



**BENZIE**  
SENIOR RESOURCES



# THE SENIOR SCOOP



*Be connected.  
Be supported.  
Be home.*

February 2019

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Jeff, Mike and Phil enjoying a great laugh!



*Mirror, Mirror on the wall.  
Who's the fairest Office Cat of them all?*



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

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**Benzie Senior Resources Office Hours**  
Monday – Friday:  
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**The Gathering Place Senior Center Hours**  
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special events and inclement weather.

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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.

# BENZIE SENIOR RESOURCES PRESENTS

## Chicago



### INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Visit to the Museum of Science and Industry
- ◆ Visit to the World Famous 360 CHICAGO, formerly the John Hancock Observatory
- ◆ GUIDED TOUR OF CHICAGO
- ◆ SKYLINE CRUISE on Lake Michigan
- ◆ Visit to the historic NAVY PIER and Chicago's MONEY MUSEUM
- ◆ Gaming at a Chicago Area Casino
- ◆ Two Diamond Tours Dinner Parties with Entertainment and much more

# \$515 \*

## 5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

### (Mon - Fri)

## June

### 3 - 7, 2019



Guided Tour of Chicago



**Departure: Save A Lot, 1279 Benzie Hwy, Benzonia, MI @ 8 am**

### FOR INFORMATION & RESERVATIONS CONTACT:

**Lynn VanDerplow @ (231) 944-5463**

**Judy Fast @ (248) 425-5849**



File: Seller of Travel Ref No. ST32973.

Form ID: 1900-5A0506

WM

Tour#: 1563735

# BENZIE SENIOR RESOURCES PRESENTS

## Nashville Show Trip



### INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 5 nights lodging including 3 consecutive nights in the Nashville area
- ◆ 8 meals: 5 breakfasts and 3 dinners
- ◆ 2 Great Shows: 1) THE GRAND OLE OPRY, 2) NASHVILLE NIGHTLIFE DINNER THEATER
- ◆ Guided Tours of NASHVILLE and BELLE MEADE PLANTATION
- ◆ Admission to the COUNTRY MUSIC HALL OF FAME
- ◆ Admission to the Mansion at Fontanel
- ◆ Ride on the DELTA FLATBOATS inside the OPRYLAND HOTEL and much more

# \$630 \*

## 6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

### (Mon - Sat)

## November

### 11 - 16, 2019



Nashville Nightlife Dinner Theater.



**Departure: Save A Lot, 1279 Benzie Hwy, Benzonia, MI @ 8 am**

# February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meal cost is a \$4.00 suggested donation for those age 60 and older Under 60 is \$7.50 Caregivers under 60 are \$5.00	Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. – 1:30 p.m.	*Menu is subject to change without notice*		1 Caribbean Style Roasted Pork Whipped Sweet Potatoes Capri Vegetable Blend Sweet Hawaiian Rolls Tropical Fruit Blend
4 Hearty Ham & Bean Soup Steamed Broccoli Florets Tarragon Carrots Stone Ground Wheat Bread Classic Fruit Cocktail	5 Tangerine Chicken Over Rice Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges	6 Sweet Potato Encrusted Pollock Normandy Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Tropical Fruit Blend Homemade Coleslaw	7 Texas Style BBQ Beef Sandwich Baked Beans with Bacon Oven Roasted Brussel Sprouts Chunky Applesauce	8 Oven Roasted Chicken Parmesan Garlic Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Apricots
11 Beef & Cheese Ravioli Italian Style Green Beans Pesto Infused Cauliflower Whole Wheat Garlic Toast Diced Peaches	12 Chicago Style Italian Beef Sandwich Tarragon Carrots Oven Baked Tater Tots Pineapple Tidbits	13 Chicken Tenders w/House Dip Sauce Oven Baked Potato Steamed Spinach Stone Ground Wheat Bread Fresh Banana	14 Classic Chicken Parmesan Steamed Sweet Corn Italian Vegetable Blend Old Fashioned Strawberry Shortcake	15 Hand-Rolled Swedish Meatballs Herbed Mashed Potatoes Steamed Broccoli Florets Stone Ground Wheat Bread Plum Halves
18 Homestyle Boneless Pork Chops Homestyle Stuffing California Vegetable Blend Steamed Spinach Stone Ground Wheat Bread Apricots	19 Handmade Salmon Patties Normandy Vegetable Blend Steamed Green Peas Stone Ground Wheat Bread Pineapple Tidbits	20 Cajun Style Chicken Pasta Green Bean Blend Cauliflower Florets Cherry Pie	21 Whole Wheat Blueberry Pancakes Savory Sausage Links Fresh Scrambled Eggs Oven Baked Peaches	22 Slow Roasted Beef Herb Mashed Potatoes California Vegetable Blend Stone Ground Wheat Bread Diced Pears
25 Homestyle Shepard's Pie Steamed Green Peas Tarragon Carrots Stone Ground Wheat Bread Classic Fruit Cocktail	26 Savory Sausage Cassoulet Green Bean Blend Cauliflower Florets Stone Ground Wheat Bread Fresh Grapes	27 Homestyle Salisbury Steak Herb Mashed Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Fresh Banana	28 Homestyle Cheesy Chili Mac Steamed Sweet Corn Oven Baked Peaches Stone Ground Wheat Bread	

