THE SENIOR Scoop

February 2018

BENZIE

SENIOR RESOURCES

100

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Be connected. Be supported. Be home.

If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers -

February is.... Black History Month American Heart Month

Low Vision Awareness Month

National Hot Breakfast Month Bird Feeding Month National Cherry Month Providing exceptional services, resources and trusted care to support Benzie seniors.

BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

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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 and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation; Delta Dental Foundation, GT Regional Community Foundation, Rotary Charities of Traverse City & Benzie County Community Chest.

Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

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

Benzie Senior Resources 10542 Main Street Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Editor

NEWSLETTER SUBSCRIPTION	FORM			
NAME	DOB:/			
ADDRESS				
CITY/ST/ZIP	DATE I			
EMAIL				
If you would like a copy of this newsletter mailed to your home OR emailed to you each month,				
please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00 which helps to cover printing and mailing costs.				
Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at www.benzieseniorresources.org under the NEWS tab.				

DIRECTORY

Phone: 231-525-0600 or Toll Free: 888-893-1102 Fax: 231-325-4855 Email: info@BenzieSeniorResources.org Website: www.BenzieSeniorResources.org facebook: @benzieseniorresources.org

Monday – Friday: 8:00 a.m. – 4:00 p.m.

From Our Director

Greetings Everyone,

The sun is shining brightly as I ponder what to write for this newsletter. It has been a wild roller coaster ride regarding the weather! Due to the higher than normal snowfall in December and early January, the Board of Directors has approved another 5 snowplow vouchers to be purchased if the need warrants. Because these additional 5 snowplow vouchers were not planned in the budget, an additional cost share will be required to help offset the increase in our budget. The last time we did this was in 2014 when we had record snowfalls.

Speaking of snowplowing, our guys and gals have put in some long hours and days trying to keep up with the heavy snows. In December over **600** plows were provided. Would you believe this is up by 158% from the previous record on plows in December! Let's hope that the worst is behind us. ..but it's Michigan and anything is possible.

We just completed our first quarter (10/1/17 to 12/31/17) for the Fiscal Year 2017/2018. that we attained many milestones last year with the number of meals served, lawns mowed, clients receiving personal and respite care, houses cleaned, etc. We are already on pace to exceed those numbers!

To date 13,690 meals have been delivered; an increase of just under 2,000 more than last year at this time. The number of in-home service hours including Medication Management, Assessments, Personal & Respite care is up 48%. Our Homemaker service is up by 24%. I could go on and on with many more programs that are up over last year.

The reason I bring this up is we are faced once again with the need for our services exceeding the funding received from the State and Federal levels. Without the support of donations

from our community and friends of Benzie Senior Resources, we could not meet these growing needs. Your support is more crucial than ever and you are truly making a difference in someone's day!

One final note, it sure is great having the Subaru to deliver meals on these snowy days. It just zips along, up and down the roads and driveways. People smile when they see the brightly decorated Meals on Wheels vehicle show up in their driveways. AGAIN, THANK YOU SUBARU OF AMERICA!

Take care, Douglas





Bulletin Board

Do you shop at Amazon.com? If so, please start out at smile.amazon.com and choose Benzie Senior Resources as your charity. Then shop as usual. The only thing that will change is that Amazon will donate 0.5% of your order \$ to our agency! Please let your friends know this great news. It's so easy! Here's what you'll see once you get rolling—

Welcome to AmazonSmile!

Thank you for supporting Benzie Senior Resources.

Remember, always start at smile.amazon.com and Amazon with donate 0.5% of the price of your eligible AmazonSmile

We are looking for drivers for our Meals on Wheels routes. Volunteers deliver meals to Benzie County homebound seniors in our vehicles Monday - Friday. We are flexible; you choose how often you volunteer. Once a month, once a week, every other week— it's up to you! Please call Benzie Senior Resources at (231-525-0600), and let them know you'd like to sign up to deliver meals. Don't drive? No problem! We need volunteers to help navigate the routes and bring meals to the door. You'll be helping us help our most vulnerable population.



Cyber Security

By Jeff Fulton, Safety Net

Thursday, February 8, 2018 5:00-6:00 pm

a Mills Community House-Upper Level

Home of BPL, 891 Michigan Ave., Benzonia

Protect Yourself Against Cyber Crimes Learn ways to protect yourself from becoming a victim.

