



BENZIE
SENIOR RESOURCES

May 2019

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May is:

Older Americans Month
Arthritis Awareness Month
Healthy Vision Month
Women's Health Month
National Stroke Awareness Month
Blood Pressure Awareness Month
Mental Health Month
Osteoporosis Month



THE SENIOR SCOOP

*Be connected.
Be supported.
Be home.*



Ladies enjoying our Craft with Susan above and Momma enjoying her time with the Easter bunnies!





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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.

DIRECTORY

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Email: info@BenzieSeniorResources.org
Website:
www.BenzieSeniorResources.org
facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)
The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours
Monday – Friday: 8:30 a.m. – 4:00 p.m.

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

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Editor

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

ADDRESS _____

CITY/ST/ZIP _____ DATE _____

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.



From Our Director

Greetings,

Spring is on the move and the crocuses and snow drops are blooming. Tulips, hyacinths and daffodils are coming up from the ground. Trees are budding, and I can't wait to see the cherry and apple blossoms in bloom! I hope everyone had a nice weekend and Easter celebration. I enjoyed getting together with family and friends for a great day (and the weather was fantastic!).

With the weather improving, I'd like to invite you to come on out for a great meal Monday through Friday at The Gathering Place Senior Center. We serve a well-balanced, nutritious lunch with a salad bar that our folks love! We always have two homemade soups, cold salads and dessert all for a **suggested donation** of \$4 for those over 60 and \$7.50 for those under 60. Lunch is served from 11:30 a.m. to 1:30 p.m., and whether you come early or stay after, there will be an activity available to try! Refer to Dawn's Dish (page 6) for a complete description of some of our options!

Older Michiganians Day is May 15th and we are taking folks to Lansing to participate in this event. You may be wondering "What is Older Michiganians Day?" Well, Older Michiganians Day (OMD) is an annual rally that takes place on the 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. This free event provides the opportunity to speak with a unified voice to the Legislature expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves and aging service providers. Call Dawn at 231-525-0601 for information and to sign up! There is NO cost to this trip and your lunch is free!

When I started working for what was Benzie County Council on Aging six years ago, our Home Delivered Meals Program served 194 clients, delivered 30,726 meals which consisted of three routes and a small fleet of vehicles. Fast forward six years later we served 287 clients 58,195 meals on five routes. **This program alone has grown 90% since 2013!** Our Home Delivered Meals Program is not just a hot, nutritious meal delivered Monday through Friday. It is also an opportunity for relationship building between members of our community. It is a friendly chat with one of our valued, dedicated volunteers and peace-of-mind for those family members who live outside of Benzie County. Our volunteers are often the only visitors many of our clients see each week.

Don't just take my word for the importance of our Home Delivered Meals Program. In a recent survey of our clients, L.M. stated, "I really appreciated the good meals and concern and friendliness of all involved. Thank you from the bottom of my heart." A daughter of a client had this to say, "Thank you so much for furnishing the food that you provide for my mother. She enjoys them very much and is eating A LOT better. She even tells me how much she enjoys eating her vegetables now. You all are angels and I thank God for you all."

The reason I mention these testimonials is to bring your attention to our fundraising event: **Build-a-Van Campaign** (see page 10). One of the greatest challenges our agency faces is maintaining an aging fleet of vehicles. We are seeking support from the community to replace a rusty, 13 year old delivery van with just under 170,000 miles on the odometer. Our goal is to raise up to \$22,000; we are currently at 62% of our goal with \$13,608 and need the support of you, our community, to help us. Home Delivered Meals offers the nutrition that promotes better health. Please join us in "Keeping the Meals on Wheels Rolling!" All donations received will be designated to the **Build-a-Van Campaign**.

Thank you for your support!

Finally, and importantly, Happy Mother's Day! Join us on Friday, May 10th for our Mother's Day Luncheon!

