



THE SENIOR SCOOP



*Be connected.
Be supported.
Be home.*

April 2018

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April is:

National Stress Month
Occupational Therapist Month
Oral Cancer Awareness Month
National Alcohol Awareness Month
Distracted Driving Awareness Month
National Volunteer Month
Lawn & Garden Month
National Poetry Month

*"April hath put
a spirit of youth
in everything."*

- William Shakespeare



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Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation; Delta Dental Foundation, GT Regional Community Foundation, Rotary Charities of Traverse City & Benzie County Community Chest.

Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

DIRECTORY

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Toll Free: 888-893-1102

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Email: info@BenzieSeniorResources.org

Website: www.BenzieSeniorResources.org

facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

Benzie Senior Resources Office Hours

Monday – Friday:

8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours

Monday–Friday

8:00 a.m.—4:00 p.m. with exception to special events.

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, *Executive Director*

Dawn Bousamra, *Editor*

NEWSLETTER SUBSCRIPTION FORM

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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 Benzie Senior Resources 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. You can also find this newsletter on our website at www.benzieseniorresources.org under the NEWS tab.



From Our Director

Greetings Everyone,

Yes, spring is officially here! Even though we woke up to 16 degrees on the first day. But this is Michigan in March.

April brings a celebration to honor the many volunteers across our county, state and nation. National Volunteer Week is April 15 – 21, 2018 and this year's theme is "Celebrate Service." Benzie Senior Resources is very proud of our 150 volunteers who are an inspiration to us all.

At Benzie Senior Resources, we are fortunate to have a group of folks who give their time and energy to help us continue our mission. I often witness firsthand how this giving impacts not only the community, but each volunteer involved. Many of our volunteers report they feel a sense of accomplishment when helping others and that it's part of their journey of giving back.

The volunteers themselves may not realize it but even the smallest gesture, such as a hug or staying a few minutes to chat, makes the biggest impact and means so much to so many. Whether it's a warm smile or a refreshing kind word, it brings comfort to our clients and families each and every day.

Our volunteers along with many other volunteers in Benzie County are building a stronger and vibrant community. They are my HEROES!

As we move from winter to spring, the Lawn Chore Program will be underway along with Spring Clean-up.

The Lawn Chore program is offered to seniors (age 60 years of age and older) who are full-time residents of Benzie County and have physical limitations. This program provides outdoor maintenance intended to increase the safety of individuals living in their own home. This service is provided by an independent contractor and operates from April through October with up to twelve (12) mows allotted.

We are also offering the opportunity to receive a Spring Clean-up at a cost of \$20 per hour (the actual value cost is \$38 per hour). This program is limited to a total of 3 hours of Spring Clean-up per person with a total of \$60 cost prior to the start of lawn mowing.

Spring Clean-up includes:

- yard clean-up – no hauling of yard waste
- installation/removal of screens and storms
- window washing (outdoor)

If you are interested in these services, please call our office at 231.525.0600 or come in and see us.

As always, I welcome your thoughts.

Take care,

Douglas



April Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>National Library Week</i> 10:00 Yoga 11:30 Lunch— EASTER LUNCH & The Maples Blood Pressure Check 12:00 CARDS	3 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	4 <i>Tell a Lie Day</i> 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	5 9:00 Hearing Clinic at Admin. Office—By Appointment only 11:30 Lunch 1:00 BUNCO	6 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling
9 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	10 <i>National Siblings Day</i> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	11 8:30 Zumba 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	12 8:45 Little River Casino 11:30 Lunch—Welcome Cap-Tel Caption Phone 1:00 BUNCO	13 9:30 BUNCO 11:30 Lunch—April Birthday Party 1:00 Wii Bowling 
16 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	17 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	18 8:30 Zumba 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	19 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check and Jessica with Benzie Bus 1:00 BUNCO	20 9:30 BUNCO 11:30 Lunch—National Volunteer Day 1:00 Wii Bowling
23 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Brain Chat 2:30 Zumba	24 9:00 Estate Planning at Admin. Office—By Appointment only 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	25 8:30 Zumba 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	26 8:45 Little River Casino 11:30 Lunch 1:00 BUNCO	27 <i>Babe Ruth Day</i> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 'Ol Time Gathering
30 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba				



April Menu

Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. — 1:00 p.m.

