

THE SENIOR SCOOP

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January is...

Glaucoma Awareness Month
 Bath Safety Month
 Get A Balanced Life Month
 Get Organized Month
 National Hot Tea Month
 National Soup Month
 National Quality of Life Month



"Should auld acquaintance be forgot
 and never brought to mind?
 Should auld acquaintance be forgot
 and days of auld lang syne?
 For auld lang syne, my dear,
 for auld lang syne,
 we'll take a cup of kindness yet,
 for auld lang syne."

- Robert Burns (*Auld Lang Syne*)

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

10542 Main Street

Honor, MI 49640

Douglas Durand,

Executive Director

Dawn Bousamra,

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To provide exceptional services, resources and
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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 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.

FROM OUR DIRECTOR

Happy New Year!

I hope everyone had a wonderful Christmas celebration! I enjoyed spending time with our family, celebrating Christmas and watching our granddaughter and grandson open their gifts with excitement. Next year there will be another grandchild to celebrate Christmas with and I can't wait!

Benzie Senior Resources provides many meaningful services day in and day out, but one of the most heartwarming activities that we do is our Holiday Christmas Gift Bags. Our staff takes great pride in putting together these bags to give to those that need some extra Holiday cheer.

We couldn't accomplish putting together over 200 gift bags without help from the community. Many individuals help contribute items to the gift bags. This year we had help from Trinity Lutheran Church, Blaine Christian Church, Frankfort United Methodist Church, St. Andrews Presbyterian Church, First Congregational Church of Frankfort and First Congregational United Church of Christ in Benzonia. We also have a dedicated group of volunteers who help our staff stuff all of these bags. It is sight to see when we first start out with piles of sorted items and bags all around!

A few other groups who play an important role in the Christmas Gift Bag Program are the children from Platte River Elementary School, Silver Lake Elementary School and the youth group at Trinity Lutheran Church. The children decorated the gift bags and they did an awesome job!

Are you thinking about your New Year's Resolution? Most likely it includes taking better care of yourself through exercise, nutrition or maybe increasing some brain power! May I offer a suggestion? How about volunteering? It is a perfect New Year's Resolution because it offers great outcomes for **YOU!** Volunteering has countless benefits to the community and also to the health and happiness of individuals who commit to it. One of the many benefits of volunteering is creating new connections in your community. It presents opportunities to meet new friends and strengthen relationships between those who volunteer together. Our bonds grow as we work together towards a common goal. Also, volunteering helps to lessen depression, increase self-confidence and make a healthier you both physically and mentally. Volunteering can be as little as 1 hour a month or 10 hours a week and it is a fun and easy way to utilize your interests and passions.

Here at Benzie Senior Resources, we couldn't function without our dedicated group of volunteers. From delivering meals to the homebound; conducting an exercise group; greeting folks coming in to The Gathering Place or serving as a board member and assisting seniors during our foot clinic our volunteers keep us going.

If you are looking for ways to remain active and healthy, please visit our agency for more details on how you can make a difference.

Have a Happy and Healthy New Year!

Take care,
Douglas



JANUARY MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Steakhouse Burger Tater Tots Cinnamon apples	4 Turkey Stew Mixed Vegetables Broccoli Oyster Cracker Orange	5 Chicken A La King Spinach Wax Beans Whole Wheat Bread Plum Halves	6 Slow Roasted Beef Herb Mashed Potatoes California Blend Bread Banana
9 Crispy Cod Sandwich Sweet Potato Tots Malibu Blend Orange	10 Baked Chicken Herb Mashed Potatoes Mixed Vegetables Bread Pear	11 Smoked Sausage with Kraut California Blend Green Peas Bread Pineapple	12 Vegetable Strata Italian Blend Brussel Sprouts Garlic Toast Fruit Cocktail	13 Salisbury Steak Herb Mashed Potatoes Winter Blend Bread Banana
	17 Creole Chicken Collard Greens Succotash Breadsticks Peaches	18 Goulash Green Peas Carrots Whole Wheat Bread Apple	19 South Style Pork Fritters Herb Mashed Potatoes California Blend Bread Banana	20 Manicotti Italian Blend Corn Garlic Toast Apricots
23 Turkey Tetrazzini Carrots Cauliflower Bread Orange	24 Beef Pasties Broccoli Corn Bread Apple	25 Citrus Chicken over Rice Spinach Kyoto Blend Hawaiian Rolls Mandarins	26 BBQ Meatballs Tater Tots Malibu Blend Bread Banana	27 Fish Fry Normandy Blend Corn Bread Plum
30 Spaghetti with Meat Sauce Pesto Cauliflower Corn Garlic Toast Banana	31 Homemade Meatloaf Herb Mashed Potatoes California Blend Pineapple			

