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SENIOR RESOURCES



# THE SENIOR SCOOP



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August 2018

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Sherrie Moseler, RN is our new Director of Home Health Services. Please help us welcome her to the BSR team!

Barbara Worland has decided to be part-time and is assisting Sherrie.

We're so happy to have them both on board!



Momma Cat is already getting ready for school! Won't be long and we'll see the buses back on the roads, kids at bus stops and on bikes. Take care to watch out for the next generation of Benzie County leaders!

### August is:

Digestive Tract Paralysis Awareness Month

National Picnic Month

Gastroparesis Awareness Month

National Eye Exam Month

National Immunization Awareness Month

National Golf Month

Psoriasis Awareness Month



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### DIRECTORY

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#### 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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# Eating with High Blood Pressure: Food & Drinks to Avoid

Medically reviewed by Natalie Butler, RD, LD on July 23, 2018  
— Written by Kimberly Holland for Healthline.com

Nearly one-third of American adults have high blood pressure (hypertension), according to the Centers for Disease Control and Prevention. If you have high blood pressure, you can lower your blood pressure by eating a healthy diet. A healthy diet emphasizes: lean protein, legumes, whole grains, low-fat dairy, fruits and vegetables. Many foods and beverages can prevent you from lowering your blood pressure. Keep reading to learn about nine that you should limit or avoid.

Salt and sodium are villains when it comes to living with high blood pressure and heart disease. The 2015-2020 Dietary Guidelines for Americans suggest that people with high blood pressure limit their daily sodium intake to just 1,500 milligrams (mg). According to the Mayo Clinic, the average American eats about 3,400 mg a day, more than twice that amount. The U.S. Food and Drug Administration states that around 75 percent of the sodium Americans eat in a day comes from packaged foods, not what they add at the table with a saltshaker. Some of the saltiest packaged foods include: deli meat, frozen pizza, vegetable juices, canned soup, canned or bottled tomato products.

As a rule, tomato products with added salt are problematic for people with high blood pressure. Most canned tomato sauces, pasta sauces, and tomato juices are high in sodium. A 1/2-cup serving of classic marinara sauce can have 400 mg of sodium or more. A cup of tomato juice can come in at more than 600 mg of sodium. You can often find low- or reduced-sodium versions of all of these items. For people looking to keep their blood pressure down, these alternatives, as well as fresh tomatoes that are rich in lycopene, are smart choices that have many heart health benefits.

All pizzas can be a poor choice for people watching their sodium intake. The combination of cheese, cured meats, tomato sauce, and crust adds up to a lot of sodium. But frozen pizza is especially dangerous for people with high blood pressure. To maintain flavor in the pizza once it's been cooked, manufacturers often add a lot of salt. One serving of a frozen cheese or meat-and-cheese pizza can contain more than 700 mg of sodium, sometimes even more. The thicker the crust and the more toppings you have, the higher the sodium number climbs.

Processed deli and lunch meats can be real sodium bombs. These meats are often cured, seasoned, and preserved with salt. A 2-ounce serving of some lunch meats could contain 500 mg of sodium or more. If you have a heavier hand with the cold cuts, you'll get even more sodium. Add bread, cheese, condiments, and pickles, and your simple sandwich can quickly become a sodium trap.

Preserving any food requires salt. This is because it stops the decay of the food and keeps it edible longer. However, salt can take even the most innocent cucumber and make it a sodium sponge. The longer vegetables sit in canning and preserving liquids, the more sodium they can pick up. A whole dill pickle spear can contain as much as 390 mg of sodium. However, reduced-sodium options are available. They're simple and easy to prepare, especially when you're crunched for time or not feeling well. However, canned soups are filled with sodium. Canned and packaged broths and stocks can be bad for blood pressure, too. Some soups can have almost 900 mg of sodium in just one serving, which is typically a 1/2 cup. If you consume the entire can, you'll be taking in more than 2,000 mg of sodium. Low- and reduced-sodium options are available. But a better option is to keep the salt in check by making your own soup from a low-sodium recipe.



