

BENZIE SENIOR RESOURCES

May 2020

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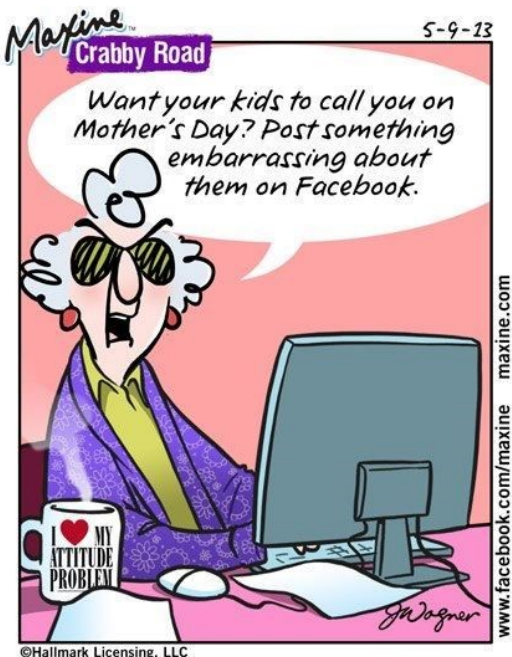


THE SENIOR SCOOP

*Be connected.
Be supported.
Be home.*



Pictured above: Todd Bruce (left) stands with our Executive Director, Douglas Durand (right). Todd delivered a generous donation from The Bruce Family to Benzie Senior Resources.



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



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



DIRECTORY

Phone: 231-525-0600 or

Toll Free: 888-893-1102

Fax: 231-325-4855

Email: info@BenzieSeniorResources.org

Website: www.BenzieSeniorResources.org

facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours

Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours

are Monday — Friday 8:00 a.m.— 4:00 p.m.

with exception to special events and
inclement weather.

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, Benzie County Community Chest, Delta Dental Foundation, The Seabury Foundation and Grand Traverse Regional Community Foundation. 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.

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

NAME _____ DOB: ____/____/____

ADDRESS _____

CITY/ST/ZIP _____ DATE _____

EMAIL _____

If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. 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

April 20, 2020

To our Dear Senior Friends and Community,

I hope that you, your family and friends are safe and doing well while navigating these historic times. As we continue to adjust to life with the COVID-19 pandemic, Benzie Senior Resources have also had to alter our operations and services.

As you know, Governor Whitmer's extension of the "Stay At Home" order is set to expire on April 30th. Our leadership team, in consulting with Benzie-Leelanau District Health Department, has opted to keep The Gathering Place Senior Center and the Administration Office closed through May 31, 2020. The health, safety and wellbeing of our seniors and community is extremely important to us, so every decision we make will be based on just that. We are available to answer your telephone calls Monday through Friday, from 8:30 a.m. – 4:00 p.m.

These are the services that are still being provided and that are critical and necessary to sustain and protect life for the most vulnerable in our population:

Home Delivered Meals (HDM) are still being delivered 5 days a week, offering 3 options for meal delivery:

Option 1—One day a week delivery of one hot meal and then frozen meals for the rest of the week along with milk. **Option 2**—Contactless delivery by placing meals on porches in a cooler, chair, table, or in the garage. Meal delivery person will knock, ring the doorbell or call to let our client know that the meal was delivered and then wait to visually see the client. **Option 3**—Bring meals into client homes while following social distancing guidelines. Delivery person wears masks and gloves and are trained on how to social distance themselves.

After each vehicle returns from a meal route, staff thoroughly disinfects it.

Each client has received a 5-day shelf-stable food bag with basic essential items. Currently, we are working on another 5-day shelf-stable food bag. We also make reassuring phone calls to each HDM client to see what other hygiene, cleaning products, etc. they may need and then we will deliver these items.

We are continually accepting new Home Delivered Meals clients to the program during this crisis. Please call 231-525-0600 for more information.

Curbside Meals from The Gathering Place are still available Monday through Friday between 11:30 a.m. – 1:00 p.m. Please follow the procedure to order meals:

You may order a hot meal which consists of an entrée, 2 vegetables, fruit, milk and bread. If you wish, we can supply you with up to 3 frozen meals at a time. You must call 24 hours in advance at 231-525-0600 or 231-525-0601 between the hours of 8:00 a.m. and 1:00 p.m. Monday through Friday with your name, order and approximate time you plan on arriving. We also need to know the make and color of your vehicle.

