

THE SENIOR Scoop

Be supported.

September 2019

SENIOR RESOURCES

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Please, keep an eye out for school buses.

It's that time of year already!



Join us on Thursday, September 26th at 11:00 a.m. to dedicate YOUR Tranquility Garden.

Refreshments and treats on the patio!





231.525.0600 GenzieSeniorResources.org

Providing exceptional services, resources and trusted care to support Benzie seniors.

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 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.

BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

Beverly Holbrook, President Denise Favreau, Secretary Al Amstutz Nancy Mullen Call Leo Hughes Ronald Dykstra, *Vice President* Jane Elzerman, *Treasurer* Deborah Rogers Rosemary Russell Barbara Johnson

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.

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

Benzie Senior Resources 10542 Main Street Honor, MI 49640

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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 under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.					
2	THE SENIOR SCOOP				



September Menu							
Monday	Tuesday	Wednesday	Thursday	Friday			
2 Closed	3 Southern Style Pork Fritters Herb Buttered Potatoes California Vegetable Blend Stone Ground Wheat Bread Diced Peaches	4 Greek Style Pita Sandwich Pesto Infused Cauliflower Tarragon Carrots Fresh Cut Watermelon	5 Shredded Chicken Taco Bar Authentic Refried Beans Latin Style Rice Fresh Grapes Tortilla Chips with Fire Roasted Salsa	6 Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend BONUS—Pea & Peanut Salad			
9 Five Cheese Stuffed Manicotti Italian Vegetable Blend Steamed Sweet Corn Whole Wheat Garlic Toast Diced Peaches	10 Homestyle Salisbury Steak Herb Mashed Potatoes Steamed Green Peas Stone Ground Wheat Bread Fresh Banana	11 Sweet Potato Encrusted Pollock Malibu Vegetable Blend Oven Roasted Brussel Sprouts Stone Ground Wheat Bread Pineapple Tidbits	12 Homemade Meatloaf with Gravy Herb Mashed Potatoes Steamed Broccoli Florets Stone Ground Wheat Bread Apricots	13 National Peanut Day! Thai Style Peanut Chicken Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges BONUS—Spring Roll			
16 Homemade Sloppy Joe Sweet Potato Bites California Vegetable Blend Apricots	17 Hand Breaded Baked Chicken Parmesan Garlic Mashed Potatoes Tarragon Carrots Stone Ground Wheat Bread Fresh Banana	18 National Cheeseburger Day! Steakhouse Cheeseburger Bar Baked Beans with Bacon Steamed Spinach Diced Pears	19 Homestyle Goulash Steamed Green Peas Key West Vegetable Blend Stone Ground Wheat Bread Fruit Cocktail in Juice	20 Classic Chicken Marsala Oven Roasted Potatoes Tarragon Carrots Whole Wheat Garlic Toast Fresh Grapes			
23 Special Meal Homestyle Roasted Turkey Herbed Mashed Potatoes Green Bean Blend Stone Ground Wheat Bread Bonnie's Famous Cranberry Sauce	24 Classic Homemade Lasagna Italian Style Green Beans Pesto Infused Cauliflower Whole Wheat Garlic Toast Diced Peaches	25 Day Meal is Soup & Salad Bar EVENING MEAL is Baked Pollock Almondine Oven Roasted Potatoes Normandy Vegetable Blend Stone Ground Wheat Bread	26 National Pancake Day! Whole Wheat Blueberry Pancakes Savory Sausage Links Fresh Scrambled Eggs Oven Baked Spiced Apples	27 Slow Roasted Beef Herbed Mashed Potatoes California Vegetable Blend Stone Ground Wheat Bread Fresh Cut Cantaloupe			
30 Classic Chicken Parmesan Steamed Spinach Capri Vegetable Blend Whole Wheat Garlic Toast Apricots	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		We accept Cash, Visa, Mastercard, Discover and checks. Checks made payable to: BSR Small Bills are appreciated!	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			

