



**Benzie County  
Council on Aging, Inc.**

# *The Senior Scoop*

**Supporting Seniors Today,  
Tomorrow & the  
Future**

**JUNE 2014**

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I am Summer, come to lure you away from your computer...  
come dance on my fresh grass, dig your toes into my beaches.  
~Oriana Green



## **June...**

4th is Hug Your Cat Day  
6th is National Doughnut Day  
8th is Best Friends Day  
10th is Iced Tea Day  
13th is Friday the 13th  
15th is Father's Day  
16th is Fresh Veggies Day  
20th is Take Your Dog to Work Day  
21st is Finally Summer Day  
23rd is National Pink Day

**DIRECTORY****Phone:** 231-525-0600 or**Toll Free:** 888-893-1102**Fax:** 231-325-4855**Email:** Fortined@Benziecoa.org**Website:** www.benziecoa.org**OFFICE HOURS****Monday – Friday:**

8:00 a.m. – 4:00 p.m.

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*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: \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST/ZIP \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL \_\_\_\_\_

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.

## FROM THE EXECUTIVE DIRECTOR

Hello Everyone,

It's been a busy month around the Council on Aging and of course it will benefit many people!

The Lawn Chore Program is set to go and by the time you get this newsletter, some of you may already have had your first mowing. Senior Project Fresh is being planned as I write this article and we have purchased additional coupons to make sure we have the same amount as last year. More information will be coming from our office on this program shortly.

The Benzie County Council on Aging Senior Dental Care Initiative is off to a great start with twelve individuals receiving their vouchers for up to \$300 in Dental Care at Dental Clinics North in Traverse City or Michigan Community Dental Clinics of Manistee. For additional information, please contact us at 231-525-0600.

If you smell fresh popcorn over at The Gathering Place Senior Center it is not your nose playing tricks. Freshly popped popcorn will be available to purchase for .25 cents a bag and the proceeds will be used to acquire our next item; a room divider to better utilize the Activity Room for activities and events. Speaking of purchases, I hope everyone has had the chance to see the new 55 inch TV that was recently purchased through the generosity of many who bought candy bars or just contributed over the past few months at The Gathering Place Senior Center. Dawn has grand plans for the new TV and you will soon be gleaning the benefits!

On Saturday, June 21st we will be having an All You Can Eat Pancake Fundraising Breakfast that will benefit our sponsored Relay for Life Team. Further information about this is in the newsletter. Come on out and support our Relay for Life Team!

Lastly, we were graciously awarded a \$10,000 Emergent Grant from the Benzie County Department of Veteran's Affairs. I want to share with everyone how those funds will be used for the Veterans and/or Spouses of Veterans in Benzie County. Through April 30, 2014, we are providing Home Delivered Meals to fifty-nine Veterans and/or Spouses of Veterans. A total of forty-one Veteran's and/or Spouses of Veterans receive our Homemaking Services and a total of twenty-two Veterans and/or Spouses received Snow Plowing Services this winter. We at Benzie County Council on Aging are proud to serve our Veterans and their spouses to help them to remain as independently as possible in their own homes. So far for our fiscal year, the total value provided to serve these folks was just over \$245,000.

Please enjoy our improved newsletter and see all the activities, education, and programming planned for this month. As always, we at the Council on Aging are open to any ideas, comments, or suggestions. Just give us a call.

I want to wish all of the Dads a Happy Father's Day!

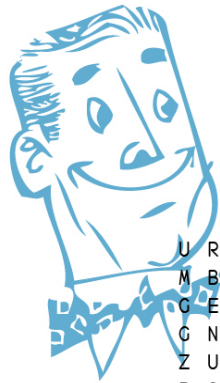
Take care,

Douglas

## BIRTHDAYS & FUN

### BIRTHDAYS

- 1 Joan Giddis
- 2 Dan Giddis
- 2 Phillip Feiger
- 2 Mabel Foust
- 3 Joyce Polen
- 5 Dorothy Ballard
- 6 Buck Lumbert
- 7 Pauline Barnes
- 8 Linda Illig
- 8 Orlin Reed
- 9 Lois Walker
- 9 Charla Moore
- 9 Ernst Nolan
- 9 Vic Schroeder
- 9 Cottrell Meadows
- 10 Julie Hopkins
- 11 Beverly Reed
- 14 Fenton Hall
- 17 Lucy Mitchell
- 19 June Miner
- 20 Geraldine Killeen
- 21 Mabel Foust
- 21 Lois Priest
- 22 Charlene Hamilton
- 24 Chester Kirby
- 25 Jim Stowe
- 26 Joanne Blausey
- 27 Fred Ockert
- 27 Rosemarie Holso
- 28 Jean Harrington
- 28 Wilma Flickinger
- 28 Terry Herban
- 29 Laurel Hanson
- 29 Keith Jewell
- 30 June Armstrong



