



# BENZIE SENIOR RESOURCES

February 2021

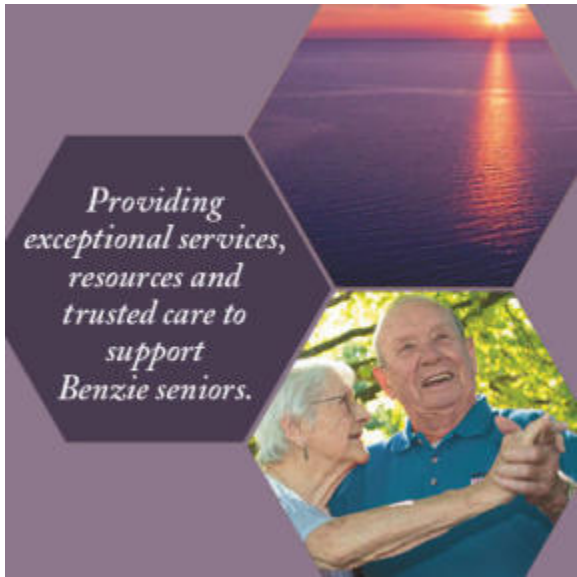
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Charlie Llamas (L) hands stopped by with a check to cover the entire cost of replacement a meal delivery tote. Doug Durand (R) was happy to accept the check on behalf of Benzie Senior Resources. Thank you Charlie for your generosity!





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### DIRECTORY

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 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



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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is no charge for emailing. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at [benzieseniorresources.org](http://benzieseniorresources.org) under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.

## From our Director

Hello,

Moving forward for you!

Many of you will receive or have received a phone call from our staff offering to assist you in getting on the Covid vaccine list. This will ensure that you receive a notification from the Benzie-Leelanau Health Department to schedule your appointment. Our phone calls do not guarantee you an appointment, but rather they are made to make sure that those who are doing the scheduling have the necessary information to contact you.

I want you to know we miss each of you and you are at the forefront of our thoughts in our decision making. In order to ensure your safety, we continue to evaluate and follow the guidance from MDHHS, CDC and the numbers in our region so we can decide how to best provide our services and for reopening plans in the future. Until further notice we will keep The Gathering Place Senior Center closed and continue to offer Curbside Pick-up and Home Delivered Meals. We are still providing Personal Care; Respite Care; Medication Management; Homemaking; Snow Removal; Guardian Medical Monitoring; MMAP and other services, with guidelines to ensure the safety of others. The BSR Administrative Office remains closed to the public, but we continue to do our best to meet your needs.

On Home Delivered Meals-- we continue to set new record numbers in meals delivered and clients served. If you are interested in receiving Home Delivered Meals or volunteering to deliver meals, please give us a call. Our dedicated group of volunteers have, over the past ten months, safely delivered over 60,000 meals. These individuals are the spirit of the Home Delivered Meals Program!

In case you haven't noticed, we have yard signs in front of both The Gathering Place Senior Center and Administrative Office promoting that "Heroes Work Here." I cannot be prouder of the staff and volunteers who continue to put forth the effort to keep our vital services going forward and safely for all of you. Each morning Dave, Kathy, Wanda, Laurie, and Ryan prepare well over 200 meals for the Home Delivered Meals Program and then refocus on the Curbside Pick-up and frozen meals. Jeff organizes the volunteers; routes; BACN Red Bags; Commodity Boxes; client counts, etc. to make sure the meals are delivered. Susan runs the curbside meals. Sabra, Angela, and Nancy answer on average 1,000 phone calls a month to help answer your questions and get the services you need. Megan and Stacey are busy with assessments, in-home foot care and medication management services. Jenya, Traci, Shari, Tammy, Mellie, Amanda, Sharon & Jessica are busy providing in-home care. Numerous contractors are cleaning homes and snow plowing. Dawn and Doug continue to look at enhancing existing programs to safely meet the needs of our seniors and apply for grants to expand the agency for the future. The diverse group of Board of Directors provide their expertise and knowledge for strategic planning.

Please, continue to be safe and healthy!

Warm Regards,

Douglas Durand



**BENZIE**  
SENIOR RESOURCES

Be connected. Be supported. Be home.

*When it matters... We're here*



# Taxes and Announcements

## Tax Prep

Yes, we are still making it possible for our clients to have their tax returns prepared by volunteers of the NMCAA tax prep program. There are differences this year due to COVID-19, as you might guess. There are no in-person appointments. We will not accept any documents from you at the door. We will not be making copies of your documents at our office.

