



BENZIE SENIOR RESOURCES

July 2020

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keep the meals
rolling and
take care to
adhere to all
of our safety
guidelines.**

THE SENIOR SCOOP

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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.

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

June 22, 2020

Dear Senior Friends and Community,

First off, Happy Summer!

I wanted to give everyone a brief update on our plans to re-open The Gathering Place Senior Center and our Administration Office.

Even though our region is in phase 5 of Governor Whitmer's *MI SAFE START—A Plan to Re-engage Michigan's Economy Plan*, Benzie Senior Resources, like any agency that provides services to the 60 years old and older at-risk population, must follow stricter guidelines. These guidelines are outlined by the Michigan Department of Health & Human Services and suggest for those in the at-risk population to continue to shelter in place. It is because of this recommendation I have made the decision to remain closed through July 31, 2020.

We have been busy in planning for the day that we re-open The Gathering Place Senior Center along with the Administrative Office. We have installed plexiglass in areas of the kitchen where we cannot have staff six feet apart. This provides barriers that protect our staff and volunteers. We have received our desk plexiglass and face shields for the safety of our staff, volunteers and you. Additionally, we have ordered touchless hand sanitizer and soap dispensers that will be added throughout both buildings. New wall mounted brochure racks are located away from the front desk to eliminate potential congestion.

We are seeking opinions via survey from our dedicated visitors to The Gathering Place. The results will help us design a safe environment for everyone. We truly miss each and everyone of you and are looking forward to the day we can re-open and welcome you all back!

Remember we are continuing to accept new Home Delivered Meals clients to the program during this crisis. **Curbside Meals** are also still available Monday through Friday between 11:30 a.m. – 1:00 p.m. Please call 231-525-0600 for more information.

Our number one priority is the safety of our community, especially our seniors, staff, and volunteers. It is very 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.

Thank you for your continued support of Benzie Senior Resources as we work through this challenge and please, remain healthy, safe and Happy 4th of July!

Sincerely,

Douglas Durand
Executive Director





2020 Census Update/ Recipe

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.

Healthy Mocktails

Why not add a little excitement to your summer by choosing something to drink that's fun and colorful, super healthy and delicious, too?

Pink Sunrise Mocktail with Chiquita Bananas and Watermelon Servings: 2

2 Chiquita bananas
1 grapefruit
3 slices watermelon
2-1/2 cups sparkling water
1 lemon
Fresh mint to garnish



Mix the two Chiquita bananas with half of the grapefruit, $\frac{3}{4}$ cup sparkling water and one squeezed lemon. Set this mixture aside. Using another bowl, blend 1-1/2 cups sparkling water with the 3 slices of watermelon and the other half of the grapefruit. Fill half of the glass with the red juice (with the watermelon in it) and pour the other juice (containing the blended bananas) on top. Garnish with a piece of watermelon and mint.

For other fun and delicious drink recipes, check out chiquita.com/recipes.

