

BENZIE SENIOR RESOURCES

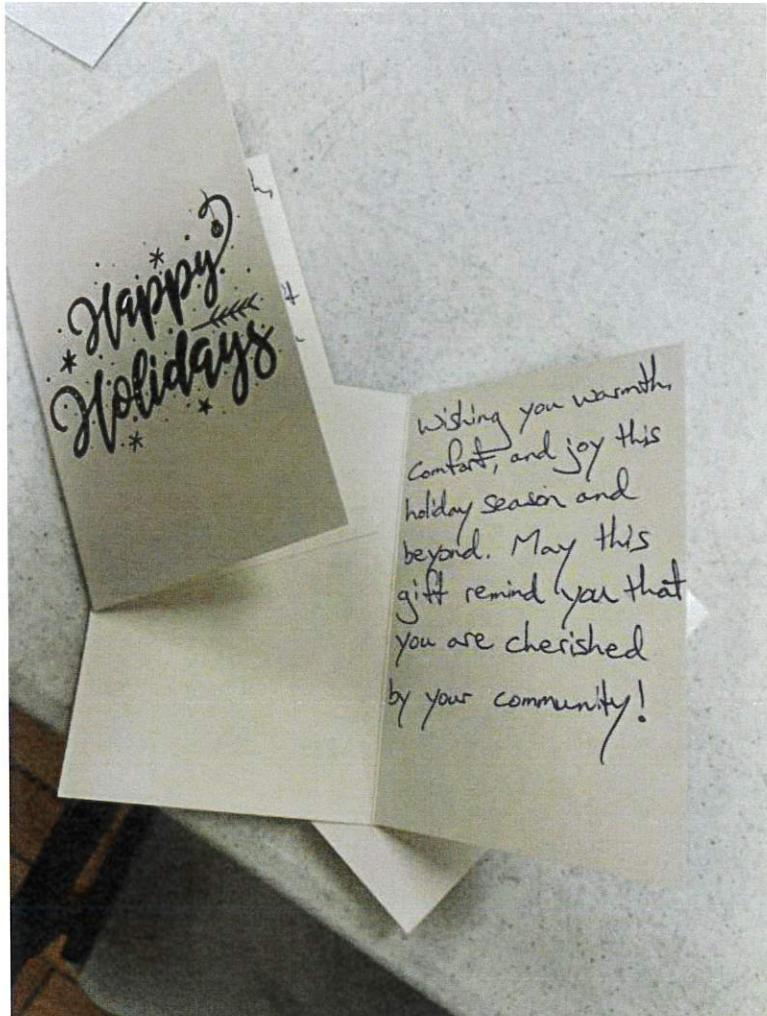
January 2026

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January is ...

The Full Wolf Moon, or Moon after Yule is January 3rd. It will be a SUPER MOON! The Quadrantids Meteor Showers January 3rd & 4th. Enjoy!

National Eye Care Month, National Blood Donor Month, National Soup Month, National Braille Literacy Month, Walk Your Dog Month, National Oatmeal Month, National Hot Tea Month, Cervical Cancer Awareness Month. International Holocaust Remembrance Day is January 27th.



**Our Human Services Office and
The Gathering Place
are closed January 1st and 2nd.
We wish you all the best in this
New Year!**



*Meaningfully
engaging and supporting
Benzie County residents
age 60 and over to enhance
their quality of life physically,
socially, and intellectually.*

BENZIE SENIOR RESOURCES

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Leo Hughes, *Vice President*
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Hugh Walton, *Secretary*
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Ingrid Turner

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 is a 501 (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, Editor
Benzie Senior Resources
10542 Main Street
Honor, MI 49640

NEWSLETTER SUBSCRIPTION FORM

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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

Celebrating 50 Years of Neighbor-to-Neighbor Support

This year marks five decades of showing up for older adults and the people who love them. As we honor the past, we're also looking ahead with gratitude for our community, partners, and Benzie County residents who make this work possible.