JANUARY CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Happy New Year</p> 	<p>3</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>4</p> <p>10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO</p>	<p>5</p> <p>9:00 Hearing Clinic at Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>6</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling</p>
<p>9</p> <p>Law Enforcement Appreciation Day 10:00 Yoga 11:30 Lunch 12:00 CARDS</p>	<p>10</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>11</p> <p>10:00 Stay Fit with Doris 11:30 Lunch—Elvis Presley Birthday Party 12:30 BINGO</p>	<p>12</p> <p>National Hot Tea Day 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>13</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p>16</p> 	<p>17</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>18</p> <p>10:00 Stay Fit with Doris 11:30 Lunch 12:30 Bingo 1:15 Pinterest Craft 4:30 Board of Directors Meeting</p>	<p>19</p> <p>National Popcorn Day 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO</p>	<p>20</p> <p>National Cheese Lover's Day 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p>23</p> <p>National Pie Day 10:00 Yoga 11:30 Lunch 12:00 CARDS.</p>	<p>24</p> <p>9:00 Essential Estate Planning in Administration Office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>25</p> <p>9:30 State Theater Trip 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO</p>	<p>26</p> <p>8:45 Little River Casino 9:00 Foot Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>27</p> <p>National Chocolate Cake Day 9:30 BUNCO 11:30 Lunch—January Birthday Party 1:00 Wii Bowling 6:00 Ol' Time Gathering/</p>
<p>30</p> <p>Bubble Wrap Day 10:00 Yoga 11:30 Lunch 12:00 CARDS. 1:00 Spinning</p>	<p>31</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>			<p>Please note our February Foot Clinic is on February 2nd. Call 231-525-0600 to schedule your appointment with Emily!</p>

Dawn's Dish

We are closed on Monday, January 2nd and Monday January 16th.

Please remember that The Gathering Place Senior Center is closed when Benzie Central Schools are closed.

New Year's Resolution week is naturally the first week in January. Check out our New Year's Resolution Board by the bathroom doors. Want to add yours? No need to put your name on it, but they say if you put it out there you are more likely to do it.

Thursday, January 5—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment. Clinic is located at the Administration Office.

Monday, January 9—National Law Enforcement Appreciation Day! We'll invite all of our local law enforcement agencies to stop by for lunch so we can say THANK YOU to them all for keeping our community safe.

Thursdays, January 12 & 26—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. Receive \$20 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

Wednesday, January 11—Elvis Presley Birthday Party! His birthday is January 8th but technically it's Elvis Presley week! Bring in your favorite Elvis memorabilia to share.

Wednesday, January 18—Pinterest Craft time! It's a surprise! Please sign up at the front desk so I have enough supplies.

Thursday, January 19—National Popcorn Day! We'll have caramel, cheese and the regular stuff.

Monday, January 23—National Pie Day! Make sure you bring a friend.

Wednesday, January 25—State Theater Trip. 25 cent matinee. We'll see "West Side Story" an Oscar winning musical and then enjoy lunch at The Grand Traverse Pie Company. Please call 231-525-0601 to sign up in advance. Seats are limited. Trip cost is \$5.

Thursday, January 26—9:00 a.m.—1:00 p.m. Foot Clinic at Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment.

Friday, January 27—January Birthday Party AND National Chocolate Cake Day! Yahoo!

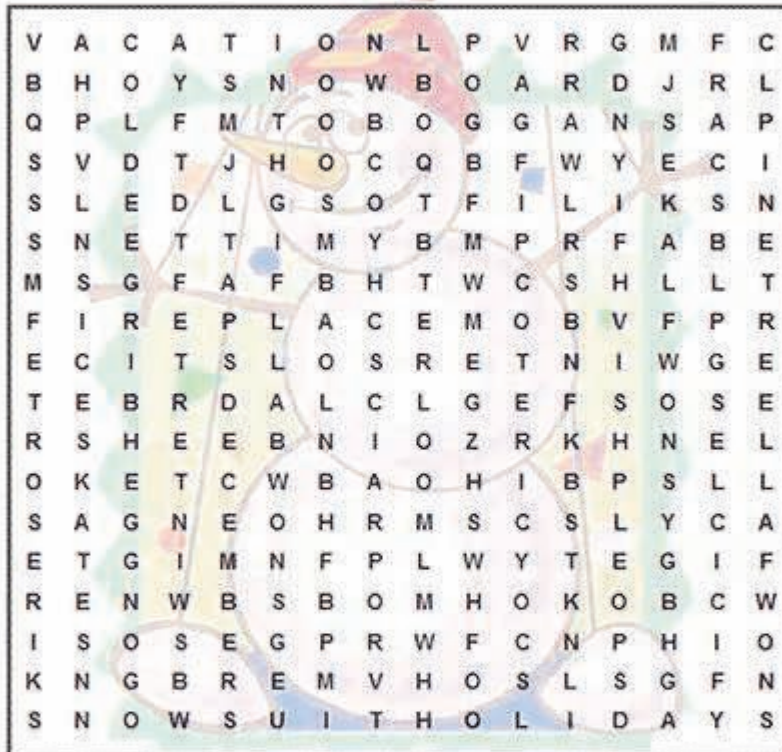
Friday, January 27—Ol' Time Gathering 6:00 p.m.—9:00 p.m. Ring in 2016 with us at 9:00 p.m. Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. The Melody Makers will entertain and there will be dancing! Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.

