



# THE SENIOR SCOOP

## BENZIE SENIOR RESOURCES

### June 2024

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*Be connected.  
Be supported.  
Be home.*



**“The stars don’t look bigger, but they do look brighter on summer nights.” —Sally Ride**

**“I can feel a sunshine stealing into my soul and making it all summer, and every thorn, a rose.”—Emily Dickinson**

**“Some painters transform the sun into a yellow spot, others transform a yellow spot into the sun.”—Pablo Picasso**

**“Warm summer sun, shine kindly here. Warm southern wind, blow softly here. Green sod above, lie light, lie light. Good night, dear Heart, Good night, good night.”—Mark Twain**

**“I have heard it said that winter, too, will pass, that spring is a sign that summer is due at last. See, all we have to do is hang on.”—Maya Angelou**

June’s full moon, The Strawberry Moon or Planting Moon is June 22nd. Summer Solstice is June 20th. The Bootid meteor showers will be June 22 thru July 7th. June is PTSD Awareness Month, Alzheimer’s & Brain Awareness Month, National Great Outdoors Month, Pride Month, Cancer Survivors Month. Often dubbed the month of weddings, June is also the month of love and marriage, and it is the National Month of Roses, symbolizing joyfulness and peace.



Area Agency on Aging  
of Northwest Michigan  
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Present

## A CAREGIVER WELLBEING SEMINAR

*For community members who fulfill a caregiving role for a family member or friend.*

**Staying healthy while caregiving: Preventing pain and avoiding injury**  
Thursday June 6  
11:00 a.m. - 12:00 pm

The mantra of caregiving is “you have to take care of yourself before you can care for someone else”. In this session caregivers will learn strategies to avoid injury while performing the hard work of caring for a loved-one.

No cost.  
Space is limited.  
**Call 231-525-0600 to reserve your spot.**

Held at:  
St. Andrew's Presbyterian Church  
8190 Lincoln Rd.,  
Beulah, MI 49617

Presented by: Aubrey Jabour, PT, DPT of






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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, private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation, Benzie County Community Chest, Oleson Foundation, Grand Traverse Regional Community Foundation, Benzie County Sunrise Rotary Foundation, Cherryland Cares, Meals on Wheels of America, The Herbert H. and Barbara C. Dow Foundation, Rotary Charities of Traverse City, The Wayne & Joan Webber Foundation, The Father Lovett Foundation, & the Willoughby Rotary Foundation, and the generous support of community businesses, churches, service clubs, and individuals. Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, sexual orientation, marital status, disability, or political beliefs.

**DIRECTORY**



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 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.

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

**Benzie Senior Resources  
 10542 Main Street  
 Honor, MI 49640**

**Douglas Durand, Executive Director  
 Angela Haase, Issue Editor**

**NEWSLETTER SUBSCRIPTION FORM**

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

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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. 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 benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.

## From our Director

Greetings and Happy Summer!

I want to start off with a huge shout out to my phenomenal staff of Susan, Dave, Michelle, Ray, Angie, Rebecca, Cathy, Bea, Angela, Davina, Ryan, Marti, Marissa, Jordan, and Kelly that just put on a 2-night celebration to honor our outstanding volunteers. Check out our Facebook page to see many outstanding pictures capturing the excitement of the event. (Facebook.com/BenzieSeniorResources)

Historically, Benzie Senior Resources (BSR) has been grateful to be awarded the Benzie County Commission on Aging Senior Services Millage dollars funding to go along with our own fundraising, grants, donations, paid services, state, and federal funding to the tune of \$2,442,000 in providing 25 programs/services that assisted over 2,000 Benzie County seniors. In 2023, the current Senior Millage covered 53% of our total operating costs. The Benzie County Commission on Aging Senior Services Millage that will appear on the August 6<sup>th</sup>, will be for a renewal of our .85 mills plus a .15 mill increase. For reference, this means that a home valued at \$250,000 would see a \$19 annual tax increase.

