

May 2017

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THE SENIOR

SCOOP

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May is...

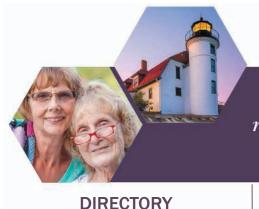
Blood Pressure Awareness Month

Stroke Awareness Month

Arthritis Awareness Month

Osteoporosis Month



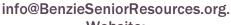


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#### **OFFICE HOURS**

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

## THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

Benzie Senior Resources 10542 Main Street Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Editor

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### From Our Director

#### Greetings,

We are busy as Benzie Senior Resources shifts gears into spring! We are excited to have our lawn chore contractors ready to assist with Spring Clean-up and most likely the first lawn mowing of the season! If you are interested in signing up for our Spring Clean-up/ Lawn Chore Program, please stop in or contact us.

This afternoon, we had a surprise visit from Charlie Gregory and Norm Holm from Trinity Lutheran's Men's Group. They delivered a \$500 check from the proceeds of their Homemade Pasty Luncheon Event that was held on March 25<sup>th</sup>. A big **THANK YOU** to the Trinity Lutheran's Men's Group!

Building Benzie Bonds, a coalition of agencies working together for the benefit of older adults in Benzie County, will be hosting a FREE event called "Love your Heart" on May 3<sup>rd</sup>. This event will take place from 10:30 a.m. to 1:30 p.m. at Trinity Lutheran Church in Frankfort on James Street. There are great topics and guest speakers, along with a free heart healthy luncheon. Please call 231.935.9237 to RSVP.

Benzie Senior Resources is proud to take part in Older Michiganians Day. What is Older Michiganians Day (OMD)? It was created by the Area Agencies on Aging Association with its Aging Network Partners serving on the Steering Committee. This annual event draws 1,000 advocates from across the state, united in their passion for aging issues. It provides an opportunity to discuss platform issues with Legislators, and a time to celebrate older adults and their achievements. The 2017 theme is "Age Out Loud!" The event is on Wednesday, May 17th from 10:15 a.m. to 1:00 p.m. on the East Lawn of our State Capitol in Lansing. A free box lunch will be provided and other events will be taking place on the Capital lawn. We have reserved a conference room at the Senate Building and invited Senators Darwin Booher and Wayne Schmidt, and Representatives Curt VanderWall, Larry Inman, Michele Hoitenga, Daire Rendon, Tristin Cole and Lee Chatfield. For more information on the Older Michiganians Day, please go to www.oldermichiganiansday.com. If you would like to join us, please call 231.525.0601 to sign-up today! It would be nice to see a large group from Benzie County at this event.

#### What activities are planned?

- Face-to-face contact with Legislators and their aides to discuss OMD Platform issues
- Governor Snyder and Legislative Leaders from both parties are invited to respond in-person to the OMD Platform.
- The prestigious Senior Citizen of the Year Award will be given to a senior volunteer who has made a difference in his/her community.

#### What are some of this year's hot-button Platform issues?

- → Improving access to affordable long-term supports and services
- → Preventing elder abuse, neglect, and exploitation
- ★ Addressing Michigan's direct care worker crisis
- → Protecting Medicaid

The Benzie Senior Expo is on June 9<sup>th</sup> from 9 a.m. – 1 p.m. The Senior Expo will be held at Trinity Lutheran Church in Frankfort. More information is on the Bulletin page of the newsletter.

To all of the moms, Happy Mother's Day and come out on Friday, May 12<sup>th</sup> for our Mother's Day Luncheon.

May is also Older Americans Month!

Take care.

