



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

The Senior Scoop

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

2014

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October

1st is Less Than Perfect Day
3rd is Look at the Leaves Day
5th is World Teacher's Day
8th is National Pierogie Day
10th is World Mental Health Day
14th is Columbus Day
15th is National Grouch Day
17th is Wear Something Gaudy Day
22nd is Make a Difference Day
27th is Navy Day
31st is Halloween



Did You Know?.....

That more American Presidents were born in the month of October than any other month. They were: John Adams, Rutherford B. Hayes, Chester Arthur, Theodore Roosevelt, Dwight Eisenhower and Jimmy Carter.

That this month is World Blindness Awareness as well as Breast Cancer Awareness Month.

That October ends on the same day of the week as February every year!

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

8:00 a.m. – 4:00 p.m.

**THE SENIOR SCOOP IS A
MONTHLY PUBLICATION
BROUGHT TO YOU BY**

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

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Executive Director
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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.

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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.

FROM THE EXECUTIVE DIRECTOR

Hello Friends,

Here comes October with its beautiful colors and crisp mornings! One of my favorite fall activities is to go to a farm that has a large pumpkin patch, corn maze and especially homemade donuts and cider! It's a bonus if they allow kids to meet the farm animals. My two grandchildren love going to petting farms and heck so does Grandpa! It brings back good memories from my childhood as I had three uncles that were farmers and I would spend several weeks each summer helping out around their farms. It was hard work for a city boy but very rewarding.

October 1st begins our new year for Benzie County Council on Aging meaning it's the start of our new fiscal year. This year we are adding a new program called Project Lifesaver. This program was started by the Benzie County Sheriff's Department with a grant they received to offer peace of mind for caregivers of loved ones with Alzheimer's disease and other related Dementia disorders who have a tendency to wander from home.

New facts released by the Alzheimer's Association reveal that over 5 million suffer from Alzheimer's and by the year 2050, 16 million Americans will have Alzheimer's. It is estimated that up to 60 percent of individuals with Alzheimer's disease will wander during the course of the disease, and of those, approximately 1/2 will have a serious injury or even death if they are not found within 24 hours. Being lost and disoriented, unable to return home or even communicate clearly, can become a critical emergency.

Project Lifesaver participants receive a plastic bracelet containing a waterproof radio transmitter (GPS). Each participant's transmitter is assigned a radio frequency that is unique to them and the bracelets may be worn on the participant's wrist or ankle. When a Project Lifesaver client is discovered to be missing, a caregiver will report the situation to the Sheriff's Office via the 9-1-1 dispatch center. Trained deputies will respond at once to search for the missing person using Project Lifesaver radio-frequency tracking equipment.

A few simple requirements to participate in the Project Lifesaver Program:

- Live in Benzie County full-time
- Be diagnosed with Alzheimer's disease or other related dementia disorders
- The participant has shown a tendency to wander

The Council on Aging will manage the program, which will include monthly checks on the device along with monthly replacement of the battery and bracelet bands. We will also assist with the overall cost of the unit and provide free of charge the batteries and bracelet bands. The Sheriff Department will be responsible to assist in the search and rescue and the caregiver would call 9-1-1 immediately if a Project Lifesaver participant goes missing!

For more information or to sign up for Project Lifesaver, please contact Benzie County Council on Aging at (231) 525-0600.

Take care,
Douglas

BIRTHDAYS & FUN

BIRTHDAYS

- 1 Nena Verburg
- 2 Jim Nicholas
- 2 Lois Anderson
- 2 Laura Kerby
- 3 Ralph Hillman
- 3 Phyllis Albee
- 3 Nancy Kasperzak
- 5 Phyllis Crowell-VanHammen
- 6 James Loucks
- 6 Rosalie Stout
- 7 Judy Maholic
- 11 Judy Acha
- 12 Susy Green
- 14 Bob Powell
- 14 William Pell
- 14 Shirley Damore
- 15 Clyde Kastl
- 16 Doris Loll
- 16 Cheryl Williams
- 17 James Hulsebus
- 18 Dorothy Bulmer
- 19 William Johnson
- 20 Roberta Wernick
- 20 Dan Shields
- 23 Dominick Ferrara
- 26 Teresa Eastman
- 27 Marilyn Gray
- 28 Julia Hyll
- 28 Kenneth Rockwell
- 28 Betty Gardner
- 28 Patricia Tibbits
- 29 Bruce Toms
- 29 Madonna Cussans
- 31 Gloria Ellis

