



Benzie County
Council on Aging, Inc.

The Senior Scoop

Supporting Seniors Today,
Tomorrow & the
Future

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Website: www.benziecoa.org

OFFICE HOURS

Monday – Friday:

8:00 a.m. – 4:00 p.m.

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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

Dawn Schopieray, *Editor*

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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.

FROM THE EXECUTIVE DIRECTOR

Happy New Year Everyone!

As I write this article prior to Christmas, my wife and I are getting ready to celebrate Christmas early with our oldest grandchild. I can't help but reminisce a little about when I was her age and celebrated Christmas with my Dad's side of the family, at Grandma Durand's house. She had a sun room that was decorated with blinking Christmas lights that were strung to make a path that lead to the door into the house. As you opened up the front door you would be hit with the aroma of fresh baked cookies, and a variety of other homemade treats that filled the table. Such as, my favorite, popcorn balls in a wide variety of colors, cheeseballs and crackers just to name a few.

Across the living room was her white Christmas Tree decorated with blue lights and blue bulbs. She had under the tree a multi colored turning wheels that lit up the room in red, green and blue colors. She would be wearing a dress and this would be the only time year you would ever see her in a dress! She was an obsessive Elvis Presley fan and playing in the back ground would be Elvis Presley Christmas music. I can hear those songs now in my head, thank you grandma!

The adults would be drinking some of those "special" Christmas drinks and eggnog! My cousins and I would all gather around the white Christmas tree and she would then start handing out all the Christmas presents. My cousins and I would open our gifts and we would then run off into another room and start playing with each other's gifts.

As we prepare for this weekend and I'm flooded with all these great memories it has lead me to hoping that my granddaughter, Jaedyn, as she gets older will remember past Christmas moments with fond memories of celebrating Christmas at Grandma and Grandpa Durand's home with her dad, aunts and cousin Blayne.

I want to take this time and express my true gratitude and since thank you to the congregations of Blaine Christian Church, Trinity Lutheran Church, St. Andrew's Presbyterian Church, First Congregational Church of Frankfort, Frankfort United Methodist Church and First Congregational United Church of Christ of Benzonia. These six churches provided many of the items that went into the 200 Holiday Christmas Gift Bags. There also were numerous individuals that donated items: Peggy Parks made dozens of plastic canvas tissue paper boxes, Patty Adams made 142 knitted hats, David and Kim Main made up coffee cups stuffed with honey sticks and peppermint candies, we had handmade quilts donated by the quilters group in Benzie County, an anonymous person donated two cases of lotion, Central State Bank donated calendars, and to the numerous donors that provided funds to purchase the extra items. Thank You!

Another group that the staff and I would like to express our gratitude is the many volunteers that have made this organization so much better. In 2015, these dedicated folks donated 10, 175 hours of service. From the many wonderful individuals that make up the Melody Music Makers that comes every Tuesday and also the first Friday of each month in Thompsonville; to share their love of music with so many. To the many Home Delivered Meals drivers and meal runners that deliver meals Monday through Friday year round. The dedicated front desk volunteers at The Gathering Place Senior Center. To the many different activity leaders' volunteers, the garden club volunteers and the volunteers that provide assistance to Dawn at TGP.

We also have a dedicated group of volunteers over at the Administrative Office providing help to others through the Medicare/Medicaid Assistance Program and finally to the 10 members of the Board of Directors. Thank you for making BCCOA great!

And finally, BCCOA would not exist if it wasn't for the dedicated staff and contractors that work so hard to make a difference in so many of our older adults in Benzie County. You all are the best and I am blessed to have so many dedicated individuals that share a common passion in what we do at BCCOA!

As 2015 comes to a close, I wish everyone a happy and prosperous 2016!

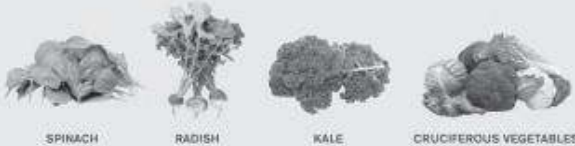
Take care, Douglas

"Your smile is your logo, your personality is your business card, how you leave others feeling after an experience with you becomes your trademark."