Cybercrimes are committed against individuals or groups with intent to cause harm, physical, mental, or loss, to the victim directly or indirectly, using the Internet (including but not limited to Chat rooms, emails, notice boards and groups), mobile phones, etc. Cybercrime may threaten a person not just a device.



FREE COMMUNITY AWARENESS presentation co-sponsored by Honor Bank Benzonia Public Library Mills Community House

Refreshments by Friends of BPL Door Prize by Honor Bank

If Benzie Central Schools are closed due to bad weather, there will be no meal deliveries & The Gathering Place will be closed. This is for safety!

Valentine's Day Couples

By Maureen Esther, HistoryTeller Tuesday, February 13, 2018 Two presentation times offered: 10:00 am OR 7:00 pm

@ Mills Community House-Upper Level Home of BPL, 891 Michigan Ave., Benzonia

Valentine's Day Couples in History.

Come and hear this special St. Valentine's Day lecture covering some of history's most interesting "not so famous" couples. Starting with ancient Egypt and ending in the 20th century, you will hear stories of unconditional love, loyalty, lust, and betrayal too!! Explore this famous day of love through the "heart" of history.

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 <u>vanderlinde1233@gmail.com</u> or Jeanette McNinch at POMH, 231-352-9621.

THE SENIOR SCOOP

February Menu

Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. - 1:00 p.m.*Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
* Happy Valentine's Day!! My Friend				2 Sweet Potato Encrusted Pollock Normandy Blend Corn Bread Tropical Fruit
5 Bratwurst and Peppers on Bun Baked Beans Broccoli Mandarins	6 Steakhouse Burger Tater Tots California Blend Banana	7 Chicken Cacciatore Italian Blend Spinach Garlic Toast Peaches	8 Sweet & Sour Meatballs Broccoli Carrots Bread Fruit Cocktail	9 Caribbean Pork Roast Sweet Potato Malibu Blend Bread Pineapple
12 Deluxe Chicken Sandwich Scandinavian Blend Cauliflower Applesauce	13 Fat Tuesday Jambalaya Collard Greens Black Eyed Peas Bread Banana	14 Oven Roasted Chicken Baked Potato Broccoli Biscuits Strawberry Shortcake	15 Season Beef Tacos Refried Beans Baked Peaches	16 Beef Stir-fry over Rice Far East Blend Chow Mein Noodles Mandarins Fortune Cookie
19 Cabbage Rolls California Blend Green Beans Bread Mixed Fruit	20 Sloppy Joes Sweet Potato Tots Cinnamon Apples	21 Loaded Mac 'N Cheese Broccoli Capri Blend Bread Banana	22 Cincinnati Chili Corn Green Beans Crackers Tropical Fruit	23 Pork Chops Stuffing Carrots Bread Pear
26 Goulash Green Peas Carrots Bread Peaches	27 Homemade Meatloaf Herb Mashed Potatoes Malibu Blend Bread Banana	28 Liver & Onions or Salisbury Steak Herb Mashed Potatoes Green Peas Bread Plum	Fat To	esday
5 THE SENIOR SCOOP				

February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	
	A A A A A A A A A A A A A A A A A A A		1 9:00 Hearing Clinic at Admin. Office—By Appointment only 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	2 Groundhog Day! 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling	
5 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Check 12:00 CARDS	6 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	7 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	8 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	9 9:30 BUNCO 11:30 Lunch- February Birthday Party 1:00 Wii Bowling	
12 10:00 Yoga 11:30 Lunch 12:00 CARDS	13 Mardi Gras/ Fat Tuesday 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	14 Valentine's Day 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN	15 10:00 Bible Study 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check 1:00 BUNCO	16 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling	
19 President's Day 10:00 Yoga 11:30 Lunch 12:00 CARDS	20 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	21 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN 4:30 Board of Directors Meeting	22 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	23 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 'Ol Time Gathering	
26 National Puzzle Day 10:00 Yoga 11:30 Lunch 12:00 CARDS	27 9:00 Estate Planning at Admin. Office—By Appointment only 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	28 9:00 Foot Clinic at the Admin. Office—By Appointment only 10:00 Stay Fit w/Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN			



Dawn's Dish

It's getting to be tax time again and we are happy to announce that we are offering FREE income tax preparation again this year. This service is provided by volunteers from Northwest Michigan Community Actions Agency. Tax preparation will begin early in February. Call 231-525-0600 to schedule your appointment.

