

September 2018

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The Francis family getting ready for their walk.



Chef David Main and his family hanging out with our Executive Director, Doug.



- National Courtesy Month
- Blood Cancer Awareness Month
- Classical Music Month
- National Food Safety Education Month
- Cholesterol Education Month

- Better Breakfast Month
- Self Improvement Month
- Happy Cat Month
- National Skin Care Awareness Month
- Thyroid Cancer Awareness Month



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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.

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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 and inclement weather.

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

NAME _____ DOB: ____/____/____

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the 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.

10 tips

Nutrition
Education Series

be food safe

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

USDA United States
Department of Agriculture
Center for Nutrition
Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.
Go to www.fsis.usda.gov for food safety information.

DG TipSheet No. 23

October 2012

USDA is an equal opportunity
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THE SENIOR SCOOP


September 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
3 Closed 	4 Chicken 'N Dumplings Corn Key West Blend Bread Banana	5 Baked Potato Bar Cheesy Broccoli Bread Peaches	6 Chicken Primavera over Pasta Carrots Spinach Garlic Toast	7 Caribbean Pork Roast Sweet Potatoes Malibu Blend Bread' Tropical Fruit
10 Manicotti Italian Blend Corn Garlic Toast Peaches	11 Greek Pita Sandwich Pesto Cauliflower Carrots Banana	12 Cheesy Stuffed Bell Peppers Malibu Blend Roasted Brussel Sprouts Bread	13 Thai Peanut Chicken Far East Blend Broccoli Mandarins Fortune Cookie	14 Slow Roasted Beef Herb Mashed Potatoes California Blend Bread Applesauce
17 Homestyle Roasted Turkey Herb Mashed Potatoes Green Beans Bread Bonnie's Cranberry Sauce	18 Steakhouse Burger Baked Beans Spinach Banana	19 Goulash Green Peas Key West Blend Bread Fruit Cocktail	20 BBQ Meatballs Tater Tots Broccoli Bread Pineapple	21 Baked Chicken Parmesan Garlic Mashed Potato Carrots Bread Plum
24 Sloppy Joes Sweet Potato Tots California Blend Apricots	25 Salisbury Steak Herb Mashed Potatoes Roasted Brussel Sprouts Bread	26 Whole Wheat Blueberry Pancakes Breakfast Sausage Scrambled Eggs Cinnamon Apples	27 Pollock Almondine Roasted Potatoes Normandy Blend Bread Pineapple	28 Homemade Lasagna Italian Beans Pesto Cauliflower Garlic Toast Peaches

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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.

September Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p>  <p>LABOR DAY</p>	<p>4</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3</p>	<p>5</p> <p>National Cheese Pizza Day 8:30 Zumba—\$3 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>6</p> <p>Read a Book Day 9:00 Hearing Clinic at Admin. Office by Appointment only 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 7:00 Peter, Paul & Mary Concert at St. Andrews</p>	<p>7</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support</p>
<p>10</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba—\$3</p>	<p>11</p> <p>911 Remembrance Day 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3</p>	<p>12</p> <p>National Chocolate Milkshake Day 8:30 Zumba—\$3 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>13</p> <p>8:30 Little River Casino 10:00 Bible Study 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO</p>	<p>14</p> <p>9:30 BUNCO 11:30 Lunch—September Birthday Party 1:00 Wii Bowling 1:00 Tech Support</p>
<p>17</p> <p>National Apple Dumpling Day 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba—\$3</p>	<p>18</p> <p>National Cheeseburger Day 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3</p>	<p>19</p> <p>Talk Like a Pirate Day 8:30 Zumba—\$3 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>20</p> <p>10:00 Bible Study 11:30 Lunch—Jessica with Benzie Bus/ BP and Blood Sugar Clinic with Kate 1:00 BUNCO</p>	<p>21</p> <p>Miniature Golf Day 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support</p>
<p>24</p> <p>10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba—\$3</p>	<p>25</p> <p>National Comic Book Day 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 5:15 Zumba—\$3</p>	<p>26</p> <p>8:30 Zumba—\$3 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>27</p> <p>8:30 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p>28</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering</p>

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

Dawn's Dish

Fridays, September 7, 14, 21, 28—Tech Support with Robert. Call 231.525.0601 to schedule your individualized appointment.

Wednesdays, September 5, 12, 19, 26—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, September 5, 12, 19, 26—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.

Thursday, September 6—Concert on the Hill Presents: Peter, Paul & Mary Remembered. 7:00 p.m. St. Andrews Church, Beulah. A free will offering will benefit BACN and Benzie Senior Resources!