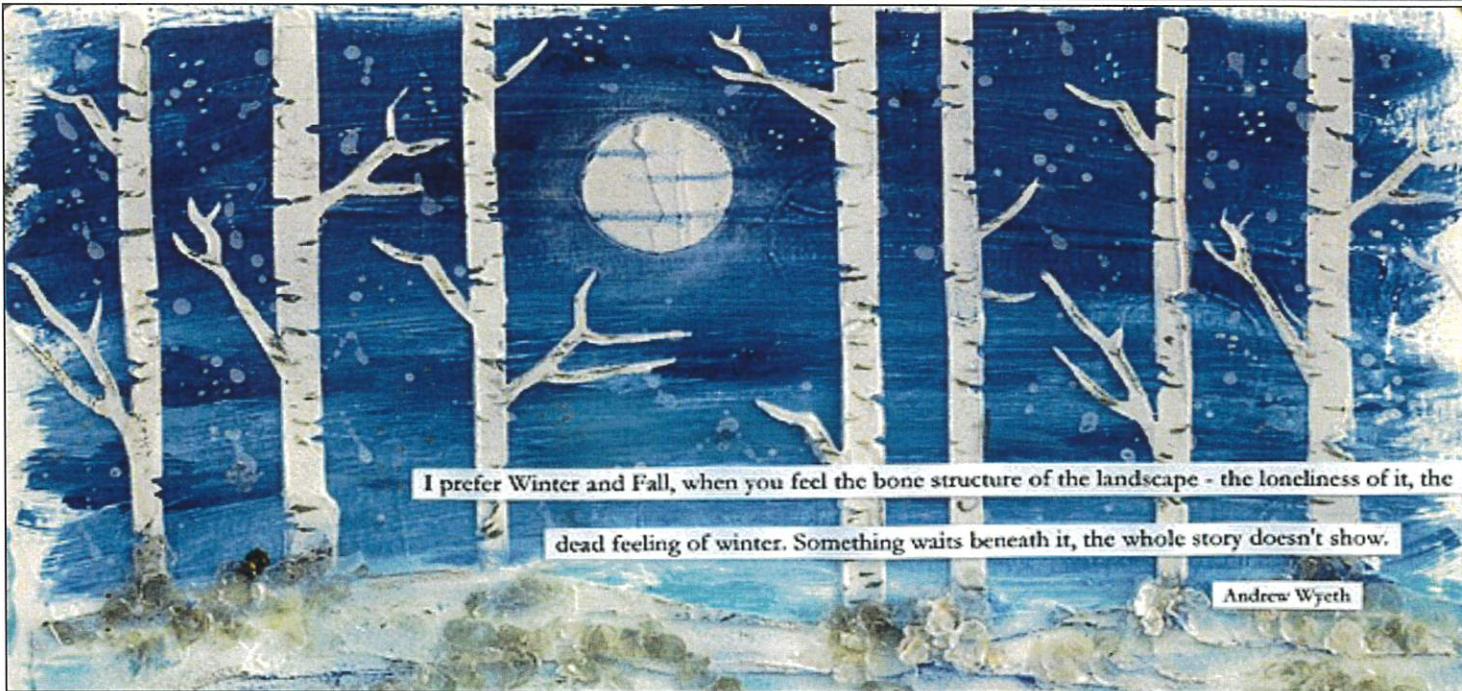
For five decades, this community has made a clear statement—older adults matter here. They are vital members of our community, and their wisdom, experience, and contributions are deeply valued. As we celebrate, we're staying grounded in what you've always expected from BSR: supporting and engaging residents so you can stay healthy, connected, and learning—through every stage of aging.

The need for strong, neighbor-to-neighbor support is real here, and that's why BSR keeps showing up in practical, human ways: delivering meals and a friendly hello, helping people stay independent at home, connecting families to resources, and creating opportunities for belonging and purpose. One of the things I hear often—and it stays with me—is how much people notice not just the service, but the care behind it. That kindness and consistency are the quiet heartbeat of this organization.

None of this happens alone. We are profoundly grateful to Benzie County residents for investing in services through the property tax millage, and to our many public and nonprofit partners such as the County and BACN who help strengthen the safety net for older adults. We're equally grateful to the local businesses, churches, service clubs, donors, and volunteers who keep leaning in with generosity and belief—whether it's helping fund a program improvement, volunteering or simply making sure a neighbor doesn't feel alone. As we head into this anniversary year, I want to say this plainly: thank you for standing with us—then and now.