New this year....drop off service. How does it work: you complete the Intake Interview form thoroughly, bring <u>ALL</u> of your tax documents including Driver's Licenses and Social Security cards for all dependents that will be claimed on your tax return into the Benzie Senior Resources administration office and leave it. Your return will be prepared and we will call you within approximately 7 days to schedule a brief 15-20 minute appointment to



pick up your documents, get forms signed as necessary and you will be on your way. If you are interested in the drop off service let us know when you call the office.

Please remember, if Benzie Central Schools are closed due to inclement weather so is The Gathering Place.

<u>Wednesdays, February 7, 14, 21, 28</u>—Foot Clinics at the Benzie Senior Resources Administration Office. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. While we don't charge a fee, we'd really appreciate donations toward this service by those who use it .

<u>Wednesdays, February 7, 14, 21, 28</u>–1:15 p.m. PLARN. Crochet plastic mats to donate for the homeless. For more information, please call Dawn at 231-525-0601. No experience is necessary.

<u>Thursdays, February 8 & 22</u>—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. There is a slight change to the package. You will still receive a \$5 food voucher but now guests have to earn 10 points on their card before earning the \$20 in river credits. The credits will download automatically on their card. Return by 3:00 p.m. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

<u>Friday, February 9</u>— Birthday Party! We've been neglecting our lunchtime monthly birthday parties. Time to bring them back. We'll have them every second Friday of the month. CAKE!

<u>Tuesday, February 13</u>—Mardi Gras/ Fat Tuesday! You know what that means! Pazckis! That's right. All the fat you'll need for the whole month in a sweet treat from Wesco's Bakery.

<u>Wednesday, February 14</u>—Wear Red Day! Come on! Everyone looks great in red. Socks, shirts, pants, shoes, scarves...whatever. Get on this and help us bring awareness to heart health. Remind your friends to come in dressed head to toe in red.

<u>Wednesday</u>, February 14–Valentine's Day! Love is in the air and cupid is running around here out of control. Come and enjoy chocolate and strawberry shortcake with us during lunch.

<u>Friday, February 23</u> Ol'Time Gathering party. Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.

<u>Monday, February 26</u>—National Puzzle Day! Help me finish a puzzle before the day ends. Then, let me know if you'd like this to become a more permanent activity.





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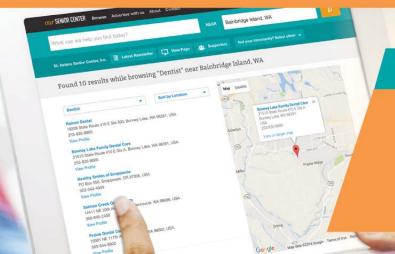


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Bamboozables!

A bamboozable is a saying/phrase that is made up of a display of words in an interesting way. The object is to figure out the well-known saying, person, place or thing that each Bamboozable is meant to represent. (Answers are on page ll.).

,	а	b	с	d	е	f
	you just me	belt hitting	lo head heels	V IOL <i>E</i> T <i>s</i>	A ^B E DUMR	agb
	cry milk	.−⊂ ≥a+		əldqsəniq cake	arrest you're	timing tim ing
	0 TV	night fly	s ^{TINK}	injury + insult	r rail d	my own heart a person
	at the · of on	dothepe	wear long	strich groound	lu cky	marker
	worl	the x way	word YYY	search	go off coc	no ways it ways
	oholene	to earth	ooo circus	1 at 3:46	late never	get a word in
	gone gone let be gone gone	a chance n	O MD BA PhD	wheather	world world world world	lo ose
	lines reading lines	chicken	y fireworks	L D Bridge	pace	danc t e s c etno

THE SENIOR SCOOP

Trips!!

