



**BENZIE**  
SENIOR RESOURCES



# THE SENIOR SCOOP

**December 2017**

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### December is...

- ♦ National Read a New Book Month
- ♦ National Stress Free Family Holiday Month
- ♦ National Fruit Cake Month
- ♦ National Human Rights Month

December 28<sup>th</sup> is considered by some to be the unluckiest day of the year.

The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that were dyed green!

Spiders and spider webs are considered good luck on Christmas.

In a leap year, December 31 is the 366<sup>th</sup> day of the year, rather than the 365<sup>th</sup>.

At the North Pole, the Sun does not rise in December; at the South Pole, it does not set.



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### OFFICE HOURS

Monday – Friday:  
8:00 a.m. – 4:00 p.m.

*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.*

### 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**

### NEWSLETTER SUBSCRIPTION FORM

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# From Our Director



Season's Greetings everyone!

I hope everyone had a wonderful Thanksgiving holiday! Now comes the hustle and bustle of the upcoming Christmas holiday.

For many, the Christmas holiday season is a lonely time of year. Health often prevents them from traveling to see family and friends, leaving them bound to their homes during the holidays.

For the past several years, we have been providing Christmas holiday gift bags to older adults who have limited means and limited family support this time of year. Our goal is to provide at least 200 gift bags this season and we are grateful to have the assistance of the following churches; Trinity Lutheran Church, Blaine Christian, Frankfort United Methodist Church, St. Andrews Presbyterian Church, First Congregational Church of Frankfort and First Congregational UCC of Benzonia.

New this year: Shop-n-Save and Honor Family Market have graciously offered to allow our staff & Board of Directors to share our Christmas bag need lists with their customers as they enter the store. We will be at Shop-n-Save on Wednesday, November 29<sup>th</sup> from 10:00 a.m. to 6:00 p.m. and Honor Market on December 1<sup>st</sup> from 11:00 a.m. to 2:00 p.m. collecting these Christmas bag goods. Please be sure to stop by to see us!

Even with the assistance of these six churches and two grocery stores, we still need help from you! The more items we get the more folks we can help! We are in need of protein bars, large print crossword/word search puzzles, Kleenex, socks, shampoo/conditioner all-in-one, liquid hand soap, lip balm/chap stick, jig saw puzzles, lotion (perfume free), toothpaste (travel size), toothbrush and toilet paper. Please drop these items off to The Gathering Place or the Benzie Senior Resources Administration Office by December 11<sup>th</sup>. Cash donations are also welcome so we can purchase the items we need. Please consider helping us meet our goal.

In closing, 2017 marked a record year for meals provided, clients served, vouchers issued, lawns mowed, driveways plowed, activities attended and homecare clients visited. These milestones would not have had happened without the support of many who have contributed to Benzie Senior Resources. Our staff and Board of Directors cannot thank you enough for your generosity, your trust and your commitment to our efforts.

I want to wish everyone a safe, joyful and spirited holiday season.

Happy Holidays!