Autumn

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



ACORN
AUTUMN
FALL
GHOST
GOURD
HALLOWEEN

HARVEST
LANTERN
LEAF
LEAVES
MAPLE
NOVEMBER

OAK
ORANGE
PILE
PUMPKIN
SQUASH
TURKEY



When is it bad luck to meet a black cat?

When you're a mouse!

Why are there fences around cemeteries?

Because people are dying to get in!

What do you call a fat Jack-O-Lantern?

Plumpkin!

OCTOBER BORN

Clairvoyant. Nature lover. You are a born leader. People look up to you. Amiable. Honest. More emotional than practical. Rebellious at times. Totally independent. Good looking. Clever. Faithful towards family, friends and your love. You give importance where due. Dedicated and hard working.

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Gyros Tomato & Onion Cauliflower Pita Orange	2 Goulash Peas Carrots Bread Apple	3 Baked Chicken Broccoli Corn Bread Banana
6 Hot Dogs Mix Vegetable Baked Beans Bun Apple	7 BBQ Meatballs Sweet Potato Green Beans Bread Pineapple	8 Hamburgers Lettuce & Tomato California Blend Bun Orange	9 Creamy Chicken Carrots Spinach Bread Rice Banana	10 Roast Pork Mashed Potato Malibu Blend Bread Pear
13 Brats Peppers & Onions Baked Beans Bun Watermelon	14 Salisbury Steaks Mashed Potato California Blend Bread Apple	15 Chicken Alfredo Italian Blend Spinach Garlic Toast Linguini Banana	16 Meatloaf Mashed Potato Broccoli Bread Orange	17 Fish Fry Sweet Potato Malibu Blend Bread Pears
20 Chicken Patty Peas Normandy Blend Bun Apple	21 Chicken Stir Fry Far East Blend Stir Fry Veggies Wonton Mandarin	22 Chili Corn Green Beans Crackers Banana	23 Pork Fritter Sweet Potato Key West Blend Bread Pineapple	24 Roast Beef Mashed Potato Carrots Bread Melon
27 Tacos Corn & Bean Salsa Lettuce & Tomato Tortilla Baked Apples	28 Hawaiian Chicken Key West Blend Spinach Roll Tropical Fruit	29 Sloppy Joes Peas Malibu Blend Bun Orange	30 BBQ Chicken Cottage Fries Carrots Bread Banana	31 Bloody Worms & Eyeballs Squashed Slugs Toxic Flower Crusty Toast Peaches & Screams

RECIPES & HEALTH

APPLE COLESLAW

- 4 cups shredded cabbage
- 1 cup shredded carrot
- 1 Granny Smith apple - peeled, cored and coarsely shredded
- 2 tablespoons honey
- 1 tablespoon brown sugar
- 2 teaspoons white vinegar
- 1 tablespoon pineapple juice (optional)
- 2 tablespoons mayonnaise
- 1 dash salt
- 1 teaspoon ground black pepper



Directions

Place the shredded cabbage and carrot together in a bowl with the sliced apple, and toss to combine. In a separate bowl, stir together the honey, brown sugar, vinegar, pineapple juice, and mayonnaise until the honey and sugar have dissolved completely. Pour over the salad, and toss to coat. Season with salt and pepper, and toss again. Cover and chill until ready to serve.

What makes apples so great?