- Do not come into the building; staff will come to you in the parking lot.
- Pick up times will be from 11:30 a.m. – 1:00 p.m.
- Donations are still appreciated.

(Letter continues on the next page)

From our Director continued...

In-Home Services such as Medication Management, Personal Care & Respite Services are still being provided but under new protocols established by the Michigan Department of Health & Human Services. A greater emphasis has been placed on continuing with services that meet the new criteria of “Life Sustaining.” We had to reduce some hours and have suspended some of our In-Home Services to clients who didn’t meet these new guidelines.

I know many of our seniors are anxious to sign up for the Lawn Chore Program and resume their Homemaking Services. As soon as these two services are moved from non-essential to essential services, we will operate with our focus on social distancing between the client and contractors. We have plans in place to accomplish this with the emphasis on safety for all.

Our number one priority is the safety of our community and especially our seniors, staff and volunteers. We will continue to be available by phone at 231.525.0600 to answer your questions and to assist you. We will not be accepting or giving out any durable medical equipment and supplies. You must go through a provider that provides this service.

While it is important to be cautious, it is best to remain calm and vigilant in keeping ourselves and each other safe. Reactions and restrictions are being taken with an abundance of caution.

We will continue to closely monitor the situation, stay focused on keeping our employees and volunteers safe and providing you the support you need.

Thank you for your continued support of Benzie Senior Resources as we work through this challenge and please, remain healthy and safe.

Sincerely,

Douglas Durand

Douglas Durand
Executive Director

Celebrating
45
YEARS
Of Service to
BENZIE COUNTY
SENIORS



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SENIOR RESOURCES

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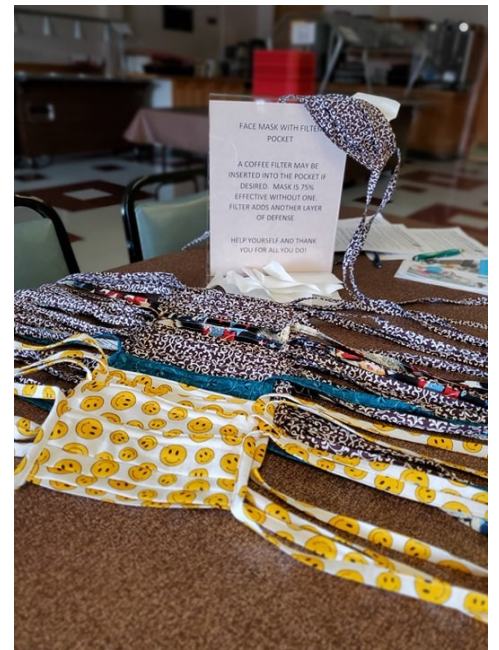


May Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
Meal price is a \$4.00 suggested donation for age 60 and older Under 60 is \$7.50 Caregivers under 60 are \$5.00	We are here to help! You can still get your daily meals from us either by curbside pick-up or Home Delivered Meals. Call us at 231.525.0601 or 231.525.0600 for more Information! We will re-open on June 1st unless instructed otherwise.		We accept cash, Visa, Mastercard and Discover. Personal checks are also accepted made out to BSR Small bills are appreciated	1 Slow Roasted Beef Herbed Mashed Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits
4 Hearty Turkey Tetrazzini Steamed Squash Tarragon Carrots Stone Ground Wheat Bread Classic Fruit Cocktail	5 Seasoned Beef Nachos Authentic Refried Beans Oven Baked Spiced Apples Tortilla Chips with Fire Roasted Salsa	6 Baked Tilapia Almondine Normandy Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Diced Peaches	7 Homemade Sloppy Joe Sweet Potato Bites Cauliflower Florets Chunky Applesauce	8 Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Tropical Fruit Blend Homemade Coleslaw
11 Classic Homemade Lasagna Italian Style Green Beans Steamed Sweet Corn Old Fashioned Strawberry Shortcake	12 Country Style Beef Fritters Herbed Mashed Potatoes Malibu Vegetable Blend Stone Ground Wheat Bread Diced Peaches	13 Crispy Cod Sandwich Capri Vegetable Blend Steamed Broccoli Florets Pineapple Tidbits	14 Spaghetti with Hearty Meat Sauce Tarragon Carrots Steamed Spinach Stone Ground Wheat Bread Fresh Banana	15 Tangerine Chicken over Rice Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges
18 Pineapple Dijon Glazed Ham Whipped Sweet Potatoes Capri Vegetable Blend Stone Ground Wheat Bread Pineapple Tidbits	19 Smoked Sausage with Sauerkraut Tarragon Carrots Steamed Green Beans Stone Ground Wheat Bread Diced Pears	20 Homestyle Salisbury Steak Herbed Mashed Potatoes Cauliflower Vegetable Blend Stone Ground Wheat Bread Fresh Banana	21 Whole Wheat Blueberry Pancakes Savory Sausage Links Fresh Scrambled Eggs Oven Baked Spiced Apples	22 Oven Roasted Chicken Herbed Mashed Potatoes Italian Vegetable Blend Diced Peaches Stone Ground Wheat Bread
25 	26 Homestyle Goulash Steamed Green Peas Tarragon Carrots Stone Ground Wheat Bread Fresh Grapes	27 Spanish Rice with Beef & Bacon Malibu Vegetable Blend Steamed Sweet Corn Stone Ground Wheat Bread Tropical Fruit Blend	28 Steakhouse Cheeseburger Oven Baked Tater Tots California Vegetable Blend Stone Ground Wheat Bread Fresh Banana	29 Classic Hot Turkey Sandwich Herbed Mashed Potatoes Italian Vegetable Blend Diced Peaches

Our New Normal



Photos Clockwise from top left:

Home Delivered Meals Coordinator (HDM) Jeff Stockman prepares to check volunteer Bill Dowd's temperature before he heads out to deliver meals.

Susan Glass works on masks for employees and volunteers. She's made well over 100!

The many varieties of masks for volunteers and staff to choose from are included with instructions and have a built-in pocket for a coffee filter to increase safety.

Volunteers Art & Barbie heading out on a route.

Gloria & Ron load up Subie-Doo for meal delivery.



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

Home Delivered Meals Drivers Needed!

Once a month or once a week—you decide. Must possess a valid driver's license. Go to our website: BenzieSeniorResources.org and grab an application there. We guarantee you will make a difference on day one.

BE COUNTED MICHIGAN2020

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.

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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!



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



**Helping Our
Veterans**

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.

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◀ **Joan Lunden**, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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COVID-19 SCAMS

The IRS and its criminal investigation division have seen a wave of new schemes that criminals are devising to cheat Americans by using the stimulus checks as a way to gain access to their personal identifying information.

“History has shown that criminals take every opportunity to perpetrate a fraud on unsuspecting victims, especially when a group of people is vulnerable or in a state of need,” said Don Fort, chief of the criminal investigation division. “While you are waiting to hear about your economic-impact payment, criminals are working hard to trick you into getting their hands on it. The IRS criminal investigation division is working hard to find these scammers and shut them down, but in the meantime, we ask people to remain vigilant.”

If you already have a 2018 or 2019 federal tax return on file and are eligible for a stimulus payment under the CARES Act (</politics-society/government-elections/info-/coronavirus-cares-bill.html>), the IRS will deposit your payment directly into the bank account you listed on your return.

Social Security recipients and railroad retirees will automatically receive a \$1200 stimulus payment the same way they receive monthly benefits, even if they didn't file a return for 2018 or 2019. The IRS says it will get the information for those recipients from annual benefit statements. If you need to provide bank account information, there will be a secure portal set up on IRS.gov by the middle of April that will allow you to do so. If you don't provide your bank account information, a check will be mailed to your address on file, according to the agency. Officials warn Americans not to give banking information to strangers who offer to put that information into the IRS system for them.

Here are signs a swindler wants your cash.

- The caller or emailer uses the words “stimulus check” or “stimulus payment.” The term that government officials are using is “economic-impact payment.”
- You're asked to sign your check over to the caller. You receive an email, text or social media message saying that you need to verify your personal and/or banking information to speed up your stimulus payment.
- The individual offers to get you your payment faster.

