



BENZIE

SENIOR RESOURCES

August 2025

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August's full moon is the Sturgeon Moon or Green Corn Moon, sometimes the Grain Moon, on August 9th. The Perseid Meteor showers peak August 12th & 13th.

August is National Wellness Month, National Eye Exam Month, National Civility Month, National Peach Month, Diversity Awareness Month, National Dog Month. The Dog Days of summer are our warmest days, named for the Dog Star, Sirius— the brightest star in the summer sky. Have a great August!

THE SENIOR SCOOP



*Be connected.
Be supported.
Be home.*



Blueberry Dash 5K – Run, Walk, or Give!

Benzie Senior Resources must raise \$700,000 every year (in addition to our county's generous millage) to keep programs going strong—and the Blueberry Dash 5K is our biggest fundraiser of the year!

This year, we're aiming to raise 10–15% of our annual goal through this event—and we need your help!

📍 The Gathering Place | August 1 | Registration: 5-7 PM

📍 Bellows Park | August 2 | Race Day Registration: 7-8 AM

📄 Sign up online: runsignup.com/BlueberryDash5K

📧 Can't attend? Donate at: benzieseniorresources.org or mail to:

Benzie Senior Resources

10542 Main St, Honor, MI 49640

We are grateful for your support of Benzie Seniors!

Benzie Senior Resources 231.525.0600



DIRECTORY

Phone: 231-525-0600 or
Toll Free: 888-893-1102
Fax: 231-325-4855
The Gathering Place: 231-525-0601

Email: info@BenzieSeniorResources.org
Website: www.BenzieSeniorResources.org
Facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

Benzie Senior Resources Office Hours
Monday – Friday: **9:00 a.m. – 3:00 p.m.**

The Gathering Place Senior Center Hours:
Monday — Friday
8:00 a.m.— 4:00 p.m. with exception
for special events and inclement weather.

BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

Nancy Mullen Call, <i>President</i>	Paul Turner, <i>Vice President</i>
Leo Hughes, <i>Secretary</i>	Victor Dinsmoore, <i>Treasurer</i>
Rev. Dinah Haag	Robert Manilla
Rosemary Russell	Hugh Walton
Ingrid Turner	

Benzie Senior Resources is a 503 (c) 3 organization 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 grants from: Allen Foundation, Art & Mary Schmuckal Foundation, Benzie County Community Chest, Benzie County Sunrise Rotary Foundation, Cherryland Cares Electric Co-op, Father Lovett Foundation, Grand Traverse Band of Ottawa and Chippewa Indians, Grand Traverse Regional Community Foundation, Herbert H. and Barbara C. Dow Foundation, John L. Mulvaney Foundation, Seabury Foundation, Wayne and Joan Webber Foundation, and Willoughby Rotary Foundation. In addition, we are supported by generous donations from individuals, community businesses, churches and service clubs. We are grateful for each and every gift!

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

Brigit Hassig, Executive Director
Angela Haase, Issue Editor
Benzie Senior Resources
10542 Main Street
Honor, MI 49640

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

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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.

Benzie Senior Resources 231.525.0600

From Our Director

At Benzie Senior Resources, our volunteers are the heartbeat of our mission—pushing our service delivery in extraordinary directions and creating a lasting impact every day. Thanks to our dedicated Volunteer Income Tax Assistance volunteers, 265 federal and state tax returns were prepared this season, bringing more than \$281,000 in refunds back into the hands of local families to help meet their basic needs!

Meanwhile, our Medicare/Medicaid Assistance Program (MMA) volunteers provide one-on-one guidance to individuals navigating the often-confusing landscape of Medicare and Medicaid. From explaining benefits and coverage to helping with enrollment, claims, and prescription drug assistance, their expertise is invaluable to the well-being of our older adults.

Beyond these programs, we are deeply grateful to the volunteers who greet our community with warmth at the front desk, support the dining room service, tend to our gardens, lead activities, and deliver nourishment and connection through our home-delivered meals program. Every act of service—large or small—touches lives and helps build a stronger, more caring community. We thank each of you for choosing to share your time, talents, and compassion. You are truly the foundation of what makes Benzie Senior Resources so special.