Douglas







# December Menu

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

\*Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Caribbean Pork Roast Sweet Potato Malibu Blend Hawaiian Rolls Tropical Fruit
<b>4</b> Deluxe Chicken Sandwich Sweet Potato Tots Malibu Blend Applesauce	<b>5</b> Chicken Primavera over Pasta Italian Blend Corn Garlic Toast Banana	<b>6</b> Greek Pita Sandwich Normandy Blend Grapes Potato Salad	<b>7</b> Wet Burritos Refried Beans Baked Pears	<b>8</b> Baked Chicken Herb Mashed Potatoes Carrots Bread Pineapple
<b>11</b> Tangerine Chicken over Rice Far East Blend Fortune Cookie Mandarins	<b>12</b> Goulash Carrots Green Peas Bread Banana	<b>13</b> Smothered Chicken Baked Potato California Blend Bread Tropical Fruit	<b>14</b> Salisbury Steak Herb Mashed Potatoes Broccoli Bread Pear	<b>15</b> Homemade Lasagna Italian Beans Corn Garlic Toast Applesauce
<b>18</b> Turkey Stew Green Beans Corn Biscuits Mixed Fruit	<b>19</b> Cabbage Rolls Broccoli Cauliflower Bread Banana	<b>20</b> Italian Beef Sandwich Carrots Potato Chips Baked Peaches	<b>21</b> BBQ Meatballs Tater Tots Green Peas Bread Pear	<b>22</b> <b>Ham Dinner</b> <b>Sweet Potato</b> <b>California Blend</b> <b>Bread</b> <b>Pineapple</b>
Closed 	Closed 	<b>27</b> Crispy Cod Sandwich Spinach Roasted Potatoes Mandarins Cole Slaw	<b>28</b> Spaghetti with Meatballs Pesto Cauliflower Carrots Garlic Toast Tropical Fruit	<b>29</b> Slow Roasted Beef Herb Mashed Potatoes Malibu Blend Bread Pear



# December Calendar of Events



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
<b>4</b> 10:00 Yoga 11:30 Lunch— <a href="#">The Maples Blood Pressure Clinic</a> 12:00 CARDS 2:30 Zumba	<b>5</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	<b>6</b> 8:30 Zumba 9:00 Foot Clinic at The Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	<b>7</b> Pearl Harbor Day 8:45 Little River Casino 9:00 Hearing Clinic at Admin. Office—By Appointment only 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 3:00 Tai Chi	<b>8</b> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
<b>11</b> 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	<b>12</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	<b>13</b> 8:30 Zumba 9:00 Foot Clinic at The Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	<b>14</b> 10:00 Bible Study 11:30 Lunch— <a href="#">Munson Paul Oliver Blood Pressure/ Med Check</a> 1:00 BUNCO 3:00 Tai Chi	<b>15</b> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
<b>18</b> 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	<b>19</b> 9:00 Estate Planning at Admin. Office—By Appointment only 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	<b>20</b> 8:30 Zumba 9:00 Foot Clinic at The Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	<b>21</b> 10:00 Bible Study 11:30 Lunch 1:00 BUNCO NO TAI CHI	<b>22</b> 9:30 BUNCO 11:30 Lunch—Christmas Party 1:00 Wii Bowling 1:00 Tech Support
<b>25</b> 	<b>26</b> 	<b>27</b> 8:30 Zumba 9:00 Foot Clinic at The Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	<b>28</b> 10:00 Bible Study 11:30 Lunch 1:00 BUNCO NO TAI CHI	<b>29</b> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 'Ol Time Gathering/ New Year's Eve Party!





# Dawn's Dish

This one wasn't from my children but I thought it was so cute that I just had to share!

As we were putting out cookies for Santa on Christmas Eve, I accidentally dropped one. "No problem," I said, picking it up and dusting it off before placing it back on the plate.

"You can't do that," argued my four-year-old.

"Don't worry. Santa will never know."

He shot me a look. "So he knows if I've been bad or good, but he doesn't know the cookie fell on the floor?"

**Please note: We are closed Monday, December 25<sup>th</sup>, Tuesday December 26<sup>th</sup>, Monday, January 1<sup>st</sup> and Tuesday, January 2<sup>nd</sup> for Christmas and New Year's holidays.**

We are now collecting items for the Benzie Bucks Auction. You can still send your unwanted items our way until Wednesday, December 13<sup>th</sup>. Also, if you have any baskets sitting around the house that you aren't using we'd love to put our Benzie Bucks Auction items in them! Just drop them off and my office any time.

Here we are again facing the inevitable snowfall. Yes, I said it. SNOW. So please remember, if Benzie Central Schools are closed, so is The Gathering Place and Benzie Senior Resources Administration Office. We do not want you running around in blizzards.

We are a Toys for Tots drop off location, so please bring your new, unwrapped toy to our drop box!