Menu is subject to change without notice

Meal cost is \$4.00 suggested donation for those age 60 and older

Under 60 is \$7.50 and \$5.00 for Caregivers under 60

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham Dinner Sweet Potatoes California Blend Hawaiian Rolls Fruit Cocktail	3 Cincinnati Chili Corn Green Beans Bread Banana	4 Pollock Almondine Normandy Blend Broccoli Bread Tropical Fruit	5 Chicken Tacos Refried Beans Baked Pears	6 Slow Roasted Beef Herb Mashed Potatoes Capri Blend Bread Pineapple
9 Sloppy Joes Sweet Potato Tots Broccoli Cranberry Applesauce	10 Stuffed Bell Peppers Carrots Spinach Bread Banana	11 Tangerine Chicken over Rice Far East Blend Green Beans Fortune Cookie Mandarins	12 Cinnamon French Toast Breakfast Sausage Scrambled Eggs Cinnamon apples	13 Baked Chicken Parmesan Garlic Mashed Potatoes Scandinavian Blend Bread Pear
16 Crispy Cod Sandwich Capri Blend Broccoli Pineapple	17 Smoked Sausage with Kraut Carrots Green Peas Bread Pear	18 Thai Peanut Chicken Green Beans Far East Blend Fortune Cookies Mandarins	19 Spaghetti with Meat Sauce Corn Pesto Cauliflower Garlic Toast Peaches	20 Caribbean Pork Roast Sweet Potatoes Malibu Blend Bread Tropical Fruit
23 Steakhouse Burger Tater Tots Malibu Blend Banana	24 Goulash Green Peas Carrots Bread Plum	25 Chicken Empanadas Latin Rice Corn Tropical Fruit	26 BBQ Meatballs Baked Potato California Blend Bread Pineapple	27 Hot Turkey Sandwich Herb Mashed Potatoes Italian Blend
30 BBQ Rib Sandwich Tater Tots California Blend Banana				

Dawn's Dish

Upcoming Trips! We have one heading to Niagara Falls & Toronto May 7-11 for 5 days and 4 nights at \$475/ person (double occupancy). The other is a trip to Branson for a Holiday Show Extravaganza November 4-10 for 7 days and 6 nights at \$675/ person (double occupancy). Please see our flyers at The Gathering Place or call Judy Fast at 248-425-5849 or Lynn Vanderplow at 231-944-5463 for more information.

Monday, April 2—Easter Dinner at lunch! Join us for Ham dinner & see if the Easter Bunny leaves any treats.

Wednesdays, April 4, 11, 18, 25—Foot Clinics at the Benzie Senior Resources Administration Office. Call 231-525-0600 for your appointment. While we don't charge a fee, we really appreciate donations toward this service by those who use it .

Wednesdays, April 4, 11, 18, 25—1:15 p.m. PLARN. Crochet plastic mats to donate for the homeless. For more information, please call Dawn at 231-525-0601. No experience is necessary.

Thursdays, April 12 & 26—Little River Casino Trip. Leave The Gathering Place at 8:45 a.m. and Shop-n-Save at 9:00 a.m. Trip fee \$10. There is a slight change to the package. You will still receive a \$5 food voucher but now guests have to earn 10 points on their card before earning the \$20 in River credits. The credits will download automatically on their card. Return by 3:00 p.m. Space is limited so call now to reserve a seat. 231-525-0601 or toll free at 877-277-1306.

Thursday, April 12—Tina Caldwell with Cap-Tel Caption Phone will be here during lunch to explain this great opportunity. The phones are covered under a Federally funded grant for anyone who has a hearing loss.

Friday, April 13— Birthday Party! We've been neglecting our lunchtime monthly birthday parties. Time to bring them back. We'll have them the second Friday of every month. CAKE!

