



Benzie County  
Council on Aging, Inc.

# *The Senior Scoop*

**Supporting Seniors Today,  
Tomorrow & the  
Future**

## ***JULY 2015***

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### ***DID YOU KNOW THAT ON JULY 4TH,.....?***

**1959** ~ A 49th star was added to the American flag to represent the new state of Alaska.

**1960** ~ A 50th star was added to the American flag to represent the new state of Hawaii.

**1976** ~ The 200th birthday Bicentennial celebrations of the United States independence from British Rule.

**1984** ~Richard Petty the king of stock car racing, won his 200th career victory at the Firecracker 400 race in Daytona, Florida.



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**Website:** www.benziecoa.org**OFFICE HOURS****Monday – Friday:**

8:00 a.m. – 4:00 p.m.

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Benzie County

Council on Aging, Inc.

10542 Main Street

Honor, MI 49640

Douglas Durand,

**Executive Director**Dawn Schopieray, **Editor**

*Benzie County Council on Aging is funded by Benzie County residents through a property tax millage, federal and state funds through the Michigan Office of Services to the Aging, Area Agency on Aging of Northwest Michigan and private donations and grants.*

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

**MISSION STATEMENT**

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

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## FROM THE EXECUTIVE DIRECTOR

Greetings!

On May 13<sup>th</sup>, we honored our volunteers with a dinner and a performance from the Benzie Central High School Chamber Choir and new this year we honored our 5, 10 & 15 year volunteers with pins.

Our Executive Chef, David Main and Assistant Cook, Jessica Thomas provided a great dinner for all to enjoy. Many area businesses sponsored this event and many more donated door prizes.

Without our volunteers, Benzie County Council on Aging couldn't offer many of the programs that we do. Many of our activities are led by volunteers who absolutely enjoy sharing their talents and helping others. From the Tuesday Melody Makers that makes every Tuesday filled with good times, laughter and of course the music that everyone enjoys! We owe a gratitude of thanks to the Home Delivered Meals volunteers. They are dedicated to seeing their "friends" Monday through Friday in sunshine, rain, ice and snow. Of course, where would we be without our front desk volunteers that greet everyone with a smile and helping hand. And let's not forget those two wonderful Medicare/Medicaid Assistance Program Counselors that faithfully come in every Wednesday to help folks that are new to Medicare, or need assistance getting extra help through Medicaid and/or Social Security for Prescription Part D and Medicare Part B. They are a devoted group of individuals that we are lucky to have.

Volunteers, you are the best and we appreciate all of you!

Speaking of appreciation, I want to thank our donors for their support to Benzie County Council on Aging. For 11 years, Benzie Council on Aging has been a trusted source for the health & welfare for Seniors in Benzie County. We are proud to bring resources and services to keep older adults in their homes as they age.

Our typical client is an 82 year old woman living alone on less than \$17,000 a year. She has limited family and friend support. On average she has 4-6 diagnosed chronic diseases and has difficulty getting around and accomplishing basic tasks such as house cleaning, laundry and preparing meals.

You have heard me brag about how this agency is stepping up to meet the growing need for our services and how last year we provided more service hours, served more meals and seen more clients than at any time in our history. And so far this year, many of our programs are seeing double digit growth over the last year!

But the reality of this is that our other funding sources are not keeping pace with these increases. Over the past 7 years our reimbursement from the state and federal governmental agencies has only risen 4.7% and that has been only recently after several years of reduced revenue as high as 15%. On average our reimbursement costs for our meals from federal and state sources equals a combined total of \$1.69 per meal based on last year's numbers. That means we have to make up the difference per meal. The Senior Millage has only increased 2% from last year and in fact we still have not returned back to our peak year of 2010 before the property values plummeted. Donations from our congregate and home delivered meals have declined by 12% this year.

All contributions make a difference and your help will make it possible for seniors of modest means to remain independent in their homes with services such as homemaking, snow removal, lifeline, home delivered meals and transportation. Every dollar we receive is important. Every single program and service we offer relies on contributions.

We thank you in advance for your consideration.