1. Get whiter, healthier teeth
2. Avoid Alzheimer's
3. Protect against Parkinson's
4. Curb all sorts of cancers
5. Decrease your risk of diabetes
6. Reduce cholesterol
7. Get a healthier heart
8. Prevent gallstones
9. Beat diarrhea and constipation
10. Neutralize irritable bowel syndrome
11. Avert hemorrhoids
12. Control your weight
13. Detoxify your liver
14. Boost your immune system
15. Prevent cataracts



APPLESAUCE MEATLOAF

- 1 1/2 pound ground beef
- 3/4 cup dry bread crumbs
- 1 egg
- 1/2 cup applesauce
- 1 small onion, finely chopped
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons chili sauce

NOTE: This makes great meatballs too!


Directions

Preheat oven to 350 degrees F.

In a large bowl, thoroughly combine all ingredients except chili sauce. Place mixture in a greased 9- x 5- inch loaf pan..

Bake 30 minutes; remove meat loaf from oven and spread chili sauce over top. Return it to oven and bake 30 more minutes, or until no pink remains and juices run clear. Serve hot or cold.

OCTOBER CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 10:00 Exercise with Doris 11:30 Lunch—October Birthday Party 12:30 BINGO 2:00 ZUMBA 3:00 Tai Chi	2 9:00 Little River Casino 9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	3 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling	
	6 10:00 Yoga 11:30 Lunch— Pink Day 12:00 CARDS 12:00 Knitting 2:30 ZUMBA!	7 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	8 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO NO TAI CHI or ZUMBA 4:00—6:30 Empty Bowls Soup Nite	9 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 2:00 Matter of Balance class starts in Administration office	10 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
	13 10:00 Yoga 11:30 Lunch— Tailgate party 12:00 CARDS 12:00 Knitting 2:30 ZUMBA!	14 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	15 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 2:00 ZUMBA 3:00 Tai Chi 4:30 Board Meeting	16 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 2:00 Matter of Balance	17 9:30 BUNCO 11:30 Lunch— Benzie EMS blood pressure/ blood sugar checks 1:00 Wii Bowling
	20 10:00 Yoga 11:30 Lunch 12:00 CARDS 12:00 Knitting 1:00 Baby Shower for Baby Pantry 2:30 ZUMBA!	21 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	22 10:00 Exercise with Doris 11:15 Dining Out Day 11:30 Lunch 12:30 BINGO 2:00 ZUMBA 3:00 Tai Chi	23 10:00 Bible Study 11:30 Lunch— The Maples Blood Pressure checks 1:00 BUNCO 2:00 Matter of Balance	24 9:30 BUNCO 9:30 TC Shopping 11:30 Lunch 1:00 Wii Bowling
27 10:00 Yoga 11:30 Lunch 12:15 CARDS 2:30 ZUMBA!	28 10:30 Music by The Melody Makers/ HALLOWEEN PARADE/ COSTUME CONTEST 11:30 Lunch NO CHAIR YOGA	29 10:00 Exercise with Doris 10:00 Wii Bowling Tournament at Incredible Mo's 11:30 Lunch 12:30 BINGO 2:00 ZUMBA 3:00 Tai Chi	30 9:00 Foot Clinic 10:00 Bible Study 11:30 Lunch 12-3 Flu Clinic At Administration Office 1:00 BUNCO 2:00 Matter of Balance	31 9:30 BUNCO 11:30 Lunch— HALLOWEEN PARTY 1:00 Wii Bowling 6:00 Ol' Time Gathering	

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DAWN'S DISH

Our weather changes fast around here and before we know it snow will be on the ground. With that comes the inevitable snow day. Please remember that The Gathering Place Senior Center and our Administration Office are closed when Benzie Central Schools are closed.

All participants in the Congregate Meal Program (The Gathering Place) must fill out a **NEW NAPIS** form starting October 1st. Regardless of when you filled one out, we are **REQUIRED** to have an updated form from each person. Thanks!