Douglas



## May 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
1 Deluxe Chicken Sandwich Normandy Blend Corn Orange	2 Salisbury Steak Herb Mashed Potatoes Carrots Bread Watermelon	3 Grilled Chicken Salad Applesauce Breadsticks	4 Southern Style Pork Fritters Herb Mashed Potatoes Green Beans Bread Apple	5 Chicken Enchiladas Refried Beans Cinnamon Apples
8 Slow Roasted Beef Herb Mashed Potatoes Malibu Blend Bread Plum	9 Chicken Tenders Sweet Potato Broccoli Bread Cantaloupe	10 Country Style Beef Fritters Herb Mashed Potatoes Carrots Bread Pear	11 BBQ Chicken Pizza California Blend Spinach Breadsticks Peaches	12 Homemade Lasagna Italian Beans Corn Garlic Toast Tropical Fruit
15 Spanish Rice Corn Spinach Breadsticks Apple	16 Sloppy Joe's Tater Tots Carrots Pear	17 Chicken Cacciatore Italian Blend Green Peas Garlic Toast Pineapple	18 Seasoned Beef Tacos Refried Beans Baked Peaches	19 Sweet Potato Encrusted Pollock Roasted Potatoes Broccoli Bread Banana
22 Eggplant Casserole Italian Blend Green Peas Garlic Toast Orange	23 Steakhouse Burger Sweet Potato Tots Mixed Vegetables Banana	24 Pork Chops Herb Mashed Potatoes Broccoli Bread Apple	25 Chicken Marsala Parmesan Garlic Mashed Potatoes Italian Blend Garlic Toast Grapes	26 Chicken Jalapeño Soup Key West Blend Spinach Crackers Peaches
29 Closed	30 Smoked Sausage with Kraut Green Beans Carrots Bread Banana	31 Southwestern Chicken Alfredo Corn Italian Beans Garlic Toast Watermelon		neo de Mayo



## May Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Clinic 12:00 CARDS 2:30 Zumba	2 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	3 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	4 Star Wars Day 8:45 Little River Casino 9:00 Hearing Clinic at The Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	5 Cinco de Mayo 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling
8 National Have a Coke Day 10:00 Yoga 11:30 Lunch—VE Day 12:00 CARDS 2:30 Zumba	9 VE Day 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	10 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	11 10:00 Bible Study 11:30 Lunch 1:00 Smiles on Wheels No Bunco	12 9:30 BUNCO 11:30 Lunch—Mother's Day Luncheon 1:00 Wii Bowling 1:00 Tile Painting
15 National Chocolate Chip Cookie Day 10:00 Yoga 11:30 Lunch—Birthday Party 12:00 CARDS 2:30 Zumba	16 10:30 Music by The Melody Makers 11:30 Lunch—Wear purple for peace day 3:30 Chair Yoga 5:15 Zumba	17 6:30 a.m. Older Michiganian's Day Trip 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	18 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO	19 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
22 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 1:00 Cyber Security Talk 2:30 Zumba	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	24 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	25 National Wine Day 10:00 Bible Study 11:30 Lunch 12:30 St. Ambrose Trip 1:00 BUNCO	26 9:30 BUNCO 11:30 Lunch—Heat & Safety Day and Stroke Awareness Day 1:00 Wii Bowling 6:00 Ol' Time Gathering
Closed  MEMORIAL DAY	30 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	31 National Senior Health and Fitness Day 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN		



## Dawn's Dish

Zumba is back! Mondays at 2:30 p.m., Tuesdays at 5:15 p.m. and Wednesdays at 8:30 a.m. ONLY \$3 each class and everyone of all ability levels is welcome to join in on the fun! As always, your first class is FREE!

Please note we are **closed** on Monday, May 29th in observance of Memorial Day.

May is Arthritis Awareness and Osteoporosis Awareness and Prevention Month. It is also Mental Health and Stroke Awareness Month; Healthy Vision Month and Melanoma/Skin Cancer Detection and Prevention Month. Watch for valuable information at our front desk on all of these important health issues.

The Benzie Bucks Auction date is officially Friday, June 2nd beginning at 1:00 p.m. Now is the time to donate your items you no longer need and to get those Benzie Bucks when you come for lunch. Don't know the drill? Just ask at the desk and we'll fill you in!

Our next Foot Clinics are on June 1st and June 8th with appointments beginning at 9:00 a.m. 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 Ann at **1:15 p.m. on Wednesdays** crocheting plastic mats to donate to 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!

