



**BENZIE**  
SENIOR RESOURCES

June 2018

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# THE SENIOR SCOOP



*Be connected.  
Be supported.  
Be home.*

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Beverly Holbrook, our Board Chair and Douglas Durand, our Executive Director looking sharp at the 2018 Business Expo!

Our Plarn group delivering the mats they created to The Goodwill Inn. These mats are easy to clean and great insulators from the ground.

Great job ladies!





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trusted care to  
support  
Benzie seniors.*

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*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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Website: [www.BenzieSeniorResources.org](http://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***

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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](http://www.benzieseniorresources.org) under the NEWS tab.





# *The Senior Collaboration Group Building Benzie Bonds Presents*

## **SENIOR EXPO 2018**

*Friday, June 8, 2018*

*9:00 AM – 1:00 PM*

*Trinity Lutheran Church*

*Frankfort, MI*

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# June 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
				<p>1</p> <p>Rosemary Garlic Pork Roast Sweet Potatoes Broccoli Bread Pear</p>
<p>4</p> <p>Loaded Mac-n-Cheese Carrots Green Beans Bread Peaches</p>	<p>5</p> <p>Chicken Florentine over rice Broccoli Capri Blend Bread Banana</p>	<p>6</p> <p>Smoked Sausage with Kraut Carrots Cauliflower Bread Pear</p>	<p>7</p> <p>Chicken Tacos Refried Beans Cinnamon apples</p>	<p>8</p> <p>Slow Roasted Beef Herb Mashed Potatoes Green Peas Bread Tropical Fruit</p>
<p>11</p> <p>Asian Chicken Salad Cranberry Applesauce Raspberry Carrots</p>	<p>12</p> <p>Steak Fajitas Latin Rice Key West Blend Tropical Fruit</p>	<p>13</p> <p>Blueberry Pancakes Breakfast Sausage Scrambled Eggs Baked Peaches</p>	<p>14</p> <p>Cabbage Rolls Green Peas Wax Beans Bread Fruit Cocktail</p>	<p>15</p> <p>BBQ Chicken Baked Potato California Blend Roll Pineapple</p>
<p>18</p> <p>Greek Pita Sandwich Cauliflower Carrots Plum</p>	<p>19</p> <p>Sloppy Joes Tater Tots California Blend Banana</p>	<p>20</p> <p>Sweet Potato Encrusted Pollock Normandy Blend Spinach Bread Peaches</p>	<p>21</p> <p>Turkey Dinner Herb Mashed Potatoes Malibu Blend Bread Applesauce</p>	<p>22</p> <p>Ham Dinner Sweet Potatoes Broccoli Hawaiian Rolls Pineapple</p>
<p>25</p> <p>Crispy Cod Sandwich Sweet Potato Tots Carrots Tropical Fruit</p>	<p>26</p> <p>Spaghetti with Meatballs Italian Beans Pesto Cauliflower Garlic Toast Peaches</p>	<p>27</p> <p>Country Style Beef Fritters Herb Mashed Potatoes Corn Bread Banana</p>	<p>28</p> <p>Pizza! Broccoli Spinach Breadsticks Pear</p>	<p>29</p> <p>Sweet and Sour Chicken Far East Blend Green Beans Fortune Cookie Mandarins</p>