Thursday, April 19—Jessica with Benzie Bus will be here during lunch to share updates and information with us. Please be sure to say hello!

Monday, April 23—1:00 p.m. Beth Eisch, Special Project Coordinator and Trainer for Area Agency on Aging of Northwest Michigan will be doing a presentation on Brain Health after lunch. Information will be provided on how to reduce risks that may be related to brain health. We'll cover the normal aging brain, threats to brain health, a little about Alzheimer's disease and strategies to preserve brain health.

Friday, April 27— Ol'Time Gathering music and dancing night. Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.

Calling all volunteers!

Saturday, April 29th, *Volunteer Benzie County* (newly formed group to help you find the perfect place to volunteer) is hosting an event at The Garden Theater in Frankfort for anyone who volunteers ANYWHERE in Benzie County!

*Currently I don't have all the details. I'm hoping I'll have a flyer to stuff inside this newsletter but if not, call Dawn at 231.525.0601 or check *The Record Patriot*.

Wondering what to do with your Senior Scoop newsletter once you've finished reading it? Please pass it on to a friend or leave it at your doctor's office. Please, help us help others and share this newsletter! Thank you!





Older Michiganian's Day Trip. Join us as we head to Lansing on Wednesday, May 16th to make sure our voices are

heard! We'll sit down with our State Legislators to discuss our concerns. Tour the Capitol building and have lunch on the lawn. Older Michiganian's Day is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

It is a long day driving to Lansing and back but well worth it for the experience! Call Dawn at 231-525-0601 for information. Space is limited!

SPRING READ

APRIL 5, 2018

5:30 PM

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Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

Please help us re-fill our loan closet as it's in need of your donations of bath chairs, benches, commodes, wheeled walkers, etc.
Thanks!

Would you like to help us spruce up our patio? We need:

- **Hands.** Lots of hands to plant our garden. There are two raised garden beds— if getting down on your knees in the dirt won't work, you can still help!
- **Flower/ plant donations.**
- **Donations toward updating our patio furniture.** Our current furniture that was generously donated by Labadie's years ago, is in need of replacement.

Please call Dawn if you can help with any of these needs. 231.525.0601.

The Benzie Area Alzheimer's Caregivers Support Group meets at 2:00 p.m. on the first Wednesday of each month in the REMEC room at Paul Oliver Memorial Hospital in Frankfort. Friends and family members of those with memory loss, Alzheimer's or other dementia issues are welcome.

For information, contact

Nancy VanderLinde 231-399-0253 or vanderlinde1233@gmail.com or Jeanette McNinch at POMH, 231-352-9621.





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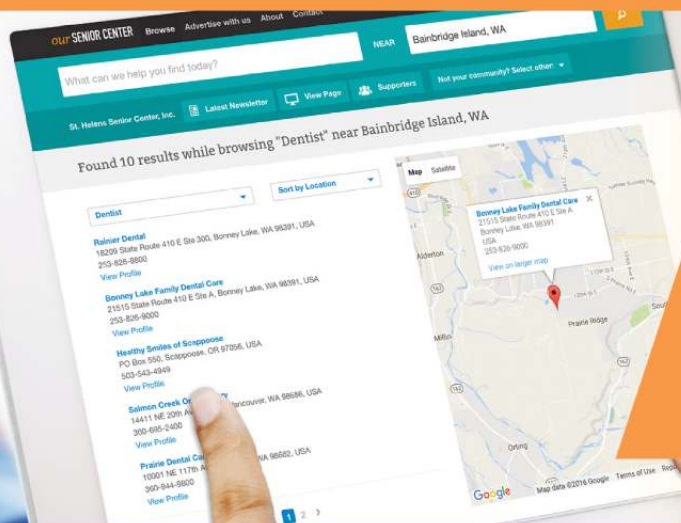
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Laughter is the best medicine!

A 1st grade school teacher presented her class with the first half of a well-known proverb and asked them to come up with the remainder of the proverb. Enjoy!