<u>Thursdays, May 4 & 18</u>—Little River Casino Trip. Leave The Gathering Place at 8:45 a.m. and Shop-n-Save at 9:00 a.m. Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

<u>Thursday, May 11</u>—1:00 p.m. Smiles on Wheels. Free Oral Health Cancer Screening for all age 65 and older. AND you'll receive a bag of dental supplies!

Friday, May 12—Mother's Day Luncheon from 11:30 a.m.—1:00 p.m. All ages are welcome!

<u>Friday, May 12</u>—Mother's Day Pinterest Craft. Tile Painting using alcohol ink beginning at 1:00 p.m. Please sign up at the front desk today! This craft is \$1 to participate.

Wednesday, May 17—Older Michiganians Day Trip. Leave Honor plaza at 6:30 a.m. and return at 6:00 p.m. Join myself and our Executive Director, Douglas Durand as we head to Lansing for this opportunity to BE HEARD. Participate in a rally, meet with State Legislators and hear from keynote speakers. Lunch is free. The trip is free!

Monday, May 22—1:00 p.m. Computer Security Talk with Jack from North Harbor Solutions. Learn about Cyber Security with your home computer and how important it is to keep your electronics protected.

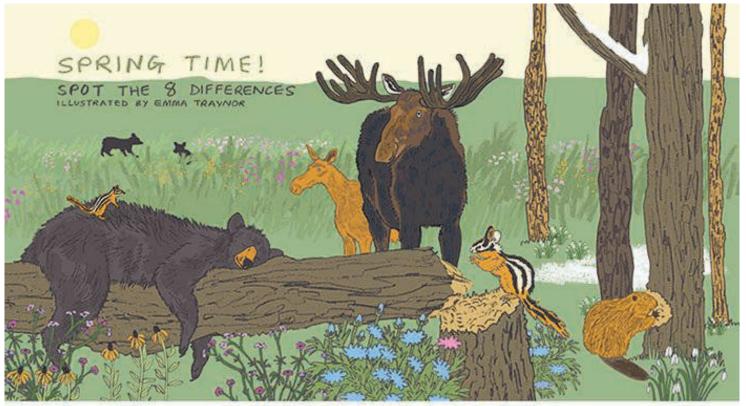
<u>Tuesday, May23</u>—Essential Estate Planning. 9:00 a.m. to 4:00 p.m. at the Administration Office. Appointments are approximately one hour. This is an opportunity to speak with an experienced estate planning attorney for free to review, update and/or create an estate plan. Schedule an appointment by calling 231-525-0600.

<u>Thursday, May 25</u> — Trip to St. Ambrose (it's National Wine Day). Leave at 12:30 p.m. and return by 2:30 p.m. Every Thursday is Thirsty Thursday at St. Ambrose featuring 35% off your howler and growler purchases.

<u>Friday, May 26</u>—Ol' Time Gathering Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.



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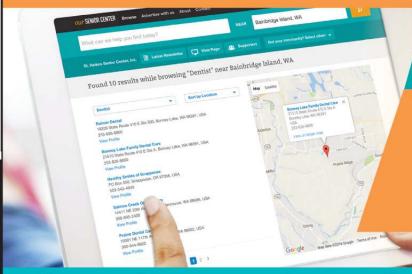
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## **Consumer Alert!**

Con artists travel to and target disaster sites to take advantage of victims who are desperate to repair damage right away and return to a sense of normalcy. Being an informed consumer is your best defense to avoid becoming a scam victim. This Alert gives you information on how to spot and stop common post-disaster scams.

PRICE GOUGING—Basic goods and services are top priorities after disaster strikes; the demand for them increases and scammers take advantage. If a local hotel charged \$100 for a room the day before a disaster and then charged \$150 for the same room the day after a disaster, is that illegal gouging? Michigan law prohibits any retailer from charging a price that is "grossly in excess of the price at which similar property or services are sold.". Even though Michigan does not have a law specifically prohibiting price gouging in direct response to a disaster, the Attorney General does not tolerate any unscrupulous behavior when it comes to gouging.

#### **SCAMMERS ATTRACTED BY FEMA**

<u>PAYMENTS</u>—Scammers swarm to weather disasters to take advantage of otherwise careful consumers who have FEMA money for repairs and want to act quickly to avoid further problems like mold or rot. Ignore door-to-door solicitors offering damage recovery or discounts with leftover supplies from another job.

