



September 2017

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We are thrilled to announce that our agency has been selected to receive a brand-new, 2018 Subaru Outback! We wrote a grant and were one of fifty agencies in the United States chosen to receive this gift; the **ONLY** one in Michigan. We'll be sure to let you know as soon as it arrives!



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Website:

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*

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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.

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NEWSLETTER SUBSCRIPTION FORM

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the 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

Hello Friends,

Yikes! Where did the summer go! Are you like me and realize that not all of your summer plans went as planned? I am surprised my loving wife hasn't reminded me yet of her "HONEY DO" list items that have not been accomplished. I am thinking that Labor Day weekend may be rather busy for me!

August was a great month for Benzie Senior Resources! Many of you have probably heard that we were awarded a 2018 Subaru Outback through a grant from Subaru of America and Meals on Wheels America. Subaru of America has been a tremendous supporter of Meals on Wheels Programs throughout the United States through their program, "Share The Love."

In honor of their 50th anniversary of selling vehicles in the USA, Subaru of America teamed up with Meals on Wheels America Association to give away 50 cars. Hence their 50 Cars for 50 Years Campaign. We should be receiving our brand new Subaru in the fall. Look for more details from us as they become available.

Winning this vehicle couldn't have come at a better time. Since last October, the number of meals delivered daily has increased by over 30 and we have been contemplating adding another route. With this new vehicle that will become a reality! But we need your help. In order to make this happen we need more volunteers to help us deliver those meals. If you have ever thought of volunteering, now is the time to put that into ACTION! Visit us or call us for more information. It truly is a rewarding experience to give back to your community.

I also want to give a HUGE Thank You to the voters of Benzie County for supporting the Benzie County Commission on Aging Senior Millage! We are so grateful for the trust shown in Benzie Senior Resources in supporting the seniors of Benzie County.

Our Benzie County community is at the core of all we do. Every day we're helping Benzie seniors navigate the aging process through education, enrichment with a caring smile.

On August 5th, we held the Annual Walk-A-Thon Event at Bellows Park in Frankfort on the beautiful shores of Crystal Lake. We had an additional 20 walkers/bikers this year than last year and as usual a wonderful brunch was served by the Walk-A-Thon Committee. This is our only fundraising event for the year and once again a BIG Thank You to the community, volunteers and staff that made this event a huge success.

Mark your calendars for Saturday, August 4, 2018 for next year's Walk-A-Thon.




As always, I welcome your thoughts.

Take care,
Douglas




September 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
				<p>1</p> <p>Herb Roasted Turkey Herb Mashed Potatoes Green Beans Bread Homemade Cranberry Sauce</p>
<p><i>Have a safe Labor Day</i></p> 	<p>5</p> <p>Sweet Potato Encrusted Pollock Corn Normandy Blend Bread apple</p>	<p>6</p> <p>Goulash Green Peas Carrots Bread Orange</p>	<p>7</p> <p>Chicken Stir-Fry over Rice Far East Blend Chow Mein Noodles Fortune Cookie Mandarins</p>	<p>8</p> <p>Homemade Lasagna Pesto Cauliflower Broccoli Bread banana</p>
<p>11</p> <p>Chicken Tenders Parmesan Garlic Mashed Potatoes Malibu Blend Bread Apricots</p>	<p>12</p> <p>Beef Pasties California Blend Green Peas Bread Pear</p>	<p>13</p> <p>Thai Peanut Chicken Far East Blend Broccoli Fortune Cookie Mandarins</p>	<p>14</p> <p>BBQ Meatballs Spinach Corn Bread Banana</p>	<p>15</p> <p>Fish Fry Normandy Blend Sweet Potato Bread Orange</p>
<p>18</p> <p>Steakhouse Burger Baked Potato Broccoli Plum</p>	<p>19</p> <p>Creole Chicken Spinach Corn Breadsticks Peaches</p>	<p>20</p> <p>Loaded Mac N' Cheese California Blend Collard Greens Bread Banana</p>	<p>21</p> <p>Cabbage Rolls Italian Blend Green Peas Bread Apple</p>	<p>22</p> <p>Slow Roasted Beef Herb Mashed Potatoes Carrots Bread Apricots</p>
<p>25</p> <p>Sloppy Joes Tater Tots Broccoli Pear</p>	<p>26</p> <p>Blueberry Pancakes Scrambled Eggs Sausage Cinnamon Apples</p>	<p>27</p> <p>Hot Turkey Sandwich Herb Mashed Potatoes Cranberry Applesauce</p>	<p>28</p> <p>Salisbury Steak Herb Mashed Potatoes Malibu Blend Bread Banana</p>	<p>29</p> <p>Rosemary Garlic Pork Roast Herb Mashed Potatoes Green Beans Bread Pineapple</p>

September Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support</p>
<p>4</p> <p>Closed</p> 	<p>5</p> <p>10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA 5:15 Zumba</p>	<p>6</p> <p>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</p>	<p>7</p> <p>8:45 Little River Casino 9:00 Hearing Clinic at The Administration Office by appointment 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>8</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Tech Support 1:00 Wii Bowling</p>
<p>11</p> <p>10:00 Yoga 11:30 Lunch—The Maples B.P. Clinic 12:00 CARDS 2:30 Zumba</p>	<p>12</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba</p>	<p>13</p> <p>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</p>	<p>14</p> <p>10:00 Bible Study 11:30 Lunch—Dental Hygienist 1:00 BUNCO</p>	<p>15</p> <p>9:30 BUNCO 11:30 Lunch—Birthday Party 1:00 Wii Bowling 1:00 Tech Support</p>
<p>18</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p>19</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba</p>	<p>20</p> <p>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</p>	<p>21</p> <p>8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO</p>	<p>22</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Tech Support 1:00 Wii Bowling</p>
<p>25</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 1:00 Pinterest Craft 2:30 Zumba</p>	<p>26</p> <p>9:00 Essential Estate Planning at Administration Office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba</p>	<p>27</p> <p>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</p>	<p>28</p> <p>10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>29</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Tech Support 1:00 Wii Bowling 6:00 Ol' Time Gathering</p>



Dawn's Dish

Honestly, if you want to know what's going on around Benzie County just stop by The Gathering Place; you'll be all caught up in no time! I've heard a few questions about our budget and thought you might like to know our budget is only covered 58% by the millage, that includes the recent increase! Fundraisers, donations and other agency support make up the rest. Someone suggested that we scale down a bit. Maybe stop doing so much. But how do we choose who will get their house cleaned, receive a home delivered meal, or have their driveway plowed and who will not? Due to safety and other issues it doesn't sit right with our agency having waiting lists for these necessary services.

I hope you have had a wonderful summer! My family has spent plenty of time enjoying Lake Michigan beaches, hiking and not worrying about snowpants!

Come on down for lunch or an activity soon and we can chat about how the traffic has died down and all the company has left.

Zumba! 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!

Fridays, September 1, 8, 15, 22 & 29—Tech Support. Feeling frustrated with your smart phone or tablet? 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. 15 and 30 minute appointments are available, and if you have your own device, please bring it.

Wednesdays, September 6, 13, 20, 27—Foot Clinics 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.

Wednesdays, September 6, 13, 20, 27— 1:15 p.m. PLARN. Join Shirley to crochet 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 strips, as well as crochet.

Thursdays, September 7 & 21—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.

Monday, September 25—Pinterest Craft! 1:00 p.m. Yes! It's that time of year again when our creative juices start flowing. This project is one for your walls or even outside of your home. It's a festive FALL sign made with decorative ribbons, pumpkins and a little hot glue. Call 231.525.0601 and sign up so we'll have enough supplies on hand.

Tuesday, September 26—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, September 29—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.

Saturday, September 30— 9:00 a.m.— 4:00 p.m. Antique Appraisal Call 231-525-0600 to schedule your appointment! \$10 per item with NO limit! Appraisal fee must be paid in advance at the Benzie Senior Resources Administration Office.

Scam Awareness

LEARN THE WARNING SIGNS OF ESTATE PLANNING AND ANNUITY SCAMS



Unauthorized Practice of Law Committee
Elder Law and Disability Rights Section
Probate and Estate Planning Section

Monday, October 9th, 1:00 p.m.

Public Education, Free Seminar and Free Estate Planning Information

The State Bar of Michigan seminar, “A Living Trust Education Initiative: **Who Should You Trust?** Avoiding Estate Planning Mistakes” provides essential estate planning information and the warning signs of deceptive annuity sales practices that could potentially jeopardize your economic stability. Attend the State Bar of Michigan’s free seminar to gain empowerment in making estate planning decisions.

