



BENZIE

SENIOR RESOURCES

June 2020

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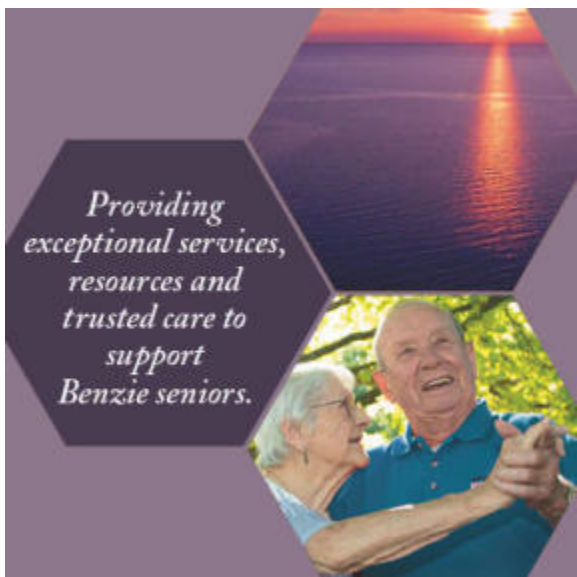
ABOVE—Chef Dave packing up 5-day shelf-stable food bags for our clients.

Happy Father's Day

June is:

Men's Health Month
Adopt a Cat Month
Fresh Fruit and Vegetable Month
Iced Tea Month
Turkey Lovers month





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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

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.
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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

May 18, 2020



Dear Senior Friends and Community,

I hope that you, your family, and friends are safe and doing well while navigating these historic times. As you know, Governor Whitmer extended the “Stay at Home/Stay Safe” order through May 28th. Additionally, on May 8th the MI SAFE START—A Plan to Re-engage Michigan’s Economy was released. Upon review of this document and guidelines, I am extending the closure of The Gathering Place and the Administration Office through June 30, 2020.

The guidelines, as outlined in the MI SAFE START PLAN, announce that businesses and organizations that serve at-risk populations may re-open, with some additional safety requirements, when the State of Michigan reaches Phase 6 (Post-Pandemic). We just now entered Phase 3.

I do have some exciting news to share! As of May 12th, the Spring Clean-up and Lawn Chore Programs were reinstated with new health & safety protocols being implemented. We are also moving forward with restarting the Homemaking Program, in phases, which began May 18th. Again, we are incorporating new protocols for the health, safety and well-being of our seniors, staff, volunteers, and contractors. If you are interested in the Spring Clean-Up, Lawn Chore and/ or Homemaking Services, please contact us at 231.525.0600, Monday through Friday between 8:30 a.m. - 4:00 p.m.

Other services that we continue to offer are: Home Delivered Meals, Curbside Meals at The Gathering Place, and In-Home Services such as Medication Management, Personal Care & Respite Services. For more information on signing up for these services, please call 231.525.0600. If you are in need of Home Delivered Meals, please contact us.

Our number one priority is the safety of our community, especially our seniors, staff, and volunteers. It is important to be cautious and remain calm and vigilant, keeping ourselves and each other safe. We continue to be available by phone at 231.525.0600 to answer your questions. As a reminder, we are not accepting or lending out any durable medical equipment or supplies. You must go through a provider for these items...check with your pharmacy, or ask your health care provider.

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

Sincerely,

Douglas Durand
Executive Director



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

2020 Census Update

As a result of COVID-19 the Census has had to delay their initial plan and develop different strategies to ensure the health and safety of its employees and the community, all while completing an accurate account of the population.

Currently, the 2020 Census is underway with more than half the households across the country having responded.

Information provided daily to the Census Bureau from FEMA, as well as State and Local authorities, will be used to guide Census Bureau decisions on timing.

Currently the Census is in the Self-Response Phase. You may have received a letter or postcard with a code to respond either through Census website www.my2020census.gov, or by calling 844-330-2020. Initially the self-response phase was to take place between March 12 and July 31, but is being extended until October 31.

If you have not reported prior to June 13, Census workers will drop off a questionnaire to your home between June 13 and July 19.

The 2020 Census will ask:

- The number of people in your household
- Whether you own or rent your home
- Your phone number (in case the Census Bureau needs to contact you later)
- For each person in your household: name, sex, age, birthday, race and relationship to person answering the census questions.

If you are a snowbird, it is important to state your address as your primary in Benzie County.

Self-Quarantining

Are you still out-of-town or just returning?