Monday, January 30—Bubble Wrap Day! Have you ever received a package and giggled with joy when you saw it was wrapped in bubble wrap? Well, there's a day for that! Let's play!

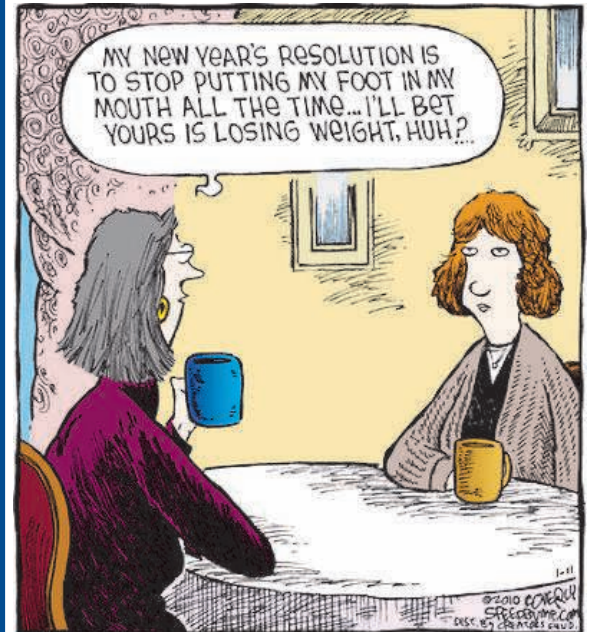
Tuesday, January 31—Essential Estate Planning. 9:00 a.m. to 4:00 p.m. at the Administration Office. Appointments are approximately one hour. This is an opportunity to speak with an experienced estate planning attorney for free to review, update and/or create an estate plan. Schedule an appointment by calling 231-525-0600.

BIRTHDAYS & WORD SEARCH

WINTER HOLIDAY Word Find



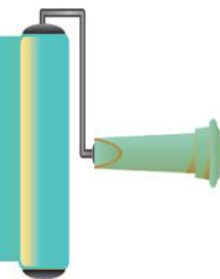
Ice	Ski Lift	Fireplace	Winter	Snowfall
Sled	Snowman	Snowflakes	Eggnog	Pine Tree
Snowboard	Ski Slopes	December	Hockey	Icicles
Toboggan	Snowball Fight	Ski Resort	Snowmobile	Holiday
Ice Skates	Hot Chocolate	Snowsuit	Snow Boots	Scarf
Mittens	Winter Solstice	Vacation	Frozen	Cold



Happy Birthday to you!

John Kennedy	2	Lee Howard	9	Marty Marsden	15	John Raz	24
Max Kracht	2	Kathy Engelbertson	9	Sharon Francik	15	David Sorensen	25
Charles Holtrey	2	Kenny Rodgers	9	Marshall Sauer	18	Norm Pelky	26
Linda Hammond	3	Beverly Wenger	10	Denise Holmquist	19	Richard Lutz	27
Sheryl Bradley	3	Grace Kortesis	10	Harriet Mick	20	Richard Erdman	27
Holly Sorensen	4	Beverly Poynor	11	Christine Danks	21	Leslie Putney	27
Bonny Kerby	4	Cathy Finkel	11	Shirley Kennard	21	Dorothy Witzke	27
Bill Lyons	4	Judy Fast	12	Diane LaRocque	21	James Foster	28
Ross O'Brien	4	Ann Phillips	12	George Payne	22	Ruth Seltzer	29
Shirley Kerr	6	Mary Roeters	12	Betty Milliron	22	Jeffie Lynch-Jones	30
Jerry Pelky	6	Vickie Vanderlinde	12	Al Hyams	22	Frank Antene	31
Maris Ziemelis	6	Gail Sampier	12	Janet O'Brien	23	James Mallison	31
Delbert Cleghorn	6	Sue Ellen Westcott	13	Tom Bisop	23	Betty Robotham	31
Colin Bohash	8	Lorie Richmann	14	Betty Cramer	23		
Shirley Henning	8	Esther VanHammen	15	Gloria Stowe	23		

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GLAUCOMA

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of *preventable* blindness. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors

High-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.