(Courtesy BPT) ©LPi



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

We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<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>1</p> <p>Pepperoni Stuffed Calzone California Vegetable Blend Italian Style Green Beans Soft Baked Breadsticks Tropical Fruit Blend</p>	<p>2</p> <p>Homemade Sloppy Joes Oven Baked Tater Tots Capri Vegetable Blend Old Fashioned Strawberry Shortcake</p>	<p>3</p> <p>CLOSED</p> 
<p>6</p> <p>National Fried Chicken Day! Chicken Tenders Herbed Mashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Classic Fruit Cocktail</p>	<p>7</p> <p>Freshly Made Submarine Sandwich Raspberry Carrot Salad Cranberry Applesauce Homemade Potato Salad</p>	<p>8</p> <p>Cornmeal Dusted Catfish Herb Buttered Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Cut Cantaloupe</p>	<p>9</p> <p>Authentic Sesame Chicken over Rice Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>10</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Vegetable Blend Stoneground Whole Wheat Bread Diced Pears Birthday Cake Bites</p>
<p>13</p> <p>Deluxe Chicken Sandwich Crispy Smashed Potatoes Scandinavian Vegetable Blend Fresh Grapes</p>	<p>14</p> <p>Homestyle Salisbury Steak Herbed Mashed Potatoes Key West Vegetable Blend Stoneground Wheat Bread Fresh Cut Watermelon</p>	<p>15</p> <p>Texas Style BBQ Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Diced Peaches</p>	<p>16</p> <p>Hand Rolled Sweet & Sour Meatballs Oven Roasted Brussel Sprouts Japanese Vegetable Blend Stoneground Wheat Bread Fresh Plums</p>	<p>17</p> <p>Hand Breaded Baked Chicken Parmesan Garlic Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Pineapple Tidbits</p>
<p>20</p> <p>Pineapple Dijon Baked Ham Whipped Sweet Potatoes Steamed Cauliflower Florets Sweet Hawaiian Rolls Apricot Halves</p>	<p>21</p> <p>Classic Fried Smelt Oven Roasted Potatoes Steamed Sweet Peas Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>22</p> <p>National Hot Dog Day! Hot Dog Homemade Potato Chips Baked Beans with Bacon Fresh Cut Watermelon Chocolate Malt</p>	<p>23</p> <p>Freshly Chopped Chef's Salad Soft Baked Breadsticks Fresh Banana</p>	<p>24</p> <p>Caribbean Style Roasted Pork Oven Baked Potato Malibu Vegetable Blend Stoneground Wheat Bread Tropical Fruit Blend</p>
<p>27</p> <p>Belgian Waffle with Berries & Cream Freshly Scrambled Eggs Savory Sausage Links</p>	<p>28</p> <p>Zesty Chicken Fajitas Fire Roasted Corn & Black Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>29</p> <p>Roasted Veggie Lasagna Pesto Infused Cauliflower Steamed Parisian Carrots Whole Wheat Garlic Toast Fresh Cut Oranges</p>	<p>30</p> <p>Cuban Style Ham Sandwich Sweet Potato Bites Caribbean Vegetable Blend Fresh Banana</p>	<p>31</p> <p>Cajun Style Chicken Pasta Steamed Spinach Capri Vegetable Blend Soft Baked Breadsticks Fresh Peach</p>



Vote!

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.

August Millage Information

The .85 mill Benzie County Commission on Aging Senior Millage is on the August 4th ballot.

This vote is for a 5-year renewal of our existing millage.





Independence Day

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

Word List:

AMERICA
CELEBRATE
FLAG
HOMEOFTHEBRAVE
LIBERTY
PHILADELPHIA
SPARKLERS
UNCLESAM

BARBECUES
COLONIES
FOURTH
INDEPENDENCE
OLDGLORY
PICNICS
STARS
UNITED

BLUE
DECLARATION
FREEDOM
JULY
PARADE
RED
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Walk-a-Thon Annual Fundraiser

We are cancelling our Walk-A-Thon fundraising event for the first time in its 40-year history, and we'd like to gratefully acknowledge all those who have contributed to its success in the past. Workers, walkers, supporters and sponsors – **THANK YOU** for 40 years of success!

To say the cancellation is a disappointment would be an understatement, but it is the prudent thing to do. The funds traditionally raised by the event, however, are needed as much as ever, so a Virtual Walk-A-Thon is planned instead. We hope this virtual event will receive the same level of support enjoyed by previous Walk-A-Thons. Walkers can still solicit pledges from family & friends for their virtual walk, and individuals & businesses can still make their contributions.

“Benzie Senior Resources has been very blessed with the way our community has supported the organization over the years. It’s kept so many people in their own homes... checking on them and helping them with what they need. Thank you to Benzie Senior Resources for helping so many people. It’s fantastic!”

Charlotte Putney – 35-year Walk-A-Thon Participant

The impacts of COVID-19 have been profound for Benzie Senior Resources, **yet the essential work of the agency has continued.** We have followed, to the letter, the required guidelines put in place by Benzie-Leelanau District Health Department, Michigan Department of Health & Human Services (MDHHS), Governor Whitmer’s Executive Orders and Centers for Disease Control and Prevention (CDC). We serve the highest at-risk group and we cannot stop sending meals, giving baths, or managing medication. We could have gone to one meal delivery a week and sent just frozen meals, but that does not fit our mission. We are depended upon to check on your neighbors, your family, your dearest friends. Maybe even you.

