

BENZIE

SENIOR RESOURCES

March 2020

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*Photos from
top to bottom:
Wear Red
Day, Benlah
Winterfest
Parade and a
Snowman
Craft!*



March is:



*Women's History Month
National Kidney Month
National Nutrition Month
Save Your Vision Month*



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exceptional services,
resources and
trusted care to
support
Benzie seniors.*



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DIRECTORY

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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 benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.



From our Director

Did You Know....

Independence is key to wellness. People live healthier and more satisfying lives when they are able to remain in their own homes and communities. We provide the highest standard of non-medical home care to help ensure you or your aging loved ones maintain independence for as long as possible. We support clients transition home from a hospital stay by lending a helping hand as they focus on recovering. From simple tasks such as providing friendship and phone calls, to larger ones like medication and bathing assistance, we make living comfortably at home possible.

Our experienced and dedicated Home Healthcare Staff of eleven is here to help whether we are needed because of aging, the onset of an illness, or a sudden injury. Benzie Senior Resources is here to support mobility, independence, and well- being all in the comfort of your home.

HOME SERVICES WE OFFER

- Respite Care • Snow Removal • Homemaker Program
- Lawn Chore • Medication Management • Senior Companion Program

By The Numbers....

- 6,881 Personal Care Visits
- 4,680 homemaking services hours to 128 clients **(record year!)**
- 789 Respite Care Visits
- 1,105 R.N. visits for assessments, medication management and in-home foot care **(record number of visits!)**
- 1,298 snow plows to 140 clients
- 15,587 hours in the Home Care Services Program **(record number of hours)**
- 815 lawn mowings to 103 clients **(record year for number of clients and mowings provided!)**

In the spirit of "Keeping the Meals on Wheels Rolling"

You did it! I want to thank those that donated to the "Keeping the Meals on Wheels Rolling" Fundraising Campaign in February. We received enough donations to put us over our goal to purchase a gently used Dodge Journey to replace a 14-year-old, well-rusted vehicle that has over 141,000 miles on the odometer. I am so pleased with the support and generosity of this community! A special thank you to the Grand Traverse Band of Ottawa and Chippewa Indians for their Tribal Council Allocation of 2% Funds award to help fund the vehicle purchase.

Happy Spring Everyone!

Douglas



March Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Bratwurst with Sautéed Peppers & Onions Baked Beans with Bacon Steamed Broccoli Florets Fresh Banana</p> 	<p>3</p> <p>Homestyle Salisbury Steak Herbed Mashed Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>	<p>4</p> <p>Spanish Rice with Beef & Bacon Steamed Sweet Corn Cauliflower Florets Stone Ground Wheat Bread Apricots</p>	<p>5</p> <p>Homestyle Goulash Steamed Green Peas Tarragon Carrots Stone Ground Wheat Bread Diced Peaches</p> 	<p>6</p> <p>Hand Breaded Baked Chicken Herb Buttered Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend</p>
<p>9</p> <p>Deluxe Chicken Sandwich Scandinavian Vegetable Blend Cauliflower Florets Chunky Applesauce</p>	<p>10</p> <p>Creole Style Jambalaya Southern Style Collard Greens Black Eyed Peas with Bacon Stone Ground Wheat Bread Fresh Banana</p>	<p>11</p> <p>Tilapia Almondine Normandy Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Fresh Grapes</p>	<p>12</p> <p>Hand Rolled Sweet & Sour Meatballs Steamed Broccoli Florets Tarragon Carrots Stone Ground Wheat Bread Fruit Cocktail in Juice</p>	<p>13</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Steamed Spinach Stone Ground Wheat Bread Diced Pears</p>
<p>16</p> <p>Special Monday Meal! Pineapple Dijon Glazed Ham Whipped Sweet Potatoes California Blend Vegetables Stone Ground Wheat Bread Tropical Fruit Blend</p>	<p>17</p> <p>Corned Beef with Braised Cabbage Herb Buttered Potatoes Tarragon Carrots Stone Ground Wheat Bread Chunky Applesauce</p>	<p>18</p> <p>Homemade Sloppy Joe Steamed Green Peas Sweet Potato Bites Diced Pears</p> 	<p>19</p> <p>Chicken Stir-Fry over Rice Green Bean Blend Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>20</p> <p>National Ravioli Day! Beef & Cheese Ravioli Steamed Broccoli Florets Capri Vegetable Blend Whole Wheat Garlic Toast Fresh Banana</p>
<p>23</p> <p>Crispy Cod Sandwich Oven Roasted Potatoes Normandy Vegetable Blend Tropical Fruit Blend</p> 	<p>24</p> <p>Classic Hot Beef Sandwich Herbed Mashed Potatoes Steamed Broccoli Florets Fresh Grapes</p>	<p>25</p> <p>Hand Pattied Grilled Burger Bar Oven Baked Tater Tots California Vegetable Blend Fresh Banana</p>	<p>26</p> <p>Whole Wheat Blueberry Pancakes Savory Sausage Links Fresh Scrambled Eggs Oven Baked Spiced Apples</p>	<p>27</p> <p>Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits</p>
<p>30</p> <p>Seasoned Taco Bar Authentic Refried Beans Oven Baked Peaches</p> 	<p>31</p> <p>Homemade Glazed Meatloaf Parmesan Garlic Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Fresh Banana</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>We accept cash, Visa, Mastercard and Discover. Personal checks are also accepted made out to BSR Small bills are appreciated</p>	<p>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>

