



# BENZIE

SENIOR RESOURCES

August 2017

## INSIDE THIS ISSUE

Directory/Subscription Form	2
From our Director	3
Menu	4
Calendar of Events	5
Dawn's Dish	6
Antique Appraisal	7
Social Security	8
Birthdays/ Programs	9
Millage	10
Bulletin Board	11
Senior Empower Day	12
Donation	13

### Endorsement

The 2017 Benzie County Commission on Aging Senior Millage received the endorsement of the Benzie County Chamber of Commerce.

# THE SENIOR SCOOP



*Be connected.  
Be supported.  
Be home.*

## The Commission on Aging Senior Millage Helps Your Family, Your Friends and You!

On August 8th, when you go to the polls to vote, the millage to help older citizens in Benzie County will be on the ballot. This millage supports programs that are essential to the well-being of older adults in our Benzie communities. Passing the millage for older citizens assures seniors will continue to receive vital services such as:

- Home Delivered Meals
- Personal Care
- Snow Removal
- Medication Management
- Dental Oral Health Care
- Hearing Clinic
- Dining Out Vouchers
- Benzie Bus Passes
- Estate Planning
- Tax Preparation
- Lawn Chore
- Friendly Visitor Program
- Respite Care
- Foot Care Clinic
- Senior Community Meals
- Farmer's Market Coupons
- Events & Activities
- Equipment Loan Closet
- Senior Centers
- Medicare/Medicaid Assistance
- Telephone Reassurance
- Blood Pressure Clinic
- Homemaker Services
- Guardian Medical Monitoring
- Essential Needs Fund
- Information and Assistance
- Volunteer Opportunities
- Care Coordination
- Project LifeSaver
- Senior Scoop Newsletter



*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](mailto:info@BenzieSeniorResources.org).

Website:

[www.BenzieSeniorResources.org](http://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*

## BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

Beverly Holbrook, *President*  
Ned Edwards, *Vice President*  
Rosemary Russell, *Secretary*  
Jane Elzerman, *Treasurer*  
Nancy Mullen Call  
Anne Dawe

Ronald Dykstra  
Kate Withington-Edwards  
Denise Favreau  
Scott Harrison  
Barbara Johnson  
Donna Malecki

*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.*

*Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.*

## NEWSLETTER SUBSCRIPTION FORM

NAME \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST/ZIP \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL \_\_\_\_\_

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

## 2017 Benzie County Commission on Aging Senior Millage Request

*By: Douglas Durand, Benzie Senior Resources Executive Director*

As many of you know on August 8, 2017 you will be voting on three millages. One is for the Benzie County Commission on Aging Senior Millage. For the past 20 years the millage rate has been at .66 mills, and over those 20 years our organization has been careful in managing those funds to meet the needs of Benzie County's senior population. We truly appreciate the support and trust of the community .

### ***Benzie County Senior Population Quickly on the Rise***

The population of those 60 and older has increased by 22% since 2010 or just over an additional 1,000 seniors. By 2020, our 60 and older population will be comprised of over 1/3 (36%) of Benzie residents. The greatest percentage of increase will occur for those older than 80. Many of those individuals will be in need of Home Delivered Meals, In-Home Health Care, Medication Management, Snow Removal and Lawn Care.

As the Board of Directors and Management Team of Benzie Senior Resources forecasted potential needs for Benzie County older adults, it became clear that we will quickly face a crisis if we do not act to maintain the funds these vital programs and services require. It is a concern of the Board of Directors, staff and volunteers of Benzie Senior Resources that too many older adults living in Benzie County will be at risk if we lack sufficient resources to meet their needs.

### ***Millage Funds Used Wisely***

Over the past several years, funding from federal support has been **inconsistent** and with the recommended **decrease in funding** for the Older American's Act Programs (Home Delivered Meals, In-Home Services, Elder Abuse Prevention, etc.) we will be relying even more on the senior millage to help maintain the demand for our services.

Benzie Senior Resources has been doing our due diligence, applying cost cutting measures by purchasing goods through competitive pricing throughout our region while maintaining the highest standard of goods and services. The reality is this: the funding from government and local resources has produced a gap in revenue and we simply cannot meet the substantial rising needs of our senior population. This year a millage increase is vital to maintain the quality of services that Benzie County seniors require and deserve.