Home Delivered Meals. We are still delivering HOT meals every weekday. These deliveries include milk and frozen meals to reheat for another meal and 5-day, shelf-stable food bags. Our dedicated staff and volunteers have their temperatures checked daily. They wear masks and gloves and maintain a 6-foot distance from each other and from clients. Upon returning from meal delivery, each vehicle is disinfected thoroughly. And throughout this pandemic, our numbers have continued to grow. We are delivering up to 300 meals EVERY, SINGLE Day. Many of our folks who would typically be getting their own groceries are afraid to venture out because they are in the high-risk group. Some of our volunteers who were once delivering meals are now receiving them.

Home Healthcare/ Medication Management. On every visit, we ask a specific series of questions and take client temperatures. We are required, by the public health department, to show proof that this is being done. Masks and gloves are worn by our staff while in client homes providing care, and as added protection, our agency has supplied masks to our meal delivery and home health care clients.

Other services continue as well. Among them, the Gathering Place makes hot meals available for curbside pickup, homebound seniors receive phone reassurance calls, and our RNs still meet with clients in their homes. Many changes have been made but our services continue.

We are humbled and beyond grateful for the support of our community over the past few months. Volunteers have stepped up and individuals and organizations alike have sent donations. Because you care, services in support of our most vulnerable population have continued with care, compassion and absolute caution.

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





As we age, our metabolism slows down, senses weaken, and chronic health conditions are more apt to surface. While we can't control our genes, we can control what we put in our bodies and good, healthy eating is the first step to aging gracefully. The good news is that it's a snap to make smart, healthy eating choices to help ensure overall wellbeing. A great place to start is reducing the amount of salt in your diet.

What's the deal with salt? The recommendation for salt intake for adults, according to the American Heart Association, is about 1,500 mg per day. Following this guideline can have a huge impact on reducing the risk of high blood pressure (hypertension) and on overall heart health. This is particularly important for older adults who are at higher risk for heart disease and hypertension.

But reducing our salt intake can be challenging. First of all, we're *used* to salt, which is no surprise. It is one of the oldest flavoring agents and has been used for hundreds of years as a preservative. In addition, because some salt is necessary for our bodies to function properly, and in our deep human past it was hard to come by, we're born programmed to enjoy and seek out salt.

Ditch the salt, but not the flavor. Substituting other ingredients, such as herbs and spices, for salt will go a long way to keeping your body and brain healthy. Many herbs and spices have added health benefits, like bumping up nutritional components such as vitamins and minerals. They can add life to a bland dish, which can have the added side effect of helping seniors regain their appetites.

The Herbs. Rosemary packs a flavor punch. It is an extremely aromatic herb with a strong woodsy smell that some liken to pine and lemon. Add rosemary to soups, meat, and potatoes, and pair it with garlic and olive oil for a classic and flavorful combination. A hidden benefit to using rosemary in your cooking could be improved memory and the prevention of dementia and Alzheimer's disease. Rosemary is a popular aromatherapy oil and is also used in alternative medicines.

Your new love affair with green herbs doesn't have to stop at rosemary – think oregano, thyme, chives, basil, tarragon, sage, and mint! Oregano is often used in Mexican and Italian cooking. Thyme pairs well with chicken dishes, as does tarragon, and both work well with potatoes. Sage is typically found in poultry seasoning, but its homey scent can warm any dish. Mint is most often seen in Greek cuisine. If you don't have your own herb garden, these bright herbs can be found in the produce section of most major grocery stores.

The Rhizomes

Turmeric and Ginger are in the same plant family, these spicy roots can add zing and brightness to your dishes. Found often in curries, turmeric is brilliantly colored orange and has an earthy flavor, and is often praised for its anti-inflammatory properties.

Ginger is not just for Christmas cookies! A cuisine rebel, ginger can be used in both sweet and savory dishes. Ginger paired with garlic will add an Asian flavor to stir fries, rubs, and marinades for meat. Try crystalized ginger chopped and added to cookies for real punch. Ginger's hidden superpower is its long history of being used to combat motion sickness and upset stomachs. Both ginger and turmeric are widely available in grocery stores.

