



Benzie County Council on Aging, Inc.

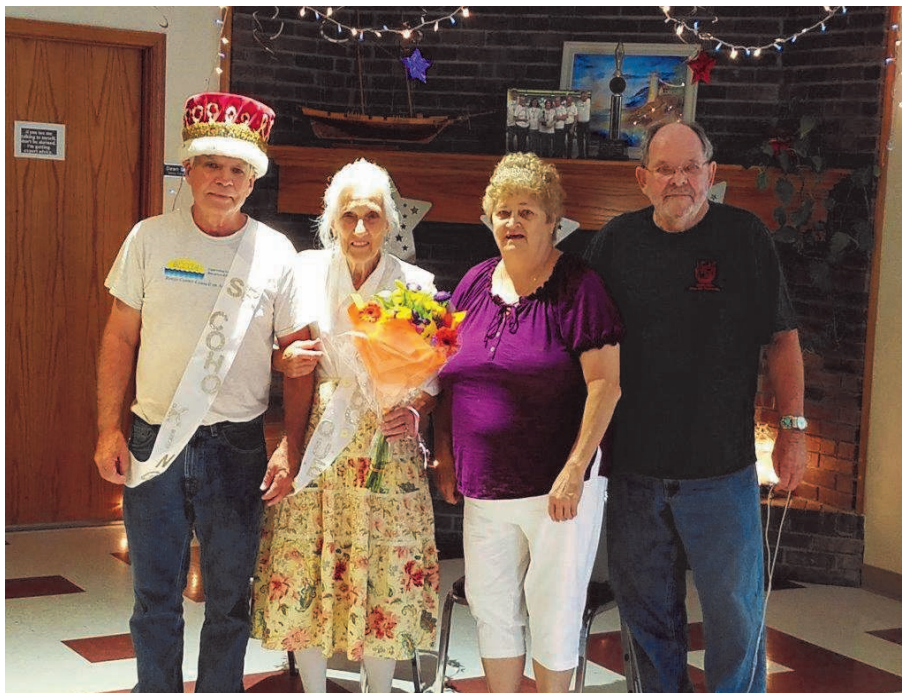
The Senior Scoop

Supporting Seniors Today,
Tomorrow & the
Future

SEPTEMBER 2016

INSIDE THIS ISSUE:

Directory/Subscription Form	2
Letter from the Director	3
Health Tips	4
Menu	5
Calendar of Events	6
Dawn's Dish	7
Birthday's and Word Search	8
Medicare News	9
Thanks & What's Happening	10
Senior EmPower Day	11
Bulletin Board	12
Donations	13
Happy Labor Day	14



FUN FACTS ABOUT SEPTEMBER

SEPTEMBER IS.....

- National Chicken Month
- National Rice Month
- National Potato Month
- National All-American Breakfast Month
- National Honey Month
- National Cholesterol Education Month
- National Courtesy Month

On September 1, 1905, Alberta and Saskatchewan were established.

On September 1, 1939, World War II began in Europe because the German troops invaded Poland.

On September 2, 1789, the United States Department of Treasury was established.

On September 3, 1783, the Revolutionary War in America ended after Great Britain signed the Treaty of Paris.

On September 6, 1901, William McKinley, the 25th President of the United States, was assassinated.

On September 8, 1565, the first permanent white settlement was founded in St. Augustine, Florida.

On September 10, 1846, Elias Howe patented his sewing machine.

On September 14, 1847, United States forces took control of Mexico City.

On September 14, 1940, the Selective Service Act was passed by Congress which provided the first peacetime draft in the United States history.

DIRECTORY

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Toll Free: 888-893-1102

Fax: 231-325-4855

Email:

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Website: www.benziecoa.org

OFFICE HOURS

Monday – Friday:

8:00 a.m. – 4:00 p.m.

THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY

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

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

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Benzie County Council on Aging is funded by Benzie County residents through a property tax millage, federal and state funds through the Michigan Office of Services to the Aging, 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 and Benzie County Community Chest. .

The Council on Aging will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

MISSION STATEMENT

To provide programs for Senior Citizens of Benzie County that promote and encourage opportunities for socialization, education, health, safety, welfare and independent living with dignity.

NEWSLETTER SUBSCRIPTION FORM

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the COA office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.