My Dollar Tree Santa, By Dawn Bousamra

We get a LOT of donations to help us with our Christmas gift bags for our clients but inevitably we still have to go out and buy a few things. This year, that meant me in The Dollar Tree with five shopping carts full of soap, toilet paper, etc. I am writing this story not to advertise for The Dollar Tree but to share with you how this particular store in Traverse City (next to Petsmart) gave me the greatest gift of the season—hope.

I was on my fifth and last FULL cart of the evening. This finalized my shopping and gave our crew the supplies we'd need to get the bags together for delivery. In my cart I had 314 items equaling \$314.00. I ran my work debit card through and it came back declined. I was surprised. I knew the money was in the bank so what was going on here? I personally didn't have the extra cash to purchase all of these items. I was embarrassed that I'd have to leave this huge cart behind and when I went back the next day to pay they would have to rescan every single item!

Enter Todd. During my couple of hours in the store I met the manager and four employees who were very hospitable and helpful. Todd was one of those employees. And when he heard me on the phone telling Doug (my boss) about my predicament he came over to offer assistance.

“Could you bring me a check tomorrow?” he asked.

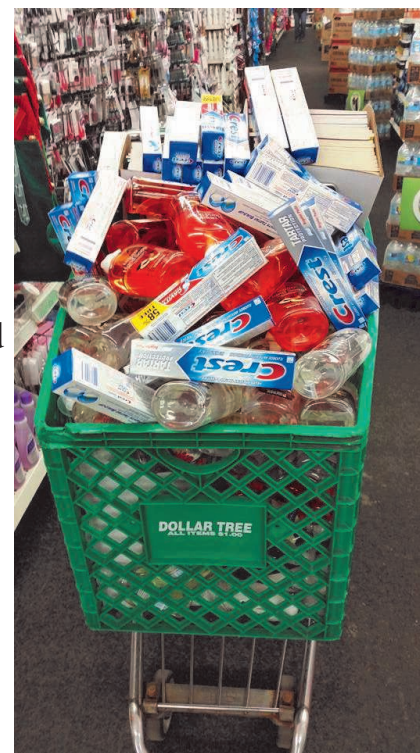
“What?” I asked, processing the question.

“I can pay for your order tonight and then just bring me a check sometime tomorrow.”

I don't recall what I said to him but I'm sure the look on my face said it all. I took Todd up on his offer and left The Dollar Tree with \$314 worth of items. On my drive home I couldn't get this good deed out of my mind. He offered without any hesitation. Who does that?

The following day I drove back to the store to deliver Todd his check. I walked in to see all the smiling faces from the day before. I felt like a welcomed guest as they all greeted me and asked how I was doing. Todd was there too so I handed him the check (with a card and a small gift of thanks) and gave him a hug. He smiled nonchalantly like this was no big deal. But for me it was. Todd gave me hope and a concrete reason to believe that there are still kind, trusting people out there.

NOTE: I did learn later on that the bank was just trying to protect us from fraud. My shopping at a dollar store was apparently alarming.



WINTER BLUES

12 ways of overcoming Holiday and Winter loneliness and isolation for seniors

Great advances in medicine have extended our average life expectancy to a record high of nearly 79 years. Couple longevity with the fact that over 10,000 Baby Boomers reach the age of 65 every single day and you can see why seniors represent the fastest growing populations segment in the US.

As one ages, it is often accompanied by a sense of loss: loss of a job due to retirement, loss of a spouse and friends due to illness, or loss of family members due to geographic mobility. Some may also sense a loss of independence due to health or mobility issues. Many studies suggest that loneliness takes a serious toll on physical health.

To help those seniors who feel less joy and more isolation during the holidays, we would like to offer 12 no cost or low cost ways to help seniors, and others, better enjoy the season and the New Year ahead.

