

August 2019

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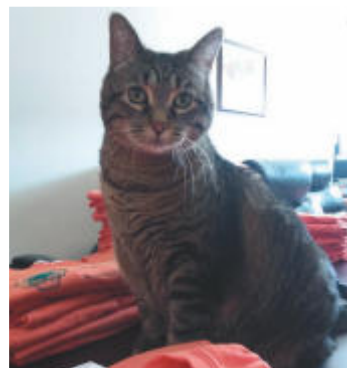


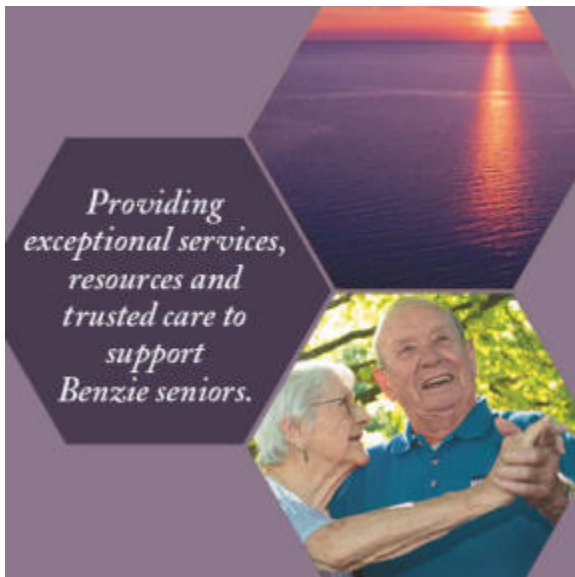
The Tranquility Garden at The Gathering Place is becoming a popular spot to take time to relax. It's also a great place to eat your lunch! Be sure to check it out. It's still in process and we have a lot of people so far to thank for this project: Rosie & Harry Friend; Rick Cook & Pat Lull; Linda & Jeff Stockman; Betty Orr; Warren & Gail Putney; Susan Glass; Lester Brownell; Jack Cramer; Susan Steben; Bill Ward and Cynthia Clark. Thanks to those who've created Stepping Stones & donated them to the project, as well!



Our Stretching Class celebrated two birthdays! 69 for Pam (Top Row Right) and 89 for Mary Lou (next to Pam)!

Momma Cat, helps in the office each day!





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**Benzie Senior Resources Office Hours**  
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**The Gathering Place Senior Center**  
Hours are Monday – Friday  
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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**

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## From our Director

Wow, it's hard to believe that we are halfway through summer! Where has the time gone? I hope everyone is enjoying the beautiful weather. I encourage you to venture out and visit a local Farmer's Market. Many of you have received your Senior Project Fresh Coupons, and this is a great opportunity to use them.

**Another Milestone Celebration!** We have helped our 100<sup>th</sup> person in the **Senior Oral Healthcare Program!** In total, 249 dental visits were made at no cost to them. Thank you to our dental partners: Dental Clinics North Traverse City, Northwest Michigan Health Services and the Michigan Community Dental Clinic in Manistee. We started this program in 2014 with grants from both the Benzie County and Grand Traverse Area Community Foundations.

### Senior Oral Health Program Specifics

The Senior Oral Health Program provides up to a \$300-dollar voucher to assist older adults in obtaining Dental Services at the Dental Clinics North location in Traverse City, Northwest Michigan Health Services Clinic in Benzonia or the Michigan Community Dental Clinic in Manistee. The funding is to help those seniors who are between 134% and 250% of poverty and yet do not qualify for Medicaid to receive preventative dental care and other dental services.

Example: A household of 1 earning \$31,225 or less a year would qualify for the Dental Assistance Fund.

Example: A household of 2 earning \$42,276 or less a year would qualify for the Dental Assistance Fund.

### **Types of Treatment That are Covered**

**Initial Visit**—Your initial dental visit including a comprehensive examination, full set of x-rays, & a dental cleaning.

**Preventive Care Appointments**—Coverage is available for dental cleanings and examinations once every six months once you have had your initial visit.

**Denture Evaluation**—If you have problems eating, speaking, and chewing because of broken or ill-fitting dentures, coverage is available to evaluate your denture fit and develop a plan to fix the problem.