September Calendar of Events						
Monday	Tuesday	Wednesday	Thursday	Friday		
2 Closed LABOR DAY	3 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	4 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	5 11:30 Lunch Noon—Crowning of National Coho Festival Senior King & Queen 1:00 BUNCO	6 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling		
91010:00 YOGA & MORE10:30 Music by The Melody Makers11:30 Lunch Noon-CARDS11:30 Lunch 3:30 Chair Yoga-\$512:30 MOVIE MONDAY 3:00 Zumba-\$35:15 Zumba-\$3		11 PATRIOT DAY 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	12 National Shake Day! 8:45 Little River Casino 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO	13 POW/MIA Recognition Day 9:30 BUNCO 11:30 Lunch September Birthday Party 1:00 Conquering Clutter with Beth Ruck 1:00 Wii Bowling		
16 10:00 YOGA & MORE 11:30 Lunch Noon–CARDS 1:00 Stepping Stones 2:30 Zumba–\$3	17 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	18 5:30 Lansing Trip 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 4:30 Board of Directors Meeting	19 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check 1:00 BUNCO	20 9:30 BUNCO 11:30 Lunch— 1:00 Wii Bowling		
23 National Fall Prevention Day First Day of Fall 10:00 YOGA & MORE 11:30 Lunch—Bring a friend week Noon—CARDS 12:30— Move more with Caitlin! 1:00 Christmas Craft with Susan 2:30 Zumba—\$3	24 National Voter Registration Day 9:00 Estate Planning at Admin. Office—By Appointment only 10:30 Music by The Melody Makers 11:30 Lunch—Bring a friend week 3:30 Chair Yoga—\$5 5:15 Zumba—\$3	25 8:30 Zumba—\$3 9:00 Foot Clinic at the Admin. Office—By Appointment only 9:15 State Theater Trip—FREE!! 10:00 Stay Fit w/Doris 11:30 Lunch—Soup & Salad Bar only; Bring a friend week 12:30 Bingo 4:00-6:00 Evening Meal! Please sign up!	26 8:45 Little River Casino 11:00 Tranquility Garden Dedication and Social 11:30 Lunch—Medical Moment with Megan; Bring a friend week 1:00 Bunco	27 9:30 BUNCO 11:30 Lunch—Bring a friend week 1:00 Wii Bowling 6:00 'OI Time Gathering		
30 10:00 YOGA & MORE 11:30 Lunch Noon—CARDS 1:00 Wine Cork Craft 2:30 Zumba—\$3				tumn paints in Colors het cummer as never seen		

THE SENIOR SCOOP

Dawn's Dish

September is National Senior Center Month and we are all about celebrating The Gathering Place, YOUR Senior Center. Chef Dave is planning an extra special treat each week and we're even having an evening meal.

Evening Meal—Wednesday, September 25th from 4:00 p.m. to 6:00 p.m. We'll still be open during the day but our lunch will <u>only</u> be the salad bar and two soups. Please sign up at our front desk by September 18th. Prices of meals are always a SUGGESTED \$4 donation for all age 60 or older.

Bring a Friend—The week of September 23rd bring a friend for lunch to The Gathering Place (someone who hasn't eaten here before) and we will give both of you a gift certificate for a free lunch.

<u>Thursday, September 5</u>—It's Coho Festival time and that means we'll be crowning our Senior King & Queen. The Crowning Ceremony is at NOON. Nominations were accepted at our front desk until August 30th. The parade is Saturday, September 7th at 11:00 a.m.; be sure to watch for our team!

Monday, September 9—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! This month's movie is a surprise!

<u>Thursdays, September 12 & 26</u>—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. <u>Cancel within 24</u> hours of trip or you must pay the trip fee.

<u>Friday, September 13</u>—1:00 p.m. Conquering Clutter with Beth Ruck, Professional Organizer. Feeling overwhelmed with your stuff? Not sure how to decide what to keep, what to toss and what to donate? Beth will help. No class fee!

Monday, September 16—1:00 p.m. Stepping Stones. Susan is continuing this popular activity. Create a stepping stone for home and/or our Tranquility Garden. No charge!

<u>Wednesday, September 18</u>—1st Annual Relative Care Day at the State Capitol. Leave The Gathering Place at 5:30 a.m. Return at approximately 6:00 p.m. Relatives, including grandparents, are important caregivers for children and youth, and many step in when parents can't. This is a rare opportunity to share experiences, concerns and recommendations with policymakers. See Dawn for detailed schedule. Breakfast and Lunch are included in this trip. There is no fee.

Monday, September 23—12:30 p.m. Move More! with Caitlin Lorenc from Michigan State Extension. This a program aimed to improve physical activity for adults. It promotes living healthy to reduce the risk of obesity and chronic disease. Participants will gain the skills needed to make healthy behavior changes a part of their daily routine. Attend this class and you'll be entered to win a gift card!

