

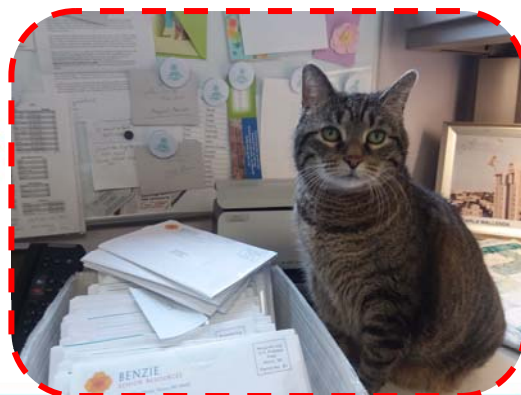
July 2019

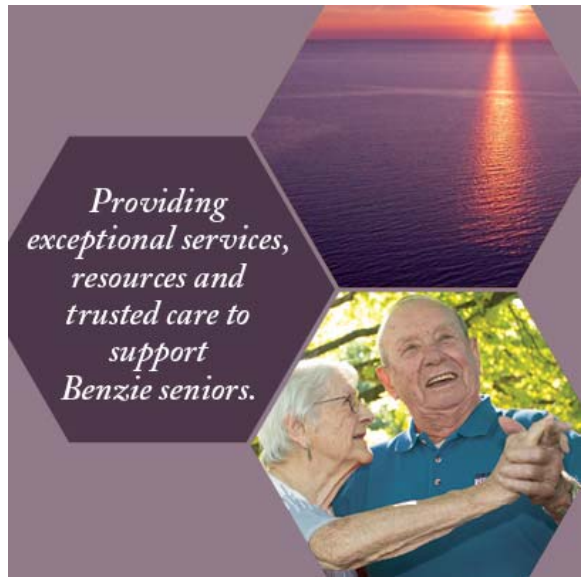
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Thank you to the folks at Norconk Farms for their generous donation of asparagus! We enjoyed roasted asparagus and creamy asparagus soup.





## BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

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Denise Favreau, *Secretary*  
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Rosemary Russell  
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*Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation; Delta Dental Foundation, GT Regional Community Foundation, Rotary Charities of Traverse City & Benzie County Community Chest.*

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

### DIRECTORY

Phone: 231-525-0600 or  
Toll Free: 888-893-1102  
Fax: 231-325-4855  
Email: [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org)  
Website:  
[www.BenzieSeniorResources.org](http://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 are 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 copy/finish edits**

### NEWSLETTER SUBSCRIPTION FORM

NAME \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST/ZIP \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL \_\_\_\_\_

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. There is no charge for emailing. 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, at our Benzie Senior Resources office and at The Gathering Place.





# Veteran Dental Program/ Fish Dinner Fundraiser

## Victors for Vets

- Veterans register in the program and receive free dental care from May to April for one year
- Appointments are scheduled 2 Fridays a month
- Staffed by NMHSI staff, volunteer dentists from the community, and dental interns from U of M
- Materials and supplies provided by NMHSI with donations from vendors
- Additional donated services from local dental specialists (endodontist, periodontist, oral surgeon, orthodontist)
- Limited to 60 veterans each year



Full examinations  
X-rays  
Fillings  
Extractions  
Cleanings  
Dentures

Root Canals  
Crowns  
Bridges  
Bitesplints  
Fluoride treatments  
Silver Diamine Fluoride

## Contact Jen to register!

Jennifer Kerns, BS,  
RDH  
Dental Outreach  
Coordinator  
(231) 721-5337

[jkerns@nmhsi.org](mailto:jkerns@nmhsi.org)