March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">2</p> <p>10:00 YOGA & MORE 11:30 Lunch </p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Caregiver Appreciation Day</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">4</p> <p>8:30 Bagel Breakfast Bar 9:00 Foot Clinic at BSR Office—by appointment 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo</p>	<p style="text-align: center;">5</p> <p>11:00—Grief Support at the Administration Office 11:30 Lunch 1:00 BUNCO</p>	<p style="text-align: center;">6</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling</p>
<p style="text-align: center;">9</p> <p>10:00 YOGA & MORE 11:30 Jessica with Benzie Bus 1:15 Movie Monday—<i>Rudy</i></p>	<p style="text-align: center;">10 </p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">11</p> <p>8:30 Bagel Breakfast Bar 9:00 Foot Clinic at BSR Office—by appointment 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo</p>	<p style="text-align: center;">12</p> <p>8:30 Little River Casino Trip 11:00—Grief Support at the Administration Office 11:30 Lunch—The Maples Blood Pressure Clinic 1:00 BUNCO</p>	<p style="text-align: center;">13</p> <p>9:30 BUNCO 11:30 Lunch—March Birthday Party 1:00 Wii Bowling </p>
<p style="text-align: center;">16</p> <p>10:00 YOGA & MORE 11:30 Lunch 1:00 St. Patrick's Day Craft</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Happy St. Patrick's Day</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">18</p> <p>8:30 Bagel Breakfast Bar 9:00 Foot Clinic at BSR Office—by appointment 9:30 State Theater Trip 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting</p>	<p style="text-align: center;">19</p> <p>1st Day of SPRING! 9:30 Memory Support 11:00—Grief Support at the Administration Office 11:30 Lunch—Blood Pressure Clinic with Kate and Medical Moment with Megan 1:00 BUNCO</p>	<p style="text-align: center;">20</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling </p>
<p style="text-align: center;">23</p> <p>10:00 YOGA & MORE 11:30 Lunch</p>	<p style="text-align: center;">24</p> <p>9:00 Estate Planning at Admin. Office—by appointment only 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">25</p> <p>8:30 Bagel Breakfast Bar 9:00 Foot Clinic at BSR Office—by appointment 10:00 Balance & Stretching 11:30 Lunch 12:30 Bingo</p>	<p style="text-align: center;">26</p> <p>8:30 Little River Casino Trip 11:00—Grief Support at the Administration Office 11:30 Lunch 1:00 BUNCO</p>	<p style="text-align: center;">27</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering</p>
<p style="text-align: center;">30</p> <p>10:00 YOGA & MORE 11:30 Lunch 1:00 Christmas Club Craft</p>	<p style="text-align: center;">31 </p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">There is no PLARN or Zumba this month</p>	<div style="display: flex; align-items: center; justify-content: space-around;">  <div style="border: 1px solid green; padding: 10px; text-align: center;"> <p>May you always have laughter to cheer you.</p> </div> </div>	

What's up at The Gathering Place (TGP)

TGP is closing at 1:00 p.m. on both April 22nd and 23rd in order to celebrate our fabulous volunteers.

