



The Senior Scoop

January 2014

Benzie County Council on Aging, Inc.



"The birds are gone, The ground is white,
The winds are wild, They chill and bite;
The ground is thick with slush and sleet,
And I barely feel my feet."

January is.....

Thank You Month

National Bath Safety Month

National Blood Donor Month

National Braille Literacy Month

National Hobby Month

Hot Tea Month

National Oatmeal Month

National Soup Month

January....

1st is New Year's Day

6th is Cuddle Up Day

8th is Bubble Bath Day

12th is National Pharmacist Day

19th is National Popcorn Day

20th is Penguin Awareness Day

21st is National Hugging Day

21st is Squirrel Appreciation Day

23rd is National Pie Day

26th is Spouse's Day

27th is Chocolate Cake Day

28th is Fun at Work Day

The Senior Scoop is a monthly publication brought to you by:

Benzie County Council on Aging, Inc.
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Honor, MI 49640

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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.

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

NAME: _____ DOB: ____/____/____

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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.



Happy New Year!

As the New Year begins, I would like to share with you our “Year In Review” from 2013.

With the support from the community through the Senior Millage, contributions, volunteers, board members and staff we had a great year. Here are just a few of the highlights that tell the story of Benzie County Council on Aging!

31,909 meals were delivered to our Home Delivered Meals Program recipients.

131 clients received **3,308** service hours of Homemaking Services.

This is an increase of **152%** in service hours as compared to FY’2012

The COA served **22,561** meals at The Gathering Place and Thompsonville Congregate Meal Sites.

98 clients received **912** visits by our snow plow contractors. This is an increase of **58%** in the number of plows as compared to FY’2012

9,085 volunteer’s hours were provided by our dedicated group of **58** individuals. Without the assistance of these volunteers, the Home Delivered Meals could not function and many of the activities would not be possible at The Gathering Place Senior Center and Thompsonville Meal Site.

For the New Year we are starting off in January with a Benzie Senior Needs Assessment that was secured with a grant from Rotary Charities. Be on the lookout for further information on how to participate in the survey.

I also would like to announce that due to the daily constant snowfall that we have received, you will be able to purchase an additional 2 more vouchers for a total of 12 for the winter season.

Have a Happy and Healthy New Year!

P.S. If you are looking for a New Year resolution, consider volunteering at Benzie County Council on Aging!

Take care,

Douglas

Happy Birthday!



- 1 Ed Baker
- 1 Jean Nickerson
- 2 Max Kracht
- 4 *Douglas Durand*
- 6 Ordie Boss
- 7 Jim Wick
- 12 Judy Fast
- 15 Esther VanHammen
- 15 Sharon Francik
- 19 John Lewis
- 19 Ross Ghastin
- 19 Ruth Branyon
- 20 Sis Erickson
- 21 Betty Nelson
- 22 Catherine Simpson
- 24 Karen Gardner
- 25 Dave Sorenson
- 25 Larry Foster
- 27 Dorothy Witzke
- 27 Mae Bomber
- 28 Constance Carrasco
- 31 Michelle Honer

Winter Riddles.....

- #1. What did the big furry hat say to the warm woolly scarf?
- #2. What do you call fifty penguins in the Arctic?
- #3. Why don't mountains get cold in the winter?
- #4. What do you use to catch an Arctic hare?
- #5. Where does a polarbear keep its money?
- #6. How do Eskimos make their beds?
- #7. What is a snowman's favorite breakfast?

Answers:

- #1. You hang around while I go on ahead.
- #2. Lost! REALLY lost! (Penguins live in Antarctica.)
- #3. They wear snowcaps.
- #4. A hare net!
- #5. In a snow bank!
- #6. With sheets of ice and blankets of snow.
- #7. Frosted Flakes!

**Today's generation will never
get to know the satisfaction**



**of slamming down the phone
during an angry hang-up!**

www.facebook.com/geezerplanet



You Know Your From Michigan When.....

- * The only place in the world can you experience all four seasons in one day.
- * You show people where you're from by pointing at the palm of your right hand.
- * Your local Dairy Queen is closed from November through March.
- * You know that UP is a place, not a direction.
- * You know it's possible to live in a thumb. Also, the word "thumb" has geographical rather than anatomical significance.
- * Your doctor tells you to drink Vernors and you know it's not medicine.
- * At least one member of your family disowns you the week of the Michigan / Michigan State game.
- * You design your kids' Halloween costume to fit over a snowsuit.
- * You know when it has rained because of the smell of worms.
- * You know that Kalamazoo not only exists, but is only 100 miles from Hell.
- * You refer to your relatives in southern Michigan as "trolls" or "lopers".
- * You know how to pronounce Mackinac, Kalamazoo, Ypsilanti, Charlevoix and Sault St. Marie.
- * The "Big Three" means Ford, Chrysler and GM.
- * You know how to play (and pronounce) Euchre.
- * You know what a Soo Lock is.
- * Your little league game was snowed out.
- * You bake with SODA and drink POP.
- * You know what a Yooper is.