Thursdays, September 13 & 27—Little River Casino Trip. **Please note the change in departure time.** Leave The Gathering Place at 8:30 a.m. and Shop-n-Save at 8:45 a.m. Trip fee \$10. 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. Cancel within 24 hours of trip or pay trip fee.

Friday, September 14— Birthday Party! Join us during lunch for cake to celebrate those born in September.

Thursday, September 20—Blood Pressure and Blood Sugar Checks with Kate from Paul Oliver Living & Rehabilitation Center during lunch.

Friday, September 28— 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.

Wednesday, October 3—Tunnel of Trees Trip. Our yearly excursion to this beautiful drive is leaving at 8:30 a.m. and return around 5:00 p.m. We'll stop at Good Hart General Store where you can buy a Homemade Chicken Pot Pie (if you'd like—they are AMAZING!) for later and we'll grab lunch at Legs Inn. Call to sign up at (231) 525-0601. Trip fee is \$10.00 and you are responsible for buying your own lunch at Legs Inn.

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

2018 Self-Management Workshops

Area Agency on Aging of Northwest Michigan

1609 Park Drive, Traverse City, MI 49686

Meet once a week for 6 weeks*

Chronic Pain PATH

Sundays, 1:30-4:00 PM

September 9, 1, 23, 30, October 7 & 14, 2018

Diabetes PATH

Mondays, 1:00-3:30 PM

October 29, November 5, 12, 19, 26,
And December 3, 2018

No cost to attend. Donations appreciated. Space is limited (10-15 participants) and registration is required.

Register with Sharon at **1-800-442-1713**

Or online at www.aaanm.org/workshop-registration

*Participants must join the workshop in session 1 or 2.



Autumn Crossword Puzzle/ Birthdays

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

GEESE
 HAY
 PUMPKIN
 PEAR
 SCARECROW
 MAZE
 RED
 CORN
 BROWN
 COLORS
 MAPLE TREE
 SWEATER
 APPLE
 HARVEST
 OCTOBER
 FALL
 RAKE
 ORANGE
 ORCHARD
 WHEAT

Play this puzzle online at : <http://thewordsearch.com/puzzle/817/>

September Birthdays

John Chahbazi	1	Linda Martin	9	Carol Lynn Joslin	19	Evelyn Wood	23
Jan Noecker	1	Ed McGill	9	Mary Juers	19	Maren Hull	24
Joan Peck	1	Mary Ann Wichtner	9	Michael Ross	19	Fred Priest	24
Betty Hammond	2	Phyllis Heniser	10	Pat Delorme	20	Jay Finch	26
Grant Sheets	2	Roseanne Schocko	10	Joanne Hawkins	20	Beverly Harris	26
Bonnie Stain	2	Maren Bailey	11	Virgil Revnell	20	Joseph Seychel	26
Donald Lukens	3	Linda Hawkins	11	Suzanne Waring	20	Marilyn Berndt	27
Jeffery Pataky	3	Jim Spayd	11	Donald Bell	21	James Bowers	27
Stephen Plowman	3	Randy Favreau	12	Penny Hergenroeder	21	Mary Johnstone	28
Katherine Ross	3	Charles Fouchey	12	Ardith Jones	21	Tinia Penney	28
Karen McKay	4	Joyce Barnes	13	Mary Mortenson	21	Deborah Queen	28
Judy Rice	4	Eleanor Nordbeck	13	Ann Fouchey	22	Patricia Sluyter	28
Roger Fast	5	Curtis Toman	13	Vicki MacKenzie	22	Joe Bolado	29
Barbara Hipp	5	Janice Webb	13	Ella McKeen	22	Walt Poynor	29
Loralee Ludwig	5	Muriel Forster	14	Jack Willsey	22	John Beeman	30
Phillip Miner	5	Andrea Grix	14	Alice Gates	23	Deborah Cruden	30
Linda Stockman	6	Phil Gates	15	Opsie Hoppe	23	Norman Labadie	30
Janice Brown	7	Janice Herringa	16	Margie Jenkins	23	Karen Mendrea	30
Stanley Wisniewski	8	Cheryl Rutherford	16	Gordon Lewis	23		
Allen Avenu	9	Sandra Cress	18	Betty Lewis	23		

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

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Caring for Someone Living with Dementia or Memory Loss?

What is Creating Confident Caregivers®?

Based on the university-tested Savvy Caregiver program, Creating Confident Caregivers® offers information and skill-building activities to increase participants' effectiveness as caregivers.