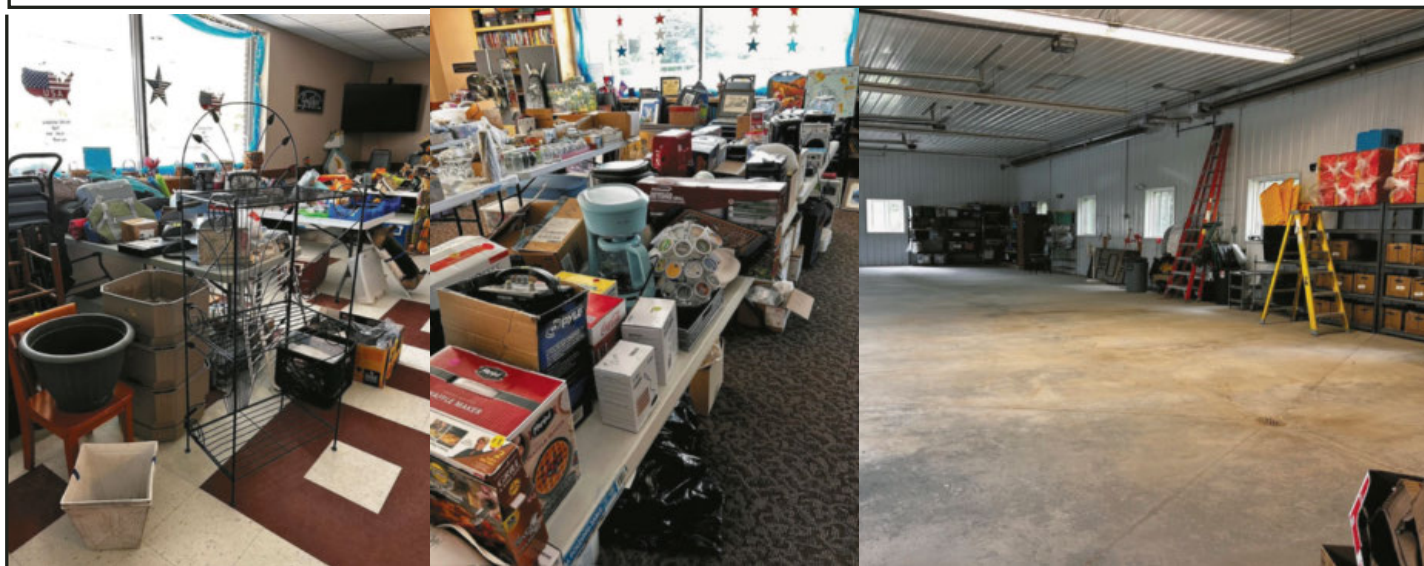
Community Cupboard Update

Coming August 4 – 7 surveys with an application will be available at The Gathering Place for our members to participate in the generous donation of food items from Family Fare. With some TGP space updates, we will begin this program oriented around providing additional food security to our members.

Annual July Garage Sale

A very large garage full of stored items combined with community donated items were skillfully cleaned, organized, and priced over 5 days by a tireless group of volunteers to raise an astounding \$2000+. Our partners Blue Vase Books, Benzie Friends Resale and Consignment, and Papa J's received some overflow of items.

Thank you to those who helped make this sale so successful! Judy Fast and her family— Hunter and April, Lynn Vanderplow, Carol Pelky, Maren Bailey, Pam Yee, Judy Gauld, Millie Smith, Janice Cooney, Donna Estes, Carol Bear, Donna Sandecki, Sandy Link, Gloria Smith, Joan Giddis, and Cindy Falter with her amazing spaghetti. Our teams' families jumped in-- with thanks to Michelle Francis and her husband, Andy, Reana Kage, Angie Martin, Jessica Lindsay and her children, Carter and Olivia, and Kelly Ottinger and her son, Casey. You all made this possible and we very much appreciate you!