What we will do—Send you a packet of formwork that details what you must do to prepare your documents for preparing your tax return. Please call us at 231.525.0600 and we will put your name on our list and get a packet to you by mail early in February. Then when you have completed your own part of preparation, put your documents together and either mail them to the NMCAA (their address will be enclosed in the packet) or drop them off in our dropbox on the west side of the BSR Administrative Office. If they are dropped here in the dropbox, we will get them to the NMCAA tax program coordinator and they will then prepare your return and contact you with any questions, then file it electronically and mail you your return and documents.

Also, so you know...if you can navigate at all online and have specific questions for the IRS, go to [www.irs.gov](http://www.irs.gov). There is also the free online tax program MyFreeTaxes.com that you can do your own taxes on. The IRS is not accepting/processing returns until after February 12<sup>th</sup>, 2021 and any EIC (earned Income credit) will not be processed until some time in March at the earliest.

We realize this is far different from other years and it will require many of you to do more to ready what you are to submit for your return's preparation. But this is the only way we can make things happen for this program and still keep each other safe during these challenging times. Thank you for your understanding and we are here to answer your questions as best we can.



A very heartfelt thank you to Laura Rutledge and Marty Reyes for the generous donation of lap blankets and various items for our annual Christmas gift bags. These lap blankets will also be given as a welcome to our new clients as they add on to a meal delivery route. We appreciate the generosity, dedication and time involved in creating these blankets.



Please remember that when Benzie Central Schools close for inclement weather, we will be closed for curbside meal pick-up and home delivered meals delivery.

## 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 or might be a carrier and develop the disease within the 14-day timeframe. The CDC encourages 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Classic Chicken Parmesan Italian Style Green Beans Steamed Sweet Corn Whole Wheat Garlic Toast Fresh Cut Oranges</p>	<p>2</p> <p>Homemade Meatloaf with Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Chunky Applesauce</p>	<p>3</p> <p>Savory Sausage Cassoulet Key West Vegetable Blend Oven Roasted Brussel Sprouts Stoneground Wheat Bread Apricot Halves Fresh Made Macaroni Salad</p>	<p>4</p> <p>Chicken 'N Dumplings Italian Vegetable Blend Steamed Parisian Carrots Stoneground Wheat Bread Fresh Grapes</p>	<p>5</p> <p>Homestyle Shepard's Pie Steamed Sweet Peas Steamed Cauliflower Florets Stoneground Wheat Bread Cranberry Applesauce</p>
<p>8</p> <p>Chicago Style Italian Beef Sandwich Sweet Potato Bites Caribbean Vegetable Blend Diced Pears</p>	<p>9</p> <p>Pizza Pesto Infused Cauliflower Oven Baked Peaches Soft Baked Breadsticks</p>	<p>10</p> <p>Cornmeal Dusted Catfish Oven Baked Potato Southern Style Succotash Stoneground Wheat Bread Classic Fruit Cocktail</p>	<p>11</p> <p>Creamy Chicken Ala King Steamed Broccoli Florets Capri Vegetable Blend Fresh Baked Biscuits Fresh Banana</p>	<p>12</p> <p>Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Tropical Fruit Blend</p>
<p>15</p> <p>Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Old Fashioned Strawberry Shortcake</p>	<p>16</p> <p>Creole Style Chicken Gumbo Black Eyed Peas with Bacon Steamed Spinach Stoneground Wheat Bread Diced Peaches</p>	<p>17</p> <p>New Orleans Bourbon Chicken 'N Rice Steamed Broccoli Florets Key West Vegetable Blend Stoneground Wheat Bread Mandarin Oranges</p>	<p>18</p> <p>Hand Rolled Swedish Meatballs Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Chunky Applesauce</p>	<p>19</p> <p>Classic Homemade Lasagna Sicilian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Pineapple Tidbits</p>
<p>22</p> <p>Cheddar &amp; Chive Encrusted Cod Oven Roasted Potatoes Scandinavian Vegetable Blend Stoneground Wheat Bread Fresh Plums</p>	<p>23</p> <p>Homestyle Beef Stew European Vegetable Blend Steamed Parisian Carrots Fresh Baked Biscuits Fresh Grapes</p>	<p>24</p> <p>Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>25</p> <p>Whole Wheat Blueberry Pancakes Freshly Scrambled Eggs Savory Sausage Links Oven Baked Peaches</p>	<p>26</p> <p>Slow Roasted Beef Herb Mashed Potatoes Green Bean Blend Stoneground Wheat Bread Apricot Halves</p>

## Word Search—Types of Cars



AUTOMOBILE  
 BUGGY  
 CAR  
 CLOTH TOP  
 COMPACT  
 CONVERTIBLE  
 COUPE  
 CRUISER  
 DRAGSTER  
 ELECTRIC  
 FOUR DOOR  
 FOUR WHEEL DRIVE  
 GAS POWERED  
 HARD TOP  
 HATCHBACK