# June Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>9:30 BUNCO</p> <p>10:30 Thompsonville Lunch, Bingo and Music</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:00 Tech Support</p>	
<p>4</p> <p>Applesauce Cake Day</p> <p>10:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 CARDS</p> <p>2:30 Zumba</p>	<p>5</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga</p> <p>5:15 Zumba</p>	<p>6</p> <p>8:30 Zumba</p> <p>9:00 Foot Clinic at Admin. Office by Appointment only</p> <p>10:00 Stretching w/Doris</p> <p>11:30 Lunch</p> <p><b>NO Bingo</b></p> <p><b>1:00 Close</b></p>	<p>7</p> <p><b>NO BUNCO</b></p> <p>9:00 Hearing Clinic at Admin. Office by Appointment only</p> <p>11:30 Lunch</p> <p><b>1:00 Close</b></p>	<p>8</p> <p><u>9:00– 1:00 Senior Expo at Trinity Lutheran Church</u></p> <p>9:30 BUNCO</p> <p>11:30 Lunch—June Birthday Party</p> <p>1:00 Wii Bowling</p> <p>1:00 Tech Support</p>
<p>11</p> <p>10:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 CARDS</p> <p>2:30 Zumba</p>	<p>12</p> <p>Peanut Butter Cookie Day</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga</p> <p>5:15 Zumba</p>	<p>13</p> <p>8:30 Zumba</p> <p>9:00 Foot Clinic at Admin. Office by Appointment only</p> <p>10:00 Stretching w/Doris</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:15 PLARN</p>	<p>14</p> <p>8:45 Little River Casino</p> <p>11:30 Lunch—Welcome Annette with YDHP (see Dawn's Dish for information)</p> <p>1:00 BUNCO</p>	<p>15</p> <p>9:30 BUNCO</p> <p>11:30 Lunch—Father's Day</p> <p>1:00 Wii Bowling</p> <p>1:00 Tech Support</p>
<p>18</p> <p>10:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 CARDS</p> <p>2:30 Zumba</p> <p>6:00 Summerfest in Thompsonville</p>	<p>19</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga</p> <p>5:15 Zumba</p> 	<p>20</p> <p>8:30 Zumba</p> <p>9:00 Foot Clinic at Admin. Office by Appointment only</p> <p>10:00 Stretching w/Doris</p> <p>11:30 Lunch</p> <p><b>NO Bingo</b></p> <p>1:00 AARP Smart Driver Course</p> <p>1:15 PLARN in dining room</p> <p>4:30 Board of Directors Meeting</p>	<p>21</p> <p>First Day of Summer!</p> <p>11:30 Lunch — Munson Paul Oliver Blood Pressure/ Med Check and Jessica with Benzie Bus</p> <p>1:00 AARP Smart Driver Course</p> <p>1:00 BUNCO</p>	<p>22</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:00 Tech Support</p> 
<p>25</p> <p>10:00 Yoga</p> <p>11:30 Lunch</p> <p>12:00 CARDS</p> <p>2:30 Zumba</p>	<p>26</p> <p>9:00 Estate Planning at Admin. Office by Appointment only</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga</p> <p>5:15 Zumba</p>	<p>27</p> <p>8:30 Zumba</p> <p>9:00 Foot Clinic at Admin. Office by Appointment only</p> <p>10:00 Stretching w/Doris</p> <p>11:30 Lunch</p> <p>12:30 BINGO</p> <p>1:15 PLARN</p>	<p>28</p> <p>8:45 Little River Casino</p> <p>11:30 Lunch</p> <p>1:00 Elder Law Seminar</p> <p>1:00 BUNCO</p>	<p>29</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:00 Tech Support</p> <p>6:00 'Ol Time Gathering</p>



# Dawn's Dish

**Please Note:** We are closing early on June 6th & 7th in order to set-up for our Volunteer Recognition Events for both evenings. We have so many fabulous volunteers that we had to split it into two nights!

**Upcoming Trip!**—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.

Tech Support is back! Call 231.525.0601 to schedule your individualized appointment with Robert. He is available every Friday in June with appointments beginning at 1:00 p.m.

**Wednesdays, June 6, 13, 20 & 27**—Foot Clinic 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, June 6, 13, 20 & 27**—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.

**Friday, June 8**—June Birthday Party! Join us during lunch for cake to celebrate those born in June!

**Thursday, June 14 & 28**—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, June 14**—Annette McPherson is the Community Projects Coordinator for the Youth Homelessness Demonstration Project (YHDP). Annette will be at The Gathering Place during lunch to talk about this program & how it can help those you may know.

**Friday, June 15**—Join us as we have our Father's Day Luncheon.

**Thursday, June 21**—Kate with Paul Oliver Living and Rehabilitation will be here for Blood Pressure and Blood Sugar checks.

**Wednesday, June 20 & Thursday June 21**—AARP Smart Driving Course from 1:00 p.m.—5:00 p.m. This course is designed for those age 50 & older. This is an 8 hour class & you must attend both days. \$15 for AARP and \$20 for non-members. 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!

**Thursday, June 21**—Jessica with Benzie Bus will be here during lunch to share updates and information with us. Please be sure to say hello!