### ***Value to Taxpayers***

What does the increase mean for a homeowner with a home value of \$150,000? It is an additional property tax of \$1.19 per month or \$14.25 per year. With the advance in medical care, people continue to live longer and most wish to live in their own homes. The choice to remain at home with supportive services such as Home Delivered Meals, In-Home Services, Snow Removal, Medication Management and other Health & Safety services is far more economical for us than the costs passed along to taxpayers when people are forced to enter a nursing home or other institutional settings.



### ***Meeting the Needs of Benzie Senior Population***

Benzie Senior Resources provides extensive programs and services, carefully tailored to ensure an integrated approach to senior care. Every day we're helping Benzie seniors navigate the aging process through education, enrichment and a caring smile.

As you go to the polls on August 8<sup>th</sup>, we hope you will keep in mind the commitment we have to preserving senior independence and enhancing the quality of life for Benzie County's older adults.

# August 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
	<b>1</b> Steakhouse Burger Tater Tots Broccoli Apple	<b>2</b> Chicken Philly Corn Malibu Blend Pear	<b>3</b> Hawaiian Chicken Malibu Blend Spinach Hawaiian Rolls Pineapple	<b>4</b> Swedish Meatballs Herb Mashed Potatoes California Blend Bread Banana
<b>7</b> Chicken Parmesan Pesto Cauliflower Carrots Garlic Toast Banana	<b>8</b> Homemade Meatloaf Herb Mashed Potatoes California Blend Bread Pear	<b>9</b> Pork Potstickers over Rice Far East Blend Broccoli Fortune Cookie Mandarins	<b>10</b> Salisbury Steak Herb Mashed Potatoes Normandy Blend Bread Pineapple	<b>11</b> Baked Chicken Parmesan Garlic Mashed Potatoes Corn Orange
<b>14</b> Beef Ravioli Pesto Cauliflower Italian Beans Garlic Toast Apricots	<b>15</b> Sloppy Joes Tater Tots Carrots Peas	<b>16</b> Bratwurst and Peppers on a Bun Baked Beans Green Peas Orange	<b>17</b> Steak Fajitas Refried Beans Baked Peaches	<b>18</b> Pork Chops Stuffing Green Beans Roll Applesauce
<b>21</b> Submarine Sandwich Applesauce Raspberry Carrots	<b>22</b> Smoked Sausage with Kraut Green Peas Cauliflower Bread Peaches	<b>23</b> Country Style Beef Fritters Herb Mashed Potatoes Malibu Blend Bread Watermelon	<b>24</b> Belgian Waffles with Strawberries and Cream Sausage Scrambled Eggs	<b>25</b> Slow Roasted Beef Herb Mashed Potatoes California Blend Bread Banana
<b>28</b> Turkey Tetrazzini Broccoli Corn Bread Apple	<b>29</b> Hot Beef Sandwich Herb Mashed Potatoes Green Beans Bread Plum	<b>30</b> Citrus Chicken over Rice Key West Blend Spinach Hawaiian Rolls Tropical Fruit	<b>31</b> Goulash Green Peas Carrots Bread Orange	





# August Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>1</b> 10:30 Music by The Melody Makers 11:30 Lunch NO Chair Yoga 5:15 Zumba	<b>2</b> 8:30 Zumba 9:00 Foot Clinic at The Administration Office— By Appointment only 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	<b>3</b> 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	<b>4</b> 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support	
	<b>7</b> 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Clinic 12:00 CARDS 2:30 Zumba	<b>8</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	<b>9</b> 8:30 Zumba 9:00 Foot Clinic at The Administration Office— By Appointment only 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	<b>10</b> 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 Bunco 1:00 Wii Bowling	<b>11</b> 9:30 BUNCO 11:30 Lunch—Val with Rural Development 1:00 Rural Development Talk 1:00 Tech Support
	<b>14</b> 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	<b>15</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	<b>16</b> 8:30 Zumba 9:00 Foot Clinic at The Administration Office— By Appointment only 10:00 Stay Fit with Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	<b>17</b> 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO	<b>18</b> 9:30 BUNCO 11:30 Lunch—Birthday Party 1:00 Wii Bowling 1:00 Tech Support
	<b>21</b> 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	<b>22</b> 9:00 Essential Estate Planning in Administration Office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	<b>23</b> 8:30 Zumba 9:00 Foot Clinic at The Administration Office— By Appointment only 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	<b>24</b> 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 1:00 Wii Bowling	<b>25</b> 9:30 BUNCO 11:30 Lunch 1:00 Tech Support 1:00 Coho King and Queen Crowning with Phil Gates Concert 6:00 Ol' Time Gathering
<b>28</b> 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 2:30 Zumba	<b>29</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	<b>30</b> 8:30 Zumba 9:00 Foot Clinic at The Administration Office— By Appointment only 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	<b>31</b> 10:00 Bible Study 11:30 Lunch 1:00 BUNCO		



