



BENZIE
SENIOR RESOURCES

March 2019

INSIDE THIS ISSUE

Directory/ Subscription	2
Trips!	3
Menu	4
Calendar of Events	5
Dawn's Dish	6
Kidney Friendly Foods	7
Crossword Puzzle	8
Birthdays	9
Social Security	10
Medicare	11
Bulletin Board	12
Donation Information	13

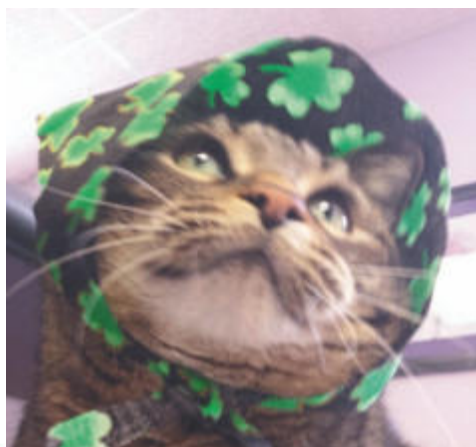


Left: Virginia celebrating 93 with the Bunco crew!

Below: Helen also sharing her birthday with the Bunco folks!



**We love
celebrating
birthdays!**



March is...

National Kidney Month
National Nutrition Month
March for Meals Campaign
Save Your Vision 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.

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](https://www.facebook.com/benzieseniorresources.org)
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

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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.



Trips!

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
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- ◆ 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

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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

March 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 Hand Breaded Baked Chicken Herb Buttered Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend
4 Deluxe Chicken Sandwich Scandinavian Vegetable Blend Cauliflower Florets Chunky Applesauce	5 Creole Style Jambalaya South Style Collard Greens Black Eyed Peas with Bacon Stone Ground Wheat Bread Fresh Banana	6 Baked Pollock Almondine Normandy Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Fresh Grapes	7 Hand Rolled Sweet & Sour Meatballs Steamed Broccoli Florets Tarragon Carrots Stone Ground Wheat Bread Fruit Cocktail Juice	8 Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits
11 Bratwurst with Sautéed Peppers & Onions Baked Beans with Bacon Steamed Broccoli Florets Plum Halves	12 Steakhouse Cheeseburger Bar Oven Baked Tater Tots California Vegetable Blend Fresh Banana	13 Chicken Stir-fry over Rice Green Bean Blend Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges	14 Homemade Sloppy Joe Steamed Green Peas Oven Baked Pears	15 Corned Beef with Braised Cabbage Oven Roasted Potatoes Tarragon Carrots Stone Ground Wheat Bread Chunky Applesauce
18 Pineapple Dijon Glazed Ham Whipped Sweet Potatoes California Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend	19 Homestyle Goulash Steamed Green Peas Tarragon Carrots Stone Ground Wheat Bread Diced Peaches	20 Beef & Cheese Ravioli Steamed Broccoli Florets Capri Vegetable Blend Whole Wheat Garlic Toast Fresh Banana	21 Whole Wheat Blueberry Pancakes Savory Sausage Links Fresh Scrambled Eggs Oven Baked Spiced Apples	22 NEW MEAL! Breaded Perch Steamed Spinach Normandy Vegetable Blend Stone Ground Wheat Blend Diced Pears
25 Seasoned Beef Taco Bar Authentic Refried Beans Oven Baked Peaches	26 Homemade Meatloaf with Gravy Herb Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Fresh Banana	27 Classic Liver & Onions with Bacon AND Salisbury Steak if you don't like Liver! Herb Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread	28 Stuffed Cabbage Rolls Cauliflower Florets Green Bean Blend Stone Ground Wheat Bread Mandarin Oranges	29 Slow Roasted Beef Herb Mashed Potatoes Tarragon Carrots Stone Ground Wheat Bread Diced Pears



