



# BENZIE SENIOR RESOURCES

January 2019

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## January is:

**Glaucoma Awareness Month**

**National Blood Donor Month**

**National Soup Month**

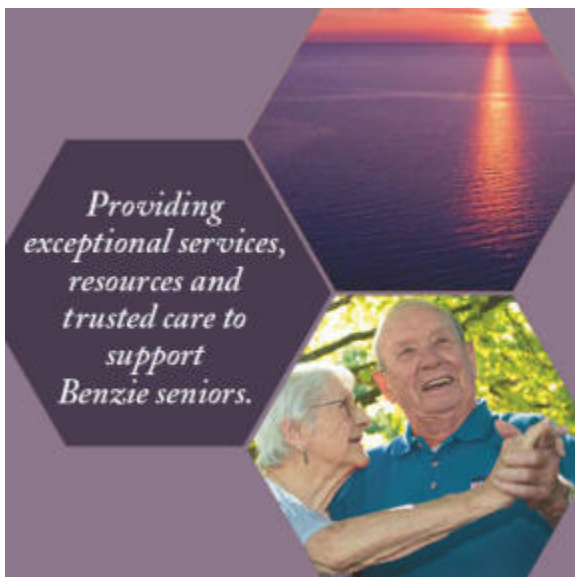
**National Braille Literacy Month**

**National Hobby Month**

## Crafts, Christmas Gift Bags and a parade!



Benzie Senior Resources 231.525.0600



## BOARD OF DIRECTORS BENZIE SENIOR RESOURCES

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Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation; Delta Dental Foundation, 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

Phone: 231-525-0600 or

Toll Free: 888-893-1102

Fax: 231-325-4855

Email: [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org)

Website: [www.BenzieSeniorResources.org](http://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*

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 [benzieseniorresources.org](http://benzieseniorresources.org) under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.





## From our Director

Happy New Year!

I hope everyone had a wonderful Christmas celebration! I enjoyed spending time with our family and watching our granddaughter and two grandsons open their gifts with excitement that only children can bring!

On November 26<sup>th</sup> our family welcomed our newest grandchild, Bridgette Grace, and of course she is a beautiful baby. I can't wait until next Christmas when she will join in with her cousins in our family traditions and the excitement of opening her Christmas gifts.

Looking back at 2019, Benzie Senior Resources had another outstanding year of record growth. Below is a partial list of our achievements:

- We provided services to 1,616 seniors who reside in Benzie County.
- We provided services to 522 veterans and spouses of veterans representing about 32% of our overall client base.
- We had another Milestone Celebration! In July, we supported our 100th person with financial assistance in the Senior Oral Healthcare Program since its inception in 2014. I am grateful to the following Dental Partners for helping make this possible: Dental Clinics North Traverse City, Northwest Michigan Health Services and the Michigan Community Dental Clinic in Manistee.
- We provided 1,702 Benzie Bus Passes to 202 seniors for a total of 20,424 rides. This was a record for both number of bus passes and participants in the program.
- We had a record year in our Home Healthcare Program with 15,587 hours in personal care, respite care, medication management, nursing assessments and in-home foot care.
- We provided 4,680 homemaking services hours to 128 clients and this too was another record!
- We delivered 56,251 meals to 263 homebound clients and served 20,545 meals at The Gathering Place.

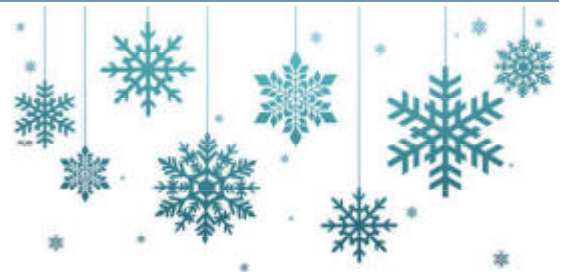
I could go on and on about our achievements in 2019 and how proud we are to be able to accomplish these feats. These milestones and broken records would not be possible without 28 staff, 20 contractors and 158 volunteers—a total of 206 individuals! These folks are dedicated and driven to make a difference for our seniors in Benzie County.