Now for my important message-- As you may be aware, the current millage supporting our programs and services expires on December 31<sup>st</sup> of this year. The .1500 mill increase is an effort to keep up with our rapidly growing senior population & the resultant increase in demand for our services. Over the past 5 years, we have seen an increase of up to 25% in demand for many of our services & at the same time our expenses have increased by 25%. The senior millage is used ONLY to fund programs & services.

According to census data, Benzie County's population increased 2.5% from 2010-20. However, during that same time period, our SENIOR population increased by over 24%. Currently about 36% of Benzie's population is 60+ and that senior growth trend is expected to continue. 88% of the people served by Benzie Senior Resources are 70 or older and 39% of BSR's clients are struggling financially - getting by on household incomes under \$23,000.

One of the things that makes BSR unique is that many of our services are offered on a sliding scale payment structure, which means clients pay according to their ability. Additionally, some services are offered at no cost to the recipients. Our seniors are at varying stages of aging. Some no longer drive. Some have mobility issues and find it difficult to stand and cook their meals. Most should not be shoveling snow from their driveways or sidewalks. Some are beginning to decline in other ways.

Without us, many of these people can't afford—financially or physically-- to remain in their homes. However, BSR makes it possible for them to do so by providing nearly 30 different programs. You've likely heard of the most popular programs: Home Delivered Meals (or as most people know it, "Meals on Wheels") and The Gathering Place Senior Center with its onsite meals and activities. You can read all about those and more in our brochure, Annual Report, on our website, and in real-time updates by following our Facebook page. Visit our website at [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org) to review our annual report located under the "ABOUT" tab.

The August millage vote is to support programs and services only. It's important that this is clearly understood.

If you have any questions about the millage or any of the services available through Benzie Senior Resources, please call or stop by the office.

We at Benzie Senior Resources are honored to have the opportunity and the trust to provide services to our seniors in this outstanding community. Our 30 employees, 167 volunteers, Board of Directors, and 15 contractors truly care about and are the difference in someone's day.

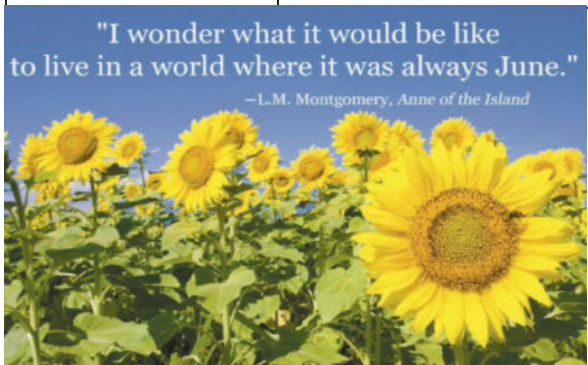
Happy Summer and thanks!

*Doug*



# Menu Our meals meet 1/3 of the recommended daily allowance nutrition requirements (RDA)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Homemade Sloppy Joes, Oven Baked Tater Tots, Capri Vegetable Blend, Fresh Strawberries	4 Slow Roasted Beef, Herbed Mashed Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Honeydew Melon	5 Texas Style BBQ Chili, Steamed Spinach, Steamed Sweet Corn, Oyster Crackers, Fresh Banana	6 Chicken Tenders w/ House Dip Sauce, Oven Roasted Potatoes, Steamed Parisian Carrots, Stoneground Wheat Bread, Fresh Cut Oranges	7 Shrimp Scampi over Pasta, Oven Roasted Squash & Zucchini, Pesto Infused Cauliflower, Soft Baked Breadsticks Fresh Nectarine
10 Freshly Made Submarine Sandwich Bar, Raspberry Carrot Salad, Crispy Potato Chips, Cranberry Applesauce	11 Loaded Mac 'N Cheese Venetian Vegetable Blend, Steamed Sweet Peas, Stoneground Wheat Bread, Fresh Cut Oranges	12 Seasoned Beef Taco Bar, Latin Style Rice, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	13 Shredded BBQ Chicken Sandwich, Baked Beans w/ Bacon, Caribbean Vegetable Blend, Classic Fruit Cocktail	14 Homestyle Salisbury Steak, Herbed Mashed Potatoes, Key West Vegetable Blend, Stoneground Wheat Bread, Fresh Blueberries
17 BBQ Glazed Chicken, Cheddar Bacon Mashed Potatoes, Steamed Broccoli Florets, Stone-ground Wheat Bread, Pineapple Tidbits	18 Belgian Waffle w/ Berries 'N Cream, Freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Spiced Apples	19 Cornmeal Dusted Catfish, Herb Buttered Potatoes, Italian Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Cantaloupe	20 Freshly Chopped Chef's Salad, Soft Baked Breadsticks, Fresh Cherries	21 Southern Style Pork Fritters & Gravy, Herbed Mashed Potatoes, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Plums
24 Five Cheese Stuffed Manicotti, Sicilian Vegetable Blend, Italian Style Green Beans, Soft Baked Breadsticks, Fresh Peach	25 House-made Egg Salad on Croissant, Pea & Peanut Salad, Tropical Fruit Blend	26 Beef Pepperoni Stuffed Calzone, California vegetable Blend, Green Bean Blend, Soft Baked Breadsticks, Fresh Grapes <b><u>NO Meal Delivery</u></b>	27 Chicken Pesto Linguine, Malibu Vegetable Blend, Steamed Spinach, Whole Wheat Garlic Toast, Cranberry Applesauce	28 Zesty Chicken Fajitas, Fire Roasted Corn & Black Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Pears