# February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b> 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support</p>
<p><b>4</b> <i>National Soup Day</i> 11:30 Lunch 12:00 CARDS</p> 	<p><b>5</b> <i>Chinese New Year</i> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5</p>	<p><b>6</b> 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN</p>	<p><b>7</b> <i>Send a Card to a Friend Day</i></p> <p>8:30 Little River Casino Trip 1:00 BUNCO</p>	<p><b>8</b> 9:30 BUNCO 11:30 Lunch—<i>February Birthday Party</i> 1:00 Wii Bowling 1:00 Tech Support</p>
<p><b>11</b> <i>Make a Friend Day</i></p> <p>11:30 Lunch 12:00 CARDS</p>	<p><b>12</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5</p>	<p><b>13</b> 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN</p>	<p><b>14</b> <i>Valentine's Day WEAR RED DAY!</i> 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO</p>	<p><b>15</b> <i>National Caregivers Day</i> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support</p>
<p><b>18</b> <i>President's Day</i></p> <p>11:30 Lunch 12:00 CARDS</p> 	<p><b>19</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5</p>	<p><b>20</b> 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 9:30 State Theater Trip 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting</p>	<p><b>21</b> 8:30 Little River Casino Trip 11:30 Lunch—Blood Pressure and Blood Sugar Clinic with Kate 11:30—Obit in a minute with Liz from Heartland Hospice 11:30 Lunch 1:00 BUNCO</p>	<p><b>22</b> <i>National Cherry Pie Day</i> 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering</p>
<p><b>25</b> 11:30 Lunch 12:00 CARDS 1:00 Mystery Craft with Susan</p>	<p><b>26</b> 9:00 Estate Planning at Office by Appointment only 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5</p>	<p><b>27</b> 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN</p>	<p><b>28</b> <i>National Chili Day</i></p> <p>11:30 Lunch 1:00 BUNCO</p>	

## Dawn's Dish

Please note: When Benzie Central Schools are closed, The Gathering Place is also closed.

I'm very excited to introduce you to the newest face at The Gathering Place! Susan Glass is our new Senior Center Assistant. She will be planning new activities, livening the place up and keeping track of all the fun paperwork. I'm not leaving, just spending half of my time in our Administration Office working with Doug.

We will have tax return help at our Administration Office. Please call 231.525.0600 to set-up your appointment. Times are limited, so call soon!

Tech Support with Robert is on Fridays by appointment only until further notice. Call 231.525.0601 for scheduling. Dustin also does Tech Support at the Benzonia Library on Mondays from 11:00 a.m.—1:00 p.m. Please call 231-882-4111 for more information. There is no charge for either Tech Support.

Wednesdays, February 6, 13, 20, 27—Foot Clinic at 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. Don't neglect your tootsies!

