



Benzie County
Council on Aging, Inc.

The Senior Scoop

Supporting Seniors Today,
Tomorrow & the
Future

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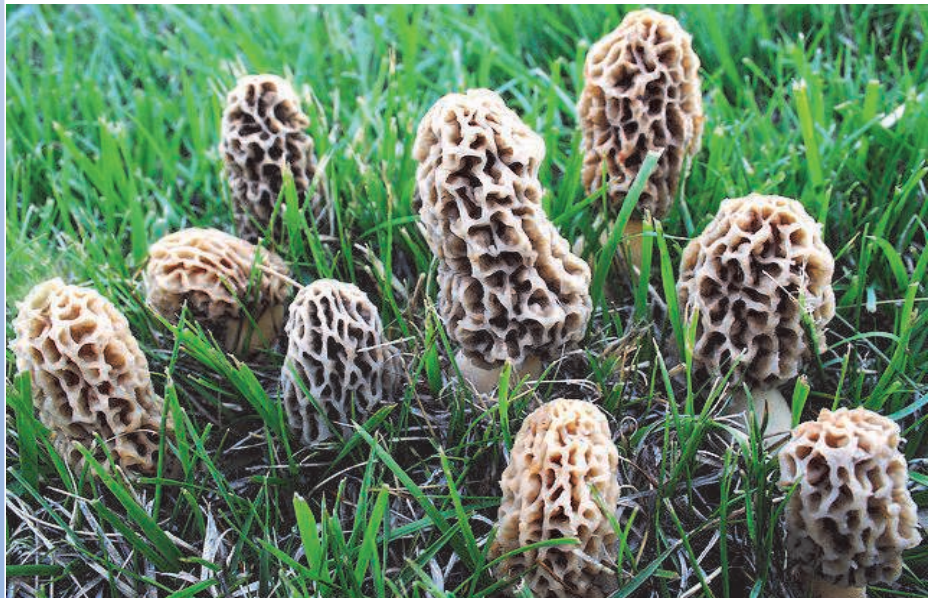
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SIGNS THAT SPRING HAS ACTUALLY
SPRUNG IN NORTHERN MICHITGAN

APRIL IS.....

- Cancer Control Month
- Alcohol Awareness Month
- Keep America Beautiful Month
- National Peach Month
- National Fresh Celery Month
- National Humor Month
- Stress Awareness Month
- Animal Cruelty Prevention Month
- The Month of the Young Child



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

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

Douglas Durand,
Executive Director
Dawn Schopieray, **Editor**

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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.

NEWSLETTER SUBSCRIPTION FORM

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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 COA 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 THE EXECUTIVE DIRECTOR

Greetings!

On my commute in to work this morning, I got to enjoy some vivid lightening and cracks of thunder and it's only March 16th! It seemed a lot more like April than mid-March, that's for sure.

March was a very busy month for us. We celebrated the March for Meals Campaign – a nationwide community-by-community celebration of the local Meals on Wheels programs that keep seniors independent in their own homes.

During the week of March 21-25, 14 Community Champions helped to deliver meals to our clients who utilize our Home Delivered Meals Program. These individuals are local and state elected officials, business leaders, faith-based community and governmental staff. If you were actively following our Facebook page, you were able to recognize these CHAMPIONS!

I would also like to thank Dinghy's Restaurant & Bar, Papa J's Diner, Jodi's Tangled Antler, Stormcloud Brewing Company, Hungry Tummy & Geno's Bar & Grill for donating a percentage of their sales to our Home Delivered Meals Program during the March for Meals campaign.

National Volunteer Week is April 10-16 and it is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

At Benzie County Council on Aging, we are fortunate to have a team of folks who give their time and energy to help us advance our mission. I see firsthand how this giving impacts not only the community, but each volunteer involved. Many of our volunteers report that they receive a sense of accomplishment when helping others and enjoy meeting new friends along the way.

The volunteers themselves may not realize this but even the smallest of gestures, such as a hug or staying a few minutes to chat, make the biggest impact and mean so much to so many. Whether it's a warm smile or the refreshing kind word, it brings comfort to our clients and families each and every day.