## FATHER'S DAY

Word Search

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

ADORE  
CHILD  
COMFORT  
FATHER  
FUNNY  
GAMES  
GENEROUS  
GUIDE  
HANDSOME  
HARDWORKING  
HUGS  
HUSBAND  
JOKES  
KIND  
KISSES

LEARN  
LIFE  
LOVE  
MEMORIES  
MENTOR  
PLAY  
PROTECT  
SILLY  
SPECIAL  
STRONG  
SUPPORT  
SWEET  
TEACH  
THANKS  
TOGETHER



"Just living is not enough" said the butterfly,  
"One must have sunshine, freedom and a little flower."  
- Hans Christian Andersen



## MEDICARE NEWS

### Part 1 - How do I get Medicare benefits?

This is a two part series meant for people who are nearing the age of 65. Part 1 will cover the process of signing up for Medicare, and Part 2 will provide information about the plan selection process considering the myriad of insurance options available to provide help with prescriptions drugs; health care supplements also known as medigap plans; and Medicare Advantage plans.

You are closing in on the age of 65! Medicare benefits are just around the corner. How am I to proceed? There are several important considerations. But first, you've worked hard to earn your Medicare health benefits, so you want to be sure that the initial Medicare enrollment goes well. There are several important steps to follow. The first thing you want to be sure about is that you are signed up to start Medicare when you turn 65.

***If you are already on Social Security benefits***, you will automatically be enrolled. You will receive a letter from that agency a few months in advance of your 65<sup>th</sup> birthday. The letter will include your Medicare Health Insurance card stating the date that your Part A and Part B benefits will commence. If you have had a minimum of 40 quarters, or 10 years of work history, Part A will be free. The main features of Part A include coverage for inpatient hospital stays, nursing home care, home health care, and hospice.

Medicare Part B covers all other expenses such as doctor visits, lab expenses, radiology, durable medical equipment and a large number of other items. You will be given the option to refuse Part B Medicare. People who are Medicare age, can delay taking Part B if they are still working and have employer group health coverage. They will avoid having to pay the Part B premium of \$104.90 per month. They can have the Part B coverage activated after they retire. In this case, the Social Security Administration may require a letter from the employer demonstrating that the retiree has had credible group health coverage. Medicare beneficiaries who refuse Part B and have no other credible insurance coverage will be faced with a penalty. For these people, a 10% penalty will be applied to the Part B base premium for every 12 month period of eligibility in which enrollment was refused.

***If you are not collecting Social Security benefits*** and want Medicare to start when you turn 65, you will need to act on your own behalf to ensure that your coverage begins at the appropriate time. One option is to enroll online at Social Security's website at [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices) and click on "Apply for benefits". You can also stop by your local Social Security office and request to be signed up.

The next step is a bit more difficult. Now is the time to decide what Part D prescription insurance, Medicare supplement, or Medicare Advantage plan you want. This is a bit more daunting. There are very many options to consider. I will attempt to provide help in Part 2 of this series, entitled "How do I select a Medicare plan?"

In the meantime, Medicare beneficiaries can get help by contacting the Medicare/Medicaid Assistance Program at 800-803-7174. MMAP counselors are trained and certified to provide help in all areas of Medicare health care insurance, Medicaid benefits, fraud and abuse, billing issues, and a number of other related topics.

