring Humphrey Bogard and Ingrid Bergman.

Wednesday, February 12—**State Theater Trip.** Join Susan and head to TC for the 25¢ Matinee. We'll be seeing **The Umbrellas of Cherbourg**. Leave at 9:30 a.m. and return about 2:00 p.m. Lunch is at the Grand Traverse Pie Company. You are responsible for your lunch and movie costs. \$5 trip fee.

Thursday, February 13—Blood Pressure and Blood Sugar Checks with Shana Penny and Shelly Durocher from The Maples **during lunch**. A great time to check your numbers. Knowledge is power!

Thursdays, February 13 & 27—Little River Casino Trip. Leave The Gathering Place at 8:30 a.m. and Shop-n-Save at 8:45 a.m. Trip fee \$10. **YOU MUST PLAY \$20 TO TRIGGER YOUR \$20 IN RIVER CREDITS. THIS INCLUDES YOUR WINNINGS.** The credits will download automatically on your card. Return by 3:00 p.m. Space is limited so call now to reserve a seat. 231-525-0601 or toll free at 877-277-1306. **Cancel within 24 hours of trip or you must pay the trip fee.**

Friday, February 14—Jessica Carland, Mobility Manager for Benzie Bus will be here **during lunch** to share updates and information on Benzie Bus.

Monday, February 17—1:00 p.m. Craft with Susan. This month we are making a heart craft. Check out a sample at the front desk! No charge but please sign up in advance so we have enough supplies on hand.

Thursday, February 20—**Memory Support Group.** 9:30 a.m. to 10:30 a.m. This monthly group meets to share memory loss concerns as well as offer support and resources. Group is led by Nancy Kasperzak.

Thursday, February 20—Medical Moment with Megan. Have medical questions? Megan Francis, our Director of Home Health Services will be here **during lunch** to answer your questions.

Thursday, February 20—Blood Pressure and Blood Sugar checks with Kate from Paul Oliver Living & Rehabilitation Center **during lunch**. Check your numbers for free. Plus, she has a great laugh and it's contagious!

Monday, February 24—1:00 p.m. Christmas Club craft with Susan. No charge! Check out a sample at the front desk. Please sign up at the desk or call 231.525.0601. We don't want to run out of supplies!

Tuesday, February 25—It's Fat Tuesday! Paczki's from Wesco Bakery for everyone. Stop by and get your caloric intake for the day!

Tuesday, February 25—Essential Estate Planning. 9:00 a.m. to 4:00 p.m. at the Administration Office. Appointments are approximately one hour. This is an opportunity to speak with an experienced estate planning attorney for free to review, update and/or create an estate plan. Schedule an appointment by calling 231-525-0600.

Friday, February 28—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.



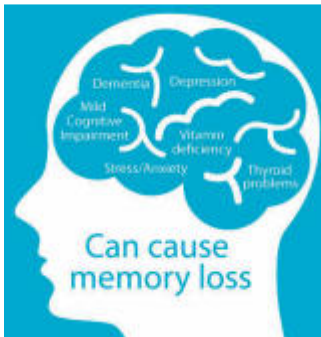
Bulletin Board

Join us on a trip to New Orleans!

- 9 days and 8 nights
- October 24- November 1, 2020
- Motorcoach transportation
- 14 meals: 8 breakfasts and 6 dinners
- Guided Tour of New Orleans
- Admission to the National World War II Museum
- Guided Tour of a Louisiana Plantation
- Admission to Mardi Gras World
- Relaxing Riverboat Cruise on the Mississippi River
- Free time in the French Quarter
- Cost is \$830 per person based on double occupancy.



Memory Support Group



February 20th. Meets with the object of sharing memory loss concerns as well as offer support and resources. Meeting time is 9:30 a.m. to 10:30 a.m. and our group is led by Nancy Kasperzak.