On May 12th, we will honor our exceptional team of 112 volunteers who follow their passions and make a difference in Benzie County with a Volunteer Recognition Event.

It is heartwarming to witness a community coming together to benefit others in need!

As always, I welcome your thoughts.

Take care,

Douglas

FOOD EXPIRATION CHEAT SHEETS

THE OZ FOOD EXPIRATION CHEAT SHEET

Eggs
Refrigerator: 4 to 5 weeks

Mayonnaise
Refrigerator: 2 months

Milk
Refrigerator: 2 to 3 days after "use by" date

Meat
Refrigerator: 3 to 5 days
Freezer: 9 to 12 months

Poultry
Refrigerator: 1 to 2 days
Freezer: 9 to 12 months

Dry packaged goods
1 to 2 years past "use by" date

Canned items
2 to 5 years after "use by" day, but if there's a dent throw it out

Raw hamburger and stew meats
Refrigerator: 1 to 2 days
Freezer: 3 to 4 months

Ground turkey, veal, pork, lamb
Refrigerator: 1 to 2 days
Freezer: 3 to 4 months

Hot dogs
Unopened package
• Refrigerator: 2 weeks
• Freezer: 1 to 2 months

Opened package
• Refrigerator: 1 week
• Freezer: 1 to 2 months

Lunch meats
Unopened package
• Refrigerator: 2 weeks
• Freezer: 1 to 2 months

Opened package
• Refrigerator: 3 to 5 days
• Freezer: 1 to 2 months

Soups and stews (vegetable or meat-added)
Refrigerator: 3 to 4 days
Freezer: 2 to 3 months

Bacon
Refrigerator: 7 days
Freezer: 1 month

Sausage (pork, beef, chicken or turkey)
Refrigerator: 1 to 2 days
Freezer: 1 to 2 months

Meat leftovers
Refrigerator: 3 to 4 days
Freezer: 2 to 3 months

Leftover poultry
Refrigerator: 3 to 4 days
Freezer: 4 months

Lean fish
Refrigerator: 1 to 2 days
Freezer: 6 months

Fatty fish
Refrigerator: 1 to 2 days
Freezer: 2 to 3 months

Cooked fish
Refrigerator: 3 to 4 days
Freezer: 4 to 6 months

Smoked fish
Refrigerator: 14 days
Freezer: 2 months

Shellfish
Refrigerator: 1 to 2 days
Freezer: 3 to 6 months

Canned seafood
Pantry: 5 years
After opening: 3 to 4 days
Out of can: 2 months

PRODUCE SHELF LIFE CHEAT SHEET

How long will your produce last once you bring it home from the store?
See the shelf life of common fruits and veggies below!

UP TO THREE DAYS

artichokes	chard	mushrooms
asparagus	cherries	mustard greens
avocados	corn	strawberries
bananas	dill	watercress
basil	green beans	
bok choy	herbs, delicate	

UP TO FIVE DAYS

broccoli	kale	spinach
cauliflower	leafy greens	summer squash
cucumber	lettuce	tomatoes
eggplant	lime	tropical fruits
grapes	pineapple	zucchini

UP TO ONE WEEK

apricots	leeks	peas
arugula	lemons	peppers
bell peppers	mint	plums
blueberries	oranges	radishes
bursels sprouts	oregano	scallions
citrus	parsley	squash, winter
grapefruit	parsnips	sugar snap peas
herbs, leafy	peaches	watermelon
herbs, woody	pears	

ONE WEEK OR MORE

apples (1 mo)	carrots	green onions (2 wks)
beets	celery	onions (1 mo)
cabbage	garlic (2 mo)	potatoes (2 mo)