Easy to Find Salt-Free Seasonings

In addition to fresh herbs and spices, there are a number of salt-free blends to try. **Mrs. Dash**—Anyone who has shopped in the spice aisle of the local grocery store will recognize this long-standing bastion of the salt-free seasoning world. **Olive Oil**—Olive oil has a lovely fruity and sometimes peppery flavor on its own, but an infused oil can add even more “oomph.” Try a lemon infused oil with a quinoa and tomato salad, or drizzle fish or steak with a garlic infused oil. **Salt-free Blends**—Of course, there are many blends of herbs and spices that skip the salt to try. Check your local purveyor of spices for their recommendations or explore your local grocery store aisles. An extensive collection is available through The Spice House – there is a style for every taste, savory and sweet!



July Birthdays

Cleo Finch	1	Sue Lee	11	Shirley Damer	24
Fred Kirby	1	Michael Smith	11	Barbara Gannon	24
Charles Struble	1	Jim Dulzo	12	Karen Keranen	24
Henry VanBrocklin	1	Doug Fink	12	Bruce Leach	24
Carroll Volpe	1	DeAnn Loll	12	Bobby Nix	24
John Collins	2	Camille Pluhar	12	Ruth Ann Walker	24
Evelyn Kirby	2	Maudie Anderson	14	Alva Brun	25
Thomas Priest	2	Monica Henry	14	Arlene Clark	25
Ola Reed	2	Thelma McCaughan	14	Daniel Faltinowski	25
Barbara Dougherty	3	Susan Mead	14	Rosemary Friend	25
Ron Fast	3	Ben Taylor	14	Diane Goodson	25
Jerome Brace	4	Mary Lou Allen	15	Robert Esch	26
Darlene Frost	4	David Browne	15	Walter Rohn	26
Robert Halboth	4	Joan Cheeseman	15	Dan Sheffer	26
Barbara Maxwell	4	Nellie Thomas	15	Margaret Evans	27
Evelyn Rommell	4	Denise Favreau	16	Ellice Franklin	27
Paul Zavitz	4	Darlene Gray	16	Richard Haan	27
John Bunker	5	James McLaughlin	16	Neil Nugent	27
Rick Scott	5	Teri Youmans	16	Marjorie Rohn	27
Mark Coon	6	Roxie Hamilton	17	Jereen Sneller	27
Terri Hoxie	6	Arlis Bryan	18	Lois Weaver	27
Kristin Tebo	7	Margaret Chalmers	18	Mary Brownell	28
Lois Bunker	8	John Grix	18	Chris Dowd	28
Jerry Boyle	8	Zelda Hodge	18	Judy McQuilkin	28
Patty Gibson	8	Zoraida Kenner	18	Anthony Paladino	28
Cynthia Schnarr	8	Leila Mackenzie	18	Grace Wuerzinger	28
Shirley Sheronick	8	Harriet Oliver	19	Richard Brown	29
Kirk Lorenz	9	Sarah Webb	19	Mary Chandler	29
Beth Miller	9	Fred Burcroff	20	Mary Jane Nelson	29
Louise Paladino	9	Ron Revolt	20	Robert Carol	30
James Pelekis	9	Joyce Sauer	20	Harry Gardner	30
Geri Hyams	10	Ray Shamel	21	Linda Kassab	30
Robert Mullen	10	David Weiss	21	Evelyn Shelder	30
Linda Sweet	10	Linda Allen	22	Christine Sullivan	30
Dan Bolling	11	Thomas Harrett	22	David VanHammen	30
Christine Campbell	11	Leroy Worden	22	Fred Werth	30
Clinton Hoxie	11	Jackie Fine	23	Jane Kennedy	31
Carol Johnson	11	Ann Howell	23	Shirley Lowenthal	31
Nancy Kage	11	Richard Strom	23	Michael Werth	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.

Scammers may use the COVID-19 pandemic as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send a Coronavirus test, masks, or other items in exchange for your Medicare Number or personal information. Don't fall for it; it's a scam. It's important to **always guard your Medicare Number and check your Medicare Summary Notice (MSN) for errors**. Only give your Medicare Number to participating Medicare pharmacists, primary and specialty care doctors, or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to verify your Medicare Number.



Staff Birthdays & Anniversaries



Angela Haase, July 8th
Angie is the smiling face you'll see when you stop by our office. She is a lover of words, her cats and dear husband Dick.