Douglas





May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meal cost is a \$4.00 suggested donation for those age 60 and older Under 60 is \$7.50 Caregivers under 60 are \$5.00</p>	<p>Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. — 1:30 p.m.</p> <p>Menu is subject to change without notice Thanks!</p>	<p>1 Baked Pollock Almondine Normandy Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Diced Peaches</p>	<p>2 Homemade Sloppy Joe Sweet Potato Bites Cauliflower Florets Cranberry Applesauce</p>	<p>3 Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend Homemade Coleslaw</p>
<p>6 Tangerine Chicken over Rice Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>7 Country Style Beef Fritters Herbed Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Diced Peaches</p>	<p>8 Crispy Cod Sandwich Capri Vegetable Blend Steamed Broccoli Florets Pineapple Tidbits</p>	<p>9 Sautéed Shrimp Scampi Pasta Tarragon Carrots Steamed Spinach Stone Ground Wheat Bread Fresh Banana</p>	<p>10 Hand Breaded Baked Chicken Parmesan Garlic Mashed Potatoes Scandinavian Vegetable Blend Stone Ground Wheat Blend Diced Pears</p>
<p>13 Classic Homemade Lasagna Italian Style Green Beans Steamed Sweet Corn Old Fashioned Strawberry Shortcake</p>	<p>14 Smoked Sausage with Sauerkraut Tarragon Carrots Steamed Green Peas Stone Ground Wheat Bread Diced Pears</p>	<p>15 Homestyle Salisbury Steak Herb Mashed Potatoes California Vegetable Blend Stone Ground Wheat Bread Diced Peaches</p>	<p>16 Whole Wheat Blueberry Pancakes Savory Sausage Links Fresh Scrambled Eggs Oven Baked Spiced Apples</p>	<p>17 Slow Roasted Beef Herb Mashed Potatoes Italian Vegetable Blend Diced Peaches Stone Ground Wheat Bread</p>
<p>20 Pineapple Dijon Glazed Ham Whipped Sweet Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>	<p>21 Homestyle Goulash Steamed Green Peas Tarragon Carrots Stone Ground Wheat Bread Plum Halves</p>	<p>22 Spanish Rice with Beef & Bacon Malibu Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Tropical Fruit Blend</p>	<p>23 Classic Chicken Cacciatore Steamed Spinach California Vegetable Blend Stone Ground Wheat Bread Fresh Banana</p>	<p>24 Classic Hot Turkey Sandwich Herb Mashed Potatoes Italian Vegetable Blend Diced Peaches</p>
	<p>28 National Burger Day! Steakhouse Cheeseburger Bar Sweet Potato Bites Steamed Green Peas Diced Pears</p>	<p>29 Greek Style Pita Sandwich Italian Style Green Beans Steamed Sweet Corn Plum Halves</p>	<p>30 Shredded Chicken Taco Bar Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>31 Homestyle Boneless Pork Chops Homestyle Stuffing Tarragon Carrots Stone Ground Wheat Bread Chunky Applesauce</p>



May Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 9:00 Hearing Clinic at Admin. Office—By Appointment only 10:00 Play with Clay! \$5 for the month 11:30 Lunch 1:00 BUNCO	3 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech support by appointment
6 10:00 YOGA & MORE 11:00 CARDS 11:30 Lunch 3:00 Zumba	7 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga— \$5 5:15 Zumba	8 8:30 Zumba 9:00 Foot Clinic at the Admin. Office—By Appointment only 9:30 State Theater Trip! <i>A Place in the Sun</i> 10:00 Stay Fit w/Doris 11:30 Lunch—Sarah with Senior Companion Program 12:30 Bingo 1:15 PLARN	9 8:45 Little River Casino 10:00 Play with Clay! \$5 for the month 11:30 Lunch—The Maples Blood Pressure Check 1:00 BUNCO	10 9:30 BUNCO 11:30 Lunch—May Birthday Party Music with Robert 1:00 Wii Bowling 1:00 Tech support by appointment
13 10:00 YOGA & MORE 11:00 CARDS 11:30 Lunch—Mother's Day Party 1:00 Movie Monday! Now showing: War Horse 3:00 Zumba	14 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga— \$5 5:15 Zumba	15 6:30 Older Michiganians Day Trip 8:30 Zumba 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	16 10:00 Play with Clay! \$5 for the month 11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check 1:00 BUNCO	17 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech support by appointment
20 10:00 Build-a-Birdhouse 11:30 Lunch 11:00 CARDS 3:00 Zumba	21 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga— \$5 5:15 Zumba	22 8:30 Zumba 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	23 8:45 Little River Casino 10:00 Play with Clay! \$5 for the month 11:30 Lunch 1:00 Bunco	24 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech support by appointment
27 	28 9:00 Estate Planning at Admin. Office—By Appointment only 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga— \$5 5:15 Zumba	29 8:30 Zumba 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	30 10:00 Play with Clay! \$5 for the month 11:30 Lunch 1:00 Bunco	31 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech support by appointment 6:00 'Ol Time Gathering