Take care,  
Douglas

## RECIPES

### GRILLED PINEAPPLE GUACAMOLE

Creamy guacamole studded with sweet, smokey pineapple chunks

2 large avocados  
 Juice of 1 lime  
 Salt  
 1/3 cup finely diced red onion  
 Small handful of cilantro  
 1-2 serrano peppers, seeds removed and finely diced  
 2 pineapple rings ~1/2-inch thick, core removed  
 Olive oil

\*Preheat grill to high.  
 \*Spray or brush both sides of the pineapple rings with olive oil.  
 \*Grill 4 minutes on each side, until nicely browned.  
 \*Remove from the grill and set aside to cool to room temp.  
 \*Cut the pineapple into small cubes.  
 \*Remove the pit and scoop the avocado from its shell.  
 \*Add lime and salt, and then lightly smash with a fork.  
 \*Stir in onion, cilantro, peppers, and pineapple cubes.  
 \*Serve with tortilla chips or as a taco topping.

\*Yields: 4 servings



#### Ingredients

2 cups crushed pretzels  
 3/4 cup butter, melted  
 3 tablespoons white sugar  
 1 (8 ounce) package cream cheese, softened  
 1 cup white sugar  
 1 (8 ounce) carton frozen whipped topping, thawed  
 2 (3 ounce) packages strawberry gelatin  
 2 cups boiling water  
 2 (10 ounce) packages frozen strawberries

### STRAWBERRY PRETZEL SALAD

#### Directions

1. Preheat oven to 400°F.
2. Stir together crushed pretzels, melted butter and 3 tablespoons white sugar; mix well and press mixture into bottom of 9x13-inch baking dish.
3. Bake 8-10 minutes, until set; set aside to cool.
4. In a large mixing bowl cream together cream cheese and white sugar.
5. Fold in whipped topping.
6. Spread mixture onto cooled crust.
7. Dissolve gelatin in boiling water.
8. Stir in frozen strawberries and allow to set briefly.
9. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer.
10. Refrigerate until set.



Monday		Tuesday		Wednesday		Thursday		Friday	
		<p>1</p> <p>Spaghetti &amp; Meatballs Italian beans Pesto Cauliflower Garlic Toast Pear</p>		<p>2</p> <p>BBQ Chicken Sweet Potato Broccoli Roll Apple</p>		<p>3</p> <p>Closed in  Observance of  The 4th of July</p>			
<p>6</p> <p>Chicken Strips Mashed Potato Corn Bread Orange</p>		<p>7</p> <p>Goulash Peas Carrots Bread Pear</p>		<p>8</p> <p>Orange Chicken Malibu Blend Spinach Bread Rice Melon</p>		<p>9</p> <p>Beef Tacos Refried Beans Lettuce &amp; Tomato Tortilla Baked Peaches</p>		<p>10</p> <p>Roast Pork Sweet Potato Broccoli Bun Apple</p>	
<p>13</p> <p>Ham &amp; Bean Soup Green Beans Carrots Crackers Banana</p>		<p>14</p> <p>Sloppy Joes Tater Tots Collard Greens Bun Apple</p>		<p>15</p> <p>Chicken Scampi Italian Beans Pesto Cauliflower Garlic Toast Pineapple</p>		<p>16</p> <p>Meatloaf Mashed Potato Brussel Sprouts Bread Fruit Cocktail</p>		<p>17</p> <p>Fish Sandwich Normandy Blend Corn Bun Orange</p>	
<p>20</p> <p>Hamburger Peas Lettuce &amp; Tomato Bun Baked Apples</p>		<p>21</p> <p>Chicken Stir Fry Far East Blend Stir Fry Vegetables Won-ton Rice Mandarin oranges</p>		<p>22</p> <p>Creole Chicken Black Eyed Peas Turnip Greens Bread Plum</p>		<p>23</p> <p>Hot Dogs Baked Beans Carrots Bun Banana</p>		<p>24</p> <p>Fish Fry Tater Tots Broccoli Bread Peach</p>	
<p>27</p> <p>Chili Peas Wax Beans Crackers Plum</p>		<p>28</p> <p>BBQ Meatballs Cottage Fries Cauliflower Bread Apple</p>		<p>29</p> <p>Lasagna California Blend Corn Garlic Toast Peach</p>		<p>30</p> <p>Chicken Patties Carrots Broccoli Bun Orange</p>		<p>31</p> <p>Baked Fish Normandy Blend Corn Bread Banana</p>	