*Last year, over \$120,000 in dental services were donated*

## TRINITY LUTHERAN CHURCH OF FRANKFORT MEN'S GROUP

 Annual   
**Grilled Fish Dinner**  
**JULY 26<sup>TH</sup>**  
**4:30 TO 7:00**

Featuring Grilled Lake Trout,  
Baked Potato, Coleslaw, Roll and Dessert

**\$15.00 ADULTS - \$7 CHILDREN 12 AND UNDER**  
**(TAKE OUT AVAILABLE)**

Trinity Lutheran Church - Johnson Hall  
955 James St. in Frankfort

**PROCEEDS WILL BE SHARED WITH  
BENZIE SENIOR RESOURCES, BACN  
AND MEN'S GROUP PROJECTS**

## 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**





THE SENIOR SCOOP

# July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Crispy Cod Sandwich Sweet Potato Bites Steamed Green Peas Tropical Fruit Blend	<b>2</b> Homestyle Salisbury Steak Herbed Mashed Potatoes Green Bean Blend Stone Ground Wheat Bread Fresh Banana	<b>3</b> Greek Style Pita Sandwich Tarragon Carrots Steamed Broccoli Florets Fresh Cut Watermelon	<b>4</b> <b>Closed</b> 	<b>5</b> Spaghetti & Italian Meatballs Italian Style Green Beans Pesto Infused Cauliflower Whole Wheat Garlic Toast Diced Peaches
<b>8</b> Chicken Tenders with House Dip Sauce Herb Buttered Potatoes Steamed Sweet Corn Stone Ground Wheat Bread Tropical Fruit Blend	<b>9</b> Baked Pollock Almondine Normandy Vegetable Blend Steamed Green Peas Stone Ground Wheat Bread Fresh Grapes	<b>10</b> Whole Wheat Cinnamon French Toast Savory Sausage Links Fresh Scrambled Eggs Oven Baked Peaches	<b>11</b> Homestyle Goulash Steamed Spinach Malibu Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits	<b>12</b> Classic Hot Turkey Sandwich Herbed Mashed Potatoes Capri Vegetable Blend Bonnie's Famous Cranberry Sauce
<b>15</b> <b>Special Monday Meal</b> <b>BBQ Glazed Chicken</b> <b>Oven Baked Tater Tots</b> <b>Steamed Broccoli Florets</b> <b>Chunky Applesauce</b> <b>Homemade Coleslaw</b>	<b>16</b> Country Style Beef Fritters Herbed Mashed Potatoes Steamed Green Peas Stone Ground Wheat Bread Fresh Banana	<b>17</b> National Hot Dog Day! Build Your Own Hot Dog Bar Baked Beans with Bacon Tarragon Carrots Fresh Cut Watermelon	<b>18</b> Zesty Chicken Fajitas Latin Style Rice Authentic Refried Beans Tortilla Chips and Fire Roasted Salsa Tropical Fruit Blend	<b>19</b> Slow Roasted Beef Herbed Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Diced Pears
<b>22</b> Grilled Chicken Caesar Salad Cranberry Applesauce Soft Baked Breadsticks	<b>23</b> Homestyle Boneless Pork Chops Homestyle Stuffing California Vegetable Blend Stone Ground Wheat Bread Fruit Cocktail in Juice	<b>24</b> New Entrée Chicken Pesto Linguine Italian Style Green Beans Tarragon Carrots Whole Wheat Garlic Toast Fresh Banana	<b>25</b> Beef Stir-Fry over Rice Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges	<b>26</b> Caribbean Style Roasted Pork Caribbean Vegetable Blend Whipped Sweet Potatoes Stone Ground Wheat Bread Pineapple Tidbits
<b>29</b> National Lasagna Day! Classic Homemade Lasagna Pesto Infused Cauliflower Capri Vegetable Blend Whole Wheat Garlic Toast Fresh Grapes	<b>30</b> Chicken Enchiladas Verde Latin Style Rice Steamed Spinach Tortilla Chips with Fire Roasted Salsa Fresh Banana	<b>31</b> Fresh Made Submarine Sandwich Bar Raspberry Carrot Salad Pea & Peanut Salad	Meal price is a \$4.00 suggested donation for those age 60 and older  Under 60 is \$7.50 Caregivers under 60 are \$5.00	<b>Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. — 1:30 p.m.</b>  <b>Menu is subject to change without notice</b>