Brigit Hassig

Executive Director, Benzie Senior Resources



art by Ann-Karin at www.layersofink.blogspot.com

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

Benzie Senior Resources is committed to providing nutritious, enjoyable meals for all participants. Please be aware that our meals are prepared in a shared kitchen where common allergens—including dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish—may be present. While we take every reasonable precaution to minimize cross-contact, we cannot guarantee that any meal is completely free of allergens. Your health, safety, and comfort are very important to us. Thank you for your understanding and support.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Savory Sausage Cassoulet, Key West Vegetable Blend, Steamed Sweet Corn, Stoneground Wheat Bread,	6 Whole Wheat Blueberry Pancakes, Freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Spiced Apples	7 New Orleans Bourbon Chicken w/ Rice, Japanese Vegetable Blend, Steamed Broccoli Florets, Lucky Fortune Cookie, Mandarin Oranges	8 Classic Chicken Parmesan, Italian Style Green Beans, Pesto Infused Cauliflower, Soft Baked Breadsticks, Fresh Cut Oranges	9 Homemade Meatloaf w/ Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce
12 Chicken & Dumplings, Southern Style Succotash, Steamed Broccoli Florets, Stoneground Wheat Bread, Diced	13 Chicago Style Italian Beef Sandwich, Oven Baked Tater Tots, Malibu Vegetable Blend, Tropical Fruit Blend	14 Cornmeal Dusted Catfish, Oven Baked Potato, Italian Vegetable Blend, Stoneground Wheat Bread, Apricot Halves	15 Chicken Tenders w/ House Dip Sauce, Parmesan Garlic Mashed Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Fresh Banana	16 Slow Roasted Beef, Herbed Mashed Potatoes, Key West Vegetable Blend, Stoneground Wheat Bread, Fresh Grapes
19 Creamy Chicken Bacon Carbonara, Sicilian Vegetable Blend, Steamed Sweet Peas, Soft Baked Breadstick,	20 Crispy Cod Sandwich, Crispy Smashed Potatoes, Steamed Spinach, Fresh Grapes	21 Hand Rolled Swedish Meatballs, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Diced Pears	22 Smoked Sausage and Sauerkraut, Italian Vegetable Blend, Warm Diced Beets, Stoneground Wheat Bread, Classic Applesauce	23 Classic Homemade Lasagna, Italian Style Green Beans, Pesto Infused Cauliflower, Soft Baked Breadstick, Pineapple Tidbits
26 Citrus Chicken over Rice, Caribbean Vegetable Blend, Green Bean Blend, Stoneground Wheat Bread, Classic Fruit	27 Deluxe Pizza, Italian Style Green Beans, Steamed Sweet Corn, Soft Baked Breadstick, Fresh Banana	28 Grand Rapids Style Wet Burrito, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	29 Homemade Cheesy Stuffed Peppers, Malibu Vegetable Blend, Steamed Sweet Peas, Stoneground Wheat Bread, Fresh Cut Oranges	30 Roasted Turkey w/ Herbed Stuffing, Herbed Mashed Potatoes, Venetian Vegetable Blend, Dinner Roll, Bonnie's Famous
We accept cash, Visa, Mastercard, and Discover. Personal Checks also accepted — made out to BSR Lunch is served 11:30am to 1:30pm	\$4.00 suggested donation for age 60 and older. Under 60 is \$8.00 Caregivers under 60 are \$4.00	CAUTION ICY CONDITIONS  WALK LIKE A PENGUIN <small>Extend arms to the sides to keep balance Keep your knees loose</small>		“What a wonderful thought it is that some of the best days of our lives haven't even happened yet.” — Anne Frank

Nutrition Notes—

Eating alone happens with far more of our community than many of us realize. Cooking for one can be challenging, and often daunting. Even more challenging is to cook healthfully for oneself. However, based on general cooking advice and recipes for single servings in a microwave from sources like the Rowan Blog and BBC Good Food, here are 7 mostly microwaveable meal ideas. There are more ideas like these available from Groundwork Center for Resilient Communities at www.groundworkcenter.org whom we have partnered with and participated in a few of their programs.