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>8:30 Zumba 10:00 Floor Exercise 11:30 Lunch— International Joke Day! 12:30 BINGO 3:00 Tai chi</p>	<p>2</p> <p>9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch—4th of July party! 1:00 BUNCO</p>	<p>3</p> <p>Closed In Observance of</p> <p><b>4TH OF JULY</b></p>
<p>6</p> <p>10:00 Yoga 11:30 Lunch—The Ma- ples Blood Pressure Clinic National Fried Chicken Day 12:00 CARDS 12:00 Knitting 2:30 Zumba</p>	<p>7</p> <p>10:30 Music by The Melody Makers 11:30 Lunch—National Strawberry Sundae Day! 6:00 Zumba</p>	<p>8</p> <p>8:30 Zumba 10:00 Floor Exercise 11:30 Lunch 12:30 BINGO 3:00 Tai chi</p>	<p>9</p> <p>9:00 Little River Casino 10:00 Bible Study 11:30 Lunch—National Sugar Cookie Day 1:00 BUNCO</p>	<p>10</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p>13</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 12:00 Knitting 1:00 Laughter Work- shop with Kate 2:30 Zumba</p>	<p>14</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 6:00 Zumba</p>	<p>15</p> <p>8:30 Zumba 9:30 State Theater Trip 10:00 Floor Exercise 11:30 Lunch 12:30 BINGO 3:00 Tai chi 4:30 Board of Directors Meeting</p>	<p>16</p> <p>10:00 Bible Study 11:30 Lunch 1:00 Bunco</p>	<p>17</p> <p>9:30 BUNCO 11:30 Lunch 11:30—Benzie EMS Blood Pressure Clinic 11:45 Dining Out Day to A &amp; W 1:00 Wii Bowling</p>
<p>20</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 12:00 Knitting 2:30 Zumba</p>	<p>21</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>22</p> <p>8:30 Zumba 9:30 Sand Dunes Trip 10:00 Floor Exercise 11:30 Lunch 12:30 BINGO 3:00 Tai Chi</p>	<p>23</p> <p>9:00 Little River Casino 9:00 Fireside Breakfast 10:00 Bible Study 11:30 Lunch—Picnic Day 1:00 BUNCO</p>	<p>24</p> <p>9:30 BUNCO 11:00 Medicare/ Medi- caid information table 11:30 Lunch—Amelia Earhart Day 11:30 July Birthday Party 1:00 Wii Bowling 6:00 'Ol Time Gather- ing</p>
<p>27</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 12:00 Knitting 2:30 Zumba</p>	<p>28</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>29</p> <p>8:30 Zumba 10:00 Floor Exercise 11:30 Lunch—National Lasagna Day 12:30 BINGO 3:00 Tai Chi</p>	<p>30</p> <p>10:00 Bible Study 11:30 Lunch—National Cheesecake Day 1:00 BUNCO</p>	<p>31</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Raffle drawing 1:00 Benzie Bucks Auction 6:00 'Ol Time Gather- ing</p>

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

It's time for a raffle! Our first one actually and we're pretty excited about it. Tickets are available at the front desk of The Gathering Place Senior Center and are \$1 each or 6 for \$5. Prizes are: A handmade patriotic quilt donated by Linda Saffron, a handmade quilt donated by Chris Dowd and two Royland Roycraft prints donated by Jean Bowers. Drawing will take place at 1:00 p.m. on Friday, July 31st at The Gathering Place immediately before beginning the Benzie Bucks Auction. You do not have to be present to win.

Speaking of The Benzie Bucks Auction, the date has been set for Friday, July 31 immediately following our raffle drawing. Grab those Benzie Bucks when you come in for lunch and get ready for some all-in-good-fun bidding. Bring in your items for our auction; all donations are welcome.

**Branson Trip**—We're getting excited about our trip to Branson! Departure date is Sunday, November 29 returning on Saturday, December 5. This trip includes: 10 meals, 6 breakfasts and 4 dinners; Admission to 7 shows and 6 nights lodging. The cost is \$599 per person based on double occupancy. For a complete schedule just stop by The Gathering Place or our Administration Office.