The Benzie Senior Resources office will close at 3:00 p.m. on those dates.

Wanda's Bagel Bar

Join us for breakfast every Wednesday
8:30 a.m. to 10:00 a.m.

Assorted bagels; cream cheese; butter; peanut butter; jelly; fresh fruit and hardboiled eggs. Coffee, tea, juices and milk are also served.
\$1 donation is appreciated.



Yoga & More!

Mondays at 10:00 a.m.

Class is geared for all levels. Bring a yoga mat or towel. No fee for this class.

Chair Yoga

Tuesdays at 3:30 p.m.
\$5 class cost.



St. Patrick's Day themed Craft

Monday, March 16th 1:00 p.m.
Please sign up at the desk or by calling 231.525.0601.

Christmas Club Craft

Monday, March 30th 1:00 p.m.
Please sign up at the desk or by calling 231.525.0601.

Balance & Stretching

Wednesdays at 10 a.m.



No fee

Bring a mat or towel



Games at TGP

Wii Bowling

Fridays at 1:00 p.m.

Bunco

Thursdays at 1:00 p.m.
Fridays at 9:30 a.m.



We are so very grateful for a generous donation from the CCW group at St. Patrick's Church. This donation helps support our programming at TGP. We are honored to be chosen by your group.



Music by The Melody Makers

Tuesdays at The Gathering Place
10:30 a.m. to 1:30 p.m.

Thompsonville Music & Lunch

The first Friday of every month ~ March 6th
The Thompsonville Fire Hall
Music starts at 10:30 a.m.
Lunch served at Noon.

Ol' Time Gathering Music & Dancing

March 27th
Music starts at 6:00 p.m.
Bring a dish to pass
Potluck dinner at 7:00 p.m.
All ages are welcome.
No charge to attend. Donations are accepted.



AT THE MOVIES!

Monday, March 9th at 1:15 p.m.
Movie Monday
at The Gathering Place

Now showing—"Rudy"
FREE popcorn & pop!



Monday, March 9th
Jessica Carland, Mobility Manager for Benzie Bus will be here during lunch to share updates on Benzie Bus.



Trips & More

Join us on a trip to New Orleans!

- 9 days and 8 nights
- October 24- November 1, 2020
- Motorcoach transportation
- 14 meals: 8 breakfasts and 6 dinners
- Guided Tour of New Orleans
- Admission to the National World War II Museum
- Guided Tour of a Louisiana Plantation
- Admission to Mardi Gras World
- Relaxing Riverboat Cruise on the Mississippi River
- Free time in the French Quarter
- Cost is \$830 per person based on double occupancy.



Call 231.525.0600

Sign up by August 17th ~ \$75 due upon signing



Dates: March 12th and 26th

Leave The Gathering Place at 8:30 a.m. and Shop-n-Save at 8:45 a.m.

Return by 3:00 p.m.

Trip fee: \$10.

YOU MUST PLAY \$20 TO TRIGGER YOUR \$20 IN RIVER CREDITS. THIS INCLUDES YOUR WINNINGS.

The credits will download automatically on your card.

Space is limited. Call 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.



Do you shop at Amazon.com? If so, please start out at smile.amazon.com and choose Benzie Senior Resources as your charity. Then shop as usual.

Amazon will donate 0.5% of your order total to our agency!

LOANER TECHNOLOGY

We have a laptop and Kindle Fire now available at The Gathering Place for you to borrow thanks to Carol McNulty's generous donation. Check them out with Dawn or Susan.