- **Mug Mac and Cheese:** Combine macaroni, water, and a pinch of salt in a large mug. Microwave for 2-3 minutes, stirring halfway through. Add milk, cheese, and pepper, then microwave for another 30 seconds until the cheese is melted.
- **Omelet in a Mug:** Crack two eggs into a mug, add diced peppers, ham, spinach, salt, and pepper. Stir and microwave for 2-3 minutes for a quick, protein-rich breakfast or dinner.
- **Chicken and Cheese Quesadillas:** Warm two tortillas in the microwave for a minute. In a separate bowl, mix precooked chicken strips and sliced peppers with taco seasoning and microwave for 1 minute. Assemble with shredded cheese and microwave for another minute.
- **"Baked" Potato:** Poke a hole into a potato, drizzle with oil, salt, and pepper, then microwave for 7-9 minutes. Cut it open, add shredded cheese, and microwave for 30 seconds. Top with sour cream and bacon bits.
- **Simple Grain Bowl:** The core ingredients are microwaveable rice and canned beans, providing a hearty base. Add a protein like tuna, precooked chicken, or tofu, and top with fresh vegetables and a healthy fat like avocado. Heat as needed (some toppings can be cold).
- **Microwave Chili:** Many variations of chili can be made quickly using canned beans and other ingredients in the microwave. It's a filling, fiber-rich meal that keeps well.
- **Pesto Pasta:** Cook pasta in a large, microwave-safe bowl (it takes a few minutes to boil the water first). Once cooked, stir in pesto, pre-cooked chicken, and mozzarella for an easy, flavorful meal that can also be eaten cold.

Consider these tips to reframe your dining alone experience at home—

- **Ritual, Not Workaround:** View solo dining as intentional self-care and a chance to recharge, not as a second-best option.
- **Enjoy the Freedom:** Embrace the ability to eat what you want, how you want, and take as much or as little time as you like.
- **Balance with Connection:** Ensure you're also balancing solo time with social meals to avoid isolation.

Calendar of Events

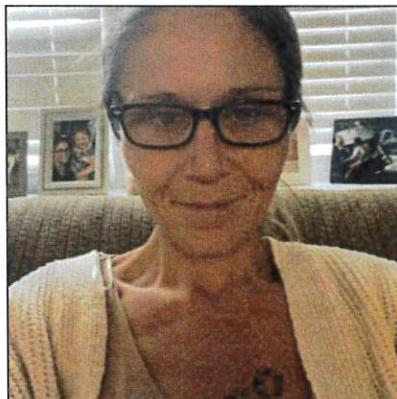
Monday	Tuesday	Wednesday	Thursday	Friday
5 9:30 Stretch and Balance 11:30-1:30 Lunch	6 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	7 11:30-1:30 Lunch 12:30 Bingo—theme day “White Out” wear white!	8 9:00 Holistic Nutrition & Fitness 10:00 Coffee and Donuts w/ Vets, 10:30 Cornerstone Book Group 10:30-12:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO	9 9:30 BUNCO 11:30-1:30 Lunch <u>Birthday Celebration with Cake and Song</u> 1:00 Wii Bowling 2:00-3:30 Helping Hands Workshop
12 9:30 Stretch and Balance 11:30-1:30 Lunch 1:30 Craft— <i>In Case You Missed It...</i>	13 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	14 11:30-1:30 Lunch 12:30 Bingo—theme day “Flannel” Wear your favorite flannel! Each of these bingo days, when you wear something for the theme, your name is entered for a special prize drawing at the end of the month!	15 9:00 Holistic Nutrition & Fitness, 10:00 Festival of Trees 2026 ornament Make Two, Take One w/Sandi* 10:30 Cornerstone Book Group 11:30-1:30 Lunch 1:30 BUNCO 3:00 Functional Movement w/ Luke**	16 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 2:00-3:30 Helping Hands Workshop
19 9:30 Stretch and Balance 11:30-1:30 Lunch 1:30 Craft—Create Some Valentine Decor w/ Debbie	20 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	21 11:30-1:30 Lunch 12:30 Bingo—theme day “Silly socks” Wear your silly socks! 4:30 Board of Director’s Meeting Annual Meeting	22 9:00 Holistic Nutrition & Fitness 10:30 Cornerstone Book Group 11:30-1:30 Lunch 1:30 BUNCO PINGO! Snack 4:00 p.m., Games at 5:00 p.m. Required sign-up!	23 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 2:00-3:30 Helping Hands Workshop
26 9:30 Stretch and Balance 11:30-1:30 Lunch 1:30 Craft—Build Your Own Bouquet w/ Debbie, creating paper flowers	27 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	28 11:30-1:30 Lunch 12:30 Bingo—theme day “Hats” Wear a hat!	29 9:00 Holistic Nutrition & Fitness 10:00 TGP Book Group 10:30 Cornerstone Book Group 11:30-1:30 Lunch 1:30 BUNCO	30 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 2:00-3:30 Helping Hands Workshop
		FYI! <p>Nevin will be back to help this month with phone & computer concerns/issues. We don't yet have a date, but check in with us on it, so that you can get the help you need!</p>	<p>* We've been asked to participate in the 2026 Zonta Festival of Trees. Each month we'll be crafting ornaments toward this festive and fun fundraiser. You can make one for you, and one for the tree! Come have some fun with us on this!</p>	<p>**A new adventure for us at TGP is Functional Movement w/ Luke. He is a physical therapist offering ways for us to safely and effectively move for bettering our health and balance.</p>