Monday, September 23—Christmas in July craft with Susan. 1:00 p.m. No charge! Just come for fun!

<u>Wednesday, September 25</u>—*State Theater Trip.* Join Susan and head to TC for the 25¢ Matinee. We'll be seeing The Great McGinity. Leave at 9:30 a.m. and return about 2:00 p.m. Lunch is at the Grand Traverse Pie Company. You are responsible for your lunch and movie costs. NO TRIP FEE!

<u>Thursday, September 26</u>—11:00 a.m. Tranquility Garden Dedication. Please join us for the official dedication of YOUR Tranquility Garden. We'll have treats on the patio afterward.

<u>Thursday, September 26</u>—Medical Moment with Megan. Have medical questions? Megan Francis, our Director of Home Health Services is here the 4th Thursday of each month, during lunch (11:30 a.m. to 1:30 p.m.) to answer your questions. Have some topics you'd like her to cover? Please leave your ideas/ questions at the front desk and we'll pass them on to her.

<u>Friday, September 27</u> <u>—</u> 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 polluck dinner at 7:00 p.m.

Monday, September 30-1:00 p.m. Wine Cork Pumpkin Craft with Susan. No cost!

Bulletin Board

Pneumococcal Vaccination

Vaccines help prevent pneumococcal disease, which is any type of infection caused by *Streptococcus pneumoniae* bacteria. There are two kinds of pneumococcal vaccines available in the United States:

- Pneumococcal conjugate vaccine
- Pneumococcal polysaccharide vaccine

The CDC recommends pneumococcal conjugate vaccine for all children younger than 2 years old, all adults 65 years or older, and people 2 through 64 years old with certain medical conditions.

Medicare Part B covers the initial shot, plus a second shot (a year after you've gotten the initial shot). Talk with your doctor to see if you need one or both shots

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind or from either direction if you're on an undivided road if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus.
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks.



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

THE SENIOR SCOOP



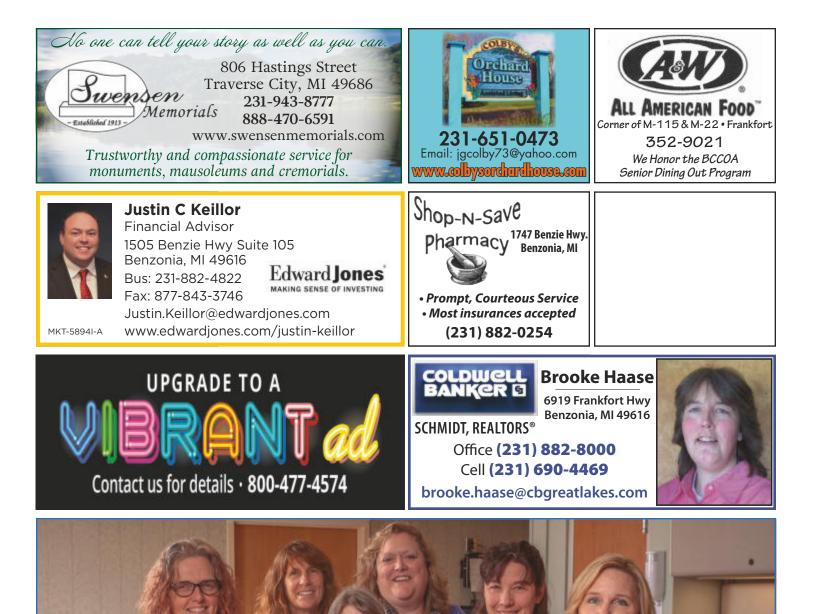
Richard Sawyer to place an ad today! rsawyer@4LPi.com or (800) 950-9952 x2570

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forMom.

host of Good Morning America

and senior living advocate.



Your Amazing Path to Recovery.