**How to Apply**—Fill out an application at the Administration Office verifying information on yearly income, household members, address, etc. Applications are located at the Administration Office next door to Thirlby Automotive (across the street from The Gathering Place) and Gateway Chiropractic.

### Beat the Heat!

Last week we experienced 90+ degree temps and uncomfortable humidity. Here are a handful summer do's and don'ts for when the weather is that hot:

- Drink cool, nonalcoholic beverages. (Check with your doctor if you are on fluid restrictions)
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment.
- Wear lightweight clothing.
- If possible, remain indoors during mid-day sun.
- Do not engage in strenuous activities.
- The Gathering Place Senior Center is air conditioned and you are welcome to come and cool off with us!

### Don't forget about your furry friends!

- Make sure pets have plenty of fresh, clean water
- Bring pets inside during the hottest time of day giving them a rest in a cool part of the house.
- Be sure pets have plenty of shade if they are outside.
- Never leave pets in a parked vehicle, even in the shade with windows cracked. Temperatures can reach a dangerous 120 degrees inside and the vehicle becomes a furnace which will kill any animal!
- Don't force animals to exercise when it is hot and humid.
- In extremely hot weather, to avoid burning your pet's paws, do not let them stand on sidewalks or hot asphalt.
- Pets get sunburned too! Keep them out of the sun during peak hours between 10 a.m. and 4 p.m.

Take Care,  
Douglas



THE SENIOR SCOOP

# August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Small Bills are appreciated for lunch! Thank you!	<u>Meal price is a \$4.00 suggested donation for those age 60 and older</u>  Under 60 is \$7.50 Caregivers under 60 are \$5.00	Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. – 1:30 p.m.  Menu is subject to change without notice	1 Hand Rolled Swedish Meatballs Herb Buttered Potatoes Steamed Broccoli Florets Stone Ground Wheat Bread Diced Peaches	2 Hand Breaded Baked Chicken Whipped Sweet Potatoes Italian Style Green Beans Stone Ground Wheat Bread Pineapple Tidbits <i>BONUS—Homemade Coleslaw</i>
5 <i>NEW ENTRÉE!</i> Fresh Chopped Chef's Salad Soft Baked Breadsticks Fresh Cut Cantaloupe	6 Spanish Rice with Beef & Bacon Steamed Sweet Corn Malibu Vegetable Blend Stone Ground Wheat Bread Fresh Banana	7 Baked Penne with Italian Sausage Italian Style Green Beans Pesto Infused Cauliflower Whole Wheat Garlic Toast Apricots	8 Whole Wheat Cinnamon French Toast Savory Sausage Links Fresh Scrambled Eggs Oven Baked Spiced Apples	9 Classic Hot Beef Sandwich Herbed Mashed Potatoes California Blend Vegetables Fresh Cut Watermelon
12 Crispy Cod Sandwich Normandy Vegetable Blend Oven Baked Tater Tots Chunky Applesauce	13 Citrus Chicken over Rice Malibu Vegetable Blend Green Bean Blend Stone Ground Wheat Bread Fresh Banana	14 Seasoned Beef Taco Bar Authentic Refried Beans Oven Baked Peaches BONUS—Tortilla Chips with Fire Roasted Salsa	15 Chilly Philly Steak Sandwich Cauliflower Florets Sweet Potato Bites Diced Pears	16 <i>National Bratwurst Day!</i> Bratwurst with Sautéed Peppers & Onions Baked Beans with Bacon Steamed Broccoli
19 Asian Style Chicken Salad Raspberry Carrot Salad Cranberry Applesauce	20 Spaghetti & Italian Meatballs Italian Style Green Beans Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Banana	21 Grilled Turkey Reuben (Rachel) Oven Baked Tater Tots Steamed Spinach Tropical Fruit Blend	22 Stuffed Cabbage Rolls Steamed Sweet Corn Steamed Green Peas Whole Wheat Garlic Toast Chunky Applesauce	23 Slow Roasted Beef Herbed Mashed Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Classic Fruit Cocktail
26 <i>Special Monday Meal!</i> BBQ Glazed Chicken Oven Baked Potato Malibu Vegetable Blend Stone Ground Wheat Bread Diced Pears	27 Sweet Potato Encrusted Pollock Normandy Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Pineapple Tidbits	28 Hawaiian Style Chicken & Rice Malibu Vegetable Blend Steamed Spinach Stone Ground Wheat Bread Tropical Fruit Blend	29 Beef Stir-Fry over Rice Steamed Broccoli Florets Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges	30 Classic Chicken Marsala Oven Roasted Potatoes Tarragon Carrots Whole Wheat Garlic Toast Apricots