**Garden Club update**—Thank you to Eden Hill for the generous donation of flowers to help us beautify our windows and patio! Our Garden Club has been working hard to spruce up this space making it a more welcoming spot to enjoy lunch outside. Our latest fundraiser for a large awning to cover our patio will benefit everyone. We'll have more seating and be able to enjoy our beautiful new flower beds. We need \$2500 to make this a reality so please consider making a donation.

**Medicare/ Medicaid Information Table**—July 24. 11:00 a.m. to noon. Having trouble navigating the world of Medicare/ Medicaid? Well good news! We have the BEST Medicare/ Medicaid Counselors right here in Benzie County! Stop by during lunch to see Meg Tackett and Dawn Schopieray. They'll answer your questions and offer valuable guidance.

**Monday, July 13**—1:00 p.m. **Laughter Workshop.** Kate's back! Kate Withington-Edwards, Activity Director at Paul Oliver Living and Rehabilitation Center will be here for another laughter workshop. Come and enjoy the many positive benefits of laughter.

**Wednesday, July 15**—State Theater Trip. We're heading to The State Theater for their 25 cents matinee. Leave The Gathering Place at 9:30 a.m. return by 3:00 p.m. We're going to see The Mouse That Roared, a 1959 Comedy starring Peter Sellers, Jean Seberg and David Kossoff. Afterwards we'll hit our usual spot for lunch (Grand Traverse Pie Company). Trip fee is \$5 plus the cost of your lunch. Movie begins at 10:30 a.m. if you'd prefer to meet us there. Sign up today as space is limited! Call 231-525-0601.

**Wednesday, July 22**—Sleeping Bear Sand Dunes, Pierce Stocking Drive and Glen Arbor Trip. We'll leave The Gathering Place at 9:30 a.m. First stop is the Visitors Center in Empire. Walk through the museum and watch a video about the park. Afterwards, we'll drive through scenic Pierce Stocking Drive stopping to take in the many views. We will also stop by the Sand Dunes. You can climb them with me if you'd like or just take in the scenery. We'll land in Glen Arbor for lunch. We will eat lunch as a group or you can go out on your own. We'll take an hour to explore Glen Arbor and then head back to The Gathering Place. Trip will return by 3:00 p.m. Trip cost is \$10 plus the cost of your lunch. Call 231-525-0601 to sign up today!

**Thursday, July 2**—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

**Thursday, July 23**—Fireside Breakfast at 9:00 a.m. Free Breakfast Time! Join us for breakfast while learning from a local professional. This month we're happy to welcome Jessica, Manager of Betsie Hosik Health & Fitness Center. She'll talk with us about low impact exercise and keeping our bodies moving. Come ready with your questions! Registration is required. Call 231-525-0601 today.

**Thursdays, July 9 & 23**—9:00 a.m. Little River Casino Trip. 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.

**Friday, July 17**—Dining Out Day! We're heading to A & W in Frankfort. Grab your dining out certificates from our office for only \$3. It's worth \$6 at participating restaurants. Leaving at 11:45 a.m. Sign up required. Call (231) 525-0601.

**Friday, July 31**—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m. with a potluck dinner at 7 p.m. donations accepted. All ages invited!

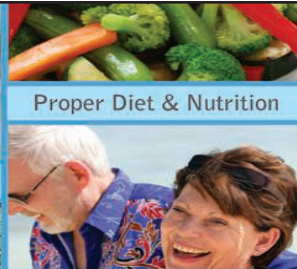
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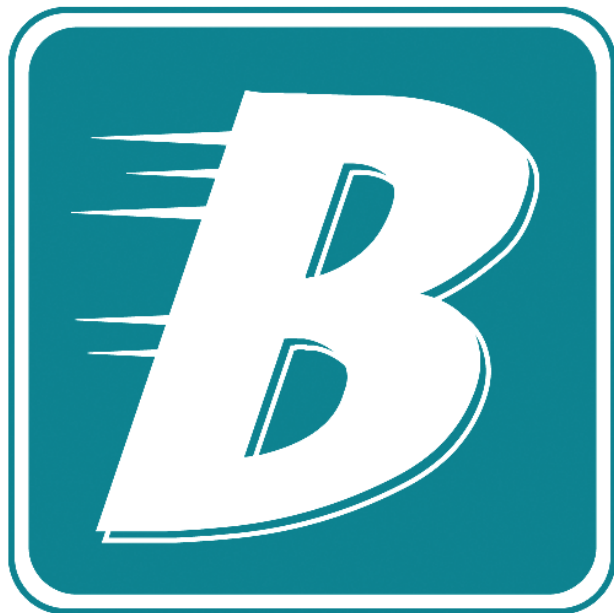
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Homebound.....

