



THE SENIOR SCOOP



*Be connected.
Be supported.
Be home.*

April 2019

INSIDE THIS ISSUE

Directory/Subscription	2
From our Director	3
Menu	4
Calendar of Events	5
Dawn's Dish	6
AARP	7
Word Search	8
Birthdays	9
Social Security	10
Distracted Driving	11
Bulletin Board	12
Donation Information	13

Right:
Home Delivered
Meals volunteer,
Sharon Angus and
Benzie County
Commissioner, Linda
Farrell head out on a
meal route.



Left: Tammy Grostick, longtime
Home Delivered Meals volunteer and
Bill Ward, Honor Village President
gear up for meal and milk delivery.

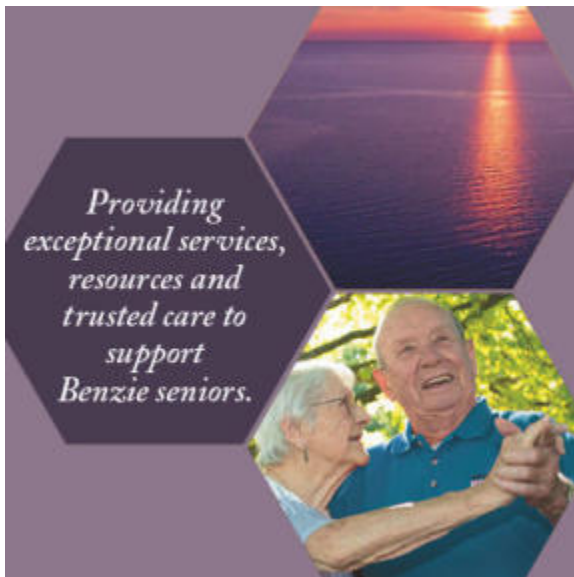


Thank you Sharon and Bill for
joining our volunteers during
"Community Champions Week"!

April is:

National Stress Month
Jazz Appreciation Month
National Poetry Month
Occupational Therapist Month
Distracted Driving Awareness Month
National Volunteer Month
National Social Security Month





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support
Benzie seniors.*

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Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

DIRECTORY

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The Gathering Place: 231-525-0601

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
Angela Haase, Copyeditor

NEWSLETTER SUBSCRIPTION FORM

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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.

From Our Director

Greetings Everyone,

I am writing my article for the newsletter on the first day of Spring! It's been a long winter with early snows in November. We thought we were in the clear with a quiet December and early January, but were we ever wrong! Bluntly speaking, it has been *harsh*. I can't recall a winter that rivals this one with so much ice, heavy snows and cold.

A reminder to those who are in the Snow Removal Program: we will start accepting unused Snow Removal Vouchers **beginning May 1st**. You can either donate their value back to the agency, or return them for a refund **by May 31, 2019**. You may also exchange them for other service vouchers within the time allowance. Our next programs are **Spring Cleanup** and **Lawn Chore**. We will be sending letters out soon on these with a start date of April 15th.

April 7 – 13 is *National Volunteer Week*, and one of the most rewarding times we have at our agency is honoring the 146 individuals who we graciously call "Volunteers." These folks are loyal, sincere, wonderful and always ready with a smile! Our success would not be possible without them, and on April 24th and 25th our staff will honor them at our *Annual Volunteer Recognition Event*.

Last month we took part in the *March for Meals Event* sponsored by Meals on Wheels America. This event reaches out to our community to build much needed support allowing us to deliver nutritious meals, along with friendly visits and safety checks, to Benzie seniors in need of meals year-round. Speaking of March for Meals, we had a great group of Community Leaders take part in assisting with the delivery of Home Delivered Meals during *Community Champions Week*. A big shout out to Commissioner Linda Farrell; Honor Village President, Bill Ward; Mobility Manager for Benzie Bus, Jessica Carland; and Commissioner Sherry Taylor for coming along on a route!!!