# August Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Gathering Place is open Monday—Friday 8:00 a.m. to 4:00 p.m.</p> <p>Our lunch is served 11:30 a.m. to 1:30 p.m.</p>			<p>1</p> <p>7:30 Senior Appreciation Day Trip to Cadillac</p> <p>10:00 Build a Birdhouse with Lester (Make up class)</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>2</p> <p>9:30 BUNCO</p> <p>10:30 Thompsonville Lunch, Bingo and Music</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p>
<p>5</p> <p>10:00 YOGA &amp; MORE</p> <p>Noon CARDS</p> <p>11:30 Lunch</p> <p>12:30 Movie Monday</p> <p>3:00 Zumba—\$3</p>	<p>6</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba—\$3</p>	<p>7</p> <p>8:30 Zumba—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Stay Fit w/Doris</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p>	<p>8</p> <p>8:45 Little River Casino</p> <p>11:30 Lunch—The Maples Blood Pressure Clinic</p> <p>1:00 BUNCO</p>	<p>9</p> <p>9:30 BUNCO</p> <p>11:30 Lunch—August Birthday Party</p> <p>1:00 Wii Bowling</p>
<p>12</p> <p>10:00 YOGA &amp; MORE</p> <p>11:00 CARDS</p> <p>Noon Lunch</p> <p>1:00 Lunch &amp; Learn—Why Safe Food?</p> <p>2:30 Zumba—\$3</p>	<p>13</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba—\$3</p>	<p>14</p> <p>8:30 Zumba—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Stay Fit w/Doris</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p>	<p>15</p> <p>11:30 Lunch—Munson Paul Oliver Blood Pressure/ Med Check</p> <p>1:00 BUNCO</p>	<p>16</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p>
<p>19</p> <p>10:00 YOGA &amp; MORE</p> <p>11:30 Lunch</p> <p>Noon CARDS</p> <p>2:30 Zumba—\$3</p>	<p>20</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba—\$3</p>	<p>21</p> <p>8:30 Zumba—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Stay Fit w/Doris</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>4:30 Board of Directors Meeting</p>	<p>22</p> <p>8:45 Little River Casino</p> <p>11:30 Lunch</p> <p>1:00 Bunco</p>	<p>23</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p>
<p>26</p> <p>10:00 YOGA &amp; MORE</p> <p>11:30 Lunch</p> <p>Noon CARDS</p> <p>1:00 Christmas Craft with Susan</p> <p>2:30 Zumba—\$3</p>	<p>27</p> <p>9:00 Estate Planning at Admin. Office—By Appointment only</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p> <p>3:30 Chair Yoga—\$5</p> <p>5:15 Zumba—\$3</p>	<p>28</p> <p>8:30 Zumba—\$3</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>9:15 State Theater Trip—\$5</p> <p>10:00 Stay Fit w/Doris</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p>	<p>29</p> <p>11:30 Lunch</p> <p>1:00 Bunco</p>	<p>30</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>6:00 'Ol Time Gathering</p>



# Dawn's Dish

Our Tranquility Garden around The Gathering Place patio is really starting to shape up, but we are still in need of a few items. New birdhouses & bird feeders; sturdy shepherds hooks; stone statuary; butterfly houses; flowering shrubs, trees and perennials; benches, swings, patio furniture and picnic tables. We are in the process of creating this garden, so please stop and take a peek! Monetary donations are also being accepted to help us purchase these needed items. And if you see Susan, please let her know your thoughts. She has been working hard to make this space inviting and welcomes your input.

Robert, our Tech Support guru, is off for the summer; his D.J. business is keeping him busy. Don't fear though! Tech Support is still available 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.

Friday, August 2—10:30 a.m. Thompsonville lunch, Bingo and music. Do you enjoy hearing The Melody Makers play on Tuesdays? Then join us once a month in Thompsonville at the Firehall. We play Bingo, listen to The Melody Makers and enjoy the same lunch you'll have at The Gathering Place!