WHAT'S NEW

Friends,

I must admit it is weird to write an article for September when it's August 16th! I can't say the weather is turning cooler because it hasn't. In fact I heard this morning that so far August has been up to 10 degrees above normal. And yet the Farmer's Almanac is predicting a cold, snowy, brutal winter . 🤪

Last week my family and I spent four days in Mackinaw City. We visited Oswald's Bear Ranch in Newberry and had our picture taken with a six month old bear cub named Suzie. She was so cute licking Smuckers Jelly off a big spoon. My two grandchildren were awe struck petting the cub. Hopefully this will be the only time I come this close to a bear!

While on the island we were chatting with one of the carriage drivers. He pointed out a biker going by and said with a smile, "He has a Fudgy Stripe." I turned around and he had a brown stripe on the back of his shirt. I should point out that it had rained on and off throughout the day and his bike had no back tire fender. Can you imagine what the brown stripe was made of? Horses plus rain equals many brown puddles!

Sometime this fall, you will see a transformation of two agencies whose talented staff has devoted their energies to serving the seniors of Benzie County. I am talking about the pending merger of Benzie County Council on Aging and Benzie Home Health Care. Together we are a full resource broker connecting seniors to programs and services that address their specific needs. With this merger, a new dynamic agency will emerge: **Benzie Senior Resources**. Together we will offer 25 programs and services dedicated to the senior population of Benzie County.

The performance of Benzie Senior Resources will be amplified by optimizing the resources, reputations and legacy of both agencies. Benzie Senior Resources will provide a unified focus and leadership for excellence in the delivery of services and programs for the growing senior population, an outcome that is essential to the positive economic and community development of Benzie County.

Benzie Senior Resources will enrich the lives of all Benzie seniors by identifying focused priorities designed to maximize resources to meet community needs. We will provide services, resources and creative, innovative leadership in order to make Benzie County a livable, age-friendly community that promotes senior dignity and independence.

Benzie Senior Resources will ensure that the highest standard of care and services are available to generations of aging adults and their families today and in the future. The vision is to provide comprehensive and integrated delivery of services to seniors in Benzie County that will improve their quality of life, their health and safety, their social support systems, their nutrition, and their ability to stay in their homes.

Some may ask, why are we doing this? It's simple, it just makes sense!

Take Care,

Doug

HEALTH TIPS

HOW TO MAKE SENSE OF YOUR CHOLESTEROL LEVELS

Cholesterol is a soft, white waxy substance found in every cell in your body. It is used to produce:

- ✓ Cell membranes
- ✓ Vitamin D
- ✓ Hormones
- ✓ Bile acids, and more!



75% of the cholesterol in your body is made by your liver

25% comes from the foods you eat



25% of the cholesterol in your body is found in your brain."

WHAT ARE THE TWO TYPES OF CHOLESTEROL?



High-density lipoprotein ("good" cholesterol) helps keep cholesterol away from your arteries and removes any excess arterial plaque, helping prevent heart disease.



Low-density lipoprotein ("bad" cholesterol) may build up in your arteries and form plaque. Plaque narrows your arteries and may develop into a clot, which may go to your heart or brain and cause a heart attack or stroke.

FACT: YOUR TOTAL CHOLESTEROL LEVEL IS NOT AN INDICATOR OF YOUR HEART DISEASE RISK



Total Cholesterol - The sum of your blood's cholesterol content, including HDL, LDLs, and very low-density lipoprotein (VLDLs)

Also making up your total cholesterol count are:

Triglycerides – elevated levels of this dangerous fat may lead to diabetes and heart disease.

Lipoprotein (a) or Lp(a) – made up of an LDL cholesterol plus a protein (apoprotein a). High levels of this may also increase your risk for heart disease.

Total Cholesterol Level

Less than 200 mg/dL
200-239 mg/dL
240 mg/dL and above

Total Cholesterol Category

Desirable
Borderline high
High

LDL Cholesterol Level

Less than 100 mg/dL
100-129 mg/dL
130-159 mg/dL
160-189 mg/dL
190 mg/dL and above

LDL Cholesterol Category

Optimal
Near optimal/above optimal
Borderline high
High
Very high

HDL Cholesterol Level

Less than 40 mg/dL
40 - 59 mg/dL
60 mg/dL and above

HDL Cholesterol Category

A major risk factor for heart disease. The higher, the better. Considered protective against heart disease.