Monday, October 6 is **PINK DAY!** October is Breast Cancer Awareness Month. We are dedicating this day to those we've lost and those who are fighting to win! Wear pink (yes, men wear pink too!) whether it's your whole outfit, a ribbon, socks, hat, bracelet or lipstick! Let's paint this place pink.

Tailgate Party! Monday, October 13th join us in celebrating the start of football season. Whether you are a fan of high school, college or professional football—it's time to celebrate! Brats for lunch! Come wearing your favorite football jersey or team colors.

Baby Shower time! Monday, October 20 at 1:00 p.m. No, none of our staff is expecting (right now!) but we are still throwing a baby shower. This time it is to benefit Benzie County's Baby Pantry. Items needed included: Formula; baby food; diapers; pull ups; bibs; wipes; shoes; socks; slippers; boots; clothing; outwear; bottles; sippy cups; lotions; shampoo; sheets; blankets; toys; books and baby equipment. **WHEW!** Games, laughter & cheesy fun in store. Don't miss it!

Benzie Food Partners Empty Bowls Project 16th Annual "Soup Nite" is on Wednesday, October 8 from 4:00 pm – 6:30 pm. Don't miss this delicious fundraiser at The Gathering Place. Silent Auction; Famous Area Soups; Bread/ Beverage and Dessert included. \$8/ person; Children 12 years and under are only \$2.50! Carry outs are available. If you are interested in volunteering to help our kitchen clean up, please call Dawn at (231) 525-0601 today!

Tuesday, October 28—Halloween Costume Contest!

Show us what you've got! Prizes! Come ready to parade through The Gathering Place.

Wednesday, October 1—11:30 a.m. October Birthday Party! Join us for cake as we celebrate those born in October!

Wednesday, October 1, 15, 22, 29—3pm **Tai Chi** is back!!! Certified instructor Jackie Hice conducts classes that are approximately 45 minutes in length and all abilities are welcome. Tai Chi movements are performed in a safe, slow and relaxed manner. ***No Tai Chi on October 8**

Wednesday, October 22—11:30 a.m. Dining Out Day! We're heading to Interlochen Eagles. Dining Out vouchers are available at the Administration Office for \$3. They are worth \$6 at participating restaurants. **Must sign up by October 20** so we can let them know how many of us to expect!

Thursday, October 30—NOON-3:00 pm **Walk In Flu Clinic** at The Administration Office across the street from The Gathering Place. Sponsored by Hometown Pharmacy.

Thursday, October 2—9am Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

Thursday, October 2 & 16—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! 231-525-0601 or toll free at 877-277-1306.

Friday, October 24—Traverse City Shopping trip. **Please note we are meeting at The Gathering Place.** We leave at 10am. Return at 3pm. Call Dawn for reservations and more information. 231-525-0601 or toll free at 877-277-1306. Trip fee is \$5. Must sign up by October 22.

Friday, October 31st—Halloween! Costume party during lunch. Tricks & treats! Don't miss our ghoulish event.

Friday, October 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!

Please call Dawn at 231-525-0600 with any questions or to sign up for a trip!

ENERGY AND SAFETY TIPS

Do-it-Yourself Energy Savings Tips

Here is a list of things you can do to help cut back on energy used in your home. As a word of caution, it is recommended that you have your mechanical systems (furnace, water heater, dryers, stoves) inspected by a professional prior to attempting to seal up your home.