"I wonder what it would be like to live in a world where it was always June."  
—L.M. Montgomery, *Anne of the Island*

**On June 26th, our volunteers will be participating in a training session. There will be no meal deliveries made on that day. Extra meals will be provided the day before to accommodate this.**

**\$4.00 suggested donation for age 60 and older.**  
**Under 60 is \$8.00**  
**Caregivers under 60 are \$4.00**

**We accept cash, Visa, Mastercard, & Discover. Personal Checks also accepted —made out to BSR**  
**Lunch is served 1130am to 130pm**

# Fun at TGP




# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Stretch & Balance 11:30-1:30 Lunch <b>1:30</b> 530 Zumba	4 10:30 The Melody Makers 11:30-1:30 Lunch <b>NO CHAIR YOGA</b>	5 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	6 10:00 Garden Stones w/ Rebecca  11:30-1:30 Lunch 1:30 BUNCO	7 9:30 BUNCO 9:30 *leave for <u>Botanical Gardens \$5</u> 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
10 9:30 Stretch & Balance 11:30-1:30 Lunch <b>1:30 Dip &amp; Design Painting Party w/ Sheila P. \$15 (Canvas painting, Supplies provided)</b> 530 Zumba	11 10:30 The Melody Makers 11:30-1:30 Lunch <b>NO CHAIR YOGA</b>	12 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	13 <b>10:00 Altered Books W/ Pam</b> <b>10-11:30 Donuts w/ Vets w/ Karen K.</b> 11:30-1:30 Lunch 1:30 BUNCO <b>5:00 Dinner</b> <b>6:00 Produce Bingo (PINGO)</b>	14 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
17 9:30 Stretch & Balance 11:30-1:30 Lunch <b>1:30 Line Dancing</b> 530 Zumba	18 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	19 830 Zumba 11:30-1:30 Lunch <u>No BINGO, No Mexican train Dominoes</u>  <b>1-5:00 AARP Training</b>  <b>4:30 Board of Director's Meeting</b>	20 <b>10:00 **Energy Healing w/ Kris</b> <u>10:30 BP check</u>  1:30-1:30 Lunch 1:30 BUNCO <b>1-5:00 AARP Training</b>	21 <u>9:30 ***leave for Light of Day Tea Farm trip \$5</u> 9:30 BUNCO 11-1 Benzie Bus' new mobility mgr. Sophia Hogarth 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Mitten Kitten Workshop
24 9:30 Stretch & Balance 11:30-1:30 Lunch <b>1:00-2:00 *Keep a Groovy Brain w/ Lisa Teglas</b> 530 Zumba	25 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	26 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	27 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	28 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle <b>5:30 Ol' Time Gathering</b>
<b>* 6/7/24 Botanical Garden Trip at The Historic Barns Park in Traverse City. Guided Tour. Stop for Lunch after. Sign up at TGP or call to sign up.</b>	<b><u>June 15th—carriage ride at the Michels farm Noon to 4:30 p.m. Potluck-bring a dish to pass. Sign up at TGP for this! Meet at TGP. And take the bus, then return to TGP. This is a Saturday! Call TGP!</u></b>	<b>** 6/20/24 Join us for an energy healing session with Kris. These are 30-minute sessions – with or without touch, your choice. Sign up/call 231.525.0601 to schedule</b>	<b>***6/21/24 Light of Day Tea Farm on M-72 \$5.00 Self-Guided Tour and shopping. Sign up / call TGP to go on this adventure!</b>	<b>6/24 Keep a Groovy Brain w/ Lisa Teglas—Info on maintaining brain function through activities &amp; more steps to maintain brain health!</b>