Achieve your greatest independence with highly trained specialists at your side in our award-winning rehabilitation center, where 5-star rated care and soothing views of Lake Michigan merge to provide the mind-body therapy you need to rest, heal, and transition back to your best life. Call **231-352-2208** to learn how we can help.



munsonhealthcare.org/polar

School Life

В	L	Α	С	K	В	0	Α	R	D	Ε	S	K	N
R	С	R	Т	Ε	Κ	Ε	Ρ	R	R	Т	D	Ε	U
Ν	S	S	Ε	S	G	L	U	Ε	S	Т	Ι	С	Κ
Ε	S	Ν	Н	S	0	Α	Е	Т	0	Α	G	R	R
Α	С	Α	0	Α	Α	Κ	Κ	Т	Ε	К	J	Α	0
С	Ι	Η	L	Т	R	R	Ν	Ι	Ε	Ρ	Η	Y	Т
S	S	Κ	L	0	Ε	Ρ	Ε	L	Α	Ε	0	0	Α
R	S	Ι	S	Ρ	Α	В	Ε	G	Ρ	Ν	М	Ν	L
Ε	0	K	Κ	Y	S	Ι	0	Ν	М	S	Ε	S	U
Κ	R	Α	0	0	L	Α	Α	0	Ε	S	W	Α	С
R	S	С	0	М	Ρ	Α	S	S	Κ	R	0	Α	L
Α	Α	Ε	В	N	Α	0	S	Α	S	Κ	R	Κ	Α
М	В	K	С	Α	Ρ	Κ	С	Α	В	Ε	Κ	Ρ	С
Ε	Α	0	L	R	S	J	0	U	R	N	Α	L	S

GLITTER SHARPENER HOMEWORK JOURNAL ERASER BLACKBOARD NOTEBOOK BACKPACK CRAYONS SCISSORS GLUE STICK MARKERS BOOKS CALCULATOR COMPASS PENS

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:

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

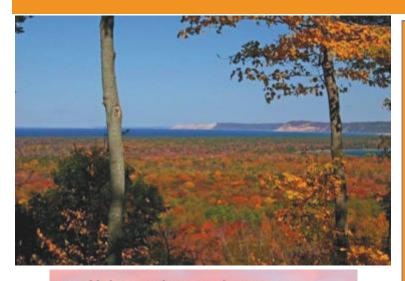
2nd Tuesday Kaleva Sportsmen's Club Potluck 5'ish Cards 6:00 p.m. \$6.00

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

		September I	Birthdays		
John Chahbazi	1	Randy Favreau	12	Jack Willsey	22
Nancy McKinley	1	Charles Fouchey	12	Opsie Hoppe	23
Jan Noecker	1	Joyce Barnes	13	Alice Gates	23
Betty Hammond	2	Dee Marty	13	Margie Jenkins	23
Bonnie Stain	2	Eleanor Nordbeck	13	Gordon Lewis	23
Nancy Wing	2	Curtis Toman	13	Betty Lewis	23
Donald Frost	3	Jan Webb	13	Pat Ruhl	23
Kathy Ross	3	Jerry Kleinhenn	15	Anne Stubbs	23
Judy Rice	4	Shannon Geetings	16	Evelyn Wood	23
Roger Fast	5	Linda Mendez	16	Maren Hull	24
Barbara Hipp	5	Cher Rutherford	16	Beverly Harris	26
Loralee Ludwig	5	Sandra Cress	18	John Lekovish	26
Phil Miner	5	Vikki Tarker	18	Cindra Moore	26
Linda Stockman	6	Mike Ross	19	Joseph Seychel	26
Barbara Gibbs	7	Joanne Hawkins	20	Tinia Penney	28
Mary Ann Wichtner	9	Suz Waring	20	Pat Sluyter	28
Phyliss Heniser	10	Penny Hergenroeder	21	Larry Poulisse, Sr.	29
Maren Bailey	11	Nena Bondarenko	22	John Beeman	30
Jim Hammond	11	Ann Fouchey	22	Deborah Cruden	30
Linda Hawkins	11	Vicki MacKenzie	22	Norm Labadie	30
Leo Smith	11	Ella McKeen	22	Karen Mendrea	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.



"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

- LAUREN DESTEFANO

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

Medicare & Prescription Costs

What is Extra Help with Medicare prescription drug plan costs?

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income may also be able to get Extra Help to pay for the costs (monthly premiums, annual deductibles, and prescription co-payments) related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,900 per year. Many people qualify for these important savings and don't even know it.

