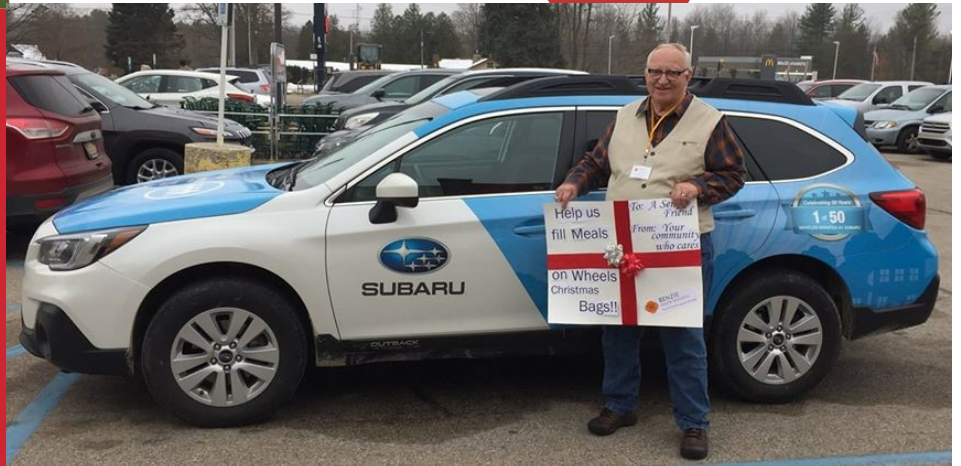


# BENZIE SENIOR RESOURCES

December 2019

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(Above) Benzie Senior Resources Board Vice President, Ron Dykstra poses outside Shop-n-Save in Benzonia with Subie-Doo.

(Below) Benzie Senior Resources Board member, Nancy Mullen Call loads donations received for our annual Home Delivered Meals Christmas gift bags into Subie-Doo.





## BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

Beverly Holbrook, *President*  
Denise Favreau, *Secretary*  
Al Amstutz  
Nancy Mullen Call  
Leo Hughes

Ronald Dykstra, *Vice President*  
Jane Elzerman, *Treasurer*  
Deborah Rogers  
Rosemary Russell

*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, Grand Traverse 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.*

### DIRECTORY

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Toll Free: 888-893-1102

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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**

**Angela Haase copy/finish edits**

### NEWSLETTER SUBSCRIPTION FORM

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is no charge for emailing. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at [www.benzieseniorresources.org](http://www.benzieseniorresources.org) under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.





## From our Director

Season's Greetings!

I hope everyone had a wonderful Thanksgiving holiday. It's hard to believe Christmas is fast approaching. I would like to take this time to reflect on those who have made Benzie Senior Resources so successful over the past year.

First and foremost, the staff at Benzie Senior Resources-- you are the best and I am so blessed to each and everyone of you for your dedication to enriching the lives of our seniors in Benzie county. You are the heartbeat of this agency!

We couldn't do all that we do if it wasn't for the wonderful volunteers who give their time to Benzie Senior Resources. All 158 volunteers make a difference in so many lives. From the Home Delivered Meals Volunteers who deliver a meal, a smile and a message of goodwill to the Melody Makers who put on an event every Tuesday & bring music, dancing and smiles to so many. To the activity leaders that help to enrich others through their group activities and to our front desk and administrative volunteers who greet, interact and offer guidance to navigate Medicare, Medicaid and Social Security Benefits.

There is a small group of volunteers who make wellness phone calls every morning to our homebound seniors. Just being a friend, a caring voice on the other end of the line is what it's all about. The Walk-a-Thon group of volunteers might be a small group, but they give so much each year ensuring this event is successful. The Walk-a-Thon wouldn't occur if it wasn't for their continuous support and dedication. The last group of volunteers who do so much behind the scenes is the Board of Directors. They truly are dedicated to leading Benzie Senior Resources now and in to the future providing services and programs for the seniors in Benzie County.

We have 20 contractors who help with Homemaking, Lawn Chore and Snow Removal Program. These 20 individuals provide a vital service eliminating the burden and worries of those who can no longer manage to safely do these activities on their own.

What am I getting at? There are 206 individuals making a difference for our seniors living in Benzie County every day!

Did you know that in 2020, Benzie Senior Resources will be celebrating 45 years of providing services to our seniors in this community? In 2019 we helped 1,616 Benzie Seniors with at least one service. In fact, 911 individuals received 2 to 7 or more services from Benzie Senior Resources in 2019. We are proud to follow our mission to provide exceptional services, resources and trusted care to support Benzie County seniors.