**Thursday, June 28**—FREE Elder Law Seminar from 1:00 p.m.—4:00 p.m. Ask questions and get answers about Estate Planning, Trusts, Wills, etc. Please sign up at the front desk.

**Friday, June 29**— Ol' Time Gathering music, dancing and potluck. 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.

**Do you have videographer skills? Do you know someone who loves to take & edit videos? We are in need of someone to help us create videos to share. If you do, please call me at 231.525.0601 ext. 201.**



# Crossword Puzzle

## Ice Cream Flavors

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

COTTON CANDY  
 MAPLE WALNUT  
 PECAN  
 BANANA  
 TIGER TAIL  
 MOOSE TRACKS  
 COCONUT  
 ROCKY ROAD  
 GREEN TEA  
 FUDGE  
 REESES  
 CHOCOLATE  
 VANILLA



Play this puzzle online at : <http://thewordsearch.com/puzzle/416>.



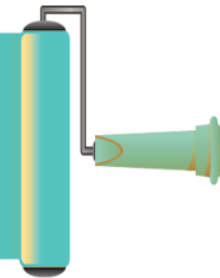
My name is Annette McPherson and I am the Community Projects Coordinator for the Youth Homelessness Demonstration Project (YHDP). The YHDP is a plan created to address youth homelessness in a 5-county area, and it includes a Youth Advisory Board (YAB), informing the process. The primary goals of the project are to identify, house and connect support programs for youth who are at risk of or are experiencing homelessness.

**Annette will be at The Gathering Place during lunch from 11:30 a.m.—1:00 p.m. on Thursday, June 14th to talk about this program & how it can help those you may know.**





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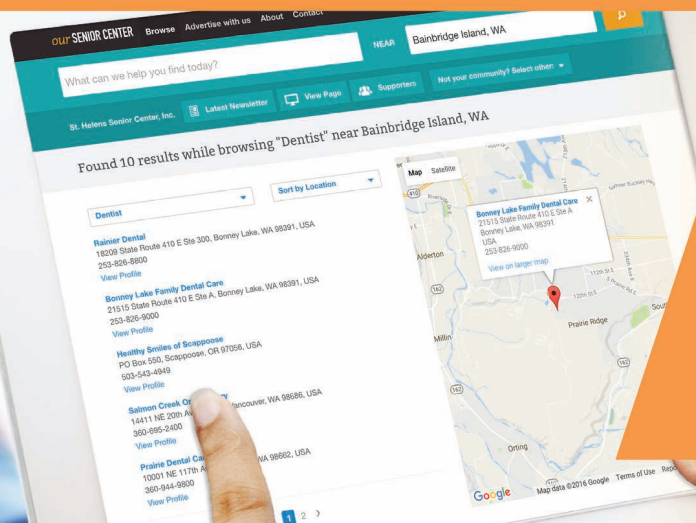


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# Bulletin Board

## 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 re-  
ceive an auto insurance discount  
once you complete this class. Ask  
your insurance agent!

Space is limited— call Dawn today!



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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 Hos-  
pital 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](mailto:vanderlinde1233@gmail.com) or Jeanette McNinch at  
POMH, 231-352-9621.

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**SENIOR COMPANIONS** are found doing what friends do for  
friends – assisting with grocery shopping or other errands, offer-  
ing 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, rock-  
ing infants in day care centers, nurturing a child at a homeless  
shelter, or mentoring a child with a unique need.