Benzie Weight Control Group Meets on Tuesdays at Benzonia Township Hall (top of next to Fire dept)

Weigh in at 2:45 p.m. Meeting at 3:00 p.m.
Annual Fee of \$5



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The Benzie Village Singers invite you to join them and sing! Free Open House on February 3rd at Saint Phillips Episcopal Church in Beulah. All voices are welcome to join. Contact Garrison Wilson, Director at Bonzodog333@icloud.com or 970-901-7397.

Did you know?

There are medication drop boxes located at all Munson Hospital locations and at the Benzie Sheriff's Department. It's easier than ever to clear out old, expired medications safely.

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Valentine Words



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

Word List:

ADORE
BELOVED
CANDY
CHOCOLATE
DESIRE
FEBRUARY
HEART
LOVE
RED
SWEETHEART



AFFECTION
BEMINE
CARDS
CUPID
DEVOTION
FLOWERS
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ROMANCE
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ENDEARMENT
FRIENDS
KISSES
POEM
SECRETADMIRER
TENDERNESS



February Birthdays & Milestones

James Mattis	1	Marian Lannin	11	Simona Lopez	18
Evelyn Maxey	1	Harriet Muzzarelli	11	Sally Soper	20
Julia Polhamus	1	Bill Schnaar	11	Annette Laffleur	22
Judy Schram	1	Archie Souvatzidis	11	Virginia Marsden	22
Butch Frederick	3	Don R. Bock	12	Cheryl Taylor	22
Joseph Nelson	3	Mary Scholl	12	Hillar "Al" Bergman	23
Bernadette Zachara Marcos	3	Jean Higman	13	Robb Bollenberg	24
Bonnie Rickett	3	Shirley Short	13	Helen Fortine	24
Phyllis Robinson	4	Valerie Thomas	13	Cliff Grostick	25
Margaret Laubach	5	Ronald Wiggins	13	Irma Komoll	25
Bruce Wildie	5	Gloria Hamalainen	14	Floyd Tanner	25
Geoffrey Miner	6	David Lyon	14	Michael Owen	26
Lavina Roberts	6	Frank Hospenthal	15	Annette Rosa	26
Sandee Greene	7	Ann Reinke	15	Mae Fitzner	28
Mark Richmann	7	Wendy Sandtveit	16	Joan Schendel	28
Norman Falet	8	Michael Foust	17		
Gail Lappe	9	Sunja Turner	17		



If we forgot your birthday we are truly sorry.
Please remind us for next year.
If you'd like your name removed from the
birthday list, please let us know.

Employee Birthdays



Sabra Boyle
Feb 22nd



Nancy Chmielewski
Feb 16th



Congratulations Ryan & Jeanna on the birth of their beautiful baby girl! Lumi Joellyn was born December 26th at 5 lbs & 15 ounces and 19 inches long! Lumi joins siblings Griffin & Willow. Ryan & Jeanna both work in our kitchen at The Gathering Place. Speaking of Ryan, he joined our kitchen crew in November. He would love to sky dive in his lifetime and is good at playing euchre. If he could be anywhere right now it would be Fiji!

Staff Anniversaries

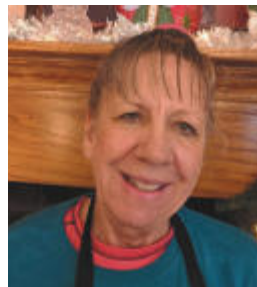
Stacey Sweeney-Moseler—1 year



Dawn Bousamra
8 years



Evgeniya Cobb
11 years



Welcome to the kitchen team Mary! Mary Conner joined our team in November. She enjoys the outdoors and loves sailing. She would like to sail the Pacific Ocean in her lifetime since she's already sailed the Atlantic. Wow!



Welcome Joe Wilkins to our Home Health Aide Team! Joe started in November and we are thrilled to add his compassionate heart to our crew!

Guest Article/ Bulletin Board

Creating a Transportation Plan Jessica Carland, Mobility Manager for Benzie Bus

Last month we discussed some warning signs that may indicate it is time to stop or limit driving.

When older adults stop driving their health can worsen. Giving up the keys almost doubles the symptoms of depression for older adults and it may also increase a decline in physical and mental health, according to a recent study published in the Journal of the American Geriatrics Society. So when older adults do stop driving, it's crucial to maintain their independence by using alternative transportation solutions.