As we move into 2020, we will celebrate our 45<sup>th</sup> Anniversary as an agency and the 40<sup>th</sup> Anniversary of our Walk-a-Thon Fundraiser. We want to continue to expand and grow the activities at The Gathering Place Senior Center, highlighting health and fitness wellness programs, educational and arts programming and benefit counseling.

Please visit our webpage, [www.benzieseniorresources.org](http://www.benzieseniorresources.org) to download the 2019 Annual Report under the “ABOUT” tab and see our accomplishments in 2019.

Wishing everyone a new year of health and prosperity!

Douglas



# January Menu

Our meals meet 1/3 of the recommended daily allowance nutrition requirements (RDA)

Monday	Tuesday	Wednesday	Thursday	Friday
<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>1 Happy New Year! Meal price is a \$4.00 suggested donation for age 60 and older Under 60 is \$7.50 Caregivers under 60 are \$5.00</p>	<p>2 National Buffet Day! Seasoned Beef Taco Bar Authentic Refried Beans Oven Baked Spiced Apples Tortilla Chips with Fire Roasted Salsa</p>	<p>3 Spaghetti &amp; Italian Meatballs Pesto Infused Cauliflower Steamed Sweet Corn Whole Wheat Garlic Toast Diced Peaches</p>
<p>6 Deluxe Chicken Sandwich Sweet Potato Bites Malibu Vegetable Blend Chunky Applesauce</p>	<p>7 Homestyle Salisbury Steak Herbed Mashed Potatoes Steamed Broccoli Florets Stone Ground Wheat Bread</p>	<p>8 Homestyle Turkey Stew Green Bean Blend Fresh Baked Biscuits Classic Fruit Cocktail</p>	<p>9 Whole Wheat Blueberry Pancakes Savory Sausage Links Fresh Scrambled Eggs Oven Baked Peaches</p>	<p>10 Slow Roasted Beef Herbed Mashed Potatoes California Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>
<p>13 Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>14 Classic Beef Stroganoff Cauliflower Florets Steamed Sweet Corn Stone Ground Wheat Bread Pineapple Tidbits</p>	<p>15 Smothered Chicken Breast Oven Baked Potato California Vegetable Blend Stone Ground Wheat Bread Apricots</p>	<p>16 Classic Homemade Lasagna Italian Style Green Beans Steamed Spinach Whole Wheat Garlic Toast Chunky Applesauce</p>	<p>17 Caribbean Style Roasted Pork Whipped Sweet Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend</p>
<p>20 Special Monday Meal! Homestyle Pork Chops Homestyle Stuffing Normandy Vegetable Blend Stone Ground Wheat Bread Fresh Grapes</p>	<p>21 Homestyle Shepard's Pie Tarragon Carrots Steamed Green Peas Stone Ground Wheat Bread Diced Peaches</p>	<p>22 Creamy Chicken Primavera with Pasta Italian Vegetable Blend Steamed Sweet Corn Whole Wheat Garlic Toast Apricots</p>	<p>23 Baked Tilapia Almondine Steamed Broccoli Florets Capri Vegetable Blend Stone Ground Wheat Bread Fresh Banana</p>	<p>24 Hand Breaded Baked Chicken Herbed Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>
<p>27 Tangerine Chicken over Rice Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranages</p>	<p>28 Crispy Cod Sandwich Steamed Spinach Oven Roasted Potatoes Diced Peaches BONUS—Homemade Coleslaw</p>	<p>29 Savory Sausage Cassoulet Malibu Vegetable Blend Cauliflower Florets Stone Ground Wheat Bread Diced Pears</p>	<p>30 Hand Rolled BBQ Meatballs Oven Baked Tater Tots Capri Vegetable Blend Stone Ground Wheat Bread Fresh Banana</p>	<p>31 Homestyle Goulash Tarragon Carrots Steamed Green Peas Stone Ground Wheat Bread Apricots</p>