I want to wish everyone a safe, joyful and spirited holiday season. I also want to thank those of you who have contributed to Benzie Senior Resources.

Without your support we couldn't do it all and still offer the many services and programs that we do.

Merry Christmas and Happy New Year!

Douglas











# December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Deluxe Chicken Sandwich California Vegetable Blend Oven Baked Tater Tots Apricots</p>	<p>3</p> <p>Smoked Sausage with Sauerkraut Green Bean Blend Tarragon Carrots Stone Ground Wheat Bread Fresh Bananas</p>	<p>4</p> <p>Pizza Bar! Steamed Broccoli Florets Pesto Infused Cauliflower Soft Baked Breadsticks Dried Peaches</p>	<p>5</p> <p>Citrus Chicken over Rice Oven Roasted Brussel Sprouts Malibu Vegetable Blend Stone Ground Wheat Bread Mandarin Oranges</p>	<p>6</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Stone Ground Wheat Bread Tropical Fruit Blend</p>
<p>9</p> <p>Tangerine Chicken over Rice Green Bean Blend Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>10</p> <p>Classic Hot Beef Sandwich Herbed Mashed Potatoes Cauliflower Florets Diced Pears</p>	<p>11</p> <p>Stuffed Cabbage Rolls Steamed Spinach Italian Style Green Beans Whole Wheat Garlic Toast Chunky Applesauce</p>	<p>12</p> <p>Savory Sausage Cassoulet Steamed Sweet Corn Steamed Green Peas Stone Ground Wheat Bread Fresh Banana</p>	<p>13</p> <p>Oven Roasted Chicken Oven Baked Potato California Vegetable Blend Stone Ground Wheat Bread Apricots</p>
<p>16</p> <p>Hearty Three Bean Chili Steamed Spinach Capri Vegetable Blend Oyster Crackers Chunky Applesauce</p>	<p>17</p> <p>Homestyle Boneless Pork Chops Homestyle Stuffing California Vegetable Blend Stone Ground Wheat Bread Oven Baked Pears</p>	<p>18</p> <p>Chicken 'N Dumplings Italian Style Green Beans Malibu Vegetable Blend Stone Ground Wheat Bread Fruit Cocktail in Juice</p>	<p>19</p> <p>Tilapia Almondine Tarragon Carrots Steamed Broccoli Florets Stone Ground Wheat Bread Fresh Banana</p>	<p>20</p> <p>Rosemary Garlic Roasted Pork Herbed Mashed Potatoes Steamed Green Peas Stone Ground Wheat Bread Diced Peaches</p>
<p>23</p> <p>Pineapple Dijon Glazed Ham Whipped Sweet Potatoes Caribbean Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>	<p>24</p> <p>CLOSED</p> 	<p>25</p> 	<p>26</p> <p>New Entrée! Crispy Crab Cakes Tarragon Carrots Steamed Broccoli Florets Stone Ground Wheat Bread Fresh Banana</p>	<p>27</p> <p>Homestyle Shepard's Pie Steamed Green Peas Tarragon Carrots Stone Ground Wheat Bread Chunky Applesauce</p>
<p>30</p> <p>Homestyle Beef Stew Cauliflower Florets Steamed Mixed Vegetables Fresh Baked Biscuits Tropical Fruit Blend</p>	<p>31</p> <p>CLOSED</p> 	<p>We accept cash, Visa, Mastercard and Discover. personal checks are also accepted made out to BSR</p> <p>Small bills are appreciated</p>	<p>Lunch is served Monday thru Friday at The Gathering Place 11:30 a.m. – 1:30 p.m. Menu is subject to change without notice</p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older</p> <p>Under 60 is \$7.50 Caregivers under 60 are \$5.00</p>