Fridays, December 1, 8, 15, 22, 29—Tech Support. Every Friday at 1:00 p.m. we have Tech Support to help you navigate the tech world. Please call in advance to schedule your appointment with Robert. 15 and 30 minute appointments are available. If you have your own device, please bring it.

Wednesdays, December 6, 13, 20, 27—Foot Clinics at the Benzie Senior Resources Administration Office. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. While we don't charge a fee, donations toward this service are helpful and appreciated.

Wednesdays, December 6, 13, 20, 27—1:15 p.m. PLARN. Crochet plastic mats to donate for the homeless. For more information, please call Dawn at 231-525-0601. No experience is necessary.

Thursday, December 7—Little River Casino Trip. Leave The Gathering Place at 8:45 a.m. and Shop-n-Save at 9:00 a.m. Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3:00 p.m. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306. This is our only trip to the casino this month due to the holiday season.

Friday, December 15—Benzie Bucks Auction 1:00 p.m. The auction will end by 3:00 p.m. Benzie Bucks will be given out daily to those who join us for lunch or an activity. Please see me if you didn't receive your Bucks when you were at The Gathering Place. Toss out your old bucks or give them to me. We are starting fresh so that it is fair to everyone.

Friday, December 29—New Year's Eve Party/ Ol' Time Gathering party. 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. We'll ring 2018 in at 9:00 p.m. with a toast!





# Word Search



Find the hidden words associated with winter.

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

BLIZZARD  
BOBSLEDS  
BOOTS  
CARNIVALS  
FIREPLACES  
FLAKES  
HATS  
HOCKEY  
HOLIDAYS  
ICEPALACE  
ICERINK  
ICICLES  
JACKFROST  
MITTENS  
OVERCOATS  
SCARVES  
SKIING  
SLEDS  
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SNOWMEN  
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TOBOGGANS  
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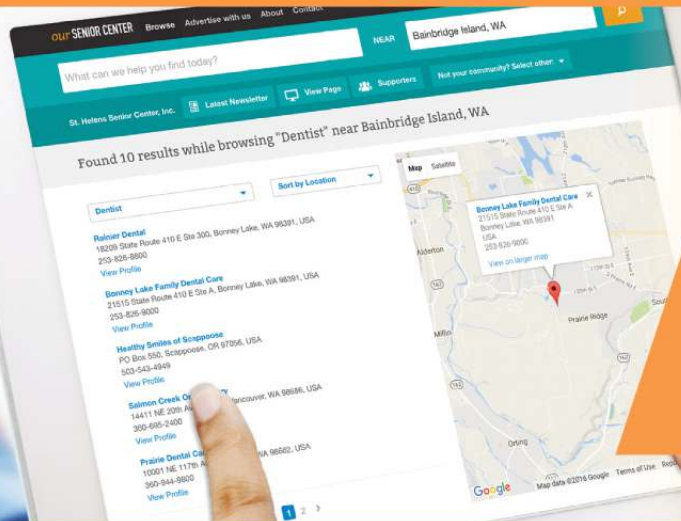


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# Social Security

## Understanding the Government Pension Offset

By Bob Simpson

Social Security District Manager in Traverse City



Getting ready for retirement requires evaluation of all your sources of retirement income. Even if you worked for the government and didn't pay the FICA tax on your earnings, you may be eligible for benefits from your spouse's work under Social Security.

When you receive both your own non-covered government pension and a Social Security spousal benefit, your Social Security benefit may be reduced. The Government

Pension Offset (GPO) reduces your Social Security benefit by two-thirds of your government pension.

Current law requires any beneficiary's spouse, widow, or widower's benefit to be reduced by the dollar amount of their own retirement benefit. For example, if a woman worked and earned her own \$900 monthly Social Security benefit, but was due a \$500 wife's benefit on her husband's record, we couldn't pay the wife's \$500 benefit because her own retirement benefit is the larger amount.

