

July 2018

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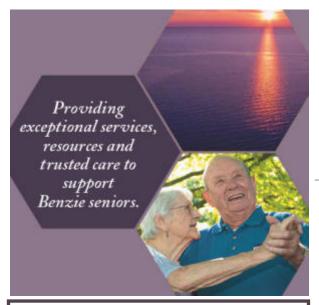












#### DIRECTORY

Phone: 231-525-0600 or Toll Free: 888-893-1102 Fax: 231-325-4855

Email: info@BenzieSeniorResources.org Website: www.BenzieSeniorResources.org facebook: @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.

#### BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

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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.

# 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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### From our Director

#### Hello!

I am excited to share with you what's happening right now with Benzie Senior Resources. We have partnered with many agencies in Northwest Michigan to listen to the voices of our community's older adults in an effort to better understand what seniors need in order to live healthy, better lives. This summer-long project kicked-off with a survey of seniors living in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford Counties. We are doing this to focus on our increased senior population and to learn what this means for our communities.

Area Agencies on Aging are required to do senior needs assessments every three years so it made sense for all of our agencies to pool our resources, expertise and community connections. Our goal is to reach as many seniors as possible living in the area, including those who summer here. Getting the survey out far and wide is a community effort, and we 're hoping other agencies who work with older adults, aside from us, such as service and faith-based organizations, and senior advocacy networks will join us in this effort.

This project will allow us to zero-in on senior needs now and in the future. The survey uses a wide lens, looking at quality of life from several different angles including health and wellbeing, the use of healthcare services, being able to afford food, housing and transportation, caregiving, and the ability to manage daily activities.

Many area organizations and networks will use the final report, due out in late fall or early winter. The report will include additional data sources to help tell the story of our older population in Northwest Michigan.

For Benzie county, I am looking at whether services offered by the agency could include expanding The Gathering Place or creating new satellite senior centers, and whether new programs related to health and fitness and education and the arts should be offered.

If you're 60 years or older and wish to take the survey, you may do so at this web address: <a href="https://www.surveymonkey.com/r/nwmiaging">https://www.surveymonkey.com/r/nwmiaging</a> or contact us at Benzie Senior Resources, 10542 Main Street, Honor at 231-525-0600 for a paper copy. Your responses and information will be appreciated and kept in confidentiality.

If you are a community or service organization and wish to help get the survey out in your community, please contact Darcia at 1-800-442-1713 or email info@aaanm.org.

Have a safe and wonderful 4th of July holiday!

Sincerely,

Douglas





# July 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 Hot Dog on a bun Baked Beans Carrots Plum	3 Salisbury Steak Herb Mashed Potatoes Green Beans Bread Banana	4 CLOSED  4th of July	5 Stuffed Bell Peppers Malibu Blend Green Peas Bread Pineapple	6 Chicken Tenders Herb Mashed Potatoes Corn Bread Peaches
9 BBQ Pork Tater Tots Broccoli Applesauce Macaroni Salad	10 Chicken Pesto Linguine Italian Beans Carrots Garlic Toast Banana	11 Pollack Almondine Normandy Blend Green Peas Bread Plum	12 Beef Empanadas Refried Beans Capri Blend Chips & Salsa Tropical Fruit	13 Caribbean Pork Roast Caribbean Blend Sweet Potatoes Bread Pineapple
16 Grilled Chicken Caesar Salad Cranberry Applesauce Breadsticks	17 Goulash Green Peas Cauliflower Bread Banana	18 Pork Chops Stuffing California Blend Bread Fruit Cocktail	19 Chicken Stir-fry over Rice Far East Blend Green Beans Fortune Cookie Mandarins	20 Slow Roasted Beef Herb Mashed Potatoes Malibu Blend Bread Pear
23 Submarine Sandwich Cranberry Applesauce Raspberry Carrots Pea & Peanut Salad	24 Chicken Enchilada Bake Latin Rice Spinach Chips & Salsa	25 Spaghetti with Meat Sauce Italian Blend Garlic Toast Plum	26 Swedish Meatballs Herb-buttered Potatoes Broccoli Bread Peaches	27 Baked Chicken Parmesan Garlic Mashed Potato Carrots Bread Pineapple
30 Deluxe Chicken Sandwich Italian Blend Baked Peaches	31 Spanish Rice Corn Spinach Bread Banana	Please, hell others and newsletter!	share this	National Picnic Month!

