



Benzie County Council on Aging, Inc.

The Senior Scoop

March 2014



"St. Patrick's Day is here, you see.
We'll pick some shamrocks, one, two, three.
We'll count the leaves and look them over,
And maybe find a four-leaved clover.
I'll sew green buttons on my vest,
Green for St. Patrick is the best.
I'll wear a green hat, very high,
And dance a jig--at least I'll try!"
- Author Unknown



Happy St. Patrick's Day

March....

1st is Peanut Butter Lovers' Day
3rd is National Anthem Day
10th is Middle Name Pride Day
13th is Popcorn Lover's Day
14th is National Potato Chip Day
15th is Ides of March
15th is National Quilting Day
17th is Saint Patrick's Day
25th is Waffle Day

"March is a tomboy with
tousled hair, a mischievous
smile, mud on her shoes
and a laugh in her voice."

- Hal Borland

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

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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: ____/____/____

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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.

Well, it's another Monday and guess what? It's snowing!

Okay, I won't go there and I will keep this positive. Twenty-four more days to the first day of Spring! But more important let's talk about The Gathering Place Senior Center.

March is Nutrition Month and if you find yourself struggling to prepare a healthy meal, eating alone or you want some socialization and fun come on down to The Gathering Place Senior Center in Honor.

Monday through Friday, we offer a nutritious lunch meal that is made right at the center and many of the items are made from scratch. We also offer a salad bar that is one of the best in the area! The purpose of the congregate meal at The Gathering Place Senior Center is to provide a nutritious meal to seniors 60 years old and older and each meal is reviewed and approved by a Registered Dietician.

We also offer a wide variety of activities such as Yoga, Bunco, Tai Chi, Wii bowling, bingo, day trips, special events, health and educational learning presentations, etc. The best thing about coming to the center is to enjoy the Fun, Friendship and Food. But don't take my word for it. In a recent survey regarding The Gathering Place Senior Center, ninety-nine percent of folks rated the activities provided "good to excellent". When asked how we rate for our courtesy and friendliness, 100% agreed that the "atmosphere" is "good to excellent".

As we like to say, "you are only a stranger **once** when you visit The Gathering Place Senior Center."

I also want to take this opportunity to thank Brenda, Kevin, Dan, Paul & Jackson for their efforts with plowing the many driveways and shoveling the walkways and porches/entrances for those that depend on you. I know that all of you have gone beyond the call of duty and we have been receiving many accolades from our clients of your service and generosity.

Another group I want to give out kudos to is our volunteer home delivered meal drivers. We may not always tell you, but without your dedicated "drive" we couldn't begin to accomplish what has become a one of the most important programs we offer. You have fought off below zero wind chill temperatures, snow drifts, icy roads, unplowed roads and driveways and yet you still smile and are the angels that visit our clients in need.

From all of us at BCCOA, THANK YOU to our snowplow and home delivered meals drivers!

Take care,

Douglas

"Spring is when you feel like whistling even with a shoe full of slush."

- Doug Larson

Happy Birthday

1 Mary Judd	18 Lois Lenarsic
1 Doris Boucher	19 Richard Hardy
2 Duane Marquand	19 Susan Steben
2 Wally Arnold	19 Greta Steele
3 Cliff McConnell	23 Virginia Gray
4 Earl Jester	24 Nancy Vanderlinde
5 Amelia McCarry	25 Avonda Dobson
5 Setsuko Pelky	25 LeRoy Wright
6 Jan Baker	26 Milford Goheen
9 Joan Lichty	26 Alfred Komoll
11 Carol Taylor	27 Judy Feiger
11 Howard Foust	27 Pat Mead
12 Esther Schroeder	27 Geraldine Randall
13 Donald McCash	27 Carol Schleisman
15 Doris Zaleski	27 Faye Warm
16 Virginia Singleton	28 Wayne Singleton

Cabbage-Pineapple Slaw



Ingredients:

- 1 (8-ounce) can pineapple tidbits in juice, un-drained
- 3 cups finely shredded cabbage
- 1 1/2 cups chopped Red Delicious apple
- 1/2 cup chopped celery
- 1/4 cup golden raisins
- 1/4 cup light mayonnaise
- Cabbage leaves (optional)
- Apple slices (optional)

Life is....

a challenge - meet it
a gift - accept it
an adventure - dare it
a sorrow - overcome it
a tragedy - face it
a duty - perform it
a game - play it
a mystery - unfold it
a song - sing it
an opportunity - take it
a journey - complete it
a promise - fulfill it
a beauty - praise it
a struggle - fight it

Preparation:

Drain pineapple, reserving 3 tablespoons juice. Combine drained pineapple, shredded cabbage, and next 3 ingredients in a large bowl.