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



Monday	Tuesday	Wednesday	Thursday	Friday
			Community Dinner! FREE! Everyone welcome. Every 3rd Thursday 6pm—7pm at The Community of Christ Church in Interlochen on the corner of U.S. 31 & Lamb Road.	1 Jerk Pork Malibu Blend Spinach Hawaiian Rolls Orange
4 Sloppy Joes Sweet Potato Tots California Blend Bun Apple	5 Shepard's Pie Peas Carrots Bread Banana	6 Smoke Sausage Saur Kraut Mixed Veggies Broccoli Bread Pear	7 Chicken Tamale Bake Latin Corn Hawaiian Roll Tortilla Baked Peaches	8 Pot Roast Mashed Potatoes Malibu Blend Bread Pineapple Chunks
11 Submarine Sandwiches Potato Salad Sub Bun Applesauce	12 Salisbury Steak Mashed Potatoes Carrots Bread Banana	13 Hawaiian Chicken Spinach Malibu Blend Hawaiian Rolls Tropical Fruit	14 Pork Fritters Mashed Potatoes Broccoli Bread Orange	15 Manicotti Carrots Garlic Toast Fruit Cocktail
18 Turkey Tetrizzini Broccoli Corn Bread Apricots	19 Seasoned Gr. Beef Lettuce & Tomato Refried Beans Tortilla Shells Baked Peaches	20 Spaghetti W/ Meatballs Italian Bean Carrots Garlic Toast Plum	21 Hot Turkey Sandwich Mashed Potato California Blend Bread Apricots	22 BBQ Chicken Sweet Potato Tots Cauliflower Bread Apple
25 Fish Sandwich Normandy Blend Peas Bun Orange	26 Goulash Cauliflower Broccoli Bread Peaches	27 Prime Rib Baked Potato Malibu Blend Bread Banana	28 Tropical Chicken Strips Sweet Potato Spinach Hawaiian Rolls Tropical Fruit	29 Shrimp Scampi Italian Blend Carrots Garlic Toast Orange

CALENDAR OF EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
		Euchre Tourney Night Every 3rd Thursday at 7pm at Frankfort United Methodist.		1 9:30 BUNCO 10:30 Thompsonville lunch, Bingo and Music 11:30 Lunch—April Fool's Day 1:00 Wii Bowling
4 10:00 Yoga 11:30 Lunch—Maples Blood Pressure Clinic 12:00 CARDS Tell a Lie Day	5 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	6 9:30 State Theater Trip 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 Technology Sup- port with Dustin	7 9:00 Hearing Clinic 10:00 Bible Study 11:15 Dining Out Trip 11:30 Lunch 1:00 BUNCO	8 9:30 BUNCO 11:30 Lunch— Welcome Michelle Leines with Benzonia Public Library 1:00 Wii Bowling
11 10:00 Yoga 11:30 Lunch—National Submarine Day 12:00 CARDS 1:00 All About Me 2:30 Zumba	12 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	13 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch—Grow Benzie 12:30 BINGO 1:15 Chat with Josh Stoltz from Grow Benzie 1:15 Technology Sup- port with Dustin	14 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—April Birthday Party 1:00 BUNCO	15 Titanic Remembrance Day 9:30 BUNCO 11:30 Lunch—Blanche Price with Project Read 1:00 Wii Bowling
18 10:00 Yoga 11:30 Lunch— International Jugglers Day 12:00 CARDS 2:30 Zumba	19 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:30 Medicare 101	20 National Volunteer Recognition Day 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch— Occupational Therapist 12:30 BINGO 1:15 Technology Sup- port with Dustin 1:15 Chat with O.T. 4:30 Board of Directors Meeting	21 9:00 Foot Clinic at Ad- ministration Office 10:00 Bible Study 11:30 Lunch— Medication drop off information and Blood Pressure Clinic 1:00 BUNCO	22 9:30 BUNCO 11:30 Lunch—Jelly Bean Day/ Earth Day 1:00 Wii Bowling
25 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 2:30 Zumba	26 9:00 Legal Services in Administration Office all day 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba	27 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch—Babe Ruth Day 12:30 BINGO 1:15 Laughter Work- shop 1:15 Technology Sup- port with Dustin	28 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	29 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 6:00 Ol' Time Gathering

Dawn's Dish

It's that time of year again when we talk about planting. We are in need of some green thumbs to help us pot some flowers and tend to our garden. Please call 231-525-0601 if you interested in helping out!

Zumba is back! Check out our calendar of events for times and dates. Your first class is free and then it is only \$3! All ability levels are welcome.