August Menu Our meals meet 1/3 of the recommended daily allowance nutrition requirements

Monday	Tuesday	Wednesday	Thursday	Friday
We accept cash, Visa, Mastercard, and Discover. Personal Checks also accepted — made out to BSR Lunch is served 11:30am to 1:30pm	Menu items, particularly entrees may be subject to change occasionally. This is usually due to availability to us from our suppliers. Please understand we strive for quality & accuracy to make the best available to you.	\$4.00 suggested donation for age 60 and older. Under 60 is <u>\$8.00</u> Caregivers under 60 are \$4.00		1 BBQ Glazed Chicken, Whipped Sweet Potatoes, Steamed Cauliflower Florets, Sweet Hawaiian Rolls, Classic Applesauce
4 Greek Style Pita Sandwich, Sweet Potato Bites, Pesto Infused Cauliflower, Fresh Banana	5 Cajun Style Chicken Pasta, Malibu Vegetable Blend, Steamed Spinach, Soft Baked Breadsticks, Fresh Peach	6 Homemade Sloppy Joes, Oven Roasted Squash & Zucchini, Steamed Sweet Peas, Fresh Cut Watermelon	7 Shredded BBQ Chicken Sandwich, Baked Beans w/ Bacon, Steamed Parisian Carrots, Classic Fruit Cocktail	8 Shrimp Scampi over Pasta, Steamed Spinach, Capri Vegetable Blend, Soft Baked Breadsticks, Pineapple Tidbits
11 Smokehouse BBQ Chili, Steamed Sweet Corn, Oven Roasted Asparagus, Oyster Crackers, Fresh Peach	12 Homestyle Salisbury Steak, Herbed Mashed Potatoes, Key West Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Oranges	13 Deluxe Chicken Sandwich, Oven Baked Tater Tots, Normandy Vegetable Blend, Fresh Grapes	14 Cornmeal Dusted Catfish, Herb Buttered Potatoes, Oven Roasted Squash & Zucchini, Stoneground Wheat Bread, Fresh Cut Cantaloupe	15 Roasted Vegetable Lasagna, Malibu Vegetable Blend, Green Bean Blend, Soft Baked Breadsticks, Tropical Fruit Blend
18 Freshly Chopped Chef's Salad, Soft Baked Breadsticks, Fresh Banana	19 Beef Pepperoni Stuffed Calzone, California Vegetable Blend, Italian Style Green Beans, Soft Baked Breadsticks, Pineapple Tidbits	20 Bratwurst w/ Sauteed Peppers & Onions, Crispy Smashed Potatoes, Steamed Parisian Carrots, Apricot Halves	21 Homemade Soup Bar, Steamed Cauliflower Florets, Japanese Vegetable Blend, Stoneground Wheat Bread, Fresh Grapes	22 Slow Roasted Beef, Herbed Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Diced Pears
25 Build Your Own Cheeseburger Bar, Sweet Potato Bites, Green Bean Blend, Fresh Banana	26 Authentic Sesame Chicken over Rice, Asian Vegetable Blend, Steamed Broccoli Florets, Lucky Fortune Cookie, Mandarin Oranges	27 Belgian Waffle w/ Berries & Cream, Freshly Scrambled Eggs, Savory Sausage Links	28 Chicken Tenders w/ House Dip Sauce, Cheddar Bacon Mashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Fresh Plums	29 Loaded Baked Potato Bar, Sicilian Vegetable Blend, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Cherries

Nutrition Notes

August is National Peach Month, which makes good sense as we are able to enjoy them at the peak of their season, and to celebrate them when they're at their most delicious!

Peaches offer a variety of health benefits due to their rich nutrient profile. They are a good source of vitamins C and A, which support the immune system and promote healthy skin. Peaches also contain fiber, which aids digestion and helps regulate blood sugar levels. Additionally, they are packed with antioxidants that protect against cell damage and may reduce the risk of certain cancers.

Here's a more detailed look at their benefits:

1. Immune System Support: Vitamin C is a key component in boosting the immune system and helping the body fight off infections.
2. Digestive Health: Peaches are a good source of both soluble and insoluble fiber. Fiber helps prevent constipation, promotes regular bowel movements, and supports a healthy gut microbiome.
3. Heart Health: Peaches contain potassium, which can help regulate blood pressure and reduce the risk of heart disease.
4. Skin Health: Vitamin C and other antioxidants in peaches can improve skin elasticity and protect against sun damage, contributing to a healthy glow.
5. Antioxidant Powerhouse: Peaches are rich in antioxidants like [vitamin C](#), [beta-carotene](#), and [lutein](#), which help protect the body against damage from free radicals.
6. May Reduce Cancer Risk: Some studies suggest that antioxidants in peaches, such as caffeic acid and carotenoids, may have anticancer properties.
7. Blood Sugar Management: Fiber in peaches can help slow down the absorption of sugar, potentially helping to prevent blood sugar spikes and improve insulin resistance.
8. Vision Health: Carotenoids like lutein and zeaxanthin in peaches can protect against age-related macular degeneration and cataracts.
9. Hydration: Peaches are a good source of water, which is essential for overall health and can contribute to skin hydration.



