

THE SENIOR SCOOP

April
2017

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Be supported.
Be home.*



BENZIE
SENIOR RESOURCES

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THEY SAY
IT TAKES A
VILLAGE.

IN OUR CASE,
IT TAKES A
COUNTY.

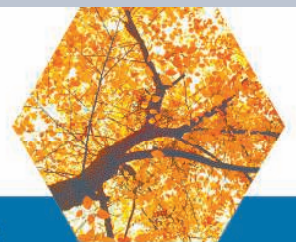
JOIN US.

April is:

National Stress Month

Occupational Therapist Month

Oral Cancer Awareness Month



DIRECTORY

Phone: 231-525-0600 or

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Fax: 231-325-4855

Email:

info@BenzieSeniorResources.org

Website:

www.BenzieSeniorResources.org

OFFICE HOURS

Monday – Friday:

8:00 a.m. – 4:00 p.m.

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

Benzie Senior Resources

10542 Main Street

Honor, MI 49640

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

MISSION STATEMENT

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

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 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.



From Our Director

Greetings and Welcome Spring!

As I put together another article for the Senior Scoop Newsletter, I can't help but feel privileged to work for a great organization and to be surrounded by an amazing staff and fantastic group of volunteers. We also have a group of contractors that are just as equally dedicated in helping make a difference either by cleaning homes, plowing snow or mowing someone's lawn. When you add up everyone that makes Benzie Senior Resources an integral part of the community, you are talking about 163 individuals who are pivotal in keeping the services we provide to the older adults in Benzie County going!

March was a busy month. The Foot Clinic has expanded and is now being offered more frequently at the Administration Office. The Northwest Michigan Community Action Agency's Volunteer Tax Preparers worked non-stop, three days a week and the March for Meals Campaign kicked off with Community Leaders joining our cause and assisting with the delivery of Home Delivered Meals the week of March 20 – March 24.

A special thank you to Jodi's Tangled Antler, Hungry Tummy, Papa J's, Dinghy's Restaurant, Platte River Inn, Mayfair Tavern and Cold Creek Inn. These seven restaurants donated a percentage of their proceeds to benefit the Home Delivered Meals Program. I want to thank all the patrons who came out and supported Benzie Senior Resources!

April 23rd through April 29th is National Volunteer Week. It is uplifting to witness the compassion felt for our fellow human beings. Our volunteers give generously of their time, hearts and humor. On May 10th the staff will be celebrating these delightful volunteers at our Annual Volunteer Recognition Event.

Some exciting news! In late February we received a notice that we have been awarded a grant from Benzie County Community Chest. This grant will be used to assist with funding the Senior Essential Needs program. The \$10,000 awarded grant will help bring peace of mind to those in desperate need of shelter repairs, utilities, food and medical needs, etc. Due to limited resources through grants and designated donations, the individuals seeking assistance will first be encouraged to investigate other potential avenues of assistance within the community. These other resources include Benzie Area Christian Neighbors (BACN), Father Fred Foundation, Department of Human Services (DHS), Northwest Michigan Community Action Agency, and Benzie or Grand Traverse County Veteran's Affairs. You must be 60 years or older and reside in Benzie County and your annual gross income must be below 200% of poverty level to access the Benzie County Senior Essential Needs Funds. Stop by our Administration office to fill out an application. We'll also need a copy of your driver's license/State ID and proof of income to see if we can help.

As always I welcome your ideas, comments or suggestions.

Douglas



April Menu

Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. -1:00 p.m..