HEALTH TIPS AND SUPERFOODS

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11 Super Foods to Add to your Diet

1. Sweet Potatoes. Fiber, potassium and vitamin C.
2. Blueberries. Antioxidants, vitamin C and fiber.
3. Bananas. Potassium and vitamin B6.
4. Broccoli. Vitamin C and folic acid.
5. Spinach. Folate, potassium, magnesium, iron, and more.
6. Apples. Fiber that can help you stay full and may help with weight loss. (Best to eat organic.)
7. Greek Yogurt. Calcium and probiotics.
8. Salmon. Omega 3's.
9. Olive Oil. Can lower bad cholesterol levels. Antioxidants.
10. Dark Chocolate. Antioxidants.
11. Citrus Fruit. Vitamin C, fiber, and folic acid.

Food Lists for Weight Loss
by alton brown! get-in-or-die-tryng.tumblr.com

List 1: Foods to eat every day

Dark, leafy greens } Whole grains are rich in fiber and will keep you fuller longer. Nuts are a good source of protein, and fruits have antioxidants and resveratrol, known to promote longevity. Carrots are great for eye sight, greens are healthy & low in calories.

List 2: Foods to eat 3 times a week

Yogurt } Sardines are high in protein, and omega-3 fatty acids, which are very good for your heart; plus, the tiny bones contain calcium. Tofu is a low calorie protein source, and has more protein than ground beef! Cauliflower and broccoli are praised for their cancer fighting properties. Yogurt is a great source of calcium!

List 3: Foods to eat once a week

Red meat } Alton Brown's motto is, "If you're going to have one drink a week, make it count." So you should choose a dessert or drink that you really love and savor it. Be smart about your portions!

List 4: Foods to never eat

Soda } Artificial sweeteners found in diet drinks have been proved to be addictive, so you don't want to get hooked on diet drinks. They also cause the body to release more insulin, and that will lead you to storing body fat.

JANUARY MENU

LUNCH IS SERVED MONDAY THRU FRIDAY 11:30 TIL 1:00 ALL MEALS ARE SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday



				1 CLOSED HAPPY NEW YEAR!
4	5	6	7	8
Chicken Patty on Bun Broccoli Baked Peaches	Tacos Refried Beans Cinnamon apples	Salisbury Steak Mashed Potatoes Vegetable Blend, Normandy Whole Wheat Bread Orange	Chicken Stir-Fry over Rice Vegetable Blend, Far east Broccoli Mandarin Oranges	Jerk Pork Baked Sweet Potato, half portion Vegetable Blend, malibu Hawaiian Roll Pineapple
11	12	13	14	15
Sweedish Meatballs Mashed Potatoes Vegetable Blend, California Whole Wheat Bread Pear	Baked Chicken Cauliflower Corn Whole Wheat Bread Mixed Fruit	Sloppy Joes Tater Tots Green Beans Orange	BBQ Chicken Spinach Cauliflower Soft Dinner Roll Banana	Pot Roast Mashed Potatoes Vegetable Blend, malibu Whole Wheat Bread Apple
18	19	20	21	22
Chicken tenders Baked Sweet Potato, half portion Vegetable Blend, malibu Whole Wheat Bread Banana	Baked Peaches Brat on Bun Baked Beans	Gyros Cauliflower Green Beans, Italian Orange	Baked Penne Vegetable Blend, Italian Pesto Cauliflower Garlic Toast Apple	Baked Fish Vegetable Blend, Normandy Corn Whole Wheat Bread Plum Halves
25	26	27	28	29
Turkey Stew Mixed Vegetables Broccoli Oyster Cracker Apple	Goulash Green Peas Carrots Whole Wheat Bread Banana	Perogies Vegetable Blend, Italian Corn Garlic Toast Apple	Creamy Chicken Spinach Wax Beans, yellow Whole Wheat Bread Plum Halves	Fish Sandwich Tater Tots Vegetable Blend, malibu Orange