For health and safety reasons make sure you have a working carbon monoxide detector and smoke alarm. The following can be done by almost any home owner:

- ~ Dial down your thermostat every night and during the days you will be out of the house.
- ~ Change the furnace filter every month during the heating season. Vacuum the filters that are reusable. (Some can be cleaned with soap and water)
- ~ Make sure the return air registers for your furnace are not blocked by furniture or throw rugs.
- ~ Cover windows with plastic (on the warm side) if available.
- ~ Caulk moldings around windows wherever you feel cold air.
- ~ Make sure the sash licks are snug and if you feel cold air, apply foam tape the areas or reset/replace sash lock for a tighter seal.
- ~ Install compact fluorescent bulbs (CFLs) the next time you replace bulbs.
- ~ Turn off lights that are not being used.
- ~ Wash full loads of clothes in cold water.
- ~ During the warmer months hang clothes outside to dry.
- ~ Air dry dishes instead of using the dishwasher.
- ~ Dial down hot water heater to 120 degrees.
- ~ Take shorter showers and install restrictor in shower head.
- ~ Install foam inserts on all electrical outlets and switches.



AUTUMN SAFETY FOR SENIORS

Home Heating

- ~ Have a professional evaluate the system and address any potential problems.
- ~ Have your chimney inspected and cleaned.
- ~ If you use a space heater allow at least three feet of empty space around the heater.
- ~ Never use a stove or oven to heat your residence.

Leaf Safety

- ~ Walkways and stairs should be kept free of leaves and other objects that may cause a slip-and-fall injury.
- ~ Keep your driveway clear of leaves.
- ~ Wet leaves can create a slip hazard not only for walking but driving as well.
- ~ If you are cleaning out your gutters use extra caution because your shoes may become wet and slippery.
- ~ Make sure the ladder is at the correct angle and on solid ground.
- ~ Raking leaves can be stressful, take frequent breaks.
- ~ Check the weather forecasts before burning leaves.
- ~ Call your local fire department about outdoor burning regulations.

Driving Tips

- ~ During the fall season, deer activity increases, so be alert to deer entering the roadway.
- ~ Leaves on the roadway can cover road hazards such as potholes or objects on the pavement.
- ~ Children love to play in piles of leaves; so use extra caution where leaves are piled at the curbside.

Medicare News – 2014

Medicaid Open Enrollment – Part 1

This is part 1 of a 2 part series concerning the Medicare Open Enrollment process that runs from October 15th through December 7th. In this article, I will discuss some of the information that will be sent to current Medicare prescription drug plan subscribers, and in Part 2, I will furnish some details about the drug plans that will be available to sign up for during the open enrollment period, with coverage to start January 1, 2015.

Beginning in September, both the Federal government and the Plan D prescription drug companies will be sending notices to Medicare beneficiaries. Folks who are participating in the Social Security Extra Help program may receive a letter from that agency asking them to verify their eligibility. Beneficiaries are required to complete this form and return it within 30 days to be considered for eligibility in this low income assistance program through 2015.

Medicare requires that each of the companies approved to sell Part D prescription drug plans send notices to their current subscribers no later than September 30th. They will provide several documents that describe their plan changes for the upcoming year. This information can be quite lengthy and cumbersome to read, in addition to being dull for many people. However, these notices, called the Annual Notice of Change and the Evidence of Coverage, will provide information that can be very important for the subscriber to determine whether they want to continue with the same plan for the following year. These notices will tell about the new monthly premium cost, describe possible changes to the plan's drug formulary, any modifications to the drug restrictions, and adjustments of the drug tier groups. Any of these items can result in a substantial change in costs to a beneficiary, and the need to review the other 30 plus plans to see if there is a better alternative.

Also, the Part D plans will be sending out a number of other advisories and subscribers may receive them depending on the type of notice. For example, all Part D insurance plans are permitted a mail marketing campaign and send letters out to beneficiaries beginning October 1st; and they are required to notify their subscribers by October 2nd if their plan will not be available the next year.

The CMS Medicare also has a myriad of notices that will be sent out to affected beneficiaries concerning such topics as changes in premiums for those on Extra Help, auto-enrollment in a different Part D plan, etc. Each of these notices are color coded to assist in the understanding of the type of announcement.