1. Don't change horses.....until they stop coming.
2. Strike while the.....bug is close
3. It's always darkest before.....Daylight Savings Time.
4. Never underestimate the power oftermites.
5. You can lead a horse to water but.....how?
6. Don't bite the hand that.....looks dirty.
7. No news is.....impossible.
8. A miss is as good as a.....Mr.
9. You can't teach an old dog new math.
10. If you lie down with dogs, you'll.....stink in the morning.
11. Love all, trust.....me.
12. The pen is mightier than the.....pigs.
13. An idle mind is.....the best way to relax.
14. Where there's smoke there's.....pollution
15. Happy the bride who.....gets all the presents.
16. A penny saved is.....not much.
17. Two's company, three's.....the Musketeers
18. Don't put off till tomorrow what.....you put on to go to bed.
19. Laugh and the whole world laughs with you, cry and.....you have to blow your nose.
20. There are none so blind as.....Stevie Wonder.
21. Children should be seen and not.....spanked or grounded.
22. If at first you don't succeed.....get new batteries.
23. You get out of something only what you.....see in the picture on the box.
24. When the blind lead the blind.....get out of the way.
25. A bird in the hand.....is going to poop on you.
26. Better late than.....pregnant.

WE NEED YOU!

ARE YOU 55 YEARS OF AGE OR BETTER WITH TIME TO GIVE?

In exchange for 15-20 hours of weekly volunteer activity, you earn up to **\$220** per month **tax-free** (if you meet income eligibility requirements) that will not affect any benefits you receive. We also provide you with paid training and cost reimbursements for mileage and meals. The **Senior Volunteer Programs** are designed to offer a meaningful volunteer opportunity and to help meet community needs.

SENIOR COMPANIONS are found doing what friends do for friends – assisting with grocery shopping or other errands, offering a lift to the doctor, sharing a meal, talking about old times and new challenges, easing their loneliness and providing a caregiver respite.

FOSTER GRANDPARENTS are found at supervised sites tutoring children in schools, reading to Head Start children, rocking infants in day care centers, nurturing a child at a homeless shelter, or mentoring a child with a unique need.

Call today to find out about opportunities in your area:

1-800-658-8554

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April Birthdays/ Recipe

Fred Marsh	1	Lester Brownell	8	Vince Navarre	21
Olga Horn	1	Ernest Parker	9	Wilma Howe	22
Marilyn Payne	2	Fran Wallace	9	Herbert Lentz	24
Margaret Bohash	3	Yvonne Hackett	10	Carol Bear	25
Terry Markey	3	Gary Huddleston	10	Roselle Boughner	26
Charles McKeen	3	Fordyce Forrester	11	Albert Moreno	26
Bob McQuilkin	3	Donald V Greene	11	Chester Sandecki	26
Laura Payment	4	Sue Sheffield	11	Lynn Miner	27
Ernest Thomas	4	Jeannette Reisinger	14	Alice Smith	27
Anna Nordbeck	5	Rita Schopieray	14	Gordon Armstrong	28
Nona Nugent	5	Axel Anderson	15	Robert Finkel	28
Mary Straubel	5	Ramona Foust	15	Nadine Gilroy	28
Richard Claybour	6	Anna Gray	16	Mary Ann Hendricks	28
Gordon Guined	6	Charlie Walterhouse	16	Larry Lozen	28
Julie Spoor	6	Dan Berndt	17	Judy Moore	28
Henry Hutchison	7	Bill Dowd	17	Syrine Sonier	28
Larry Johnson	7	Jean Bowers	18	Leon Thomas	28
Maxine Lighthorse	7	Zilda Jackson	18	Kathy Burns	29
Patricia Shijka	7	Lila Kulow	19	Martha Sterzik	29
Linda Wolfe	7	Dyana Parsons	19	Michael Bailey	30
Viva Fender	7	Marie Cote	20	Oscar Jaquish	30
Carroll Denzel	8	Lynn Vanderplow	20	Bonnie Rodgers	30

If we forgot your birthday we are truly sorry.