JANUARY CALENDAR OF EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED HAPPY NEW YEAR
4 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Clinic 12:00 CARDS 1:15 Movie—Ocean's Eleven (1960)	5 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	6 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	7 9:00 Little River Casino 9:00 Foot Clinic at Administration Office 9:00 Hearing Clinic at Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	8 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
11 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Genealogy	12 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	13 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 Snowflake Craft	14 10:00 Bible Study 11:15 Dining Out Day—Papa J's 11:30 Lunch 1:00 BUNCO	15 National Hat Day 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
18 Martin Luther King, Jr. Day 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Genealogy	19 National Popcorn Day 10:30 Music by The Melody Makers 11:30 Lunch No Chair Yoga	20 9:00 Shingles 101 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 4:30 Board of Directors Meeting	21 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	22 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
25 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 1:00 Genealogy	26 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	27 10:00 Stay Fit with Doris 11:30 Lunch—January Birthday Party and National Chocolate Cake Day 12:30 BINGO 1:15 Winter Craft	28 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	29 National Puzzle Day 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering

Dawn's Dish

Our Administration Office and The Gathering Place Senior Center are closed Friday, January 1. Happy New Year! Welcome 2016! Why not make one of your New Year's Resolutions to try something new at The Gathering Place Senior Center?

Please remember that The Gathering Place Senior Center is closed when Benzie Central Schools are closed.

Decorating Committee forming! If you are interested in decorating our center for various holidays and activities, please call Dawn at (231) 525-0601.

Home Delivered Meal Delivery drivers needed! Deliver hot, nutritious meals to homebound seniors in Benzie County. Deliveries are made M-F from approx. 9:30 a.m. – noon . If you think you would like to volunteer, even for just one morning per month, please call Jeff at (231) 525-0601.

Monday, January 4—11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free Blood Pressure Clinic.

Monday, January 4—1:15 p.m. Ocean's Eleven (1960) starring the original Brat Pack. No charge for movie and popcorn is only one quarter.

Thursday, January 7—9:00 a.m. Hearing Clinic, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Clinic is held the Administration Office. Call (800) 459-5992 for appointment.

Thursday, January 7—9:00 a.m. Foot Clinic with Rosemary Russell, RN, from Hometown Pharmacy. Clinic is held the Administration Office. Call (231) 525-0600 or toll free at 888-893-1102 for an appointment. Donations accepted.

Thursday, January 7 & 21—9:00 a.m. Little River Casino Trip. Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3:00 p.m. Call now to reserve your spot on the bus! (231)525-0601.

Monday, January 11, 18 & 25—1:00 p.m. Genealogy Class. Interested in researching your family history? Find out how to start and where to look. All research is done online so if you have a laptop, smartphone or tablet please bring it with you. Sign up is required. Class size is limited. Call (231) 525-0601. There is no charge for this class; please consider making a donation to The Gathering Place.

Wednesday, January 13—1:15 p.m. Snowflake Craft. I've had a request for a good, old fashion snowflake craft class, so here it is! We'll cut them out of paper like we did as kids. Plus, we'll add a few extras to sparkle them up. There is no charge for this craft. Sign up at front desk or by calling (231) 525-0601.

Thursday, January 14—Dining Out Day! We're heading to Papa J's. Grab your dining out certificates from our office for only \$3. They are worth \$6 at participating restaurants. Leaving at 11:15 a.m. Sign up required. Call (231) 525-0601.

Friday, January 15—National Hat Day. Grab your prettiest, sassiest or goofiest hat and wear it to The Gathering Place! Prizes awarded for most unique hat. Voting at 12:30 p.m.

Tuesday, January 19—National Popcorn Day! Free popcorn for everyone!

Wednesday, January 20—Board of Directors Meeting at 4:30 p.m. at The Gathering Place Senior Center.

Wednesday, January 20—9:00 a.m. Rosemary Russell, R.N. will be here to share valuable information about Shingles. **Free breakfast** will be served. Please sign up in advance at our front desk. Call (231) 525-0601. Sponsored by Hometown Pharmacy.