We want to remind you of the importance of a 14—day quarantine when returning home to Benzie County. Health officials continue to advocate for a 14-day quarantine after you have traveled. This is a long time health practice. You may not have any symptoms of COVID-19, but could have been exposed, be a carrier and develop the disease within the 14-day timeframe.

The CDC is encouraging everyone to voluntarily self-quarantine after travel to prevent the spread of COVID-19. WE understand this may be challenging. Please contact our office at 231.525.0600 or the Benzie-Leelanau District Health Department at 231.256.0200 with questions.

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



**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.**



June Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Empanadas with Latin Rice Fire Roasted Corn & Black Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>2</p> <p>Southern Style Pork Fritters & Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>3</p> <p>National Egg Day</p> <p>Housemade Egg Salad on Croissant Pea & Peanut Salad Tropical Fruit Blend</p>	<p>4</p> <p>Chicken Stir-fry over Rice Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>5</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Capri Vegetable Blend Stoneground Wheat Bread Chunky Applesauce</p>
<p>8</p> <p>Shredded BBQ Chicken Sandwich Baked Beans with Bacon Caribbean Vegetable Blend Classic Fruit Cocktail</p>	<p>9</p> <p>Freshly Made Submarine Sandwiches Raspberry Carrot Salad Homemade Potato Chips Cranberry Applesauce</p>	<p>10</p> <p>Cornmeal Dusted Catfish Herb Buttered Potatoes Italian Vegetable Blend Stoneground Wheat Bread Fresh Cut Cantaloupe</p>	<p>11</p> <p>Chicken Tenders with House Dip Sauce Oven Baked Tater Tots Steamed Parisian Carrots Stoneground Wheat Bread Fresh Banana</p>	<p>12</p> <p>Shrimp Scampi over Pasta Oven Roasted Squash & Zucchini Pesto Infused Cauliflower Whole Wheat Garlic Toast Diced Pears Birthday Cake Bites</p>
<p>15</p> <p>Pineapple Dijon Baked Ham Whipped Sweet Potatoes Italian Style Green Beans Sweet Hawaiian Rolls Fresh Grapes</p>	<p>16</p> <p>Homestyle Salisbury Steak Herbed Mashed Potatoes Key West Vegetables Blend Stoneground Wheat Bread Fresh Cut Watermelon</p>	<p>17</p> <p>Texas Style BBQ Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Diced Peaches</p>	<p>18</p> <p>Hand Rolled Sweet & Sour Meatballs Oven Roasted Brussel Sprouts Japanese Vegetable Blend Stoneground Wheat Bread Fresh Plums</p>	<p>19</p> <p>Hand Breaded Baked Chicken Parmesan Garlic Mashed Potatoes Steamed Spinach Stoneground Wheat Bread Pineapple Tidbits</p>
<p>22</p> <p>BBQ Glazed Chicken Cheddar Bacon Mashed Potatoes Steamed Broccoli Florets Stoneground Wheat Bread Cherry Pie Slice</p>	<p>23</p> <p>Classic Fried Smelt Oven Roasted Potatoes Steamed Sweet Peas Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>24</p> <p>Philly Style Chicken Sandwich Sweet Potato Bites Steamed Cauliflower Florets Stoneground Wheat Bread Fresh Grapes</p>	<p>25</p> <p>Freshly Chopped Chef's Salad Soft Baked Breadsticks Fresh Banana</p>	<p>26</p> <p>Caribbean Style Roasted Pork Oven Baked Potato Malibu Vegetable Blend Stoneground Wheat Bread Tropical Fruit Blend</p>
<p>29</p> <p>Belgian Waffle with Berries 'N Cream Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>	<p>30</p> <p>Georgia Style BBQ Pork Sandwich Crispy Smashed Potatoes Normandy Vegetable Blend Fresh Peach Homemade Coleslaw</p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older</p> <p>Under 60 is \$7.50</p> <p>Caregivers under 60 are \$5.00</p>	<p>We accept cash, Visa, Mastercard and Discover. Personal checks are also accepted made out to BSR Small bills are appreciated</p>	<p>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!</p>

All registered voters in Michigan have the right to vote by mail. It's a safe way to vote and protect your health, and the process is secure and accurate.

To vote by mail, fill out the simple application located on the Secretary of State website at www.michigan.gov/sos, print and sign it, and then mail or email it to your local clerk. When filling out the application, if you check the box to be added to the permanent absent voter list, you'll get an application mailed to you before every election. But there's no commitment. Even if you apply to vote by mail, you can change your mind and vote in person.

Due to the passage of the statewide ballot proposal 18-3, all eligible and registered voters in Michigan may now request an absent voter ballot without providing a reason.