## Dawn's Dish

It's time to choose our Coho Festival Senior King & Queen for 2017! Please help us by nominating yourself or someone else. The nomination forms are at the front desk and our King & Queen do NOT have to be a couple. We'll crown our Senior King & Queen on **Friday, August 25th at 12:45 p.m.** Please keep in mind we need our King & Queen to ride in a cushy convertible (on loan from Watson Benzie) in the Coho Festival Parade on August 26th AND to represent our seniors at Empty Bowls Soup Nite in October.

We have an Antique Appraisal scheduled for Saturday, September 30th at The Gathering Place. Call 231-525-0600 to schedule your appointment! 9 a.m.—4 p.m. \$10 per item with NO limit!

Zumba is back! Mondays at 2:30 p.m., Tuesdays at 5:15 p.m. and Wednesdays at 8:30 a.m. If you do all three classes it's ONLY \$3 for the whole week! Otherwise, \$3 each class and everyone of all ability levels is welcome to join in on the fun! As always, your first class is FREE!

Foot Clinics are now on every Wednesday 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.

Do you love to crochet? Join Shirley at **1:15 p.m. on Wednesdays** crocheting plastic mats to donate for the homeless. These mats are created from plastic bag yarn also known as PLARN. For more information, please call Dawn at 231-525-0601. Sign up at the front desk! No experience is necessary as we need people to cut our bags into PLARN, as well as crochet.

Fridays, August 4, 11, 18, 25—Tech Support. Feeling frustrated with your “smart” phone or tablet? Just want to get on Facebook so you can see pictures of your darling grandchildren? Want to learn how to Facetime or use Skype so you can videochat with your loved ones? Every Friday at 1:00 p.m. we have Tech Support at The Gathering Place to help you navigate the tech world. This program is quickly gaining popularity, so please call in advance to schedule your appointment with Robert. Times for 15 and 30 minutes are available. If you have your own device, please bring it to your appointment.

Thursdays, August 10 & 24—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.

Friday, August 11—1:00 p.m. USDA Rural Development has home improvement loans and grants available for very low income and elderly who qualify. This is to make existing homes safe and sanitary and to make homes handicap accessible. Val Brickner-Stewart with USDA Rural Development will be here on Friday, August 11th during lunch and then afterwards to give a presentation on this topic at 1:00 p.m.

Tuesday, August 22—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, August 25—Phil Gates concert after we crown our Senior King & Queen!

Friday, August 25—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.



# Antique Appraisal



**BENZIE**  
SENIOR RESOURCES

Be connected. Be supported. Be home.

*Antique Appraisal  
at The Gathering Place  
Featuring Don Butkovich  
Professional Appraiser*



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

Saturday, September 30, 2017  
9:00 am to 4:00 pm



**CALL FOR YOUR APPOINTMENT 231-525-0600**

*\$10 per item with no limit*

*Must pre-pay in advance to keep your timeslot  
or it will be given away!*



*Don is generously donating his fee to  
Benzie Senior Resources  
to benefit the  
Home Delivered Meals Program*

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

**ABOUT DON BUTKOVICH:** *Don is a nationally known and respected Antique Appraiser  
with over 45 years of experience in Estate Dispersals and Appraising Fine Antiques and Art.*





# NORTHERN MICHIGAN ELDER LAW PLC

Member of National Academy of Elder Law Attorneys & VA Accredited

MEDICAID  
ESTATE PLANNING  
WILLS AND TRUSTS  
SPECIAL NEEDS TRUSTS  
PET TRUSTS

CAREGIVER CONTRACTS  
FAMILY COTTAGE PRESERVATION  
NURSING HOME PLANS  
PROBATE  
VA BENEFITS PLANNING

Visit [MichElderLaw.com](http://MichElderLaw.com)

