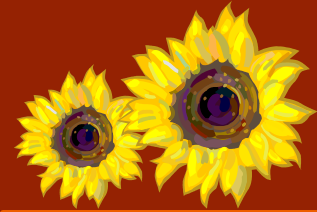


"Be like a flower and turn your
face to the sun."

- Kahlil Gibran



May 2013

The Senior Scoop

Benzie County Council on Aging, Inc.



"With each day going by, hope is reborn,
dreams come true and a little step is taken
towards happiness. May this May be
unbelievably exceptional, amazingly
colorful and filled with joy, laughter and
love."

-Anonymous

May.....

2nd is Brothers & Sisters
Day

4th is Star Wars Day
(may the 4th be with you)

5th is Cinco de Mayo

12th is Mother's Day

15th is National Chocolate
Chip Day

26th is Indianapolis 500

27th is Memorial Day

29th is National Senior
Health & Fitness Day



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

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or
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Hours: 8:00 a.m. - 4:00 p.m. M-F

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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.

Donations/contributions are appreciated and will aid with the continuation of all needed services for the seniors of Benzie County. If you would like to make a donation, please make your check or money order payable to BCCOA (Benzie County Council on Aging), 10542 Main Street, Honor, MI 49640.

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.



The Senior Scoop



Greetings Everyone! My name is Douglas Durand and I am the new Executive Director of Benzie County Council on Aging. I am excited to lead the Council on Aging in providing a wide range of services for the seniors of Benzie County. I have had the privilege of meeting many folks over at The Gathering Place and the client's on our home delivered meal routes and I am thankful to be welcomed by many.

I am impressed by the dedication of our volunteer drivers and those that help out at The Gathering Place and over at the Council on Aging office. As I get to know the staff, I see a group of individuals that work as a team to better serve our clients and others. I see a group that is enthusiastic to make the Council on Aging a better place. I have much admiration for Kay in what she has done to set the ground work in place for the future of Benzie County Council on Aging and I am looking forward to working with the Board of Directors as we plan for the growth of the Council on Aging in the coming years.

Please stop by for a visit and a cup of coffee to discuss any questions or suggestions you may have.

Take care,

Douglas

The Benzie County Council on Aging, Inc. invites you to join us as we congratulate Kay Bond on her retirement. All are welcome from 11:30 am to 1:00 pm on Thursday, May 2nd to wish her well. We are grateful for her hard work and dedication to the Seniors of Benzie County. Please call Dawn at 325-3720 if you have any questions.

HAPPY BIRTHDAY!

MAY

- 2nd Rex Dingee
- 3rd Emerson Beebe
- 3rd Art Ellsworth
- 4th Larry Sawallich
- 4th Harry Stockman
- 5th Joyce Kittleson
- 5th Irene Rath
- 6th Phyllis Gauthier
- 6th Kory Tomey
- 9th Hilda Nolan
- 10th Gert Lorenc
- 10th Mike Sheronick
- 10th Sophie Bryan
- 11th Crystal Meadows
- 12th Lillian Larson
- 13th Hope Clifton
- 13th Bernard Mick
- 13th Violet Bennett
- 14th Bonnie Fast
- 15th Clara Eastland
- 18th Carolyn Lewis
- 18th Mabel Ance
- 20th Pat Sutton
- 21st Herman Illig
- 22nd Charles Stendel
- 24th Norma Gibb
- 24th Hector Gago
- 25th Eleanor Bancroft
- 26th Dorothy Laine
- 27th Wilma Kuerth
- 28th Pauline Kraus
- 30th Shirley Beaton
- 30th Suzie Strom
- 30th Beverly Goethals





Spring Cleaning



Eight Steps to Perfectly Clean Windows

1. Schedule the project. Choose a time when the sun is not shining directly on windows. It's hot rays can cause the cleaning solution to dry, which will result in streaks.

2. Clean the surface. With a soft bristle brush, dust away cobwebs and loose dirt from windows and frames. Don't forget hinges, sills, and tracks. Wear rubber gloves to protect your hands, especially if the frames are old and splintery.

3. Make the cleaning solution. Mix 1 part white vinegar and 1 part hot water.

4. Prevent a mess. Before cleaning the inside of each window, place an absorbent terry-cloth towel along the windowsill to catch drips.