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crispy Cod Sandwich Normandy Blend Green Peas Orange	4 Citrus Chicken over Rice Broccoli Cauliflower Bread Apricots	5 Swedish Meatballs Baked Potato Malibu Blend Bread Banana	6 Tropical Chicken Strips Sweet Potato Spinach Hawaiian Rolls Tropical Fruit	7 Sweet Potato Encrusted Pollock Italian Blend Carrots Bread Grapes
10 Pork Chops Collard Greens Bread Cinnamon Apples	11 Sloppy Joes Corn Green Beans Pear	12 Chicken Parmesan Italian Beans Corn Garlic Toast Banana	13 Steak Fajitas Refried Beans Baked Peaches	14 Ham Dinner Sweet Potato Malibu Blend Hawaiian Rolls Pineapple
17 BBQ Chicken Sandwich Tater Tots Spinach Pear	18 Pork Potstickers over Rice Far East Blend Broccoli Fortune Cookie Mandarins	19 Goulash Green Peas Carrots Bread Orange	20 Homemade Meatloaf Herb Mashed Potatoes Green Beans Bread Apple	21 Smoked Sausage with Kraut Mixed Vegetables Broccoli Bread Peaches
24 Pigs in a Blanket Scrambled Eggs Cinnamon Apples	25 Steakhouse Burgers Tater Tots California Blend Apple	26 Chicken Primavera over Pasta Italian Blend Spinach Garlic Toast Pineapple	27 Bratwurst and Peppers on Bun Baked Beans Mixed Vegetables Banana	28 Slow Roasted Beef Herb Mashed Potatoes Malibu Blend Bread Cantaloupe





April Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Yoga 11:30 Lunch— The Maples Blood Pressure Clinic 12:00 CARDS 2:30 Zumba	4 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:00 Zumba	5 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	6 8:45 Little River Casino 9:00 Hearing Clinic at The Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	7 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch—Caramel popcorn day 1:00 Wii Bowling
10 National Sibling Day 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Pinterest with Toni—t-shirt bag 2:30 Zumba	11 10:30 Music by The Melody Makers 11:15 Dining Out Day—Crystal Cafe 11:30 Lunch 3:30 Chair Yoga 5:00 Zumba	12 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	13 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 	14 9:30 BUNCO 11:30 Lunch— Easter Ham Dinner 1:00 Wii Bowling 1:15 Pinterest with Shirley—Plarn mat
17 10:00 Yoga 11:30 Lunch—National Cheeseball Day 12:00 CARDS 2:30 Zumba 	18 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:00 Zumba	19 8:30 Zumba 10:00 Stay Fit with Doris 11:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	20 National Volunteer Recognition Day 8:45 Little River Casino 9:00 Foot Clinic at Administration Office 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO	21 9:00 Foot Clinic at Administration Office 9:30 BUNCO 11:30 Lunch—April Birthday Party 1:00 Wii Bowling
24 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 2:30 Zumba	25 9:00 Essential Estate Planning in Administration Office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:00 Zumba	26 8:30 Zumba 9:00 State Theater Trip—South Pacific 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO	27 Babe Ruth Day 9:00 Foot Clinic at Administration Office 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	28 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering





Dawn's Dish

Zumba is back! Hurray! Check out our Calendar of Events for the dates and times. ONLY \$3 each class.

Thursdays, April 6 & 20—Little River Casino Trip. Leave The Gathering Place at 8:45 a.m. and Shop-n-Save at 9:00 a.m. Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

Monday, April 10—Pinterest Craft time! Our very own Toni from the kitchen crew will be leading this craft beginning at 1:00 p.m. Please sign up at the front desk ! Bring a t-shirt that you don't wear anymore but really can't bring yourself to get rid of. You'll be making t-shirt bags!

Tuesday, April 11—Dining out Trip! Grab your dining out certificate from Benzie Senior Resources office for \$3. It's worth \$6 at participating restaurants. We'll leave The Gathering Place at 11:15 a.m. and head to Crystal Café in Benzonia.

Friday, April 14—Easter Dinner at lunch! Join us for Ham dinner and see if the Easter Bunny left any treats.

Friday, April 14—Pinterest with Shirley. Shirley Short will teach us all about Plarn, which is made from plastic bags. Bring your plastic bags! You will be using them to create mats to donate to a group who helps area homeless. The plarn sleeping mats provide an extra layer between the sleeper and the ground, and are water-resistant and somewhat insulating. They're also lightweight, easy to wash, and unlikely to harbor pests.