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

# JUNE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Goulash Peas/Carrots Bread Apple	3 Pork Chops Mashed Potatoes Mixed Vegetables Bread/ Orange	4 Spaghetti w/ Meatballs Italian Blend Vegetables Corn	5 Franks & Beans Zucchini/Squash Pear	6 Tropical Chicken Sweet Potato Key West Vegetables Roll/Tropical Fruit
9 Chicken Patties Green Beans Tator Tots Peaches	10 Swedish Meatballs Mashed Potatoes Broccoli Bread/Melon	11 Sloppy Joes California Blend Vegetables Corn Apple	12 BBQ Chicken Brussels Sprouts Cauliflower Bread/Banana	13 Roast Pork Mashed Potatoes Carrots Bread/Orange
16 Brats Peppers & Onions Baked Beans Apricot Nectar	17 Chicken Marsala Garlic Parmesan Potatoes Green Beans Bread/Pear	18 Salisbury Steak Mashed Potatoes Broccoli Bread/Apple	19 Meatball Sub Italian Beans Carrots Peaches	20 Pork Fried Rice Far East Vegetables Broccoli Wontons/Melon
23 Burgers Tator Tots Mixed Vegetables Orange	24 Grilled Chicken Sweet Potatoes Spinach Bread/Apple	25 BBQ Meatballs Au Gratin Potatoes Peas Bread/Pear	26 Tuna Salad Raspberry Carrots Lettuce/Tomato Croissant/Jello- Fruit	27 Jerk Pork Sweet Potatoes Key West Blend Vegetables Roll/Banana
30 Beef Tacos Corn & Bean Salsa Lettuce/Tomato Tortilla/Peaches	  			

# JUNE CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Yoga 11:30 Lunch 2:30 ZUMBA	3 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	4 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:00 MOVIE—Secondhand Lions	5 9:00 Hearing Clinic 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	6 9:30 BUNCO 10:30 Thompsonville Lunch, Music & Bingo 11:30 Lunch 1:00 Wii Bowling	7
8	9 10:00 Yoga 11:30 Lunch 2:30 ZUMBA	10 9:30 TC Shopping Trip 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	11 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:30 ZUMBA	12 10:00 Bible Study 11:30 Lunch June Birthday PARTY! 1:00 BUNCO	13 9:30 BUNCO 11:30 Lunch Benzie EMS Blood Pressure Clinic & Alzheimer's Awareness 1:00 Wii Bowling	14
15	16 8:45 Zumba 10:00 Yoga 11:30 Lunch Father's Day celebration!	17 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	18 10:00 Exercise with Doris 11:15 Dining Out Day 11:30 Lunch 12:30 BINGO 2:30 ZUMBA 4:30 Board Meeting	19 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch Maples Blood Pressure Clinic 1:00 BUNCO	20 9:30 BUNCO 11:30 Lunch Baby Shower for Jessica! 1:00 Wii Bowling	21 <b>Relay For Life Fundraising Pancake Breakfast 8am-11am. See Dawn's Dish for details!</b>
22 <b>90th Birthday Celebration for Geri Killeen at Bendon Hall 1:30—5:30 Eat at 3:00 RSVP by 6/20 to 275-7222</b>	23 10:00 Yoga 11:30 Lunch 2:30 ZUMBA	24 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	25 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:30 ZUMBA	26 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	27 9:30 BUNCO 11:30 Lunch 1:00 Benzie Bucks Auction 6:00 Ol' Time Gathering	28
29	30 10:00 Yoga 11:30 Lunch 2:30 ZUMBA					

## DAWN'S DISH

If you are interested in playing Pinochle, please come down on Monday, June 2nd at noon. Have lunch and chat with others who would like to play!

Thursday, June 5 & 19 ~ 9:00 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!

Tuesday, June 10 ~ Traverse City Shopping trip. Call Dawn for reservations and more information. Trip fee is \$10.

Friday, June 13 ~ Craig Johnson, Benzie EMS Medical Director will be here during lunch to share helpful information on Alzheimer's as well as test your blood sugar and blood pressure.

Monday, June 16 ~ Father's Day Lunch! 11:30 a.m. to 1:00 p.m. All are welcome!

Wednesday, June 18 ~ 11:15 a.m. Dining Out Day! We're heading to Crystal Café in Benzonia. If you would prefer to meet us there, we plan to arrive about 11:45 a.m. Dining Out vouchers are available at the Administration Office for \$3. They are worth \$6 at participating restaurants. Must sign up by June 13 so we can let them know how many of us to expect!

Thursday, June 19 ~ 11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free Blood Pressure Clinic.

Friday, June 27 ~ Ol' Time Gathering! Come and enjoy food, music and fun. Music (acoustic) will start at 6:00 p.m. with a potluck dinner at 7 p.m. Donations accepted.

I came into work just growly today. One of those "shoulda gone back to bed" days. That mood was quickly lifted when I saw bouquets of daffodils being loaded into our Home Delivered Meals vans. Dodie Bedell & Marti Litherland generously donated daffodils in vases (with handwritten notes!) to our clients. I thought about the time and effort that went into that completely selfless act—along with the danger. There are bears lingering in their woods, munching on their bird feeders! I am grateful for the reminder that our community supports and cares about one another. Thank you Dodie and Marti!!!