YOU WILL LEARN:

- Dementia & its effects on the brain
- Reducing caregiver stress
- Improving caregiver self-confidence
- Creating a positive caregiving environment
- Planning activities for your family member based on their strengths

Workshops meet for 6 weeks, in 2 hour sessions each week. Workshops are offered in convenient, easily accessible community locations, and are offered for free, or at very low cost to participants.

WHO CAN ATTEND?

Any caregiver of a family member that still resides at home and is living with Alzheimer's disease, memory loss, or other form of dementia.

FREE RESPITE CARE

Care for a family member with dementia or memory loss may be available, free of charge, while the caregiver is attending the workshop. Please ask for details when registering.

2018 Workshop to be held at the

Area Agency on Aging of Northwest Michigan

1609 Park Drive,
Traverse City, MI 49696

Meet once a week for 6 weeks

Wednesdays, 1:00-3:00 pm

October 31, November 7, 14, 21, 28
and December 5, 2018

No cost to attend. Optional donations appreciated. Space is limited (12 participants) and pre-registration is required. Register with Sharon at

1-800-442-1713

Or online at www.aaanm.org/workshop-registration

AREA AGENCY ON AGING
— of Northwest Michigan —

For more information about CCC workshops offered in Northwest Michigan, please visit www.aaanm.org/caregiver-workshops

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.

What is Open Enrollment?

The Medicare Open Enrollment Period is an annual period of time (October 15 through December 7) when current Medicare users can choose to re-evaluate part of their Medicare coverage (their Medicare Advantage and/or Part D plan) and compare it against all the other plans on the market. After re-evaluating, if you find a plan that is a better fit for your needs, you can then *switch to, drop or add a Medicare Advantage or Part D plan*. Medicare Advantage is also known as a “Part C” plan. If you use the Open Enrollment period to choose a new Medicare Advantage or Part D plan, that new coverage will begin on January 1.

You cannot use Open Enrollment to enroll in Part A and/or Part B for the first time.

What you can do during the Open Enrollment Period (OEP):

- Anyone who has (or is signing up for) Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Anyone with Medicare Advantage can drop it and switch back to just Original Medicare (Parts A & B).
- Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.
- Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan.

Why should I consider re-evaluating my current Medicare coverage during Open Enrollment?

Unfortunately, choosing health insurance is no longer a one-time decision for most Medicare beneficiaries. Each year, insurance companies can make changes to Medicare plans that can impact how much you pay out-of-pocket—like the monthly premiums, deductibles, drug costs, and provider or pharmacy “networks.” A network is a list of doctors, hospitals, or pharmacies that negotiate prices with insurance companies. They can also make changes to your plan’s “formulary” (list of covered drugs). Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets your needs.

Below are some additional benefits of re-evaluating your coverage during Open Enrollment:

- **You can switch to better prescription drug coverage.** Using Open Enrollment to switch your drug coverage—or add drug coverage for the first time—can make crucial medications that you need less expensive. It can also ensure that your drug plan still covers the drugs you need (as your prescriptions may not be included on your plan’s formulary for next year).
- **You can save money and keep your doctor in-network.** Switching your Medicare Advantage or Part D plan can potentially save you hundreds of dollars a year—especially if your current plan’s out-of-pocket costs will increase next year. Research shows that the average consumer can save \$300 or more annually if they review their Part D coverage. One way to lower your medical costs is to check that your current doctors, hospital, and pharmacy are “in-network” with whatever Medicare Advantage or Part D plan you choose. If your insurance company has changed your plan’s provider or pharmacy network for next year (and your doctor or other resources will no longer be included), you can use Open Enrollment to switch to a plan that will include your current doctors, hospital and/or pharmacy in-network, thereby lowering your medical costs.
- **You can find a higher quality plan.** Finally, check the quality of your plan using the Medicare 5-star ratings system. Plans with a 5-star rating are considered high quality and those with fewer than 3 stars are considered poor quality. If your current plan is ranked as less than a 3, consider using Open Enrollment to switch to a higher rated plan.



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I.D. 101

Valid identification is crucial. Believe me, I need it to help figure things out some mornings before coffee. We all need it somehow, sometime.

A client stopped in to the administration office a week or so ago and told me of a lady friend who had recently needed to travel by air. Her son had a health emergency and his outlook wasn't good. She tried to get there quickly to be by his side. However, she was detained at the airport and denied air travel because she had no valid identification. She'd let her drivers' license expire because she no longer drove. She hadn't thought to get a state issued identification card. She'd never needed a passport, so that wasn't an option to present to authorities. She was unable to get to her son who died due to his health emergency. Not only was her detention disappointing and the situation terribly sad, but it was completely unnecessary and preventable. So, it seems right to share this information so that others may learn from the example shared by our client.