# July Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 YOGA & MORE 11:00 CARDS 11:30 Lunch 2:30 Zumba—\$3	<b>2</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	<b>3</b> 8:30 Zumba—\$3 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo	<b>4</b> Closed 	<b>5</b> 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling
<b>8</b> 10:00 YOGA & MORE 11:00 CARDS 11:30 Lunch 12:30 Movie Monday 3:00 Zumba—\$3	<b>9</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	<b>10</b> 8:30 Zumba—\$3 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo	<b>11</b> 8:45 Little River Casino 10:00 Eat Smart, Live Strong class 11:30 Lunch 11:30 Heartland Hospice Obit in a Minute 1:00 BUNCO	<b>12</b> 9:30 BUNCO 11:30 Lunch— <b>July Birthday Party</b> 1:00 Wii Bowling
<b>15</b> 10:00 YOGA & MORE 11:00 CARDS 11:30 Lunch 1:00 Christmas in July craft with Susan 2:30 Zumba—\$3	<b>16</b> 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	<b>17</b> 8:30 Zumba—\$3 9:00 Foot Clinic at the Admin. Office—By Appointment only 9:15 State Theater Trip—\$5 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	<b>18</b> 10:00 Eat Smart, Live Strong class 10:00 DIY Birdhouse with Lester—\$5 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check 11:30 U.S. Census 1:00 BUNCO	<b>19</b> 9:30 BUNCO 11:30 Lunch— 1:00 Wii Bowling
<b>22</b> 10:00 YOGA & MORE 11:30 Lunch 11:00 CARDS 1:00 Stepping Stone Craft with Susan 2:30 Zumba—\$3	<b>23</b> 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	<b>24</b> 8:30 Zumba—\$3 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo	<b>25</b> 8:45 Little River Casino 10:00 DIY Birdhouse with Lester—\$5 10:00 Eat Smart, Live Strong class 11:30 Lunch 1:00 Bunco	<b>26</b> 9:30 BUNCO 11:30 Lunch 1:00 Cliff Shelder Concert 6:00 'Ol Time Gathering
<b>29</b> 10:00 YOGA & MORE 11:30 Lunch 11:00 CARDS 1:00 Stepping Stone Craft with Susan 2:30 Zumba—\$3	<b>30</b> 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA 5:15 Zumba—\$3	<b>31</b> 8:30 Zumba—\$3 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo		





# Dawn's Dish

We are closed on Thursday, July 4th! Have a safe holiday!

Susan & I are looking for your help. We are creating a Tranquility Garden around our patio area and are in need of a few items. New birdhouses & bird feeders; sturdy shepherds hooks; stone statuary; butterfly houses; flowering shrubs, trees and perennials; benches, swings, patio furniture and picnic tables; mulch and landscaping rocks. We are in the process of creating this garden, so please stop and take a peek! We are accepting monetary donations to help us purchase these needed items.

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.

Mondays, July 1, 8, 15, 22, 29—10:00 a.m. **YOGA & More!** Classes will be geared for all levels— beginner to advanced combining both Hatha and Flow styles of yoga, along with health and wellness suggestions. Please join us and bring a yoga mat, towels or yoga blocks. Lauralee Petritz will be leading the class and is an avid Bikram yoga practitioner and massage therapist. There is no charge for this class.

Wednesdays, July 3, 10, 17, 24, 31—Foot Clinic 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.

Monday, July 8—**12:30 p.m.** Movie Monday! **Please note the new time.** We play a movie in-house at The Gathering Place with free popcorn and drinks! Showtime is 12:30 p.m. and this month we are watching *War Horse*.

Thursday, July 11—Liz from Heartland Hospice will be here during lunch with great information on writing our own obituary. Please stop by her table and say hello.

Thursdays, July 11, 18, 25—10:00 a.m. Eat Smart, Live Strong. Weekly class offered through the Michigan State Extension Office. Attend all six classes and you'll be entered into a drawing for a \$25 giftcard! Please call 231.525.0601 to sign up today. There is no cost for this class.

Thursdays, July 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. **\$20 in River Credits** 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.**

Monday, July 15—Christmas in July craft with Susan. 1:00 p.m. No charge! Just come for fun!

Wednesday, July 17—**State Theater Trip.** Join Susan and head to TC for the 25¢ Matinee. We'll be seeing *Born Yesterday* starring Judy Holliday. The 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 \$5.

