BENZIE SENIOR RESOURCES

October 2017

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October is.....

Breast Cancer Awareness Month Computer Learning Month Cookie Month Eat Country Ham Month National Popcorn Popping Month National Diabetes Month Physical Therapist Month National Pizza Month Lupus Awareness Month Adopt a Shelter Dog Month

THE SENIOR Scoop





2017 Coho Festival Senior King and Queen Betty Orr & Dave Browne

Special thanks to Julia Hyll for creating the beautiful robe and crowns.

Providing exceptional services, resources and trusted care to support Benzie seniors.

DIRECTORY

Phone: 231-525-0600 or Toll Free: 888-893-1102 Fax: 231-325-4855 Email: info@BenzieSeniorResources.org. Website: www.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

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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, GT Regional Community Foundation, Rotary Charities of Traverse City and Benzie County Community Chest.

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EMAIL If you would like a copy of this newsletter mailed to your home O please mail this form to the Benzie Senior Resources office, 105 annual mailing the subscription fee is \$10.00 which helps to cov Subscription expiration dates are listed on the bottom of the mai	42 Main St, Honor, MI 49640. For ver printing and mailing costs.

From Our Director



Greetings,

It's another HAPPY NEW YEAR for Benzie Senior Resources! Our new Fiscal Year begins on October 1st. This also marks the first anniversary of Benzie Senior Resources. We had a <u>very</u> successful first year supporting older adults and their friends, family and surrounding community.

The month of August was a milestone for us. Here are some of our latest accomplishments:

• 5,262 meals were sent to our Home Delivered Meals clients making this our **highest monthly total ever recorded**. We are on pace to provide 50,000 meals to those in need, which would be another milestone. This represents a 25% increase from the previous year.

• 444 Homemaker service hours were provided in August. This was the **highest monthly total ever recorded** in the Homemaker Program.

- 180 Benzie Bus Punch cards were distributed. This is the highest monthly total ever recorded.
- The Administration office took its 10,000th call for the Fiscal Year. Another record for the number of calls!
- August brought 936 participants in activities at The Gathering Place. The highest monthly total ever recorded.

• Our Home Healthcare clients increased from 46 in October 2016 to 75 in August 2017. Total client hours went from 764 hours in October 2016 to 1,413 in August 2017.

- We added 35 new clients to the Lawn Chore Program this summer. Another all-time record number.
- We added three additional Homemaker Contractors to meet the increased demand for this service.

• We added three additional Home Healthcare Aides to meet the increased demand and hired a part-time receptionist.

The 2018 Subaru Outback we were awarded from Subaru of America's 50 Cars for 50 Years Donation through their partnership with Meals on Wheels America is anticipated to arrive around the middle of October. Jeff has been busy planning the **new 5th route**, which will help us serve the anticipated increase in clients. We are actively recruiting new volunteer drivers to operate route 5!

Remember to check out the Informational Medicare Open Enrollment Page in the newsletter.

Please mark your calendars to come out on October 11th in support of Empty Bowls Soup Nite at The Gathering Place from 4:00 pm – 6:30 pm. All proceeds raised benefit Benzie Food Partners.

Even though the weather has been in the 90's, we are starting to establish a list of contractors for the upcoming Snow Removal Program. More information will be coming out as the list is finalized.

I encourage everyone to get out and take in the upcoming fall colors. For those who will be heading south to your winter residence, I wish you all safe travels.

Please enjoy our newsletter with all of the activities, educational opportunities, and programming planned for October.

As always, we are open to any ideas, comments, or suggestions. Just drop by or give us a call.

Take care~





October 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 Chicken Parmesan Malibu Blend Spinach Garlic Toast Apple	3 Liver and Onions Herb Mashed Potatoes Green Peas Bread Banana	4 Seasoned Beef Tacos Refried Beans Baked Peaches	5 South Style Pork Fritters Herb Mashed Potatoes Carrots Pear	6 Roasted Chicken Baked Beans Broccoli Bread Orange		
9 Crispy Cod Sandwich Normandy Blend Corn Pear	10 Smoked Sausage with Kraut California Blend Green Beans	11 Ham Dinner Sweet Potato Broccoli Bread Pineapple	12 Chicken Florentine Green Peas Cauliflower Bread Apple	13 Slow Roasted Beef Herb Mashed Potatoes Carrots Bread Apricots		
16 Chicken A La King served over Biscuit Spinach Normandy Blend Apple	17 Spaghetti with Meatballs Italian Beans Malibu Blend Garlic Toast Banana	18 Sloppy Joes Corn Carrots Pineapple Bun	19 Pork Chops Stuffing Green Peas Bread Orange	20 Homemade Meatloaf Key West Blend Roll Peaches		
23 Deluxe Chicken Sandwich Sweet Potato Tots Broccoli Pear	24 Bratwurst and Peppers on Bun Cauliflower Carrots Banana	25 Beef Stir-fry over Rice Far East Blend Chow Mein Noodles Fortune Cookie Mandarins	26 Swedish Meatballs Herb Mashed Potatoes California Blend Bread Apple	27 Baked Chicken Parmesan Garlic Mashed Potato Green Beans Bread Apricots		
30 Steakhouse Burger Tots Green Beans Baked Peaches Bun	31 Ghoul-ash with eyeballs (peas), cut up fingers (carrots), slice of pancreas (bread) and the heart of a deer (apple)	HALLO	WEEN II II			