You receive a fake check (</money/scams-fraud/info-/fake-check.html>), and then the sender tells you to call a number to verify your personal information in order to cash it.

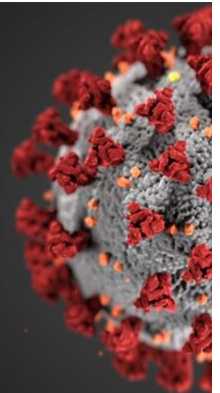
Report potential scams

If you receive unsolicited information-gathering emails, texts or social media messages that appear to be from the IRS or an organization closely linked to the agency, such as the Electronic Federal Tax Payment System, forward them to phishing@irs.gov (<mailto:phishing@irs.gov>). Taxpayers are also cautioned not to interact with potential scammers online or over the phone. Learn more about reporting suspected scams by going to the Report Phishing and Online Scams (<https://www.irs.gov/privacy-disclosure/report-phishing>) page at IRS.gov.

AARP's Fraud Watch Network can help you spot and avoid scams. call our toll-free fraud helpline at 877-908-3360 if you or a loved one suspect you've been a victim.

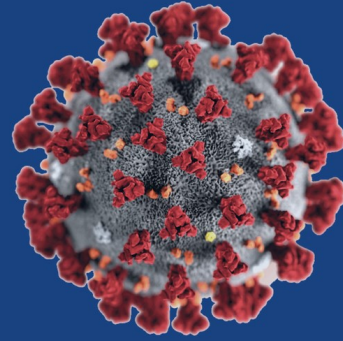
REPORT COVID-19 FRAUD

Contact the National Center for
Disaster Fraud Hotline:
866-720-5721 or disaster@leo.gov



Don't Let COVID-19 Infect You With Insurance Fraud

TOP 5 COVID-19 SCAMS



1

Fake “corona” insurance

Watch for fake health-insurance agents selling low-priced insurance to cover coronavirus “treatment.” Scammers may try to sell low-cost “corona insurance” or health policies that claim to have a coverage provision. Simply hang up on robocalls.

2

Cancelled health insurance

Beware of bogus calls warning you that your health insurance was “cancelled.” You may be given a tollfree line to call, or urged to click a link that installs malware. Most of these are attempts to steal your personal information.

3

Corona medicines, tests

Scammers are peddling fake vaccines, drugs, “all-natural” or “organic” medicines — all “insured and paid for” by your health policy. But the novel coronavirus is exactly that — new — and there is no known cure yet.

4

Senior scams

Beware of free virus “tests” at senior centers, health fairs or in your home. Scammers might ask for your Medicare number, SSN and other information to steal your medical identity. Talk to your doctor if you need a test. Call your insurer directly to answer your coverage questions.

5

Bogus travel insurance

Be wary of pitches for travel insurance that claim to cover coronavirus related trip cancellations. Most standard travel insurance policies may not cover viral outbreaks or pandemics. Know what your policy does and doesn't cover.