Wednesdays, April 6, 13, 20 & 27—Technology help is finally here! Dustin Wolpoff of Dustin's Computer Repair will be here every Wednesday after lunch to help you navigate your computer, tablet or smart phone. Sign up at our front desk for your individual appointment. A donation of \$2 is appreciated.

Wednesday, April 6—State Theater Trip. Leave The Gathering Place at 9:30 a.m. We'll see "Suddenly Last Summer" starring Elizabeth Taylor and Katherine Hepburn. Cost for the movie is only one quarter. We'll have lunch out afterwards. No trip fee but you are responsible for your lunch.

Thursday, April 7—Dining Out Day! We are heading to Stormcloud Brewing Company for lunch. Grab your dining out certificates from our office for only \$3. They are worth \$6 at participating restaurants. Leaving at 11:15 a.m. Sign up required. Call (231) 525-0601.

Friday, April 8—National Library week. Welcome Michelle Leines with Benzonia Public Library during lunch from 11 a.m.—1:00 p.m. She'll be here to share information about what the library has to offer and answer any questions you may have.

Monday, April 11—1:00 p.m.—2:30 p.m. "It's All About Me!" This presentation on the process of gleaning information from ourselves and our family members using specific questions to ensure that we are fully aware of our/their history and our/their present activity level with the help of a booklet that sets out the kind of things we need to know. Each attendee would also receive a booklet to fill out during the presentation.

Wednesday, April 13—During and after lunch Josh Stoltz, Grow Benzie's Executive Director will be here to share what Grow Benzie might do for you!

Thursdays, April 14 & 28—Little River Casino Trip. PLEASE NOTE NEW TIME OF DEPARTURE. **Leave The Gathering Place Senior Center at 8:45 a.m. and leave 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.

Friday, April 15—Blanche Price, Director of Project Read Northwest will be here during lunch to share information about this important project.

Tuesday, April 19—**Medicare 101.** 5:30 p.m.—7:00 p.m. Certified MMAP counselors Marla Dykstra and Meg Tackett will be here to present the "A", "B", "C's" and "D's" associated with Medicare.

Wednesday, April 20—Occupational Therapist Karen Getz, O.T.R. from Paul Oliver will be here during and after lunch. She'll share ways to accommodate your home and what to expect if you find yourself seeing an O.T.

Thursday, April 21—9:00 a.m. Foot Clinic with Rosemary Russell, RN, from Hometown Pharmacy. Clinic is held the Administration Office. Call (231) 525-0600 or toll free at 888-893-1102 for an appointment. Donations accepted.

Thursday, April 21— Our friends from Paul Oliver will be here for a Blood Pressure Clinic during lunch and will have information on medication disposal.

Tuesday, April 26—Essential Estate Planning. Every 4th Tuesday of the month from 9:00 a.m. to 4:00 p.m. (off for lunch from noon-1:00 p.m.) at the Administration Office. Appointments are approximately one hour with Attorney Courtney Marshall of Swogger, Bruce & Millar Law Firm. This new program offers 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.

Wednesday, April 27—1:15 Laughter Workshop with Kate Withington-Edwards, Activity Director at Paul Oliver Living and Rehabilitation Center. Come and enjoy the many positive benefits of laughter. Please sign up by calling 231-525-0601

Friday, April 29—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m. donations accepted. All ages invited!

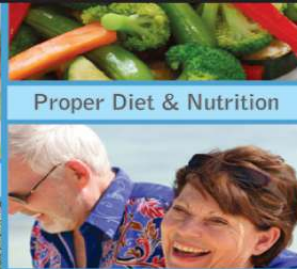
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BIRTHDAYS & FUN