State Theater Trip

See a 25¢ matinee with us every month!

Wednesday, March 18th

This month's movie is: ***Libeled Lady*** starring Jean Harlow and Spencer Tracy

9:30 a.m. Leave The Gathering Place

Enjoy lunch afterwards at the Grand Traverse Pie Company.

You are responsible for your lunch /movie costs.

\$5 trip fee

Return about 2:00 p.m.

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Paul Oliver Memorial Hospital

munsonhealthcare.org/polar



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need without too many calories. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods.



Consider the following tips to help you get started on your way to eating right.

Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables.

Add fruit to meals and snacks. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Medicare—What's New in 2020

Part A: Hospital Insurance Costs

Part A Premium	Free if you've worked 10 years or more \$240/ month if you've worked 7.5 to 10 years \$437/ month if you've worked fewer than 7.5 years
Part A Hospital Deductible	\$1408 each *benefit period
Part A Hospital Coinsurance	\$0 for the first 60 days of inpatient care each *benefit period
Skilled Nursing Facility Coinsurance	\$0 for the first 20 days of inpatient care each *benefit period \$176 per day for days 21-100 each *benefit period

*Definition: Under Medicare, a **benefit period** begins the day you're admitted as an inpatient and ends when you haven't received any inpatient care for 60 days in a row. If you go into a hospital or a skilled nursing facility after one benefit period has ended, a new benefit period begins. There is no limit to the number of benefit periods.

Part B: Medical Insurance Costs

Part B premium (for those with)	\$144.60 is the standard premium
Part B Deductible	\$198 per year
Part B Coinsurance	20% on most services Part B covers

While most people will pay \$144.60, call Benzie Senior Resources at 231.525.0600 for more information.

What if I can't afford my Part B Premium? If you have limited income and assets you may be eligible for a Medicare Savings Program, which pays the Part B premium.

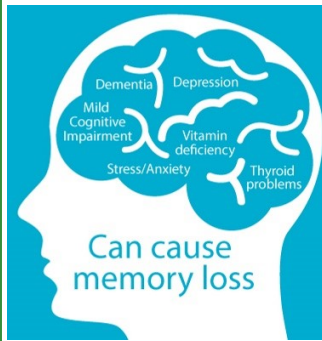
Part D: Prescription Drug Coverage Costs

Part D Premium	National average is \$32.74 per month. There are 24 different Part D programs in Benzie County to choose from.
Part D Maximum Deductible	\$435 per year

What if I can't afford my Part D Premium? If you have a limited income and assets you may be eligible for an Extra Help Program

Contact Benzie Senior Resources at 231.525.0600 to set up an appointment with our certified Medicare Counselor.

Health Clinics & Support Groups



Memory Support Group

March 19th at The Gathering Place. Share memory loss concerns and receive support and resources. Meeting time is 9:30 a.m. to 10:30 a.m. Call 231.525.0601.

Blood Pressure Clinics & Blood Sugar Checks

Thursday, March 12th with Shana Penny and Shelly Durocher from The Maples.



Thursday, March 19th with Kate from Paul Oliver Living & Rehabilitation Center

Both clinics are during our lunch from 11:30 a.m. to 1:30 p.m.

Grief Support

Thursdays in March
11:00 a.m. to 12:00 p.m. at the Benzie Senior Resources office.
Kristi Spencer, MA, LPC Bereavement Coordinator for Heartland Hospice is our group facilitator. Call 231-525-0600 with questions.



Advanced Hearing Center



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Foot Clinic at the Benzie Senior Resources Office.

Wednesdays in March
Call 231-525-0600 for your appointment. We don't charge a fee, but we do appreciate donations.



Did you know?

There are medication drop boxes located at all Munson Hospital locations and at the Benzie County Sheriff's Department.

It's easier than ever to clear out old, expired medications safely.