It's time for another **Benzie Bucks Auction**. Friday, June 27 is the official date. Spread the word and please start bringing in your donations! Benzie Bucks are given at lunch! If you are not familiar with this auction, please feel free to stop in or give me a call. I'll fill you in!

**Breakfast Benefit**—We are proud to sponsor a Relay For Life Team! This breakfast to benefit our team is on Saturday, June 21 from 8 am-11am. All-you-can-eat pancakes and sausage. \$10 ages and older; \$6 ages 5-11; Children 4 & under are free.

In case you haven't noticed our own Jessica Lindsay is about ready to have a baby girl! We are thrilled for her and have decided to throw her a party on Friday, June 20 at noon. Please join us!

Our very own Geri Killeen is turning 90! Please join her family and friends as they celebrate Geri on Sunday, June 22 at Bendon Hall, 19971 Kent Street in Bendon from 1:30—5:00 with food served at 3:00. Please RSVP to 231-275-7222 so they have an idea of how many to expect. If you can't make it, feel free to send cards to: 18848 Cedar Run Road, Traverse City, MI 49684.

Thank you to Crystal Gardens for our wax begonias and Pete Volas of Garden of Eden Greenhouse and Nursery in Beulah for our large planters in front. Thank you for your generous donations!

Thanks to you and a lot of chocolate, our 55 inch smart TV is up and running! We would like to celebrate this fundraising success with our first afternoon matinee! Wednesday, June 4th at 2:00 p.m. we'll be showing **SECONDHAND LIONS**. If you have a movie request, please let us know! The movie is free and the popcorn is only 25 cents!

Speaking of popcorn—Roger Griner has generously loaned us his Popcorn Machine! Our facility is in need of a room divider so we can have even more activities going on! So we are selling popcorn for 25 cents per bag to help us achieve this next fundraising goal. Thank you for all of your support. If you don't like popcorn, you are still welcome to donate!



## TIPS FOR A HEALTHIER SUMMER

- Fiber helps us feel full (so we eat less) and keeps us regular. It's also abundantly found in foods that are also naturally rich in vitamins and antioxidants to help slow the aging process. Aim for 25 to 35 grams per day.
- Antioxidant-rich, fiber-rich foods are often very brightly pigmented. Spinach, tomatoes, avocados, citrus fruits, berries and squashes are just a few of the whole fruits and vegetables to include in your stay-fit plan
- Start with a high-fiber breakfast of complex carbohydrates. Try crispy whole grain cereal, a berry-studded bran muffin or chewy nine-grain bread.
- Fiber up your sandwich. Switching to whole grain bread and adding tomato, lettuce, onion or shredded carrot can easily add five or more grams of fiber to your meal.
- Stock up on whole grains. Brown rice or quinoa -- they're loaded with fiber and nutrients.
- Taco time! Soft shell tacos using whole grain or corn tortillas have more fiber and less fat than traditional white tortillas.
- Want hot buns? Forgot about burger rolls made with white flour. If you must have a bun for your burger, be sure to choose one made of whole grains with fiber.
- Remember that foods high in water content promote satiety. Most fruits and vegetables are 80 to 95 percent water!
- Looking for low-cal? Half a fresh grapefruit contains just 35 calories.
- Choose fresh fruit over dried. It contains more water and more volume, so it's more filling.
- Berry up! Now's the time to take advantage of rock-bottom prices on fresh berries for breakfast, snacks or dessert.
- Keep a supply of unsweetened frozen fruit on hand. Add a little Greek-style yogurt to create healthy, frosty smoothies.
- Freeze your favorite finger fruits. They take longer to eat and provide a sweet treat when a craving hits.
- Cooking can reduce the amount of fiber in foods, so be sure to have plenty of raw fruits and veggies too.
- Veggie superstars to add to your line up include 1 cup of spinach (40 calories) 1 tomato (25 calories) or 1 cup of radishes (20 calories).
- Beans and legumes are fiberific, particularly lentils. Lentils cook in as little as 20 minutes (don't require pre-soaking) and 1/2 cup of cooked lentils contains eight whopping grams of fiber. Keep a bowl of cooked lentils in the fridge to toss with vinaigrette for a quick salad.
- Crouton-less crunch: Replace salad croutons with a few chopped walnuts, almonds, or sunflower seeds. They're a great source of healthy fats and fiber.
- Good hydration is important year round, especially when you're actively exercising. It's even more important in the summer months, so be sure to keep your water bottle with you at all times. Water keeps you hydrated, keeps you cool, and keeps "things" moving when you're focused on a healthy, high-fiber diet.
- Sunscreen in a glass? Pink and ruby red grapefruit juice contain lycopene, which can help protect all of that exposed skin from UV rays during summer months.
- Have a glass of water before your meal to curb your hunger and another glass after your meal if you still feel like eating more.
- Pour eight ounces of water into your favorite glass or mug. Now you know your serving size.
- If you do overindulge, don't beat yourself up. The next day, jump back in the game. Eat less, work out more, or both! When nighttime hunger strikes, distract yourself until the temptation subsides by exercising, reading or taking a bath. Never reward yourself with food.
- Get plenty of sleep. It's easier to overeat when you're tired. Caffeine, sugar and simple carbs are the worst choices for a pick-me-up.
- Avoid boredom or stress, which lead to mindless eating.
- Be sure to pitch the junk food and have healthy snacks in the house at all times. If a random craving hits, the only choice you can make will be a good one.