## January Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>There is no Zumba or Chair Yoga this month</p>	<p>1 Closed</p> 	<p>2</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>3</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>6</p> <p>10:00 YOGA &amp; MORE</p> <p>11:30 Lunch</p>	<p>7</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p>	<p>8</p> <p>8:30 Oatmeal Bar</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Balance &amp; Stretching</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:15 PLARN</p>	<p>9</p> <p>8:45 Little River Casino</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch— The Maples Blood Pressure Clinic</p> <p>1:00 BUNCO</p>	<p>10</p> <p>9:30 BUNCO</p> <p>11:30 Lunch— January Birthday Party</p> <p>1:00 Wii Bowling</p>
<p>13</p> <p>10:00 YOGA &amp; MORE</p> <p>11:30 Lunch</p> <p>1:15 Movie Monday— Driving Miss Daisy</p>	<p>14</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p>	<p>15</p> <p>8:30 Oatmeal Bar</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Balance &amp; Stretching</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:15 PLARN</p>	<p>16</p> <p>9:30 Memory Support</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch—Blood Pressure Clinic with Kate and Medical Moment with Megan</p> <p>1:00 BUNCO</p>	<p>17</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p> <div style="text-align: right;">  </div>
<p>20</p> <p>10:00 YOGA &amp; MORE</p> <p>11:30 Lunch</p> <p>1:00 Christmas Craft</p>	<p>21</p> <p>10:30 Music by The Melody Makers</p> <p>11:30 Lunch</p>	<p>22</p> <p>8:30 Oatmeal Bar</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>10:00 Balance &amp; Stretching</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:15 PLARN</p> <p>4:30 Board of Directors Meeting</p>	<p>23</p> <p>8:45 Little River Casino</p> <p>10:30 Origami</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>24</p> <p>9:30 BUNCO</p> <p>11:30 Lunch</p> <p>1:00 Wii Bowling</p>
<p>27</p> <p>10:00 YOGA &amp; MORE</p> <p>11:30 Lunch</p> <p>1:00 Snowman Craft</p>	<p>28</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>29</p> <p>8:30 Oatmeal Bar</p> <p>9:00 Foot Clinic at the Admin. Office—By Appointment only</p> <p>9:30 State Theater Trip</p> <p>10:00 Balance &amp; Stretching</p> <p>11:30 Lunch</p> <p>12:30 Bingo</p> <p>1:15 PLARN</p>	<p>30</p> <p>11:00—Grief Support at the Administration Office</p> <p>11:30 Lunch</p> <p>1:00 BUNCO</p>	<p>31</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

The Gathering Place Senior Center and the Benzie Senior Resources office are closed Wednesday January 1st. From all of us here at The Gathering Place and across the street at Benzie Senior Resources (BSR) Administration office, we wish you a very Happy New Year!

The next Benzie Senior Resources Board of Directors meeting is January 15, 2020.

Thursdays, January 2, 9, 16, 23 & 30— 11:00 a.m. to 12:00 p.m. Grief Support Group at the BSR Administration office. Kristi Spencer, MA, LPC Bereavement Coordinator for Heartland Hospice. Call 231-525-0601 with questions.

Wednesdays, January 8, 15, 22 & 29—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.

Wednesdays, January 8, 15, 22 & 29— Oatmeal Breakfast Bar, 8:30 a.m. to 10:00 a.m. January is National Oatmeal Month and baby it's cold outside, so we're going to have a little warmer-upper in the morning. \$1 donation is appreciated. We'll have Steel-Cut Oats with a variety of toppings: honey, maple syrup, brown sugar, chocolate chips, walnuts, dried cherries, golden raisins and milk.

Thursday, January 9—Blood Pressure and Blood Sugar Checks with Shana Penny and Shelly Durocher from The Maples during lunch. A great time to check your numbers. Knowledge is power!

Thursdays, January 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.**

Monday, January 13—1:00 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 "Driving Miss Daisy".

Thursday, January 16—**Memory Support Group.** 9:30 a.m. to 10:30 a.m. This monthly group meets to share memory loss concerns as well as offer support and resources. Group is led by Nancy Kasperzak.

Thursday, January 16—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, January 16—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!

Monday, January 20—1:00 p.m. Christmas Club craft with Susan. Yes, she's continuing these throughout the year. It's not a typo. No charge! Check out a sample at the front desk. Please sign up at the desk or call 231.525.0601. We don't want to run out of supplies!