Combine reserved pineapple juice and mayonnaise; add to cabbage mixture, tossing gently. Cover and chill.

To serve, spoon mixture into a cabbage leaf-lined bowl, and garnish with apple slices, if desired (cabbage leaves and apple slices not included in analysis).

Healthy Tip

Enjoy a healthier version of cole slaw with this low-fat recipe. Choose fat-free mayonnaise to cut out almost all the fat and still keep the flavor.

Chocolate Chip Cheesecake Dip



8 ounces cream cheese, softened
1/2 cup unsalted butter, softened
3/4 cup powdered sugar
2 tablespoons brown sugar
1 teaspoon vanilla
1 cup miniature chocolate chips
Graham cracker sticks or teddy grahams

In a small bowl, beat together cream cheese and butter until smooth. Add sugars and vanilla. Stir in chocolate chips. Refrigerate until ready to eat. Serve with graham cracker sticks or teddy grahams.

YOU ARE NEVER TOO OLD TO
SET ANOTHER GOAL OR
TO DREAM A NEW DREAM

C. S. Lewis

10 Facts about you

1. You're reading this right now.
2. You're realizing that this is a stupid fact.
4. You didn't notice I skipped 3.
5. You're checking now.
6. You're smiling.
7. You're still reading this even though it is stupid.
9. You didn't realize I skipped 8.
10. You're checking again and smiling about how you fell for it again.
11. You're enjoying this.
12. You didn't realize there's only suppose to be ten facts.

25 HEALTHY SNACKS!!

- | | |
|--------------------------|---------------------------|
| 1. Air Popped Popcorn | 14. Frozen Mangos |
| 2. Nonfat Cottage Cheese | 15. Sunflower Seeds |
| 3. Hard Boiled Eggs | 16. Soy Chips |
| 4. Hummus | 17. Bean Salad |
| 5. Peanut Butter | 18. Tuna |
| 6. Fruit Smoothies | 19. Sliced Chicken Breast |
| 7. Almonds | 20. Pickles |
| 8. Sliced Apples | 21. Olives |
| 9. Frozen Grapes | 22. Sugar Free Jello |
| 10. Orange Slices | 23. Nonfat Yogurt |
| 11. Broccoli Florets | 24. Frozen Yogurt |
| 12. Green Salad | 25. Protein Bars |
| 13. Cherry Tomatoes | |



Attention Seniors who need Heat & Energy Assistance!

If you are struggling with your heat and energy bill, fall within the program guidelines and live in Benzie County, you are encouraged to apply for **empower** assistance today.

Please contact TrueNorth to apply or if you have any questions.

Households will be able to apply for help with heat and/or energy payment (s) if you:

- Have a **past due notice** or a **shut-off notice** on an energy bill.
- Have a fuel tank containing **less than 25%** of fuel.
- Have a below minimum balance on an account.
- Are within income guidelines.

Again please contact True North Community Services with inquiries with this assistance program @ 231-355-5890 OR 1-855-300-8013

URGENT!! URGENT!!

Unfortunately we will NOT be offering free tax preparation at the BCCOA this year. Due to scheduling conflicts, we do NOT have a tax preparer. We apologize for any inconvenience. However, there are still places you can go to get your taxes done for free.

*** Northwest Community Action Agency at the Senior Center in Interlochen, please call 231-947-3780 for an appointment.**

Again we are very sorry to not have this program available to you this year.