Before enactment of the GPO, if the same woman was a government employee who didn't pay into Social Security but earned a \$900 government pension, there was no reduction. We would have paid her the full amount of wife's benefit and she also received her full government pension. GPO ensures that we calculate the benefits of government employees who don't pay Social Security taxes the same way as workers in the private sector who pay Social Security taxes. Applying the GPO in this example means since two-thirds of the government pension ( $\frac{2}{3}$  of \$900 = \$600) is more than the wife's benefit (\$500), there is no wife's benefit payable.

If you take your government pension annuity in a lump sum, Social Security will treat the annuity as if you chose to get monthly benefit payments from your government work. Payments from a defined benefit plan or defined contribution plan (e.g., 401(k), 403(b), or 457) based on earnings from non-covered government employment are considered pensions subject to GPO, if the plan is the employee's primary retirement plan. To read more about GPO, review our factsheet, *Government Pension Offset* [www.socialsecurity.gov/pubs/EN-05-10007.pdf](http://www.socialsecurity.gov/pubs/EN-05-10007.pdf) or visit [www.ssa.gov/planners/retire/gpo.html](http://www.ssa.gov/planners/retire/gpo.html).

Understanding how the GPO will affect any spousal, widow, or widower's benefits should be part of your retirement planning. Good planning is the best preparation for a secure financial future.





# December Birthdays/ Recipes

Gerry Chancey	2	Phillip Johnson	8	Christina Beeler	15	Niel Haugen	24
Ed Fay	2	Anthony Sineway	8	Corliss Mick	15	Tanya Struble	24
Steve Post	2	Shelley Fast	9	Jean Johnson	17	Marjorie Braem	25
Bernice Sineway	2	Shirley Merillat	9	Bill Ward	17	Kathy Horton	26
Gerald Schroeder	3	Edwin Morse	9	Paul Stiles	18	James Hawkins	27
Tom Burton	4	Dan Skurski	9	Art Gauthier	19	Bernard Killeen	27
Bill Higman	4	Gary Witzke	9	Randy Bond	20	Steve Walton	27
Dennis Crosby	5	Mary Bishop	10	Robert Kelly	20	Gayle Dixon	28
Al Francik	5	Jan Dennis	10	Chris Jahr	21	Dan Haswell	28
Dean Gilbert	5	Leona Rodgers	10	Eugene Nowak	21	Keith Jewell	28
Dino Kortesis	5	Geri Thornell	10	Scott Wills	21	Diane Thompson	28
Linda Rackow	5	Norma Elias	11	Robert Courneya	22	Cindy Boyd	30
Mitch Kulawiak	6	Gary Brouwer	12	Alvin Gray	22	Judy Navarre	30
Estelle Roelofs	6	Rachel Hopkins	13	Patricia Hudson	23	Peggy Nostrandt	31
Ascension Abeyta	8	David Jahr	13	Ruth DeLong	24		
Tom Cone	8	Rick Clark	14	George Hagen	24		