Dawn's Dish

WANTED: Old rolling pins you just aren't using anymore! Please drop off to either Dawn or Susan.

ZUMBA is back! See Calendar of Events page for schedule.

Tech Support with Robert is on Fridays by appointment **only** until further notice. Call 231.525.0601 for scheduling. Dustin also does Tech Support at the Benzonia Library on Mondays from 11:00 a.m.—1:00 p.m. Please call 231-882-4111 for more information. There is no charge for either Tech Support.

Wednesdays, May 1, 8, 15, 22, 29—Foot Clinic at the Benzie Senior Resources Administration Office. Call 231-525-0600 for your appointment. We don't charge a fee, but we do appreciate donations.

Wednesdays, May 1, 8, 15, 22, 29—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.

Thursdays, May 2, 9, 16, 23—Play with Clay! 10:00 a.m. A new opportunity to explore your creative side. Instructor Lester Brownell teaches this new offering to the first FIVE folks who sign up. Bring an apron (although clay does wash out). Cost is only \$5 total for the whole month! Call 231.525.0601 or stop by our front desk to sign up!

Monday, May 6, 13—10:00 a.m. YOGA & More! Classes will be geared for all levels beginner to advanced combining both Hatha and Flow styles of yoga, along with health and wellness suggestions. Please join us and bring a yoga mat, towels or blocks. Lauralee Petritz will be leading the class and is an avid Bikram yoga practitioner and massage therapist. There is no charge for this class.

Wednesday, May 8—*State Theater Trip*. Join Susan and head to TC for the 25¢ Matinee. We'll be seeing *A Place In the Sun* starring Elizabeth Taylor. Van leaves at 9:30 a.m. and returns about 2:00 p.m. Lunch is at The Grand Traverse Pie Company afterward. You are responsible for your lunch and movie costs. Trip fee \$5.

Wednesday, May 8—11:30 a.m. Sarah with Catholic Human Services will be here during lunch to share information about the Senior Companion Program.

Thursdays, May 9 & 23—Little River Casino Trip. Leave The Gathering Place at 8:30 a.m. and Shop-n-Save at 8:45 a.m. Trip fee \$10. [\\$20 in River Credits](#) The credits will download automatically on your card. Return by 3:00 p.m. Space is limited so call now to reserve a seat. 231-525-0601 or toll free at 877-277-1306. [Cancel within 24 hours of trip or you must pay the trip fee.](#)

Thursday, May 9—Blood Pressure and Blood Sugar Checks with Sharon from The Maples during lunch. A great time to check your numbers. Knowledge is power!

Monday, May 13—Movie Monday! We play a movie in-house at The Gathering Place with free popcorn and drinks! Showtime is 1:00 p.m. and this month we are watching *War Horse* directed by Steven Spielberg.

Wednesday, May 15—Older Michiganians Day Trip. Leave Honor plaza at 6:30 a.m. and return at 6:00 p.m. Join myself and our Executive Director, Douglas Durand as we head to Lansing. Participate in a rally, hear from keynote speakers and tour the Capitol Building. Lunch is free. The trip is free! Call now! Space is limited!