FEMA inspectors and other federal workers never solicit or accept money.

EMERGENCY HOME REPAIRS—Home repair and disaster cleanup scams can be avoided if you know what to look for and take your time before you hire anyone. If any of the following warning signs are present, walk away:

- High-pressure sales
- Urgency to act
- Confusing contract terms
- Inability to produce a license or references
- Wants to be paid in cash
- Has a history of complaints
- won't put the offer or terms in writing
- Has an out-of-state license plate
- Has no business sign on car or truck.

If you believe a retailer is charging a price "grossly in excess" of what others are charging for similar goods or services, contact the Attorney General's Consumer Protection Division at 877-765-8388 or file an online complaint.

GOVERNMENT IMPOSTERS —Beware of government imposters who reach out to you in the wake of a disaster. Criminals use everything from legitimate government references and threats of government action, to promises of government assistance to trick disaster victims. Always verify any "government" contact you receive in any form—letter, phone call, email, text message, or a knock on your door.

Don't call a number or visit a website provided in an unsolicited contact. Look up the number or search online for the government office and verify using that information.

SUDDEN BUSINESS CLOSURES—If a business suddenly closes that you have dealings with, act quickly to stop any further charges or any scheduled payments by your bank or card company. Timely dispute credit card charges: swift action can be the difference between holding a refund and holding the bag. If goods or services that you contracted for are not delivered, then you may file a consumer complaint with the Attorney General's Consumer Protection Division. You should do this as soon as you can to help minimize any loss and maximize any recovery.

#### STOP IT: How to avoid being scammed —

- Check credentials: Michigan law requires a Residential Builder license for any project costing \$600 or more.
- FEMA inspectors verify damages, but they do not involve themselves in any repair, and they do not "certify" any contractor.
- Weather disasters and other unpredictable conditions can trigger suddenly higher prices.

#### Report Fraud

If you have been the victim of a disaster-related scam, or if you would like to file a general consumer complaint, please contact the Attorney General's Consumer Protection Division:

Consumer Protection Division P.O. Box 30213 Lansing, MI 48909 517-373-1140

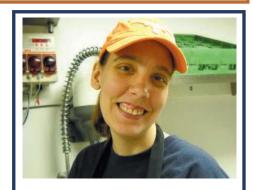
Fax: 517-241-3771 Toll free: 877-765-8388



## **Birthdays**

Mary Baker	1	Anne Damm	10	Patricia Danke 20
Robin MacKenzie	1	Mike Sheronick	10	Leta Dolph 20
Lola Chase	1	Meg Tackett	10	Harry Friend 20
Kay Gossens	2	Crystal Meadows	11	Bob Hazelett 21
Linda Davis	2	Jerome Kekel	11	Herman Illig 21
Joan Wolfe	2	Roger Gilroy	12	Naomi Crawford 22
Beverly Holbrook	4	Hope Clifton	13	Sharon McKeon 22
Dennis Burton	4	Kathie Conley	14	Catherine Bright 23
Jill Claybour	4	Jane Elzerman	14	Ann-Marie Parson-McNamara23
Larry Sawallich	4	Bonnie Fast	14	John Hlavac 23
Eugene Heniser	5	Donald Gensman	14	Bobbie Zirkel 23
Robert Henning	5	John Milarch	14	Edward Laffleur 24
Irene Rath	5	Rosemary Russell	15	Joanne Hickman 24
Donna Chalmers	6	Carol Vargo	17	Kathleen Leach 25
Sivert Crawford	6	Floyd Arnold	17	Jack Howell 25
Kay Boyne	7	Ann Berndt	17	Donna Stowell 26
Richard Geren	8	Diane Catton	17	Patty Fagan 28
Lynn Kuehneman	8	Dave Peterson	17	Patty Adams 30
Darryl Milarch	8	Jeanne Stratham	17	Shirley Beaton 30
George Tsatsos	8	Ray Tate	19	Lois Hammond 30
Jack Holtrey	9	Steve Tebo	19	Dick Hitchingham 30
Marilyn Olson	9	Al Tackett	20	Paula Showers 30
Sophie Bryan	10	Margaret Winnie	20	Joanne Kittendorf 31