Once again we would like to remind all of you that our old phone numbers are **NO** longer working. You **MUST** call one of our new numbers:

BCCOA Admin Office: 231-525-0600
The Gathering Place: 231-525-0601

60's Songs

Find and circle all of the 60's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE	DOWNTOWN	HEY JUDE	RUNAWAY	VALLERI
BLUE MOON	EL PASO	HOLIDAY	SHERRY	VOLARE
BLUE VELVET	ELENORE	ITCHYCOO PARK	SOUL MAN	WHITE RABBIT
BUS STOP	FINGERTIPS	LAST KISS	SPOOKY	WILD THING
CARA MIA	FIRE	MEMPHIS	STAY	WINDY
CHAIN GANG	GALVESTON	MY GIRL	SURF CITY	WIPEOUT
CHERISH	GOOD LOVIN'	MY GUY	TEEN ANGEL	WORDS
CRAZY	GROOVIN'	PEOPLE	THE BOXER	YESTERDAY
CRYING	HAIR	PUPPY LOVE	THE TWIST	
DIZZY	HEATWAVE	RESPECT	THESE EYES	

Medicare News – March 2014

I Lost My Medicare Extra Help Benefit – Now What?

Medicare has special rules for beneficiaries who have lost their Extra Help benefit at the end of 2013. Seniors who are in this situation have until March 31, 2014, to enroll in another Prescription Drug Plan, if they choose to do so.

The Extra Help program is administered by the Social Security Administration. Qualification is based on income and assets. If a change in either category caused the maximum eligibility levels to be exceeded in 2013, the Extra Help benefit was terminated effective January 1st of this year.

Those who are affected by this often find that their Medicare Prescription Drug plan will no longer be the best one for them, once the Extra Help benefit is lost. Medicare understands this and has made a special provision allowing those people the option to switch plans no later than March 31st.

Medicare beneficiaries can get help to find another Prescription Drug plan, and also be screened to verify that their income and assets have been correctly calculated. They can contact the Medicare/Medicaid Assistance Program at 800-803-7174. MMAP personnel 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

Tips to Eating Right in Old Age

- Add plenty of natural color to your diet. Two to three meals of seasonal fruits will work as antioxidants and prevent constipation.
- Egg whites are a good source of protein important for repair of worn out cells and tissues.
- Use of mustard oil or olive oil is a good cooking medium as both prevent high cholesterol and improve good cholesterol in the blood.
- Six to seven small meals in a day aid digestion, absorption and prevent fatigue.
- Vegetables soups without cream and thickening agents are a healthy meal to be taken as a supper.
- Always leave your home with a small healthy snack in your bag, to avoid eating out.
- Avoid processed foods with artificial colors and preservatives.
- Potassium-rich foods like cumin seeds, sweet limes, fenugreek seeds and coconut water are good for muscular flexibility, prevent water retention and swellings. They also contribute to maintain blood pressure.
- For a high dose of nutrition, add curd to the dough for rotis to improve the biological value of the cereal, and to keep them soft.
- Oats porridge is an excellent breakfast for seniors.
- Drink about 15 glasses of water in a day to prevent dehydration. In old age, muscle density reduces and susceptibility to dehydration is always very high, especially in summer.
- Do not overcook the food to make it soft as by doing so one destroys vital nutrients. Instead, select foods which need less time to cook.
- Also, exercise regularly, stretch and do yoga to ensure absorption of nutrients well.

Cherish Yesterday, Dream Tomorrow, LIVE TODAY...

If you can read this OUT LOUD you have a strong mind.



7H15 M3554G3
53RV35 7O PR0V3
H0W 0UR M1ND5 C4N
D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5!
1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7
NOW, ON 7H15 LIN3
YOUR M1ND 1S
R34D1NG 17
4U70M471C4LLY
W17H 0U7 3V3N
7H1NK1NG 4B0U7 17,
B3 PROUD! ONLY
C3R741N P30PL3 C4N
R3AD 7H15.



If you can read this, you have a strange mind, too. Only 55 people out of 100 can.

I cdnuolt blveiee that I cluod aulacilty uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a word are, the olny iproamtnt tihng is that the frsit and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Azanmig huh? Yaeh and I awlyas tghuhot slpeling was ipmorantt!