	October	Calendar o	f Events	
Monday	Tuesday	Wednesday	Thursday	Friday 🕺
2 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Clinic 12:00 CARDS 1:00 Stretching and Reaching for arms 2:30 Zumba	3 10:30 Music by The Melody Makers 11:30 Lunch NO Chair Yoga 5:15 Zumba	4 8:30 Zumba 9:00 Foot Clinic at The Administration Office- By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	5 9:00 Hearing Clinic at The Administration Office by appointment 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	6 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
9 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 "Who Should You Trust?" State Bar Seminar 2:30 Zumba	10 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	11 8:00 Tunnel of trees 8:30 Zumba 9:00 Foot Clinic at The Administration Office By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:15 Bingo 1:00 CLOSE 4:00 Empty Bowls Soup Nite	12 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 3:00 Tai Chi	13 9:30 BUNCO 11:30 Lunch—Weat PINK Day 1:00 Wii Bowling 1:00 Tech Support
16 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Medicare 101 2:30 Zumba	17 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	18 8:30 Zumba 9:00 Foot Clinic at The Administration Office- By Appointment only 10:00 Stay Fit w/Doris 11:00 Flu Shot Clinic 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	19 10:00 Bible Study 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check 1:00 BUNCO	20 9:30 BUNCO 11:00 Flu Shot Clinic 11:30 Lunch—Birthday Party 1:00 Wii Bowling 1:00 Tech Support
23 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Honor Bank Identity Theft 2:30 Zumba	24 9:00 Essential Estate Planning at Administration Office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	25 8:30 Zumba 9:00 Foot Clinic at The Administration Office By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	26 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO 3:00 Tai Chi	27 9:30 BUNCO 11:30 Lunch–Pumpkin Decorating 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering
30 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning NO ZUMBA 3:00 p.m. CLOSE	31 10:30 Music by The Melody Makers 11:30 Lunch— Halloween Party 3:30 Chair Yoga 5:15 Zumba		ttal	appy





Dawn's Dish

Please note: The Gathering Place Senior Center is closing at 1:00 p.m. on Wednesday, October 12th to prepare for Empty Bowls Soup Nite fundraiser.

All participants in the Congregate Meal Program (The Gathering Place) must fill out a NEW NAPIS form starting October 1^{st} . We are REQUIRED to have an updated form each year.

Monday, October 2–1:00 p.m. Stretching and Reaching the Arm by Dawn Edgley Physical Therapist at POMH.

<u>Wednesdays, October 4, 11, 18 & 25</u>—Foot Clinics at the Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. Donations toward this service are always appreciated.

<u>Wednesdays, October 4, 11, 18 & 25–</u>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.

<u>Fridays, October 6, 13, 20 & 27</u>—Tech Support. Every Friday at 1:00 p.m. we have Tech Support to help you navigate the tech world. Please call in advance to schedule your appointment with Robert. 15 and 30 minute appointments are available, and if you have your own device, please bring it.

<u>Monday, October 9</u>–1:00 p.m. The State Bar of Michigan seminar, "A Living Trust Education Initiative: Who Should You Trust? Avoiding Estate Planning Mistakes" provides essential estate planning information and the warning signs of deceptive annuity sales practices. For more information, contact Dawn at (231) 525-0601 or State Bar of Michigan Professional Standards Division Paralegal Amy Emmons at (517) 346-6343.

<u>Wednesday, October 11</u>—Tunnel of Trees. Leaving at 9:00 a.m. and return by 5:00 p.m. Stops along the way include: Good Hart General Store, the historic church at Middle Village and lunch at The Legs Inn. Call to sign up at (231) 525-0601. Trip fee is \$10.00. You are responsible for buying your own lunch.