APRIL BIRTHDAYS

• Fred Marsh	Apr 1
• Henry Hutchson	Apr 2
• Bob McQuilkin	Apr 3
• Margaret Bohash	Apr 3
• Terry Markey	Apr 3
• Mary Jones	Apr 4
• Alice Manke	Apr 5
• Barb Bonham	Apr 5
• Anna Nordbeck	Apr 5
• Mary Straubel	Apr 5
• Richard Claybour	Apr 6
• Julie Spoor	Apr 6
• Timothy Murphy	Apr 7
• Patricia Sluyter	Apr 7
• Lester Brownell	Apr 8
• Carroll Denzel	Apr 8
• Ernest Parker	Apr 9
• Gary Huddleston	Apr 10
• Yvonne Hockett	Apr 10
• Catherine Wolfe	Apr 10
• Fordyce Forrester	Apr 11
• Gerri VanAntwerp	Apr 13
• Rita Schopieray	Apr 14
• Pat Fleet	Apr 15
• Ramona Foust	Apr 15
• Gerald Hammond	Apr 16
• Charlie Walterhouse	Apr 16
• Mary Janiszewski	Apr 17
• Zilda Jackson	Apr 18
• Lila Kulow	Apr 19
• Dyana Parsons	Apr 19
• Denise Loomis	Apr 19
• Lynn Vanderplow	Apr 20
• Vince Navarre	Apr 21
• Wilma Howe	Apr 22
• David Brown	Apr 23
• Bob Brown	Apr 24
• Carol Bear	Apr 25
• Chester Sandecki	Apr 26
• Doris Peck	Apr 27
• Franco Nicolanti	Apr 27
• Alice Smith	Apr 27
• Lynn Miner	Apr 27
• Gordon Armstrong	Apr 28
• Syrine Sonier	Apr 28
• Larry Lozen	Apr 28
• Ruey Cole	Apr 28
• Robert Finkel	Apr 28
• Martha Sterzik	Apr 29
• Kathy Burns	Apr 29
• Eino Hamalainen	Apr 30
• Bonnie Rodgers	Apr 30
• Oscar Jaquish	Apr 30
• Michael Bailey	Apr 30

SPRING CLEANING WORD SEARCH

WORD LIST

- ATTIC
- BACK YARD
- BASEMENT
- BOXES
- BUCKET
- CAR
- CEILING
- CLEAN
- DRYER
- FRONT YARD
- GARAGE
- GARBAGE
- GLOVES
- GUTTERS
- LADDER
- LAUNDRY
- LAWNMOWER
- MIRRORS
- MOP
- ORGANIZE
- PAINTBRUSH
- RAKE
- SHED
- SORT
- SPONGE
- VACUUM
- WATER
- WALLS
- WASH MACHINE
- WINDOW CLEANER

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





Benzie County Council on Aging Pre-



Have you ever wondered—
 What's in your attic, in your basement or hidden in your drawers?
 How much are you family treasures worth?

Antique Appraisal Clinic
 at The Gathering Place

Featuring:
 Don Butkovich

May 14, 2016
 10:00 am to 4:00 pm

CALL FOR APPOINTMENT
 231-525-0600

\$10 per item and there is **NO LIMIT** to how many items you can bring in but **YOU** must be able to carry them and you must pay in **ADVANCE** to keep your timeslot or it will be given away. Don is generously donating his fee to Benzie County Council on Aging. So dig out that painting, sculpture, jewelry, crystal or whatever and find out what hidden treasures you may have in your attic!

ABOUT DON BUTKOVICH: Don is a nationally known and respected Antique Appraiser. He has over 43 years experience in Estate Dispersals and Appraising Fine Antiques and Art.

**Free light refreshments will be available
 throughout the day.**

SOCIAL SECURITY FAQ'S

Question:

Can I get a new Social Security number if someone has stolen my identity?

Answer:

We don't routinely assign a new number to someone whose identity has been stolen. Only as a last resort should you consider requesting a new Social Security number. Changing your number may adversely affect your ability to interact with Federal and State agencies, employers, and others. This is because your financial, medical, employment and other records will be under your former Social Security number. We cannot guarantee that a new number will solve your problem. To learn more about your Social Security card and number, read our online publication *Your Social Security Number and Card* at www.socialsecurity.gov/pubs/.

Question:

I just got back from an overseas military deployment and I want to plan ahead. How will my military retirement affect my Social Security benefits?

Answer:

Your military retirement won't affect your Social Security benefits at all. You can get both. Generally, there is no offset of Social Security benefits because of your military retirement. You will get full Social Security benefits based on your earnings. The only way your Social Security benefit might be reduced is if you also receive a government pension based on a job in which you did not pay Social Security taxes. You can find more information in the publication *Military Service and Social Security* at www.socialsecurity.gov/pubs/10017.html. Or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

I'm retiring early, at age 62, and I receive investment income from a rental property I own. Does investment income count as earnings?