Monday, August 5—**12:30 p.m.** Movie Monday! **Please note the new time.** We play a movie in-house at The Gathering Place with free popcorn and drinks! Showtime is 12:30 p.m. and this month we are watching *The Way*, starring Martin Sheen. The story is about an American father who travels to France to retrieve the body of his estranged son, who died while attempting the pilgrimage to Spain's Santiago de Compostela. He resolves to take the journey himself, in an effort to understand both himself and his son.

Mondays, August 5, 12, 19 & 26—Yoga and More with Lauralee. Yoga & More classes are geared for all levels beginner to advanced. Classes combine 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 leads this class and is an avid Bikram yoga practitioner and massage therapist.

Wednesdays, August 7, 14, 21 & 28—Foot Clinic at the Benzie Senior Resources Administration Office. Please call 231-525-0600 for your appointment. We don't charge a fee, but we do appreciate donations.

Thursday, August 8—Blood Pressure Clinic during lunch with Sharon from The Maples. Knowledge is power people!

Thursdays, August 8, 22—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.**

Monday, August 12—1:00 p.m. Lunch and Learn—*Why Safe Food?* Class is only 45 minutes long and you'll be entered to win a \$25 gift-card! Did you know that senior citizens are at a higher risk of developing a foodborne illness? Learn how to reduce these risks and help prevent the conditions that may lead to a foodborne illness. Class taught by Kara Lynch, Registered Dietician and Food Safety Educator.

Thursday, August 15—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, August 26—Christmas in July (August) craft with Susan. 1:00 p.m. No charge! Just come for fun!

Wednesday, August 28—**State Theater Trip.** Join Susan and head to TC for the 25¢ Matinee. We'll be watching *Close Encounters of the Third Kind*. The 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.

Friday, August 30—6:00 p.m. 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.



# The Coho Festival is back!



The National Coho Salmon Festival is back! Friday September 6th—Sunday, September 8th. The parade is back too! Saturday, Sept. 7th at 11:00 a.m. in downtown Honor. The theme this year is “*Reeling Back Time.*” We are excited to be a part of this event and we need your help!

We are seeking nominations for our Coho Festival Senior King and Queen. The nomination forms are at the front desk. The Senior King and Queen do not have to be married or even a couple—just willing to represent our agency in the parade which means smiling and waving from a convertible. See Dawn for any questions!

## The Federal Communications Commission Helps Consumers Avoid Scam Calls

by,

Patrick Webre, Chief Consumer and Governmental Affairs Bureau, FCC

You know those robocalls from scammers that you keep getting on your phones? We get them at the Federal Communications Commission (FCC), too.

Scammers use a technique known as spoofing to mask their caller ID on your phone and disguise their identities to steal valuable personal information, including your bank account passwords and Social Security number. In one recent case, the toll-free number of the FCC’s Consumer Center was used to disguise the actual incoming call number.

We’ve alerted the public to the problem and have taken measures to prevent this from happening again. We’re aware that the same thing happens with Social Security’s phone number. Some callers may pressure you for personal information or immediate payment; others offer deals that seem too good to be true. The number of calls is daunting, but we are taking action to turn the tide against spoofed robocalls.

The first line of defense is consumer awareness. The FCC provides guidance about spoofing scams and robocalls, including consumer resources for call-blocking apps and other services. We also post timely articles on the FCC Consumer Help Center website to alert you to the latest scams and amplify consumer warnings from Social Security and other government agencies.

We recommend the following tips to avoid becoming a victim of a call scam:

- Don’t answer calls from numbers you don’t recognize.
- If the caller is not who you were expecting, hang up immediately.
- Never give out personal information such as account numbers, passwords, Social Security numbers, mother’s maiden names, or other identifying information if a call seems suspicious.

In its continuing efforts to help stifle malicious phone scams, the FCC empowered phone companies to aggressively block by default unwanted and illegal robocalls before they reach consumers.

It’s all about safeguarding the American public. We’ll continue to partner with Social Security, the Federal Trade Commission, and other federal agencies to get the job done.



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# Word Search

## Moon Phases

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

WAXING CRESCENT  
 MONTH  
 LUNAR ECLIPSE  
 FULL MOON  
 NIGHT  
 REVOLUTION  
 SOLAR ECLIPSE  
 ORBIT  
 LAST QUARTER  
 DAY  
 NEW MOON  
 AXIS  
 FIRST QUARTER  
 CRATERS  
 WAXING GIBBOUS  
 ROTATE  
 SUN

Play this puzzle online at : <https://thewordsearch.com/puzzle/60238/>

It's **SENIOR PROJECT FRESH** Time! We still have coupons—come get yours!