Monday, January 25—1:00 p.m. Spinning. Have you ever tried spinning your own yarn? Curious to see how it's done? This group is happy to share their knowledge and welcomes new spinners.

Wednesday, January 27—January Birthday Party happens to fall on National Chocolate Cake Day! Perfect! Party starts at lunch.

Wednesday, January 27—1:15 p.m. Winter Craft. Create cinnamon and coffee bean candles. It's easier than you think. \$3 Please sign up in advance at our front desk or by calling (231) 525-0601

Friday, January 29—Ol' Time Gathering! Enjoy food, music and fun. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m. donations accepted. All ages invited!

Friday, January 29—National Puzzle Day. Help us solve the puzzle set up in our Activity Room! Can we do this in just one day?

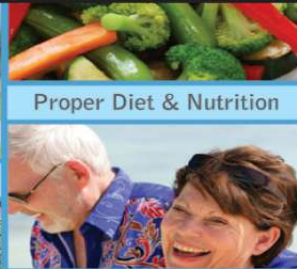
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 G E T C H I L L Y G Z O M W D
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<p>Minor irritants in business and career caused by others should be ignored. You should learn to be calm.</p> <p>Year 2016 promises to be encouraging in matters of relationships for the Capricorn zodiac sign.</p> <p>The 2016 zodiac predictions suggest that you need to work on your financial strategies on investment and savings.</p> <p>Proper diet and creative arts will help you replenish your stamina. Your vitality will be excellent in 2016.</p> <p>This is a good year for spiritual travel and visiting religious places.</p> <p>Your family will be a source of happiness and the family environment will be soothing and enjoyable.</p>	<h3>CAPRICORN</h3> <p>HOROSCOPE 2016</p> <p>The 2016 Capricorn horoscope predicts that this is a year when you need to come out of your comfort zone. You have to look at the different mysteries in life from a new perspective. You should not be bogged down by previous emotional baggage and feel free to express yourself.</p> 	<h3>ARIES</h3> <p>HOROSCOPE 2016</p> <p>Aries horoscope 2016 predicts that you will have a wonderful year as planetary positions are in your favor. However it is necessary to decide on your priorities in life and focus your attention on ways to accomplish them. This will be a year of windfalls with its share of obstacles.</p> 	<p>The first 6 months is auspicious for starting businesses and entering into new collaborations.</p> <p>Many opportunities to form new love relationships will arise during the year for singles.</p> <p>Earnings will be excellent for the Rams during the first four months of 2016.</p> <p>Planet Jupiter will help the Arians in enhancing their emotional strength and self awareness.</p> <p>This is also a good year to go on a spiritual vacation.</p> <p>Married people will have a harmonious relationship during the year.</p>
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Ken Haas	Jan.	1	Judy Fast	Jan.	12	Al Hyams	Jan.	22
Dorothy Hollock	Jan.	1	Ann Philips	Jan.	12	Betty Milliron	Jan.	22
Charles Holtrey	Jan.	2	Mary Roeters	Jan.	12	Priscilla Tretyak	Jan.	22
Max Kracht	Jan.	2	Vickie Vanderlinde	Jan.	12	Tom Bishop	Jan.	23
Sheryl Bradley	Jan.	3	Sue Ellen Westcott	Jan.	13	Betty Cramer	Jan.	23
Delbert Cleghorn	Jan.	6	Lorie Richmann	Jan.	14	Joyce Wilke	Jan.	23
Maris Ziemelis	Jan.	6	Nelda Burrows	Jan.	15	David Sorensen	Jan.	25
Robert Dougherty	Jan.	8	Sharon Francik	Jan.	15	Norm Pelky	Jan.	26
Shirley Henning	Jan.	8	Esther VanHammen	Jan.	15	Richard Lutz	Jan.	27
Mary Lou Kuerth	Jan.	8	Donna Holmes	Jan.	17	Dorothy Witzke	Jan.	27
Lee Howard	Jan.	9	Joseph Pelky	Jan.	17	James Foster	Jan.	28
Kenny Rodgers	Jan.	9	Ann Ritchards	Jan.	18	Ruth Seltzer	Jan.	29
Luella Sutherland	Jan.	9	Marshall Sauer	Jan.	18	Volnia (Jeffie) Jones	Jan.	30
Beverly Wenger	Jan.	10	Denise Holmquist	Jan.	19	Jim Mallison	Jan.	31
Cathy Finkel	Jan.	11	Harriet Mick	Jan.	20			
Margaret Kerridge	Jan.	11	Diane LaRocque	Jan.	21			