As part of the *March for Meals* celebration we collaborated with seven Benzie County restaurants, and on behalf of the staff and Board of Directors, I would like to thank: Papa J's; Jodi's Tangled Antler; Platte River Inn; The Roadhouse Mexican Bar & Grill; Dinghy's Restaurant; Geno's Sports Bar and Grill; and Stormcloud Brewing Company for donating a percentage of their receipts to our fundraising efforts.

We've recently launched a *Build-A-Van Campaign* because our tired and rusty 13-year-old delivery van with over 156,000 miles has had enough. The Benzie Senior Resources *Meals on Wheels* program has 5 routes, serves close to 300 individuals, and this year will provide nearly 60,000 meals. You can help by contributing funds to purchase a replacement vehicle. We have nearly \$8,000 of our \$20,000 goal for a vehicle, and with your help, we'll get there! Rest assured, your investment in a Benzie Senior Resources *Meals on Wheels* vehicle will stay local, work hard, and make a real & lasting difference.

Enjoy the beginnings of Spring and Happy Easter.

As always, I welcome your thoughts.

Take care,

Douglas



April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Parmesan Steamed Green Peas Italian Vegetable Blend Whole Wheat Garlic Toast Tropical Fruit Blend	2 Cincinnati Style Chili Steamed Sweet Corn Green Bean Blend Stone Ground Wheat Bread Fresh Banana	3 Laurie's Famous Chicken Bake Steamed Broccoli Florets Scandinavian Vegetable Blend Stone Ground Wheat Bread Mandarin Oranges	4 Pizza Bar! Pesto Infused Soft Baked Breadsticks Oven-Baked Spiced Apples	5 Handmade Salmon Patties Sweet Potato Bites Normandy Vegetable Blend Stone Ground Wheat Bread Plum Halves
8 Creamy Chicken A la King Green Bean Blend Cauliflower Florets Plum Halves 	9 Country Style Beef Fritters Herb Mashed Potatoes Scandinavian Vegetable Blend Stone Ground Wheat Bread Fresh Banana	10 Deluxe Chicken Sandwich Oven Roasted Potatoes Tarragon Carrots Diced Pears	11 Homestyle Salisbury Steak Herbed Mashed Potatoes Green Bean Blend Stone Ground Wheat Bread Fresh Banana	12 BSR's Famous Fish Fry California Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Apricots Homemade Coleslaw
15 Chicken Tenders with House Dip Sauce Oven Baked Tater Tots Caribbean Vegetable Blend Fresh Grapes 	16 Spaghetti & Italian Meatballs Steamed Sweet Corn Malibu Vegetable Blend Whole Wheat Garlic Toast Fresh Banana	17 Greek Style Pita Sandwich Green Bean Blend Cauliflower Florets Fruit Cocktail in Juice Homemade Potato Salad	18 Beef Stir-fry over Rice Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges	19 Easter Dinner! Pineapple Dijon Glazed Ham Whipped Steam Potatoes Capri Vegetable Blend Sweet Hawaiian Rolls Pineapple Tidbits
22 NEW MEAL! Sautéed Chicken Scampi Pasta Key West Vegetable Blend Steamed Green Peas Whole Wheat Garlic Toast Tropical Fruit Blend	23 Whole Wheat Cinnamon French Toast Savory Sausage Links Fresh Scrambled Eggs Oven-Baked Spiced Apples	24 Spanish Rice with Beef & Bacon Cauliflower Florets Oven Roasted Brussel Sprouts Stone Ground Wheat Bread Diced Peaches	25 Shredded Chicken Taco Bar Authentic Refried Beans Oven-Baked Pears Tortilla Chips with Fire Roasted Salsa	26 Slow Roasted Beef Herb Mashed Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits
29 Hearty Turkey Tetrazzini Steamed Spinach Tarragon Carrots Stone Ground Wheat Bread Pineapple Tidbits	30 Oven Roasted Chicken Oven-Baked Potatoes Steamed Broccoli Florets Stone Ground Wheat Bread Fresh Banana	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 Thanks! 



April Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:30 Lunch 12:00 CARDS 	2 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5	3 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	4 9:00 Hearing Clinic at Admin. Office—By Appointment only 10:00 Play with Clay! \$5 for all four weeks 11:30 Lunch 1:00 BUNCO	5 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech support by appointment
8 11:30 Lunch 12:00 CARDS 1:00 Movie Monday! Now showing: <i>Sully</i> 3:00 Zumba	9 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba	10 8:30 Zumba 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	11 8:45 Little River Casino 10:00 Play with Clay! 11:30 Lunch—The Maples Blood Pressure Check 11:30 Lunch 1:00 BUNCO	12 9:30 BUNCO 11:30 Lunch—Fish Fry April Birthday Party Music by Robert 1:00 Wii Bowling 1:00 Tech support by appointment
15 11:30 Lunch—Color Easter Eggs! 12:00 CARDS 2:30 Zumba 	16 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba	17 8:30 Zumba 9:00 Foot Clinic at the Admin. Office—By Appointment only 9:30 State Theater Trip! 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	18 10:00 Play with Clay! 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check 1:00 BUNCO	19 9:30 BUNCO 11:30 Lunch—Easter Dinner! 1:00 Wii Bowling 1:00 Tech support by appointment 
22 11:30 Lunch 12:00 CARDS 2:30 Zumba	23 9:00 Estate Planning at Admin. Office—By Appointment only 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA 5:15 Zumba	24 8:30 Zumba 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch NO BINGO Close at 1:00 p.m.	25 8:45 Little River Casino 10:00 Play with Clay! 11:30 Lunch NO BUNCO Close at 1:00 p.m.	26 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech support by appointment 6:00 'Ol Time Gathering
29 10:00 Dining with Diabetes Class 11:30 Lunch 12:00 CARDS 1:00 Advisory Council Meeting 1:15 Origami 2:30 Zumba	30 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba	 		

WANTED: Old rolling pins you just aren't using anymore! Please drop off to either Dawn or Susan.

Are you living with Diabetes? We have a new class beginning on April 29th at 10:00 a.m. called *Dining with Diabetes*. It is a 4-week Michigan State University Extension led series with each session lasting two hours. Part diabetes education and part cooking demonstration, this class is definitely worth your time. Participants who attend at least three sessions will receive a booklet with diabetes friendly recipes and a certificate of completion. Please sign up at The Gathering Place front desk. For more information, see back of newsletter.

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, April 3, 10, 17, 24—Foot Clinics at the Benzie Senior Resources Administration Office. Call 231-525-0600 for your appointment. We don't charge a fee, but we do appreciate donations.

ZUMBA is back! See Calendar of Events page for schedule.

Wednesdays, April 3, 10, 17, 24 —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, April 4, 11, 18 & 25—Play with Clay! 10:00 a.m. A new opportunity to explore your creative side. Instructor Lester Brownell teaches this new offering to the first FIVE folks who sign up. This 4-week class project will either create a tray or coffee cup. Your choice. Bring an apron (although clay does wash out). **Cost is only \$5 total for the whole month!** Call 231.525.0601 or stop by our front desk to sign up!

Monday, April 8—Movie Monday! We play a movie in-house at The Gathering Place with free popcorn and drinks! Showtime is 1:00 p.m. and this month we are watching *Sully* starring Tom Hanks.

Thursdays, April 11 & 25—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 you must pay the trip fee.**

Thursday, April 11—Blood Pressure and Blood Sugar Checks with Sharon from The Maples during lunch. A great time to check your numbers. Knowledge is power!

Wednesday, April 17th—State Theater Trip Join Susan and head to TC for the 25¢ Matinee. We'll be seeing *The Sunshine Boys* starring George Burns and Walter Matthau. Van leaves at 9:30 a.m. and returns about 2:00 p.m. Lunch is at The Grand Traverse Pie Company afterward. You are responsible for your lunch and movie costs. Trip fee is \$5.

Thursday, April 18—1:30 p.m. 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.

Friday, April 26—Ol'Time Gathering party. 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, April 29—Origami. 1:15 p.m. to 3:00 p.m. Instructor Diana Sieloff will guide us in making a gift box from old greeting cards! Also, create a fir tree and a butterfly out of origami paper. There is no cost.