Homemade Ice Packs: 1 part rubbing alcohol to 3 parts water, gets really cold, but never hardens so you can manipulate it.



Just A Small Reminder.....

When Benzie County schools are closed due to inclement weather, The Gathering Place will also be **CLOSED**. There will be **NO** Home Delivered Meals delivered for that day.

We will open the book. Its pages are blank.
We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

Edith Lovejoy Pierce

I wake up everyday planning to be productive and then a voice in my head says "Haha good one!" and we laugh and laugh and take a nap.

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- Edith Sitwell

MY FRIEND THINKS HE'S SMART. HE SAID ONIONS ARE THE ONLY FOOD THAT MAKE YOU CRY.



SO I THREW A COCONUT AT HIS FACE.



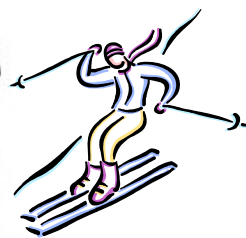


Free Income Tax Preparations

It's that time of year again.... Time to get your taxes done.

We will be starting to set up appointments for Seniors 60 and older to come in and get their 2013 taxes prepared, including electronic filing offered through AARP. We will be offering appointments on Mondays and Tuesdays at our administrative office. Please call our office at 231-525-0600 to set up an appointment.

Winter Word Search



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

Boots

Flurries

Play

Scraper

Skiing

Snowblower

White

Drift

Fun

Plow

Sculpture

Sliding

Snowman

Fishing

Hockey

Salt

Shovel

Slippery

Snowmobile

Flakes

Icy

Sand

Skating

Snowball

Storm



Meatloaf Cupcakes



Ingredients

Meatloaf

- 1 teaspoon olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 cup ketchup, divided
- 1 1/2 pounds ground beef, extra lean (raw)
- 1 cup bread crumbs
- 2 tablespoons prepared mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon freshly ground black pepper
- 2 large eggs

Mashed Potatoes

- 4 cups cubed peeled Yukon gold potato (about 2 pounds)
- 1/4 cup 2% reduced-fat milk
- 1/4 cup low-fat sour cream
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Garnish

- 3 tablespoons chopped chives
- 4 pieces of bacon cooked and them chopped

Preparation

Preheat oven to 350°.

Heat the olive oil in a large nonstick skillet over medium-high heat. Add chopped onion, chopped carrot, dried oregano, and minced garlic; sauté 2 minutes. Cool.

Combine onion mixture, 1/2 cup ketchup, and the remaining ingredients except cooking spray in a large bowl.

Spoon the meat mixture into 12 muffin cups coated with cooking spray. Top each with 2 teaspoons ketchup. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes.

While the meatloaf is cooking, make the mashed potatoes. Place potato in a saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until tender. Drain. Put potatoes into a ricer for best results. Return potato to pan. Add milk and remaining ingredients; stir with a spoon to desired consistency. If they are not creamy enough for you, add up to 1/4 cup more milk – although they need to be stiff enough to pipe on top.

Put the potatoes into a pastry bag with a wide star tip and pipe the mashed potatoes on top of the meatloaf. Sprinkle with bacon crumbles and chopped chives



Seven Tips for Winter Health for Older Adults

1. Tread carefully

To help avoid falls, wear appropriate shoes outdoors and put road salt, sand or kitty litter on sidewalks and driveways.

2. Avoid overwork

Find someone to handle snow shoveling and other strenuous outdoor tasks. Cold weather causes blood vessels to constrict, which increases the risk of heart attack for people with heart disease or other conditions that strain the heart's ability to pump blood.

3. Exercise indoors

Staying indoors does not mean being inactive. Keep in shape by walking in place, using a stationary bike or working out with a fitness video. Daily stretching exercises can help maintain flexibility. Check with your physician before beginning any exercise program.

4. Bundle up

Cold temperatures are a serious threat to seniors, especially those with Alzheimer's disease or dementia. A person who wanders from home without proper clothing in the winter can quickly fall victim to frostbite or hypothermia. Families should consider installing alarm systems that signals whenever an outside door is opened.

5. Keep the heat on

Inadequate indoor heat also can cause hypothermia. Keep home temperatures above 65 degrees and dress in layers to maintain body temperature. If you have difficulty paying the heating bill, contact your gas or electric utility about ways to continue service through the winter.