Hi Everybody,

Due to the success of my last article, I decided to give it another try. I thought maybe I could answer some of the questions that I receive when I am doing assessments. One of the most frequently asked questions is what is the definition of Homebound?

I have been trying to answer this question for about 5 years. I've only had my job here for two years. When I moved back to this area, I moved in with my Father to take care of him. He had been receiving meals on wheels for a couple of years. I quickly learned some of the dos and don'ts.

According to my Dear Old Dad, he was homebound. He said that he couldn't go out to eat or to a movie, because of Home Delivered Meals. I couldn't understand this. I always thought that getting out and seeing people, places and things was beneficial to a person's well-being.

Let's look at the qualifications for Home Delivered Meals.

**1. The person must be at least 60 years of age or older, or be the spouse, partner, or unpaid caregiver of a person at least 60 years or older.**

This one seems pretty straight forward. I try to explain to clients that even if their spouse or partner might be under 60, they are eligible to receive a meal. If you have ever been a caregiver you will know that it never ends. Trying to make doctor's appointments and therapy sessions is sometimes impossible. I know from personal experience that something always comes up.

**2. The individual must be homebound; i.e. normally is unable to leave the home unassisted, and for whom leaving home takes considerable and taxing effort. A person may leave home for medical treatment or short infrequent absences for non-medical reasons.**

This is where the confusion starts. The statement, "Normally is unable to leave the home unassisted and for whom leaving home takes considerable and taxing effort". I've had volunteers ask me, "Why are they getting meals when they can drive". I have never found anything in any definition that says that you cannot drive if you get home delivered meals. Some clients may be able to drive a short distance to a doctor's appointment or to a religious service, but do not have the stamina to go grocery shopping. If you use a walker or a cane, this is assistance; it doesn't have to be a person.

I had one client tell me that she had considered home delivered meals several years ago, but she still wanted to go out occasionally. I asked her if she went out daily, weekly, or monthly. She said no, but she might want to. I explained, if you do not "Normally" go out. You are Homebound. We do not show up at your house with a welder and a ball and chain when you receive your first meal.

**3. The person must be unable to participate in the congregate nutrition program because of physical or emotional difficulties and unable to obtain food or prepare complete meals.**

I have many clients with a variety of different limitations such as sight, mobility and even speech just to name a few. These clients either can't drive, or don't drive very often. Some do drive however find that due to their disability it is hard to go in public. Receiving meals is one way to ensure a well-balanced meal; since all of our meals have been approved by a registered dietician.

**4. The person must be able to feed him/herself.**

We will bring you the food, and our volunteers will be more than happy to open it for you if necessary. You just have to be able to eat independently or with the assistance of a caregiver. All of the meals delivered have been approved by a Registered Dietician.

## HOMEBOUND CONTINUED

### **5. The person must agree to be home when meals are delivered.**

If you cannot be home at the time of delivery, call me. Arrangements can be made to either put the meal in the refrigerator or freezer if an absence is unavoidable.

### **6. Eligibility for the program is not based on income.**

The meals are provided free of charge, there is a suggested donation of \$3.00 per meal. If you wish to make a donation, we deliver donation envelopes on Friday. We do not check any client's financials and we don't require a donation in order to receive meals.

One of the accomplishments that we are very proud of is that we provide Temporary Service to Clients who have had Knee or Hip replacements. Clients can call before they are released from the hospital and we can start delivering meals as soon as they return home. When the client is given the "OK" by their doctor to resume normal activities, they usually drop the meals to continue their normal lives.

I still feel that it is beneficial to go "OUT". If you are feeling down, and are "homebound", come and see me. I am always at the Gathering Place Senior Center for lunch. I would be happy to see any of the "homebound" that can make it in once and a while. Come on out with a family member, caregiver, or friend! All you have to do is call me and I will cancel the meal for that day and if you know what time you will be here, I will try to meet you at the door. If for some reason I can't be here I'm sure Doug would like to meet you and share lunch with you.