MENU

MENU



September

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Philly Sweet Potato Tots Malibu Blend Apple	2 Goulash Green Peas Carrots Bread Plums
5 CLOSED <i>Happy Labor Day!!</i> 	6 Sloppy Joes Tater Tots Carrots Pears	7 Citrus Chicken over Rice Malibu Blend Spinach Hawaiian Rolls Tropical Fruit	8 Steak Fajitas Refried Beans Baked Peaches	9 Herb Roasted Turkey Herb Mashed Potatoes Green Beans Roll Cranberry
12 Bratwurst and Peppers on Bun Baked Beans Green Peas Orange	13 Salisbury Steak Herb Mashed Potatoes Broccoli Bread Pineapple	14 Deluxe Chicken Sandwich Sweet Potato Tots Green Beans Apple	15 Cheese Ravioli Pesto Cauliflower Italian Beans Garlic Toast Pear	16 Slow Roasted Beef Herb Mashed Potatoes California Blend Bread Banana
19 White Chicken Chili Carrots Spinach Crackers Apple	20 Hot Beef Sandwich Herb Mashed Potatoes Green Beans Bread Plum	21 Smoked Sausage w/ Kraut Green Peas Cauliflower Bread Peaches	22 Sweedish Meatballs Herb Mashed Potatoes California Blend Bread Banana	23 Fish Fry Normandy Blend Corn Bread Orange
26 Creole Chicken Spinach Corn Breadsticks Peaches	27 Sweet Potato Encrusted Pollock Green Peas Cauliflower Bread Orange	28 Blueberry Pancakes Scrambled Eggs Sausage Links Orange Juice	29 Chicken Stir-Fry over Rice Far East Blend Chow Mein Noodles Fortune Cookie Mandarins	30 Loaded Mac 'n Cheese Broccoli Carrots Bread Apple

CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 9:00 Hearing Clinic at Administration Office 10:00 Bible Study 11:30 Lunch—Jessica with Benzie Bus 1:00 BUNCO</p>	<p>2 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling</p>
<p>5 Closed Labor Day</p> 	<p>6 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>7 8:30 Zumba 10:00 Stay Fit with Doris 11:00 Immunization Station 11:30 Lunch 12:30 BINGO</p>	<p>8 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>9 9:30 BUNCO 11:30 Lunch—Teal Day! Wear Teal for Ovarian Cancer Awareness 1:00 Wii Bowling</p>
<p>12 10:00 Yoga 11:30 Lunch—Maples Blood Pressure Clinic 12:00 CARDS 2:30 Zumba</p>	<p>13 10:30 Music by The Melody Makers 11:30 Lunch—International Chocolate Day NO CHAIR YOGA 6:00 Zumba</p>	<p>14 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 4:30 Board of Directors Meeting</p>	<p>15 Crazy Hat Day! 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO</p>	<p>16 9:00 Senior Expo at Paul Oliver 9:30 BUNCO 11:30 Lunch—Celebrate Grandparent's Day 1:00 Wii Bowling</p>
<p>19 10:00 Yoga 11:30 Lunch—National Cheeseburger Day and September Birthday Party 12:00 CARDS 2:30 Zumba</p>	<p>20 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 6:00 Zumba</p>	<p>21 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch—National School Backpack Day 12:30 BINGO</p>	<p>22 8:45 Little River Casino 9:00 Foot Clinic 10:00 Senior Empower Day at Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>23 9:00 Tom Michaels with Edward D. Jones Appointments at Administration Office 9:30 BUNCO 11:15 Dining Out Day to the Mayfair Tavern 11:30 Lunch 1:00 Wii Bowling</p>
<p>26 Wear purple for Prostate Awareness 10:00 Yoga 11:30 Lunch—Johnny Appleseed Day 12:00 CARDS 1:00 Spinning 2:30 Zumba</p>	<p>27 9:00 Essential Estate Planning in Administration Office 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA 6:00 Zumba</p>	<p>28 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO</p>	<p>29 10:00 Bible Study 11:30 Lunch—World Heart Day 1:00 BUNCO</p>	<p>30 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering</p>

Dawn's Dish

Congratulations to our 2016 Coho Festival Senior King and Queen, John and Connie Ryan!!

Please note: We are closed on Monday, September 5 in observance of Labor Day.

Time for a trip to the Tunnel of Trees! Leaving at 8:00 a.m. on **Wednesday October 12**. Return by 5:00 p.m. Stops along the way include: Good Hart General Store, the historic church at Middle Village and lunch at The Legs Inn. Call to sign up at (231) 525-0601. Trip fee is \$15.00. You are responsible for buying your own lunch.

What does your senior center mean to you? September is National Senior Center Month. I am looking for volunteers to share what The Gathering Place means to them. Watch for papers circulating the center, for you to write down what The Gathering Place means to you.