## December Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>10:00 YOGA &amp; MORE</div> <div>11:30 Lunch</div> <div>2:30 Zumba &amp; Toning—\$3</div>	<div>3</div> <div>10:30 Music by The Melody Makers</div> <div>11:30 Lunch</div> <div>3:30 Chair Yoga—\$5</div> <div>5:15 Zumba &amp; Toning—\$3</div>	<div>4</div> <div>8:30 Zumba &amp; Toning—\$3</div> <div>9:00 Foot Clinic at the Admin. Office—By Appointment only</div> <div>10:00 Balance &amp; Stretching</div> <div>11:30 Lunch</div> <div>12:30 Bingo</div> <div>1:15 PLARN</div>	<div>5</div> <div>11:00—Grief Support at the Administration Office</div> <div>11:30 Lunch</div> <div>1:00 BUNCO</div>	<div>6</div> <div>9:30 BUNCO</div> <div>10:30 Thompsonville Lunch, Bingo and Music</div> <div>11:30 Lunch</div> <div>1:00 Benzie Bucks Auction</div>
<div>9</div> <div>10:00 YOGA &amp; MORE</div> <div>11:30 Lunch</div> <div>12:30 Movie Monday—Miracle on 34th Street</div> <div>2:30 Zumba &amp; Toning—\$3</div>	<div>10</div> <div>10:30 Music by The Melody Makers</div> <div>11:30 Lunch</div> <div>3:30 Chair Yoga—\$5</div> <div>5:15 Zumba &amp; Toning—\$3</div>	<div>11</div> <div>8:30 Zumba &amp; Toning—\$3</div> <div>9:00 Foot Clinic at the Admin. Office—By Appointment only</div> <div>10:00 Balance &amp; Stretching</div> <div>11:30 Lunch—Gerid Adams with Captioncall</div> <div>12:30 Bingo</div> <div>1:15 PLARN</div>	<div>12</div> <div>8:45 Little River Casino</div> <div>10:30 Christmas Craft with Susan</div> <div>11:00—Grief Support at the Administration Office</div> <div>11:30 Lunch—The Maples Blood Pressure Clinic</div> <div>1:00 BUNCO</div>	<div>13</div> <div>9:30 BUNCO</div> <div>11:30 Lunch—December Birthday Party</div> <div>1:00 Wii Bowling</div> <div></div>
<div>16</div> <div>10:00 YOGA &amp; MORE</div> <div>11:30 Lunch</div> <div>12:30 Christmas Craft with Susan</div> <div></div> <div>Happy Holidays</div>	<div>17</div> <div>9:00 Estate Planning at Admin. Office—by appointment only</div> <div>10:30 Music by The Melody Makers</div> <div>11:30 Lunch</div> <div>3:30 Chair Yoga—\$5</div>	<div>18</div> <div>9:00 Foot Clinic at the Admin. Office—By Appointment only</div> <div>9:30 State Theater Trip</div> <div>10:00 Balance &amp; Stretching</div> <div>11:30 Lunch</div> <div>12:30 Bingo</div> <div>1:15 PLARN</div>	<div>19</div> <div>Wear a Christmas Sweater!</div> <div>9:30 Memory Support</div> <div>10:30 Cookie Decoration</div> <div>11:00—Grief Support at the Administration Office</div> <div>11:30 Lunch—Blood Pressure Clinic with Kate and Medical Moment with Megan</div> <div>1:00 BUNCO</div>	<div>20</div> <div>9:30 BUNCO</div> <div>11:30 Lunch</div> <div>1:00 Wii Bowling</div> <div></div>
<div>23</div> <div>10:00 YOGA &amp; MORE</div> <div>11:30 Lunch—Christmas Lunch</div> <div>1:00 Bonus Movie Monday—It's a Wonderful Life</div>	<div>24</div> <div>CLOSED</div> <div></div>	<div>25</div> <div>CLOSED</div> <div></div>	<div>26</div> <div>11:00—Grief Support at the Administration Office</div> <div>11:30 Lunch</div> <div>1:00 BUNCO</div>	<div>27</div> <div>9:30 BUNCO</div> <div>11:30 Lunch</div> <div>1:00 Wii Bowling</div>
<div>30</div> <div>10:00 YOGA &amp; MORE</div> <div>11:30 Lunch</div>	<div>31</div> <div>CLOSED</div> <div></div>	<div></div> <div></div>		



## Dawn's Dish

The Gathering Place Senior Center and the Benzie Senior Resources office are closed Tuesday, December 24th & Wednesday, December 25th for the Christmas holiday. We are also closed on Tuesday, December 31st and Wednesday January 1st. There is no Ol' Time Gathering in December.

The next Benzie Senior Resources Board of Directors meeting is January 15, 2020. There will not be a Finance Committee or a Board of Directors meeting in December.

Wednesdays, December 4, 11 & 18—1:15 p.m. PLARN is back! Crochet plastic mats to donate for the homeless. No experience is necessary. If you aren't a crocheting person, you can always help by cutting and tying the bags.