Wednesdays, February 6, 13, 20, 27—1:15 p.m. PLARN. This crew of dedicated folks crochet plastic mats out of plastic bags to donate for the homeless. They are always happy to have more help and no experience is necessary.

Thursdays, February 7 & 21—Little River Casino Trip. Leave The Gathering Place at 8:30 a.m. and Shop-n-Save at 8:45 a.m. Trip fee \$10. **You no longer have to earn 10 points on your card before you earn the \$20 in River Credits but there is no longer a \$5 food voucher.** The credits will download automatically on your 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.**

Thursday, February 14—Blood Pressure and Blood Sugar Checks with Sharon from The Maples during lunch. A great time to check in on your numbers. Knowledge is power!

Thursday, February 14—Wear Red Day! Everyone looks great in red. Socks, shirts, pants, shoes, ..whatever. Help us bring awareness to heart health. Remind your friends to come in dressed head to toe in red.

Thursday, February 14—Valentine's Day! Love is in the air and cupid is running around here out of control. **Come enjoy chocolate and strawberry shortcake with us during lunch.**

Wednesday, February 20—State Theater Trip. Leave at 9:30 a.m. and return about 2:00 p.m. Join myself and Susan as we head to TC for the 25 cent Matinee, *The Maltese Falcon*, starring Humphrey Bogart. We'll have lunch at The Grand Traverse Pie Company afterwards. You are responsible for your lunch and movie costs. No trip fee charge since it's Susan's first trip!

Thursday, February 21—Blood Pressure and Blood Sugar Checks with Kate from Paul Oliver Living & Rehabilitation Center during lunch. Another great, convenient opportunity to check your numbers for free.

Thursday, February 21—Obit in a Minute. Liz with Heartland Hospice will be here during lunch to share a basic guide for getting your obituary started.

Friday, February 22—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.

Monday, February 25—Mystery Craft. 1:00 p.m. Susan will lead her first craft, so it's all free! Please sign up at the desk though, so she has enough supplies on hand.

# Medicare

## Yearly “Wellness” Visits

If you’ve had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly “Wellness” visit once every 12 months to develop or update a personalized prevention plan.

## Your costs in Original Medicare

You pay nothing for this visit if your doctor or other qualified health care provider accepts assignment. The Part B deductible doesn’t apply.

However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- These additional tests or services aren't covered under the preventive benefits.

## What it is

This plan is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It can also include:

- A review of your medical and family history.
- Developing or updating a list of current providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.
- Detection of any cognitive impairment.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services.

## If you haven't received your new Medicare Card

- Look around the house for any old or unopened mail. Your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- Sign in to [MyMedicare.gov](https://www.mymedicare.gov) to get your number or print your official card. Now that we’ve finished mailing new cards, your new number will appear in MyMedicare.gov.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048. There may be something that needs to be corrected, like your mailing address.

\*You can still use your old card to get health care services until January 1, 2020.

## Watch out for scams!

Medicare will never call you uninvited and ask you to give us personal or private information to get your Medicare Number and card.

Scam artists may try to get personal information (like your Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).

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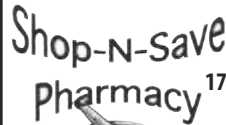


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15-0688/o

# Crossword Puzzle

## Valentine

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

ADMIRER  
 LOVE  
 CHERUB  
 RED ROSES  
 CHOCOLATES  
 VALENTINE  
 BOYFRIEND  
 DATE  
 CUPID  
 BOUQUET  
 ROMANCE  
 BE MINE  
 CHAMPAGNE