Thursday, April 20—9:00 a.m. Foot Clinic at Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. Donations toward this service are always appreciated.

Friday, April 21—9:00 a.m. Foot Clinic at Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. Donations toward this service are always appreciated.

Tuesday, April 25—Essential Estate Planning. 9:00 a.m. to 4:00 p.m. at the Administration Office. Appointments are approximately one hour. This is an opportunity to speak with an experienced estate planning attorney for free to review, update and/or create an estate plan. Schedule an appointment by calling 231-525-0600.

Wednesday, April 26—State Theater Trip. 25 cent Matinee! We'll see South Pacific. Trip leaves The Gathering Place at 9:30 a.m. We'll head two doors down to The Grand Traverse Pie Company afterwards for lunch. The trip is only \$5 plus the cost of your lunch. Plan on returning around 2:15 p.m. Please sign up in advance by either calling 231-525-0601 or at The Gathering Place front desk.

Thursday, April 27—9:00 a.m. Foot Clinic at Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. Donations toward this service are always appreciated.

Friday, April 28—Ol' Time Gathering Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.



Word Search

WORD SEARCH!

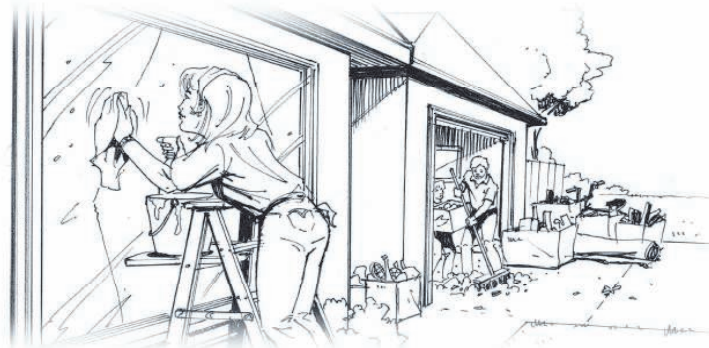
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FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

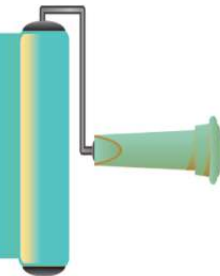
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LADDER
LAUNDRY
LAWNMOWER
MIRRORS
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Scam Alert

HHS OIG Hotline Telephone Number Used in Scam

Report the Scam

HHS OIG Hotline 1-800-HHS-TIPS (1-800-447-8477) TTY: 1-800-377-4950

Federal Trade Commission 1-877-FTC-HELP (1-877-382-4357)

The U.S. Department of Health and Human Services (HHS) Office of Inspector General (OIG) recently confirmed that the HHS OIG Hotline telephone number is being used as part of a telephone spoofing scam targeting individuals throughout the country. These scammers represent themselves as HHS OIG Hotline employees and can alter the appearance of the caller ID to make it seem as if the call is coming from the HHS OIG Hotline 1-800-HHS-TIPS (1-800-447-8477). The perpetrator may use various tactics to obtain or verify the victim's personal information, which can then be used to steal money from an individual's bank account or for other fraudulent activity. HHS OIG takes this matter seriously. We are actively investigating this matter and intend to have the perpetrators prosecuted.

It is important to know that HHS OIG will not use the HHS OIG Hotline telephone number to make outgoing calls and individuals should not answer calls from 1-800-HHS-TIPS (1-800-447-8477). We encourage the public to remain vigilant, protect their personal information, and guard against providing personal information during calls that purport to be from the HHS OIG Hotline telephone number. We also remind the public that it is still safe to call into the HHS OIG Hotline to report fraud. We particularly encourage those who believe they may have been a victim of the telephone spoofing scam to report that information to us through the HHS OIG Hotline 1-800-HHS-TIPS (1-800-447-8477) or spoof@oig.hhs.gov. Individuals may also file a complaint with the Federal Trade Commission 1-877-FTC-HELP (1-877-382-4357).