PETOSKEY (231) 347-7777 • CHARLEVOIX (231) 547-9941 • TRAVERSE CITY (231) 715-1401

## Bennett-Barz Funeral Home

Kirk & Courtney Barz – Owners

Benzie County's only funeral home  
with an on-site crematory

1417 Beulah Highway • Beulah, MI 49617

Tel: (231) 882-5502

[www.bennett-barzfuneralhome.com](http://www.bennett-barzfuneralhome.com)

Protecting **Seniors**  
Nationwide

Medical Alert System



**\$29.95/Mo.** billed quarterly

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772

THIS SPACE IS  
**AVAILABLE**



## WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

[careers@4LPi.com](mailto:careers@4LPi.com) • [www.4LPi.com/careers](http://www.4LPi.com/careers)

SWOGGER, BRUCE  
& MILLAR  
LAW FIRM, P.C.

Estate Planning

– (231) 947-6800 –

[www.swoggerandbruce.com](http://www.swoggerandbruce.com)

10691 East Carter Rd., Ste. 103  
Traverse City, MI 49684



Superior service and compassionate  
care in the comfort of your own home.

Call us Today! 231-668-4171

Or go to [WWW.GLHCU.COM](http://WWW.GLHCU.COM)

830 East Front Street Suite 320  
Traverse City, MI 49686

### Our Services:

- Alzheimer's and Dementia Care
- Non-Skilled Nursing
- Meal Preparation
- Respite
- And More!
- Skilled Nursing Care
- Medication Reminders
- Housekeeping
- Companionship
- Parkinson's Care
- Traumatic Brain Injuries

**FREE  
AD DESIGN  
WITH PURCHASE  
OF THIS SPACE.**  
– 800-477-4574 –



## A.S.P.I.R.E. LLC

Get Your Social Security, VA, & Medical Benefits

**Veronika Peacetree, Ph.D, LPC**  
Disability Services Advocate

(231) 233-0102 Phone  
(800) 448-2047 Fax

P.O. Box 452  
Interlochen, MI

[vpeace522@gmail.com](mailto:vpeace522@gmail.com)

➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Sherri Cisneros to place an ad today!  
[scisneros@4LPi.com](mailto:scisneros@4LPi.com) or (800) 950-9952 x2566

Ask us about  
our Values Program

**HOMETOWN  
PHARMACY**

#### COPPER RIDGE - TRAVERSE CITY

4000 Eastern Sky Dr Ste 1  
Traverse City, MI  
231-947-6921

#### SUTTONS BAY

321 BN St Joseph Rd  
Suttons Bay, MI  
231-271-3881

#### HONOR

10587 Main St  
Honor, MI  
231-325-2735

#### TRAVERSE CITY EAST

1128 S Garfield Ave  
Traverse City, MI  
231-946-0900

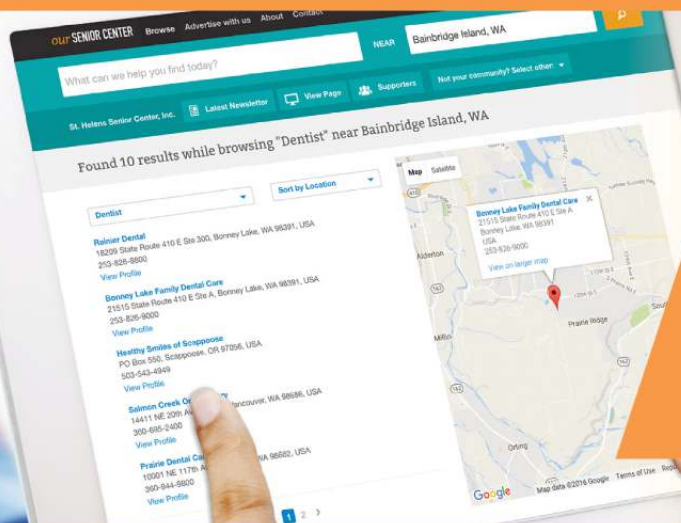
PRESCRIPTIONS • MEDICAL EQUIPMENT • UNIQUE GIFTS • YANKEE CANDLES • CARDS

[www.hometownpharmacy.com](http://www.hometownpharmacy.com)



# our SENIOR CENTER

A convenient source for local services



FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS  
OF OUR CENTER  
to find trusted services  
in our area!