Thursday, January 23— Origami. 10:30 a.m. Instructor Diana Sieloff will guide us in making a bouquet of lilies! There is no cost.

Monday, January 27—Snowman Craft. 1:00 p.m. No charge! Check out a sample at the front desk. Sign up at desk or call 231.525.0601. We don't want to run out of supplies!

Wednesday, January 29—**State Theater Trip.** Join Susan and head to TC for the 25¢ Matinee. We'll be seeing "On Golden Pond" starring Katharine Hepburn. 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. \$5 TRIP FEE

Friday, January 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.





## Bulletin Board

### We're going to Washington, D.C.!

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- Tram Ride through Arlington National Cemetery

For a complete itinerary, stop by The Gathering Place or Benzie Senior Resources office.

Call 231.525.0600 for more information or with questions.

\$75 due upon signing. Final payment date is 1/12/2020



### Euchre Happenings...

#### Weekly:

Wednesdays—Geno's Sports Bar at 2:00 p.m.  
231.378.2554 \$5.00

Thursdays—Doubles at The Platte River Inn. 7 p.m. Singles  
Sunday at 1:00 p.m. Sign ups 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

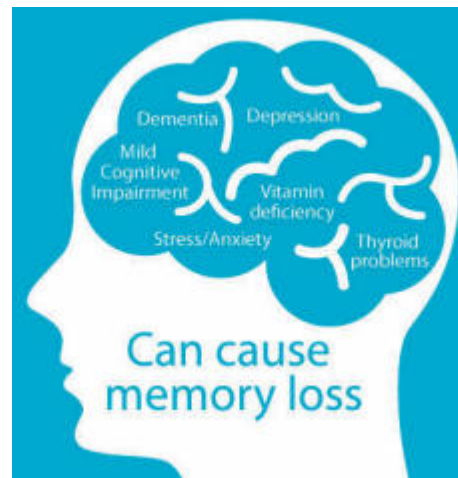
2<sup>nd</sup> Tuesday Kaleva Sportsmen's Club. Potluck 5'ish Cards  
6:00 p.m. \$6.00

1<sup>st</sup> & 3<sup>rd</sup> Tuesday The old Bendon Township Hall Potluck at  
5:00 p.m. and cards at 6 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

### Memory Support Group



January 16th. Meets with the object of sharing  
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.

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[munsonhealthcare.org/polar](http://munsonhealthcare.org/polar)

# Word Search

## Winter Wonderland

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

### Word List:

BELOWZERO  
 BOOTS  
 COCOA  
 FIREPLACE  
 FROZEN  
 HIBERNATE  
 JACKFROST  
 SHIVER  
 SLED  
 SNOWSTORM

BLANKET  
 CABINFEVER  
 COLD  
 FLURRIES  
 GLOVES  
 ICICLE  
 MITTENS  
 SHOVEL  
 SLIPPERY  
 SNOWSUIT

BLIZZARD  
 CHILLY  
 EARMUFFS  
 FROSTY  
 HAT  
 ICY  
 PLOW  
 SKATING  
 SNOW  
 WINDY

BLUSTERY  
 COATS  
 FEBRUARY  
 FROSTY  
 HEATER  
 JANUARY  
 SCARF  
 SKIING  
 SNOWMAN  
 WINTER





## January Birthdays

Dorcas Humphrey	1	Bud Middleton	11	Christine Danks	21
Judy Kader	1	Beverly Poynor	11	Dianne LaRocque	21
Sheryl Bradley	3	Jean Arnold	12	Al Hyams	22
Charles Mendrea	3	Judy Fast	12	Betty Milliron	22
William Lyons	4	Ann Philips	12	Tom Bishop	23
Ross O'Brien	4	Sue Ellen Westcott	13	Janet O'Brien	23
Ordie Boss	6	Lorie Richmann	14	John Raz	24
Normalee Huddleston	6	Marty Marsden	15	David Sorenson	25
Jerry Pelky	6	Esther VanHammen	15	Richard Lutz	27
Grant Sager	6	Leon Rodgers	16	Dorothy Witzke	27
Maris Ziemelis	6	Karyle Howard	17	Shirley Huseman	30
John Eager	8	Les Finch	18	Linda Joy	30
Mary Lou Kuerth	8	Char Ester	19	Jeffie Lynch-Jones	30
Grace Ronkaitis	10	Denise Holmquist	19	Marie Lovendusky	31
Bob Dunn	11	Richard Heinz	20	John McKean	31