If you've given up driving, make sure that you get some sort of proper id so that you can have it to present when needed. The following list is provided by TSA/Homeland Security and is considered valid identification at the airport checkpoints in order to travel:

- Driver's licenses or other state photo identity cards issued by Department of Motor Vehicles (or equivalent)
- U.S. passport
- U.S. passport card
- DHS trusted traveler cards (Global Entry, NEXUS, SENTRI, FAST)
- U.S. Department of Defense ID, including IDs issued to dependents
- Permanent resident card
- Border crossing card
- DHS-designated enhanced driver's license
- Federally recognized, tribal-issued photo ID
- HSPD-12 PIV card
- Foreign government-issued passport
- Canadian provincial driver's license or Indian and Northern Affairs Canada card
- Transportation worker identification credential
- U.S. Citizenship and Immigration Services Employment Authorization Card (I-766)
- U.S. Merchant Mariner Credential

U.S. Citizens and International Travel

If you are a U.S. citizen traveling internationally, you will need to carry your valid U.S. passport.

If you are traveling to or from a country where a U.S. passport is not required, you'll usually need two documents:

- A document to prove your identity, such as a valid U.S. driver's license, military ID, or a valid government-issued photo ID; and
- A document to prove your citizenship, such as a notarized copy of your birth certificate issued by a U.S. State.

If you were not born in the United States, carrying your valid U.S. passport is your best option to prove your U.S. citizenship. You can also use your original naturalization certificate or certificate of citizenship.

I.D. 101

What is required to re-enter the United States?

A passport or other accepted document that establishes the bearer's identity and nationality is required in order to enter or re-enter the United States.

New Passport Requirements:

As part of U.S. Department of State's Western Hemisphere Travel Initiative, all travelers are required to present a valid passport or other acceptable document(s) to enter or re-enter the United States (visitors and U.S. residents) from Canada, Mexico, Central and South America, the Caribbean, and Bermuda.

Note: This does not affect travel between the United States and its territories. U.S. citizens traveling between the United States and Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa will continue to be able to use established forms of identification.

Head to the Secretary of State's office here in Honor or down to the government center in Beulah. They're very helpful --then you'll be prepared, i.d. in hand when and should you need it.

The office hours at the Secretary of State in Honor are: Monday, Tuesday, Thursday, and Friday—9:00 a.m. to 5:00 p.m. Wednesday—11:00 a.m. to 7:00 p.m.

NOTE: The Secretary of State office closes for lunch on Mondays, Tuesdays, Thursdays and Fridays from 12:30 p.m. to 1:30 p.m. On Wednesdays it closes for lunch from 2:30 p.m. to 3:30 p.m.

The County Clerk's Office on the upper level of the Benzie County Government Center in Beulah is where you may go for your vital records and passports. They're open Monday to Friday 8:00 a.m. to 5:00 p.m.

—Angela Haase

CONCERT ON THE HILL PRESENTS

Peter, Paul & Mary Remembered

St. Andrews Presbyterian Church

SEPT 6 7:00 P.M.

Reviving many beloved hits such as "Puff the Magic Dragon, If I had a hammer, Blowin' in the Wind", these seasoned musicians, "Doc" Probes, Donna Wilson, Jim Hawley take us for a walk down memory lane during the 1960's and 70's. A free will offering will benefit Benzie Area Christian Neighbors (BACN) and Benzie Senior Resources.

8190 Lincoln Rd. Beulah, MI 49617
www.benziestandrews.com

Community organizations in northwest Michigan would like to know what is important to you as you age. Please take a moment to complete this survey online. Go to <https://www.surveymonkey.com/r/nwmiaging>.

Paper surveys are being distributed widely throughout the 10 counties of northwest Michigan: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford. Thank you for helping your community better serve older adults!



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

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Thank you to the following for supporting our Walk-a-Thon shoe campaign by selling “shoes”: First Congregational Church of Frankfort, Trinity Lutheran Church, Honor Bank (Benzonia Branch), Frankfort and Elberta United Methodist Churches, and First Congregational United Church of Christ of Benzonia.

Special thanks to Frankfort Family Fare for allowing Judy and Lynn the opportunity to sell paper shoes for a day.

We were able to give surprise door prizes to some of our walkers at breakfast thanks to: Crystal Mountain Resort,

Interlochen Center for the Arts, and Little River Casino Resort.

Additional thanks to: Bishop Electric Inc. and Watson Benzie LLC for their donations, Chris from UpNorth Fields for allowing placement of our Walk-a-Thon Banner and Shop-n-Save for their banana donation.

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

Last, but not least, thank you to all who purchased a “shoe” !