To qualify for Extra Help:

- You must reside in one of the 50 states or the District of Columbia;
- Your resources must be limited to \$14,390 for an individual or \$28,720 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your home, car, or any life insurance policy as resources; and
- Your annual income must be limited to \$18,735 for an individual or \$25,365 for a married couple living together. Even if your annual income is higher, you still may be able to get some help. Some examples where you may have higher income and still qualify for Extra Help include if you or your spouse: support other family members who live with you; have earnings from work; or live in Alaska or Hawaii.

How do I apply?

Complete Social Security's Application for Extra Help with Medicare Prescription Drug Plan Costs (SSA-1020). Here's how:

- Online at www.socialsecurity.gov/extrahelp;
- Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply over the phone or to request an application; or
- Apply at your local Social Security office.

After you apply, Social Security will review your application and send a letter to you to let you know if you qualify for Extra Help. Once you qualify, you can choose a Medicare prescription drug plan. If you don't select a plan, the Centers for Medicare & Medicaid Services will do it for you. The sooner you join a plan, the sooner you begin receiving benefits. If you aren't eligible for Extra Help, you still may be able to enroll in a Medicare prescription drug plan.

If you don't enroll in a Medicare prescription drug plan when you're first eligible, you may pay a late enrollment penalty if you join a plan later. You'll have to pay this penalty for as long as you have Medicare prescription drug coverage. However, you won't pay a penalty if you get Extra Help or another eligible prescription drug plan coverage. NOTE: The Medicare prescription drug plan late enrollment penalty is different than the Medicare Part B late enrollment penalty. If you don't enroll in Part B when you're first eligible for it, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Also, you may have to wait to enroll, which will delay Part B coverage. For information about enrollment periods, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).



Emergency Preparedness

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. Preparing emergency kits for your family is an important step in keeping them safe and healthy during a disaster. Emergency kits include essential items that will help sustain you and your family for up to three days in the event you are isolated in your home during a disaster.



Bulletin Board

Tech Support is 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.

FOOT CLINIC

Weekly at Benzie

Senior Resources

Administration

Wednesdays, September 4, 11,

Please call 231-525-0600 for

your appointment. We don't

charge a fee, but we do

appreciate donations.

Office.

September dates are:

18 & 25.



Have an idea for the newsletter? Want to write a guest column? Email or call Dawn at Bousamrad@BenzieSeniorResources.org or 231.525.0601 ext. 201.

Luau and Pig Roast at Trinity Lutheran Church in Frankfort. The fun begins at 12:30 p.m.! Suggested donation is \$15 for adults and \$5 for children. Donations collected will go to Trinity Lutheran Music and Benzie Senior Resources.



Concert on the Hill at St Andrews Church Thursday, October 3rd at 7:00 p.m. Peter, Paul and Mary Remembered. Benzie Senior Resources

will be the recipient of funds donated at this concert.

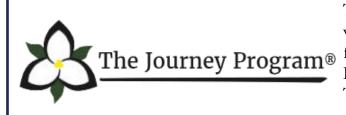
This is a free will offering event.



Blood Pressure Clinics at The Gathering Place. Both are during lunch 11:30 a.m. to 1:30 p.m. Lunch is a SUGGESTED \$4 donation for those 60 and older.

Thursday, September 12th with The Maples & Thursday, September 19th with Kate from Paul Oliver Living & Rehabilitation Center during lunch.

A great, convenient opportunity to check your numbers for free.



The Journey Program is a FREE 10- week exercise and wellness program held at Betsie Hosick in Frankfort four times a year. Upcoming class begins after Labor Day. Participants meet twice each week for an hour. The class is lead by a cancer certified personal trainer.

The Journey Program is for newly diagnosed, in treatment, and up to two years post treatment. The main objective of this program is to help cancer patients bridge the gap between their pre-cancer lives and post- cancer lives with focus on individual goals such as increasing strength, stamina, and regaining balance and personal confidence that may have been lost along the way. Each participant is individually evaluated and starts at their comfort physically and works forward at their own pace.

For more information visit the website at: thejourneyprogramtc.org.

To register or if you have questions, please call Annemarie Wigton at 231-276-2494.

Did you know? We have a Department of Veterans' Affairs contact in Benzie County—Karen Korolenko, Director. She can be reached at 231.882.0034 or by email at kkorolenko@benzieco.net.



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-ofyear 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:					
\Box Check here if you wish to remain ANONYMOUS					
Mailing Address:					
City:	State:	_ Zip:			
Phone Number:	_ Amount Enclosed:_				
Type of Donation (please circle): Legac	y 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.





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