If you'd like your name removed from the birthday list, please let us know.

Roast Chicken With Spring Vegetables

Total: 40 min

Prep: 5 min

cook: 35 min

Yield: 4 servings

Level: Easy Ingredients

3 1/2 pounds skin-on, bone-in chicken quarters

Kosher salt and freshly ground pepper

1 lemon, halved

3 tablespoons extra-virgin olive oil

1 pound fingerling or other small potatoes

2 bunches radishes

1 bunch scallions

1 bunch baby carrots

1/4 cup chopped fresh dill



Directions: Preheat the oven to 450 degrees F. Rinse the chicken and pat dry. Season with salt and pepper, then place skin-side up on a rimmed baking sheet. Squeeze 1/2 lemon over the chicken and drizzle with 1 tablespoon olive oil. Roast 15 minutes. Meanwhile, cut the potatoes and radishes in half and cut the scallions into thirds. Toss the potatoes, radishes, carrots and the remaining 2 tablespoons olive oil in a bowl; season with salt and pepper. Remove the chicken from the oven and scatter the vegetables around it. Continue to roast until the vegetables are tender and the chicken is golden and cooked through, about 20 more minutes. Squeeze the remaining 1/2 lemon over the chicken and vegetables. Top with the dill and season with salt. Photograph by Antonis Achilleos Courtesy of Food Network Magazine. Recipe courtesy of Food Network Kitchen From: Food Network Magazine



Medicare

How Medicare works with VA and TRICARE for Life Military Health Benefits

Can I have both Medicare and Veterans Affairs health benefits?

Yes, many people choose to use both benefits in order to have access to more providers and services. However, with few exceptions, **Medicare and VA benefits do not work together.** Medicare generally does not pay for care that you receive at a VA facility. In order for Medicare to cover your care, you usually must receive care at a Medicare-certified facility that works with your Medicare coverage. In order for your VA coverage to cover your care, you must generally receive health care services at a VA facility. Exceptions can be made, such as if you receive prior authorization from the VA to receive VA-covered services at a Medicare-approved facility. If an emergency occurs that requires you to receive such care, the VA may cover some of those costs until you can be moved to a VA facility for continued care.

Many veterans use their VA health benefits to get coverage for health care services and items not covered by Medicare, such as over-the-counter medications, annual physical exams, and hearing aids. However, you may want to consider enrolling in Medicare Part B even if you have VA coverage. Part B may cover services you receive from Medicare-certified providers and provide you with medical coverage outside the VA health system. In addition, **if you do not enroll into Part B when you are first eligible to do so, but later decide to enroll in Part B, you will likely incur a Part B premium penalty** for each 12-month period you were without Medicare Part B coverage. In addition, you may also experience gaps in coverage.

How does VA coverage of prescription drugs work?

The VA will provide medications that are prescribed by VA providers in conjunction with VA medical care. Medications are prescribed from an approved list of medications called a formulary. The VA will fill prescriptions prescribed by a non-VA provider only if all of the following criteria are met:

- You are enrolled in VA health benefits

- You have an assigned Primary Care Provider

- You have provided your VA health care provider with your medical records from your non-VA provider

- Your VA health care provider agrees with the medication prescribed by your non-VA provider.

Veterans in Priority Group 1 may receive their VA medications free of charge based on their service-connected disabilities. Veterans in Priority Groups 2-8 will be charged a copayment for each 30 day or less supply of medications that the VA provides, based on a 3-tiered formulary. The Tier 1 (Preferred Generics) copay is \$5; the Tier 2 (Non-Preferred Generics & some OTCs) copay is \$8; the Tier 3 (Brand Name) copay is \$11.

Do I need Medicare Part D prescription drug coverage if I have VA prescription coverage?

VA drug coverage is “creditable coverage” which means that it is as good as or better than Medicare Part D prescription drug coverage. As long as you remain enrolled in drug coverage through the VA, you can delay enrolling in Medicare Part D without penalty. If you lose that coverage, however, you should enroll in a Part D plan within 63 days to avoid a penalty and gaps in coverage.