Thursdays, December 5, 12, 19 & 26— 11:00 a.m. to 12:00 p.m. Grief Support Group at the Administration Office. Kristi Spencer, MA, LPC Bereavement Coordinator for Heartland Hospice. Call 231-525-0601 with questions.

Friday, December 6—1:00 p.m. THE BENZIE BUCKS AUCTION! Finally! Bring your bucks and get ready for fun!

Monday, December 9—12:30 p.m. Movie Monday. We play a movie in-house at The Gathering Place with free Popcorn, pop and a special treat! This month we'll be watching the classic *It's A Wonderful Life* starring Edmund Gwenn and Natalie Wood. Get into the Christmas spirit with us!

Thursday, December 12—Little River Casino Trip. Only one trip date in December so be sure to sign up early! 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, December 12—Christmas craft with Susan. 10:30 a.m. No charge! Create a Snowman ornament; check out a sample at the front desk. Please sign up at the front desk or call 231.525.0601. We don't want to run out of supplies!

Thursday, December 12—Blood Pressure and Blood Sugar Checks with Sharon and the staff from The Maples during lunch. A great time to check your numbers. Knowledge is power!

Monday, December 16—Christmas Craft with Susan. 12:30 p.m. No charge! Create wreath and pinecone ornaments. Samples are at our front desk. Please sign up at the front desk or call 231.525.0601.

Wednesday, December 18—**State Theater Trip.** Join Susan and head to TC for the 25¢ Matinee. We'll be seeing *The Bishop's Wife* starring Cary Grant and Elsa Lanchester. Another great way to get in the holiday spirit! Leave at 9:30 a.m. and return about 2:00 p.m. Lunch is at the Grand Traverse Pie Company. You are responsible for your lunch and movie costs. NO TRIP FEE THIS MONTH! Merry Christmas from us!

Thursday, December 19—**Memory Support Group.** 9:30 a.m. to 10:30 a.m. This is a new group for The Gathering Place. The goal is to meet monthly to share memory loss concerns as well as offer support and resources. Group is led by Nancy Kasperzak.

Thursday, December 19—Cookie Decorating with Susan. 10:30 a.m. YUMMY fun! Please sign up at our front desk or call 231.525.0601. We don't want anyone to go without delicious goodies.

Thursday, December 19—Medical Moment with Megan. Have medical questions? Megan Francis, our Director of Home Health Services will be here during lunch to answer your questions.

Thursday, December 19—Blood Pressure and Blood Sugar checks with Kate from Paul Oliver Living & Rehabilitation Center during lunch. Check your numbers for free. Plus, she has a great laugh and it's contagious!

Thursday, December 19—Wear a Christmas Sweater . Maybe it's cheesy. Maybe it's ugly. Maybe it's adorable! Doesn't matter to us, just wear one.

Monday, December 23—Christmas Dinner at Lunch. Have company? Bring them with! We love meeting your friends and family. ANYONE age 60 or older is a \$4 suggested donation for lunch. Under 60? They can still eat too; it's just \$7.50!

Monday, December 23—BONUS MOVIE MONDAY! 1:00 p.m. Free popcorn, pop and special Christmas Treat. We'll be watching *It's a Wonderful Life* starring James Stewart and Donna Reed.

## Bulletin Board



**Do you have  
trouble  
hearing?**

**Don't miss out on all the sounds of life.**

**Schedule your FREE Hearing Evaluation Today!**

**Call 231.882.5640  
for an Appointment**

**Programs are available to help  
pay for hearing aides.**

**Advanced Hearing Center is a  
TruHearing Provider**



We are making the season extra special by assembling & delivering gift bags to our homebound neighbors. Each bag is filled with lip balm, hand lotion, facial tissue, socks, large print crossword/word search puzzle books, protein/breakfast bars, handkerchiefs and paper towels. Please help us gather any of the above items or consider a monetary donation and let us do the shopping. Drop them off at either The Gathering Place or Benzie Senior Resources by December 11<sup>th</sup>. Please help us spread some Christmas Cheer this holiday season!