National Backpack Day is September 21. To celebrate we are having a going back to school, month-long **School Supply Drive**. All supplies will be donated to area Benzie County schools.

September is National Preparedness Month. We'll have information at our front desk on how to get prepared and also how to get the latest FEMA app for your phone/ tablets.

September is Fall Prevention Month. We will have valuable information regarding preventing falls at our front desk.

Thursday, September 1—Do you have questions about riding the Benzie Bus? Jessica Carland, Mobility Manager at Benzie Bus, will be here the first Thursday of every month during lunch to answer any questions and give us updates on services and routes.

Thursday, September 1—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment. Clinic is located at the Administration Office.

Friday, September 2—Thompsonville Bingo, lunch and dancing beginning at 10:30 a.m. at the Thompsonville Firehall. Please call 231-525-0601 to sign up.

Wednesday, September 7—11:00 a.m.—1:00 p.m. Immunization Station. Rosemary Russell from Hometown Pharmacy will be here during lunch to look up your immunization records and see what might be missing.

Friday, September 16—Senior Expo at Paul Oliver Memorial Hospital in Frankfort. 9:00 a.m.—1:00 p.m.

Friday, September 9—Wear teal for Ovarian Cancer Awareness Month.

Monday, September 26—Wear purple for Prostate Cancer Awareness Month.

Thursdays, September 8 & 22—Leave at 8:45 a.m. Little River Casino Trip. 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.

Thursday, September 22—9:00 a.m. Foot Clinic with Rosemary Russell, RN, from Hometown Pharmacy. Clinic is held the Administration Office. Call (231) 525-0600 or toll free at 888-893-1102 for an appointment. Donations accepted.

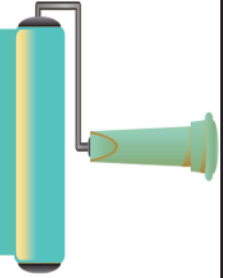
Friday, September 23—Dining Out Day! We are heading to the Mayfair Tavern in Elberta for lunch. Grab your dining out certificates from our office for only \$3. They are worth \$6 at participating restaurants. Leaving at 11:15 a.m. Sign up required. Call (231) 525-0601.

Friday, September 23—9:00 a.m.—3:00 p.m. Tom Michaels with Edward D. Jones will be in our Administration Building to meet with seniors for individual 30 minute appointments. All confidential. The purpose is to review investments, life insurance, long-term care insurance, annuities. No charge but please call 231-525-0600 to make an appointment.

Tuesday, September 27—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 30—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m. Please bring a dish to pass and we'll see you there. Donations accepted.

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BIRTHDAYS & WORD SEARCH

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

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TURKEY
THANKS



Jan Noecker	9	1	Phyllis Heniser	9	10	Ardith Jones	9	21
Karen Rayner	9	2	Rosanne Schocko	9	10	Linda Dalman	9	22
Stephen Plowman	9	3	Harry Turkette	9	10	Ann Fouchey	9	22
Judy Rice	9	4	Maren Bailey	9	11	Jack Willsey	9	22
Roger Fast	9	5	Earl Baker	9	13	Alice Gates	9	23
Loralee Ludwig	9	5	Joyce Barnes	9	13	Evelyn Wood	9	26
Phillip Miner	9	5	Curtis Toman	9	13	Terence McPherson	9	27
Linda Coon	9	6	Sandra Cress	9	18	Phena Squires	9	28
Janice Brown	9	7	Joanne Hawkins	9	20	John Beeman	9	30
Allen Avenu	9	9	Penny Hergenroeder	9	21	Norman Labadie	9	30

MEDICARE

Medicare News – US Senate Committee Votes to Eliminate MMAP

The Congressional Senate Appropriations Committee recently voted to eliminate funding for the State Health Insurance Assistance Program (SHIP) for the year that begins October 1, 2016. The Michigan SHIP is called the Medicare/Medicaid Assistance Program, often referred to as MMAP.

If the funding is ended, Michigan MMAP, as well as similar programs in all other states would not be able to continue the free services they provide to seniors. Jim Verville, Regional Coordinator for the 10 Northwest Lower Michigan counties, said that his organization helped over 7,000 beneficiaries this past year. The myriad of Medicare and Medicaid plans along with all of the associated requirements and rules can be very daunting for seniors. “Beneficiaries come to us with a lot of anxiety because health insurance is such a huge concern to them”, said Verville. Most people served by MMAP are on a fixed income, and want to be sure they have health insurance that has the coverage they want and is affordable. MMAP counselors do a great job explaining the benefits and costs associated with the wide range of plans available.