# August 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
		1 Philly Steak Sandwich Cauliflower Sweet Potato Tots Pear	2 Chicken Marsala Roasted Potatoes Broccoli Garlic Toast Fruit Cocktail	3 Rosemary Garlic Pot Roast Herb Mashed Potatoes California Blend Bread/ Cole Slaw Watermelon
6 Crispy Cod Sandwich Normandy Blend Tater Tots Peaches	7 Baked Penne with Sausage Italian Beans Corn Garlic Toast Banana	8 Seasoned Beef Tacos Refried Beans Baked Peaches	9 Hot Turkey Sandwich Herb Mashed Potatoes California Blend Banana	10 BBQ Chicken Baked Potato Malibu Blend Bread Pear
13 Turkey Rueben Tater Tots Spinach Tropical Fruit	14 Citrus Chicken over Rice Malibu Blend Green Beans Bread Banana	15 Cabbage Rolls Corn Green Peas Garlic Toast Applesauce	16 Bratwurst and Peppers on a Bun Baked Beans Broccoli Peaches	17 Slow Roasted Beef Herb Mashed Potatoes Bread Plum
20 Egg Salad Sandwich Raspberry Carrots Cranberry Applesauce	21 Hawaiian Chicken Malibu Blend Spinach Strawberry Shortcake	22 Sweet & Sour Meatballs Green Peas Carrots Bread Tropical Fruit	23 Sweet Potato Encrusted Pollock Normandy Blend Corn Bread Pineapple	24 Waffle Breakfast Sausage Scrambled Eggs Cinnamon Apples
27 Steakhouse Burger Sweet Potato Tots Corn Peaches	28 Spaghetti with Meatballs Italian Beans Pesto Cauliflower Garlic Toast Banana	29 Chicken Tenders Parmesan Garlic Mashed Potato Capri Blend Pear	30 Franks & Beans Broccoli Carrots Bun Watermelon	31 Baked Chicken Sweet Potato Caribbean Blend Bread Tropical Fruit



# August Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please, help us help others and share this newsletter! Thank you!</p>		<p><b>1</b> 8:30 Zumba 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN</p>	<p><b>2</b> National Ice Cream Sandwich Day! 11:30 Lunch 9:00 Hearing Clinic at Admin. Office by Appointment only 1:00 BUNCO</p>	<p><b>3</b> National Watermelon Day 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support</p>
<p><b>6</b> 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p><b>7</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba</p>	<p><b>8</b> 8:30 Zumba 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN</p>	<p><b>9</b> 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO</p>	<p><b>10</b> 9:30 BUNCO 11:30 Lunch—August Birthday Party 1:00 Wii Bowling <b>NO TECH SUPPORT</b></p>
<p><b>13</b> Left Handers Day 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p><b>14</b> 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA 5:15 Zumba</p>	<p><b>15</b> 8:30 Zumba 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting</p>	<p><b>16</b> 10:00 Bible Study 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check and Jessica with Benzie Bus 1:00 BUNCO</p>	<p><b>17</b> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling <b>NO TECH SUPPORT</b></p>
<p><b>20</b> 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p><b>21</b> Senior Citizens Day! 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba</p>	<p><b>22</b> 8:30 Zumba 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN</p>	<p><b>23</b> 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch — Heartland Hospice 1:00 BUNCO</p>	<p><b>24</b> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support</p>
<p><b>27</b> Global Forgiveness Day  10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba</p>	<p><b>28</b> 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</p>	<p><b>29</b> 8:30 Zumba 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretch w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN</p>	<p><b>30</b> 10:00 Bible Study 11:30 Lunch — Heartland Hospice 1:00 BUNCO</p>	<p><b>31</b> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering</p>

# Dawn's Dish

Many of you are hosting friends and family from out-of-town—Who doesn't want to visit us and enjoy the beauty of Benzie County in the summer?! We know summers are busy and having visitors can be a little exhausting. Why not alleviate your stress a bit and bring them here for lunch? All ages are welcome!

Tech Support is back! Call 231.525.0601 to schedule your individualized appointment with Robert. He is available most Fridays in August beginning at 1:00 p.m. See the Calendar of Events for available dates.

Wednesdays, August 1, 8, 15, 22, 29—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, August 1, 8, 15, 22, 29—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, August 9 & 23—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.

Friday, August 10— Birthday Party! Join us during lunch for cake to celebrate those born in August.

Thursday, August 16—Kate with Paul Oliver Living and Rehabilitation will be here for Blood Pressure and Blood Sugar checks.

Thursday, August 16—Jessica with Benzie Bus will be here during lunch to share updates and information with us. Please be sure to say hello!

Thursday, August 30—Elizabeth Bradfield with Heartland Hospice will be here during lunch to answer your questions.