Protect Yourself

Do not provide any personal information to unknown individuals, including any of the following information:

- a social security number
- date of birth
- credit card information
- driver's license number
- bank account information
- mother's maiden name
- Do not verify your name or any other personal information. Be extremely cautious.

Report the Scam

If you are a victim of the telephone spoofing scam, contact the HHS OIG Hotline or file a complaint with the Federal Trade Commission.

Be sure to include:

- date and time you received scam the call
- any other details from the scam call



Birthdays



Fred Marsh	1	Carroll Denzel	8	David Brown	23
Terry Markey	3	Ernest Parker	9	Bob Brown	24
Charles McKeen	3	Catherine Wolfe	10	Herbert Lentz	24
Bob McQuilkin	3	Yvonne Hockett	10	Carol Bear	25
Mary Alice Jones	4	Gary Huddleston	10	Chester Sandeck	26
Hanne Powell	4	Sue Sheffield	11	Albert Moreno	26
Alice Manke	5	Don Greene	11	Lynn Miner	27
Anna Nordbeck	5	Rita Schopieray	14	Alice Smith	27
Mary Straubel	5	Jeannette Reisinger	14	Syrine Sonier	28
Julie Spoor	6	Axel Anderson	15	Gordon Armstrong	28
Richard Claybour	6	Pat Fleet	15	Robert Finkel	28
Gordon Guined	6	Ramona Foust	15	Nadine Gilroy	28
Henry Hutchison	7	Anna Gray	16	Larry Lozen	28
Larry Johnson	7	Charlie Walterhouse	16	Judy Moore	28
Patricia Shijka	7	Bill Dowd	17	Leon Thomas	28
Maurice Thomas	7	Rachel Bowyer	17	Kathy Burns	29
Linda Wolfe	7	Jean Bowers	18	Martha Sterzik	29
		Zilda Jackson	18	Michael Bailey	30
		Lila Kulow	19	Oscar Jaquish	30
		Dyana Parsons	19	Terry Moore	30
		Debbie Brown	20	Bonnie Rodgers	30
		Lynn Vanderplow	20		
		Rasma Putnins	22		
		Wilma Howe	22		

March for Meals!



Peter Marinoff, President of Paul Oliver Memorial Hospital and Steve Tebo, one of our treasured volunteers, head out on a route.



Peter with Orville Campbell, another one of our treasured volunteers. Peter is carrying a tote which holds 14 meals, keeping them at a safe temperature until the meal is delivered to one of our homebound seniors.



Recipes



It's your turn! Submit your recipes to Dawn at The Gathering Place or email to bousamrad@BenzieSeniorResources.org. Share those tried and true recipes that you know will not disappoint. You know...the ones that everyone hopes you will bring to the family reunion or potluck party. I will be putting these recipes into upcoming editions of The Senior Scoop. If you have a story behind your recipe, I'd love to hear it! I'll share that, too. Let's add some spunk to this recipe page. After all, as much as I like to say I do it all here—I really don't. They won't let me cook in the kitchen! :-). Extra bonus points if you share your favorite local ingredients!

Roasted Asparagus

Directions

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness.





Bulletin Board



Please help us welcome Mary Youngdahl to our Benzie Senior Resources staff! We are excited to have her on board. You'll most likely see her in our Administration Office, although rumor has it she might make an appearance at The Gathering Place too. Big Momma approves!



I AM SO
CRAFTY
I SWEAT
glitter

Crafters Wanted!

We've been having a great time with our Pinterest crafts. If you have a crafty idea you'd like to share with us, please contact Dawn at 231-525-0601!

Plarn mats for the homeless



If you have any plastic bags collecting dust, please consider bringing them to The Gathering Place. On Friday, April 14th, we'll be making mats out of plarn. What is it? Plarn is made from plastic bags and is used instead of yarn to knit or crochet. The mats will be donated to area groups for dispersing to the homeless. Just drop your bags off at the front desk anytime before April 14th! Thanks!