Community Partner Farm Another nearby farm we want you to know about is our community partner Z&N Farm. They are located in Bear Lake, Michigan.

Their mission is—**We believe that our primary responsibility is to build a healthier community by connecting our neighbors to healthy, life-giving food.** Z&N is committed to following organic growing practices for the benefit of the Earth and our bodies. In an effort to provide healthier options for community they've opened a roadside farmstand. They are also committed to providing seasonal produce to local food pantries and schools throughout the growing season to increase access to healthy food choices.

While Z&N Farm is in Manistee County, they are nearby and we appreciate their mission and their wonderful fresh produce! They're open Tuesday through Sunday 10 a.m.-6 p.m.



Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>There are many opportunities for fun with things to enjoy at The Gathering Place.</p> <p>Please keep in mind that there may be changes as the month unfolds— so we ask for your patience and grace on this.</p>	<p>*For the Honor All School Reunion meeting call Mary Lathwell with questions at 231.709.2492... They are to meet August 7th at 10:30 am @TGP</p>	<p>On Friday August 22nd at 1:30 p.m. a rep from DTE will come to talk with us and answer questions on saving energy \$\$\$. We hope you come because if we get 50 people we get a grant from DTE for helping our clients!!!</p>		<p>1 9:30 BUNCO 10:30 Walk-Fit 11:30 thru lunch Grow Benzie Table & talk w/ Mariah 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit, & Sew Circle (Crafty Ladies)</p>
<p>4 9:30 Stretch and Balance 10:30 Walker Bag Workshop w/ Joan 11:30-1:30 Lunch 5:30 Zumba</p>	<p>5 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>6 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes 5:00 Jill's Memorial and Gathering (see page 12)</p>	<p>7 10:30 Honor All School Reunion Mtg.* 11:30-1:30 Lunch 1:30 Functional Movement 1:30 BUNCO</p>	<p>8 9:30 BUNCO 10-2 Mobile Secretary of State 10:30 Walk-Fit 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crafty Ladies</p>
<p>11 9:30 Stretch and Balance 10:30 Walk Fit 11:30-1:30 Lunch 5:30 Zumba</p>	<p>12 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>13 8:00 leave for Little River Casino! 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes 4:30 Board of Director's Meeting</p>	<p>14 10:00 Coffee and Donuts w/ Vets 10:00 Altered Books w/ Pam 10:30-12:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO 4:00 PINGO Meal 5:00 PINGO Game!</p>	<p>15 9:30 BUNCO 10:30 Walk-Fit 11:30-1:30 Lunch 1:30 Mitten Workshop</p>
<p>18 9:30 Stretch and Balance 10:30 Walk Fit 11:30--1:30 Lunch 1:30-4pm Coho Queens' Tea 5:30 Zumba</p>	<p>19 10:30 The Melody Makers 11:30-1:30 Lunch 1:30 "Mindfulness w/ Naomi" breathing workshop 3:30 Chair Yoga</p>	<p>20 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 Mexican Train Dominoes</p>	<p>21 10:00 Painting Class with Dale Detman—no charge—please sign up for this! 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>22 9:30 BUNCO 11:30-1:30 Lunch NO Wii Bowling! 1:30-2pm talk w/ DTE Energy Savings rep—We need 50 people to sign up! There will be goodie bags for you! Please join us!</p>
<p>25 9:30 Stretch and Balance 10:30 Walk Fit 11:30-1:30 Lunch 5:30 Zumba</p>	<p>26 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>27 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>28 10:00 TGP Book Group 10:30 Sewing w/ Joan 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>29 9:30 BUNCO 10:30 Walk-Fit 11:30-1:30 Lunch 1:30 Crafty Ladies</p>

Staff Milestones and More



David's birthday is August 19th. He has a terrific way of putting things together in a seemingly easy manner... he does it all with a sense of humor while caring deeply about the health and well-being of our clients. Have a super happy birthday Chef David!



Michelle's 4th anniversary is 8/9. She has been with us more years than that, but they were not contiguous. We are proud of and happy for Michelle as she has grown with us in her responsibilities and abilities. Her time away from us is for family and fun! Thank you Michelle!