The Le Grand Traverse Chapter of the Ruffed Grouse Society invites you to celebrate the Northwest Michigan GEM site with an open house to take place in coordination with their Spring Habitat Day. Saturday, May 6th starting at 10 a.m. at the Little Betsie GEM site. Go to www.midnr.com/Publications/pdfs/ArcGISOnline/interactiveMaps/gems/ for a map. All ages are welcome! There will be tree planting, tours of the trails and property, Habitat professionals on site to answer questions and a field lunch will be provided. To RSVP and for more information, please call Paul Huffman at 231.510.0736.



Introducing Tiffany the newest member of our kitchen crew!



Benzie Bucks Auction time! Once again we ask you to please donate your "stuff" that you no longer want/ use and let us find it a new home. Our official date is Friday, June 2nd. Come to The Gathering Place for lunch and we'll give you Benzie Bucks to spend at the Auction.



Wanted! All U.S. postage stamp collectors who would

like to meet each month to trade, buy/ sell stamps and make new friends who are also collectors. If you are interested in this, please email Rob Janusch at rejanusch@outlook.com.

## **Medicare**

If you're retired and have <u>Medicare</u> and <u>group health plan</u> (retiree) coverage from a former employer, generally:

- Medicare pays first for your health care bills.
- Your group health plan coverage pays second.

How your retiree group health plan coverage works depends on the terms of your specific plan. Your employer or union, or your spouse's employer or union, might not offer any health coverage after you retire. If you can get group health plan coverage after you retire, it might have different rules, and might not work the same way with Medicare.

#### 5 things to know about retiree coverage:

- Find out if you can continue your employer coverage after you retire. Generally, when you have retiree coverage from an employer or union, they control this coverage. Employers aren't required to provide retiree coverage, and they can change benefits or premiums, or even cancel coverage.
- Find out the price and benefits of the retiree coverage, including whether it includes coverage for your spouse. Your employer or union may offer retiree coverage for you and/or your spouse that limits how much it will pay. It might only provide "stop loss" coverage, which starts paying your <u>out-of-pocket costs</u> only when they reach a maximum amount.
- Find out what happens to your retiree coverage when you're eligible for Medicare. For example, retiree coverage might not pay your medical costs during any period in which you were eligible for Medicare but didn't sign up for it. When you become eligible for Medicare, you may need to enroll in both Medicare Part A and Part B to get full benefits from your retiree coverage.
- Find out what effect your continued coverage as a retiree will have on both your health coverage and your spouse's health coverage. If you're not sure how your retiree coverage works with Medicare, get a copy of your plan's benefit booklet, or look at the summary plan description provided by your employer or union. You can also call your employer's benefits administrator and ask how the plan pays when you have Medicare. You may want to talk to your <a href="State Health Insurance Assistance Program (SHIP)">State Health Insurance Assistance Program (SHIP)</a> for advice about whether to buy a <a href="Medicare Supplement Insurance (Medigap)">Medicare Supplement Insurance (Medigap)</a> policy.
- If your former employer goes bankrupt or out of business, Federal COBRA rules may protect you if any
  other company within the same corporate organization still offers a group health plan to its employees. That plan is required to offer you <u>COBRA continuation coverage</u>. If you can't get COBRA continuation
  coverage, you may have the right to buy a Medigap policy even if you're no longer in your Medigap open
  enrollment period.

Since Medicare pays first after you retire, your retiree coverage is likely to be similar to coverage under Medicare Supplement Insurance (Medigap). Retiree coverage isn't the same thing as a Medigap policy but, like a Medigap policy, it usually offers benefits that fill in some of Medicare's gaps in coverage—like <u>coinsurance</u> and deductibles. Sometimes retiree coverage includes extra benefits, like coverage for extra days in the hospital.



## **Social Security**

### HONORING OUR HEROES ON MEMORIAL DAY

On Memorial Day, we honor the soldiers and service members who have given their lives for our nation. Social Security respects the heroism and courage of our military service members, and we remember those who have given their lives in defense of freedom. Part of how we honor service members is the way we provide Social Security benefits.