Monday, April 29—1:00 p.m. **The Gathering Place Advisory Council Meeting.** The purpose of this Council is to represent the interest of seniors who participate in activities at The Gathering Place and to provide advice to the Senior Center Coordinator, Executive Chef and Executive Director on improving programs, policies & services for Benzie County seniors. If you're interested in volunteering for this important, vital part of our growth, or would like more information, please contact Dawn at 231.525.0601.

AARP Smart Driving Course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in the vehicle when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving ability.
- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others' driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

**** Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.**

Learn more by signing up to take the AARP Smart Driver Course. The classroom course costs \$15 for AARP members and \$20 for non-members. Bring a valid Michigan Driver License and AARP card, if you have one.

Upcoming AARP Smart Driver Course

Course Location:

**The Gathering Place Senior Center
10579 Main Street, Honor**

June 12, 2019 and June 13, 2019

Both sessions: 1:00PM-5:00PM

**8 hour course: must attend both sessions*

To reserve a seat today:

**Contact Dawn at (231) 525-0601
Benzie Senior Resources**

**Space is limited*



Older Michiganian's Day Trip. Join us as we head to Lansing on Wednesday, May 15th to have our voices heard! We'll sit down with our State Legislators to discuss our concerns, tour the Capitol building and have lunch on the lawn. Older Michiganian's Day is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials. It is a long day driving to Lansing and back but well worth it for the experience! Call Dawn at 231-525-0601 for information. Space is limited! There is NO cost to this trip and your lunch is free!

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Word Search

Emotions

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H	U	R	T	K	I	N	D	N	E	S	S	E	S
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DEPRESSION
 FEAR
 BITTERNESS
 UNDERSTANDING
 HURT
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 UPSET
 SADNESS
 HAPPINESS
 CONFUSION
 STRESS
 CARING
 FRIENDS
 GRUDGE
 HELP
 THANK YOU
 LOVE
 KINDNESS
 TIME
 CRYING



Now's a great time to brush up on your Medicare rights and protections, and to take action to protect your identity. Here are 3 things to do:

Protect your identity. Identity theft happens when someone uses your personal information without your consent to commit fraud or other crimes. Guard your Medicare Number and card, and keep your Social Security Number safe.

Help fight Medicare fraud. Use your [MyMedicare](#) account to stay on top of your claims. If you find errors or fraud, [report it!](#) Don't have a MyMedicare account yet? Sign up for free at [MyMedicare.gov](#) today.

Know your rights. You have certain rights and protections designed to make sure you get the health care services the law says you can get.



April Birthdays

Fred Marsh	1	Gary Huddleston	10	Elizabeth Jackson	22
Bob McQuilkin	3	George Jackson	10	Therese Ashman-Dahringer	23
Laura Payment	4	Donald Greene	11	Carol Bear	25
Ernest Thomas	4	Ron Seguin	11	Roselle Boughner	26
Judith Cozart	5	Sheila Dinger	12	Albert Moreno	26
Arthur Leffring	5	Rick Damore	13	Chester Sandecki	26
Anna Nordbeck	5	Jeannette Reisinger	14	Franco Nicolanti	27
Nona Nugent	5	Axel Anderson	15	Alice Smith	27
Mary Straubel	5	Alice Tiff	15	Elaine Vanderberg	27
Richard Claybour	6	Lolita Brownell	16	Gordon Armstrong	28
Maxine Lighthorse	7	Mary Johnson	16	Nadine Gilroy	28
Patricia Shijka	7	Charlie Walterhouse	16	Larry Lozen	28
Lester Brownell	8	Rachael Bowyer	17	Judy Moore	28
Carroll Denzel	8	Bill Dowd	17	Syrine Sonier	28
Ron Stier	8	Loren Lagowski	17	Kathy Burns	29
Sherry Foust	9	Jean Bowers	18	Martha Sterzik	29
Fran Wallace	9	Zilda Jackson	18	Eino Hamalainen	30
Evelyn Goethals	10	Luella Marie Cote	20	Oscar Jaquish	30
Yvonne Hockett	10	Lynn Vanderplow	20	Bonnie Rodgers	30

If we forgot your birthday we are truly sorry.