Staff Milestones

WELCOME!



Debbie joined our Home Health Care team as a CNA/Direct Care Worker this fall. She brings a wealth of experience and a great deal of joy to us. Debbie is a proud and active grandma. She enjoys needle crafts in her down time to relax, creating fun and beautiful things for family and friends. Welcome Debbie!



Brittney joined our Home Health Care team as a Direct Care Worker this fall, too. Her family is everything to her. Dance is important in her life, as well. We are so pleased that Brittney is here for our clients. Welcome Brittney!



This was Bea's last load of dishes at TGP, run on December 15th. We wish her all the best for her retirement! We'll miss you Bea!

We have three new TGP kitchen staffers who have joined us. We'll feature them next month.

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15-0688

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.

Join us for Coffee & Donuts w/ Vets

**Benzie
Senior
Holistic
Nutrition &
Fitness**

9:00a.m. -10

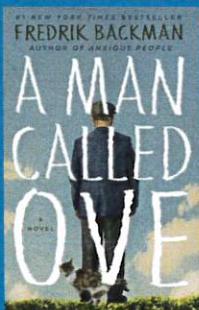


a.m. Thursdays, Private weigh in. Discussion relating to weight loss. Healthy recipe sharing, light activity. This will be weekly at TGP. New members welcome!

The Gathering Place Book Group meets

10:00 a.m. Thursday
January 29, 2026

A Man called Ove
By Fredrik Backman



FOOT CARE CLINIC BY APPOINTMENT

Wednesdays at Benzie Senior Resources
with our RN Stacey

for age 60 and over for Benzie residents.

Call 231-525-0600 to set yours up.

There is a service fee for each client session –
\$20.00 per client.

**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!

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.

Free Computer Help

The Darcy Library in Beulah

Thursdays 10 a.m. to 12 Noon

Bring your computer or use one at the library. Questions? Call Carol at 231.882.4037

Inclement Weather —

If Benzie Central Schools are closed, Home Delivered Meals will not be delivered. The Gathering Place Senior Center will remain open and the meal served at The Gathering Place Senior Center will consist of soup and our salad bar. The scheduled activities may change, or be cancelled. Call The Gathering Place Senior Center at 231.525.0601 to verify if an activity is still scheduled and if we are open. When the Benzie Central Schools are on a 2-hour delay, regular business hours will continue and meal delivery will continue as scheduled. The Executive Director or their designee will monitor weather conditions and if a general alert is issued by the Michigan State Police, Benzie County Sheriff's Office or the Benzie County Road Commission requesting drivers to remain off the roads, then The Gathering Place Senior Center will be closed.