1. Understand that you are not alone. An AARP study suggests one-third of Adults 45+ are lonely; an American Psychological Association study indicates 1 in 4 Americans are lonely. Other studies suggest you should honor and share your feelings.
2. Connect with others, with a phone call, on line or via shared activities.
3. Visit your local senior center.
4. Take a class, learn something new, or engage in a hobby.
5. Ask for help if needed.
6. Be more physically active. Physical activity keeps you feeling better and helps with mobility issues.
7. Participate in your local faith community, local community organization, club or group.
8. Consider attending group luncheons in your community.
9. Sign up for a Senior Companion through Catholic Human Services at 1-800-658-8854.
10. Volunteer. You may find that it is a gift to you to give to others in greater need.
11. Use stress management techniques: be good to yourself, relax, and replace self-defeating thoughts with more positive thoughts.
12. Be grateful. Gratitude: makes us happier, makes people like us, makes us healthier, boosts our career, strengthens our emotions, develops our personality, makes us more optimistic, reduces materialism, increases spiritualism, makes us less self-centered, increases self-esteem, improves our sleep, keeps us away from the doctor, lengthens our lives, increases our energy levels, makes us more likely to exercise, makes more resilient, makes us feel good, makes our memories happier, reduces feelings of envy, helps us relax, makes us friendlier, helps our marriages, leads others to respect us, helps us make friends, deepens friendships, makes us more effective managers, helps us network, increases our goal achievement, improves our decision making, increases our productivity. In his article [The 31 Benefits of Gratitude You Didn't Know About: How Gratitude Can Change Your Life](#), author Amit Amin cites numerous scientific research studies that identify these life-enhancers.

Contact your local Commission or Council on Aging or the Area Agency on Aging of Northwest Michigan (AAANM) at 1-800-442-1713 for more information about programs, services and classes for older adults.

SOCIAL SECURITY

Social Security Announces 0.3 Percent Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

How do I get a replacement Medicare card?

Your Medicare card is proof of your Medicare insurance. If your Medicare card was lost, stolen, or destroyed, you can ask for a replacement by using your online Social Security account. If don't already have an account, you can create one online. Go to Sign In if you have an account or Create an Account if you don't. Once you are logged in to your account, select the "Replacement Documents" tab. Then select "Mail my replacement Medicare Card."

Your Medicare card will arrive in the mail in about 30 days at the address on file with Social Security.

If you can't or prefer not to use the online service: Call us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday, from 7 a.m. to 7 p.m.; or Contact your local Social Security office.

BULLETIN BOARD

We will be closed on Monday, January 16th for staff training. This includes both our Administration Office and The Gathering Place Senior Center. THANKS!



Weatherization Referrals Being Accepted

The Building Performance Unit of Northwest Michigan Community Action Agency is taking referrals for its Weatherization Assistance Program with very little waiting in Benzie, Charlevoix, Grand Traverse and Leelanau Counties. The program provides assistance in improving the health, safety, efficiency and comfort of residences in all ten of NMCAA's counties. It is funded by the Federal Department of Energy (DOE), which subsidizes these services for eligible low-income homeowners and renters. Clients who have an income that is less than 200 percent of the poverty guidelines are eligible for the program. For more information, call (231) 947-3780.

Bath Safety Tips for Seniors

A common area where seniors often end up having accidents is falls in the bathroom, and helping prevent those kinds of accidents is what January's National Bath Safety Month is all about. These types of accidents, while common, are sometimes overlooked as a cause for concern. The good news is, however, that bathroom falls are easily prevented if you take the right precautions.

It really only takes a few simple things to make your bathroom a lot safer. To decrease the likelihood of you ever taking a fall while in your bathroom, follow these useful tips:

- Install non-slip strips or mats in the bottom of your bathtub.
- Have reachable safety handles for climbing in and out of the tub or shower, and by the toilet as well.
- Keep a non-slip rug or mat on the floor at the entry/exit of the shower.
- Make sure your bathroom floor stays clean and free of spills.
- Keep a portable phone in your bathroom in case of emergencies.

Getting buried in snow? Call our office at 231-525-0600 today and get signed up for our snow-plowing service.



It's getting to be tax time again and we are happy to announce that we will be offering FREE income tax preparation again this year. This service is provided by volunteers from Northwest Michigan Community Action Agency. Tax preparation will begin in early February. You may call for an appointment beginning January 16th.

DONATIONS

When You Donate. . . You Make a Difference

Benzie Senior Resources 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, in any way or amount, helps us continue this important work!

When you make a donation to Benzie Senior Resources, 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 Benzie Senior Resources, 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. 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.

Planned Giving:

As you prepare your legacy for your family and your community, please consider including Benzie Senior Resources as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources 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 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.

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Nonprofit Org.
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Permit No. #1



Santa Bonnie Fast pictured above.
Patty Adams (right) poses with the hats she makes and donates each year for our Christmas gift bags to our Home Delivered Meals clients.