For more **BENZIE SENIOR RESOURCES PRESENTS** Information on Niagara Falls & Toronto either trip please call: You Must Bring a Valid U.S. Passport or Judy Fast at J.S. Passport Card for this Tour 248-425-5849 **INCREDIBLE PRICE INCLUDES:** \$475 * **Motorcoach transportation** 4 nights lodging 8 meals: 4 breakfasts and 4 dinners or **GUIDED TOURS OF NIAGARA FALLS & TORONTO** 5 DAVS 4 NIGHTS A Journey to The Falls on a "HORNBLOWER NIAGARA CRUISE" PER PERSON, DOUBLE OCCUPANCY **Gaming at FALLSVIEW CASINO** Lynn (Mon - Fri) A visit to NIAGARA-ON-THE-LAKE & QUEEN VICTORIA Vanderplow PARK May A visit to Casa Loma; Canada's most magnificent castle 231-944-5463 and much more 7 - 11, 2018

Departure: Save A Lot, 1279 Benzie Hwy, Benzonia, MI @ 8 am



Departure: Save A Lot, 1279 Benzie Hwy, Benzonia, MI @ 8 am

THE SENIOR SCOOP

February Birthdays/ Recipe

		J	<i>J</i> ,		
Julia Polhamus	1	Oscar Soliz	11	Sharon Osborne	21
Dale McPherson	2	Lillian Metty	12	Roger Pataky	21
Bonnie Rickett	3	Lowell Rutherford	12	Virginia Marsden	22
Daryl Belanger	5	Mary Scholl	12	Hillar "Al" Bergman	23
Kat Hazelett	6	Douglas Beaudrie	13	Sue Melton	23
Geoffrey Miner	6	Jean Higman	13	Stanley Putney	23
Lavina Roberts	6	Shirley Short	13	Robb Bollenberg	24
Mark Richmann	7	Ronald Wiggins	13	Helen Fortine	24
William Armstrong	8	Tim Kluck	15	Tim Brushaber	25
Bud Frankenberger	8	Betty Gauthier	16	Cliff Grostick	25
Anita Armstrong	9	Lucille Thomas	16	Arleta Joslin	25
Gail Lappe	9	Michael Foust	17	Irma Komoll	25
Stephen Spoor	10	Art Jeannot	17	Norman Falete	28
Caroline Hentschel	11	Pete Nielsen	17	Mae Fitzner	28
Marian Lannin	11	Danielle Gardner	19	Ellen Kracht	28
Harriet Muzzarelli	11	Darlene Seychel	19	Joan Schendel	28
Bill Schnarr	11	Betty Nilsson	20		

If we forgot your birthday we are truly sorry. If you'd like your name removed from the birthday list, please let us know.

Cherry Granola

(Serve this tasty treat for breakfast or use it as a topping for yogurt or ice cream.)
4 C old-fashioned oats, uncooked
1/2 C coarsely chopped pecans
1/2 C sunflower kernels
3/4 C honey
6 tbsp. butter or margarine, melted
1 tsp. vanilla extract
3/4 tsp. ground cinnamon
2 C dried tart cherries
Preheat oven to 350°.

Combine oats, pecans, and sunflower kernels in a large bowl. Combine honey, melted butter, vanilla, and cinnamon. Pour over oat mixture, and stir until all dry ingredients are well-coated. Do not add cherries until after it's baked.

Spread mixture on a cookie sheet. Bake in oven at 350° for 30 to 40 minutes or until golden, stirring mixture every ten minutes with spatula. Remove from oven. Stir in cherries. Cool mixture completely. Store tightly covered at room temperature for up to 1 week. Makes 8 cups.





Bamboozable Answers & Etc.

- 1a Just between you and me
- 1b Hitting below the belt
- 1c Head over heels in love
- 1d Shrinking violets
- **1e** Bermuda Triangle
- 1f A mixed bag
- 2a Cry over spilt milk
- 2b Lying in wait
- **2c** Unfinished Symphony
- **2d** Pineapple upside-down cake
- 2e You're under arrest
- 2f Split-second timing
- 3a Nothing on TV
- 3b Fly-by-night
- **3c** Raise a big stink
- **3d** Add insult to injury
- **3e** Railroad crossing
- 3f A person after my own heart
- 4a At the point of no return
- 4b The inside dope
- 4c Long underwear
- 4d Ostrich with its head in 8d London Bridge the ground
- 4e Lucky break

Crabby Road

- 4f Corner the market
- 5a World without end
- 5b Way behind the times
- 5c Word to the wise
- 5d Search high and low
- 5e Go off half-cocked
- 5f No two ways about it
- 6a Hole-in-one
- 6b Down-to-earth
- 6c Three-ring circus
- 6d One at a time
- 6e Better late than never
- 6f Get a word in edgewise
- 7a Let bygones be bygones
- 7b An outside chance
- 7c Three degrees below zero
- 7d A terrible spell of weather
- 7f Cut loose
- 8a Reading between the lines
- **8b** Chicken Little
- **8c** Fourth of July fireworks
- 8e Change of pace
- 8f Square dance contest



Anniversary dates wanted!