**Senior Project FRESH/Market FRESH** is a program which allows income eligible seniors to receive coupons to purchase fresh produce from Michigan produce growers. Pick up your application at Benzie Senior Resources Administration Office in Honor. Call 231.525.0600 for more information. Eligibility requirements are:

- You must meet the income guidelines. \$1872 gross per month for a household of one. \$2538 gross per month for a household of two. Larger households add \$667 per additional family member.
- You **must** be 60 years or older AND you **must** live in Benzie County.

**Please read the applications and proxy forms carefully and complete BOTH sides.**

This program is offered by the USDA Supplemental Nutrition Assistance Program and The Michigan Office of Services to the Aging, Benzie Senior Resources, and Michigan State University Extension.



## August Birthdays

Roger Griner	1	Karl Loucks	10	Michael Brandow	20
Ray Antel	2	Maurice Mummey	10	Ruby Davidson	20
Aldo Davis	2	Sally Stone	10	Cheryl Herington-Bates	20
Janet Burch	3	Sue O'Boyle	11	Darlene Knudsen	20
Ron Tandy	3	Joe Pelky	11	Lois Lumbert	20
Dodie Toman	3	Ray Pendygraft	11	Mary Robling	20
Al Vanderplow	3	Kathy Gorden	12	Ruth Catton	21
Don Culp	4	Virginia Raz	12	Betty J. Kelly	21
Mel Keranen	5	Kay Bond	13	Robert Toms	21
Lawrence Morden	5	Alex Cooper	13	Mary Finch	22
Madelyn Morey	5	Polly Herscher	13	Dick Haan	23
Janie Parrotte	5	Diana Priest	13	Dale Mathias	23
Deb Rogers	5	Kathleen Streeter	13	Jill Lutz	24
Janice Thomas	6	Barb Schneider	14	Donna Schroeder	25
Sanda Willsey	6	Alexis Skiver	14	Ron Troutman	25
Donna Dalson	7	Dorothy Kerby	16	Fred Snow	26
Lou Glatzer	7	Chuck Mange	16	Eldon Blood	27
Jimmy Landwehr	7	Lorraine Stiles	16	Dale Sundstrom	27
Sandy Link	7	Juan Mendez	17	Bob Dumont	28
Joann Morrell	7	James Cramer	18	Rolland Gokey	29
Doug Fall	8	Marjory Lozen	18	Barbara Fought	30
Pat McCash	9	Mary Lee Putney	18	Ramona Hulce	31
Gary Mehrer	9	Florence Moon	19	Sheldon Penney	31
Bernard Strong	9	Beverly Popp	19		
Guy Chapp	10				

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



### We're heading to Nashville!

When: November 11-16, 2019

Our trip, through Diamond Tours includes:

- Motorcoach Transportation
- 5 nights lodging
- 8 meals: 5 breakfasts & 3 dinners
- 2 Great Shows! The Grand Ole Opry & Nashville Nightlife Dinner Theater
- Guided Tours of Nashville and Belle Mead Plantation
- Admission to the Country Music Hall of Fame
- Admission to the Mansion of Fontanel
- Ride on the Delta Flatboats inside the Opryland Hotel



**Contact Judy Fast at (248) 425-5849 or Lynn Vanderplow at (231) 944-5463 to sign up!**  
**\$630 per person based on double occupancy— 6 days and 5 nights**

# Workshops

## Why Safe Food?

**Did you know that senior citizens are at a higher risk of developing a foodborne illness?**

The complications from a foodborne illness can be much more severe than just a stomach upset. Learn how-to reduce these risks and help prevent the conditions that may lead to a foodborne illness.

Lunch & Learn Date & Time:  
Monday, August 12th  
1:00 p.m.—1:45 p.m.

Location:  
The Gathering Place  
10579 Main Street  
Honor, MI 49640

Call 231.525.0601  
NO COST

### *Upcoming Workshops with Area on Aging in Traverse City*

**Creating Confident Caregivers:** Six-session, evidence-based program designed to help family caregivers of someone living with memory loss at home. Provides tools, strategies and activities to build the caregiver's skills and knowledge. Stress reduction and self-care is emphasized. Respite care may be available.