5. Wet the glass. Using a sponge, wet (but don't drench) the windowpane with the vinegar and water solution, and rub away the dirt. As much as possible, keep the solution from coming into contact with the window frames.

6. Prime a squeegee. Wet the rubber blade; a dry one will skip.

7. Wipe the glass. Starting at an upper corner of the pane, draw the squeegee down in a straight, confident stroke. Wipe the rubber edge of the squeegee with a sponge or a lint-free cloth. Return to the top and repeat, slightly overlapping the first stroke. Finish by pulling the squeegee across the bottom of the window. Dry the sill.

8. Clean the frame. Wipe the surface using a cloth dampened with a non-ammoniated all-purpose cleaner and water. Rinse them thoroughly with a clean, damp cloth to remove cleaning solution, and dry immediately by wiping with a clean, dry cloth.

Cleaning With Vinegar

White distilled vinegar is a popular household cleanser, effective for killing most mold, bacteria, and germs, due to its level of acidity. Cleaning with white distilled vinegar is a smart way to avoid using harsh chemicals. You'll be glad to know that it is environmentally friendly and very economical.

In the bathroom...

- Clean counters and all surfaces with 1 part vinegar and 1 part water.
- To rid stinky towels of a bad odor, wash them with $\frac{1}{2}$ cup of white vinegar in the rinse cycle.
- Remove hard water stains from your shower nozzle by pouring 1 part vinegar and 1 part water in a plastic bag. Use a rubber band to attach the bag to the nozzle and let soak for 10-15 minutes.
- To clean your toilet, pour white vinegar directly in the toilet, let sit for a few minutes, and then scrub with a toilet brush.
- Wash your shower curtain by putting it in the washing machine with a few old towels. Use $\frac{1}{2}$ cup laundry detergent and $\frac{1}{2}$ cup baking soda for the wash cycle and then 1 cup vinegar for the rinse cycle.



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.
Saturday Breakfast: 8:00 A.M. - 11:00 A.M.
Call for more information!! 231-325-3720 or 1-877-277-1306
****MENU ITEMS SUBJECT TO CHANGE****

May 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Cost for Meals (Seniors)</u> M- F \$3.00 (Suggested Donation) Saturday \$5.00	<u>Cost for Meals</u> <u>(Non-Senior)</u> M - F \$7.50 Caregivers \$5.50 Saturday \$6.25 (Children's prices reduced)	1 Spaghetti with Meat Sauce Italian Beans Pesto Cauliflower Garlic Toast Banana	2 Chicken Cacciatore Eggplant/ Peas Rice Pilaf/ Bread Tropical Fruit	3 Beef Stroganoff California Blend Vegetables Peas/ Bread Peaches
6 Sliders Baked Beans Coleslaw Mixed Vegetables Apricot Nectar	7 Roast Pork Au Gratin Potatoes Broccoli/ Bread Banana	8 Goulash Spinach Cauliflower Bread Apple	9 Smoked Sausage Sauerkraut Peas/ Bread Baked Pears	10 Fish Fry Cottage Fries Chef's Blend Vegetables Cheesy Corn Muffin Banana
13 Lemon Chicken Carrots/ Asparagus Wild Rice Strawberries	14 Swedish Meatballs Sweet Potatoes Chef's Blend Vegetables Bread Orange	15 Spanish Rice Collard Greens Corn/ Black Beans Bread/ Apple	16 Tuna Plate Baby Carrots Romaine Lettuce/ Tomatoes Roll/ Pineapple	17 Roast Pork Mashed Potatoes Beans/ Bread Banana
20 Sloppy Joe's Tator Tots Mixed Vegetables Grape Juice	21 Chicken Alfredo Broccoli Malibu Blend Vegetables Garlic Bread Banana	22 Veal Parmesan Italian Beans Cauliflower Bread/ Pear	23 BBQ Pork Peas/ Harvard Beets Bun Orange	24 Fish Fry American Fries Chef's Blend Vegetables Roll/ Fruit
27 Closed Memorial Day	28 BBQ Chicken Roasted Potatoes Beans Bread/ Pear	29 Tacos/ Beef Refried Beans Tomato Brown Bananas	30 Turkey Noodle Soup Brussel Sprouts Wax Beans Crackers Fruit Cocktail	31 Fried Chicken Mashed Potatoes Corn/ Stewed Tomatoes Bread Apple

Healthy Eating

BBQ Chicken Pork Veggie Skewers

Ingredients:

- 1/2 cup sliced fresh mushrooms
- 2 tablespoons finely chopped onion
- 1 1/2 teaspoons butter or margarine
- 1/3 cup long grain brown rice
- 3/4 cup reduced-sodium chicken broth
- 3 tablespoons chili sauce
- 2 teaspoons honey
- 3 ounces skinless, boneless chicken breast
- 3 ounces pork tenderloin
- 1/4 red bell pepper, cut into 1-inch pieces
- 1/4 medium yellow summer squash, cut into 1/4-inch-thick slices



Directions:

1. In small saucepan cook mushrooms and onion in butter until tender. Stir in rice. Add broth. Bring to boiling. Reduce heat. Simmer, covered, for 40 to 50 minutes or until rice is tender and broth is absorbed. Remove from heat. Let stand, covered, for 5 minutes.
2. Meanwhile, in small bowl stir together chili sauce and honey. Set aside.
3. Cut chicken and pork into 1-inch pieces. Alternately thread chicken, pork, red pepper and summer squash onto 2 skewers. Grill directly over medium heat for 8 to 10 minutes or until chicken is no longer pink, turning kabobs frequently. Brush kabobs with chili sauce mixture during last 2 minutes of grilling.
4. Spoon rice mixture onto serving plate. Top with kabobs.

Prep time: 45 minutes min. / Total time: 45 minutes min.



Pineapple * Mango * Kiwi



Deliciously sweet and tangy, the kiwi, pineapple and mango have one thing in common: all three are natural sources of digestive enzymes.

Full of vitamins and minerals such as vitamin C, copper and potassium, the pineapple is especially high in manganese.

Commonly known as the “king of fruit” the mango has many health benefits. One cup of sliced mangoes supplies 25% of the needed daily value of vitamin A, which promotes good eyesight.

Get your daily dose of vitamin C with one large kiwi. This delectable, sweet, tart fruit is also a great source of potassium and fiber. With just 7 grams of sugar, a kiwi contains about 1/3 the amount of sugar as one apple.



Medicare News May 2013



When Medicare Doesn't Pay

There are certain times when Medicare doesn't cover services provided to a beneficiary. There are several ways in which a beneficiary should be notified about these times. First of all – be aware that there are some services for which Medicare does not pay at all. Congress determines what services are covered. Examples of services that Medicare generally would not cover include: cosmetic surgery, hearing aids, routine dental care and long term nursing care (even if it is medically necessary).

An Advance Beneficiary Notice (ABN) is used by a (provider) who believes that a service, which Medicare covers under some circumstances, may not be paid for by Medicare in a particular case. “An ABN allows a beneficiary to make an informed decision by knowing in advance that they may have to pay out-of-pocket for a service. The (provider) provides a written notice before the service is rendered, indicating this fact and explaining why a denial is expected. The beneficiary agrees to pay for the service if Medicare does not pay for it. If the (provider) does not use the ABN, they are not allowed to collect payment from the beneficiary. Examples of when an ABN might be used include: cases where a beneficiary is requesting more service than that for which Medicare would normally pay, or a services that the provider does not deem to be medically necessary.

Other instances in which Medicare does not pay for services include receiving services from a provider who has officially “**Opted-Out**” of Medicare. What does that mean to a Medicare beneficiary? Providers who opt out of Medicare **do not accept Medicare at all**. They cannot submit any claims to Medicare on behalf of their patients and the Medicare beneficiary is required to pay for care that they provide – Medicare will NOT reimburse them. These providers are also not subject to the Medicare laws that limit the amount that can be charged for a service. If the provider has opted out of Medicare, they must have the beneficiary sign a private contract that states that the beneficiary has agreed to receive care from a provider who has opted out of Medicare. If the (provider) has opted out of Medicare and DOESN'T ask the beneficiary to sign this private contract – prior to receiving the service - the beneficiary does not have to pay for the service and the provider is required to refund any money that has been paid for the services they provided.

Beneficiaries will pay the least for their service if they see providers who accept Medicare and take “Assignment.” A provider who accepts assignment accepts Medicare's approved amount as full payment for health care services. Those beneficiaries with Medicare Advantage plans pay the least when they see providers in their plan's network.

Those who love deeply
never grow old;
They may die of old age,
but they die young.

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 contact us at (231) 775-0133.