Angie's 3rd anniversary is 8/15. Woodworking projects, creating amazing meals, and having great fun with family are her mainstays when she's away from us. The weekdays we have her gracing our place are kept humming, organized, and somehow we are all comforted by all that she does and is. Thanks Angie!



Who We Are: Our Core Values



Relationships/Teamwork

We communicate effectively and achieve shared goals.



Trustworthiness/Integrity

We demonstrate honesty, reliability, transparency and consistency.



Respect/Dignity

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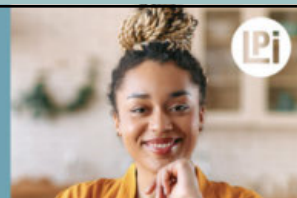
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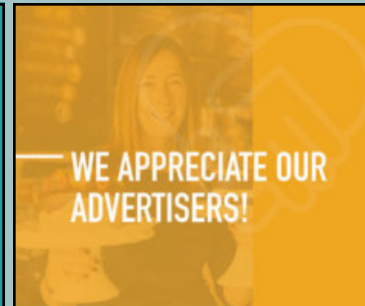
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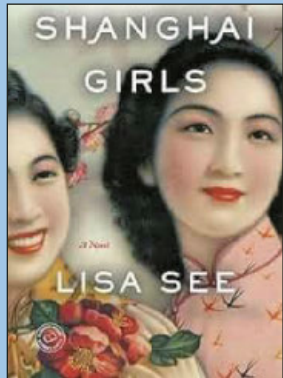
Bulletin Board

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.



**The Gathering Place
Book Group
meets 10:00 a.m.
August 28th**

**Our book is
Shanghai Girls
by Lisa See**

**Frankfort Area Vet to Vet Group
is held the first Monday every month
6:30pm at Trinity Lutheran Church
in Frankfort at 955 James Street.**

Come join us! Welcome home...



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Wednesdays at Benzie Senior Resources
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There is a service fee for each client session —
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and/or create an estate plan.

Call 231-525-0600

to schedule your appointment.

Have you considered where your volunteer hours
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231-525-0601, ext. 202.** She may be out delivering
meals, so please leave a message!



**IMPORTANT: Call our office to cancel
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Healthcare or for your Homemaking Service if
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each other healthy! (231) 525-0600**

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- ♦ Evening Guided Memorial and Monuments Tour
- ♦ Tram Ride through Arlington National Cemetery
- ♦ Visit to the Smithsonian Institution

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Day 2: Today, after enjoying a Continental Breakfast you will continue towards Washington, D.C. Upon arrival, enjoy a relaxing Dinner and check into your Washington D.C. area hotel for a three night stay.

Day 3: Enjoy a Continental Breakfast before departing for a full-day Guided Tour of Washington, D.C. Some of the awe-inspiring sights on this fantastic tour will include the US Capitol, the White House, the National Archives, Embassy Row, and Georgetown. During the day, you will see the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial, and several War Memorials. This evening, enjoy Dinner at a local restaurant before continuing on the Guided Memorial and Monuments Tour.

Day 4: Begin the day with a Continental Breakfast. Today's Guided Tour includes such poignant and inspirational sights as Arlington National Cemetery, including the Tomb of the Unknowns, and Kennedy Graves, as well as the Iwo Jima Memorial. You'll also enjoy a visit to the Smithsonian Institution. Later, you'll enjoy Dinner with entertainment before returning to your hotel for the night.

Day 5: Enjoy a Continental Breakfast before leaving for the Senator John Heinz History Center in Pittsburgh, PA. This evening, relax at your en route hotel.

Day 6: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

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SENIOR RESOURCES

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Astronomy

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MERCURY
METEOR
ASTEROID
LEO
SATURN
MARS
WHITE DWARF
SUPERGIANT
SUPERNOVA
NEPTUNE
BLACK DWARF
SUN
EXOPLANET
NEBULA
ORION
EARTH

Play this puzzle online at : <https://thewordsearch.com/puzzle/3488/>

CFSP—some help if needed



The Commodity Supplemental Food Program (CSFP) works to improve the health of income eligible persons at least 60 years of age by supplementing their diets with nutritious USDA foods.