March 2014 Menu



The Gathering Place Senior Center

231-525-0601 or 877-277-1306



Lunch is served Monday—Friday, 11:30 a.m. to 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Turkey Noodle Soup Mixed Vegetable Cauliflower/ Apple Crackers</p>	<p>4</p> <p>Manicotti w/ cheese Italian Beans/ Carrots Pineapple/ Garlic Toast</p>	<p>5</p> <p>Swedish Meatballs Stewed Tomatoes Wax Beans/ Peaches/ Bread</p>	<p>6</p> <p>Hamburger w/ lettuce & Tomato/ American fries Apricot Nectar/ bun</p>	<p>7</p> <p>Roast Pork Broccoli/ Au Gratin Potatoes Pears/ Roll</p>
<p>10</p> <p>Hobo BBQ Malibu Blend Roast Potato/ Pear/ Bun</p>	<p>11</p> <p>Salisbury Steak Peas/ Mashed Potatoes Apple/ Bread</p>	<p>12</p> <p>Chicken Stir Fry Far East Vegetables/ Peas Mandarin Orange/ Rice Won Tons</p>	<p>13</p> <p>Beef Fritters Broccoli Mashed Potatoes/ Gravy Tropical Fruit/ Bread</p>	<p>14</p> <p>Baked Fish Winter Blend/ Redskins Banana/ Roll</p>
<p>17</p> <p>Corn Beef and Cabbage Carrots/ Red Skins Grapes/ Biscuits</p>	<p>18</p> <p>BBQ Chicken Peas/ Roasted Potato Watermelon/ Bread</p>	<p>19</p> <p>Lasagna w/ meat sauce Italian Blend/ Italian Beans Pears/ Garlic Toast</p>	<p>20</p> <p>Sloppy Joes Beets/ Potato/ apple Bun</p>	<p>21</p> <p>Meatballs Sub Cottage Fries/ Key West Blend/ Fruit/ Sub bun</p>
<p>24</p> <p>Ham & Bean Soup Mixed Vegetables Cauliflower/ Fruit/ Bread</p>	<p>25</p> <p>Beef Stroganoff Sweet Potato/ Broccoli Banana/ Bread</p>	<p>26</p> <p>Chicken Salad Leaf Lettuce/ Tomato Raspberry carrots/ peaches Croissant</p>	<p>27</p> <p>Goulash Green Beans Brussel Sprouts/ apple Bread</p>	<p>28</p> <p>Chef's Choice </p>
<p>31</p> <p>Cabbage Casserole w/meat sauce/ carrots /corn Apple / bread</p>	<div>  <p>Happy  St. Patrick's Day</p>  </div>			

*Menu items are subject to change

Dawn's Dish

Just a reminder if Benzie Central Schools are closed (which they have been a lot!) we're closed.

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!

Did you hear our phone numbers have changed? Please pass it on! Our Administration office is 231-525-0600 or toll free at 888-893-1102. The Gathering Place numbers are 231-525-0601 or toll free at 877-277-1306.

Monday, March 17—**Time to Laugh out Loud**

AGAIN! 1:00 p.m. Kate Withington-Edwards, Activity Director at Paul Oliver Living and Rehabilitation Center will be back in a continued effort to rescue us from the winter doldrums!

Monday March 24—11:15 a.m. **Dining Out Day!**

We're heading to A & W in Frankfort. 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 March 20** so we can let them know how many of us to expect!

Monday, March 31—1:00 p.m. **Dental Presentation.**

Benzie County Council on Aging has teamed up with Northwest Michigan District Health Department to provide up to a \$300 voucher to assist a limited number of seniors in obtaining Dental Services. The funding is to help those seniors who are between 134% and 200% of poverty and do not qualify for Medicaid to receive preventative dental care and other dental services. Join us to learn more about this program and receive some valuable and educational information regarding oral dental care for those who are 60 years old and older.

Tuesday, March 4—**Mardi Gras/ Fat Tuesday!** Wear your beads and bright colors!! Cake served at lunch.

Tuesday, March 25—We're excited to partner with Northern Michigan Culinary Arts Community and Grow Benzie on a Community Dinner Series. All meals are made from scratch by well-known local chefs and will feature many locally-produced ingredients. For a complete schedule of dates, please see me at The Gathering Place. The presentation topic is Trees & Water Quality. Meet at The Gathering Place at 4:45 p.m. There is no cost to ride with us, but the dinner cost is \$5 per senior. Please call to sign up today! Must have reservations no later than March 24. Call Dawn at 231-525-0601!