DONOR INFORMATION:

Name: _____

☐ *Check here if you wish to remain ANONYMOUS*

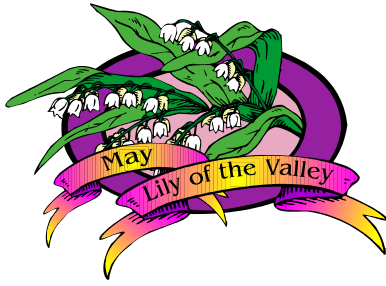
Mailing Address: _____

City: _____ State: _____ Zip: _____

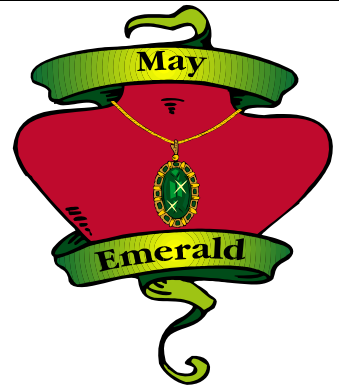
Phone Number: _____ Amount Enclosed: _____

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.



May 2013
CALENDAR OF EVENTS
“THE GATHERING PLACE”
 Open Monday through Friday
 8:00 a.m.-4:00 p.m.
 Lunch served daily 11:30 a.m. – 1 p.m.
 Saturday 8:00 a.m.-11:00 a.m.
 231-325-3720
 OR TOLL FREE 1-877-277-1306



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cost for Non-Senior Meals Lunch: (M - F) \$7.50 (Children's prices reduced) Saturday Breakfast Buffet: \$6.25	Cost For Senior Meals Lunch: \$3.00 (Suggested Donation) Saturday Breakfast Buffet: \$5.00	1 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	2 9:00 Hearing Clinic 9:00 Foot Clinic 10:00 Bible Study 11:30 Farewell to Kay Lunch 1:00 BUNCO 1:00 PATH class at Administration office	3 9:30 BUNCO 11:30 Lunch NOON-Lunch at Thompsonville 1:00 Wii Bowling	4 8:00 Breakfast Buffet \$5.00
6 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	7 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	8 10:00 Exercise with Doris 10:00 Little River Casino 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	9 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	10 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling	11 8:00 Breakfast Buffet \$5.00
13 10:00 Yoga Exercise 11:30 Mother's Day Lunch 12:00 Pinochle	14 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga	15 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 1:30 Board meeting 3:00 Tai Chi	16 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	17 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling	18 8:00 Breakfast Buffet \$5.00
20 9:00 TC Shopping 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	21 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga	22 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	23 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	24 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling	25 Closed Memorial Day Weekend
27 Closed MEMORIAL DAY	28 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga	29 10:00 Exercise with Doris 10:00 Little River Casino 11:30 Lunch 12:30 BINGO 1:00 Knitting club 3:00 Tai Chi	30 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	31 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6pm Ol' Time Gathering	



Dawn's Dish

Our **PATH** class has been such a success we have already scheduled the next one! **PATH** stands for **Personal Action Toward Health** and is taught by

two certified instructors: Jackie Hice and Sharon O'Brien. These 2 ½ hour weekly sessions are designed to be entertaining and interactive. This **free** course includes new ways to deal with frustration, fatigue and pain. **PATH** is designed to benefit adults of all ages with chronic or long-term health conditions including heart disease, arthritis, diabetes, depression, asthma, bronchitis and emphysema. This class is limited to 12 participants so please call Dawn or stop by The Gathering Place to sign up today! Class meets from 1:00pm- 3:30pm every Thursday at the Admin. Office starting June 8th for six weeks. For more information about **PATH** or feedback from folks who are currently in the class, please call Dawn at (231) 325-3720.

Attention Chess, Cribbage & Pinochle players! If you are interested in starting a group here at The Gathering Place, please give me a call to get on a list. All skill levels accepted. (231) 325- 3720

We've partnered with Xpedition Travel to give our folks a large, affordable selection. A few of the highlights are: Branson in June; Tigers games in June and August; Chicago in November and December. Please call Dawn! (231) 325-3720

Please note we are closed on Saturday, May 25th and Monday, May 27th in observation of Memorial Day

Monday, May 13

Please join us for a special Mother's Day Lunch!