# Bulletin Board

Are you a Veteran?  
Need benefit help?

Call Karen Korolenko, Director  
at Benzie County  
Department of Veterans Affairs.  
231.882.0034 or email  
kkorolenko@benzieco.net. 

**Free Computer Help—Current hours**  
The Darcy Library in Beulah  
**Thursdays 10 am until Noon**  
We recommend that you call ahead 231.882.4037

**List for The Gathering Place Book Club  
Book Group at TGP meets next March 29th**

**June's Book—Born a Crime by Trevor Noah**

**July's Book—Mercy by Jodi Picoult**

**August's Book—Anam Cara: An Irish American  
Romance by Mary Kremer**

**September's Book— Killers of the Flower Moon  
by David Grann**

Thompsonville lunch, music, and bingo is usually held the **First Friday each month. But we are NOT doing this in June...**

**Due to Shirley Sexton Damore's passing, we need to take this month off to regroup and re-organize. Thank you for your understanding. We hope to be back in July.**

## Essential Estate Planning

Benzie Senior Resources offers Essential Estate Planning **by appointment only**. Meet with an estate planning attorney for free to review, update and/or create an estate plan.

**Call 231-525-0600**  
to schedule your appointment.

**IMPORTANT: Call our office to cancel your BSR worker/contractor for Home Healthcare or for your Homemaking Service if you're sick or need to reschedule. Let's keep each other healthy! (231) 525-0600**

Bring us wool sweaters and cool buttons... See what we do with them! Mittens for sale at TGP \$20.00/pair



These make great gifts and you deserve a pair of these great mittens too, to keep your own paws warm...



## FOOT CARE CLINIC BY APPOINTMENT

Wednesdays at Benzie Senior Resources office, for Age 60 and over.

Call 231-525-0600 to set yours up

We don't charge a fee,  
but donations are appreciated.

Have you considered where your volunteer hours might have the most local impact? We'd love to chat with compassionate people who could help us deliver daily meals to Benzie County home-bound seniors. Our Home Delivered Meals Program helps ensure seniors are food secure, and also provides a caring check-in on delivery days--such peace of mind for out of town family members. We have the delivery vehicles, and purchase the gas. **Learn more by calling Michelle at 231-525-0601, ext. 202.** She may be out delivering meals, so please leave a message!



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 Attorney Courtney J. Marshall  
 -(231) 947-6800-  
 www.mblawtc.com  
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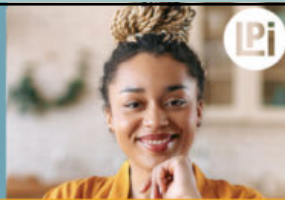
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# Word Search

## Types of Bear

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

- ATLAS
- BLUE
- BERGMAN'S
- POLAR
- SUN
- KERMODE
- SYRIAN
- BLACK
- CINNAMON
- PANDA
- GOBI
- SIBERIAN
- GRIZZLY
- KODIAK
- SLOTH

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MONDAY JUNE 17 6-8PM

# THOMPSONVILLE SUMMER FEST

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 LOOK FOR THE BENZIE BUS PROVIDING FREE SHUTTLE RIDES TO & FROM THE EVENT

THOMPSONVILLE FIRE BARN & PARK  
14714 Lincoln St, Thompsonville

## Produce Bingo & Ol' Time Gathering

The 2nd Thursday each month

Dinner is at 5:00 p.m.