6. Clear the air

If you heat your home with a fireplace, gas furnace or gas-powered space heater, invest in carbon monoxide detectors. Carbon monoxide in the air can displace the oxygen in your blood stream and cause headache, dizziness, nausea, convulsions and even death within two hours. The effects can be even faster for people with heart or respiratory illnesses.

7. Socialize

Depression is more common in the winter months, and bad weather can mean social isolation for many seniors. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat.





Bacon Wrapped Smokies with Brown Sugar and Butter



Ingredients

- 1 pound Bacon, Cut Into Thirds
- 1 pound Smokies
- 1 stick Butter
- 2 cups Brown Sugar

Preparation

Preheat oven to 375F. Cut the bacon into thirds and wrap each smokie. Place all the wrapped smokies in a single layer in a baking dish. Then melt the stick of butter and then 1 cup of brown sugar and stir until mixed well. Pour the butter and brown sugar mixture on the smokies and bacon. Then take the other cup of brown sugar and sprinkle evenly over the smokies. Bake them for about 15-20 minutes and then turn the heat up to 400F for about 5 minutes or longer until the bacon becomes crispy.

New Year's Fun Facts

- ♦ In 1942 and 1943, the Time Square ball was not dropped because of war restrictions.
- ♦ The concept of making resolutions for the New Year dates back an estimated 4,000 years to the Babylonians.
- ♦ The Times Square New Year's Eve Ball was a result of a ban on fireworks. The first ball in 1907 was an illuminated 700-pound iron and wood ball adorned with 100 25-watt light bulbs. Today, the round ball designed by Waterford Crystal weighs 11,875 pounds, is 12 feet in diameter and has 2668 Waterford crystals.
- ♦ Top three New Year's Eve destinations in the U.S. are Las Vegas, Disney World and New York City.

Food For Thought

- * Avoid eating anything that is served to you through a car window.
- * Stop eating when you are 80% full.
- * Oxygenate your brain cells with aerobic activity five times a week to avoid the Alzh... word.

Medicare News – January 2014

Obtaining Extra Help for Medicare Prescription Drug Premiums & Medication Copays

Assistance is available to Medicare beneficiaries to help pay for their prescription insurance premiums and lower copays for their drugs. Eligibility is based on gross monthly income and assets. The Extra Help program is administered by Social Security and can provide huge cost savings along with other benefits for those folks who qualify.

The Extra Help program has five different levels of assistance based on monthly income and assets. The highest level of assistance is available to those who are eligible for both Medicare and full Medicaid health benefits. These beneficiaries are referred to as being dual eligible and receive the lowest drug copays and usually a free monthly premium for their prescription insurance plan.

In order to qualify for the lowest level of Extra Help, single beneficiaries must have no more than \$1,456 of gross income per month, and \$1,959 if married. The asset limits are \$13,300 for single individuals and \$26,580 for married couples. Income and asset amounts that are lower than these numbers will afford even higher levels of assistance in the form of lowering the cost for the prescription drug insurance premium and reducing the copays for medications.

Income is always based on the total gross amount and, generally speaking, includes items such as earned income, Social Security benefits, pensions, royalty payments, etc. Assets include categories such as retirement accounts, IRA's, investments, and real property other than the principle residence.

There are four other important cost-saving benefits for Medicare beneficiaries who are eligible for Extra Help as follows:

1. The donut hole does not apply.
2. Depending on the level of Extra Help, the annual prescription drug deductible may not apply.
3. Participants are not subject to the open enrollment period and can change their Medicare health and drug plans anytime.
4. If a beneficiary has been subject to a late enrollment penalty that will no longer apply.

Once eligibility has been determined, the application process is relatively easy. The best and quickest way is to apply online at the Social Security Administration website found at www.socialsecurity.gov/extrahelp.

Also, Medicare beneficiaries can get in touch with a representative of the Medicare/Medicaid Assistance Program by calling 800-803-7174. MMAP personnel are trained to screen applicants for eligibility and they can provide help to complete an online application. This service is often completed over the phone with a MMAP representative.



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

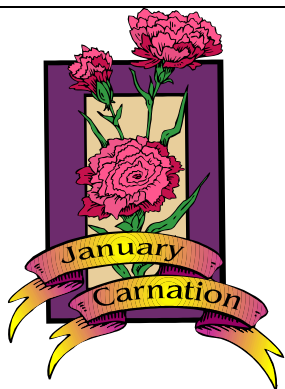
BENZIE COUNTY COUNCIL ON AGING - THE GATHERING PLACE
 Monday - Friday: 8:00 A.M. - 4:00 P.M. LUNCH SERVED FROM 11:30 a.m. - 1:00 p.m.