<u>Thursdays, October 12 & 26</u>—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 3:00 p.m. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

<u>Friday, October 13</u>—October is Breast Cancer Awareness Month. Wear pink (yes, men too!) whether it's your whole outfit, a ribbon, socks, hat, bracelet or lipstick. Let's show our support!

<u>Monday, October 16</u>—Medicare 101. 1:00 p.m. Open enrollment for Medicare begins October 15th. Not sure what you need to do or change? Call in your questions to Dawn at 231-525-0601 and then come for the answers from Fran Wallace our MMAPS counselor.

<u>Wednesday, October 18</u>—Flu Clinic with Benzie-Leelanau District Health Department at The Gathering Place. Please call 231-256-0210 with your insurance information and to schedule your appointment.

<u>Friday, October 20</u>—Flu Clinic with Rosemary Russell, R.N. sponsored by Hometown Pharmacy. 11:00 a.m.—1:00 p.m. Bring your insurance cards.

<u>Tuesday, October 24</u>—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, October 27–Decorate pumpkins with Dawn during lunch! It'll be fun plus you get to take one home.

<u>Friday, October 27</u>—Ol' Time Gathering. 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.

<u>Tuesday, October 31</u>—It's a Halloween Party! That means costumes, tricks and treats! Be sure to dress up! Everyone who does gets a prize!



HALLOWEEN WORD SEARCH

Halloween															
October		W	Ι	т	С	Н	D	Y	R	A	С	s	J	W	К
Spooky	W	J	A	С	к	0	1	A	N	т	Е	R	N	С	D
Scary	7						2		-						_
Ghost	L	Н	E	G	G	н	0	S	I.	Н	S	К	A	R	E
Vampire 🧼	N	R	E	Т	S	N	0	Μ	А	Ρ	К	L	0	Е	Ι
Werewolf	0	0	S	U	Е	D	R	L	Ι	R	в	J	Ρ	в	в
Witch	т	0	U	v	м	R	1	D	Р	s	Е	z	v	0	М
Zombie	12						Serie Film								
Skeleton	Е	В	0	Ζ	V	0	Е	G	В	G	Η	С	А	Т	0
Monster	L	А	Н	L	W	R	Ι	Е	Ν	А	W	F	Μ	С	Z
Black	Е	т	D	Е	Y	A	R	A	Y	Е	Y	J	Ρ	0	S
Orange	к	s	Е		^	Е	R	т		0	к	~	I	B	
Candy	ĸ	5	E	Т	A	E	ĸ	1	R	0	ĸ	С	1	R	Т
Trick or Treat	S	N	Т	К	К	0	Q	Е	Y	Ι	0	Т	R	J	0
Haunted House	I	Y	Ν	Х	L	U	W	D	Ρ	Х	0	z	Е	0	Q
Boo	К	М	U	Е	s	0	Ν	т	Ι	N	Ρ	s	к	F	в
Spider	М	Ν	А	U	L	A	L	V	С	М	S	х	к	С	Ρ
Bats	J	Е	н	F	с	т	F	J	к	т	G	в	Ν	Ň	в

Welcome to our new Home Delivered Meals volunteers Doug and Sandy Greene!

Tai Chi is back at The Gathering Place! See the Calendar of events for dates and times. Jackie Hice will be teaching this class again.

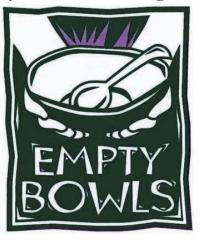


Wednesday, October 11th is the annual Empty Bowls Soup Nite from 4:00 p.m. to 6:30 p.m.. This delicious fundraiser benefits Benzie Food Partners and is held yearly at The Gathering

Place. Silent Auction; Famous Area Soups; Bread/ Beverage and Dessert included.

\$8/ person Children 12 years and under are only \$2.50!

Carry outs are available.





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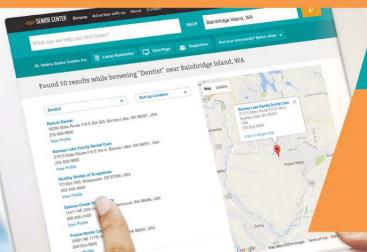
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3-D-5-5



Bulletin Board

"Family Fun and Music at the Museum" Sunday, October 1, 2017 1:00 – 4:00 pm The Almira Historical Society Museum 19440 Maple Street, Lake Ann

Contact Person: Tanya (231) 275-7216 or Jean (231) 313-1960 The Almira Historical Society invites the community to our Fall event: "Family Fun and Music at the Museum" including live music on the porch, children's games, cider, donuts and apples. There is no charge to attend. Please join the fun, bring along your musical instrument, listen to great music, and visit the museum.