& Produce Bingo starts at 6:00 p.m.

This month it's on—June 13th

We will have: Brats w/ Peppers & Onions, Baked Beans, Soft Pretzels, & Cake!

We are grateful for our past donors who have been supporting this fun & nutritious program (Produce Bingo) and our Bingo program! All have been greatly appreciated! Thanks too, to those of you who may decide to help us in the future. Your help is needed and will be appreciated!

Ol' Time Gathering is happening 6/28/24

Dinner & dancing & fun! Dinner @ 6:00 p.m.

We'll provide Southwestern Chicken Chimis!

Please bring a dish to pass.

You must sign up for both in advance.

Call 231.525.0601 or stop by TGP!



# Nutrition—Staying Healthy Notes

## Which Is Best— Hand Sanitizer or Soap and Water?

When you want to disinfect your hands fast, you may reach for a bottle of hand sanitizer. But how effective is hand sanitizer compared to washing your hands with soap and water?



According to the Centers for Disease Control and Prevention (CDC), alcohol-based hand sanitizers can help reduce the amount of germs and bacteria on your hands, but they do not get rid of all types of bacteria. They may also be less effective if you have dirt, grease or other substances on your hands, so should not be used to replace hand washing.

If you choose to use hand sanitizers, use one with at least 60% alcohol and follow the CDC's recommendations below.

### Hand Sanitizer How-To

Proper hand-washing is best, but when soap and water aren't available, hand sanitizers can help keep your hands clean.

- Check the label for how much to use and apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry, about 20 seconds.

### Proper Hand Washing

Washing hands with soap and water is especially important if your hands are visibly dirty or if you have or are around certain types of germs, such as Norovirus.

- Wet your hands with clean running water and apply soap.
- Rub your hands together, lathering and scrubbing well; be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing your hands for at least 20 seconds. This is about the time it takes to hum or sing "Happy Birthday" from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

Always clean hands before, during and after preparing food or before eating. Hands should also be cleaned after using the bathroom or changing a diaper, after touching an animal or cleaning up their waste, after handling garbage, before and after treating wounds, after coughing, sneezing or blowing your nose and before and after working with someone who is sick.

Source: eatright.org



If you have snow removal vouchers from this past snow season, they **must** be turned in to the BSR office by **June 30th** for a refund.

They are **not** valid for next winter. So get them in!

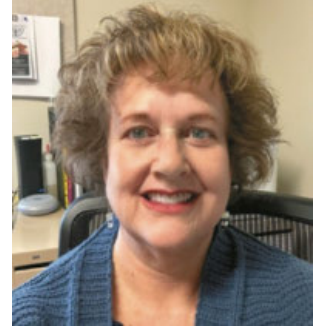
Barb & Mike Michels invite you to join them & their horses for a carriage ride. Rides are approx. 2 hours & are subject to change if there's bad weather. Join us June 15th —It's a Saturday! The bus will be at TGP at noon. We'll enjoy a potluck! So bring a dish to pass. Our time is extended to 4:30 p.m. for this . We'll return after to TGP. There's no charge for this adventure! Call 231.525.0601 or sign up at TGP!



# Staff Milestones



Tammy celebrates her birthday on June 2nd. She and her husband Mike love going to the beach, finding great deals at garage sales, and the travels to Texas to have time with their grandbabies. As one of our home health aides Tammy is someone who makes every day special. Happy Birthday Tammy!



Kelly's anniversary June 19th makes it a full year we have had her as a blessing. Kelly and husband Jon take/keep rescue dogs, who are very fortunate to be placed in their home. Kelly has been a tremendous help in fundraising, connecting with clients & donors and helping us find our way. Thanks so much Kelly!

Davina celebrates her birthday June 26th. She and husband James enjoy their time together, fishing and hiking for fun. We are grateful for Davina's help and hope she has a wonderful birthday! Happy birthday Davina!



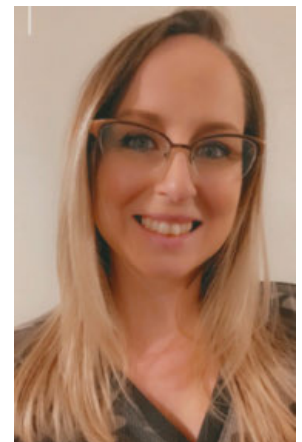
# Welcome!