Sign up to have our newsletter emailed to you! [ourseniorcenter.com](http://ourseniorcenter.com)

## EMERGENCY! You Need LIFEWatch!

24-Hour Protection at HOME and AWAY!

- ✓ Ambulance
- ✓ Police
- ✓ Fire
- ✓ Friends/Family

Ask about our  
Newsletter  
discounts

As Low As \$1 a Day!

FREE Shipping • FREE Activation  
NO Long Term Contracts

Limited Time Offer  
FREE SHOPPER'S TOTE

CALL NOW!  
800.258.7193



"I have peace of mind...  
Mom remains independent."



CRYSTAL LAKE GOLF CLUB

Join us for Dollar Day\$ at  
Crystal Lake Golf Club!  
Monday and Thursday play 18  
holes w/ cart for JUST \$25 person!!

Reserve your Tee Time @  
231-882-4061  
8493 Fairway Dr. • Beulah



FREE  
HEARING  
SCREENING

"Reconnecting you  
to the sounds you love!"  
231-882-5640

If you can't hear us  
Come & See us!



HELP PROTECT  
YOUR FAMILY & HOME  
CALL NOW! 1-888-331-6501



HOME SECURITY TEAM



806 Hastings Street  
Traverse City, MI 49686  
231-943-8777 • 888-470-6591  
[www.swensenmemorials.com](http://www.swensenmemorials.com)

Serving Northern Michigan for Over 100 Years  
Compassionate Attentive Service  
Family Owned and Operated  
Guaranteed Excellence in Workmanship  
Pre-Planning Consultations Available

FREE ESTIMATES  
Tear-Offs  
Shingles  
Roll Roofs  
Decra Metal  
Odd Jobs

10% Senior  
Discount  
Beulah, MI



5 Yr Workmanship  
Warranty  
Skylight Install  
or Removal  
Solaris  
Energy  
Efficient  
Shingles  
231-930-4515

Shop-N-Save  
Pharmacy



• Prompt, Courteous Service  
• Most insurances accepted  
(231) 882-0254

1747 Benzie Hwy.  
Benzonia, MI



ALL AMERICAN FOOD™  
Corner of M-115 & M-22 • Frankfort  
352-9021  
We Honor the BCCOA  
Senior Dining Out Program

# Social Security

## HOW YOU CAN GROW YOUR SOCIAL SECURITY BENEFITS BEYOND RETIREMENT AGE

By Bob Simpson

Social Security District Manager in Traverse City

For more and more Americans, reaching retirement age no longer means the end of an active working life. Many people are choosing to work past the age of 65, according to the Department of Labor's Bureau of Labor Statistics.

If you're willing and able, maintaining gainful employment later in life can go a long way toward ensuring a secure future for you and your family. Besides providing you with additional income to pay your bills, extending your employment or working for yourself can boost your lifetime Social Security benefits.

Here's how:

Waiting to claim your Social Security retirement benefits could grow them by up to 32 percent. Through delayed retirement credits, your monthly benefit amount increases by about eight percent for each year you wait between your full retirement age and 70. Full retirement age is between 65 and 67, depending on when you were born. To learn more about delayed retirement credits, please visit [www.socialsecurity.gov/planners/retire/delayret.html](http://www.socialsecurity.gov/planners/retire/delayret.html).

You get credits on your earnings record for each year of additional work income. Once you start receiving retirement benefits, we'll automatically review your earnings record each year to determine if you're entitled to an adjustment. When we calculate your retirement benefit amount, we use your best 35 years of earnings. We'll increase your benefit amount if your new year of earnings is higher than one of the years we used to calculate your initial benefit amount. To see how we calculate your benefits, visit [www.socialsecurity.gov/pubs/EN-05-10070.pdf](http://www.socialsecurity.gov/pubs/EN-05-10070.pdf).