Play this puzzle online at : <http://thewordsearch.com/puzzle/2212/>



# February Birthdays

Evelyn Maxey	1	Harriet Muzzarelli	11	Danielle Garnder	19
James Mattis	1	Bill Schnarr	11	Darlene Seychel	19
Bonnie Rickett	3	Oscar Soliz	11	Yvonne Metes	20
Butch Frederick	3	Don R. Bock	12	Betty Nilsson	20
Bernadette Marcos	3	Lowell Rutherford	12	Dan Rineer	20
Jerome Priebe	4	Iris Rymers	12	Sharon Osborne	21
Bruce Wildie	5	Mary Scholl	12	Annette Laffleur	22
Janice Erlewein	6	Ray Jacobs	13	Virginia Marsden	22
Geoffrey Miner	6	Ronald Wiggins	13	Hillar Bergman	23
Lavina Roberts	6	Shirley Short	13	Stanley Putney	23
Sandee Greene	7	Gloria Hamalainen	14	Robb Bollenberg	24
Mark Richmann	7	Delores Jones	14	Helen Fortine	24
Norman Falete	8	Deb LaGuire	14	Cliff Grostick	25
Bud Frankenberger	8	Barb Sanchez	14	Lauren Johnson	25
Jackie Richards	8	Frank Hospenthal	15	Arleta Joslin	25
Gail Lappe	9	Ann Reinke	15	Irma Komoll	25
Brenda Maginity	10	Lucille Thomas	16	Michael Owen	26
Randy Marcos	10	Art Jeannot	17	Cathy Burcroff	27
Stephen Spoor	10	Randy Nielsen	17	Kris Dykstra	27
Caroline Hentschel	11	Sunja Turner	17	Mae Fitzner	28
Marian Lannin	11	Simona Lopez	18	Joan Schendel	28

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

## It's Getting Colder Every Day...

And we'd like to be able to help with getting you utilities assistance as we have in the past, **but we can't**. The State of Michigan changed the process for all help agencies we have worked with in the past—TrueNorth, NMCAA, Father Fred, & Salvation Army. We cannot access the applications and we can't submit applications for clients from our office. We have no way of contacting the help agencies on your behalf for this sort of assistance.

As of 10/01/018 it is required that those seeking help register online or with a paper application through Michigan Dept. of Health & Human Services.

You may pick up an application for help and an information booklet at the MDHHS office in Beulah at the Benzie County Government Center. If you feel this may be something needed in the near future it is a good idea to get this paperwork soon so you have it on hand and you can become familiar with the new process.

### **This is how to get help from TrueNorth:**

- 1. Complete and be approved for Michigan Department of Health and Human Services' State Emergency Relief (SER) assistance. Apply through MI Bridges.**
2. Choose **TrueNorth Community Services** as your referral partner
3. Get contacted by **emPower** to start your self-sufficiency journey

For more details, visit the [emPower information page](#) ; visit [emPower's website](#) or call 231.355.5880.

# Social Security

Tax season is approaching, and Social Security has made replacing your annual Benefit Statement even easier. The Benefit Statement is also known as the SSA-1099 or the SSA-1042S. Now you can get a copy of your 1099 anytime and anywhere you want using our online services.

A Social Security 1099 is a tax form Social Security mails each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and request an instant, printable replacement form through your personal *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1. If you already have a *my Social Security* account, you can log in to your online account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document on your computer or laptop or even email it. If you don't have a *my Social Security* account, creating one is very easy to do and usually takes less than 10 minutes.

If you receive benefits or have Medicare, your *my Social Security* account is also the best way to:

- Get your benefit verification letter;
- Check your benefit and payment information;
- Change your address and phone number;
- Change your direct deposit information;
- Request a replacement Medicare card; or
- Report your wages if you work and receive Social Security disability insurance or Supplemental Security Income (SSI) benefits.

If you're a noncitizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

With a personal *my Social Security* account, you can do much of your business with us online, on your time, like get a copy of your SSA-1099 form. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to find out more.



# Heart Health = Lose the Sugar

Keeping tabs on how much sugar you're eating & drinking is an important part of a heart-healthy lifestyle, especially if you've been diagnosed with diabetes or pre-diabetes. The bad news is that empty calories from added sugars in desserts, some drinks and candy can lead to weight gain and spikes in blood glucose levels. The good news is that cutting down on sugar may be easier than you think.