**Dates:** Mondays, September 9-October 14, 2019, from 5:30 p.m.-7:30 pm -OR-

**Wednesdays,** October 16-November 20, 2019, from 1:00 p.m.-3:00 p.m.

**Location:** Area Agency on Aging of Northwest Michigan, 1609 Park Drive, Traverse City

**Chronic Pain PATH:** Six-session, evidence-based program that uses interactive education, a variety of self-management tools (relaxation techniques, planning and pacing) and weekly goal-setting to empower participants to take a more active role in managing their chronic pain.

**Dates:** Tuesdays, September 10-October 15, 2019, from 1:00-3:30 p.m.

**Location:** Area Agency on Aging of Northwest Michigan, 1609 Park Drive, Traverse City

**Diabetes PATH:** Six-session, evidence-based program that uses interactive education, a variety of self-management tools (such as monitoring, menu planning and stress reduction) and weekly goal-setting to empower participants to take a more active role in managing prediabetes or diabetes.

**Dates:** Mondays, September 16-October 21, 2019, from 1:30-4:00 pm

**Location:** Area Agency on Aging of Northwest Michigan, 1609 Park Drive, Traverse City

Space is limited and pre-registration is required.  
Call 1-800-442-1713 to register or for more information.  
Visit online at [www.aaanm.org/workshop-registration](http://www.aaanm.org/workshop-registration)





## Clean

Rinse fruit and vegetables under running water **before cooking or consuming.**



Wash your hands **before, during and after** preparing food and **before eating.**

WASH WITH  
**HOT SOAPY  
WATER:**

Utensils  
Cutting boards  
Countertops



## Separate

**Don't cross-contaminate.** Use **separate cutting boards, plates and utensils** for **raw meat, poultry, seafood and vegetables.**



Keep **eggs, raw meat, poultry, and seafood separate** from **all other foods** in the fridge.



## Cook

Use a **meat thermometer** to ensure foods are cooked to a **safe internal temperature** before consuming.

**165°**

All poultry including ground chicken and turkey



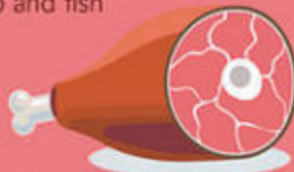
**145°**

Whole cuts of beef, pork, veal, lamb and fish



**160°**

Ground meats such as beef & pork



## Chill

Keep the **temperature** in the refrigerator **below 40°.**

**Refrigerate** perishable foods **within 2 hours, 1 hour if the outdoor temperature is above 90°.**



Thaw frozen food in the **refrigerator, in cold water or in the microwave.**



# Bulletin Board



**BENZIE**  
SENIOR RESOURCES

Be connected. Be supported. Be home.

## WALK-A-THON

WALK • RUN • BIKE

**SATURDAY, AUGUST 3**

**FRANKFORT'S BELLOWS PARK  
ON CRYSTAL LAKE**

(Corner of Bellows Avenue and South Shore Drive)

Register and Begin Your Walk  
Between 7:30 a.m. and 9:00 a.m.

### Dept of Veterans Affairs



We have a Department of Veterans Affairs contact in Benzie County. Karen Korolenko is the 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 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. Singles Sunday at 1:00 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:

1<sup>st</sup> Sunday Kaleva Lions Potluck 5'ish Cards 6:00 p.m. \$6.00

2<sup>nd</sup> Tuesday Kaleva Sportsmen's Club Potluck 5'ish Cards 6:00 p.m. \$6.00

1<sup>st</sup> & 3<sup>rd</sup> 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**



# 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](mailto: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

Nonprofit Org.  
U.S. Postage  
Paid  
Honor, MI  
Permit No. #1



Our volunteers Don and Bob are happy to get the new vehicle out on a route!

We are so grateful for the support of our community to purchase our latest addition to the Home Delivered Meals fleet! The sign below is posted on the vehicle and we drive daily with it as a reminder of our gratitude.

***This vehicle was purchased with donations from:  
Benzie County 100 Women Who Care  
GT Band of Ottawa and Chippewa Indians 2% Grant  
82 Individual Donors***

231.525.0600 • [BenzieSeniorResources.org](http://BenzieSeniorResources.org)