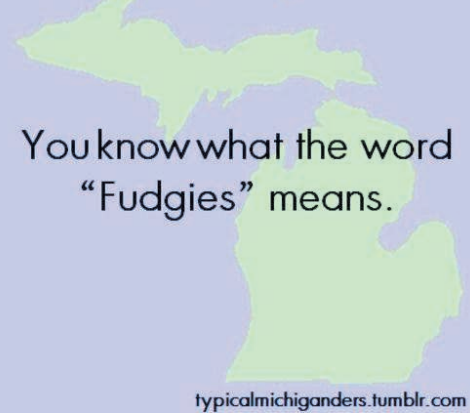
An increased benefit amount for yourself could mean more support for your family, too, through Social Security spousal benefits, child benefits, and survivor benefits.

We also encourage you to set up your own *my Social Security* account so you can verify your lifetime earnings record, check the status of an application for benefits, and manage them after you're receiving them.

You can create your personal my Social Security account today at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Social Security is committed to helping you prepare for a secure today and tomorrow for you, your family, and future family. You can access all of our retirement resources at [www.socialsecurity.gov/planners/retire](http://www.socialsecurity.gov/planners/retire).

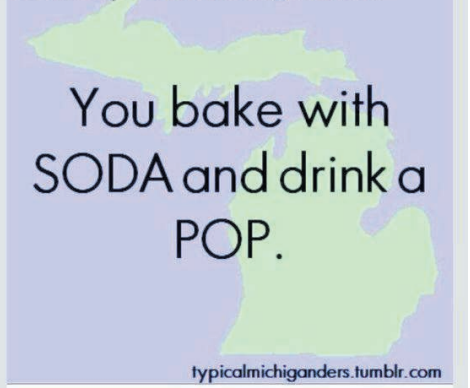
You know you're from Michigan when...



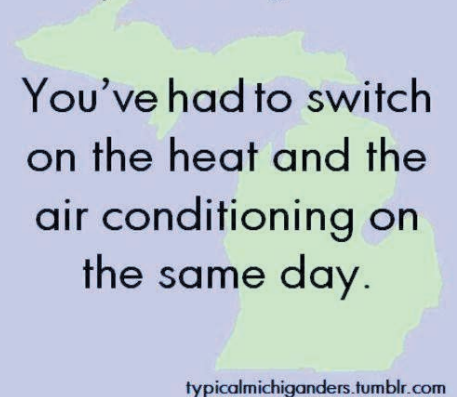
You know you're from Michigan when...



You know you're from Michigan when...



You know you're from Michigan when...





## August Birthdays

Aldo Davis	2	Leslie Friend	10	Mary Robling	20
Karen Finkhouse	2	Maurice Mummey	10	Michael Brandow	20
Danielle Horvath	2	Eleanor Nordbeck	10	Ruby Davidson	20
Kathryn Mlcek	3	Sue O'Boyle	11	Cheryl Herington-Bates	20
Ron Tandy	3	Joe Pelky	11	Eileen Kelly	20
Dodie Toman	3	Ray Pendency	11	Darlene Knudsen	20
Allen Vanderplow	3	Virginia Raz	12	Lois Lumbert	20
Rosie Brown	4	Kay Bond	13	Betty Kelly	21
Don Brown	4	Alex Cooper	13	Brenda Kastenschmidt	22
Janice Culp	4	Anna Harris	13	Jill Lutz	24
Donald Culp	4	Diana Priest	13	Brenda Geren	25
Lawrence Morden	5	Patsy Wisniewski	13	Joyce Zavitz	25
Madelyn Morey	5	Alexis Skiver	14	Donna Schroeder	25
Edwin Stevens	6	Viva Kastl	15	Fred Snow	26
Janice Thomas	6	Dorothy Kerby	16	Dale Sundstrom	27
Sanda Willsey	6	Chuck Mange	16	Eldon Blood	27
Lou Glatzer	7	Lorraine Stiles	16	Robert Dumont	28
Jimmy Landwehr	7	Ed Schopieri	17	Marilyn Killeen	29
Joann Morrell	7	James Cramer	18	Barbara Fought	30
Thomas Duford	8	Marjory Lozen	18	Shelah Fought	30
Frank Pelky	8	Mary Lee Putney	18	Frank Knudsen	31
Pat McCash	9	Florence Moon	19	Sheldon Penney	31
Gary Mehrer	9	Beverly Popp	19		

### Tech Support

**Need help figuring out your smart phone, tablet or laptop? Fear not! Every Friday at 1:00 p.m. Robert Swanson is at The Gathering Place to answer your tech questions and help you figure out how to use your smart devices. He's getting popular, so please sign-up for a 15 minute time slot at the front desk or by calling 231.525.0601.**

### HOUSING REPAIR PROGRAMS

Are you concerned about affording your home repairs or upgrading your current home to fit your mobility issues? Val Brickner-Stewart with USDA Rural Development will be here on Friday, August 11th during lunch and then afterward to give a presentation on this topic at 1:00 p.m.