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## June Birthdays

Joan Giddis	1	Kathleen Stoltmann	8	Beverly Childs	21
Bill Booth	2	Deb Reed	9	Mabel Foust	21
Jan Yost	2	Lawrence Stone	9	Gloria McPherson	22
Dan Giddis	2	Blanche Blacklock	10	Pat Ely	23
Philip Feiger	2	Julie Hopkins	10	Carol Rider	24
Jean Revnell	2	Marce Keillor	10	James Reed	24
Connie Ryan	2	Elaine Larson	10	Kathy Swetnich	24
Dennis Cheylava	3	Joann Thomason	10	Mary Boyd	25
Sandy Fagan	3	Beverly Reed	11	John Ester	25
Bill Honer II	3	Duane Nugent	12	Ruth Laffleur	25
Robert Kage	3	Barbara Bowman	13	Loren Wilson	25
Ted Mick	4	Trent Delong	13	Chester Dixon	26
Joy Brozofsky	5	George Harrington	14	Ralph Poelling	26
Orville Campbell	5	Victoria Mueller	14	Rosemarie Holso	27
Laura Nespor	4	Jeannie Olah	14	Suzanne Jewell	27
Sandra Keeler	6	Margaret Wade	14	Duane Parker	27
Ivan Lumbert	6	Barbara Randall	15	Gloria Troutman	27
Jim Marsden	6	Robert Ward	15	Jean Harrington	28
Nelda Yerke	6	Louis Tipper	15	James Kilgus	28
Lily Andrews	7	Lucy Mitchell	17	Lucy Swanson	28
Harold Case	8	Fern Plant	17	Laurel Hanson	29
Fred Ely	8	Pat Vertucci	19	June Armstrong	30
Trilby Novak	8	George Bailey	20	Jeff Lepke	30
Orlin Reed	8	Gerri Killeen	20	Carol Salerno	30

*If we forgot your birthday we are truly sorry. If you'd like your name removed from the list, let us know.*



### Happy 100th Birthday Marce!

Marce Keillor was born June 10, 1918 in the very farmhouse in which he still lives. He's always lived there except for his WWII service in the Army Air Corps from 1942-1945 when WWII ended. He's proud of the barn he built with his brother & father in 1950 there at the farm. He was married to Winnie for 70 years. They were a perfect match!

He earned his Master Plumber's license & enjoyed a second career in plumbing & heating after many years of farming.

What is Marce's secret to aging well? He enjoys watching The Price is Right, Wheel of Fortune,

& Jeopardy. Plus he's a positive guy and a true peacemaker.

His daughters Sonja Reitan & Kathy Mattson are having a birthday party for him at Blaine Christian Church to celebrate.



## What About Water?

Did you know that water is the nutrient your body needs the most?

Here are some of the functions of water in the body. Water...

- ... transports nutrients and medicines.
- ... protects against heat exhaustion.
- ... helps prevent constipation.
- ... keeps the body and skin hydrated.
- ... keeps eyes, mouth, and nose moist.
- ... carries away wastes.
- ... controls body temperature: cools the body in the summer and warms it in the winter.

How can you get enough water each day?? Here are a few tips...

- Drink water with your meals
- Eat fresh fruits and vegetables... they are high in water content.
- Keep water in a pitcher in the refrigerator as a reminder.
- Keep a water bottle by your chair.
- Many people like hot water with lemon juice.
- Water is the best choice, but any non-alcoholic, decaffeinated beverage will count.
- Some foods contain more fluid, such as jello or soup.
- Try a variety of beverages such as milk, juices, lemonade, cider, or flavored water.

Current recommendations suggest drinking 6-8 8oz glasses a day, even if you don't feel thirsty. As you age, the body's natural thirst mechanism dulls, so even if you're not thirsty, you may still be at risk for dehydration.

Signs of dehydration include:

- |             |                |
|-------------|----------------|
| • Dry mouth | • Constipation |
| • Headaches | • Confusion    |
| • Fatigue   | • Dizziness    |

Other factors influencing dehydration include humidity and hot temperatures, alcohol and caffeine consumption, medications, high-intensity activity, and high altitudes. So, don't wait until you are thirsty to drink.

Make it a daily habit!

Sources: Take Charge of Your Health. Georgia Department of Human Resources, Division of Aging Services, 1999.  
Virginia Age Page. <http://www.aging.state.va.us/>



# Bulletin Board



## "SUMMERFEST"



FUN FOR EVERYONE

**When:** Monday, June 18, 2018  
6:00 - 9:00 P.M.

**Where:** Thompsonville Village Hall  
14714 Lincoln Ave  
Thompsonville MI



**FREE**  
Refreshments

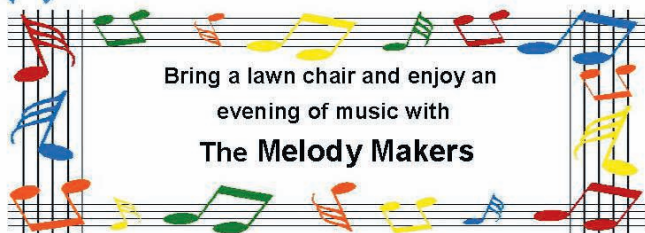


Children's  
Door prizes  
Drawing  
7:15 pm

**Children's**  
**Games & Prizes**



**Information Booths**  
Available Services &  
Fun things in our area.



Bring a lawn chair and enjoy an  
evening of music with  
**The Melody Makers**

Sponsored By: Benzie Human Services Collaborative  
Community Centered Workgroup  
For information 231-920-1789