Making a Transportation Plan is a simple solution that can help prepare one for trying public transportation for the first time. Think about the places you drive on a regular or even an occasional basis. Write down the specifics of each trip - the destination and distance, the general time of day you go there, how long you stay, and any other relevant details.

For example, if you go to The Gathering Place for lunch every week, think about what day you go, what time you like to arrive, how long you like to stay, and if you make any stops on your way home. Once you have all of this information written down it's easy to schedule your ride on public transportation.

Benzie Bus has friendly, knowledgeable Transportation Coordinators who are happy to help with scheduling needs. Bus Buddies are available free of charge to assist new riders on their first trip if someone is nervous about trying the bus. If assistance is needed to create a transportation plan, appointments are available with the Benzie Bus Mobility Manager by calling 231-251-9004 or stop by the Benzie Bus table at The Gathering Place on February 14th or March 9th.

HARP is hosting a Public Forum for the general public on Thursday, February 20th from 6 - 8 pm at The Gathering Place in Honor Michigan. The purpose for this is to give an update on where we are with fundraising, plans and implementation for Phase 2 (Indian Hill entrance) as well as have a conversation about Phase 3 (US 31 entrance) and the timeline for activities.

The public is invited to weigh in on the design of Platte River Park in general and on specific sub activities. Tim Knutsen of Beckett & Raeder will be facilitating the discussion.

Karen Korolenko is the Director at the Benzie County Department of Veterans Affairs.



She can be reached at 231.882.0034 or by email at kkorolenko@benzieco.net.

Have an idea for the newsletter? Want to write a guest column? Email or call Dawn at Bousamrad@BenzieSeniorResources.org or 231.525.0601 ext. 201.



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 dollars to our agency! Please let your friends know this great news. Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

Home Delivered Meals Drivers Needed!

Once a month or once a week—you decide. Must possess a valid driver's license. Stop by The Gathering Place or Benzie Senior Resources for your volunteer application, or go to our website: BenzieSeniorResources.org and grab one there. We guarantee you will make a difference on day one.

Tech Support!

Benzonina Library on Mondays from 11:00 a.m.—1:00 p.m. Please call 231-882-4111 for more information. There is no charge.

Darcy Library on Thursdays from 12:00 p.m.—4:30 p.m. with Carol McAnulty. Please call 231-882-4037 for more information.



New Opioid Treatment Program Benefit in Part B

www.medicareadvocacy.org/new-opioid-treatment-program-benefit-in-part-b

January 23,
2020

Starting January 1, 2020 Medicare Part B began covering a new Opioid Treatment Program (OTP) benefit. The Centers for Medicare & Medicaid Services (CMS) pay OTPs through bundled payments for opioid use disorder (OUD) treatment services in an episode of care provided to people with Medicare Part B.

Under the new OTP benefit, Medicare covers:

- U.S. Food and Drug Administration (FDA)-approved opioid agonist and antagonist medication-assisted treatment (MAT) medications
- Dispensing and administration of MAT medications (if applicable)
- Substance use counseling
- Individual and group therapy
- Toxicology testing
- Intake activities
- Periodic assessments

All states must also cover OTP in their Medicaid programs effective October 2020 subject to an exception process as defined by the Secretary. For dually eligible beneficiaries (those enrolled in both Medicare and Medicaid) who previously got OTP services through Medicaid, starting January 1, 2020, Medicare became the primary payer for OTP services. OTP providers need to enroll as a Medicare provider in order to bill Medicare. CMS recently issued a memo emphasizing the importance of ensuring continuity of care for dually eligible enrollees currently obtaining treatment from an OTP provider through Medicaid.

More information is available at: <https://www.cms.gov/Center/Provider-Type/Opioid-Treatment-Program-Center>

Healthy Food Choices

Let us look at foods that are good for elderly people. Begin with the basics. By this, I mean have a balanced meal, or elderly nutrition program, which constitutes: Carbohydrate-rich foods like sweet potatoes and brown rice, Protein-rich foods like salmon and beans, Fruits and vegetables (five portions a day).