During the presentation, you will learn how to identify and avoid “trust mill” scams. These scams tout the benefits of a “trust-based” estate plan irrespective of specific needs and make exaggerated statements about the probate administration process to create a seemingly convincing story on why a “trust” and an annuity are the **only** good estate planning choices. The annuity’s long-term investment requirements, the hefty penalty for early withdrawals, and the salesperson’s commission are typically buried in the paperwork. The percentage-based commission provides substantial incentive for the annuity salesperson to quickly close the deal. These aggressive annuity sales tactics have also been effectively used against veterans applying for Veteran Affairs benefits. Come to this seminar to become aware of these sales tactics used to gain access to you and your hard earned savings.

It is important to make sure that the person giving you estate planning advice is a licensed lawyer concerned about your best interests and last wishes and not about making a commission on a sale. If you already have an estate plan in place, this seminar will help you to gain peace of mind that you can ignore solicitation from non-lawyers suggesting that something more is needed. Attend the seminar to avoid becoming an unsuspecting victim and receive a specially-designed folder containing essential estate planning information and easy-to-remember reminders of the warning signs of trust-based estate planning and annuity scams.

For more information, contact Dawn at (231) 525-0601 or State Bar of Michigan Professional Standards Division Paralegal Amy Emmons at (517) 346-6343 or email at sbmsred@michbar.org.

Please help us welcome Jesslyn and Laurie to our kitchen team!



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

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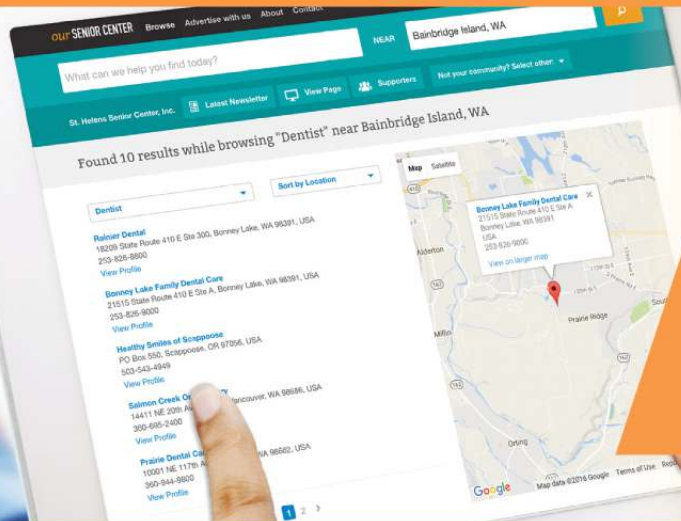
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Football Terms Word Search



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GUARD
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HAND OFF
HUDDLE
INCOMPLETION

INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN

RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER



September Birthdays/ Bulletin Board

John Chahbazi	1	Etta Erdman	6	Curtis Toman	13	Alice Gates	23
Jan Noecker	1	Linda Stockman	6	Leonard Merrill	14	Margie Jenkins	23
Joan Peck	1	Janice Brown	7	Shirley Thomas	14	Gordon Lewis	23
Betty Hammond	2	Allen Avenu	9	Sandra Cress	18	Betty Lewis	23
Ella McKeen	2	Ed McGill	9	Carol Lynn Joslin	19	Evelyn Wood	23
Karen Rayner	2	Mary Ann Wichtner	9	Michael Ross	19	Fred Priest	24
Grant Sheets	2	Phyllis Heniser	10	Pat Delorme	20	Beverly Harris	26
Stephen Plowman	3	James Morrell	10	Joanne Hawkins	20	Joseph Seychel	26
Al Pyle	3	Fred Turkette	10	Virgil Revnell	20	Tinia Penney	28
Kathy Ross	3	Maren Bailey	11	Suz Waring	20	Patricia Sluyter	28
Judy Rice	4	Jim Hammond	11	Penny Hergenroeder	21	Walter Poynor	29
Roger Fast	5	Jim Spayd	11	Ardith Jones	21	Norman Labadie	30
Loralee Ludwig	5	Charles Fouchey	12	Linda Dalman	22	Karen Mendrea	30
Phil Miner	5	Joyce Barnes	13	Ann Fouchey	22		
Linda Robotham	5	Helen Milum	13	Vicki MacKenzie	22		
Bonnie Lou Cook	6	Eleanor Nordbeck	13	Jack Willsey	22		

September is Falls Prevention Month

Falls are the leading cause of injury death for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. Falling, however, is not an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments, and community partnerships, the number of falls among seniors can be substantially reduced.