This entire process can be daunting for beneficiaries, but help is available. Counselors from the Medicare/Medicaid Assistance Program (MMAAP) can review drug plans during the open enrollment period and, if needed, furnish suggestions for plan alternatives. They can also help to interpret the various notices described above. MMAAP counselors can be reached by calling 800-803-7174. Representatives will send out a prescription drug worksheet that will begin the process of the Part D plan review for 2015. It is recommended that beneficiaries start calling MMAAP in September to start the plan review process for the upcoming year.

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

EMPTY BOWLS SOUP NITE



Fund-Raiser Event

BENZIE FOOD PARTNERS
Empty Bowls Project

17th Annual "Soup Nite"

- Celebrity Servers
- Area's Favorite Soups
- Try one or Try all
- Bread – Beverage
- Salad - Dessert
- Silent Auction

wednesday

October 8, 2014

4:00 pm – 6:30 pm

At

**The Gathering Place
Senior Center**

Honor Plaza, Honor, MI

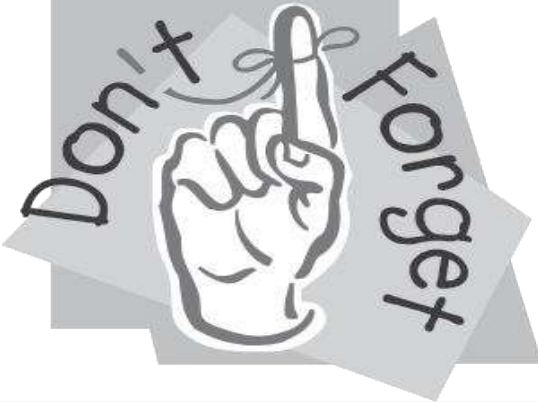
Adult: \$8.00

Children 12 years and under: \$2.50

Carry Outs Available

Take-Away Empty Bowl to Keep With Your Donation
Your Donation Will Help Fill Empty Bowls In Benzie County!

DON'T FORGET



Matter Of Balance Class

Where: The Gathering Place
 When: Thursdays in October
 And November
 Time: 2-4
 Sign Up: NOW space is limited

BABY SHOWER

For: Benzie County Baby Pantry
 When: October 20th
 Where: The Gathering Place
 Time: 1:00 pm



Medicare Open Enrollment

Starting October 15 – December 7, 2014

This is the time all Medicare beneficiaries have the option to enroll in or change their Medicare plans.

Evaluate your current plan to see if all medications are still covered in 2015 and find out what the estimated costs will be.

Switch prescription drug plans or Advantage Plans.

Enroll for the first time if you are new to Medicare.

Enroll for the first time if you did not enroll when you were first eligible.

For an appointment, please call (231) 525-0600 to make an appointment with a Medicare/Medicaid Assistance Program Counselor.

The “Extra Help” Program!

Help for prescription drug costs

Do you know about the “Extra Help” program?

Many people with limited income and resources may qualify for Medicare’s “Extra Help” program, but they must apply to find out. You could be one of them.

You can get help with Part D Prescription Drug Coverage premiums, deductibles and co-payments. This means you don’t have to go without medications because you can’t afford them.

It’s easy and free to apply for “Extra Help.”

For an appointment, please call (231) 525-0600 to make an appointment with a Medicare/Medicaid Assistance Program Counselor.



FLU CLINIC

OCTOBER 30TH

**WALKIN 12-3 AT
 OFFICE OF
 BCCOA**

DONATIONS

When You Donate. . . You Make a Difference

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

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

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

Tribute Donations:

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

Planned Giving:

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

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

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

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

DONOR INFORMATION:

Name: _____
Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

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

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

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

Nonprofit Org.
U.S. Postage
Paid
Honor, MI
Permit No. #1



YOU'RE INVITED

Baby Shower

FOR: BENZIE COUNTY BABY PANTRY

WHEN: OCTOBER 20TH

WHERE: THE GATHERING PLACE

TIME: 1:00 P.M.

There are many babies in need and we would love it if you would join in our efforts and help support the Baby Pantry. They need everything from food to toys.