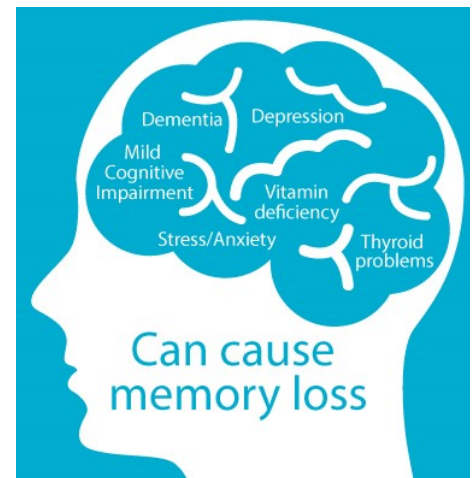
**Did you know?**

There are medication drop boxes located at all Munson Hospital locations and at the Benzie Sheriff's Department. It's easier than ever to clear out old, expired medications safely.

**Home Delivered Meals  
Drivers Needed!**



Once a month or once a week—you decide. Must possess a valid driver's license. Stop by either The Gathering Place or Benzie Senior Resources for your volunteer application, or go to our website: [BenzieSeniorResources.org](http://BenzieSeniorResources.org) and grab one there. Join our team! We guarantee you will make a difference on day one. Drive our vehicles, use our gas and travel beautiful Benzie County!



**Memory Support Group.** December 19<sup>th</sup>. This is a new group for The Gathering Place. The goal is to meet monthly to share memory loss concerns as well as offer support and resources. Meeting time is 9:30 a.m. to 10:30 a.m. and our group is led by Nancy Kasperzak.







## Elf (Movie)

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

MICHEAL  
KINDNESS  
FORGIVING  
ICE BERGS  
FAKE SANTA  
NEW YORK  
NORTH POLE  
TOY MAKING  
WORK  
UNKNOWN  
CHRISTMAS  
ADVENTURE  
MILES  
EMILY  
BUDDY  
WALTER  
JOVIE

Play this puzzle online at : <http://thewordsearch.com/puzzle/4149/>

### Tech Support!

**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.

**Darcy Library** on Thursdays from  
12:00 p.m.—4:30 p.m. with

Carol McAnulty.

Please call 231-882-4037 for more  
information.



**Karen Korolenko is the  
Director at the Benzie County  
Department of Veterans  
Affairs. She can be reached at  
231.882.0034 or by email at**



Have an idea for the newsletter? Want to write a guest  
column? Email or call Dawn at  
[Bousamrad@BenzieSeniorResources.org](mailto:Bousamrad@BenzieSeniorResources.org) or 231.525.0601  
ext. 201.



## December Birthdays/ Recipe

Steve Post	2	David Loll	8	Tanya Struble	24
Kathleen Crosby	3	Dan Skurski	9	Marjorie Braem	25
Gerry Schroeder	3	Gerry Thornell	10	Alvin Gray	25
Tom Burton	4	Gene Nowak	12	Joseph Rickett	25
Bill Higman	4	Christina Beeler	15	James Hawkins	27
Charles Myers	4	Eric Baatz	16	Lewis Small	27
Denis Crosby	5	Kay Hammon	17	Steve Walton	27
Dino Kortesis	5	Bill Ward	17	Diane Thompson	28
John Stubbs	6	Patricia Matyas	18	Gayle Dixon	28
Jerry Heiman	7	Randy Bond	20	Keith Jewell	28
Jim Brownell	8	Robert Courneya	22	Jimmie Davis	30
Tom Cone	8	Niel Haugen	24	Daniel Johnson	31
Phillip Johnson	8	Edward Osga	24	Peggy Nostrandt	31

## Staff Anniversaries

Megan Francis, Director of Home Health Services—One year

Traci Hultman, Home Health Aide—Three years

Kathy Frederick, Assistant Cook—Six years

If we forgot your birthday we are truly sorry.

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

## Cooking with the Grandkids

'Tis the season to pop up some holiday fun! Gather the grandkids and craft a festive, edible decoration.

At 30 calories a cup, whole-grain, freshly popped popcorn offers a nutritious alternative to traditional holiday party nibbles. (Find more creative holiday recipes at [popcorn.org](http://popcorn.org).)

### Holiday Popcorn Snowman

Yield: 5 snowmen

1 package (1 pound) large marshmallows  
 1/4 cup (1/2 stick) butter or margarine  
 1 teaspoon vanilla  
 10 cups popped popcorn  
 Sprinkles (optional)  
 Licorice (optional)  
 Gum drops (optional)  
 Cinnamon candies (optional)

In large saucepan, melt marshmallows and 1/4 cup butter. Remove from heat and stir in vanilla. Let stand 5 minutes. Pour over popcorn and stir. Butter hands well and form into balls. Decorate with sprinkles, licorice, gum drops, and cinnamon candies, as desired.