Welcome Eric! Eric Cobb started with us as Fiscal Manager on 4/16/24. Eric was familiar to us as his wife Jenya is one of our Home Health Aides. Eric and Jenya have two daughters who have brought them much to be proud of. We wish him good luck! Thanks so much Eric!



Welcome Kathryn! Kathryn started with us as a Home Healthcare Aide on 4/22/24. We welcome this mom of 3 who loves to be outdoors with her family and their 3 labs, usually barbecuing, fishing & camping. Making people smile is her passion—She loves to help others find their smile even when things are difficult. Thanks so much Kathryn!



## June Birthdays

Joan Giddis	1	Trilby Novak	8	Bess Butler	21
Deb Lindgren	1	Orlin Reed	8	Mabel Foust	21
Dan Giddis	2	Debra Reed	9	Gloria McPherson	22
Ellen Heit	2	Blanche Blacklock	10	Robert Glass	24
Jean Revnell	2	Jim Morse, Jr.	10	Fran Johnson	24
Jan Yost	2	Robbie Leffring	11	Wanda Smigiel	24
Conrad Caris	3	Tammy McKaskle	11	Russell Bonney	25
Denny Cheylava	3	Patricia Campbell	12	Jeri Bushong	26
Bob Kage	3	Jonathon Putney	12	Randall Buckner	27
Barbara Rennie	4	Sheila Smith	12	Tess Keillor	27
Joy Brozofsky	5	Patty Braem	13	Gloria Troutman	27
Mary Ferens	5	Sherry Edinger-		Wanda Cudney	28
Paul Kerridge	5	Goethe	14	Mary Graham	28
Sandy Keeler	6	Ken Keillor	14	Jim Kilgus	28
James Marsden	6	Gordon Bonney	15	Mark Majszak	28
Sue McGregor	6	Ginny Istnick	15	Fred McConnel	28
Pauline Barnes Philo	7	Sue Freshour	18	Elsa Miller	28
Janice Cooney	7	Joanne Peterson	18	Phyllis Mowen	28
Bruce Doyon	7	Leonard Corey	19	Lucy Swanson	28
Harold Case	8	Susie Harold	19	June Armstrong	30
Paul Kline	8	Betty Kalis	19	Jeff Lepke	30
		Sandra Schlueter	19	Carol Salerno	30

If we forgot your birthday we are truly sorry. Please remind us for next year. If you prefer your name be removed from the birthday list, please let us know.

### ATTENTION LAWN CHORE CLIENTS

**The decision was made that as of October 1, 2023, we will no longer offer the lawn chore (mowing) and fall and spring clean-up services. We included this information in our September 2023 newsletter.** We have contact information for potential lawn chore providers to share with you for your needs. Contact us if you need a number.

We have seen several substantial increases in our core programs with in-home services such as providing personal care, an increase in the number of home-delivered meals, homemaking and senior transportation. When analyzing these numbers and knowing that these programs are going to continue to grow as our population grows, the costs will also increase with these programs. These programs are critical lifesavers for our seniors on the receiving end and help to keep them in their own homes as long as possible rather than placed in an institutional setting.

To provide the necessary resources to maintain these programs, we must consider services that are important, but yet do not have as significant an impact on living independently as our in-home programs— home health care, home delivered meals, and homemaking.

This was not an easy decision to make, but we must proactively assess area trends, and move to provide opportunities for our seniors to age and live in their own homes with dignity and security as the need for supportive care continues to grow.



# Medicare Minute—How to Cut Down the Calls...

## Does Medicare make phone calls?

Medicare will not usually call you directly unless you called them first and asked for a callback. There are only two situations in which you can receive a legitimate phone call from a Medicare representative: If you called 1-800-MEDICARE and spoke to a representative, or if you left a message with your information asking for a callback. Your Medicare drug or health plan can call you if you're already a member of their plan. It is important to remember that in this case they already have your information on file and will never ask for your Medicare card number or Social Security information.