HEARSE  
 HOT ROD  
 HUM VEE  
 HYBRID  
 JEEP  
 LIMOUSINE  
 LOW RIDER  
 LUXURY  
 MINIVAN  
 OFF ROAD  
 PARTROL  
 RACE  
 RAGTOP  
 ROADSTER  
 ROTARY ENGINE

RUNABOUT  
 RV  
 SEDAN  
 SOFT TOP  
 SOLAR POWERED  
 SPORTS  
 STATION WAGON  
 STOCK CAR  
 STRETCH LIMO  
 SUBCOMPACT  
 SUV  
 TAXI CAB  
 TWO DOOR  
 UTILITY  
 VAN

## Bulletin Board

### Medicare Advantage Plan Not Working Out? Make Changes During Open Enrollment: Jan 1 to Mar 31

Many seniors have chosen to enroll in Medicare Advantage plans instead of in Original Medicare. But after enrollment, some may find that their new Medicare Advantage coverage isn't what they expected and would prefer to switch to another plan immediately. Luckily, an additional Medicare Advantage Open Enrollment Period from January 1 through March 31, 2021 offers an opportunity to make plan changes. Want to find out about what can be changed during this period? Call Benzie Senior Resources at 231.525.0600 to schedule your phone appointment with our certified Medicare Medicaid Assistance Program counselor.

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**Evening Grief**  
THURSDAY'S  
5:15 PM - 6:15 PM

\*BY PHONE

FOR MORE INFORMATION CALL: 231-935-3089  
We are here to support you. Please contact us.

#### Mindfulness & Grief

THURSDAY'S  
11:30 AM - 12:30 PM

\*BY PHONE

We are using Mindfulness & Grief  
book by Heather Stang  
(Please call ahead to receive a copy)



Please call during a scheduled group time:

For Phone Conference Dial

**1-877-381-1617**

Enter Conference Code:

**423-157-6795#**

State name and Press #

(You'll be placed on hold until the conference begins)



Karen Korolenko is the Director at the Benzie County Department of Veterans Affairs. She can be reached at 231.882.0034 or by email at [kkorolenko@benzieco.net](mailto:kkorolenko@benzieco.net).



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### Home Delivered Meals Drivers Needed!



Once a month or once a week—you decide. Must possess a valid driver's license. Call 231.525.0600 for an application or go to our website: [BenzieSeniorResources.org](https://BenzieSeniorResources.org) and grab an application there. We guarantee you will make a difference on day one.



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

Email Dawn at [Bousamrad@BenzieSeniorResources.org](mailto:Bousamrad@BenzieSeniorResources.org)

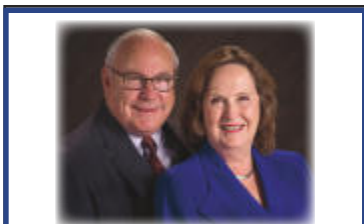
### Want Soup?

Wednesdays at The Gathering Place we'll have soup available during lunch curbside pick-up from 11:30 a.m.— 1:00 p.m. Just call us on Tuesdays at 231.525.0601 or 231.525.0600 to order. We'll be able to tell you what kind of soup we're having when you call.





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15-0688/o

## The Kitchen Uncovered

It was 19 degrees when I arrived at work today. It was dark. It was icy. But, like many of us living in the frigid north, I wouldn't want to live anywhere else. The four seasons that we get to experience in our beautiful region make it all worthwhile. These cold days will make us enjoy the warm summer nights that much more, and we will think back on the frosty air when it is hot and muggy. I wouldn't want to miss out on a single season in Northern Michigan.

One of the best things about Michigan's changing seasons is our delicious and nutritious foods that become available with each passing season. Whether it's a crisp apple in the fall, tender asparagus in the spring, juicy cherries in summer or hearty root vegetables to get us through the cold months ahead, each is just as enjoyable and distinct as each of our Northern Michigan seasons.

About a year ago, we overhauled our menu at Benzie Senior Resources. A few items were cut but many were added. Some items were reserved for special occasions and other favorites became more frequent offerings. It was an experiment. We were excited to see how folks would respond to the changes. We were looking forward to seeing even more faces at The Gathering Place and hearing from them as to what they enjoyed and what they missed. Obviously plans changed. Instead of serving all our folks in person at The Gathering Place while the meals were being delivered to our homebound neighbors, we delivered to many more who chose to stay safe at home, and we began to offer curbside meals to those who could make the trip to pick up their hot meal. While they weren't as flashy as we had planned, we did make the improvements and additions to our menu. The one I am most proud of is our Seasonal Menu.

Before the changes, menus were created month by month. They became repetitive and boring. Some great items were less frequent while others were likely becoming less exciting after appearing month after month. Our Seasonal Menu takes all of our 124 entrees and sorts them into the four different seasons. The "heavier" meals show up when it is colder out and lighter meals like salads and sandwiches will be back when the weather warms. Fresh fruits and vegetables will show up when they are at their peak season. This will enable our next project—focusing on locally produced and sourced foods, to happen smoothly. We do have some of the absolute best food that is grown, harvested, and produced in our own communities, and soon we will work to incorporate those resources into our nutrition program!