(Courtesy of Family Features) ©LPi



Photo courtesy of The Popcorn Board/Getty



## Safe Driving Options

**By Jessica Carland, Mobility Manager with Benzie Bus**

Isn't one of our greatest fears of losing our independence often found through driving? For most people, driving a car is a symbol of independence, and is often tied to an individual's identity. In fact, studies have shown a relationship between health, sense of autonomy, and driving. At some point, however, it is predictable that due to the effects of aging, our driving skills will deteriorate and we'll lose our ability to safely operate a vehicle. Benzie Bus was founded on that principal of "Connecting People to Community". Since its inception, Benzie Bus has worked closely with Benzie Senior Resources to fulfill the transportation needs of Benzie County seniors.

There is no universal test to help us determine when to stop driving, and age alone does not mean it's time to hang up the keys. So how do we know when the risk is greater than our perceived loss of freedom and control over our mobility? In this three-part series, we'll look at the effects of aging on our ability to drive; 9 warning signs that it's time to stop or limit driving; and how to create a transportation plan in order to preserve our independence.

As we age, our bones tend to shrink in size and density, weakening them and making them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength, endurance and flexibility — factors that can affect our ability to grip and turn the steering wheel, press the accelerator or brake, or reach to open doors and windows. We also experience visual and cognitive changes, which can affect our depth perception, night vision, concentration, and orientation

Understandably, a person's sense of independence versus driving risk equals a very sensitive and emotionally charged topic. An older adult may agree with the decline of their driving skills, yet feel a sense of loss, attempt to minimize and justify, and ultimately may feel depressed at the thought of giving up their driving privileges. Benzie Bus offers "Bus Buddies" who will ride along and help folks overcome that fear of the first-ride or any confusion about booking a trip. Drivers and Dispatchers are friendly and knowledgeable, and happy to help every step of the way. Benzie Senior Resources provides free tickets for seniors, making the transition even easier. The right time to stop driving varies with each individual. With early discussion and proper planning, aging drivers may extend their time on the road, and lessen the anxiety that will inevitably come with hanging up the keys for good.

### Euchre Happenings...

#### **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





## Share the Love with Vulnerable Seniors This Year

Exciting news! For the 12th year running, the Meals on Wheels network is participating in [the 2019 Subaru Share the Love Event](#). Over the past eleven years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.2 million meals nationwide to seniors in need.

Why does Subaru support Meals on Wheels? Too many seniors are struggling to stay independent and healthy. **One in four seniors lives alone in isolation and one in seven seniors might not know from where their next meal is coming.** This is simply unacceptable, which is why Benzie Senior Resources provides the nutritious meals, friendly visits and safety checks to the seniors of Benzie County. This vital support keeps seniors in their own homes, where they want to be.

We're incredibly grateful to Subaru and its Retailers for supporting Benzie Senior Resources and the seniors we serve. With that in mind, we thought you might want to learn a little bit more about the Subaru [Share the Love Event](#).

### HERE'S HOW IT WORKS

This November 14, 2019, through January 2, 2020, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.\* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, Benzie Senior Resources will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

You might not be in the market to purchase a new car, but if you are, please look into the [Subaru Share the Love Event](#) to learn more. If you're not shopping for a new vehicle, *you can still help* by spreading the word to your family and friends. A few quick and easy ways to do that:

Share this article!

Share our posts about the Share the Love Event on Facebook: <https://www.facebook.com/events/2358691447776439/> .

And remember: this holiday season you can ensure our senior neighbors are not forgotten, when you purchase or lease a new Subaru and select Meals on Wheels as your charity of choice.

\*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 14, 2019, through January 2, 2020, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 15, 2020. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit [subaru.com/share](http://subaru.com/share). All donations made by Subaru of America, Inc.

## Holidays and Hearing Loss

by Jeanne Strathman, President, Advanced Hearing Center, P.C.

One of the most important ways of connecting with people and relating to them is with our ability to hear. As a hard of hearing person I can attest to the isolation and loneliness I feel when I don't have my hearing aids in. In group situations, such as a holiday dinner, I would not be able to participate in the festivities without my hearing aids. Studies have shown that not being able to hear well affects our health in many ways. Things like depression, anxiety, blood pressure and heart problems increase when we can't hear well.