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ falls each year.
- Every 14 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.4 million injuries treated in emergency departments annually, including over 772,000 hospitalizations and more than 21,700 deaths.
- In 2012, the total cost of fall injuries was over \$36 billion.

The financial toll for older adult falls is expected to increase as the population ages and may reach \$59.6 billion by 2020.

Falls with or without injury also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, self-limit activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

What can you do to help prevent falls?

- Begin a regular exercise program that includes strength and balance training.
- Have your medications checked by a professional.
- Have your vision checked by an eye doctor.
- Make your home as safe as possible.

Dental Program/ Walk-A-Thon



Jennifer Kerns, BS, RDH a.k.a. "The Tooth Fairy", a Registered Dental Hygienist at Northwest Michigan Health Services, educates 101st District State Representative Curt VanderWall at the Benzie Senior Expo about the importance of affordable dental care.

Jennifer Kerns, Registered Dental Hygienist with Northwest Michigan Health Services will be at The Gathering Place on **Thursday, September 14th** from 11:30 a.m.—1:00 p.m. to answer questions, provide education, and offer free dental screenings.

"The bacterial infections we find in your mouth have been linked to stroke, fatigue, heart problems, dementia, early low-birthweight babies, diabetes, etc. Because adults are living longer and keeping their teeth longer, dental care needs to be affordable for the future health of our seniors," she explains.

Northwest Michigan Health Services offers full medical, dental, and behavioral health care at affordable prices. They accept all insurances including Medicaid and Medicare, plus they have a Sliding Fee Scale based on income for any services not covered by insurance or for those without insurance. In addition, they have free insurance enrollment specialists, language interpreters, transportation vouchers, and gas cards to help access their services.

Northwest Michigan Health Services also has a permit from the state for Jennifer to provide mobile dental care by traveling to populations in need with portable dental equipment and staff.

"Our Mobile Dental Program allows us to help prevent the devastating effects of tooth decay and periodontal disease by going out and reaching those that need it the most," she states.

Northwest Michigan Health Services clinic locations are in Traverse City, Benzonia, Manistee, and Shelby. Call them at (231) 947-0351 to schedule an appointment.



Thank you to the following for supporting our Walk-a-Thon shoe campaign by selling "shoes"! First Congregational United Church of Christ of Benzonia, Frankfort United Methodist Church, Honor Bank, Trinity Lutheran Church. And thank you to all who purchased a shoe!

Thanks to the following businesses we were able to give surprise door prizes to some of our walkers at breakfast! Thank you to: Bishop Electric, Lake Ann Grocery, Villa Marine Bar

& Grill, Interlochen Center for the Arts, Crystal Mountain Resort, Michigan Legacy Art Park, Tractor Supply in Benzonia, Little River Casino, Traverse City Beach Bums, Storm Cloud, West Shore Bank of Frankfort.



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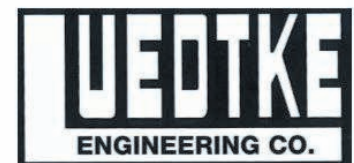
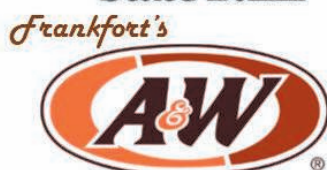
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the basics

memory loss, dementia and alzheimer's disease

Date: Monday, September 11, 2017
Time: 1:00 p.m.
Location: The Gathering Place Senior Center
RSVP: phone—Helpline 800-272-3900 or
TC Office 231-929-3804

an education program by the alzheimer's association

Alzheimer's disease is not a normal part of aging.

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.




**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

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 or
Jeanette McNinch at POMH, 231-352-9621.



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

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

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Team Yum poses before hitting the pavement.

**Thank you to all
Walk-A-Thon 2017
participants!
We truly had a great day !**



Kath getting ready for a ride in the Walk-A-Thon.



Two members of the Honor Bank Team finished the whole 6 miles!