Questions? Call 231.775.8330
This institution is an equal opportunity provider. **Who is eligible?** Seniors age 60 and over are eligible. **What do I bring?** Identification and Proof of income for everyone in the household. For Benzie County this program is held the 2nd Monday every month 11:00 am - 12:00 pm at the 1st Congregational Church of Benzonia on Barber Street.

Produce Bingo

Produce Bingo is August 14th. We want to thank our supporters of PINGO— We really appreciate your help!

We will start at 4:00 p.m. for food, then 5:00 p.m. for games.

YOU MUST SIGN UP AHEAD FOR THIS at TGP or call 231.525.0601.

We'll be having: BBQ Meatballs and veggie tray!

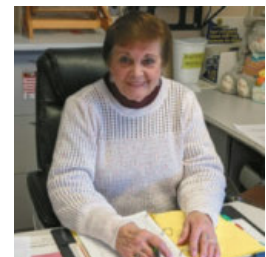
We're often at capacity and may have to turn people away if they don't sign up! Don't Miss Out!



August 6th 5:00 p.m.

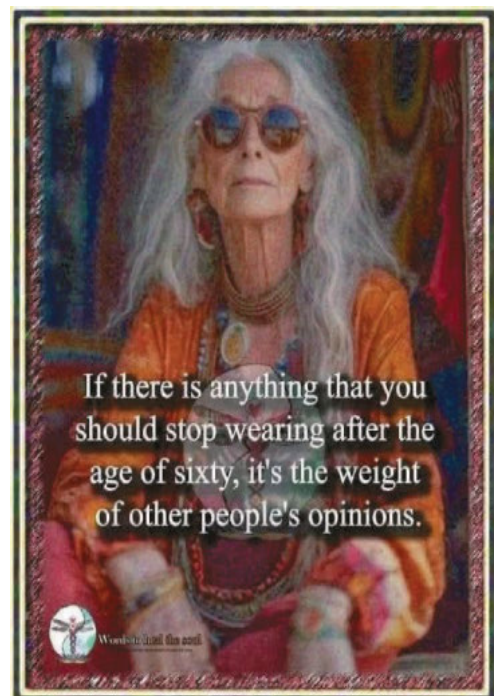
We will be sharing time at TGP in memory of our beloved volunteer "Marleen Jill Lilly" McPherson.

There will be an informal service, so we can share stories, light refreshments, and honor our dear friend.



August Birthdays

Roger Griner	1	Alex Cooper	13	Rosalie Pelch	23
John F. Johnson	1	Diane Groenevelt	13	John Flitz	24
Mel Pierce	1	Diana Priest	13	Kathy Walthorn	24
Ray Antel	2	Joyce Marciniak	14	Linda Fast	25
Cathy Beechcraft	2	Susan Rastelli	14	Rosann Fuller	25
Aldo Davis	2	Barb Schneider	14	Bob Reed	25
Dani Horvath	2	Lexie Skiver	14	Pat Staley	25
Roger Weil	2	Beth Bechler	15	Ron Troutman	25
Janet Burch	3	Viva Kastl	15	Mary Zanarini	25
Carol Moore	3	Sharon McCarthy	15	Ofelia Bolado	26
Dodie Snow	3	Wayne Dunning	16	Fred Snow	26
Donald Culp	4	Dorothy Kerby	16	Linda Thompson	26
Hans Danke	4	Max Kessler	16	Elaine Walton	26
Frankie Demerly	4	Marie Kettinger	16	Eldon Blood	27
Karen Houser	4	Chuck Mange	16	Anne Pardington	27
Janie Parrotte	5	Lorraine Stiles	16	Dale Sundstrom	27
Gene Forster	6	Stan Dluzin	17	Camp Bailey	28
Kateri King	6	Mary Jackson	17	Robert Beidler	28
Sanda Willsey	6	Mary McPherson	17	Bob Dumont	28
Lou Glatzer	7	Juan Mendez	17	Bill Pearson	28
Carol Kraak	7	James Cramer	18	Cindy Dabbs	29
Jimmy Landwehr	7	Marjory Lozen	18	Barbara Fought	30
Sandy Link	7	Susie Morrow	18	Jackie Jackson	31
Larry Little	7	Jane Weisbrodt	18		
Frank Putney	7	Bruce McCormack	19		
Deb Frisbie	8	George Milligan	19		
Stewart McFerran	8	Beverly Popp	19		
Frank Pelky	8	Candy Shinabarger	19		
Gary Tomkiewicz`	8	Jean Allen	20		
Larry Willis	8	Jim Anderson	20		
Penny Dahl	9	Cynthia Caperton	20		
Sheila LaFleur	9	Ruby Davidson	20		
Pat McCash	9	Darlene Knudsen	20		
Chris Stoops	9	Lois Lumbert	20		
Jim Thompson	9	Ted Rineer	20		
Terry Conger	10	Mary Robling	20		
Karl Loucks	10				
Maurice Mummey	10	Ruth Catton	21		
Martha Wieland	10	Sue Hamilton	21		
Carl Beardsley	11	Darby Moreno	21		
Sue O'Boyle	11	Tamara Royle	21		
Ray Pendygraft	11	Phil Verburg	21		
Dick Ellis	12	Mary Finch	22		
Esther Delong		Brenda			
Thornton	12	Kastenschmidt	22		
Peggy Wright	12	Sue Kelsey	22		
Joan Batchelor	13	Ginny Markus	22		
Kay Bond	13	Jeff Rayle	22		
Deborah Charters	13	Dick Haan	23		