MONEY CHALLENGE

52 Week Money Challenge

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE
1	\$1.00	\$1.00	27	\$27.00	\$378.00
2	\$2.00	\$3.00	28	\$28.00	\$406.00
3	\$3.00	\$6.00	29	\$29.00	\$435.00
4	\$4.00	\$10.00	30	\$30.00	\$465.00
5	\$5.00	\$15.00	31	\$31.00	\$496.00
6	\$6.00	\$21.00	32	\$32.00	\$528.00
7	\$7.00	\$28.00	33	\$33.00	\$561.00
8	\$8.00	\$36.00	34	\$34.00	\$595.00
9	\$9.00	\$45.00	35	\$35.00	\$630.00
10	\$10.00	\$55.00	36	\$36.00	\$666.00
11	\$11.00	\$66.00	37	\$37.00	\$703.00
12	\$12.00	\$78.00	38	\$38.00	\$741.00
13	\$13.00	\$91.00	39	\$39.00	\$780.00
14	\$14.00	\$105.00	40	\$40.00	\$820.00
15	\$15.00	\$120.00	41	\$41.00	\$861.00
16	\$16.00	\$136.00	42	\$42.00	\$903.00
17	\$17.00	\$153.00	43	\$43.00	\$946.00
18	\$18.00	\$171.00	44	\$44.00	\$990.00
19	\$19.00	\$190.00	45	\$45.00	\$1,035.00
20	\$20.00	\$210.00	46	\$46.00	\$1,081.00
21	\$21.00	\$231.00	47	\$47.00	\$1,128.00
22	\$22.00	\$253.00	48	\$48.00	\$1,176.00
23	\$23.00	\$276.00	49	\$49.00	\$1,225.00
24	\$24.00	\$300.00	50	\$50.00	\$1,275.00
25	\$25.00	\$325.00	51	\$51.00	\$1,326.00
26	\$26.00	\$351.00	52	\$52.00	\$1,378.00

SOCIAL SECURITY~BE PREPARED WHEN DISASTER STRIKES

BE PREPARED WHEN DISASTER STRIKES

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for intense weather. Whether your winter brings snow, ice, or flooding, you need to be prepared.

Preparing for a possible physical or mental disability is the same. Many people don't think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability. A sobering fact for 20 year-olds is that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. Our disability programs provide financial and medical benefits for those who qualify to pay for doctors' visits, medicines, and treatments. You can learn more about how you might be covered if you are disabled at www.socialsecurity.gov/planners/disability.

Social Security pays benefits to people who worked and paid Social Security taxes, but who can no longer work and whose medical condition meets the strict definition of disability under the Social Security Act. A person is considered disabled under this definition if he or she cannot work due to a severe medical condition that has lasted or is expected to last at least one year or result in death.

The person's medical condition must prevent him or her from doing work that he or she did in the past, and it must prevent the person from adjusting to other work based on their age, education, and experience.

Supplemental Security Income (SSI), our other disability program, is a needs-based program for people with limited income and resources.

You can find all the information you need about eligibility and benefits available to you by reading our publication, *Disability Benefits*, available at www.socialsecurity.gov/pubs.

While extreme winter weather may not affect all of us, the risk of being disabled and needing help isn't based on geography. Chances are you know someone who is disabled or perhaps you live with a disability. If you wish to help a friend or family member — or need to plan for disability yourself — visit www.socialsecurity.gov/disability.