# July Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Yoga 11:30 Lunch 12:00 CARDS NO ZUMBA	3 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA NO ZUMBA	4 CLOSED Happy	5 11:30 Lunch 1:00 BUNCO	6 9:30 BUNCO 10:30 Thompson- ville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
9 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	10 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	8:30 Zumba 9:00 Foot Clinic at Admin. Office by Appointment only 10:00 Stretching w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	12 8:45 Little River Casino 9:00 Hearing Clinic at Admin. Office by Appointment only 10:00 Honor All School Reunion Meeting 11:30 Lunch 1:00 BUNCO	9:30 BUNCO 10:00 Taste Testing 11:30 Lunch—July Birthday Party 1:00 Wii Bowling 1:00 Tech Support
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 Admin. Office by Appointment only 10:00 Stretching 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	9:30 BUNCO 11:30 Lunch NO WII BOWLING 1:00 Cliff Shelder Concert 1:00 Tech Support
23 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	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 Admin. Office by Appointment only 10:00 Stretching w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	26 8:45 Little River Casino 11:30 Lunch 1:00 BUNCO	27 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering
30 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	31 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	July is National Blueberry Month!		



## Dawn's Dish

Please Note: We are closed on Wednesday, July 4th

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!

TASTE TEST TIME! Some of our meals were high in sodium, so we've changed them up a little. Join us on July 13th from 10:00—noon to try these new recipes. We'll also have some yummy local produce for you!

<u>Upcoming Trip!</u> —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 July with appointments beginning at 1:00 p.m.

<u>Wednesdays, July 11, 18 & 25</u>—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, July 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.

<u>Thursdays</u>, <u>July 12 & 26</u>—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, July 13—July Birthday Party! Join us during lunch for cake to celebrate those born in July!

<u>Thursday, July 19</u>—Kate with Paul Oliver Living and Rehabilitation will be here for Blood Pressure and Blood Sugar checks.

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

<u>Friday, July 20</u>—1:00 p.m. Cliff Shelder Concert. An award-winning singer, songwriter and record producer, Cliff has performed at fairs, festivals, and restaurants, including the Bluebird Cafe in Nashville, and at corporate and social events in several states. He sings Classic and Traditional Country music from the 1940's through the present. His show includes songs from such artists as Ernest Tubb; Alan Jackson; Merle Haggard; Hank Williams; Jim Reeves; George Strait; Randy Travis and Willie Nelson. What a great way to start your weekend! Donations are appreciated to cover the cost of Cliff's performance. Mark your calendars and bring a friend!

<u>Friday, July 27</u>— 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

# Blueberries!!

0	L	Т	I	Р	0	Т	Α	S	S	I	U	М	L
Α	N	Α	G	I	Н	С	I	М	Ε	K	Α	L	Ε
В	G	Υ	R	0	М	Ε	М	Α	D	Α	L	Α	S
S	Ε	Т	E	В	Α	I	D	Р	I	Υ	Ε	٧	В
S	Ε	P	Т	Ε	М	В	Ε	R	R	R	L	I	P
Α	U	В	S	Ε	F	I	В	Ε	R	R	Α	Т	0
s	U	Α	E	N	R	Α	В	М	0	Ε	I	Α	N
М	L	G	Υ	0	G	U	R	Т	Α	В	N	М	Н
0	0	Α	U	0	J	U	L	Υ	T	Ε	N	I	Ε
0	I	I	U	S	I	М	М	R	М	U	Е	N	Α
Т	I	L	F	S	Т	R	U	G	Ε	L	R	С	R
Н	Т	S	F	R	R	R	N	I	Α	В	Ε	R	Т
I	С	Α	L	0	N	Α	R	G	L	T	P	R	Ε
Ε	R	N	٧	U	Ε	٧	I	S	I	0	N	U	U