If you are interested in enrolling in a Part D plan in addition to or in place of your VA drug coverage, compare your options first. Some things to consider are the costs of a plan’s premiums, deductibles, and copays, the drugs that are available on a plan’s formulary (list of covered drugs), and the pharmacies that you can go to. If you are eligible and apply for Extra Help, it will pay for some or most of your Part D premium and copays.

Medicare Continued/ Bulletin Board

How does Medicare work with TRICARE for Life (TFL)?

Certain career military retirees and their dependents are eligible for TRICARE for Life (TFL), which acts as a supplement to Medicare. With TFL, you are required to take Medicare if you are eligible for it. Medicare is the primary payer for Medicare-covered services and TFL usually pays any remaining expenses, including deductibles and coinsurances, up to the Medicare-approved amount. You are eligible for TFL if you are enrolled in Medicare Part A and Part B and you are otherwise eligible for TRICARE.

TFL also offers a Senior Pharmacy Program, which allows members to obtain low-cost prescription medications from the National Mail Order Pharmacy (NMOP) and TFL network and non-network civilian pharmacies. There is no enrollment fee for this prescription drug program. How much you pay depends on where you fill your prescriptions. Through the NMOP and TRICARE network pharmacies, generic drugs are \$3 and brand name drugs are \$9. At non-network pharmacies, both generic and brand name drugs are \$9 or 20% of the prescription's total cost (whichever is greater). At non-network pharmacies, there is also a \$150 deductible per person or a \$300 deductible per family.

Please help us welcome Barb Worland, our Director of Home Health Services!

My name is Barb Worland; I've been a registered nurse for 20 years. I'm from Traverse City originally, but moved away & lived in Indiana for over 30



years. I've been back in the area for 4 years and am enjoying being back "home". I have two adult sons; Nick is 30 and lives in Indianapolis and Ben is 25 and lives in Nashville, TN. I have a dog named Jack, and I enjoy snow shoeing, hiking, bicycling and reading.

AARP Smart Driver Course

When? June 20 & 21

Where? The Gathering Place Senior Center in Honor Plaza

Time? 1:00 p.m.—5:00 p.m.

Cost? \$15 for AARP and \$20 for non-members

This course is designed for those age 50 & older. This is an 8 hour class & you must attend both days. You may be eligible to receive an auto insurance discount once you complete this class. Ask your insurance agent! Space is limited— call Dawn today! 231-525-0601.



Creating Confident Caregivers, 2018 Workshops to be held at The Area Agency on Aging of Northwest Michigan, 1609 Park Drive, Traverse City.

Meet once a week for 6 weeks. Four options available!

Mondays 5:30 p.m.-7:30 p.m.
April 9, 16, 23, 30, May 7, 14

Mondays 2:00 p.m.-4:00 p.m.
June 4, 11, 18, 25, July 2, 9

or

Wednesdays 1:00 p.m.—3:00 p.m.
Oct. 31, Nov. 7, 14, 21, 28, Dec. 5

Mondays 5:30 p.m.-7:30 p.m.
Sept. 10, 17, 24, Oct. 1, 8, 15

No costs to attend. Optional donations are appreciated. Space is limited to 12 participants and pre-registration is required. Register with Sharon at 1-800-442-1713



Earth Day is April 22nd

Earth Day Word Search

Can you find the hidden words associated with the the environment?