Thursdays, July 18 & 25—10:00 a.m. DIY Birdhouse with Lester. Assemble a birdhouse using pre-cut materials with guidance from Lester. Please sign up at the front desk. **Cost \$5.** Choose from three great options and check out samples at the front desk. Questions? Ask Susan or Dawn.

Thursday, July 18— Marie Wohadlo, Recruiting Assistant with the Field Division of Northwest Michigan U.S. Census Bureau will be here during our lunch to share information about flexible job opportunities.

Thursday, July 18—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.

Mondays, July 22 & 29—1:00 p.m. Craft with Susan! Create a Stepping Stone or two! Come for both days or just one. Create one for home and one for our new Tranquility Garden.

Friday, July 26— 6:00 p.m. 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.



# Senior Appreciation Day

## SENIOR APPRECIATION DAY

Thursday, August 1, 2019 • 9 am - 3 pm

Mackinaw Trail Middle School • 8401 S. Mackinaw Trail, Cadillac

### FREE Day Celebrating Seniors

Filled With Workshops, Lunch,  
Style Show, Door Prizes, & More

Presented by

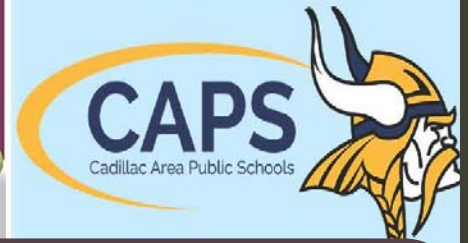


#### Workshops Include

- Michigan Works: Jobs, Jobs, Jobs!!!
- Conquering Clutter
- SMART Phones & Devices – One on One
- Special 2-Part Session: Loss of a Spouse with author Ron Gries
- Pastry Making with Goldie
- Tea Party – The Herb Society
- Drums Alive
- Rockin' with Rocks
- The Power of Stretching
- Living with Chronic Pain

Come join us for a trip to Cadillac for a little appreciation on August 1st.  
Depart The Gathering Place at 7:30 a.m. returning by 4:30 p.m. Please sign up at the front desk or call 231.525.0601.

**BIG THANKS  
TO OUR HOST  
SPONSOR**



#### Gold Sponsors

#### FREE Delicious Catered Lunch & Style Show!

- Models from Cadillac Senior Center
- Clothing from Oasis Second Chance Resale Store

Melissa Schultz Agency



FARM BUREAU  
INSURANCE®

**JB JORDAN  
BALKEMA**  
ELDER LAW CENTER



For Questions Call Rae at Curry House  
**231-846-7423**



#### We're heading to Nashville!

When: November 11-16, 2019

Our trip, through Diamond Tours includes:

- Motorcoach Transportation
- 5 nights lodging
- 8 meals: 5 breakfasts & 3 dinners
- 2 Great Shows! The Grand Ole Opry & Nashville Nightlife Dinner Theater

- Guided Tours of Nashville and Belle Mead Plantation
- Admission to the Country Music Hall of Fame
- Admission to the Mansion of Fontanel
- Ride on the Delta Flatboats inside the Opryland Hotel

Contact Judy Fast at (248) 425-5849 or Lynn Vanderplow at (231) 944-5463 to sign up!

\$630 per person based on double occupancy— 6 days and 5 nights



**BENZIE**  
SENIOR RESOURCES



THE SENIOR SCOOP







# Word Search

## The American Revolution

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

CONGRESS  
 FREEDOM  
 TEA PARTY  
 UNITED STATES  
 PEACE  
 INDEPENDENCE  
 COLONIES  
 LAW  
 PREAMBLE  
 LEXINGTON  
 FRENCH  
 LOCKE  
 COLONISTS  
 CONCORD  
 VICTORY  
 SARATOGA  
 DEFEAT

Play this puzzle online at : <http://thewordsearch.com/puzzle/20996/>

It's **SENIOR PROJECT FRESH** Time! We still have coupons—come get yours!