## HEALTH NEWS

### **Stroke Awareness- Risk Factors You Can Control**

Stroke is one of the most dangerous killers in the United States, responsible for 1 out of every 18 deaths. Our risk of suffering a stroke increases as we age-about 65% of people hospitalized for stroke are age 65 or older.

Some risk factors for stroke are hereditary and can not be controlled. But many risk factors for stroke are due to lifestyle. Changes to your daily habits can drastically reduce your risk of having a stroke. As May is stroke awareness month it's a great time to talk about lifestyle risk factors. Work to change these, and increase your odds of living longer.

#### **High Blood Pressure:**

If your blood pressure is 140/90 or higher, you're at risk of a stroke. Blood pressure is the most important and controllable risk factor for stroke, as it can damage blood vessels that supply blood to the brain. According to the Centers for Disease Control and Prevention (CDC), reducing the systolic blood pressure (the top number) by 12 or 13 points can decrease the risk of stroke by 37%. Blood Pressure can be reduced by diet, exercise and medication. Talk to your doctor about the best plan for you.

#### **Heart Disease:**

Heart disease is the second most important risk factor for a stroke. You can reduce your risk by controlling your blood pressure, exercising and eating a healthy diet of lots of fruits, vegetables and whole grain. Limit your intake of red meat, processed foods and fats.

#### **High Cholesterol:**

Make sure to get your cholesterol checked regularly. If it's high, talk to your doctor about how best to control it. You can reduce your "bad" or LDL cholesterol by eating a healthy diet, eating low fat foods

#### **Other factors for stroke:**

Atrial Fibrillation, Circulation problems, tobacco and/or alcohol use, atherosclerosis, diabetes, and obesity are all factors that can put you at risk for having a stroke. Again, by eating fresh fruits and vegetables, whole grains and eating less processed foods, fats, and red meats can decrease your risk of having a stroke. And don't forget physical activity! Excessive weight puts a strain on your circulatory system and can lead to high cholesterol, high blood pressure and diabetes (which all are factors for stroke).

The possibility of having a stroke is frightening. Fortunately, many of strokes' biggest risk factors are preventable. To learn more about stroke you can visit the National Stroke Association ([www.stroke.org](http://www.stroke.org)), The Mayo Clinic's stroke webpage, ([www.mayoclinic.com/health/stroke/DS00150](http://www.mayoclinic.com/health/stroke/DS00150)), or talk to your local Griswold Home Care Representative for more information.

-Alexsis Glesener  
Community Relations Coordinator  
Griswold Home Care  
231-225-9997 (office)

## RECIPES

### How to Make Cheesecake Stuffed Strawberries

#### Ingredients:

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1 1/2 tablespoons of vanilla extract | 1 box of instant cheesecake pudding |
| 1 pint heavy whipping cream          | 1 package of whipped cream cheese   |
| 2 boxes of fresh strawberries        |                                     |

#### Directions:

1. Place all ingredients (except the strawberries) in a bowl and stir until everything is well mixed.
2. Pour mixture into a gallon zip-lock bag and seal it up carefully that there are no holes or openings.
3. Refrigerate the mixture for 45 minutes to an hour.
4. Prepare the strawberries. Carefully wash the strawberries and pat the dry. Cut them halfway through the tip. Have two cuts, so the strawberries are now partially divided into quarters. Be sure not to cut them all the way through.
5. Place the strawberries in the fridge and wait until the cheesecake mixture is done refrigerating.
6. After the mixture is set, cut off corner of the zip-lock bag. Spread open the strawberries from where you cut the "X" and fill them with the cheesecake mixture.