The closure of The Gathering Place will be announced on these television and radio stations: 9 & 10 News, 7 & 4 News, WTCM 103.5 & WCCW 107.5. Look for updates on our Facebook page at www.facebook.com/BenzieSeniorResources

Here we Are...



Word Search

Movies with One Word Titles 1

I	T	R	A	N	S	F	O	R	M	E	R	S	N
N	E	M	H	C	T	A	W	A	E	O	S	A	A
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A	O	A	C	I	N	A	T	I	T	S	I	S	M
I	V	E	N	T	A	K	E	T	K	E	S	E	A
G	J	O	E	O	R	C	E	I	H	K	A	V	G
J	U	O	E	O	O	O	T	H	T	I	W	E	E
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TITANIC
SEVEN
ERAGON
JUNO
ARMAGEDDON
WATCHMEN
GREASE
EVITA
JAWS
TWILIGHT
TRANSFORMERS
HALLOWEEN
SAW
ALIEN
ROCKY
JUMANJI
TOOTSIE

Play this puzzle online at : <https://thewordsearch.com/puzzle/49/>

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” —Carl Bard



Produce Bingo

Produce Bingo is 01/22/2026.

A big thanks to our supporters of PINGO!

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

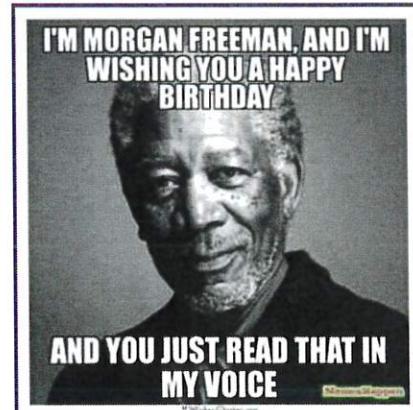
We'll be having: Three Bean Chili & Veggie Tray

We hope you can join us for this opportunity for fun and good fresh foods!



January Birthdays

Judy Herban	1	Don Voight	16	Frances Bentley	27
Rosemary Johnson	1	Ken Wiezorek	16	Diana Pena	27
Robert S. Taylor	1	Sally Gubancsik	17	Scott Smith	27
Jeff Cook	2	Mary Nickerson	17	Stephen Allen	28
Russ Bailey	3	Janet Robb	17	James Fuzz Foster	28
Sheryl Bradley	3	Paul Hunt	18	Laurie Short	28
Dayna Ginter	3	Jean Voight	18	Alan Blattner	29
Linda Hammond	3	Ricky Beechcraft	19	Jeff Hopkins	29
Robert Bint	4	Randy Gilbert	19	Sue Meredith	29
Jim Dolbec	4	Denise Holmquist	19	Deb Rafferty	29
Ellen Orsini	4	Dan Ingersoll	19	Jane Smeltzer	29
Holly Sorensen	4	Keith Mead	19	Cathy Wilkinson	29
Kelly Robert	5	Richard Pataky	19	Karen Bailey	30
David Best	6	Harold Saffron	19	Phyllis Chlebo	30
Sharon Cicansky	6	Eleanor Comings	20	Shirley Covey-Huseman	30
Normalee Huddleston	6	Richard Heinz	20	Darrell Kinnan	30
Rodney Hunt	6	Bob Klepac	20	Jeffie Lynch Jones	30
Helmer Olsen	6	Jay Peregrine	20	Linda Joy	30
Maury Stahl	6	Marty Bates	21	Anita Valenti	30
Maris Ziemelis	6	Cathy Bishop	21	Carolyn Gaylord	31
Toni Flynn	7	Greg Brice	21	Marie Lovendusky	31
Tim Flynn	8	Gale Burmeister	22	Mitzi McGlynnchey	31
Shirley Henning	8	Verona Gatrell	22	Martha Nix	31
Mary Lou Kuerth	8	Betty Milliron	22	Betty Robotham	31
Kathy Engelbertson	9	George Payne	22		
Jim Morse, Sr.	9	Christine Persinger	22		
Charlotte Drake	10	John Stroba	22		
Beverly Wenger	10	Lawrence Wright	22		
Connie Ferguson	11	Tom Bishop	23		
Bud Middleton	11	Alice Cooper	23		
Rebecca Carmien	12	Janet O'Brien	23		
Judy Fast	12	Ruth Waldvogel	23		
Dorothy Feiger	12	Susie Evans	24		
John Hewitt	12	John Raz	24		
Michelle Bigger	13	Albert Bedard	25		
Millie Johnson	13	Carmen Carris	25		
Debra Prachar	13	Gerald McPherson, Jr.	25		
Heather Wright	13	Ken Moore	25		
Martin Astrauskas	14	David Nyberg	25		
Anne Hoffa	14	David Sorensen	25		
Lorie Richmann	14	Lana Andersen	26		
Karyl Bird	15	John Daugherty	26		
Sharon Francik	15	Gary Falter	26		
Diane Pharr	15	Denese Krug	26		
Valerie Richardson	15	Dennis Smith	26		
Mary Jo Hamlin	16	Leslie Putney	27		
Leo Rodgers	16	Shirley Royston	27		