If you did not call 1-800-MEDICARE and get a call from someone claiming to be a Medicare representative, it most possibly is a scam. It can feel rude to some, but Medicare advises you to hang up if you are unsure if you are speaking to your health insurance provider or a scammer and then call the number you have for your provider (look on the back of your insurance card) to clear the situation with them. **Medicare advises you to hang up and then call the number you have for your provider to clear the situation with them.**

## How to stop potential scam phone calls?

If you are receiving scam calls or unwanted calls from telemarketers claiming to offer Medicare rewards or benefits, there are several steps you can take to stop them:

### Add your phone number to the National Do Not Call Registry

This registry is managed by the Federal Trade Commission (FTC) and prohibits telemarketers from calling phone numbers listed on it. You can register both your home and cell phone number for free at [www.donotcall.gov](http://www.donotcall.gov) or by calling 1-888-382-1222. Telemarketers have **31 days from the date you register** your number in the Do Not Call Registry to remove your number from their databases and stop calling you or they will face a penalty of up to \$50,000. Note that adding your phone numbers to this registry **does not block any calls** – it only tells telemarketers which numbers not to call. They may choose to ignore the registry or find ways to circumvent it. Also, the registry is created to **stop only sales calls** made by legitimate registered companies, so it will not prevent all unwanted phone calls, but it can help decrease their number significantly.

### File a complaint with the FTC

If you continue to receive unwanted calls, you can **file a complaint with the FTC**. The FTC investigates complaints and can take legal action against telemarketers who violate the Do Not Call Registry. You can file a complaint online at [www.ftc.gov/complaint](http://www.ftc.gov/complaint) or by [calling 1-888-382-1222](tel:1-888-382-1222).

### Consider using a call-blocking app or service

Many phone service providers offer call-blocking services that can block calls from known telemarketers or scammers. You can also download call-blocking apps to your smartphone that can help identify and block unwanted calls. You can find the list of such apps online for either Android iOS.

### The one time when the Do Not Call List won't work

There are a few circumstances in which being listed on the Do Not Call Registry won't work: if the call is from a business you're associated with. If you're already doing business with a company or have agreed to receive information from them, they can contact you without checking the Do Not Call List for your number. Upon request, you can have them stop contacting you.

And remember, you should be aware of each of the plans you are eligible for in the Medicare marketplace instead of just one or two plans that a telemarketing salesperson may push onto you. The more you know about your benefits, the better armed you are against fraud and scams.



MMAP is a free counseling service for Medicare and/or Medicaid beneficiaries and their caregivers. MMAP counselors are not associated with any health insurance company and can provide you with unbiased information and assistance on public benefits and health insurance issues. They are trained in Medicare and Medicaid law and regulations and related insurance products. Our volunteer is available for appointments either over the phone or in-person by calling our office at 231.525.0600.

# Donation Information

Giving is not just about making a donation. It's about making a difference.

## We Need Your Help!

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. 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:

**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.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Type of Donation (please circle): Legacy    Tribute    Other

Make Checks Payable To: Benzie Senior Resources, Mail to: 10542 Main Street, Honor, MI 49640

*Check here if you wish to remain ANONYMOUS* \_\_\_\_\_

***Benzie Senior Resources is an independent 501 (c) 3 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.***

**Privacy Policy**—Benzie Senior Resources (BSR) does not sell or distribute donor information. Be assured your information is secured and protected, and used only 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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Permit No. #1

Address Service Requested



## AARP Smart Driver Course

Why Take a Driver Safety Course?



*"Because driving has changed since you first got your license"*

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 \$20 for AARP members and \$25 for non-members (cash or check only). Please 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, MI

**To reserve a seat today:**  
Contact Susan at (231) 525-0601  
Benzie Senior Resources

*\*Space is limited*

Weds, June 19, 2024 & Thurs, June 20, 2024

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

*\* 8 hour course: must attend both sessions*

To locate other courses in your area, visit [www.aarp.org/findacourse](http://www.aarp.org/findacourse) or call (888) 773-7160.

*Since 1979 AARP Driver Safety has helped older drivers stay safer, be educated and remain confident behind the wheel.*