### Homemade Baked Smoked Paprika Potato Chips with Triple Onion Dip

#### Chips

- 2 russet potatoes (about 1 1/4 lb total), unpeeled
- 1 tablespoon olive oil
- 2 teaspoons sweet smoked paprika
- 1/2 teaspoon salt

#### Dip

- 2 teaspoons olive oil
- 1 small onion, minced
- 2 scallions, thinly sliced
- 1 1/4 cups plain nonfat Greek yogurt
- 1/4 cup mayonnaise
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



#### Directions:

- Preheat oven to 400 F. Spray two rimmed baking sheets with nonstick cooking spray.
- Using a mandolin or a sharp knife, slice the potatoes into very thin rounds (about 1/16-inch). Place them in a colander and rinse thoroughly with cold water. Spread in a single layer on a kitchen towel or paper towels and top with another towel or paper towels – dry completely.
- Whisk the oil, paprika and salt together in a large bowl. Add the potatoes and toss to coat.
- Transfer the potatoes to the prepared baking sheets. Spread in a single layer – it's important they all have their own space in order to crisp up. Bake for 12-20 minutes, or until the chips are browned and crispy. The baking time will vary depending on the thickness of the rounds so check frequently, and pull chips that are finished from the baking sheets and let the others continue to cook. The chips will crisp a bit more as they cool. They can be stored in a paper bag for up to 3 days.

**To make the dip:** Set a nonstick skillet over medium heat and add the oil. When it shimmers, add the onion and the white parts of the scallions. Cook for about 10 minutes, stirring frequently, until golden brown and softened. Cool completely. Stir together the cooled onion mixture, the scallion greens, the yogurt, mayonnaise, garlic powder, onion powder, salt, and pepper in a medium bowl. Cover the bowl and refrigerate for at least an hour to allow the flavors to meld. Serve with the chips.

## THANK YOU!

Thank You To All the Volunteers of Benzie County Council on Aging!  
Our Volunteers have donated over 9085 hours of service to the seniors of Benzie County.  
They are the reason we can continue to offer our valuable services.  
We would also like to recognize a few businesses for their donations/contributions to our  
Volunteer Appreciation Dinner held on April 30th, 2014.

A big thank-you to:

St. Andrew's Presbyterian Church  
Mountain View Mini Mart/ A. Papano's Pizza  
Comfort Keepers  
Anderson, Tackman & CO  
Twisted Trails Off Road Park  
Anavon Technology Group  
Platte River Inn  
Watson Benzie  
Timberline Campground  
The Hungry Tummy  
Betsie Hosick Health & Fitness Center  
Riverside Canoe Trips  
Victoria's Floral Design  
Dinghy's Restaurant & Bar  
Genworth  
Interlochen Center for the Arts  
A&W  
Precision Collision of Frankfort  
Crescent Bakery & Café  
Pinecroft/Champion Hill Golf Course

The Manitou  
Jodi's Tangled Antler  
Interlochen Eagles Club  
Cold Creek Inn  
Cricket Salon  
Community Drug of Benzonia  
The Barber Shop  
Harbor Hair Design  
The Lighthouse Café  
Coho Café  
Shepler's Mackinaw Island Ferry  
Amerigas  
Vacation Trailer Park  
Eden Salon & Day Spa  
L'Chayium Delicatessen  
Back Cast Fly Shop  
Bayshore Auto & Tire  
The Roadhouse  
Crystal Mountain

We greatly appreciate your generosity and support. Thank-you for helping us make our  
2014 Volunteer Appreciation Dinner a great success.



A perfect summer day is when the sun is shining, the  
breeze is blowing, the birds are singing, and the lawn  
mower is broken. ~James Dent



## 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.*



I HAVE A  
***HERO***  
 I CALL HIM  
***DAD***



Who needs **Superman**  
 when you have a **father?**

My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys." ~Harmon Killebrew



**HAPPY  
 FATHERS  
 DAY**

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

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