Requesting an absent voter ballot

Your request for an absent voter ballot must be in writing and can be submitted to your city or township clerk. (For assistance in obtaining the address of your city or township clerk, see Michigan.gov/Vote) You must request an absent voter ballot by submitting the [application](#), [large print application](#), a letter, a postcard, or a pre-printed application form obtained from your local clerk's office. Requests may be returned by hand, via postal mail, fax, or email, as long as a signature is visible.

Requests to have an absent voter ballot mailed to you must be received by your clerk no later than 5 p.m. the Friday before the election. If you're already registered at your current address, you can request an absent voter ballot in person at your clerk's office anytime up to 4 p.m. on the day prior to the election. If you're registering to vote or updating your address by appearing at your clerk's office on Election Day, you can request an absent voter ballot at the same time you register. If you request your AV ballot the day before the election or on Election Day, you must vote the ballot in the clerk's office.

Once your request is received by the local clerk, your signature on the request will be checked against your voter registration record before a ballot is issued. You must be a registered voter to receive an absent voter ballot, but you can register and apply for an absent voter ballot at the same time. Requests for absent voter ballots are processed immediately. Absent voter ballots may be issued to you at your home address or any address outside of your city or township of residence. After receiving your absent voter ballot, you have until 8 p.m. on Election Day to complete the ballot and return it to the clerk's office. Your ballot will not be counted unless your signature is on the return envelope and matches your signature on file. If you received assistance voting the ballot, then the signature of the person who helped you must also be on the return envelope. Only you, a family member or person residing in your household, a mail carrier, or election official is authorized to deliver your signed absent voter ballot to your clerk's office.

If an emergency, such as a sudden illness or family death prevents you from reaching the polls on Election Day, you may request an emergency absent voter ballot. Requests for an emergency ballot must be submitted after the deadline for regular absent voter ballots has passed but before 4 p.m. on Election Day. The emergency must have occurred at a time which made it impossible for you to apply for a regular absent voter ballot. Please contact your local clerk for more information about emergency absent voter ballots.



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10 Foods to Help Seniors Fight Depression

In addition to contributing factors like social isolation, a loss of independence, or a lack of mobility, did you know diet can play an important role in senior depression? While medicine can be beneficial to depression sufferers, so can pharma-free actions like meditating, spending time outdoors or modifying daily diets to incorporate more foods that give your body (and mind) a boost. Don't miss these 10 smart suggestions:

- 1. Oatmeal**—Starting out your morning with fiber is like handing your digestive system a mop and letting it clean your insides out. As a result, you will feel much less sluggish and ready to face the day.
- 2. Greek Yogurt**—Known as the gut-brain axis, studies have shown a correlation between gastrointestinal flora and the central nervous system, ultimately proving that probiotics fight against depression. There is no food richer in these healthy bacteria than full-fat Greek yogurt, boasting more calcium and protein than low-fat standard yogurt.
- 3. Pumpkin Seeds**—Both melatonin (the sleep hormone) and serotonin (the “happy” neurotransmitter) are synthesized from the essential amino acid called tryptophan. This means that the quality of your slumber and your mood are dependent on it. Many foods feature decent levels of tryptophan (including eggs and asparagus) but none of them rival pumpkin seeds which are also a fantastic source of omega-3 fatty acids.
- 4. Spinach**—Along with B12, a folic acid deficiency has been linked to depression. Unfortunately, folate can be rather difficult to locate using your diet alone, hence why many smart seniors prefer to rely on multivitamins to get all of their nutrients. In the meantime, you can consume a decent dose of this elusive nourishment via spinach and other general leafy greens, as well as asparagus and citrus fruits.
- 5. Tomatoes**—The connection between brain inflammation and depression is well-documented, and this is where the antioxidant called lycopene comes in. Tomato products are packed full with this anti-inflammatory substance, to the point that various studies have proven this diet choice to relieve many of the depressive symptoms. Other lycopene-rich foods include guava and watermelon.
- 6. Egg Yolk**—Vitamin D is famously the sunshine vitamin, which has been increasingly connected to seasonal affective disorder. Thankfully, one can absorb a little bit of this nutrient from their food too, fittingly from the sunshine yolk center of the egg. The white of an egg is also loaded with protein, so crack them open and enjoy their happiness along with other vitamin D products such as mushrooms.
- 7. Assorted Nuts**—An intake of magnesium is consistently shown to be highly valuable for those who suffer from depression, and yet nobody fully understands why. However, when looking at its health properties in regards to a greater muscle flexibility, calcium absorption, and blood pressure regulation, these overall improvements do make some sense. To get more magnesium from your diet, snack on assorted nuts (almonds, cashews, peanuts, and Brazil) as well as tofu and avocados.
- 8. Chili Peppers**—Vitamin C may be the popular choice for those looking for an immune boost, but there have been studies which connect this vitamin deficiency with depressive-like behavior in mice. Luckily, sources of vitamin C are easy to find, from kale to oranges to broccoli, but chili peppers also come with the added advantage of a burning your mouth, which is an ideal depression distraction if there ever was one!
- 9. Tea**—Instead of feeding your anxiety with stimulants like coffee or soda, swap them out for healthier tea alternatives. Green tea is often appreciated as a soothing, relaxing drink filled with antioxidants and nutrients, while chamomile has been linked to an easier night's sleep. If you suffer from a sweet tooth, replace all sugars with moderate amounts of honey to avoid the blood sugar crash.
- 10. Dark Chocolate**—Finally, here is some great news: cocoa polyphenols have been linked to stress reduction, along with various mental, cardiovascular, and energy-related improvements. What's more, it's a friendly message to your taste buds that you love them after all. With this in mind, always stick to the darker variations of chocolate for a more powerful cocoa bite, and do not overdo it! If you are worried about your lack of self-control, you can get a similar antioxidant fix from berries (such as blueberries and strawberries), nuts (such as pecan and walnuts), or artichokes.