USDA Rural Development has home improvement loans and grants available for very low income and elderly who qualify. This is to make existing homes safe and sanitary and to make homes handicap accessible.

The 504 housing repair program provides loans to very low income homeowners to improve or modernize their home. The maximum loan amount is \$20,000 with a 1% interest rate, not to exceed 20 years.

The 504 housing repair grants help homeowners make repairs and improvements to correct health and safety hazards, or make their home handicap accessible. The lifetime grant amount total is \$7,500. It is possible to obtain a grant/loan combination.

To be eligible for a grant you must be 62 years of age or older, own and occupy your single family dwelling and be unable to repay a loan.





## The Benzie County Commission Senior Millage Helps...

### Your Neighbors

When Naomi, a client of Benzie Senior Resources, was asked about the services she and her 94 year-old husband receive she said, “Oh boy, it’s a wonderful thing!” The couple utilizes three services: Home Healthcare, Home Delivered Meals and Homemaking. Naomi explained that after being married for 70 years, they just want to spend their final years together. Without the support services they’re receiving, she says they simply couldn’t continue living at home. According to Naomi, “The women that help us are so kind and gentle. We are so lucky in Benzie County to have these services.”

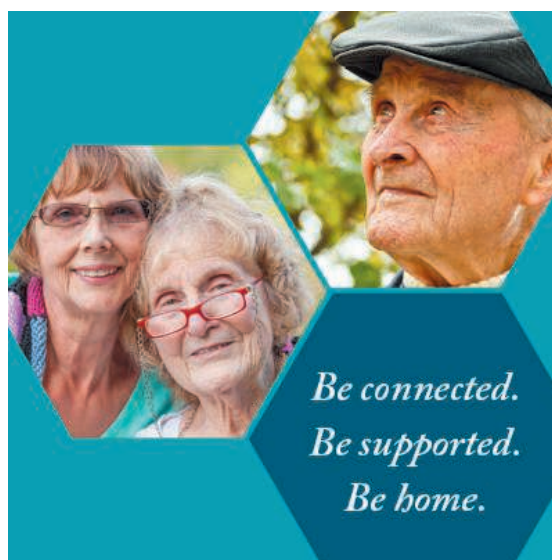
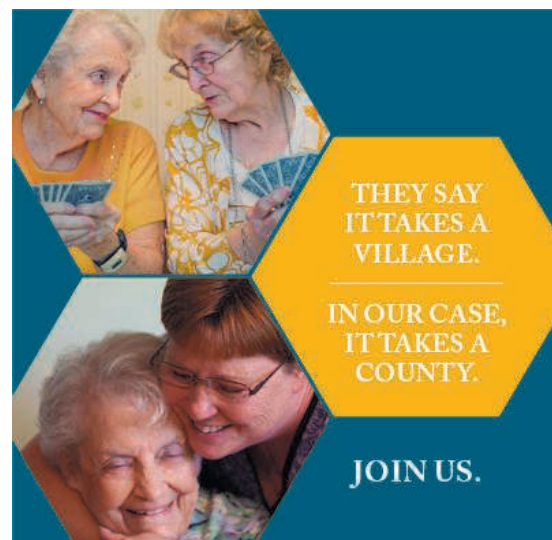
Gail, another client was diagnosed with Breast Cancer five years ago. She underwent chemotherapy and found herself with a new battle to fight—Paraneoplastic Syndrome. There are only 180 people in the United States currently living with this rare and painful disease. It is the result of Gail’s immune systems’ reaction to chemotherapy. Because it is so rare there aren’t many doctors who are experienced with diagnosing and treating it.