Benzie Weight Control Group
Meets Tuesdays at Benzonia Township Hall
(top of next to Fire dept)
Weigh in at 2:45 p.m.
Meeting at 3:00 p.m.
Annual Fee of \$5
Call Judy at 248-425-5849



Medical Moment with Megan

Thursday, March 19th

Have medication questions or wondering about a health concern. Megan Francis, our Director of Home Health Services will be at The Gathering Place **during lunch** to answer your questions. Lunch is served from 11:30 a.m. to 1:30 p.m.

HEALTH & WELLNESS



Workshops & Education

Area Agency on Aging of Northwest Michigan is offering Workshops for **Chronic Pain Management and Creating Confident Caregivers.**

Both are held at Trinity Lutheran Church
955 James Street, Frankfort.

Chronic Pain Management
meets once a week for 6 weeks
Wednesdays, 9:00 a.m. to 11:30 a.m.
April 8, 15, 22, 29 & May 6, 13

Creating Confident Caregivers
meets once a week for 6 weeks
Wednesdays, 1:00 p.m. to 3:00 p.m.
April 8, 15, 22, 29 & May 6, 13

There is no cost to attend either workshop but donations are appreciated. Space is limited to 12 participants and registration is required. Register at 800.442.1713 or online at www.aaanm.org/workshop-registration.



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.

Dining with Diabetes

When: April 23rd —May 14th

Where: Grow Benzie

Cost: NONE!

Time: 3:00 p.m. to 5:00 p.m.

Type 2 diabetes can be delayed, controlled or even prevented by eating healthfully and getting regular physical activity. Classes include research-based education, cooking demonstrations and healthy recipe tasting. Classes are funded through a grant from Lions International. Contact Naomi Hyso to register via phone (231-845-3362) or email (hysonaom@msu.edu).



Tech Support!

Benzonia Library

Mondays

11:00 a.m.—1:00 p.m.

Call 231-882-4111 for

more information.

There is no charge.

Darcy Library

Thursdays 12:00 p.m.—4:30 p.m.

with Carol McNulty.

Please call 231-882-4037

for more information.

There is no charge.

Essential Estate Planning

When: Tuesday, March 24th

Where: 9:00 a.m. to 4:00 p.m.

Place: Benzie Senior Resources
Office, by appointment

This is an opportunity to speak with an experienced estate planning attorney for free to review, update and/or create an estate plan. Call 231-525-0600 to schedule your appointment.

BE COUNTED
MICHIGAN2020

In early 2020 every household in America will receive a notice to complete the census online, by phone or by mail.

In May the U.S. Census Bureau will begin following up in person with households that have yet to respond.

You will be asked a few simple questions, like age, sex, and the number of people who live in your home.

You won't be asked for your social security number, bank or credit card numbers, money or donations or anything related to political parties.

March Birthdays & Milestones

Jo Holmes	1	Joan Lichty	9	Cathy Brown	24
Jerome Clark	2	Leon Marciniack	9	Vivian Dufresne	24
Cindy Koop	2	Diane Waters	9	Joan Frederick	24
June McPherson	2	Howard Foust	11	Nancy Vanderlinde	24
Donald Sowa	2	Marie Souvatzidis	11	Lyle Crist	25
Patricia Blackmer	3	Betty Bishop	12	Avondalu Dobson	25
Michael Parson-McNamara	3	Marilyn Cook	12	Becky Miller	25
Rebecca Ramarize	3	Steve Ely	13	Al Komoll	26
John Riegler	3	Erna Lentz	14	Douglas Norris	26
Marjorie Smeltzer	3	Joe Perri	14	Teresa Stockman	26
Ralph Aprill	5	Judy Brouwer	16	Donna Malecki	27
Maggie Baker	5	Kathy Bacon	17	Jon Mead	27
Eugene Freed	5	Cloral Beeler	17	Robert Sullivan	27
Robert McCall	5	Patricia Reed	17	Gail Beeman	28
Setsuko Pelky	5	Patricia Tolar	17	Beth Knapp	28
Dan Davidson	6	Richard Wheaton	17	Donna Sandecki	28
Bev Rockwell	6	Linda Tracy	18	Edward Schlueter	28
Maxine Taylor	6	Dixie Wilkins	18	Carolyn Dole	29
Linda Brown	7	Phyllis Cederholm	19	Irene Nugent	29
Marcia Gould	7	Susan Steben	19	Thelma Rider	29
Annette McCalpin	7	Greta Steele	19	Jonathon Royer	29
Regina Doyle	8	Leroy Holso	20	Kathy Huffman	30
Lorene Gleason	8	Delwyn Sneller	21	Dale Janusch	30
Shirley Metternick	8	Sharon Angus	22	Josh Milnickel	30
Carol Poulisse	8	Douglas Stolz	22	Roger Hawkins	31
William Huhnke	9	Larry Maginity	23	Richard Heniser	31