Recipe/ MMAP

One Pan Fish Dish

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

1/8 cup canola oil

1/4 cup cherry tomatoes, halved

1 medium onion, quartered

2 cups broccoli florets

1 lemon, half sliced and half juiced, divided

Kosher salt, to taste

Freshly ground pepper, to taste

1 pound white fish (such as snapper, grouper, flounder or barramundi)

4 tablespoons olive oil

Fresh rosemary sprigs (optional)



In pan over medium heat, heat canola oil about 1 minute. Add tomatoes, onions and broccoli to pan; cook 5 minutes, uncovered. Drizzle lemon juice over vegetables and season with salt and pepper, to taste. Place fish on top of vegetables in center of pan and place two lemon slices on top of fish. Sprinkle with salt and pepper, to taste. Cover pan and cook on medium heat 10-12 minutes depending on thickness of fish.

Drizzle olive oil over fish and top with rosemary, if desired, before serving.

Recipe courtesy of Michael-Ann Rowe on behalf of the Seafood Nutrition Partnership
(Courtesy of Family Features) ©LPi

MMAP (Medicaid and Medicare Assistance Program)

Benzie Senior Resources has a Certified MMAP Counselor who assist Benzie County Seniors in making informed decisions regarding the following:

- Prescription plans related to Medicare Part D
- Explain Medicare Health Plan Options
- Review your Medicare supplemental (“Medigap”) insurance needs and compare policies
- Help with correspondence received from Medicare or Medicaid
- Assist with applications for Extra Help and Medicare Savings Programs to save you money on your Medicare costs

MMAP counselors are volunteers who have received specialized training in Medicare and Medicaid law and regulations, health insurance counseling and relevant insurance products. MMAP counselors are not connected with any insurance company, nor are they licensed to sell insurance. Their purpose is to serve you objectively and confidentially. Our MMAP counselor is available by phone appointment (in-person appointments are currently unavailable). Please call our office at 231.525.0600 to schedule your MMAP appointment today!