Gail and her husband Burt retired about eight years ago, eager to enjoy their “golden years”. Fast forward to now, Burt spends a lot of time alone while Gail is in and out of the hospital. When Gail is home, they spend the majority of their days going between five specialists and her primary care physician. And there is no cure. Additionally, Burt is diabetic. The time and energy to plan meals is nonexistent.

The two were familiar with our programs having utilized our snow-plowing and homemaking services. They knew it was time to sign up for our Home Delivered Meals program. Five days per week they receive two hot meals for lunch, two cold meals for dinner and four frozen meals for the weekend. Burt and Gail were willing to share their painful truth because they are so grateful for Home Delivered Meals. They want others to know how the services from Benzie Senior Resources through the Benzie County Commission on Aging Senior Millage is so important to them and others.

### Your Family

Carol, whose parents are clients, says the Benzie Senior Resources Respite Care program has, “saved my mind.” She cares for her 94 & 96 year-old parents, both of whom have dementia to varying degrees. And as she explained, “I want the very best care for my parents, just like you’d want for your kids.” She credits her parents’ caregiver, Jeanne, with being innovative, a good problem-solver and extremely reliable. When dealing with dementia, she says trust is crucial and their caregiver has earned her trust and that of her parents. “It’s a vulnerable population being very well-cared for by the Benzie Senior Resources Home Healthcare program.”



### **Pain Self-Management Workshop to be held at the Benzie Community Resource Center**

6051 Frankfort Hwy., Benzonia, MI 49616

Meet once a week for 6 weeks  
Fridays, 12:30-3:00 pm  
September 15, 22, 29 and  
October 6, 13 & 20, 2017

No cost to attend. Space is limited  
(10-15 participants) and registration is  
required. Register with Sharon at  
**1-800-442-1713**

Or online at [www.aaanm.org/workshop-registration](http://www.aaanm.org/workshop-registration)

Thank you to Ann-Marie Parsons-McNamara for her generous donation of three original photo prints to The Gathering Place. We love them and are grateful to have your talent grace our walls!

If you come down to The Gathering Place for lunch, please consider purchasing a shoe to help support our Walk-A-Thon! We're selling FOUR different colors of our shoes. Our aqua blue shoe is \$1, dark blue is \$5, purple is \$10 and gold is "the sky is the limit!" We are grateful for any support! This is our largest fundraiser, so please help us spread the word. Perhaps you know someone who might be interested in participating? You can get registration packets at The Gathering Place or Benzie Senior Resources office!

**BENZIE**  
SENIOR RESOURCES  
*Be connected. Be supported. Be home.*

# WALK-A-THON

**WALK • RUN • BIKE**

**SATURDAY, AUGUST 5**

**FRANKFORT'S BELLOWS PARK  
ON CRYSTAL LAKE**  
(Corner of Bellows Avenue and South Shore Drive)

**REGISTRATION 7:30 AM – 9:00 AM**



All proceeds to benefit Benzie Senior Resources, a non-profit organization serving the seniors of Benzie County.

**PLEASE CONTACT US FOR AN INFORMATION PACKET:  
231-525-0600 OR [INFO@BENZIESENIORRESOURCES.ORG](mailto:INFO@BENZIESENIORRESOURCES.ORG)**

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

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 [vanderlinde1233@gmail.com](mailto:vanderlinde1233@gmail.com) or Jeanette McNinch at POMH, 231-352-9621.





**SENIOR EMPOWER DAY  
2017**

**"Finding Slots for Seniors"**

**Thursday, September 21, 2017**  
9:15 a.m. to 3:00 p.m.

**Little River Casino Resort**

Pre-registration: **August 15**  
Final Registration Deadline: **September 15**

**For more information call Kim.**  
**1-800-442-1713**

Hosted by the Board of Advisors of the Area  
Agency on Aging of Northwest Michigan



# 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: \_\_\_\_\_

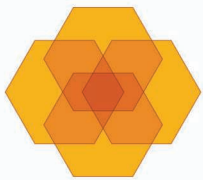
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Below: A group of our dedicated PLARNERS working on their mats. Right: Shirley Short, our fearless PLARN mat leader, shows a completed mat.

Thank you to all who have been donating plastic bags. A special thank you to JoAnne Hawkins for soliciting plastic bag donations for our mats. And thank you to Family Fare of Frankfort, Shop-N-Save of Benzonia, and Family Dollar of Honor, for donating plastic bags to our cause.