MEMORY OATMEAL YOGURT LAKEMICHIGAN VITAMINC SALAD VISION SMOOTHIE AUGUST POTASSIUM **BLUEBERRY HEART** JULY PERENNIAL FIBER SEPTEMBER GRANOLA DIABETES

Play this puzzle online at : https://thewordsearch.com/puzzle/359812/

#### **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



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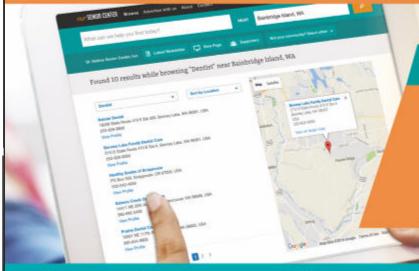
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> We Honor the BCCOA Senior Dining Out Program



# July Birthdays

Esther Cooper	1	Nancy Kage	11	Richard Strom	23
Cleo Finch	1	Sheila Saier	11	Shirley Damer	24
Fred Kerby	1	DeAnne Loll	12	Bobby Hickman	24
Carroll Volpe	1	Doug Fink	12	Bruce Leach	24
Kenneth Kulow	2	Carissa Blonshine	13	Alva Brun	25
Thomas Priest	2	Maudie Anderson	14	Dan Faltinowski	25
Ron Fast	3	Monica Henry	14	Rosemary Friend	25
Darlene Morden	3	Thelma McCaughna	14	Diane Goodson	25
Margaret Boyd	4	Susan Mead	14	James Kohn	26
Evelyn Rommell	4	Judy Pendygraft	14	Dan Rayner	26
Lorna McGill	5	Ben Taylor	14	Daniel Sheffer	26
Patricia Pelky	5	Mary Lou Allen	15	Bernice Beugnot	27
Rick Scott	5	David Browne	15	Richard Haan	27
Mark Coon	6	Nellie Thomas-Groot	ers 15	Liela May	27
Fred Goethals	6	Denise Favreau	16	Neil Nugent	27
Terri Hoxie	6	Darlene Gray	16	Jereen Sneller	27
Paul Hammond	7	Gladys Wilson	17	Lois Weaver	27
Lucille Harris	7	Arlis Bryan	18	Mary Brownell	28
Margaret Small	7	Margaret Chalmers	18	Christine Dowd	28
Esther Moky	8	Zelda Hodge	18	Judy McQuilkin	28
Cynthia Schnarr	8	Zoraida Kenner	18	Paula Purchase	28
Shirley Sheronick	8	Leila Makenzie	18	Luana Denzel	29
Frank Hospenthal	9	Joyce Sauer	20	Harry Gardner	30
Beth Miller	9	David Weiss	21	Floyd Kuhn	30
Geraldine Hyams	10	Joanne Shea	22	Evelyn Shelder	30
Marjorie Patterson	10	Leroy Worden	22	David VanHammen	30
Len Schroeder	10	Arnold Wurm	22	Fred Werth	30
John Snow	10	James Gauthier	23	Jane Kennedy	31
Maryjo Allen	11	Jackie Fine	23		
Clinton Hoxie	11	Ann Howell	23		

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



#### CONCERT!

Musician Cliff Shelder will be back to play for us on **Friday, July 20th** at 1:00 p.m. Cliff's style is Old Country. Cliff is an award winning singersongwriter, and seasoned country artist who performs nearly 200 shows a year. He has entertained at various venues throughout the country. Hear the songs of Hank Williams, George Strait, Ernest Tubb, Jim Reeves, Ray Price, Randy Travis, Merle Haggard, Alan Jackson...and many more artists performed live with full backing soundtracks and guitar. Donations are appreciated to help offset the cost of bringing Cliff here.

# Walk-A-Thon



# 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



### Bulletin Board

The Gathering Place is working with Taste the Local Difference to improve our meals. Thanks to funds from the Building Healthy Communities grant, this partnership is catering meals to meet nutritional needs of older adults while simultaneously incorporating more fresh, local produce into our meals.