Thursday, May 16—1:30 p.m. Blood Pressure and Blood Sugar checks with Kate from Paul Oliver Living & Rehabilitation Center during lunch. Another great, convenient opportunity to check your numbers for free.

Monday, May 20—10:00 a.m. Build-a-Birdhouse with Keith Jewell. The cost of this class is \$5. No experience necessary.

Friday, May 31—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.

AARP Smart Driving Course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in the vehicle when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving ability.
- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others' driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

**** Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.**

Learn more by signing up to take the AARP Smart Driver Course. The classroom course costs \$15 for AARP members and \$20 for non-members. Bring a valid Michigan Driver License and AARP card, if you have one.

Upcoming AARP Smart Driver Course

Course Location:

**The Gathering Place Senior Center
10579 Main Street, Honor**

June 12, 2019 and June 13, 2019

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

**8 hour course: must attend both sessions*

To reserve a seat today:

**Contact Dawn at (231) 525-0601
Benzie Senior Resources**

**space is limited*



Zumba is back! Mondays at 3:00 p.m.,
Tuesdays at 5:15 p.m. and
Wednesdays at 8:30 a.m.

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Word Search

Fun things to do

A	E	S	T	L	D	P	I	G	I	R	B	O	E
C	N	D	Y	S	R	O	O	O	L	S	D	G	E
T	T	R	R	E	I	G	P	L	R	R	I	T	X
A	E	O	L	I	V	K	N	O	O	Y	L	A	E
F	R	W	L	B	I	S	G	I	K	E	I	L	R
E	T	S	A	B	N	D	N	S	D	E	I	K	C
G	A	S	B	O	G	R	I	G	A	I	R	I	I
E	I	O	T	H	D	A	Y	O	I	P	R	N	S
A	N	R	O	R	T	C	A	L	T	N	E	G	E
T	I	C	O	D	R	I	L	F	O	I	T	T	E
I	N	D	F	L	P	I	P	G	Y	O	T	K	S
N	G	W	A	L	K	I	N	G	S	O	T	O	I
G	P	O	X	L	K	R	A	P	L	W	T	T	T
N	K	G	N	I	H	C	T	A	W	D	R	I	B

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RIDING
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TOYS
PLAYING
ENTERTAINING
TALKING
EXERCISE
EATING
FOOTBALL
GOLF
WALKING
POKER
CARDS

Play this puzzle online at : <http://thewordsearch.com/puzzle/294/>

Mother *noun*. A person with the ability to detect a lie, hear the smallest noises, and see out the back of their head.



Happy
Mother's
Day



May Birthdays

Robin MacKenzie	1	Dorothy Kjergaard	11	Naureen Ruoff	21
Robert Beckwith	2	Roger Blue	12	Catherine Bright	23
Katherine Gossens	2	Hope Clifton	13	Viola Dawe	23
Shirley Austin	3	Claudia Bailey	14	John Hlavac	23
Michael Bishop	3	Jane Elzerman	14	Ann Marie Parson-McNamara	23
Beverly Holbrook	4	Bonnie Fast	14	Joanne Hickman	24
Larry Sawallich	4	Donald Gensmen	14	Kathy Gorden	25
Eugene Heniser	5	Hank Cordell	15	Jack Howell	25
Irene Rath	5	Rosemary Russell	15	Kathleen Leach	25
Larry Bishop	6	Janeth Stevens	15	Richard Melton	26
Donna Chalmers	6	Sharon Harrett	16	Victoria Alvarez	27
Mary Dykstra	6	Ann Berndt	17	Al Amstutz	27
Kory Tomey	6	Jeanne Stratham	17	Patty Fagan	28
Kay Boyne	7	Mabel Ance	18	Dave Grimes	28
Lynn Kuehneman	8	Neil Soper	19	Richard K. Smith	28
Alma Penfold-House	9	Ray Tate	19	Mae Hansen	29
Sophia Bryan	10	Steve Tebo	19	Dan Robotham	29
Anne Damm	10	Margaret Winnie	20	Donna Smith	29
Gert Lorenc	10	Patricia Danke	20	Richard Hitchingham	30
Roy Nugent	10	Jane Dolph	20	Paula Showers	30
Mike Sheronick	10	Harry Friend	20	Patty Adams	30
William Hanson	11	Herman Illig	21	Walter Costigan	30
Jerome Kekel	11	Vince Rogers	21		

If we forgot your birthday we are truly sorry.