**Senior Project FRESH/Market FRESH** is a program which allows income eligible seniors to receive coupons to purchase fresh produce from Michigan produce growers. Pick up your application at Benzie Senior Resources Administration Office in Honor. Call 231.525.0600 for more information. Eligibility requirements are:

- You must meet the income guidelines. \$1872 gross per month for a household of one. \$2538 gross per month for a household of two. Larger households add \$667 per additional family member.
- You **must** be 60 years or older **AND** you **must** live in Benzie County.

**Please read the applications and proxy forms carefully and complete BOTH sides.**

This program is offered by the USDA Supplemental Nutrition Assistance Program and The Michigan Office of Services to the Aging, Benzie Senior Resources, and Michigan State University Extension.

Please, tell a friend about the program, too!



## July Birthdays

Esther Cooper	1	Robert Mullen	10	Margaret Chalmers	18	Lois Link	25
Douglas Joy	1	John Snow	10	Zelda Hodge	18	Dan Rayner	26
Carroll Volpe	1	Clinton Hoxie	11	Zoraida Kenner	18	Dan Sheffer	26
Kenneth Kulow	2	Nancy Kage	11	Leila Mackenzie	18	Bernice Beugnot	27
Ronald Fast	3	DeAnne Loll	12	Fred Burcroff	20	Richard Haan	27
Margaret Boyd	4	Maudie Anderson	14	Joyce Sauer	20	Liela May	27
Darlene Frost	4	Monica Henry	14	Gaylord McCaffrey	21	Neil Nugent	27
Evelyn Rommell	4	Thelma McCaughna	14	David Weiss	21	Jereen Sneller	27
Lorna McGill	5	Judy Pendencygraft	14	Leroy Worden	22	Lois Weaver	27
Patricia Pelky	5	Ben Taylor	14	Jackie Fine	23	John Pietryka	28
Rick Scott	5	Mary Lou Allen	15	Ann Howell	23	Luana Denzel	29
Fred Goethals	6	David Browne	15	Richard Strom	23	Harry Gardner	30
Terri Hoxie	6	Joan Cheeseman	15	Shirley Damer	24	Evelyn Shelder	30
Margaret Small	7	Nellie Thomas Grooters	15	Karen Keranen	24	David VanHammen	30
Kristin Tebo	7	Darlene Gray	16	Bruce Leach	24	Fred Werth	30
Cynthia Schnarr	8	Denise Favreau	16	Ruth Ann Walker	24	Jane Kennedy	31
Shirley Sheronick	8	Marvin Ivy	17	Alva Brun	25	Laurie Ottenbacher	31
Geri Hyams	10	Arlis Bryan	18	Rosemary Friend	25		

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

### Scams Come in Many Forms, By Bob Simpson Social Security District Manager in Traverse City

Social Security is at the forefront of keeping your online data secure, but you play a vital role in safeguarding your personal information too. Scammers commonly target people who are looking for Social Security program and benefit information. You might receive an advertisement in the mail, but it could be from a private company or even a scammer. U.S. law prohibits people and businesses from using words or emblems that mislead others. Their advertising can't lead people to believe that they represent, are somehow affiliated with, or endorsed or approved by Social Security or the Centers for Medicare & Medicaid Services (Medicare). If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

Office of the Inspector General Fraud Hotline  
Social Security Administration  
P.O. Box 17768  
Baltimore, MD 21235

Scams can also happen online. A growing tactic for scammers is to use online dating sites. According to the United States Postal Inspection Service's recent messaging, before starting an internet-based relationship, we should always keep our personal details to ourselves until you meet face-to-face. Next, do an internet search of the other person's name and the town they claim to be living in. Here are indications that someone may not be who they say they are:

- 1) Mismatch between their name and the name embedded in their email address.
- 2) There are obvious spelling and grammar errors.
- 3) They asked if you would send or receive money/packages on someone else's behalf.
- 4) They need money right away due to a medical emergency, or they need a visa or air tickets. Or,
- 5) A business opportunity arose that was too good to turn down. Can you wire a loan?

If anyone asks for your Social Security number, **never** give it to them. And if they are specifically pretending to be from Social Security, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at [oig.ssa.gov/report](https://oig.ssa.gov/report).

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. For more information, please visit [oig.ssa.gov/newsroom/scam-awareness](https://oig.ssa.gov/newsroom/scam-awareness).