Answer:

No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by government pensions earned through work on which you did not pay Social Security tax. You can retire online at www.socialsecurity.gov. For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

Should I sign up for Medicare Part B if I am working and have health insurance through an employer?

Answer:

Choosing to sign up for Medicare is an important decision that involves a number of issues you may need to consider. The decision you make will depend on your situation and the type of health insurance you have. You may be able to delay signing up for Medicare Part B without a late enrollment penalty if you or your spouse (or a family member, if you're disabled) is working, and you're getting health insurance benefits based on current employment.

In many cases, if you don't sign up for Part B when you're first eligible, you'll have to pay a late enrollment penalty for as long as you have Part B. Also, you may have to wait until the General Enrollment Period (from January 1 to March 31) to enroll in Part B, and coverage will start July 1 of that year.

Find out how your coverage works with Medicare at www.medicare.gov or contact your employer or union benefits administrator.

Medicare News

Extra Help for Medicare Beneficiaries

The new 2016 income and asset eligibility details are now available for the Extra Help program. This benefit is sponsored by the Social Security Administration and is available to Medicare beneficiaries.

The program helps to pay for all or part of prescription insurance premiums and will also lower copayments for medications. Extra Help has five different levels of assistance based on monthly income and assets. The highest level of assistance is available to those who are eligible for both Medicare and full Medicaid health benefits. These beneficiaries are referred to as being dual eligible and receive the lowest drug copays and usually a free monthly premium for their prescription insurance plan.

In order to qualify for the least amount of Extra Help, single beneficiaries must have no more than \$1,506 of gross monthly, and \$2,023 if married. The asset limits are \$13,640 for single individuals and \$26,580 for married couples.

There are two forms of income. Unearned income include Social Security benefits, pensions, royalty payments, etc. Earned income is the paycheck that one receives if still working. There is a deduction for earned income amounting to a little more than half of this category. Once the countable earned income is determined, then it is added to the full gross unearned income to determine eligibility.

Some of the more common assets include retirement and savings accounts, and real property other than the principle residence.

There are four other important cost-saving benefits for Medicare beneficiaries who are eligible for Extra Help as follows:

1. The donut hole does not apply.
2. Depending on the level of Extra Help, the annual prescription drug deductible may not apply.
3. Participants are not subject to the open enrollment period and can change their Medicare health and drug plans anytime.
4. If a beneficiary has been subject to a late enrollment penalty that will no longer apply.

Medicare beneficiaries can get in touch with a representative of the Medicare/Medicaid Assistance Program by calling 800-803-7174. Local MMAP personnel are available to screen applicants for Extra Help and assist with the application process. This service is often completed over the phone.

By: Jim Verville, Region 10 Coordinator
Michigan Medicare/Medicaid Assistance Program
Area Agency on Aging, Traverse City, Michigan

BULLETIN BOARD

CREATING CONFIDENT CAREGIVERS®

A Training Program Providing Knowledge, Skills, & Outlook for Effective Caregiving

Learn about:

- Dementia & its effects on the brain
- Caregiver resources

Learn how to:

- Reduce caregiver stress
- Improve caregiver self-confidence
- Create a positive caregiving environment
- Plan activities for your loved one based on their strengths

Creating Confident Caregivers® is an exciting new program offered in select regions in Michigan for family caregivers of persons with dementia or memory loss.

Based on the university-tested Savvy Caregiver program, **Creating Confident Caregivers®** is a six session program that provides caregivers with information, skills and attitudes to manage stress and increase their effectiveness.

This program is supported, in part, through funding from the Michigan Aging and Adult Services Agency, and the Area Agency on Aging of Northwest Michigan.

Caring for Someone Living with Dementia or Memory Loss?