## Staff Anniversaries

Susan Glass—1 year! Susan is the Senior Center Assistant at The Gathering Place. She is the force behind our beautiful Tranquility Garden, wonderful decorations and fabulous crafts.

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

*Happy Anniversary to Ben & Maxine Taylor!  
Married, January 6, 1965.  
If you'd like your Anniversary shared,  
please call Dawn at (231) 525-0601.*

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## 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 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!



### Warning Signs That It's Time to Stop or Limit Driving



By Jessica Carland, Mobility Manager at Benzie Bus

Last month, we discussed the fear of losing our independence as we age, and some physical effects of aging. The demands of the road can be unpredictable. While a casual driver does not need to be in peak physical shape to meet those demands, you may encourage any aging loved one to be realistic about limitations they may face when attempting to complete ordinary motions in their car.



Here are only a few warning signs of unsafe driving:

- Delayed response to unexpected situations
- Changes in mood while driving
- Decrease in confidence while driving
- Increasing physical limitations
- Difficulty seeing road markers

If you notice your loved one shows some of these warning signs, it may be time to take the opportunity to ride along with them so you can more easily observe changes in their driving behavior and detect any patterns of unsafe driving. Observe their driving over time, keeping notes to help you track changes in driving ability. Your observations can help others, such as your family or your loved one's health practitioners, as well as your loved one – become aware of potential problems.

But how are you supposed to sensitively broach the topic of stopping or limiting driving and have a productive conversation?

Remember that being in the driver's seat has different meanings for different people. For some, it's just a means to get places. A person who doesn't really care about driving may be more agreeable to becoming a passenger. However, for some, driving is part of their identity. For them, the decision to give up driving can be difficult and emotional. It is important to start with discussions that acknowledge their feelings and show genuine concern about what driving, and that independent feeling, may mean to them. Remember that any negative reactions are in response to the message, not the messenger. React calmly to defuse any negative emotions. Finally, use understanding and empathy to talk with them about their feelings before offering solutions.

In 2019, Benzie Senior Resources provided over 20,000 free rides to seniors on the Benzie Bus. Doctors appointments, grocery shopping, and meeting friends for lunch at The Gathering Place were some of the most popular destinations. If you've noticed your loved one showing some of the warning signs above, make Benzie Bus a part of the conversation. Book a ride together because that's the first step to newfound independence and many safe journeys to come. Giving up the keys doesn't mean we have to stop enjoying life. Next month we'll look at how to create a transportation plan in order to preserve our independence.

#### 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.



**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 [kkorolenko@benzieco.net](mailto:kkorolenko@benzieco.net).**

#### 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.

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.



# New Year's Resolution—Eat Healthy

## 5 Tips for Healthy Eating as We Age

Good nutrition plays an important role in how well you age. Eating a healthful diet helps keep your body strong and can help reduce your risk for heart disease, diabetes, stroke, and osteoporosis. Studies even show a link between healthful eating and longevity.

“As we age, the body becomes less efficient at absorbing some key nutrients. Appetite and taste can suffer from loss of sense of smell and taste or from side effects of medications. Bad teeth can make some foods difficult to chew or digest,” said Arthur Hayward, MD, a geriatrician and the clinical lead physician for elder care with Kaiser Permanente’s Care Management Institute. “So choosing foods carefully is smart.”

Here are five tips to help you get the nutrition your body needs:

1. Avoid empty calories. Foods with empty calories may contain very few vitamins and minerals. “Convenience foods,” such as packaged snacks, chips and sodas, are common sources of empty calories. Avoid the “bad” carbs — foods that have white flour, refined sugar, and white rice.