Community Partners —accessing more ways to enjoy summer!

Joy to Ride for Betsie Valley Trail ...

Carol Kraak, founder of Joy2Ride is no stranger to disability, so in 2018 she began to share the amazing and awesome difference a “simple ride” on the Betsie Valley Trail can make. The freedom that comes with cycling is truly wonderful! Carol and her volunteers bring that joy of being outdoors biking in our gorgeous area to young and old regardless of physical ability. The camaraderie between the passenger and the volunteer who “pilots” the bike is incredibly beneficial in countless ways, especially being able to experience the beauty of our area and the fresh air.

Joy 2 Ride is proud to be the first program of its kind in Michigan with still only a handful of others in the nation! We here in the Benzie area have an absolutely wonderful trail system, a community full of amazing people who value our fantastic area and the “great” outdoors, and that have a passion for helping others enjoy life to the fullest, regardless of ability. For more info or to get involved, please call or text 231-651-0434 or Email: joy2ridebenzie@yahoo.com



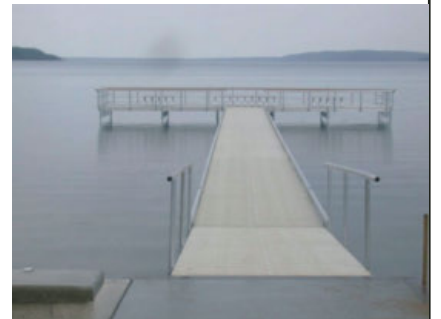
The organization **Friends of Sleeping Bear Dunes** offers free use of an electric Track Chair on the Lakeshore’s Bay View Trail — with reservations — and it also offers accessibility information about every beach and official trail (with maps, degree of difficulty ratings, and photos of accessibility barriers!) at its website: friendsofsleepingbear.org.

They also have the adaptive bikes starting this year! Enjoying the Heritage Trail this way is now possible. Don't miss this chance to create unforgettable memories! Sleeping Bear Dunes offers several accessible spots that ensure everyone can enjoy the natural beauty of the area. Many of our inland lake beaches have accessible amenities. There is an accessible kayak launch on the Platte River. And at Glen Haven, there are beach mats, a platform, and even beach wheelchairs, making the sandy shoreline more approachable for all!

Elberta Beach has a beach access mat installed to improve accessibility for people with mobility challenges. The mat provides a firm and stable surface for wheelchairs, strollers, and walkers to traverse the sand. If it's at all possible it is likely best to have someone along who can use a broom ahead of the wheelchair bound individual as Mother Nature moves the sand quite easily and willingly.



The T-dock in Beulah was designed to accommodate those with disabilities. It was initially installed in 2014 and is made of a metal frame with plastic composite grating which does not collect water. It's for fishing, and features benches and rod holders. Swimming from or mooring to the dock is not allowed. You can wheel right down the sidewalk onto the dock. The raised molding on the sides will prevent people from rolling off.



Donation Information

Giving is not just about making a donation. It's about making a difference.
We Need Your Support!

Benzie Senior Resources is an independent 501 c3 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 are 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.

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.

DONOR INFORMATION:

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.

SCAN ME



Benzie Senior Resources 231.525.0600



BENZIE

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