If there are any more questions about the Home Delivered Meals or Anything that I can help you with, Please call me or the office. We are here to serve you.

Jeff Stockman

HDM Route Coordinator

The Gathering Place 231-525-0601

Administration Office 231-525-0600



## Medicare News

### What's going to happen with the Blue Cross Blue Shield Legacy Medigap Plans?

Counselors from the Medicare/Medicaid Assistance Program continue to get questions from Medicare beneficiaries concerning the Blue Cross Blue Shield Legacy Medigap plans. BCBSM has been offering the Legacy “A” plan and the more popular “C” plan to Michigan residents for a number of years. The Legacy “C” plan pays for the deductibles and co-pay expenses not covered by Medicare Part A and Part B. The Legacy “C” plan has been attractive to beneficiaries because of the excellent benefits and the lower premium costs as a result of a subsidy that will be ending August of 2016.

In early 2013, the Michigan Legislature passed two bills that would reorganize BCBSM into a mutual insurance company. One of the bills contained language requiring BCBSM to continue with their subsidy of the Legacy Medigap plans through July of 2016. When the bills were being heard in the House Insurance Committee it was reported that there were over 200,000 Michigan Medicare beneficiaries enrolled in these Legacy products. Since then, several thousand more individuals have signed up for one of these popular plans.

So, what's in store for Legacy policy holders when August 2016 arrives? At this point there are more questions than answers. While we wait on BCBSM to announce the details of what they have planned, we do know one thing. The subsidy will be ending, so Legacy subscribers will pay more in premium costs to keep the same level of coverage. This is true whether a Medigap plan of their choice is with BCBSM or some other insurance company. The costs will vary depending on underwriting and pricing variables used by companies that offer these plans. It has been estimated that beneficiaries can expect an increase in the amount of \$50 to \$100, or more, in monthly premiums for a typical “C” Medigap plan, once the subsidy ends.

Medicare has a rule that provides a guaranteed issue right that can pertain to subscribers of Medigap plans. The right guarantees, in specific situations, that insurance companies must sell certain Medigap plans to you; they must cover your pre-existing conditions; and they can't charge you more based on past or present health problems.

BCBSM Legacy plan subscribers can be eligible for this important right based on a specific provision in Medicare rules. The provision reads, “if your Medigap policy coverage ends through no fault of your own”, you are eligible for the right. It would appear that BCBSM would need to terminate their Legacy products in August of 2016 for subscribers to be eligible for this special provision. For those folks who want to continue with a Medigap plan, this right is extremely important. They would be able to purchase a Medigap policy from another company although the premium could be significantly higher.

Those who can't afford to pay the higher prices for a Medigap plan can consider a Medicare Advantage Plan or simply have only Medicare Part A and B and then be responsible for the associated deductibles and co-pays out of their pocket.

There are still a lot of questions as far as how Legacy policy holders will be impacted in August of 2016. Many of them will be answered once BCBSM announces their plans regarding the Legacy products.

Beneficiaries can obtain local help regarding this topic or any other item associated with Medicare and Medicaid insurance programs by contacting a trained and certified counselor with the Medicare/Medicaid Assistance Program (MMAP). Simply call our toll free number at 800-803-7174 and leave a message.

By: Jim Verville, Region 10 Coordinator  
Michigan Medicare/Medicaid Assistance Program