1:00 p.m. The State Bar of Michigan seminar, "A Living Trust Education Initiative: Who Should You Trust? Avoiding Estate Planning Mistakes" provides essential estate planning information and the warning signs of deceptive annuity sales practices that could potentially jeopardize your economic stability. Attend the State Bar of Michigan's free seminar to gain empowerment in making estate planning decisions. Avoid becoming a victim and receive a specially-designed folder containing essential estate planning information and easy-to-remember reminders of the warning signs of trust-based estate planning and annuity scams. For more information, contact Dawn at (231) 525-0601 or State Bar of Michigan Professional Standards Division Paralegal Amy Emmons at (517) 346-6343 or email at <u>sbmsred@michbar.org</u>.

October is Diabetes Awareness month. Watch for valuable information at The Gathering Place front desk.

Take a quiz—are you at risk?



October Birthdays/ Recipes

Sylvia Bennett	1	Terry Cheeseman	13	Alda Cook	22	2003
Don Champine	2	Marleen McPherson	13	Bob Grooters	22	< ≥
Charlotte Worden	2	Michelle Leines	14	Lawrence Muzzarelli	25	
Dan Peck	3	Bill Pell	14	Charles Hicks	26	
Phyllis Crowell-VanHa	ammen 5	Bob Powell	14	Cynthia Scott	27	
James Loucks	6	Shirley Sexton-Damo	re 14	Betty Gardner	28	
Chris Thom	7	David Sharman	14	Julia Hyll	28	
Judith Parker	9	Clyde Kastl	15	Connie McLaren	28	
Terry VanHeyningen	9	Doris Loll	16	Kenneth Rockwell	28	
Tom Marsden	10	Cheryl Williams	16	Bruce Toms	29	
Linda Remington	10	Rob Janusch	17	Gloria Ellis	31	
Judy Acha	11	Edna Teatro	17	Susan Kekel	31	
Betty Croft	11	John Tuohimaa	17	Bill Kulback	31	
Bonnie Tate	12	Fred Poynor	19	Bob Scholl	31	
Kathy Maddasion	12	Terry Montgomery	21	Beverly Thomsen	31	
Geoffrey Allen	13	Sharron McCollum	21	Jim VanHammen	31	

From the "Family Secrets" cookbook by the former Harbor View Senior Center in Frankfort. Published in 1984! This was just gifted to me to share with you. If you'd like to look through it, please stop by my office. ~ Dawn

Pumpkin Chiffon Pie submitted by Lillian Barton

1/4 c. cold water 1 envelope unflavored gelatin Combine and let stand about 5 minutes and set aside.

Combine the following in top of double boiler: 1 1/4 c. cooked or canned pumpkin 1 c. brown sugar, firmly packed 3 egg yolks 1/2 tsp. salt 1/2 tsp. ginger 1/2 tsp. allspice 2 tsp. cinnamon

Cook over hot water, stirring constantly, until slightly thickened. Mixture should coat spoon like custard. Remove from heat and stir in softened gelatin. Cool.

3 egg whites 2 Tbsp. sugar



Beat egg whites until stiff but not dry. Gradually beat in the sugar. Fold egg whites into cooled pumpkin mixture. Turn into 9-inch baked pie shell or crumb crust. Chill until firm. Garnish with whipped Cream.

Enjoy!



LEARNING THE LINGO OF SOCIAL SECURITY

Social Security

By Bob Simpson Social Security District Manager in Traverse City

Is Social Security a topic in your conversations these days? Are you familiar with the lingo used to describe Social Security benefits, or does it sound like a new vocabulary to you? Social Security employees strive to explain benefits using easy-tounderstand, plain language. But if a technical term or acronym (an abbreviation of the first letters of words in a phrase) that you don't know slips into the conversation or appears in written material, you can easily find the meaning in our online glossary at <u>www.socialsecurity.gov/agency/glossary</u>.

Social Security acronyms function as verbal shorthand in our financial planning conversations. If you're nearing retirement, you may want to know what PIA (primary insurance amount), FRA (full retirement age), and DRCs (delayed retirement



credits) mean. These terms involve your benefit amount based on when you decide to take it.

If you take your retirement benefit at FRA, you'll receive the full PIA (amount payable for a retired worker who starts benefits at full retirement age). So, FRA is an age and PIA is an amount. What about DRCs? Delayed retirement credits are the incremental increases added to the PIA if you delay taking retirement benefits beyond your full retirement age. If you wait to begin benefits beyond FRA — say, at age 68 or even 70 — your benefit increases.