### 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.

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

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

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

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

You know you're from Michigan when...

You've had to switch  
on the heat and the  
air conditioning on  
the same day.

[typicalmichiganders.tumblr.com](http://typicalmichiganders.tumblr.com)

You know you're from Michigan when...

There are four main  
vacation spots:  
Up North,  
Michigan's Adventure,  
Cedar Point,  
and Florida.

[typicalmichiganders.tumblr.com](http://typicalmichiganders.tumblr.com)



Our Wii Bowling Team after their  
win against the Traverse City team.



**By Bob Simpson**

**Social Security District Manager in Traverse City**

Say “annual checkup” and most people imagine waiting at the doctor’s office. But, there’s another type of checkup that can give you a sense of wellness without even leaving home. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) and follow these five steps to conduct your own Social Security annual checkup.

Your *Social Security Statement* is available online anytime to everyone who has a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Creating your account gives you 24/7 access to your personal information and makes it impossible for someone else to set up an account in your name. We still send paper *Statements* to those who are 60 and older who don’t have an account and aren’t receiving Social Security benefits. Your *Statement* provides information about work credits (you need 40 credits to be entitled to a Social Security retirement benefit), estimates for retirement, disability, and survivors benefits, plus a history of your earnings.

### **Work Credits Count**

If you have earned 40 work credits, your *Statement* will show estimates for retirement, disability, and survivors benefits. If you don’t have 40 work credits, the *Statement* shows how many you have and how many you still need to qualify for benefits.

### **Review Earnings Record**

Review your history of earnings year by year to make sure each year is correct. This is important because Social Security benefits are based on your lifetime earnings. If any years are incorrect or missing, you may not receive all the benefits you are entitled to in the future. If you need to correct your earnings, contact Social Security at 1-800-772-1213 between 7 a.m. and 7 p.m. Monday through Friday. Please have your W-2 or paystubs when you call.

### **Study Benefit Estimates**

Review the section titled “Your Estimated Benefits.” Be sure to review not only your retirement estimate, but your disability and survivors estimates. No one likes to think about disability, but a 20-year-old worker has a one-in-four chance of becoming disabled before reaching retirement age, underscoring the importance of disability benefits. Since the value of the survivors insurance you have under Social Security may be more than your individual life insurance, be sure to check your survivors estimates also.

### **Calculate Additional Estimates**

You can use our *Retirement Estimator* to compute future Social Security benefits by changing variables such as retirement dates and future earnings. If you want to project what future earnings could add to your benefit, visit [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

### **Schedule Your Annual Check-Up**

Each year, make a date with yourself to review the most recently posted year of earnings on your *Statement*. By checking your record every year, you can be certain when you retire that Social Security will have a correct record of earnings to use when computing benefits for you or your family members. Social Security helps you secure your today and tomorrow by providing information to make your financial planning easier. Social Security is more than retirement; it is a family protection plan. For more information about benefits, visit us at [www.socialsecurity.gov](http://www.socialsecurity.gov).





# 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](mailto:info@BenzieSeniorResources.org)

## DONOR INFORMATION:

Name: \_\_\_\_\_  
*Check here if you wish to remain ANONYMOUS*

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

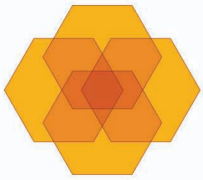
Type of Donation (please circle): Legacy      Tribute      Other

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

Nonprofit Org.  
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Honor, MI  
Permit No. #1



Left: Ladies enjoying corsage making with Judy Acha for Mother's Day!

Below: Our office cat, Momma Cat is ready for a party!



Please, help us help others and share this newsletter! Thank you!