About half of the Michigan MMAP team are volunteers. The others work for organizations that provide services to seniors including MMAP counseling. Verville, indicated that he has 52 counselors in his region. “Each of them are trained and certified to provide free, local, and unbiased help to Medicare beneficiaries,” he said. The savings that MMAP counselors are able to achieve for seniors is substantial. During the 53 day Annual Medicare Enrollment period last year the Region 10 team was able to save seniors a total of \$1.4 million by helping them switch to a another Medicare prescription drug plan. “We need to start documenting the other areas where we help seniors save money”, he said. MMAP counselors also screen folks for eligibility in the Extra Help program that helps pay for their prescription insurance premium and lower the co-payments for their medications. MMAP counselors also help their clients apply for Medicaid benefits that can pay for their Part B premium and also help with the co-pay and deductible expenses associated with their health care.

Contrary to the Senate action, the House Appropriations Subcommittee recently voted to continue funding SHIP at the current level for the upcoming program year. The full House budget committee still needs to vote on the program budget. It’s not known whether there will be floor debates any time soon. Chances are neither the House nor the Senate funding packages will be approved in their respective chambers until later this year.

If Medicare beneficiaries and others are concerned about the loss of these services, they should contact the Michigan US Congressional delegation. “Personal stories about how MMAP has been able to help can also be important”, Verville said.

Counseling services are available anywhere in Michigan by calling MMAP at 800-803-7174.

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

What's Happening

Thank you Senior Project Fresh Participants!!!



Benzie County Council on Aging has once again passed out 197 coupon books valued at \$20 each, to many seniors in the county. We were able to serve those who have participated in the past as well as a lot of new folks.

Senior Project Fresh is a program that gives out coupons to help consumers purchase locally grown, non-processed fruits and vegetables from Michigan's farmer's markets.

A great big "Thank you" to the seniors that came out and joined in this year's Senior Project Fresh!!



St. Andrews Concert on the Hill

St. Andrews Presbyterian Church in Beulah will be offering two Concerts on the Hill in September. The free will offering received at each concert will be split equally between Benzie County Council on Aging, Benzie Home Health Care, Benzie County's Habitat for Humanity, Benzie Area Christian Neighbors and Northwest Michigan Supportive Housing.

Sept. 10th -7:30PM at the Church

"Old Friends—A Simon and Garfunkel Tribute" Nick For-esman and Jason Eisenheimer (Backed by an 8 piece band) will provide a stunning recreation of Simon and Garfunkel's 1981 Concert in Central Park, one of the largest and most beloved concert of all times.

Sept. 18th at 4:00PM at the Church

"Peter Bergin Ragtime Piano" Peter Bergin, a pianist and vocalist, celebrates life through singing, stories and energetic ragtime music.



Senior EmPower Day

“Don’t Gamble With Aging”

Thursday September 22, 2016
Little River Casino Resort



- 8:45 a.m. to 9:30 a.m. Registration and Refreshments
 - Program 9:30 a.m. to 3:00 p.m.
- State and Local speakers addressing trends on best way to age
 - Family style lunch served
- Cost—\$10 thanks to generous financial sponsorships
(non-refundable fee covers attendance, materials, refreshments, and lunch)
 - Registration due by September 15th
 - Event sponsored by Board of Advisors of AAANM

Advance Registration Form

Due by September 15, 2016

(Please print all entries clearly)

Name: _____

Mailing Address: _____

City: _____

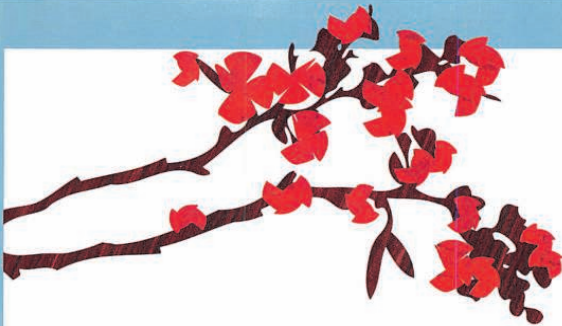
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Telephone: _____

County of Residence: _____

Detach registration form and prepare your check or money order payable to AAANM,
P.O. Box 5946, Traverse City, MI 49696-5946

BULLETIN BOARD



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

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

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

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

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

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



BENZIE COUNTY COUNCIL OF AGING PRESENTS
TUNICA-Casino Capital of the South & MEMPHIS-Home of the Blues