Friday, August 31— 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.**

## **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.

**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



# Crossword Puzzle

## The Golden Girls

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

SOPHIA  
LOVE  
SOUTHERN  
KITCHEN  
GOLDEN  
FRIENDSHIP  
ROOMMATES  
RUE MECLANAHAN  
MIAMI  
STAN  
BEA ARTHUR  
BETTY WHITE  
BLANCHE  
PETRILLO  
ESTELLE GETTY  
ROSE  
MINNESOTA  
ST. OLAF  
MILES  
ITALY

## Blueberry Cobbler

### Ingredients

1/4 c. unsalted butter	1/4 c. canola oil
1 c. whole wheat pastry flour	1/2 tsp. baking powder
1 1/2 tsp. baking powder	1/2 tsp. fine salt
3/4 c. 2% milk	1/3 c. agave syrup
1 tsp. pure vanilla extract	4 c. fresh blueberries

1. Preheat oven to 350° F. Place butter & oil in 10 1/2 inch cast iron skillet or 9 x 13 ovenproof baking dish and transfer to
2. oven to heat, 5-7 minutes.
3. Meanwhile, combine flour, baking powder, and salt in a bowl. Add milk, agave syrup, and vanilla. Stir to combine.

Remove hot skillet from oven. Add butter & oil mixture to flour mixture and stir to combine. Return batter to the hot pan, and spoon blueberries over the top. Bake until brown and batter has risen up and around the fruit, 30 - 35 minutes. Transfer to a wire rack to cool slightly.





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## August Birthdays

Judy McCall	1	Sue O'Boyle	11	Mary Lee Putney	18
Kathryn Mlcek	3	Joe Pelky	11	Florence Moon	19
Ron Tandy	3	Ray Pendency	11	Beverly Popp	19
Dodie Toman	3	Virginia Raz	12	Michael Brandow	20
Allen Vanderplow	3	Wayne Thom	12	Ruby Davidson	20
Don Culp	4	Kay Bond	13	Cheryl Herington-Bates	20
Beverly Markword	4	Alex Cooper	13	Eileen Kelly	20
Mel Keranen	5	Anna Harris	13	Darlene Knudsen	20
Lawrence Morden	5	Polly Herscher	13	Lois Lumbert	20
Madelyn Morey	5	Susan Leone	13	Mary Robling	20
Judy Parker	5	Diana Priest	13	Ruth Catton	21
Janie Parrotte	5	Patsy Wisniewski	13	Betty J. Kelly	21
Sanda Willsey	6	Joyce Marciniak	14	Brenda Kastenschmidt	22
Donna Dalson	7	Barbara Schneider	14	Dale Mathias	23
Lou Glatzer	7	Alexis Skiver	14	Jill Lutz	24
Jimmy Landwehr	7	Viva Kastl	15	Brenda Geren	25
Joann Morrell	7	Dorothy Kerby	16	Donna Schroeder	25
Douglas Fall	8	Chuck Mange	16	Ron Troutman	25
Deb Frisbie	8	Janet Rivera	16	Fred Snow	26
Frank Pelky	8	Lorraine Stiles	16	Eldon Blood	27
Pat McCash	9	Shirley Wollam	16	Dale Sundstrom	27
Gary Mehrer	9	Ed Schopieray	17	Robert Dumont	28
Maurice Mummey	10	James Cramer	18	Rolland Gokey	29
Cliff Shelder	10	Marjory Lozen	18	Marilyn Killeen	29
Sally Stone	10	Linda Nugent	18	Mary D. Rodriguez	29

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



If you're over 60  
& a Benzie County resident  
you might qualify for \$20  
in FREE local produce!  
We still have coupons available  
for 2018's Senior Project Fresh.  
Your household income must be  
at 185% of poverty or less.  
Inquire at Benzie Senior Resources  
Administration Office front desks.

# Senior Bullying

SAN FRANCISCO (AP) — The unwanted were turned away from cafeteria tables. Fistfights broke out at karaoke. Dances became breeding grounds for gossip and cruelty. It became clear this place had a bullying problem on its hands. What many found surprising was that the perpetrators and victims alike were all senior citizens.

Nursing homes, senior centers and housing complexes for the elderly have introduced programs, training and policies aimed at curbing spates of bullying, an issue once thought the exclusive domain of the young.