If you'd like your name removed from the birthday list, please let us know.

Creating Confident Caregivers®: Six-session, evidence-based program that provides family caregivers with information and skills for effective caregiving of a family member living with memory loss at home. Respite care may be available upon request.

Where: Paul Oliver Memorial Hospital, 224 Park Ave., Frankfort, Michigan

When: Saturdays, from 10:00 am-12:00 noon, March 30-May 5, 2019

Space is limited per class and pre-registration is required. Call 1-800-442-1713 to register or for more information, or visit online at www.aaanm.org/workshop-registration

Chronic Pain PATH: Six-session, evidence-based program that uses interactive education, a variety of self-management tools (relaxation techniques, planning and pacing) and weekly goal-setting to empower participants to take a more active role in managing their chronic pain.

Dates: Wednesdays, May 22-June 26, 2019 from 1:00-3:30 pm

Location: Trinity Lutheran Church, 955 James St., Frankfort

Space is limited and pre-registration is required. Call 1-800-442-1713 to register or for more information, or visit online at www.aaanm.org/workshop-registration

Social Security

APRIL IS NATIONAL SOCIAL SECURITY MONTH

By Bob Simpson

Social Security District Manager in Traverse City



It's National Social Security Month and this year we're highlighting some of the time-saving features of the *my Social Security* account. Once you create an account, you'll see that we already have your work history and secure information to estimate what you could receive once you start collecting benefits. With your personal *my Social Security* account, you can also: Request a replacement Social Security card; Set up or change direct deposit; Get a proof of income letter; Change your address; Check the status of your Social Security application; and Get a Social Security 1099 form (SSA-1099).

For over 80 years, Social Security has worked to meet the changing needs of the American public. Today, you can apply for retirement, disability, and Medicare benefits online, as well as take care of other business.

Social Security Helps People Like YOU! Part of what makes our nation unique is our diversity. Social Security touches the lives of nearly all Americans; so, we're accustomed to serving a diverse population. Online, our People Like Me pages help inform the many different people we help. From people with disabilities to students and military veterans — Social Security is here for you.

These pages are easy to share with friends and family or on social media. Here are just a few that might speak to you or someone you love.

Do you know someone who is just starting their career? Now is the best time for them to start preparing for retirement. The sooner we begin to save, the more we'll have when we reach retirement age. Share this page with a young worker you know. www.socialsecurity.gov/people/earlycareer.

We proudly serve wounded warriors and veterans. They faced sacrifices to preserve the freedoms Americans treasure. Many of them do not know they might be entitled to benefits. Share our resources with them to make sure they are getting the benefits they deserve. www.socialsecurity.gov/people/veterans.

Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. Women face greater economic challenges in retirement. First, women tend to live longer than men. A woman who is 65 years old today can expect to live, on average, until about 87, while a 65-year-old man can expect to live, on average, until about 84. Second, women often have lower lifetime earnings than men, which usually means lower benefits. And, third, women may reach retirement with smaller pensions and other assets than men. Share this page with someone who needs this information and may need help planning for their golden years. www.socialsecurity.gov/people/women.

These are just a few People Like Me pages that are tailored to a specific group's needs. If you didn't see your own, check out our home page at www.socialsecurity.gov/people



When Convenience is Dangerous

MYTH: My car came with an infotainment system. Since it's built into my car, it must be safe.

FACT: An NSC survey found more than 50 percent of drivers believe this myth. But technologies that allow drivers to make hands-free calls and use voice commands to dictate texts and emails, change music and update social media can be distracting to drivers – even if they are built into the vehicle. In fact, the AAA Foundation for Traffic Safety found drivers doing some voice tasks via infotainment systems may remain distracted for as long as 27 seconds after they finish a task.

MYTH: I know distracted driving is dangerous, but I can't afford to miss calls, emails or text messages. My job depends on it.

FACT: Car crashes are the #1 cause of workplace deaths with distracted driving as a leading factor in road fatalities. Fortunately, more employers are recognizing this hazardous expectation of always being connected and they are doing something about it. Dozens of Fortune 500 companies have adopted cell phone policies, banning the use of phones while driving. By eliminating this deadly distraction, employers are keeping their workforce safer.