What do we mean by nutritional needs of older adults? Chronic diseases like heart disease become an increasing concern as we age, and the nutrients we put into our bodies can either contribute to or reduce our risk. High sodium diets can increase blood pressure, risk of hypertension, and heart disease. On the other hand, potassium can help offset the effects of sodium on blood pressure. Therefore, we've altered some menu items to lower the sodium content and raise the potassium content. Sodium is commonly found in high concentrations in processed foods and seasonings while potassium is high in fruits and vegetables. This means these adjustments are also raising the content of other important nutrients such as fiber. It's a win-win!

What about local produce? The Gathering Place is buying local salad greens from Grow Benzie. We are also sourcing other items from Cherry Capital Foods Hub. By buying local goods, we are supporting the local economy and providing fresh produce for you!

Because we would love your feedback on the changes that were made, we are holding a taste test on July 13<sup>th</sup> in the dining room at The Gathering Place. Please join us, let us know your thoughts, and ask any questions!



Do you shop at Amazon.com? If so, please start out at

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 and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

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
<a href="mailto:vanderlinde1233@gmail.com">vanderlinde1233@gmail.com</a> 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, 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.



# Bulletin Board

# Lake Ann Homecoming

Saturday, July 7 2018

#### 9 AM - 3 PM (in the Village)

Country Store
Baked Goods
Silent Auction
Nearly New Items
Arts & Crafts
Flea Market
Live Music
Cake Walk
Gun and Quilt Raffle

Kids Games
Face Painting
Tie Dye T-Shirts
Penney Scramble
Bird House Painting
Visor Decorating
Bounce House
Pony Rides



Vintage Car Rides
Hot Dogs, Chips
Soft Drinks, Popcorn
MOOMERS Ice Cream

Vintage Tractor & Car Parade at 11:00 AM Lunch in hall 11:30 AM

Talent Show 12:30 PM Sponsored by the









Need help figuring out your smart phone, tablet or laptop? Fear not! Every Friday at 1:00 p.m. Robert Swanson will be here, at The Gath-

ering Place, to answer your tech questions and help you figure out how to use your smart devices.



"It keeps me from looking at my phone every two seconds."



## Medicare

#### How to File a Complaint

You can file a complaint if you have concerns about the quality of care or other services you get from a Medicare provider. How you file a complaint depends on what your complaint is about.

You can file a complaint about:

- A doctor, hospital, or provider
- Your health or drug plan
- Quality of your care
- Your dialysis or kidney transplant care
- Durable medical equipment

What's the difference between a complaint and an appeal?

A complaint is about the quality of care you got or are getting. For example, you may file a complaint for one of these:

- You have a problem calling the plan
- You're unhappy with how a staff person at the plan has treated you

An appeal is the action you can take if you disagree with a coverage or payment decision made by Medicare, your Medicare health plan, or your Medicare Prescription Drug Plan. You can appeal if Medicare or your plan denies one of these:

- Your request for a health care service, supply, item, or prescription drug
- Your request for payment for a health care service, supply, item, or prescription drug you've already purchased
- Your request to change the amount you pay for a health care service, supply, item or prescription drug

You can also appeal if Medicare or your plan stops providing or paying for all or part of a service, supply, item, or prescription drug you think you still need. If you have a <u>Medicare Medical Savings Account (MSA)</u> <u>Plan</u>, you may appeal if you've met your deductible or you believe a service or item should count toward your deductible.

If you decide to appeal, ask your doctor, health care provider, or supplier for any information that may help your case. See your plan materials, or contact your plan for details about your appeal rights. Generally, you can find your plan's contact information on your plan membership card. Or, you can get your plan's contact information from a Personalized Search (under General Search), or search by plan name. The appeals process has 5 levels. If you disagree with the decision made at any level of the process, you can generally go to the next level. At each level, you'll be given instructions in the decision letter on how to move to the next level of appeal.

For questions about a specific service you got, look at your <u>Medicare Summary Notice (MSN)</u> or <u>log into MyMedicare.gov</u>. You can file an appeal if you disagree with a coverage or payment decision made by one of these:

- Medicare
- Your Medicare health plan
- Your Medicare Prescription Drug Plan



#### **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					
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City: S	itate:	Zip:			
Phone Number:	Amount Enclosed:				
Type of Donation (please circle): Legacy	Tribute	Other			

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.

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