Jeanna Burns, July 18th
Jeanna works at The Gathering Place in our kitchen. She is a proud mama of three and a loving wife to Ryan.



Laurie Ottenbacher, July 31st and is also celebrating 3 years with BSR. Laurie works in the kitchen at The Gathering Place. Her kind heart is evident as she watches out for our more vulnerable visitors.

CAMERA



SHY

Stacey Moseler-Sweeney, July 10th
Stacey manages medication for our clients. She is one of our Registered Nurses on staff and takes care to help our folks stay safe while living in their own homes.



in Memoriam

We have lost a member of our Benzie Senior Resources family. Grace Blood passed away at the end of May after a brief battle with cancer. She was only 49 years old. Grace worked for us as a Home Health Aide and had just completed her CENA certification. Our thoughts are with Grace's family during this difficult time. She is greatly missed by our staff and clients.

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.

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.



Have an idea for the newsletter? Want to write a guest column?

Email Dawn at Bousamrad@BenzieSeniorResources.org

amazonsmile
You shop. Amazon gives.

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!





Masks and Summer Heat: Expert Tips

By Dennis Thompson

WEDNESDAY, June 17, 2020 (HealthDay News) -- Dr. Teresa Murray Amato rode the subway into Manhattan from Queens the other day and found that summertime and face masks aren't an easy fit.

"It was a warm day. I definitely felt it was a little hot," said Amato, director of emergency medicine at Long Island Jewish Forest Hills in Queens, N.Y.

Despite her discomfort, Amato resisted the urge to remove her mask -- and she recommends that you do the same. COVID-19 continues to spread even in the humid heat of summer, so it's important to keep wearing masks and maintaining social distancing to prevent transmission, said Dr. Waleed Javaid, director of infection prevention and control at Mount Sinai Downtown in New York City.

At least 10 states -- Alabama, Arkansas, California, Florida, Nevada, North Carolina, Oklahoma, South Carolina, Tennessee and Texas -- reached record levels of hospitalized COVID-19 patients on Sunday, the *Washington Post* has reported. This was the risk of reopening, but public health officials have said it's worth it if people wear masks. Evidence has shown that masks can reduce transmission of the new coronavirus, if everyone wears one, Amato said. Summer heat may make your mask feel stifling, but you should keep wearing it if you're near other people or in enclosed spaces, she said.

"Even though we know it's going to be a little uncomfortable, I really think the benefits outweigh the discomfort of being a little warm while wearing your mask," Amato said. Keeping both your mouth and nose covered is important. Folks struggling with their mask in the heat might try switching to a lightweight one that's more breathable.

At this point, surgical masks are in good enough supply that people who are uncomfortable with a cloth face covering might consider buying a box, Amato said. Even grocery stores are carrying them now. "A light surgical mask probably does the trick with the least amount of discomfort," she said. Sweat is another problem. If your mask becomes damp with sweat, its ability to screen out coronavirus is diminished, Amato and Javaid said.

"If it gets sweaty or damp for any reason, you should change the mask," Javaid said. Consider keeping at least one mask on hand to swap out if necessary, Amato said. "In an ideal world, you'd be able to have a few clean ones in your pocket, but I know that's not always possible," she added. Folks who find themselves struggling to breathe should take a short break, Amato said. "It does help if you can take a little bit of a break, distance yourself from people and lift the mask up a little bit, cool yourself off," she said.

Be sure to stay hydrated, Amato said. Dizziness or a racing heart could be a sign of heat exhaustion. In that case, get out of the heat, remove your mask and seek medical care. The good news is that you can take your mask off when enjoying the pool, beach or local park -- as long as you maintain social distancing.

"Getting out there and getting some fresh air just makes you mentally feel better," Amato said. "If you can social distance and you can stay quite a bit of distance away from other people and you're outdoors, we feel pretty comfortable saying you can take that mask off."

The same goes for outdoor exercise like jogging or cycling. As long as you can stay at least 6 feet away from others, you don't need to wear a mask.

SOURCES: Teresa Murray Amato, M.D., director, emergency medicine, Long Island Jewish Forest Hills, Queens, N.Y.; Waleed Javaid, M.D., director, infection prevention and control, Mount Sinai Downtown, New York City



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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

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