# BIRTHDAYS & FUN

## July 4th Word Hunt

### JULY BIRTHDAYS

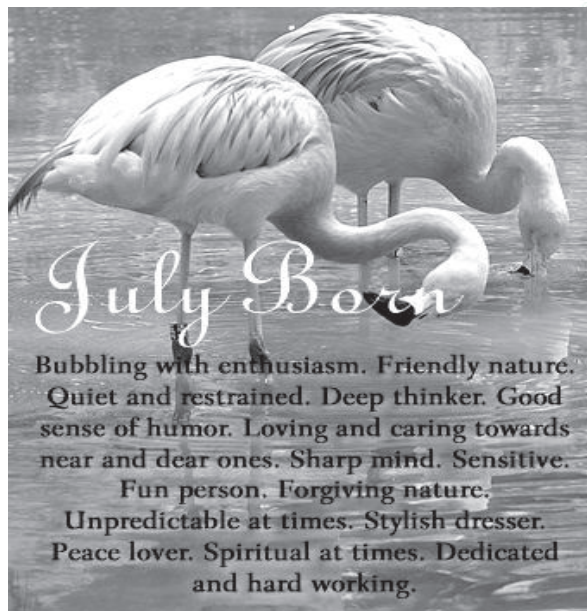
- 1 Carol Volpe
- 2 Kenneth Kulow
- 2 Iris Busch
- 3 Ron Fast
- 4 Margaret Boyd
- 5 Lorna McGill
- 7 Fred Kerby
- 8 Esther Mokyt
- 8 Bill Schnarr
- 8 Shirley Sheronick
- 9 Sherry Foust
- 9 Arthur Koenig
- 10 Richard Popp
- 11 Mary Jo Allen
- 11 Nancy Kage
- 14 Judy Pendency
- 14 Benjamin Taylor
- 15 Mary Lou Allen
- 15 David Browne
- 15 Damon Six
- 15 Nellie Thomas
- 16 Darlene Gray
- 17 Gladys Wilson
- 18 Arlis Bryan
- 18 Margaret Chalmers
- 18 Lester Ely
- 18 Zelda Hodge
- 20 Joyce Sauer
- 21 David Weiss
- 22 Joanne Shea
- 22 Arnold Wurm
- 23 Jackie Fine
- 23 James Gauthier
- 25 Lois Fournier
- 25 Rosemary Friend
- 25 Diane Goodson
- 26 Dan Raynor
- 27 Liela May
- 27 Jereen Sneller
- 28 John Pietryka
- 29 Luana Denzel
- 29 Oral Mix
- 30 Evelyn Shelder
- 30 David VanHammen
- 31 Jane Kennedy

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

BARBECUE  
FAMILY  
FOURTH  
HOT  
JULY  
PATRIOTIC  
STARS  
SUMMER

BLUE  
FIREWORKS  
FREEDOM  
HOT DOGS  
NATION  
RED  
STATES  
UNITED

CELEBRATION  
FLAG  
HOLIDAY  
INDEPENDENCE  
PARADE  
SPARKLERS  
STRIPES  
WHITE



## DON'T FORGET



**Do you  
need help  
with  
Medicare?  
Medicaid?**

Medicare/ Medicaid Information Table—  
July 24. 11:00 a.m. to Noon  
At The Gathering Place

If you have not picked up  
your Project Fresh Coupons,  
please come down to the  
Main Office and pick them  
up Monday thru Thursday  
10:00 to 2:00



Wednesday, July 15—State Theater Trip.

Wednesday, July 22—Sleeping Bear Sand  
Dunes, Pierce Stocking Drive and Glen Arbor Trip.

November 29— December 5—Branson Trip



Laughter  
Workshop  
with Kate on  
Monday, July  
13 at 1:00  
p.m. At The  
Gathering  
Place



Start bringing in your auction  
donation items.  
We will be holding a Benzie  
Bucks Auction and Raffle on  
July 31st at 1:00

### CONTACT Us

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

## DONATIONS

### When You Donate. . . You Make a Difference

The Benzie County Council on Aging is an independent 501c3 not-for-profit organization that depends upon donations to sustain our programs. We need your support to continue to provide caring and professional services to the seniors of Benzie County and the need is greater than ever as the population over the age of 60 rises and our traditional funding sources diminish. Your support, either large or small, helps us continue this important work!

When you make a donation to the Benzie County Council on Aging, you will be helping provide important services and programs to seniors in our county. Some of these services include Home Delivered Meals Program, Homemaking Services, Senior Center Operations, Educational Programs, Chore Service, Snow Removal and more.

There are many other ways to contribute to the Benzie Council on Aging, now and in the future, that may fit your interests.

**Tribute Donations:**

Tribute gifts of any amount can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. The Council will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

**Planned Giving:**

As you prepare your legacy for your family and your community, please consider including the Benzie County Council on Aging as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to the Benzie County Council on Aging will benefit many seniors and help us to continue vitally needed services for years to come.

Your tax-deductible donation can and will make a world of difference in the life of an area senior citizen or disabled individual.

You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory of or honor of an individual, please tell us and we will do our best to meet your wishes.

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

**DONOR INFORMATION:**

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

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

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

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

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

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

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

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