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.

Staff Anniversaries



Cathy Sanders, 2 years
Cathy is part of our kitchen team and is often seen wearing festive attire to celebrate every month's holiday. She bakes treats for her coworkers and enjoys being part of parades as she represents Benzie Senior Resources.



Grace Blood, 8 years
Grace is a CENA—Competency-Evaluated Nursing Assistant—with our Home Healthcare team. Born and raised in Benzie, Grace is an avid Country Music lover.

Home Delivered Meals Drivers Needed!

Once a month or once a week—you decide. Must possess a valid driver's license. Stop by The Gathering Place or Benzie Senior Resources for your volunteer application, or go to our website: BenzieSeniorResources.org and grab one there. We guarantee you will make a difference on day one.



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



The Benzie Village Singers invite you to join them to sing! Free Open House on February 3rd at Saint Phillips Episcopal Church in Beulah. All voices are welcome! Contact Garrison Wilson, Director at 970-901-7397 or email Bonzodog333@icloud.com

Beware of Social Security Phone Scams



Securing today
and tomorrow

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. **HANG UP!**
2. **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
3. **REPORT THE SCAM AT [OIG.SSA.GOV](https://oig.ssa.gov)**



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security Number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer



Be Active

Protect yourself and your friends and family!

- » If you receive a questionable call, just hang up and report the call at oig.ssa.gov
- » Learn more at oig.ssa.gov/scam
- » Share this information with others

Word Search

National Nutrition Month® 2020

Word Search



Words may be horizontal, vertical, diagonal or backwards.

1. Artichoke
2. Buttermilk
3. Cocoa
4. Dates
5. Eggplant
6. Farro
7. Garden
8. Kidney Beans
9. Mango
10. Noodles
11. Omelet
12. Pork Chops
13. Rainbow Chard
14. Strawberry
15. Turkey
16. Vanilla
17. Watermelon
18. Yellow Squash

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



We are excited to announce the recent grant award from Benzie County Community Chest. The award of \$10,000 will help fund the Benzie County Senior Essential Needs Program for seniors 60 and older in Benzie County. These funds will be used to bring peace of mind to those in desperate need of shelter repairs, utilities, transportation repairs and medical needs.

We are most grateful for the Community Chest for its ongoing support and partnership in building a healthy and strong community.

For more information regarding the Benzie County Senior Essential Needs Program, please contact 231.525.0600.



Donations

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

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

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

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

Legacy Giving: Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

Memorial Gifts: Tribute gifts can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.



If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102,
or
email at info@BenzieSeniorResources.org



DONOR INFORMATION:

Name: _____

☐ *Check here if you wish to remain ANONYMOUS*

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Type of Donation (please circle): Legacy Tribute Other



Make Checks Payable To: Benzie Senior Resources

Mail to: 10542 Main Street, Honor, MI 49640

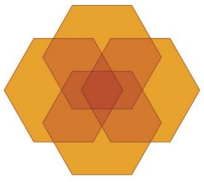


Benzie Senior Resources is an independent 501 (c) 3 not-for-profit organization.
Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations.
Consult your tax or legal advisor for details.



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

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Be connected. Be supported. Be home.

Find out more: 231-525-0600 • BenzieSeniorResources.org