2. Choose nutrient-rich foods. Eat a variety of foods. The more you vary the foods you eat, the more vitamins, minerals, and other nutrients you get. For example:

- Eat lots of fruits and vegetables. Choose fresh, frozen, or no-salt canned vegetables and fruits in their own juice or light syrup.
- Eat foods with protein. Protein is found in lean meat, fish, poultry, eggs, and cheese, cooked beans, peanut butter, and nuts and seeds.
- Get enough calcium and vitamin D. Calcium and vitamin D are found in milk and milk products, including yogurt and cheese. They are also in green leafy vegetables (spinach, kale, collard greens) and tofu.
- Include foods high in vitamin B12. After 50, the body produces less gastric acid and absorbs less B12, which helps keep blood and nerves vital. B12 is found in milk, meat, poultry, fish, and eggs.
- Eat high-fiber foods. This includes fruits, vegetables, cooked dried beans, and whole grains.

3. Drink plenty of fluids. Drink plenty of fluids, enough so that your urine is light yellow or clear like water. Fiber and fluids help with constipation.

4. If your appetite is poor. Try eating smaller meals, several times a day, instead of one or two large meals. Eating while socializing with others may help your appetite. You might also ask about changing medicines. Medication can cause appetite or taste problems.

5. Eat soft foods. As we approach our senior years, chewing food is sometimes difficult. Choose low-sodium canned vegetables or cooked fruits and vegetables. These are often softer. Chop or shred meat, poultry, or fish and then add sauce or gravy to the meat to help keep it moist.

For healthy recipe ideas, check out Kaiser Permanente’s Food for Health blog at [foodforhealth.kaiserpermanente.org](http://foodforhealth.kaiserpermanente.org).

(Courtesy of NewsUSA)

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## On this day in History...

January 2, 1929—The United States and Canada reached an agreement on joint action to preserve Niagara Falls.

January 3, 1964—The Beatles appeared in a **film clip** on the Jack Parr Show,” making their first U.S. television appearance. They sang “She Loves You.” They were on Ed Sullivan the following month.

January 5, 1934—For the first time in 33 years, the National and American baseball leagues decided to use a uniform-size baseball.

January 6, 1942—Pan American Airlines became the first commercial airline to complete an around-the-world flight.

January 8, 1877—In Montana, Crazy Horse and his warriors fought their final battle against the U.S. Cavalry.

January 9, 2007—Steve Jobs, Apple Inc.'s CEO, announced the first generation iPhone.

January 11, 1964—“Ring of Fire” by Johnny Cash became the first country album to top the U.S. pop album chart.

January 13, 1983—The American Medical Association urges ban on boxing, citing Muhammad Ali's deteriorating condition.

January 14, 1954—The Hudson Motor Car Company merged with Nash-Kelvinator, creating the American Motors Corporation.

January 21, 1957—Patsy Cline appeared on Arthur Godfrey's nighttime TV show and sang “Walking after Midnight.”

January 23, 1971—In Prospect Creek Camp, Alaska, the lowest temperature ever recorded in the U.S. was reported as minus 80 degrees.

January 24, 1848—Some 300,000 people traveled to California after James W. Marshall found gold in Coloma, California, thereby starting the California Gold Rush.

January 25, 1961—John F. Kennedy presented the first live presidential news conference from Washington, DC. The event was carried on radio and television.

January 27, 1951—Atomic testing began in the Nevada desert as an Air Force plane dropped a one-kiloton bomb on Frenchman Flats.

January 28, 1956—Elvis Presley made his first appearance on national television on “The Dorsey Brothers Stage Show” on CBS. He sang “Shake, Rattle & Roll”, “Flip Flop & Fly”, and “I Got A Woman”.

January 29, 1886—The first successful petrol-driven motorcar, built by Karl Benz, was patented.

January 30, 1933—“The Lone Ranger” was heard on radio for the first time. After 2,956 episodes, the program ended in 1955.

January 31, 1893—The trademark “Coca-Cola” was first registered in the United States Patent Office.





# 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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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 501 (c) 3 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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A group of Veterans joined us at The Gathering Place on Veteran's Day for lunch and an opportunity for us to honor them and their service.



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