June Birthdays & Milestones

Joan Giddis	1	Trilby Novak	8	Bob Teegardin	19
Gail LeTourneau	1	Orlin Reed	8	Pat Vertucci	19
Carol Yalch	1	Ann Bock	9	Guy Fast	20
Bobby Erickson	2	Debra Reed	9	Beverly Childs	21
Phillip Feiger	2	Blanche Blacklock	10	Mabel Foust	21
Dan Giddis	2	Julia Hopkins	10	Judy Harnish	21
June Jackson	2	Ethan Kimbrough	10	Steve Branch	22
Jean Revnell	2	Douglas Wilkins	10	Gloria McPherson	22
Karen Yager	2	Robette Leffring	11	Pat Ely	23
Jan Yost	2	Beverly Reed	11	James Reed	24
Conrad Caris	3	Duane Nugent	12	Carol Rider	24
Dennis Cheylava	3	Dennis Chupp	13	Kathy Swetnich	24
Bill Honer II	3	Christopher Sheaks	13	Mary Boyd	25
Robert Kage	3	Harold Sorenson	13	John Ester	25
Ted Mick	4	Ann Bourne	14	Ruth Laffleur	25
Barbara Rennie	4	George Harrington	14	Russell Mowen	25
Joy Brozofsky	5	Ken Keillor	14	Robert Dahringer	26
Orville Campbell	5	Meg Wade	14	Chester Dixon	26
Mary Ferens	5	Greg Wilkins	14	Rosemarie Holso	27
Neal Hughes	5	Nanette Renn	15	Suzanne Jewell	27
Katie Baese	6	Bob Ward	15	Tess Keillor	27
Charlene Burgess	6	Sharon Montonye	16	Gloria Troutman	27
Sarah Gibson	6	Judy Caris	17	Carlos Velasquez	27
Sandra Keeler	6	Kathryn Morton	17	Mary Graham	28
Buck Lumbert	6	Fern Plant	17	James Kilgus	28
James Marsden	6	Leo Scott	17	Phyliss Mowen	28
Sue McGregor	6	Joanne Peterson	18	June Armstrong	30
Pauline Barnes	7	Leonard Corey	19	Jeff Lepke	30
Dennis Colon	7	Susan Harold	19	Carol Salerno	30
Harold Case	8	Betty Kalis	19		
Linda Illig	8	Sandra Schlueter	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



Mellie Long, 11 years
Mellie is a dedicated Home Health Aide who we can always count on for a big smile!

Wanda Smigel, 4 years

Wanda works in our kitchen making sure the meals are delicious! She's camera shy.

Staff Birthdays



Tammy Jenkins- Finney
June 2
Home Health Aide



Shari Ingersoll
June 16
Home Health Aide

Wanda Smigel
June 24
Kitchen Crew Leader



The Golden Girls



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

SOPHIA
LOVE
SOUTHERN
KITCHEN
GOLDEN
FRIENDSHIP
ROOMMATES
RUE MECLANAHAN
MIAMI
STAN
BEA ARTHUR
BETTY WHITE
BLANCHE
PETRILLO
ESTELLE GETTY
ROSE
MINNESOTA
ST. OLAF
MILES
ITALY

Play this puzzle online at : <http://thewordsearch.com/puzzle/18195/>

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.





Help keep COVID-19 at bay: 13 healthy habits and behaviors

May 14, 2020

Muncie, IN — Making personal hygiene and cleanliness a priority are among the 13 healthy behaviors and habits one Ball State University professor says can help lower your risk of contracting and spreading COVID-19 – and help you stay healthy in the future.

Jagdish Khubchandani, a health sciences professor, based his research on mechanisms of transmission and characteristics of SARS-CoV-2 – the coronavirus that causes COVID-19. His recommendations:

1. Shower regularly, because COVID-19 can live on surfaces for days.
2. Keep your clothes clean. Don't wear the same clothes for several days, and do laundry frequently.
3. Don't bite your fingernails or rub your eyes. If you've got young kids, discourage them from thumb-sucking.
4. Try not to scratch your face, head or body.
5. Wash all fresh fruits and vegetables before eating them.
6. Don't litter – either inside or outside your home. You don't want to raise the risk of illness for family members, waste management workers or trash pickers.
7. Remove all leftovers, trash, masks and gloves from your car and dispose of them.
8. Maintain good hygiene while growing out hair, beards or nails, or using hair and face accessories.
9. Cover your face when coughing or sneezing to avoid spreading germs.
10. Wash your hands after using restrooms, being in public places such as gas stations and grocery stores, or using elevators.
11. Clean your cellphone and computer devices, along with desk spaces.
12. Don't rely on carryout or restaurant deliveries as your only source of meals. Try to add more healthy foods to your diet.
13. Don't reuse masks, gloves or personal care devices without cleaning them.

“During and after the pandemic crisis, we need greater awareness, collective action and common civic behaviors driven by scientific evidence on transmission of emerging infectious disease agents such as coronaviruses,” Khubchandani said in an April 28 press release. “We must not hesitate from educating or questioning family members, colleagues and the general public on behaviors that pose danger.”



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.

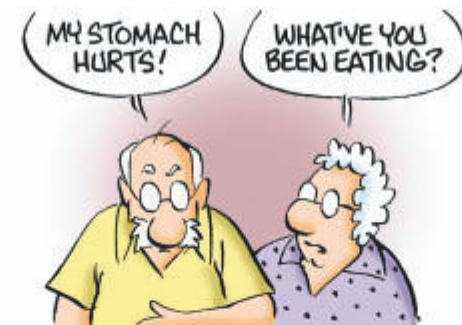


BENZIE

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