March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
4 11:30 Lunch—Ice Cream Social 12:00 CARDS	5 Mardi Gras/ Fat Tuesday 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5	6 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	7 8:30 Little River Casino Trip 1:00 BUNCO	8 9:30 BUNCO 11:30 Lunch—March Birthday Party 1:00 Wii Bowling 1:00 Tech Support
11 1:30 Lunch 12:00 CARDS	12 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5	13 9:30 State Theater Trip 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	14 National Potato Chip Day 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO	15 9:30 BUNCO 11:30 Lunch—St. Patrick's Day Party 1:00 Wii Bowling 1:00 Tech Support
18 11:30 Lunch 12:00 CARDS 1:00 Movie Monday	19 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5	20 First Day of Spring! National Ravioli Day 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	21 8:30 Little River Casino Trip 11:30 Lunch—Blood Pressure and Blood Sugar Clinic with Kate 11:30 Lunch 1:00 BUNCO	22 9:30 BUNCO 11:30 Lunch—New Meal!! 1:00 Wii Bowling 1:00 Tech Support
25 11:30 Lunch 12:00 CARDS 1:00 Craft with Susan	26 9:00 Estate Planning at Office by Appointment 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5	27 9:00 Foot Clinic at Office by Appoint. 10:00 Stretch w/ Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	28 11:30 Lunch 1:00 BUNCO	29 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering

Dawn's Dish

We are forming an Advisory Council for The Gathering Place Senior Center. The purpose of this Council is to represent the interest of those seniors who participate in activities at The Gathering Place Senior Center. The Advisory Council will provide advice to the Senior Center Coordinator, Executive Chef and Executive Director on improving programs, policies and services provided to Benzie County seniors. If you are interested in volunteering for this important and vital part of our growth, or would like more information, please contact Dawn at 231.525.0601. Our first meeting will be in April. Date still to be determined.

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

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.

Tuesday, March 5—MARDI GRAS/ FAT TUESDAY. It's Paczki Time! Stop in for beads and a paczki. Wear your Mardi Gras purple, gold and green!

Wednesdays, March 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, March 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, March 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.**

Wednesday, March 13—State Theater Trip. Leaves at 9:30 a.m. and returns about 2:00 p.m. Join Susan and head to TC for the 25¢ Matinee, *Christopher Strong*, starring Audrey Hepburn. Lunch at The Grand Traverse Pie Company afterwards. You are responsible for your lunch and movie costs. Trip fee is \$5.

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

Thursday, March 14—National Potato Chip Day and the kitchen is making ours—homemade!

Friday, March 15—St. Patrick's Day lunch. Yes, Corned Beef and Cabbage! Wear your green (even though we're a couple days early).

Monday, March 18—Movie Monday in-house at The Gathering Place. Show time is 1:30 p.m. Movie T.B.D.

Thursday, March 21—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.

Monday, March 25—Craft with Susan. 1:00 p.m. See an example at the front desk. Please sign up so she has enough supplies on hand.

Friday, March 29—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.

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All foods contain sodium. But processed & canned foods have higher amounts. If you rely on processed vegetarian food, you may be consuming too much sodium. Foods rich in potassium must be avoided by those on dialysis and those with a dietary potassium restriction. Always consult a renal dietician before adding any foods to your diet plan.

We need YOU! Yes, you! We have something for everyone. You could deliver our Home Delivered Meals. You could be a Hostess and welcome folks at The Gathering Place. You could teach a class. You could present a program. You could lead an exercise class. You could provide musical entertainment. There are so many options! Please contact us at 231.525.0601 if you are interested in being a Volunteer!

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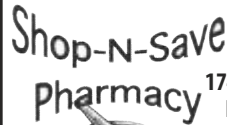
Christopher Charland
Western District Manager

231-409-0648 cell
christopher_charland@us.aflac.com



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15-0688/o

Crossword Puzzle

Sewing Basket

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

SNAPS
 MEASURING TAPE
 ELASTIC
 TRACING WHEEL
 INTERFACING
 SCRAPS
 PINS
 SEAM RIPPER
 BINDING
 SNIPS
 THIMBLE
 LACE
 BUTTONS
 PATTERNS
 BOBBINS
 RICKRACK
 NEEDLES
 THREAD
 BODKIN

Play this puzzle online at : <http://thewordsearch.com/puzzle/1195/>

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.