Call for more information!! 231-525-0601 or 1-877-277-1306

****MENU ITEMS SUBJECT TO CHANGE****

January 2014 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Closed	2 Turkey Stew Cabbage Carrots Biscuit/ Applesauce	3 Roast Pork Mashed Potatoes Broccoli/ Bread Watermelon
6 Chili Mac Mixed Vegetables Cauliflower/ Bread	7 Penne with Meat Sauce Italian Blend Vegetables Brussel Sprouts Garlic Bread/ Peaches	8 Chopped Steak Mashed Potatoes Green Beans/ Bread Banana	9 Polish Sausage Sauerkraut Peas/ Bread Baked Apples	10 Bourbon Chicken Sweet Potatoes Broccoli/ Rice Pilaf Bread/ Jello Cup
13 Chef's Choice	14 Beef Stroganoff Cauliflower Carrots/ Noodles Banana	15 Beef Barley Soup Capri Blend Vegetables Broccoli/ Crackers Apple	16 Wet Burrito Refried Beans Recipe Tomatoes Tortillas Fruit	17 Golden BBQ Chicken Baked Potato Parsnips/ Carrots Bread/ Banana
20 Fried Chicken Collard Greens Hoppin' John Sweet Potatoes Corn Bread Mock Pecan Pie	21 Rosemary Pork Roast Mashed Potatoes Winter Blend Vegetables Bread/ Applesauce	22 Baked Macaroni & Cheese Harvard Beets Peas/ Bread Orange	23 Meatloaf Mashed Potatoes & Gravy Green Beans Bread/ Banana	24 Fish fry Potatoes O'Brien Chef's Blend Bread Fried Apples
27 Hamburger on a bun Romaine Tomatoes/ Baked Beans Tator Tots Orange	28 Lasagna with meat sauce Pesto Cauliflower Italian Beans Garlic Toast Apricots	29 Creamy Chicken Mixed Vegetables Brussel Sprouts Rice/ Banana	30 Tuna Melt Tomatoes Warm three bean salad Muffin Baked Peaches	31 Breaded Chicken Mashed potatoes with Gravy Winter Blend Vegetables Bread Fruit



January 2014

THE GATHERING PLACE CALENDAR OF EVENTS

Open Monday through Friday
8:00 a.m. - 4:00 p.m.

Lunch served daily
11:30 a.m. – 1:00 p.m.

New Number!!! 231-525-0601
TOLL FREE 1-877-277-1306



Monday	Tuesday	Wednesday	Thursday	Friday
Grab a movie with us at The State Theater on January 15 th !	January is "Thank You" month! Thank YOU for all of your support!	1 Closed	2 9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	3 8:00 Video Exercise 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling
6 8:00 Video Exercise 9:00 Yoga 11:30 Lunch 12:00 Knitting 1:15 Book Club	7 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	8 Happy Birthday Elvis! 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	9 9:00 Foot Clinic 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	10 8:00 Video Exercise 9:30 BUNCO 11:15 Dining Out Day- Jody's Tangled Antler 11:30 Lunch 1:00 Wii Bowling
13 8:00 Video Exercise 9:00 Yoga 11:30 Lunch 12:00 Knitting 1:00 Fireside Chat with John Bailey	14 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	15 National Hat Day 9:45 State Theater Trip 10:00 Exercise with Doris 11:30-1:00 Maple's Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 3:00 Tai Chi 4:30 Board Meeting	16 10:00 Bible Study 11:30 Lunch Health Series: Cardiovascular Health with Benzie EMS 1:00 BUNCO	17 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch: BACN informational table 1:00 Wii Bowling
20 8:00 Video Exercise 9:00 Yoga 11:30 Lunch— Martin Luther King Jr. Day 12:00 Knitting	21 10:00 Oliver Art Center Trip 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	22 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	23 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 2:00 BUNCO	24 National Compliment Day 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
27 8:00 Video Exercise 9:00 Yoga 11:30 Lunch—National Chocolate Cake DAY! Happy Birthday to January folks! 12:00 Knitting	28 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	29 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	30 10:00 Bible Study 11:30 Lunch 2:00 BUNCO	31 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering



Dawn's Dish

Happy New Year!!! Welcome to 2014! Have you made your New Year's Resolution yet? How about resolving to give a new activity a try here at The Gathering Place?

We've formed a book club but we need a few more folks to

get it going. Come to our meeting on Monday, January 6 at 1:15 p.m. to discuss a plan.