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

## Holiday Party Cookies

1 c. Crisco  
1 c. brown sugar  
1/3 c. white sugar

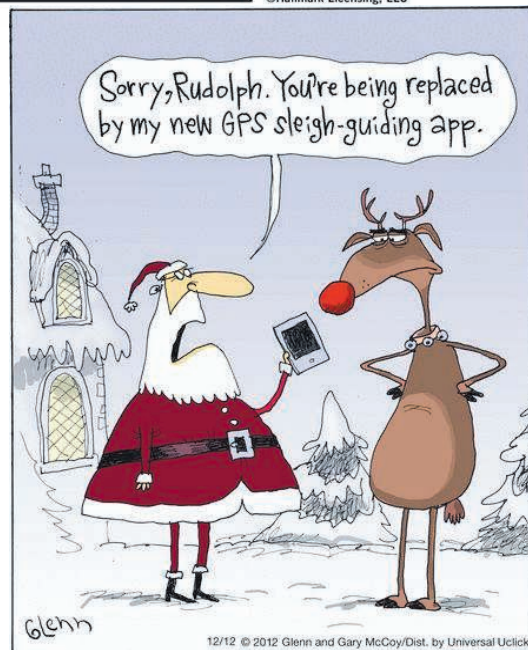
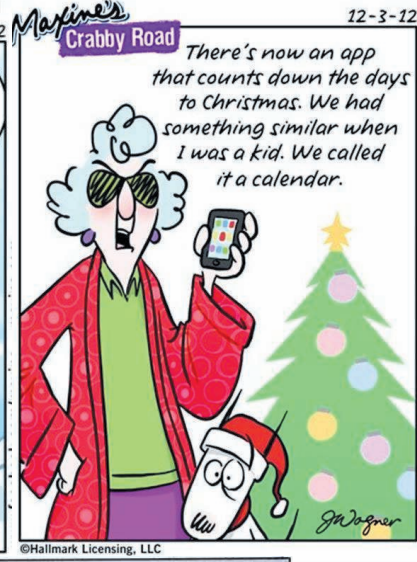
Mix above in bowl.

Add:  
2 eggs  
2 tsp. vanilla

Stir in:  
2 1/4 c. flour  
1 tsp baking soda

Mix thoroughly. Add 1 1/2 c M & M's chocolate candies. Bake at 375 degrees for 10 minutes. Recipe for 72 small cookies or 48 medium sized cookies.

Submitted by Ada Boerner



# Holiday Depression: Strategies for Overcoming Seasonal Stress

By Veronica Poklemba, AgingCare.Com

Sometimes as we age, we don't feel like having lots of parties anymore, and the holidays are no longer very jolly. What used to be a time of joy can change, as life throws us some curve balls.

We think we're supposed to be especially happy this time of year. That expectation itself can cause people of all ages to become sad or depressed, but older adults are especially susceptible. "As the caregiver of an elderly parent, you can be prone to assuming your loved one's feelings of melancholy or anxiety," says Leslie Dunham, LCSW-C, a social worker at Levindale Hebrew Geriatric Center and Hospital in Baltimore, Maryland.

While the holidays may not be the same as they were in the past, there can still be plenty of reasons to celebrate. One of the most important things to remember is that it's okay to enjoy the holidays as they are now. Memories hold a special place in your heart, but the heart has enough room to add new memories.

Knowing what may trigger gloomy feelings during the holidays, and how you can cope, may help you feel better.

Dunham adds that one of the biggest challenges for your elderly loved one and yourself is losing a family member. Loss often brings intense feelings of grief, loneliness and emptiness. Just as frustrating, you may feel guilty if you find yourself having a good time, even for a short period.

Innocent gestures may also cause your feelings of sorrow to intensify. For instance, receiving holiday cards addressed to the deceased person, by a well-meaning friend who doesn't know the circumstances, may bring up difficult emotions. On the other hand, it can also be stressful when people purposely don't mention your loved one's name for fear of hurting you.

To help you through those tough times, talk over how you would like to handle the situation with someone you trust. That person can let others know your wishes. If you want to do something to honor your loved one publicly, there are different ways you can pay tribute. Choose something that is right for you. Among them are:

- Placing the person's picture in a place of prominence
- Lighting a memorial candle
- Making a photo album of previous holidays to focus on positive memories
- Setting aside a time so that everyone who wants to can share a memory or a funny story about the deceased
- Toasting your loved one
- Going to church or synagogue
- Volunteering to help those in need

Remember that not everyone grieves in the same way. There is no accepted norm. You may cry at the drop of a hat, while someone else is more stoic. Some people may grieve for weeks and others for years. Understand that the holidays won't be the same as they used to be, but that the "new normal" can be fulfilling in a different way.





# Medicare



The best way to stay healthy is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help.

Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Preventive services include:

- exams
- shots
- lab tests
- screenings
- They also include counseling and education to help you take care of your own health.

Medicare covers these preventive services:

- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Bone mass measurement
- Cardiovascular disease (behavioral therapy)
- Cardiovascular screening
- Colorectal cancer screening
  - Fecal occult blood test
  - Flexible sigmoidoscopy
  - Colonoscopy
  - Barium enema
  - Multi-target stool DNA test (like Cologuard™)
- Depression screening
- Diabetes screening
- Diabetes self-management training
- Flu shot
- Glaucoma test
- Hepatitis B shot
- Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammogram (screening)
- Medical nutrition therapy services
- Obesity screening and counseling
- Pap test and pelvic exam
- Pneumococcal shots
- Prostate cancer screening
- Sexually transmitted infection screening and counseling
- Smoking and tobacco use cessation
- “Welcome to Medicare” preventive visit
- Yearly “Wellness” visit

Ask about preventive services:

Before you leave your doctor’s office, make sure to ask these questions:

Do I need the test?

What’s the test for?

How’s the test done?

What are the benefits and risks of having the test?

What do I need to do to prepare for the test?

When will I get the results?

What will they tell me?

What’s the next step after the test?

How often do I need this test?

Do I need to get a referral?

Do I need to make an appointment?

Costs for the test

Will Medicare/my other insurance pay for/cover the test?

How much will I have to pay?





# Bulletin Board

We are looking for drivers for our Meals on Wheels routes. Volunteers deliver meals to Benzie County homebound seniors in our vehicles Monday - Friday. We are flexible; you choose how often you volunteer. Once a month, once a week, every other week— it's up to you! Please call Benzie Senior Resources at (231-525-0600), and let them know you'd like to sign up to deliver meals. Don't drive? No problem! We also need volunteers to help navigate the routes and bring meals to the door. You'll be helping us help our most vulnerable population.



Our New Year's Eve Party is on Friday, December 29th. Join us to send off 2017 and ring in 2018! The party is from 6:00 p.m.—9:00 p.m. Please bring a dish to pass. We'll have a potluck dinner at 7:00 p.m. As always, The Melody Makers will be here to entertain. We'll ring in

2018 at 9:00 p.m. with a toast! Donations are accepted to help us cover the cost of this.

## 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.

Don't forget! Open enrollment for Medicare Part D, Prescription Coverage ends December 7th. Call our office today if you have questions about this or any other Medicare or Medicaid concerns. Call 231-525-0600 to schedule your appointment.



We are making the season extra special by assembling and delivering gift bags for our homebound neighbors. Each bag is filled with a variety of items, such as: calendars, liquid hand soap, travel-size toothpaste, 2-in-1 shampoo/conditioner, cheese crackers/protein bars, crossword/word search puzzles, Kleenex, socks, lotion, shampoo and toilet paper. Please help us gather any of the above items. You can drop them off at The Gathering Place Senior Center or at the Benzie Senior Resources Administration Office by **December 11<sup>th</sup>**.

Please help us spread some Christmas Cheer! Thank you!



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

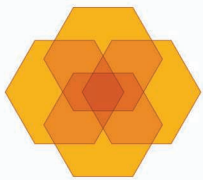
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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A VERY exciting day for Benzie Senior Resources. Our Subaru came home Thursday, November 2nd. Keep your eyes open for her; she's the only one in the whole state of Michigan! If you spot her, take a photo and post it on our facebook page. We'd love to see your perspective.

Go to facebook, type in @BenzieSeniorResources and you'll see our page.

Like us and post your pic!

Pictured L to R: Executive Director, Doug Durand, Board Chair, Beverly Holbrook, Home Delivered Meals Coordinator, Jeff Stockman and Volunteer meal delivery driver, Toby Tull pose with our new 2018 Subaru Outback!

231.525.0600 • [BenzieSeniorResources.org](http://BenzieSeniorResources.org)