NSC has developed a free Safe Driving Kit to help employers keep their workers safe.
www.nsc.org/safedrivingkit

MYTH: Most car crashes are caused by malfunctions such as faulty brakes, blown tires or engine problems.

FACT: On the contrary, 94 percent of crashes are caused by driver error. Therefore, nearly all of the crashes that happen on our roadways are 100 percent PREVENTABLE.

A leading cause of these human errors? Distractions.

IMPORTANT FACTS

- Distraction leads to driver error
- 7% of all drivers at any given time are using their phones while driving. A NHTSA survey finds 660,000 drivers using cell phones or manipulating electronic devices while driving at any given daylight moment
- Drivers talking on phones, hand-held or hands-free, miss seeing up to 50% of what is around them like:
 - other drivers
 - pedestrians
 - bicyclists
- Before you start your car, turn off your phone and Just Drive

#justdrive



DISTRACTED DRIVING AWARENESS MONTH 2018



nsc.org/justdrive



THE SENIOR SCOOP

Bulletin Board

Did you know? You have a Department of Veterans' Affairs contact in Benzie County. Karen Korolenko is the new Director. She can be reached at 231.882.0034 or by email at kkorolenko@benzieco.net. She has office hours Mondays, Tuesdays and Wednesdays at the Government Center in Beulah.

Euchre Happens in the region...

Weekly:

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



Thursdays—Doubles at The Platte River Inn,
Honor. 7 p.m. Sign ups are 30 minutes prior.

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

Sundays—Singles at The Platter River Inn, Honor
at 1:00 p.m. Sign ups are 30 minutes prior.

Monthly:

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

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

1st & 3rd 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 potluck and snack
231.275.7189 at 2:00 p.m. \$5.00

Can't Hear on the Phone?

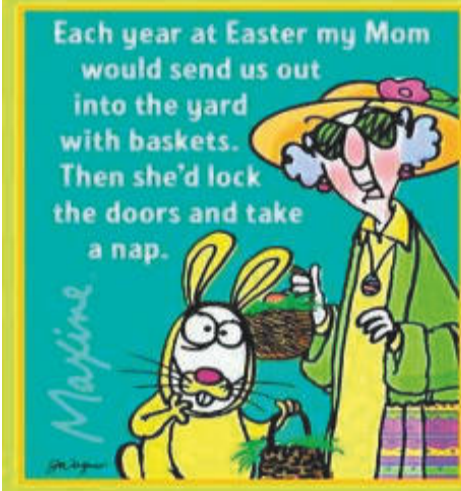
The CapTel® Captioned Telephone allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV— for your phone! **Free with verified hearing loss**, you get the phone plus installation, providing you with better phone conversations.

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



Would you like to help us spruce up our patio? We need:

- **Hands.** Lots of hands to plant our garden. There are two raised garden beds— if getting down on your knees in the dirt won't work, you can still help!
- **Flower/ plant donations.**
- **Donations toward updating our patio furniture.** Our current furniture that was generously donated by Labadie's years ago, is in need of replacement.

Please call Dawn or Susan if you can help with any of these needs. 231.525.0601.

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. It's so easy! Here's what you'll see once you get rolling— **Welcome to AmazonSmile**

Thank you for supporting Benzie Senior Resources.
Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.



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

10542 Main Street, Honor, MI 49640

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MICHIGAN STATE
UNIVERSITY

Extension



Dining with Diabetes

Type 2 diabetes can be delayed, controlled or even prevented by eating healthy and getting regular physical activity.

Dining with Diabetes is a fun and interactive course series targeting individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting.

Do you have prediabetes? Visit www.DidHavePrediabetes.org.

DATES: April 29, May 6, 13 & 20 **TIME:** Mondays, 10:00 am. - 11:30 am.

LOCATION:

The Gathering Place
Benzie Senior Center
10579 Main St.
Honor, MI 49640



COST: FREE

REGISTER:

At Senior Center front desk w/ Dawn
or call 231-525-0601