Monday, May 20

9:00 a.m. **Traverse City Shopping.** Our bus is heading to the Grand Traverse Mall and Wal-Mart. Please call (231) 325-3720 for reservations. Trip fee is \$10.

Tuesday, May 7, 14, 21, 28

10:30 a.m. – 1:30 p.m. The Melody Makers provide music for your listening and dancing pleasure! Music starts at 10:30 a.m. Lunch served from 11:30 a.m. – 1:00 p.m.

Wednesday, May 8 & May 29

10:00 a.m. **Little River Casino Trip.** Trip fee \$10. Receive \$25 River Credits. Return by 4 p.m. Space is limited so call now to reserve your spot on the bus! (231) 325-3720

Wednesday, May 1, 8, 15, 22, 29

Medicare/ Medicaid Assistance Program

Qualified volunteers are available in our Administration Office on Wednesdays to offer assistance and answer your questions. Please call 325-4851 to schedule your appointment.

Wednesday, May 1, 8, 15, 22, 29

3:00pm **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, May 15

Board of Directors Meeting 1:30 p.m. at The Gathering Place

Thursday, May 2

9:00 a.m. – noon **Hearing Clinic**, sponsored by *Miracle Ear*, will be held to give free hearing tests as well as check and service hearing aids. Call 800-459-5992 for appointment.

Thursday, May 2

10:00 a.m. – 12:00 p.m. **Foot Clinic**, Rosemary Russell, RN, from the Prescription Shop will trim, clean your nails and do a complete nursing assessment on your feet. *Clinic at COA Admin. Office. Call 325-4851 for an appointment.* Donations accepted.

Thursday, May 2

Farewell Luncheon to Kay Bond, Interim Executive Director. 11:30 a.m. We welcome all to join us in thanking Kay for her hard work and dedication.

Friday, May 3

Noon-Lunch in Thompsonville! Join us for lunch and music. Please call Dawn at (231) 325-3720 for reservations.

Friday, May 31

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!

The Gathering Place, Benzie Senior Center



Monday - Friday 8:00 a.m. – 4:00 p.m.
Saturday 8:00 a.m. - 11:00 a.m.
10579 Main Street (in the Plaza), Honor
(231) 325-3720 or 1-877-277-1306



Lunch served from 11:30 a.m. – 1:00 p.m.
Cost is \$3.00 suggested donation

Senior Center Coordinator/Supervisor - Dawn Bousamra
Front Desk Hostesses - Judy Fast, Kathy Burns, Jeannie Knudsen

Mondays Yoga Exercise: 10:00 a.m.
Pinochle: Noon

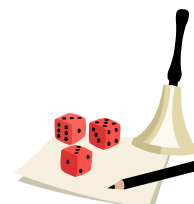
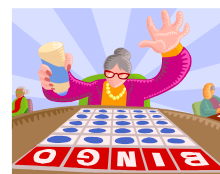
Tuesdays Music: 10:30 a.m. - 1:30 p.m.
Chair Yoga: 3:30 p.m.

Wednesdays Exercise w/Doris: 10:00 a.m.
Tai Chi: 3:00 p.m.
Bingo: 12:30 p.m. - 1:30 p.m.
Knitting: 1:00 p.m.

Thursdays Bible Study: 10:00 a.m.
Bunco: 1:00 p.m.

Fridays Bunco: 9:30 a.m.
Wii Games: 1:00 p.m.

Saturdays Breakfast: 8:00 a.m. - 11:00 a.m.



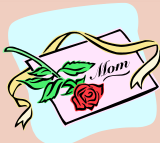
Newsletter Subscription Form

NAME: _____ DOB: ____/____/____

ADDRESS: _____

CITY/ST/ZIP: _____ DATE: _____

If you would like a copy of this newsletter mailed to your home each month, please mail this form to the COA office, 10542 Main St, Honor, MI 49640. Suggested donation for annual subscription is \$5.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.



Happy Mother's Day!



Mother's Day Word Search

Find the hidden words associated with Mom's special day.

Brunch	Honor
Bouquet	Home
Candy	Hugs
Cards	Kisses
Caring	Laughter
Children	Loving
Daughters	May
Devoted	Memories
Dinner	Mother
Family	Parent
Flowers	Roses
Friend	Sunday
Gifts	Sons
Giving	Tribute
Grandma	

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



Benzie County Council on Aging, Inc.

10542 Main Street • Honor, MI 49640