Are you on facebook? So are we! Check us out at www.facebook.com/BenzieSeniorResources/ You'll find updates on our programs, menu, weather and whatever else we are certain you can't live without!



Bulletin Board

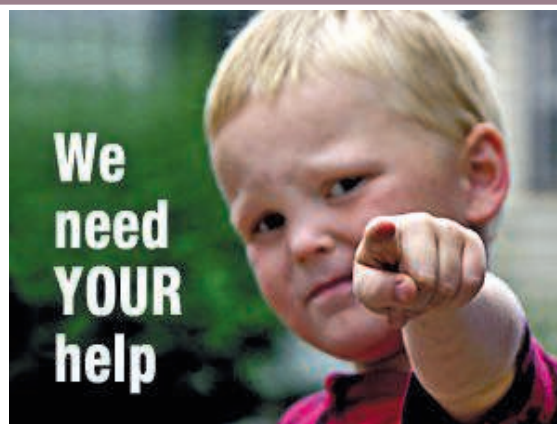
The Benzie Area Alzheimer's Caregivers Support Group meets at 2:00 p.m. on the first Wednesday of each month in the REMEC room at Paul Oliver Memorial Hospital in Frankfort. Friends and family members of those with memory loss, Alzheimer's or other dementia issues are welcome. For information, contact Nancy VanderLinde 231-399-0253 or vanderlinde1233@gmail.com or Jeanette McNinch at POMH, 231-352-9621.



Older Michiganian's Day Trip. Join us as we head to Lansing on Wednesday, May 17th to make sure our voices are heard! We'll sit down with our State Legislators to discuss our

concerns. Tour the Capitol building and have lunch on the lawn. Older Michiganian's Day is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

It is typically a long day driving to Lansing and back but well worth the experience! Call Dawn at 231-525-0601 for more information.



Our medical equipment loan closet has become Mother Hubbard's cupboard, with one exception—we do have 15 standard walkers on hand. We are in desperate need of bath benches, bedside commodes, and wheelchairs in good working order & in good condition. Please drop them off at the Benzie Senior Resources office during business hours. (Monday-Friday 8:00 a.m. to 4:00 p.m.) Your help is greatly appreciated!

Does your group have announcements? We'd like to help! Just see Dawn or email me at bousamrad@BenzieSeniorResources.org and we'll do our best to share in our newsletter, on our facebook page, on our website and in print at The Gathering Place.

Wondering what to do with your Senior Scoop newsletter once you've finished reading it? Please pass it on to a friend or leave it at your doctor's office. Please, help us help others and share this newsletter! Thank you!



Donations

When You Donate. . . You Make a Difference

Benzie Senior Resources is an independent 501c3 not-for-profit organization that depends upon donations to sustain our programs. We need your support to continue to provide caring and professional services to the seniors of Benzie County and the need is greater than ever as the population over the age of 60 rises and our traditional funding sources diminish. Your support, in any way or amount, helps us continue this important work!

When you make a donation to Benzie Senior Resources, you will be helping provide important services and programs to seniors in our county. Some of these services include Home Delivered Meals Program, Homemaking Services, Senior Center Operations, Educational Programs, Chore Service, Snow Removal and more. There are many other ways to contribute to Benzie Senior Resources, now and in the future, that may fit your interests.

Tribute Donations: Tribute gifts of any amount 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.

Planned Giving: As you prepare your legacy for your family and your community, please consider including Benzie Senior Resources as part of your plans. Please remember us in your estate planning or simply 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.

Your tax-deductible donation can and will make a world of difference in the life of an area senior citizen or disabled individual. You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory of or honor of an individual, please tell us and we will do our best to meet your wishes.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102.

DONOR INFORMATION:

Name: _____

Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Make Checks Payable To: Benzie Senior Resources

Benzie Senior Resources is an independent 501c3 not-for-profit organization. Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.



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



Benzie Senior Resources

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