March Birthdays

Jo Holmes	1	Truman Doyle	10	Dale Herscher	23
Miriam Godoshian	2	Howard Foust	11	Carolyn Bailey	24
John Bailey	3	Marcies Souvatzidis	11	Vivian Dufresne	24
Patricia Blackmer	3	Mary Strong	12	Joan Frederick	24
Shirley Edinger	3	Steve Ely	13	Nancy Vanderlinde	24
Michael Parson-McNamara	3	Don McCash	13	Lyle Crist	25
Marjorie Smeltzer	3	John Noecker	15	Avondalu Dobson	25
Ralph April	5	Joe Stain	15	Becky Miller	25
Maggie Baker	5	Doris Zaleski	15	Al Komoll	26
Robert McCall	5	Judy Brouwer	16	Teresa Stockman	26
Setsuko Pelky	5	Kathy Bacon	17	Jack Leard	27
Maxine Taylor	6	Cloral Beeler	17	Donna Malecki	27
Linda Brown	7	Violet Labadie	17	Beth Knapp	28
C. Annette McCalpin	7	Patricia Tolar	17	Susan LaCross	28
Marcia Gould	7	Sara Hollenbeck	19	Donna Sandecki	28
Regina Doyle	8	Susan Steben	19	Irene Nugent	29
Lorene Gleason	8	Greta Steele	19	Thelma Rider	29
Shirley Metternick	8	Doris Werth	19	Kathy Huffman	30
Jack Harnish	9	Josie Pape	20	Dale Janusch	30
William Huhnke	9	Delwyn Sneller	21	David Hayes	31
Joan Lichty	9	Sharon Angus	22	Richard Heniser	31

*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

Social Security Resources For Women

By Bob Simpson

Social Security District Manager in Traverse City

March is Women's History Month. It's a time when we reflect on the achievements and contributions of our nation's remarkable women. Many of these heroes might be people close to you: mothers and daughters, aunts, and grandmothers. Each of them plays a special role in our lives as they provide love and support.

Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

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. And, third, women may reach retirement with smaller pensions and other assets than men.

Today, women have challenging choices to make. Some may spend their entire adulthood in a career or job outside the home. Some may work for a few years, leave the labor force to raise children, and eventually return to work. Others may choose not to work outside the home. Whether they work, have worked, or have never worked outside the home, women should understand how Social Security can help them and their families.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If you're eligible and apply for

benefits on more than one work record you generally receive the higher benefit amount.

We have specific information for women at www.socialsecurity.gov/people/women that you can easily share with friends and family. Giving this gift of knowledge can change the life of a woman you care about.

Social Security is important to women at every stage in life.

Whether you are a bride-to-be, a new mother, or a life-long worker considering retirement, we provide information and services that are relevant to you.

www.socialsecurity.gov/women

The image shows four women of different ages smiling. In the top right corner of the graphic is the Social Security Administration seal.



Medicare

Last Chance to Enroll, Change Some Medicare Plans for 2019

You'll pay a penalty for enrolling late, but you'll get coverage

by Dena Bunis, [AARP](#)

"Time and time again we hear from callers to our National Consumer Helpline who missed their enrollment period for Part B, often because of confusion about how employer and retiree health insurance coordinates with Medicare," says Mitchell Clark, director of digital strategy and communications at the Medicare Rights Center. "Enrollment mistakes can be costly, resulting in gaps in health coverage and a lifetime of paying Part B premium penalties. To prevent further delay in Medicare coverage, eligible individuals should enroll before the March 31 deadline."

March 31 is also the deadline for people who are enrolled in Medicare Advantage to either switch to another MA plan or to original Medicare in 2019. This Medicare Advantage open enrollment period runs from Jan. 1 through March 31 each year, and the changes you make take effect the first of the month after you enroll. Beneficiaries who switch into original Medicare will also be able to sign up for a Part D prescription drug plan. Two important things to remember: First, you cannot go from original Medicare to an MA plan during this open enrollment period. And second, if you switch from MA to original Medicare, you won't automatically be able to buy a Medigap policy. If you apply for a Medigap policy when you are first eligible for Medicare, you cannot be denied coverage or charged a higher premium because you have a preexisting condition; that guarantee does not apply if you are switching from an MA plan to original Medicare.