By Bob Simpson

Social Security District Manager in Traverse City

Medicare News – January 2016

Region 10 MMAP Team Saves \$1.4 Million for Medicare Beneficiaries

Counselors with the Michigan Medicare/Medicaid Assistance Program (MMAP) helped thousands of Medicare beneficiaries find different Part D drug plans for 2016 during the enrollment period that ended on December 7th. The 45 MMAP team members located throughout the 10 county region in northwest Lower Michigan saved folks over \$1.4 million for the upcoming year.

“There are 25 Part D prescription drug plans available in our area”, stated Jim Verville, Regional Coordinator for MMAP. Our counselors typically start out by requesting a list of prescriptions and other pertinent information from their clients. Then a review is made of all of the Part D drug plans is made on the Medicare plan finder located at medicare.gov. This tool is invaluable because once the medications are entered, it will sort through all 25 plans and list them in order of annual cost. MMAP counselors then present the best 2 or 3 options to the client and they decide if they want to switch. Once a decision is made, the counselor can also complete the enrollment for the new plan. The plan finder simplifies the entire decision process, making it easier for the beneficiary to make best choice for the upcoming year.

The same process is used to review Medicare Advantage plans. Most of these plans provide both health care benefits and drug coverage. Advantage plans vary in each county. There are 14 or more of these plans to choose from depending on location.

There have been a few significant changes among the Part D plans for next year. For example, some of the plans are dropping expensive diabetic insulin products and other high cost brand name drugs from their formulary. This can result in the beneficiary paying for the full cost of those drugs. Verville suggests that Medicare beneficiaries have their Part D drug plan reviewed every fall during the open enrollment period to avoid problems and possibly save money for the following year.

MMAP completed a very successful enrollment season. Verville said his MMAP team members put smiles on the faces of many of their clients because of the amount of savings that they were able to find for them. He praised his MMAP counselors for their dedication and commitment to serving beneficiaries throughout the region. “Everyone stepped up and went the extra mile to fulfill all of the requests that we received”, he said.

Medicare beneficiaries can receive personalized assistance in many areas involving Medicare and senior Medicaid benefits by contacting a local certified MMAP counselor. Simply call 800-803-7174 and leave a message.

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

DON'T FORGET



MOVIE DAY

January 4th @ 1:15

Ocean's Eleven (1960)

MOVIE is FREE

POPCORN 25 CENTS



If Benzie Central Schools are closed so is The Gathering Place.



January 11, 18 & 25th

1:00 p.m.

FREE

Genealogy Class

The Gathering Place



PATH
Personal Action Toward Health
The Stanford Chronic Disease Self-Management Program

GET ON THE PATH TO HEALTHIER LIVING!

Diabetes Self-Management Workshop Coming Soon!

Meet once a week for 6 weeks, in 2 ½ hour sessions. Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.

Adults of all ages interested in diabetes may attend, including adults with pre-diabetes, Type 1 or Type 2 diabetes, family members and caregivers.

No cost to attend.
\$20 GIFT CARD FOR THOSE WHO ATTEND 5 OR MORE SESSIONS.

Pre-registration is required.
Please call the Area Agency on Aging:
1-800-442-1713

VOLUNTEERS NEEDED



BENZIE COA ADMINISTRATION OFFICE

Are you looking for a way to fill your time? Do you enjoy helping people? Do you have previous office experience and computer knowledge? If so we need your help. We are in need of some volunteers to assist in answering our multi-line phones, to do some filing and other basic office work. If this sounds like an opportunity that you would enjoy please stop by the administration office Monday -Friday from 8-3.

CONTACT Us

- Douglas Durand—Executive Director
(231) 525-0600 ext. 102
- Sabra Boyle—Fiscal Manager
(231) 525-0600 ext. 101
- Dawn Bousamra—Senior Center Coordinator
(231) 525-0601 ext. 201
- Jeff Stockman—HDM Route Coordinator
(231) 525-0601 ext. 202
- David Main—Executive Chef
(231) 525-0601 ext. 203

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