Many times spouses begin to ignore each other and lose touch. She gets tired of repeating and being ignored. He gets tired of asking her to repeat and just smiles and nods and pretends to hear. But as a hearing professional, I am here to help you with ways to communicate better. I will discuss ways of getting hearing help towards the end of this article.

There are ways to improve communication for those who are hard of hearing. For the person who is trying to talk to someone with hearing loss, saying their name or touching their arm will help to get them tuned in. The hearing loss is real. They really can't hear you and don't mean to ignore you. They can't hear from room to room. They can't hear if the dishwasher is running. It is hard to understand a person with a foreign accent. It can be hard to hear a person across the dinner table. These problems are very real for the hard of hearing person.

Try to look each other directly in the eye. Looking at a person's face can reveal to the hard of hearing person the feeling you are trying to relay. A hard of hearing person is most likely lip reading as well. This skill comes along gradually as a person loses their hearing. Most of us in this society feel a tad bit uncomfortable with a person looking at us directly, but for the hard of hearing person they are doing it as a means to use all of the tools they have to hear better—not to make you uncomfortable.

If a hard of hearing person is trying to watch TV and it's too loud for other family members, try a pair of *TV ears*. These can be purchased on Amazon or at a retail store like Best Buy. They are relatively inexpensive and will save a lot of discomfort for the person or people who hear well. TV ears provide a direct link to the TV.

Now for the solutions. In Benzie County, we are very fortunate to have services in place to help folks who are hard of hearing and might also need financial help. There is a program available to working people that can help them purchase their hearing aids at no cost. This is funded by your federal and state taxes. The Americans with Disabilities Act says that if you are hard of hearing and want to work, the government will use some of those tax dollars to help you. This is not a low income program and is open to anyone who works whether they are self employed or employed by a company, whether they are part time or full time. Please call us for information.

Advanced Hearing Center has agreed to work with Benzie Senior Resources to find hearing aids to fit a person's budget. Benzie Senior Resources offers the Senior Essential Needs Fund to help pay for a portion of the hearing aid cost. An application needs to be completed to see if you qualify. Insurance programs such as Blue Cross/Blue Shield or Priority Health are helping to pay for hearing aids through personally bought insurance such as Medicare Advantage or through retirement programs such as UAW or MPERS. We are the only full-time provider in Benzie County that works with Truhearing, as well as Medicare Advantage plans.

So, please go to the holiday events and enjoy being with your families. Try using the tips above or come see us and we'll help you feel included and a participant of the dinners and the board games and of course, the beloved football games.

You may reach us at: Advanced Hearing Center, P.C., 1450 US 31, Benzonia, MI 49616. 231-882-5640  
Jeanne Strathman, BC-HIS is a Nationally Board Certified Hearing Specialist who has been working with the hard of hearing since 1980. She is recognized as an expert in her field by the State of Michigan and administers state licensing tests. She is a philanthropist and entrepreneur with a passion for helping the hard of hearing. Jeanne has donated hearing aids to people in Ethiopia, Mexico and Benzie County. She has owned Advanced Hearing Center in Benzie County since 1993. She comes from a family of seven children who all have hearing loss which appears to have a genetic factor as their deceased mother and maternal grandfather were also severely hard of hearing.



## 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:

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☐ Check here if you wish to remain ANONYMOUS

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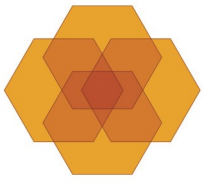
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Type of Donation (please circle): Legacy      Tribute      Other

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 used only by BSR when processing your donation and supplying you with BSR information.



# BENZIE

## SENIOR RESOURCES

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## 10 Tips for a Healthy Holiday Season

1. Load your plate first with HEALTHY options
2. Wait 15 minutes before getting seconds
3. one sip of water between each bite
4. Leave the table as soon as everyone is finished eating
5. Don't forget to EXERCISE!
6. skip liquid calories, stick to water & tea
7. Portion Control- use a smaller plate, limit to one bite only, pack for leftovers before you begin eating
8. DO NOT go to an event hungry! Starving yourself in anticipation for more calories will result in binge eating!
9. Eat sloooooowly!
10. Limit extras like butter, mayo, stuffing and gravy



Lynn & Judy helped us stuff the Subaru at Shop-n-Save. A big thank you to all of our volunteers who showed up to help collect donations! And thank you to Shop-n-Save for making us feel so welcome!