## Start cutting down on sugar with these tips:

- **Toss the table sugar** (white and brown), syrup, honey and molasses. Cut back on the amount of sugar added to things you eat or drink regularly like cereal, pancakes, coffee or tea. Try cutting the amount of sugar you add by 1/2 & wean down from there.
- **Swap out the soda.** Water is best, but if you want something sweet to drink or are trying to lose weight, diet drinks can be a better choice than sugary drinks.
- **Eat fresh, frozen, dried or canned fruits.** Choose fruit canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup. Drain and rinse in a colander to remove excess syrup or juice.
- **Compare food labels and choose products with the lowest amounts of *added* sugars.** Dairy and fruit products will contain some natural sugars. Added sugars can be identified in the ingredients list.
- **Add fruit.** Instead of adding sugar to cereal or oatmeal, try fresh fruit (bananas, cherries or strawberries) or dried fruit (raisins, cranberries or apricots).
- **Cut back on the sugar.** When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.
- **Try extracts.** Instead of adding sugar in recipes, use extracts like almond, vanilla, orange or lemon.
- **Replace it completely.** Enhance foods with spices instead of sugar. Try ginger, allspice, cinnamon or nutmeg.
- **Substitute.** Switch out sugar with unsweetened applesauce in recipes (use equal amounts).
- **Limit Non-nutritive Sweeteners.** If you are trying to lose weight, a temporary fix to satisfying your sweet tooth may be with non-nutritive sweeteners. But watch out! Make sure that swapping sugary options for non-nutritive sweeteners now doesn't lead to eating more later.

# Bulletin Board



Please welcome Susan Glass to our team! Susan is filling a new position as our Senior Center Assistant. She'll be at The Gathering Place part-time, so please stop by to meet her. We are very excited to have her on board.

Susan is married with three adult children and one grandchild. She is a proud Navy wife and she LOVES quilting, creating and new adventures.

## Can't Hear on the Phone?

The CapTel® Captioned Telephone allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV— for your phone! **Free with verified hearing loss**, you get the phone plus installation, providing you with better phone conversations.

**Includes free captioning service with no monthly fees or contracts required. *Don't miss another word! Did I mention this phone saves all of your conversation you have with your caller.***

Forms are available at Gathering Place in Honor  
\*Requirement – for no cost- Internet and phone line.  
Non Internet phone also available for one time fee of \$42.40 requirement analog home phone line.

Contact Your Local Outreach Representative  
**Tina Caldwell • 517-898-4401**



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

out at [smile.amazon.com](http://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 dollars to our agency! Please let your friends know this great news. Remember, always start at [smile.amazon.com](http://smile.amazon.com) and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

*If Benzie Central Schools are closed due to bad weather, there will be no meal deliveries & The Gathering Place will be closed. This is for safety!*

Euchre Happens in the region...

### Weekly:

Wednesdays—Geno's Sports Bar in Thompsonville at 2:00 p.m.  
231.378.2554 \$5.00



Sundays—Manistee Moose snack potluck at 1:00 p.m.  
231.723.2432 \$5.00

### Monthly:

1<sup>st</sup> Sunday Kaleva Lions Potluck 5'ish  
Cards 6:00 p.m. \$6.00

2<sup>nd</sup> Tuesday Kaleva Sportsmen's Club Potluck 5'ish  
Cards 6:00 p.m. \$6.00

1<sup>st</sup> & 3<sup>rd</sup> Tuesday The old Bendon Township Hall  
Potluck at 5:00 p.m. and cards start at 6:00 p.m.  
\$6.00 entry

### Seasonal:

Call for dates Sunday Interlochen Eagles snack  
potluck 231.275.7189 at 2:00 p.m. \$5.00

# 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. You can help make a difference for a senior in need with your donation.

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



MICHIGAN STATE  
UNIVERSITY

Extension

## Eat Smart, Live Strong

### DATE & TIME:

Begins March 7th, 2019  
for 6 weeks

### LOCATION:

10:00 AM  
The Gathering Place  
10579 Main St.  
Honor, MI 49640

### COST:

No cost

### CONTACT:

Dawn Bousamra  
231-525-0601



Eat Smart, Live Strong is a program aimed to improve fruit and vegetable consumption and physical activity. It has social and interactive sessions for adults age 55 and older. Participants will gain the skills needed to make healthy behavior changes. Each session is about one hour and the series ranges from four to six sessions.

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