“There’s the clique system just like everywhere else,” said Betsy Gran, who until recently was assistant director at San Francisco’s 30th Street Senior Center. “It’s like ‘Mean Girls,’ but everyone is 80.”

After the cafeteria exiles and karaoke brouhahas, the 30th Street Center teamed up with a local nonprofit, the Institute on Aging, to develop an anti-bullying program. All staff members received 18 hours of training that included lessons on what constitutes bullying, causes of the problem and how to manage such conflicts. Seniors were then invited to similar classes teaching them to alert staff or intervene themselves if they witness bullying. Signs and even place mats around the center now declare it a “Bully Free Zone.”

“I think in the past I would have just stayed out of it,” said Mary Murphy, 86, a retired real estate agent who took the classes. “Now I might be inclined to help.”

Robin Bonifas, a social work professor at Arizona State University and author of the book “Bullying Among Older Adults: How to Recognize and Address an Unseen Epidemic,” said that existing studies suggest about 1 in 5 seniors encounters bullying. She sees it as an outgrowth of frustrations characteristic in communal settings, as well as a reflection of issues unique to getting older. Many elderly see their independence and sense of control disappear and, for some, becoming a bully can feel like regaining some of that lost power.

“It makes them feel very out of control,” Bonifas said, “and the way they sort of get on top of things and make their name in this new world is intimidating, picking on people, gossiping.”

There is far less recognition of bullying as a problem among seniors compared with young people. Even among those who have been called bullies, many are unaware how problematic their behavior is until it’s labeled. Campaigns around the country have sought to spread the word, including a booklet circulated last year by the National Center for Assisted Living.

“In the life cycle, it doesn’t go away,” said Katherine Arnold, a member of the city Human Rights Commission in St. Louis Park, Minnesota, which created a public service announcement on its community-access station that included a portrayal of a man who was excluded from a card game and became the subject of gossip by other seniors. “There’s really not a lot of escape.”

Most senior bullying isn’t physical but rather involves name-calling, rumors and exclusion, said Pamela Countouris, a longtime schoolteacher who now runs a Pittsburgh-based consultancy that offers training on bullying. Women constitute the bulk of the bullies Countouris encounters among seniors, a reflection of lifespan disparities and the gender makeup of those who live at or participate in programs at senior facilities.

Countouris’ business began with a focus on school bullying but now centers exclusively on seniors. In the next month alone, she has more than a dozen training sessions planned.

After four years immersed in the wrath of older bullies, Countouris has heard all manner of stories. At a senior high-rise, a woman who saw herself as the queen of the parking garage would key the cars of those who crossed her. Elsewhere, laundry rooms became vicious places where the bullied had their detergent stolen and their clothes thrown on the floor. Bingo rooms so often devolved into battlefields — with lucky newcomers badgered and accused of cheating by veteran players — she came to call it “the devil’s game.”

“I didn’t realize it was an underground society where people could be mean to each other,” Countouris said.



# Social Security

Chances are good that you use the internet or a cell phone app every day. Social Security has you covered. We've created online tools to make the lives of millions of people easier. We've put together a top ten list of easy-to-use resources for you.

Want access to our latest news, retirement planning tips, and helpful information? *Social Security Matters* is our blog at [blog.socialsecurity.gov](http://blog.socialsecurity.gov). There, you can also connect with us on Facebook, Twitter, LinkedIn, and YouTube, where you can watch our popular videos.

Our online calculators, such as the Retirement Estimator, the Life Expectancy Calculator, and the Early or Late Retirement Calculator, can be found at [www.socialsecurity.gov/planners/calculators](http://www.socialsecurity.gov/planners/calculators).

Apply for Social Security benefits online. This is the fastest, most convenient way to apply for retirement, spouses, disability, or Medicare benefits without visiting a local office or calling to speak to a representative; we can be found online at [www.socialsecurity.gov/benefits](http://www.socialsecurity.gov/benefits).

Lost or missing your Social Security card? Find out how to get a new, replacement, or corrected card at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). In fact, you may be able to quickly request a replacement card online with a *my Social Security* account, if you meet certain qualifications, at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Verify your annual earnings and review estimates of your future Social Security benefits when you access your *Social Security Statement*, one of the many services available with a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Do you have to pay taxes on Social Security benefits? How do you apply for Social Security retirement benefits? What is your full retirement age? Discover the answers to your Social Security related questions at our Frequently Asked Questions page at [www.socialsecurity.gov/faq](http://www.socialsecurity.gov/faq).