Wednesday, March 5, 12, 19, 26—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, March 26—We're heading to **The State Theater** in Traverse City for their 25 cent matinee. "Rebel Without A Clue" starring James Dean. Leave The Gathering Place Senior Center at 9:45 a.m. After the movie we'll grab a bite to eat in T. C. Return to The Gathering Place by 3:00 pm. Call to reserve your seat on the van! 231-525-0601. RESERVATIONS required. Trip fee is \$5. Movie and Lunch costs are your responsibility.

Thursday, March 6—Traverse City Shopping Trip. **We have three pick-up locations: 9:45 a.m. at Shop-n-Save; 10:00 a.m. at The Gathering Place and 10:15 a.m. at Ric's.** Heading back from Traverse City at 2:30 pm. Call Dawn for reservations and more info. 231-525-0601 or toll free at 877-277-1306. **Trip fee is \$10. Must sign up by Wednesday, March 5.**

Thursday, March 13 & 27—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 or toll free at 877-277-1306.

Thursday, March 20—11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free **Blood Pressure Clinic.**

Friday, March 21—**Health Series:** Craig Johnson, Benzie EMS Medical Director will be here to share helpful information on Strokes 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.


Friday, March 28—**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. All ages invited! Bring a dish to pass, an instrument to play and a foot to tap!



March 2014

The Gathering Place Senior Center Calendar of Events



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 Video Exercise 10:00 Yoga 11:30 Lunch 12:00 Knitting</p>	<p>4</p> <p>10:30 Music by The Melody Makers 11:30 Lunch —Mardi Gras/ FAT TUESDAY! 3:30 Chair Yoga</p>	<p>5</p> <p>10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi</p>	<p>6</p> <p>9:00 Hearing Clinic 9:45 TC Shopping 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>7</p> <p>8:00 Video Exercise 9:30 BUNCO 10:30 Thompsonville Lunch, Music & Bingo 11:30 Lunch 1:00 Wii Bowling</p>
<p>10</p> <p>8:00 Video Exercise 10:00 Yoga 11:30 Lunch 12:00 Knitting</p>	<p>11</p> <p>10:30 Music by The Melody Makers 11:15 Dining Out Day— 11:30 Lunch 3:30 Chair Yoga</p>	<p>12</p> <p>10:00 Exercise with Doris 11:30 Lunch—March Birthdays! 12:30 BINGO 3:00 Tai Chi</p>	<p>13</p> <p>9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>14</p> <p>8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>
<p>17</p> <p>8:00 Video Exercise 10:00 Yoga 11:30 Lunch—Happy St. Patrick's Day! 12:00 Knitting 1:00 Laughter workshop</p>	<p>18</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p>19</p> <p>10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi 4:30 Board Meeting</p>	<p>20</p> <p>10:00 Bible Study 11:30 Lunch—Maples Blood Pressure Clinic 1:00 BUNCO</p>	<p>21</p> <p>8:00 Video Exercise 9:30 BUNCO 11:30 Lunch—Health Series Craig Johnson Benzie EMS 1:00 Wii Bowling</p>
<p>24</p> <p>8:00 Video Exercise 10:00 Yoga 11:30 Lunch 12:00 Knitting</p>	<p>25</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 4:45 Winter Dining Series</p>	<p>26</p> <p>10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi</p>	<p>27</p> <p>9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>28</p> <p>8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering</p>
<p>31</p> <p>8:00 Video Exercise 10:00 Yoga 11:30 Lunch 12:00 Knitting 1:00 Dental Kick-off</p>		<p>Lunch Served Daily 11:30 a.m.-1:00 p.m.</p>	<p>231-525-0601 or 877-277-1306</p>	<p>Open Monday-Friday 8:00 a.m.- 4:00 p.m.</p>

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: _____

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Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:

Shamrock

■ Small, three-leafed herb appears on United Kingdom's coat of arms with English rose, Scottish thistle

Irish flag

■ Green stands for Catholics; orange for Protestants; white for wish for harmony

Leprechauns

■ Fairies who work day and night mending shoes of other fairies

Shillelagh (shi-lay'-lee)

■ Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow



Patrick: Saint and legend

387: Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

Early 400s: Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

432: Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land

Familiar legend

He drove the snakes from Ireland by beating a drum

Source: "Shamrocks, Harps and Shillelaghs" by Edna Barth, "All About American Holidays," World Book