If you'd like your name removed from the birthday list, please let us know.

The Senior Collaboration Group Building Benzie Bonds Presents

SENIOR EXPO 2019

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Friday, June 14, 2019

9:00 AM – 1:00 PM

Trinity Lutheran
Church

Frankfort, MI



BENZIE SENIOR RESOURCES

Be connected. Be supported. Be home.



BUILD-A-VAN CAMPAIGN

Home delivered meals keep our seniors happier,
healthier and more independent.
YOU can help keep those vans running.

BENZIE COUNTY SENIORS ARE DEPENDING ON YOU!

- 1 in every 7 seniors faces food insecurity.
- One meal a day for a YEAR costs the same as 1 DAY in a hospital.
- Good nutrition is key to health and critical to aging at home. Without it, many seniors would be prematurely placed in assisted living or nursing homes.
- Meals on Wheels provides connection, kindness, and sustenance.
- Our program has 5 routes; serves nearly 300 seniors, and with your help, will provide over 58,000 meals this year.
- A reliable fleet is required to make this happen and replacement vehicles are needed for two 13-year-old, high mileage vans.

TOGETHER WE CAN DO THIS, ONE PART AT A TIME.

A parts list is shown below and your contribution will move us one step closer to securing a replacement van for our aging fleet. Please review the list, select a part, and use the reply envelope provided to make your investment in healthy meals for Benzie Seniors.

YES! I WANT TO KEEP THOSE VANS ON THE ROAD. I'VE MARKED MY PREFERENCE BELOW.

- | | |
|--|--|
| <input type="checkbox"/> Wipers\$25 | <input type="checkbox"/> Starter.....\$125 |
| <input type="checkbox"/> Muffler.....\$50 | <input type="checkbox"/> Radiator\$230 |
| <input type="checkbox"/> Alternator.....\$75 | <input type="checkbox"/> Radio\$300 |
| <input type="checkbox"/> Battery\$80 | <input type="checkbox"/> Set of Tires\$500 |
| <input type="checkbox"/> Heater Core.....\$85 | <input type="checkbox"/> Carburetor\$1200 |
| <input type="checkbox"/> Blower Motor\$100 | <input type="checkbox"/> Engine\$5000 |
| <input type="checkbox"/> Other _____ | |

Donor Name _____

THANK YOU!

Benzie Senior Resources • 10542 Main Street, Honor, MI 49640 • 231-525-0600 • www.BenzieSeniorResources.org



From the Kitchen...

We strive to pack as much nutrition, flavor, and care into each meal that comes from our kitchen at The Gathering Place Senior Center. Some days that is harder than others, but our goal remains the same. As I create the menus here, I have many important things to consider, but the first is the nutrition guidelines that we must follow.

As a nutrition service provider, we are required to offer at least one meal per day, five or more days per week. Our meals must comply with the *Dietary Guidelines for Americans*, which is published by the Secretary of Health and Human Services and the Secretary of Agriculture. We must serve meals to each participant that provide a minimum of one-third of the daily recommended dietary reference intakes (DRIs) established by the Food and Nutrition Board of the National Academy of Sciences. In addition, providers must comply with state and local laws regarding safe and sanitary handling of food, equipment and supplies used to store, prepare, and deliver meals. Providers must also carry out meal programs using the expertise of dietitians and meal participants.

I create our menus on a monthly basis. Our menus are done in four seasonal cycles: Spring, Summer, Fall, and Winter. The seasonal menus look similar month-to-month but are not copies, as we try to include holiday, celebrations and special meals. The heavier comfort foods coincide with the colder seasons while lighter meals generally work well with the heat of summer. We also try to source our locally grown produce that our region is so well known for. This is a major goal and purpose of using seasonal menus.