Do you own a business? The Business Services Online Suite of Services allows organizations, businesses, individuals, employers, attorneys, non-attorneys representing Social Security claimants, and third-parties to exchange information with Social Security securely over the internet. Find it at [www.socialsecurity.gov/bsi/services.htm](http://www.socialsecurity.gov/bsi/services.htm).

Are you a veteran? Are you at mid-career? Maybe you're new to the workforce. Find out how we fulfill your needs through life's journey on our People Like Me page at [www.socialsecurity.gov/people](http://www.socialsecurity.gov/people). If you like to read and prefer to know all the details, our publications webpage is a library of helpful information. Access it at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).



# Social Security

Social Security has been helping people maintain a higher quality of life and a level of independence for over 80 years. Over those decades, we've made it even easier for you to access the programs and benefits you might need. Now, applying online is the fastest way to get those crucial benefits.

Here are some the types of benefits you can apply for:

**Retirement or Spouse's Benefits** – You must be at least 61 years and 9 months old and want your benefits to start no more than four months in the future. Apply at [www.socialsecurity.gov/retireonline](http://www.socialsecurity.gov/retireonline).

**Disability** – You can apply online for disability benefits or continue an application you already started. Apply for Disability at [www.socialsecurity.gov/disabilityonline](http://www.socialsecurity.gov/disabilityonline).

**Extra Help with Medicare Prescription Drug Costs** – Many people need assistance with the cost of medications. Apply for Extra Help at [www.socialsecurity.gov/i1020](http://www.socialsecurity.gov/i1020).

**Medicare** – Medicare is a national health insurance program administered by the U.S. federal government that began in 1966. You can apply online or continue an application you already started at [www.socialsecurity.gov/retireonline](http://www.socialsecurity.gov/retireonline).

**Supplemental Security Income (SSI)** – SSI is a federal income program funded by general tax revenues designed to help aged, blind, and disabled people who have little or no income. You may be able to apply online if you meet certain requirements. See if you can apply online for SSI at [www.socialsecurity.gov/benefits/ssi](http://www.socialsecurity.gov/benefits/ssi).

Social Security provides benefits for millions of people including wounded warriors and children, the chronically ill and the disabled who cannot work. Find the help you or your family need at [www.socialsecurity.gov/benefits](http://www.socialsecurity.gov/benefits).

Don't forget, our many online services can provide you and the ones you love with lifelong independence. From replacing a lost Social Security card to estimating your benefits, you can access these powerful tools at [www.socialsecurity.gov/oneservices](http://www.socialsecurity.gov/oneservices).

Need help figuring out your smart phone, tablet or laptop? Fear not! Every Friday at 1:00 p.m. Robert Swanson will be at The Gathering Place, to answer your tech questions and help you figure out how to use your smart devices.



# Bulletin Board



**BENZIE**  
**SENIOR RESOURCES**

Be connected. Be supported. Be home.

## WALK-A-THON

WALK • RUN • BIKE

SATURDAY, AUGUST 4

FRANKFORT'S BELLOWS PARK  
ON CRYSTAL LAKE

(Corner of Bellows Avenue and South Shore Drive)

REGISTRATION 7:30 AM – 9:00 AM



All proceeds to benefit Benzie Senior Resources, a non-profit organization serving the seniors of Benzie County.

PLEASE CONTACT US FOR AN INFORMATION PACKET:  
231-525-0600 OR [INFO@BENZIESENIORRESOURCES.ORG](mailto:INFO@BENZIESENIORRESOURCES.ORG)

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

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You shop. Amazon gives.

Do you shop at Amazon.com? If so, please start out at [smile.amazon.com](https://smile.amazon.com) and choose Benzie Senior Resources as your charity. Then shop as usual. The only thing that will change is that Amazon will donate 0.5% of your order \$ to our agency! Please let your friends know this great news.

Remember, always start at [smile.amazon.com](https://smile.amazon.com) and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

## 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**

Sponsored by: Catholic Human Services, Inc.





# 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.  
U.S. Postage  
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Honor, MI  
Permit No. #1



Lynn and Judy sold paper shoes for our Walk-A-Thon fundraiser! Thank you ladies for your dedication to our community!!! You rock!

And a big thank you to Family Fare in Frankfort for hosting these ladies and our Subie-doo!



231.525.0600 • [BenzieSeniorResources.org](http://BenzieSeniorResources.org)