**Coalition Against
Insurance Fraud**

Prevent the spread of COVID-19 fraud and share this message

Source: insurancefraud.org/Covid-19.htm

May Birthdays & Milestones

Robin MacKenzie	1	Linda Wilson	10	Neil Soper	19
Katherine Gossens	2	Ingrid Turner	10	Jane Dolph	20
Shirley Austin	3	William Hanson	11	Patricia Danke	20
Michael Bishop	3	Wayne Ingleston	11	Harry Friend	20
Mary Lathwell	3	Jerome Kekel	11	Margaret Winnie	20
Susan Mark	3	Dorothy Kjergaard	11	Herman Illig	21
Richard Robotham	3	Sue Miner	11	Vince Rogers	21
Beverly Holbrook	4	Roger Blue	12	Sherry Grant	22
Rosalie McLenithan	4	Barbara Gauthier-Warinner	12	Catherine Bright	23
Larry Sawallich	4	William Fitzner	12	Viola Dawe	23
Eugene Heniser	5	Hope Clifton	13	Ann Marie	
Ron Hitesman	5	Helmut Wuerzinger	13	Parsons-McNamara	23
Irene Rath	5	Barbara Patterson	13	Joanne Hickman	24
Donna Chalmers	6	Claudia Bailey	14	Jack Howell	25
Mary Dykstra	6	Arlene Conley	14	Kathleen Leach	25
Michael Mead	6	Jane Elzerman	14	Laura Scramlin	25
Warren Putney	6	Bonnie Fast	14	David Grant	26
Kory Tomey	6	Donald Gensman	14	Al Amstutz	27
Jeanne Wolfgang	6	John Milarch	14	Patty Fagan	28
Leo Hughes	6	Hank Cordell	15	Dave Grimes	28
Kay Boyne	7	Rosemary Russell	15	Jenny Reneere	28
Roy Pettigrove	7	Janeth Stevens	15	Dan Robotham	29
Frank Walterhouse	7	Bob Talbott	15	Patty Adams	30
Richard Geren	8	Sharon Harrett	16	Shirley Beaton	30
Lynn Kuehneman	8	Ann Berndt	17	Jim Curtis	30
John VanLaeken	8	Robert Fitzke	17	Lois Hammond	30
Jack Holtrey	9	Jeanne Strathman	17	Richard Hitchingham	30
Sophia Bryan	10	Gerrit Denboer	18	Al Nagel	30
William Chamberlain	10	Pete Dudinetz	18	Neal Powers	30
Anne Damm	10	Diana Heller	18	Paula Showers	30
Roy Nugent	10	Carolyn Lewis	18	Suzanne Strom	30
Mike Sheronick	10	Ray Tate	19	Jerry Machesky	31
Meg Tackett	10	Steve Tebo	19		

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



Tammy Jenkins,
9 years

Tammy is a Certified Nurses Aide and works as a Home Health Aide. Tammy is a loyal participant in our annual Walk-a-Thon fundraiser riding her latest bike and

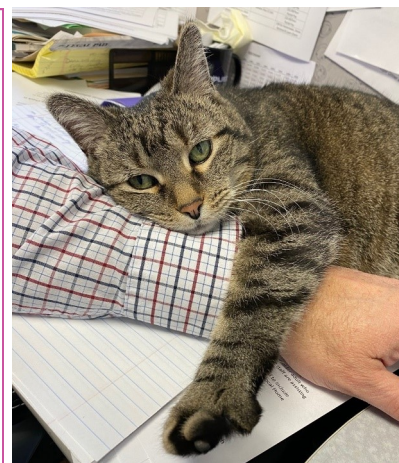
waving to her fans!

Staff Birthdays



Megan Francis,
May 28th.

Happy Birthday to our Director of Home Health Services! Megan loves spending time with her sweet children and going mudding in her Jeep.



Word Search

Summer Picnics

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

Word List:

ANTS
BEES
BOTTLEDWATER
FAMILY
GRILLING
ICEPACKS
LAWNDICE
PICNICBASKET
RAINSHOWERS
SUNSCREEN

BADMINTON
BEVERAGES
BUGSPRAY
FLYSWATTER
HAMBURGERS
INSECTREPELLENT
LAWNGAMES
PICNICTABLE
SNACKS
SUNSHINE

BARBECUE
BLANKET
COOLER
FRIEDCHICKEN
HAMMOCK
JARTS
PAPERPLATES
PLAYGROUND
SPATULA
UTENSILS

BEER
BONFIRE
CROQUET
FRIENDS
HOTDOGS
LAWNCHAIRS
PICNIC
POTATOSALAD
SUMMER
WATERBALLOONS

4 Types of Foods to Support Memory

By Marisa Moore, MBA, RDN, LD

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet also plays a role in brain health.

The best menu for supporting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research is finding the Mediterranean Diet may help keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may support memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of the omega-3 fatty acid, DHA. Substitute fish for other meats once or twice a week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options or supplementation with your doctor or registered dietitian nutritionist. You can get DHA omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.



A BIG, heartfelt **THANK YOU** to MaryAnn DeGood and Joan Giddis for your generous donations of handmade masks for our staff and volunteers! We appreciate your support and help in keeping our crew safe!



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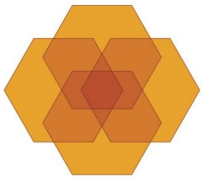
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