Besides this, you can prepare meals rich in the following nutrients:

Foods High In Omega-3 Fatty Acids

These fatty acids are important for people of all ages including elderly people as they help prevent inflammation which can cause cancer, rheumatoid, arthritis, and heart disease. It has also been found to slow down the progression of Macular Degeneration (AMD)—a condition that leads to poor vision. Recent evidence has shown that these fatty acids can reduce the risk of Alzheimer's disease and keep the brain alert. They can be found in fish mainly sardines, Tuna, Mackerel, and Salmon. They are also found in flaxseed, soybeans, canola oil, and walnuts. Nutritionists recommend a serving of omega-3 fatty acids twice a week. Supplements are also available but be sure to consult your health provider before getting started.

Foods Rich in Fiber

As we get older, our digestive system slows down. The walls of the gastrointestinal tract thicken and the contractions are slower and fewer which may lead to constipation. Foods rich in fiber promote proper digestion by moving food through the digestive tract. These foods have also been known to reduce the risk of heart disease.

Foods rich in fiber include nuts, wholegrain cereal, wholegrain bread and pasta, brown rice, brown bread, fruits, and vegetables.

Foods Rich in Vitamin C

Vitamin C has antioxidant properties which are believed to prevent cancer and heart disease. It is also involved in the production of collagen, which gives your skin elasticity and gets rid of dead skin cells giving you healthy skin. It also helps repair bones and teeth and aids in healing wounds. This essential vitamin can be found in fruits and vegetables. Supplements are also available with approval from your healthcare provider.

Vitamin D

Vitamin D aids in the absorption of calcium in the body slowing down the rate at which bones lose calcium. It aids in the maintenance of bone density; therefore, preventing osteoporosis. New evidence shows that it may also protect against chronic conditions like multiple sclerosis, type 2 diabetes, cancer, and rheumatoid osteoporosis.

Vitamin D is produced by the skin when it is exposed to sunlight. Some foods come fortified with it such as cereals, milk, yogurt, and juices. Naturally, vitamin D is found in eggs and certain fish (salmon and tuna). A vitamin D deficiency also increases your chances of falling. Some people argue that exposure to the sun predisposes us to skin cancer, so it is advisable to take vitamin D supplements instead following a consultation with your physician.

Foods Rich in Vitamin B12

Vitamin B12 is responsible for maintaining nerve function, production of red blood cells, and DNA. As you age, absorbing the vitamin from food is more laborious.

You can, therefore, consult your health care provider about supplements. It is found in dairy products like milk and meat and poultry products.

Foods Rich in Potassium

Surveys show that many older Americans do not take the recommended 4700 mg of potassium daily. Potassium aids in cell function reduces blood pressure and lowers your chances of kidney stones. It is also believed to strengthen bones. It is found in fruit and vegetables like bananas, prunes, and potatoes. While lack of potassium is a problem, too much of it is dangerous, so consult your doctor before getting started on supplements.

Magnesium

Magnesium plays a crucial role in 300 physiological functions. It keeps your heart healthy, your immune system, and your bones strong. As you grow older, your body's ability to absorb magnesium decreases.

Some medication for older people decreases the absorption of magnesium. It is mainly found in whole grains, nuts, fresh fruit, and vegetables.

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

Mail to: 10542 Main Street, Honor, MI 49640

Benzie Senior Resources is an independent 501 (c) 3 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 used only 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
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Honor, MI
Permit No. #1

Live smoke-free.
If you smoke, quit.

Monitor your blood pressure.
Keep your numbers below 120/80 mm Hg.

Maintain a healthy weight.
Target a body mass index (BMI) of less than 25.

Watch your cholesterol.
Strive for a total cholesterol less than 200 mg/dL.

Control your blood sugar.
Aim for a fasting blood glucose less than 100 mg/dL.

Get active. Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).

Eat a heart-healthy diet. Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

FEBRUARY
AMERICAN
HEART MONTH