Once you receive benefits, you get a COLA most years. But don't expect a refreshing drink — a COLA is a Cost of Living Adjustment, and that will usually mean a little extra money in your monthly payment.

Knowing some of these terms can help you fine-tune your conversations about Social Security. If one of those unknown terms or acronyms does come up in conversation, you can be the one to supply the definition using our online glossary. Sometimes learning the lingo can deepen your understanding of how Social Security works for you.

Discover more at <u>www.socialsecurity.gov</u>.



Medicare-Open Enrollment

What is Open Enrollment?

The Medicare Open Enrollment Period is an annual period of time (October 15 through December 7) when current Medicare users can choose to re-evaluatepart of their Medicare coverage (their Medicare Advantage and/or Part D plan) and compare it against all the other plans on the market. After re-evaluating, if you find a plan that is a better fit for your needs, you can then **switch to, drop or add a Medicare Advantage or Part D plan**. Medicare Advantage is also known as a "Part C" plan.

You cannot use Open Enrollment to enroll in <u>Part A and/</u> <u>or Part B</u> for the first time.

What you can do during the Open Enrollment Period (OEP):

- Anyone who has (or is signing up for) Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Anyone with Medicare Advantage can drop it and switch back to just Original Medicare (Parts A & B).
- Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.
- Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan.

Open Enrollment is from October 15th through December 7th every year. If you use the Open Enrollment period to choose a new Medicare Advantage or Part D plan, that new coverage will begin on January 1. Sybur medical costs. Sybur medical cos

Why should I consider re-evaluating my current Medicare coverage during Open Enrollment?

Unfortunately, choosing health insurance is no longer a one-time decision for most Medicare beneficiaries. Each year, insurance companies can make changes to Medicare plans that can impact how much you pay out-of-pocket like the monthly premiums, deductibles, drug costs, and provider or pharmacy "networks." A network is a list of doctors, hospitals, or pharmacies that negotiate prices with insurance companies. They can also make changes to your plan's "formulary" (list of covered drugs). Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets your needs. The following are some additional benefits of re-evaluating your coverage during Open Enrollment:

1. You can switch to better prescription drug coverage. Using Open Enrollment to switch your drug coverage—or add drug coverage for the first time—can make crucial medications that you need less expensive. It can also ensure that your drug plan still covers the drugs you need (as your prescriptions may not be included on your plan's formulary for next year).

2. You can save money and keep your doctor in-

network. Switching your Medicare Advantage or Part D plan can potentially save you hundreds of dollars a year-especially if your current plan's out-of-pocket costs will increase next year. Research shows that the average consumer can save \$300 or more annually if they review their Part D coverage. One way to lower your medical costs is to check that your current doctors, hospital, and pharmacy are "in-network" with whatever Medicare Advantage or Part D plan you choose. If your insurance company has changed your plan's provider or pharmacy network for next year (and your doctor or other resources will no longer be included), you can use Open Enrollment to switch to a plan that will include your current doctors, hospital and/or pharmacy in-network, thereby lowering your medical costs.

3. You can find a higher quality plan. Finally, check the quality of your plan using the <u>Medicare 5-star ratings system</u>. Plans with a 5-star rating are considered high quality and those with fewer than 3 stars are considered poor quality. If your current plan is ranked as less than a 3, consider using Open Enrollment to switch to a higher rated plan.

When you have chosen a plan that's best for your situation, you'll need to provide your Medicare number and the date your Part A and/or Part B coverage started. This information is on your Medicare card. In general, you need to be careful about when you give out your personal Medicare information, but this is a situation when licensed advisors in a trusted setting can help you make a beneficial change.





Bulletin Board

Benzie Senior Resources needs drivers for our Meals on Wheels routes. Currently we have four routes, each one taking about 3-4 hours to complete. 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 also need volunteers to help navigate the routes and bring meals to the door. You'll be helping us help our most vulnerable population.

It takes a village...join us!

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 <u>vanderlinde1233@gmail.com</u> or Jeanette McNinch at POMH, 231-352-9621.



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



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 ANONYMO	JS
Mailing Address:		
City:	State:	Zip:
Phone Number:	Amount End	losed:
Make C	hecks Payable To: Benzie	Senior Resources

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

A group of hooligans clowning around at the Coho Festival Parade! L to R: Front: Cindy, Judy, Suz, Lynn and Glenn Back: Carol, Darlene and Jimmy