Now that we're into the new year and Open Enrollment concluded in December we want to be sure to share more ways you can get the help you might still need with Medicare Counseling. This past summer it was made possible for individuals to get help with counseling through the State Health Insurance Assistance Program (SHIP). Programs are available in any location in Michigan.

There are no income, age, asset, or disability status requirements for this help. It is for individuals seeking information about services—caregivers, family members, really anyone seeking information about long-term services and supports or Medicare.

The first step is for you to reach out. Michigan residents can call 800-803-7174, 8 a.m. to 8 p.m., Monday through Friday, to speak with an agent who can then schedule an appointment or provide a referral to a trained, certified counselor in their community. There is no cost to the individual or caregiver for this service.

The new MI Options system supports older adults and people with disabilities, providing information to help individuals make informed decisions and exercise control over their long-term care needs by incorporating their personal goals and preferences.

MI Options provides counseling through a network of community-based providers and partners who were identified by a statewide Grant Funding Opportunity. These include regional Area Agencies on Aging, Centers for Independent Living and local nonprofit organizations.

Person-centered options counseling can help with:

- Exploring long-term care and support options for adults, including home and community-based services.
- Identifying next steps after a major life event to better understand what services and support is available.
- Building actionable steps for pursuing options that align with one's preferences and values.

Medicare counseling can help with:

- Medicare enrollment assistance.
- Medicare and Medicaid coordination.
- Discussions on cost savings, including low-income subsidies.
- Prescription drug coverage options.
- Billing questions.
- Benefits explanation.

"Too many people wait until the point of crisis to seek out this kind of information," said Scott Wamsley, director of MDHHS' Bureau of Aging, Community Living, and Supports. "Beginning these conversations earlier, with the assistance of trained counselors, can help alleviate some of the confusion and anxiety."



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 (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 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 (231)525-0600 or toll free 888-893-1102, or email 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** _____

SCAN ME

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.

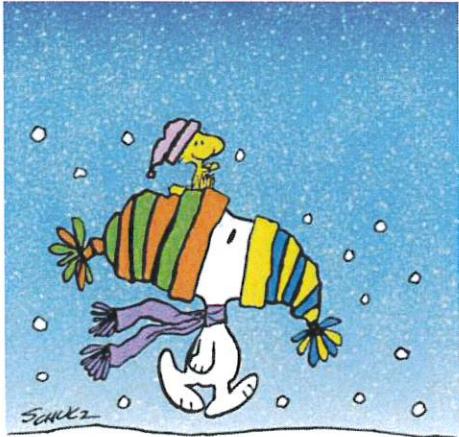




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10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



	Non-perishable food & water		Flashlight & extra batteries		First aid kit		Sanitation & hygiene supplies		Sleeping bags & warm blankets
	Communication devices		Change of clothes & shoes		Eyeglasses & hearing aids		Medications & equipment		Health information & documents

To learn more about how older adults can be prepared, visit
www.nia.nih.gov/disaster-preparedness.



National Institute
on Aging