FREE 6-week workshops in collaboration with these locations:

West Shore Medical Center Education Center Meeting Room A
1485 E Parkdale Ave Manistee, MI
Saturdays 10 am-12 noon, 3/19-4/23/16

Fife Lake Public Library
77 Lakecrest Ln, Fife Lake, MI
Sundays 2-4 pm, 4/3-5/15/16 (skip 5/8)

Area Agency on Aging of NW MI
1609 Park Drive, Traverse City, MI
Mondays 5:30-7:30 pm, 4/4-5/9/16

Belle Oakes Living Center
Second floor Ice Cream Social Room
2353 S LaChance Rd, Lake City, MI
Mondays 5:30-7:30 pm, 4/11-5/16/16

Friendship Centers of Emmet County
1322 Anderson Rd, Petoskey, MI
Wednesdays 2-4 pm, 4/20-5/25/16

To register, or for information on scheduled trainings, please contact:

AREA AGENCY ON AGING
of Northwest Michigan
1609 Park Drive, Traverse City, MI 49686

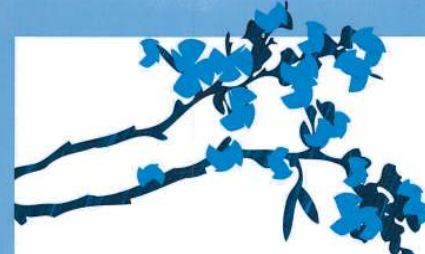
800-442-1713
Or online at www.aaanm.org/workshop-registration

WHO CAN ATTEND?

Any caregiver who is caring for a loved one in the home who has Alzheimer's disease, memory loss, or other form of dementia

FREE RESPITE CARE

Care for a family member with dementia or memory loss can be provided free of charge, while attending the sessions. Please ask for details when registering.



JOIN SWOGGER, BRUCE & MILLAR LAW FIRM FOR: ESSENTIAL ESTATE PLANNING

EVERY FOURTH TUESDAY OF THE MONTH
9:00 AM TO 4:00 PM

BENZIE COUNTY COUNCIL ON AGING
10542 MAIN STREET, HONOR, MI 49640

Join attorney Courtney Marshall every fourth Tuesday of the month for Essential Estate Planning at the Benzie County Council on Aging. This new program offers an opportunity to speak with an experienced estate planning attorney to review, update, and/or create an estate plan.

Estate planning is an essential part of planning for your future and for the future of your family and loved ones. Schedule an appointment, free of charge, to discuss your individual estate plan by calling BCCOA at 231-525-0600.

FOR MORE INFORMATION CONTACT: COURTNEY MARSHALL @ 231-947-6800 OR CMARSHALL@SWOGGERANDBRUCE.COM



TAX PREPARATION IS STILL AVAILABLE FOR FREE!
CALL BENZIE COUNTY COUNCIL ON AGING AT (231) 525-0600
TO SCHEDULE AN APPOINTMENT TODAY!

Euchre

Frankfort United Methodist has a Euchre Tourney Night every 3rd Thursday at 7pm.

Come and enjoy the fun!



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

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 Honor, MI
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spring CLEANING www.simplykierste.com

checklist

kitchen

- clean out fridge & freezer
- clean oven
- remove & clean stove burners & knobs
- clean out & wipe down drawers & cupboards
- discard old spices
- mop floor & baseboards on hands & knees
- wipe down top of fridge
- clean behind fridge, if possible

bedrooms

- wash all bedding, including mattress pads, bedskirts, and comforters
- replace or wash pillows
- go through closets, switch out seasonal clothing
- rotate & flip mattresses, if necessary

laundry room

- clean behind washer & dryer
- remove front lint plate and clean thoroughly

general

- dust ceiling fans
- dust ceilings and corners of walls
- dust/clean vents & fans
- clean blinds
- wash windows, inside & out
- vacuum out windowsills, rinse screens
- dust/clean all light fixtures
- wash walls & baseboards
- vacuum or wash draperies & curtains
- wash or beat rugs
- wash down doors & light switch plates
- clean/shampoo carpets
- change air filter
- safety inspection: smoke & carbon monoxide detectors, fire extinguishers
- vacuum out couches & chairs
- vacuum/use lint roller on lamps
- vacuum out sliding glass door tracks
- clean out medicine cabinets, safely discard old prescriptions