We have a new website! www.benziecoa.org. Our activity calendars, menus, announcements, phone numbers, emails, board meeting minutes and other handy information is easily accessible on this website.

Facebook!! www.facebook.com/benziecoa. Please spread the news, "like" and share our page. The more folks who know what we do the more we can help!

Have you been to Tennessee? How about heading there in June 2014? Stop by The Gathering Place for an information packet. Monthly payments are accepted!

Health Series: Thursday, January 16th Craig Johnson, Benzie EMS Medical Director will be here to share helpful information on Cardiac Health as well as test your blood sugar and blood pressure. He'll be here during our lunch hour 11:30 a.m. – 1:00 p.m.

Please Note: We are closed on January 1st, New Year's Day.

Wednesday, January 15th is National Hat Day. Prizes awarded for those folks who get creative!

Monday, January 13—1:00 p.m. FIRESIDE CHAT. John Bailey is back to share Myths and Legends with us!

Monday, January 20—**Martin Luther King, Jr. Day** Lunch. James is cooking up Martin Luther King Jr.'s favorite lunch!

Tuesday, January 21—Elizabeth Lane Oliver Center for the Arts Trip. Fiber, Furniture & Sculpture Exhibition. Leave The Gathering Place at 12:45 p.m. Return by 3:30 p.m. Trip fee is \$5.

Monday, January 27—National Chocolate Cake Day! You know what that means!!! We'll celebrate our January Birthdays with Chocolate Cake!

Wednesday, January 8—Elvis Presley's birthday! Celebrate the King with us during lunch today! He loved pound cake so we've got it for dessert. Elvis

tunes will be playing and maybe he'll make an appearance! Grab your blue suede shoes and come down for the fun!

Wednesday, January 8, 15, 22, 29—**Medicare/Medicaid Assistance Program.** Qualified volunteers are in our Administration Office on Wednesdays to answer your questions. Please call 231-525-0600 or toll free 888-893-1102 to schedule your appointment.

Wednesday, January 8, 15, 22, 29—3:00 p.m. **Tai Chi** with certified instructor Jackie Hice. Classes are approximately 45 minutes in length and all abilities are welcome. Tai Chi movements are performed in a safe, slow and relaxed manner.

Wednesday, January 15—11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free **Blood Pressure Clinic.**

Wednesday, January 15—Movie Day! We're heading to The State Theater in Traverse City for their 25 cent matinee. Leave at 9:45 a.m. The Treasure of Sierra Madres starring Humphrey Bogart is showing. After the movie we'll jump next door to The Grand Traverse Pie Company for lunch (they have delicious soups and sandwiches—and pie!). Return to The Gathering Place by 3:00pm. Call to reserve your seat on the van! 231-525-0601. RESERVATIONS required by January 13th. Trip fee is \$5. Movie and Lunch costs are your responsibility.

Thursday, January 9 & 23—9:00 a.m. **Little River Casino Trip.** Trip fee \$10. Receive \$25 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601.

Thursday, January 2—9:00 a.m. **Hearing Clinic,** sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appt.

Thursday, January 9—9:00 a.m. **Foot Clinic** with Rosemary Russell, RN, from the Prescription Shop. Clinic at the Administration Office. Call 231-525-0600 or toll free at 888-893-1102 for an appointment. **Donations accepted.**

Friday, January 17 – Hope from BACN will be here during lunch to answer questions about their services.

Friday, January 10—11:15 a.m. Dining Out Day! We're heading to Jody's Tangled Antler in Beulah. Dining Out vouchers at the Administration Office for \$3. They are worth \$6 at participating restaurants. Call Dawn at 231-525-0601 or toll free at 877- 277-1306 for more information and to sign-up. **Must sign up by January 8th** so we can let them know how many of us to expect!

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 St. Honor, MI 49640

Benziecoa.org 231-525-0600

Effective January 1, 2014 our old phone numbers will **NO** longer work. You **MUST** call one of our new numbers. **COA 231.525.0600** or **TGP 231.525.0601**



Ideas for Your 2014 New Year's Resolution

- * Always keep a joke book handy for times you have to wait
- * Learn First Aid
- * Forgive someone
- * Start a journal
- * Research your family history
- * Start collecting something interesting
- * Spend more time with the family
- * Volunteer more time to your community
- * Learn a new skill, take up a new hobby
- * Reduce frivolous spending
- * Plan to eat regular nourishing meals

And now for a laugh.....

An elderly couple go to church one Sunday. Halfway through the service, the wife leans over and whispers in her husbands ear, "I've just let out a silent fart. What do you think I should do?" The husband replies, "Put a new battery in your hearing aid."