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

AIR
CANS
CLEAN
CONSERVE
EARTH
ENERGY
ENVIRONMENT
FOREST
GLASS
LITTER
NATURE
OZONE
PAPER
PLANET
RECYCLE
REDUCE
RESOURCE
REUSE
SMOG
TRASH
TREES
WASTE
WATER

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TOP 10 TRASH FOUND IN THE WORLD'S OCEANS

- 1  **2,117,931**
CIGARETTES
- 2  **1,140,222**
FOOD WRAPPERS/CONTAINERS
- 3  **1,065,171**
PLASTIC BEVERAGE BOTTLES
- 4  **1,019,902**
PLASTIC BAGS
- 5  **958,893**
CAPS/LIDS
- 6  **692,767**
CUPS/PLATES/CUTLERY
- 7  **611,048**
STRAWS/STIRRERS
- 8  **521,730**
GLASS BEVERAGE BOTTLES
- 9  **339,875**
BEVERAGE CANS
- 10  **298,332**
PAPER BAGS

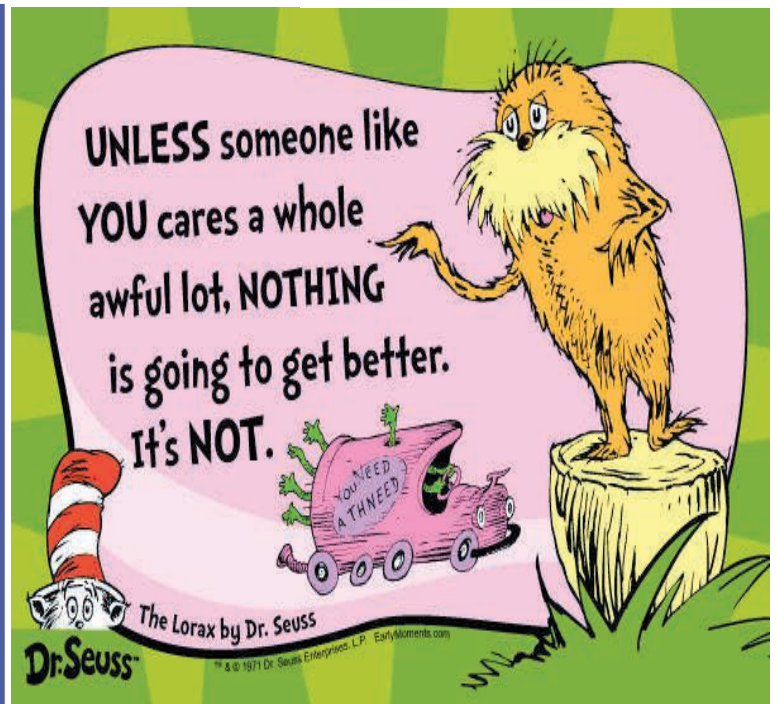
Source: International Coastal Cleanup 2012, Ocean Conservancy



Though beautiful, even biodegradable paper lanterns can be VERY harmful to the environment & wildlife. Sky lantern litter takes a long time to decompose. Plus the wire frames can strangle & maim wild animals & livestock.

They're also a significant fire hazard, causing multiple wildfires. Instead of releasing sky lanterns, consider blowing bubbles to make wishes, or float a small amount of native flowers down a stream to commemorate your occasion.

This Barn Owl was killed by a paper lantern.



THE SENIOR SCOOP

Donations

Giving is not just about making a donation. It's about making a difference.

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need your support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes.

You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes.

Legacy Giving: Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

Memorial Gifts: Tribute gifts 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. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

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

DONOR INFORMATION:

Name: _____
Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

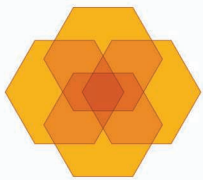
Type of Donation (please circle): Legacy Tribute Other

Make Checks Payable To: Benzie Senior Resources

*Benzie Senior Resources is an independent 501c3 not-for-profit organization.
Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations.
Consult your tax or legal advisor for details.*

Donor Privacy Policy—Benzie Senior Resources (BSR) does not sell or distribute donor information. Be assured your information is secured and protected and only used by BSR when processing your donation and supplying you with BSR information.





BENZIE

SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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Laurie trying to stay dry in the kitchen!



(Left) The Shorts wearing their green with pride.



(Below) Dottie, Geri and Jean enjoying their time at The Gathering Place.

Four little Leprechauns (L to R): Julia McGreenhair, Lynn McHat, Bonnie McLaughs and Judy McScarfy