The unexpected loss of a family member is a difficult experience for anyone. Social Security helps by providing benefits to protect service members' dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at <a href="https://www.socialsecurity.gov/survivors">www.socialsecurity.gov/survivors</a>.

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to assist veterans when an injury prevents them from returning to active duty.

Wounded military service members can also receive expedited processing of their Social Security disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive benefits. You can get answers to commonly asked questions and find useful information about the application process at <a href="https://www.socialsecurity.gov/">www.socialsecurity.gov/</a> woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at <a href="https://www.socialsecurity.gov/retirement">www.socialsecurity.gov/retirement</a>. You may also want to visit the Military Service page of our Retirement Planner, available at <a href="https://www.socialsecurity.gov/planners/retire/veterans.html">www.socialsecurity.gov/planners/retire/veterans.html</a>.

Service members are also eligible for Medicare at age 65. If you have health insurance from the VA or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.

In acknowledgment of those who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

By Bob Simpson, Social Security District Manager in Traverse City



### **Bulletin Board**

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 Vander-Linde 231-399-0253 or vanderlinde1233@gmail.com or Jeanette McNinch at POMH, 231-352-9621.

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Yes you can ~ By utilizing the resistance and buoyancy of water! Aquatic exercise is an excellent means of achieving weight loss and improving stamina in an environment that is accommodating to a wide range of individuals.

So put your swimsuit back on and take your workout into the pool!

You are invited to join our AQUA-Fitness classes on Tuesdays & Thursdays from 11a.m. - 12 p.m. at the Scenic Hill Resort Best Western in Beulah (1400 US Hwy 31, Beulah #231-882-7754).

If you are interested in this program, please feel free to contact me or just join us there!! The cost for this class is \$7.00 / class.

Camille Frixen, Instructor, 231-228-7265

Does your group have announcements? We'd like to help! Just see Dawn or email me at bousamrad@BenzieSeniorResources.org and we'll do our best to share in our newsletter, on our Facebook page, our website and in print at The Gathering Place.

Does anyone know how to clean model ships? How about making a case for it? We have this amazing model ship that was donated by the family of one of our clients and we'd love to display it properly. If you can help, please call Dawn at 231.525.0601. Thanks!

Older Michiganian's Day Trip. Join us as we head to Lansing on Wednesday, May 17th. We'll sit down with our State Legislators to discuss our concerns, tour the Capitol building and have lunch on the lawn.

Older Michiganian's Day is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

It is typically a long day driving to Lansing and back but well worth the experience!

Call Dawn at 231-525-0601 for more information.





The Senior Expo is on Friday, June 9th at Trinity Lutheran Church in Frankfort.
FREE ADMISSION
BOOTHS FULL OF INFORMATION & EXPERTS
RAFFLES
FREE REFRESHMENTS & SNACKS
FOOT CARE CLINIC & MORE!!
DON'T MISS IT!



### **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:_			

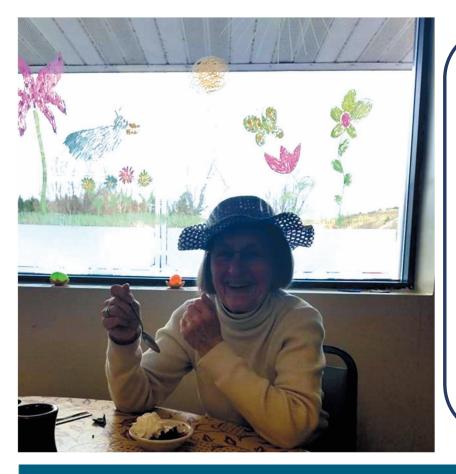
Make Checks Payable To: Benzie Senior Resources

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.



Nonprofit Org. U.S. Postage Paid Honor, MI

Permit No. #1





Are you on facebook?
So are we!
Check us out at
www.facebook.com/
BenzieSeniorResources/

You'll find updates on our programs, menu, weather and whatever else we are certain you can't live without!