If your personal window to sign up for Medicare has come and gone or you want to change your [Medicare Advantage](#) (MA) plan, you have until March 31 to act.

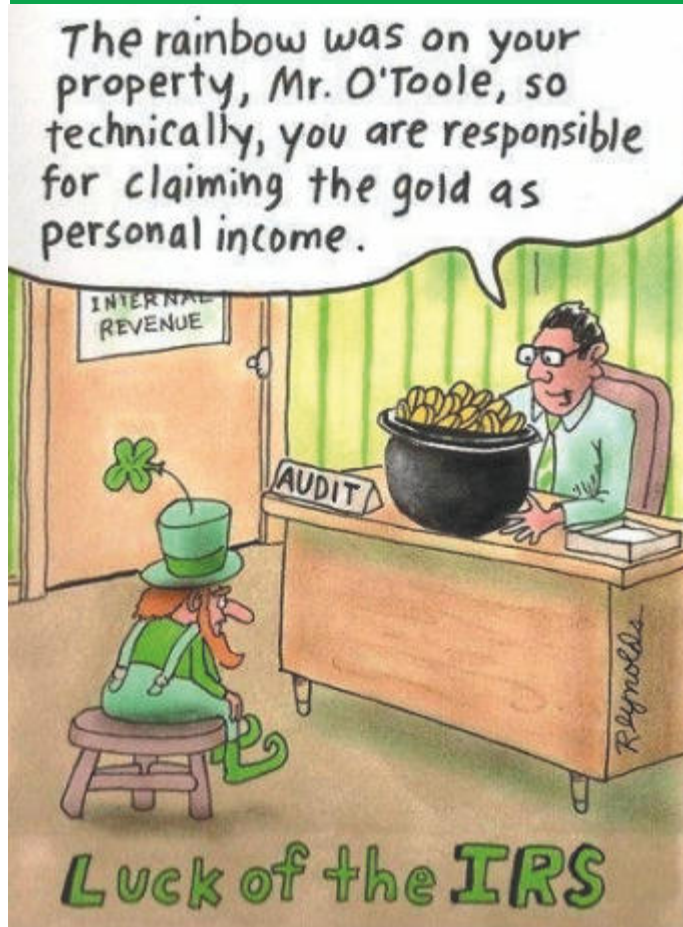
The optimal time to enroll in Medicare is when you approach 65. That milestone birthday is in the middle of what is called your initial enrollment period (IEP), which runs from three months before you turn 65 through the three months after. Generally, if you don't sign up during your IEP, you're out of luck unless you take advantage of one of the following two other enrollment periods.

- **Special enrollment period (SEP)** This is for individuals who delayed enrolling in Medicare Part B because they were working and had employer insurance or were covered under their spouse's policy. Part B covers doctor visits, lab tests and other outpatient services, and Medicare beneficiaries pay a monthly premium for that care. Many people sign up right away for Part A, which covers hospitals costs, because there is no premium for that coverage for the vast majority of 65-plus Americans.
- Those age 65 or older who lose employer-based coverage are eligible for an SEP that lasts until the month after their health insurance ends or eight months (whichever is sooner) to enroll in Part B.
- **General enrollment period (GEP)** This is an opportunity for people to sign up for Part B if they didn't enroll when they first became eligible and they don't qualify for an SEP. This chance to sign up began Jan. 1 and ends March 31.

Two important things to remember: First, if you enroll during this period, your coverage won't take effect until July 1. Second, according to Medicare law, when you enroll during the GEP, you have to pay a late-enrollment penalty. That means you'll pay an extra 10 percent per month for your premium for every year that you delay enrolling. So, say you turned 65 in March 2018 but wait until March 2020 to enroll, your Part B monthly premium will be 20 percent higher for the rest of your life.

You can sign up for Medicare online, in person at your local Social Security office or by calling 800-772-1213, Monday through Friday, 7 a.m. to 7 p.m.

Bulletin Board



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You shop. Amazon gives.

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 dollars 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.

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*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

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:

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 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

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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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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, MI

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

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,