## TWO GREAT CLASSES!

MICHIGAN STATE  
UNIVERSITY

Extension

Attending all sessions in one of these classes will automatically get you entered into a drawing for a \$25 gift card!

## Eat Smart, Live Strong

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.

### DATE & TIME:

Begins July 11th, 2019  
for 6 weeks

### LOCATION:

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

### COST:

No cost

## Why Safe Food?

**Did you know that senior citizens are at a higher risk of developing a foodborne illness?**

The complications from a foodborne illness can be much more severe than just a stomach upset. Learn how-to reduce these risks and help prevent the conditions that may lead to a foodborne illness.

Class Date & Time:  
Monday, August 12th  
1:00 p.m.—1:45 p.m.

Location:  
The Gathering Place  
10579 Main Street  
Honor, MI 49640

**Call 231.525.0600**  
**NO COST**



### CONCERT!

Musician Cliff Shelder will be back to play for us on **Friday, July 26th** at 1:00 p.m. Cliff's style is Old Country. Cliff is an award winning singer-songwriter and seasoned country artist who performs nearly 200 shows a year. He has entertained at various venues throughout the country. Hear the songs of Hank Williams, George Strait, Ernest Tubb, Jim Reeves, Ray Price, Randy Travis, Merle Haggard, Alan Jackson...and many more artists performed live with full backing soundtracks & guitar. Donations are appreciated to help offset the cost of bringing Cliff here.







**BENZIE**  
SENIOR RESOURCES

Be connected. Be supported. Be home.

# WALK-A-THON

WALK • RUN • BIKE

**SATURDAY, AUGUST 3**

**FRANKFORT'S BELLOWS PARK  
ON CRYSTAL LAKE**

(Corner of Bellows Avenue and South Shore Drive)

Register and Begin Your Walk  
Between 7:30 a.m. and 9:00 a.m.

REWARD YOURSELF WITH OUR DELICIOUS BRUNCH SERVED FROM 8:30 A.M. TO 11:00 A.M.



All proceeds to benefit Benzie Senior Resources, a non-profit organization serving the seniors of Benzie County.

Please contact us for an information packet:  
**231-525-0600 or [INFO@BENZIESENIORRESOURCES.ORG](mailto:INFO@BENZIESENIORRESOURCES.ORG)**

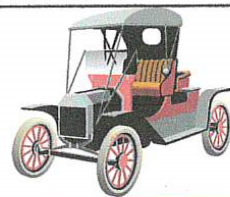


THE SENIOR SCOOP



## Bulletin Board

### Lake Ann Homecoming Saturday, July 6 2019 9 AM - 3 PM (in the Village)



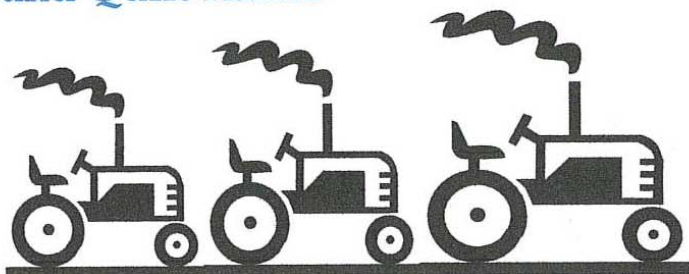
Country Store  
Baked Goods  
Silent Auction  
Nearly New Items  
Arts & Crafts  
Flea Market  
Live Music  
Cake Walk  
Gun and Quilt Raffle

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

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

*Vintage Tractor & Car  
Parade at 11:00 AM  
Lunch in hall 11:30 AM  
Talent Show 12:30 PM*

Sponsored by the



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. Singles Sunday at 1:00 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:

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 potluck and snack  
231.275.7189 at 2:00 p.m. \$5.00

**Did you know?** We 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](mailto:kkorolenko@benzieco.net). She has office hours Mondays, Tuesdays and Wednesdays at the Government Center in Beulah.





# 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](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

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Our Chicago Trip was a great success!

Thank you to our volunteers Judy and Lynn. They are the dynamic duo behind all of these fabulous trips!

We appreciate you!

Next up...Nashville!