Using a computer program, my recipes are entered to create the meal options that will fill the menu. These can be individually broken down to examine the nutritional content. I can also run programs that allow me to review the nutritional analysis of a week. While this is a process that is constantly evolving as new recipes are created and new products are sourced, it is a powerful tool to understand the nutrition that we provide. The full menu as well as a weekly nutritional breakdown is submitted to our Registered Dietitian. As the Nutrition & Healthy Aging Program Coordinator from the Area Agency on Aging of Northwest Michigan, she regularly communicates and audits each agency.

David Main
Executive Chef

Movie Monday at The Gathering Place!



**This month we'll be
watching *War Horse*.
Movie begins at
1:00 p.m. on
Monday, May 13th.
Free popcorn, movie
and pop! Why not?!**



Bulletin Board

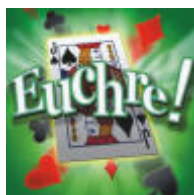
Did you know? We have a Department of Veterans' Affairs contact in Benzie County. Karen Korolenko is the new Director. She can be reached at 231.882.0034 or by email at kkorolenko@benzieco.net. She has office hours Mondays, Tuesdays and Wednesdays at the Government Center in Beulah.

Euchre Happens in the region...

Weekly:

Wednesdays—Geno's Sports Bar in Thompsonville at 2:00 p.m.

231.378.2554 \$5.00



Thursdays—Doubles at The Platte River Inn, Honor. 7 p.m. Sign ups are 30 minutes prior.

Sundays—Manistee Moose snack potluck at 1:00 p.m. 231.723.2432 \$5.00

Sundays—Singles at The Platter River Inn, Honor at 1:00 p.m. Sign ups are 30 minutes prior.

Monthly:

1st Sunday Kaleva Lions Potluck 5^{ish} Cards 6:00 p.m. \$6.00

2nd Tuesday Kaleva Sportsmen's Club Potluck 5^{ish} Cards 6:00 p.m. \$6.00

1st & 3rd Tuesday The old Bendon Township Hall Potluck at 5:00 p.m. and cards start at 6:00 p.m. \$6.00 entry

Seasonal: Call for dates.

Sunday Interlochen Eagles potluck and snack 231.275.7189 at 2:00 p.m. \$5.00

Can't Hear on the Phone?

The CapTel® Captioned Telephone allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV—for your phone! **Free with verified hearing loss**, you get the phone plus installation, providing you with better phone conversations.

Includes free captioning service with no monthly fees or contracts required. Don't miss another word! Did I mention this phone saves all of your conversation you have with your caller.

Forms are available at Gathering Place in Honor *Requirement – for no cost- Internet and phone line. Non Internet phone also available for one time fee of \$42.40 requirement analog home phone line.

Contact Your Local Outreach Representative

Tina Caldwell • 517-898-4401

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 purchases to Benzie Senior Resources.



YOGA & More! May 6th & 13th at 10:00 a.m. at The Gathering Place. Classes will be geared for all levels beginner to advanced combining both Hatha and Flow styles of yoga, along with health and wellness suggestions. Please join us and bring a yoga mat, towels or blocks. Lauralee Petritz will be leading the class and is an avid Bikram yoga practitioner and massage therapist. There is no charge for this class. Classes will be geared for all levels beginner to advanced combining both Hatha and Flow styles of yoga, along with health and wellness suggestions. Please join us and bring a yoga mat, towels or blocks. Lauralee Petritz will be leading the class and is an avid Bikram yoga practitioner and massage therapist. There is no charge for this class.



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. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes.

You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes.

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.

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

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): Legacy 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.





BENZIE
SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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PLAY WITH CLAY!



Our Play with Clay class enjoys creating and good times!

Left to Right: Blanche, Joy and our instructor, Lester.

If you're interested in joining this class, please call 231.525.0601 today!

231.525.0600 • BenzieSeniorResources.org