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights at a Tunica area Casino Resort
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Admission to GRACELAND - Home of Elvis Presley
- ◆ Free time on BEALE STREET in Memphis
- ◆ GUIDED TOUR OF MEMPHIS, TN
- ◆ Admission to MEMPHIS ROCK N' SOUL MUSEUM
- ◆ and much more

\$548 *

7 DAYS 6 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)

November

13 - 19, 2016

Departure: Shop-N-Save, 1747 Benzie Hwy, Benzonia, MI @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: exciting Tunica, the Casino Capital of the South. Tonight, check into an en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast, you will continue towards your destination. Tonight, you'll check into a Casino Resort in Tunica and enjoy a delicious Dinner Buffet.

Day 3: Have a Hot Breakfast before enjoying a GUIDED TOUR OF MEMPHIS, the "Home of the Blues." From the music landmarks to legendary sights, you will experience the irresistible soul of this fascinating city. Enjoy Dinner before heading back to your Casino Resort.

Day 4: After a Hot Breakfast, your group will have a memorable day, starting with a visit to the MEMPHIS ROCK 'N' SOUL MUSEUM. Since opening its doors in 2000, the Rock 'N' Soul Museum has been seen by over 200,000 tourists. Take an audio guided tour through the museum's seven galleries and see the story of rock and soul unfold through extensive audio footage, artifacts and audio visual programs. Later, you'll depart for free time on BEALE STREET in Memphis. Then, return to Tunica to visit another Casino Resort for more gaming and Dinner.

Day 5: After a Hot Breakfast, your group will have a memorable day, starting with a PLATINUM TOUR of amazing and opulent GRACELAND, home of Elvis. Later, you'll depart for free time on BEALE STREET in Memphis. Then, return to Tunica to visit another Casino Resort for more gaming and Dinner.

Day 6: Enjoy a Hot Breakfast before leaving for the Cotton Museum at the Memphis Cotton Exchange. This evening, relax at your en route hotel.

Day 7: Today, after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$215 for single occupancy. Final Payment Due: 9/6/2016

FOR INFORMATION & RESERVATIONS CONTACT:

Douglas Durand @ (231) 525-0600

Diamond Tours^{INC.}

Bringing Group Travel to a Higher StandardSM

Form ID: 900-710906

WM

Tour#: 1229696

VOLUNTEERS NEEDED

Benzie Area Christian Neighbors (BACN) is in need of volunteers. No experience necessary, just a desire to give back to the community and willingness to make friends with a great group of people. There are various opportunities – everything from an occasional project; to a few hours one day a week. This is an ideal volunteer opportunity for a retired person or someone who travels. We need people with office and computer skills and people to help out in our food pantry and clothing center. Please call Sally at BACN at 231 882 9544 to arrange a tour or check our website and fill out an application there: www.benziebacn.org. We look forward to making YOU part of the BACN family.

DONATIONS

When You Donate. . . You Make a Difference

The Benzie County Council on Aging is an independent 501c3 not-for-profit organization that depends upon donations to sustain our programs. We need your support to continue to provide caring and professional services to the seniors of Benzie County and the need is greater than ever as the population over the age of 60 rises and our traditional funding sources diminish. Your support, either large or small, helps us continue this important work!

When you make a donation to the Benzie County Council on Aging, you will be helping provide important services and programs to seniors in our county. Some of these services include Home Delivered Meals Program, Homemaking Services, Senior Center Operations, Educational Programs, Chore Service, Snow Removal and more.

There are many other ways to contribute to the Benzie Council on Aging, now and in the future, that may fit your interests.

Tribute Donations:

Tribute gifts of any amount can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. The Council will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

Planned Giving:

As you prepare your legacy for your family and your community, please consider including the Benzie County Council on Aging as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to the Benzie County Council on Aging will benefit many seniors and help us to continue vitally needed services for years to come.

Your tax-deductible donation can and will make a world of difference in the life of an area senior citizen or disabled individual.

You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory of or honor of an individual, please tell us and we will do our best to meet your wishes.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102.

DONOR INFORMATION:

Name: _____
Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Make Checks Payable To: "Benzie County Council on Aging"

Benzie County Council on Aging is an independent 501c3 not for profit organization. Gifts to the Benzie County Council on Aging are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.

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

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

Permit No. #1



HAPPY LABOR DAY 2016

*Salute you on a Special Day
For all the hard work you do
Celebrate With Joy
This very very happy
Labor Day 2016*