Senior Scoop. Just call Dawn at 231-525-0601 or stop by The Gathering Place to let me know.



You are invited to a Chili Cook-Off on February 3rd at the Inland Township/ EMS Department. If you'd like to enter a chili call Tanva at 231-275-7216 or Linda at 231-325-6192. The cost is \$10 to enter a chili and \$5 per person donation to enjoy it! All proceeds go to the Inland Township Fire/ EMS Department.



- 7e World Series

Your Medicare Card

New Medicare cards are coming!

Medicare will mail new Medicare cards between April 2018 and April 2019. Your new card will have a new Medicare Number that's unique to you, **instead of your Social Security Number**. This will help to protect your identity.

Things to know about your new Medicare card

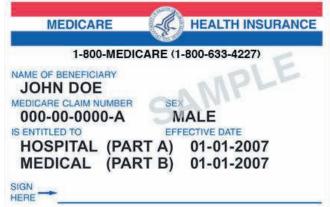
- Your new card will automatically come to you. You don't need to do anything.
- Your Medicare coverage and benefits will stay the same.
- Your new card is free there's no charge for it.

Watch out for scams

Medicare will never ask you to give us personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

Card Basics

When you're enrolled in Medicare, you'll get your red, white, and blue Medicare card in the mail. <u>If you're</u> <u>automatically enrolled</u>, you'll get your red, white, and blue Medicare card in the mail 3 months before your 65th birthday or your 25th month of getting disability benefits. Your Medicare card shows that you have Medicare health insurance. It shows whether you have Part A (Hospital Insurance), Part B (Medical Insurance) or both, and it shows the date your coverage starts. Be sure to carry your card with you when you're away from home. Let your doctor, hospital, or other health care provider see your card when you need hospital, medical or other health services.



How can I replace my Medicare card?

If your Medicare card is lost, stolen or damaged, you can ask <u>Social Security</u> for a new one.

- Your Medicare card will arrive in the mail in about 30 days.
- Social Security will mail your card to the address they have on file for you.
- If you need proof that you have Medicare sooner than 30 days, you can request a letter from Social Security. The letter will arrive in the mail in about 10 days.

If you need proof immediately for your doctor or for a prescription, visit your local Social Security office.

How do I change my name or address?

Medicare uses the name and address you have on file with Social Security. To change your name and/or address, visit your online my Social Security account.

Donations

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

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. The population over the age of 60 is growing rapidly and our traditional funding sources are not keeping up with the need. 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

Legacy Giving: Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come. Memorial Gifts: Tribute gifts can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-ofyear holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

DONOR INFORMATION:

Name: Check here if you wish to remain ANONYMOUS				
Mailing Address:				
City:	State:	_ Zip:		
Phone Number:	_ Amount Enclosed:_			
Type of Donation (please circle): Legac	y Tribute	Other		

Make Checks Payable To: Benzie Senior Resources

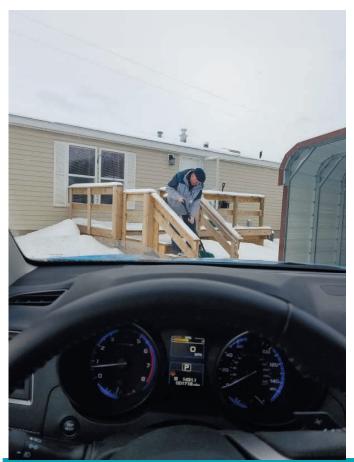
Benzie Senior Resources is an independent 501c3 not-for-profit organization. Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.

Donor Privacy Policy—Benzie Senior Resources (BSR) does not sell or distribute donor information. Be assured your information is secured and protected and only used by BSR when processing your donation and supplying you with BSR information.





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I like to call this photo "A View From The Subaru". I'm warm behind the wheel while our Executive Director, Doug shovels off one of our Home Delivered Meals client's steps.

Doug and I covered a meal delivery route because we had some drivers out sick. While delivering meals, Doug grabbed a shovel and cleared a path for some of our clients. Yes, he really is that nice of a guy!

By the way, if you or anyone you know is interested in helping us deliver meals, please stop by or give us a call! 231-525-0601.

~ Dawn