While I'm writing this, it happens to be inauguration day. Politics aside, it seems to fit the theme of changes and seasons. It is nice to know that whether or not you are enjoying the current season, there will always be a new one coming that will offer new opportunities to enjoy and appreciate where we live and eat!

Take care,

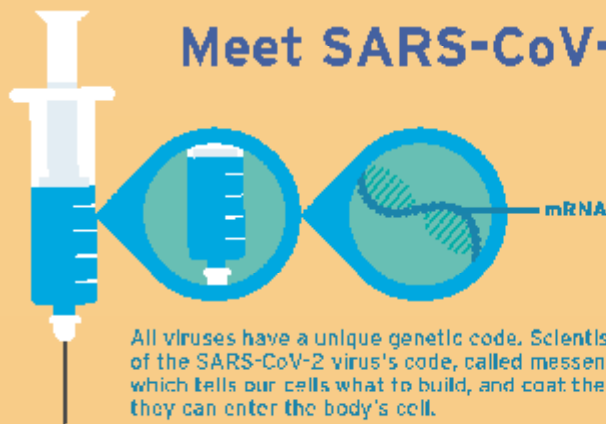
David Main  
Executive Chef,  
The Gathering Place  
Benzie Senior Resources



# Covid-19 Vaccine Information

Every virus is different.

The virus that causes COVID-19 is called SARS-CoV-2.

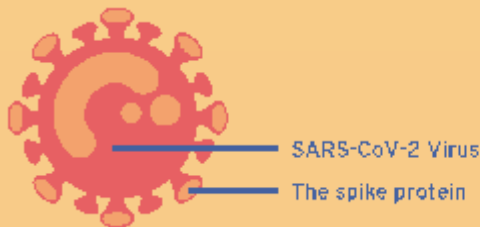


All viruses have a unique genetic code. Scientists take part of the SARS-CoV-2 virus's code, called messenger RNA (mRNA), which tells our cells what to build, and coat them in a lipid so they can enter the body's cell.

This is injected into the patient.



Seniors can call the Aging Hotline at 231-715-5557 for information about where vaccines are currently available.



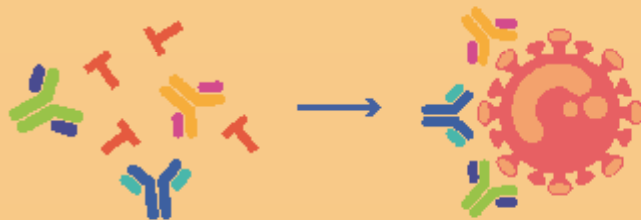
## CREATE

The mRNA tells the cells to make a specific part of the SARS-CoV-2 virus: the spike protein.



## LEARN

The immune system then produces antibodies and activates T-cells to destroy the spike proteins.



## PROTECT

If you are exposed to the virus in the future, your immune system will quickly recognize the spike protein and has the antibodies and T-cells ready to begin the virus.



## The Benefit of Getting Vaccinated

The virus that causes COVID-19 replicates quickly. Without the vaccine, your body has to identify the virus, learn how to fight it and carry out an immune response. In the meantime, the virus can replicate to a level beyond what your immune system can handle – which means you feel sick. With the vaccine, your body can more quickly identify the virus and skip straight to starting its immune response.



## Staff Milestones

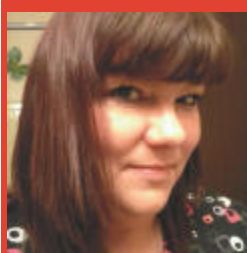
### Staff Birthdays



Nancy Chmielewski, February 16. If you call our office, there is a good chance you've chatted with Nancy. If she doesn't know the answer to your question, she'll get it. When she's not hanging with us, she loves spending time with her grandchildren.



Sabra Boyle, February 22  
Happy Birthday to our Fiscal Manager! Sabra is known for her love of animals and will always adopt the senior dog with special needs over any other.



Happy Belated Birthday to Sharon Parker, one of our very awesome Home Health Aides! Sharon celebrated her birthday on January 13th and somehow this was left out of our January scoop. We are so sorry! Sharon is truly a special person who cares for her clients like family. Thank you Sharon for always going above and beyond for Benzie County seniors.

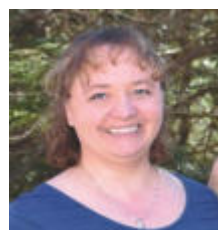
### Staff Anniversaries



Dawn Bousamra, 9 years  
Dawn is our Senior Center Coordinator at The Gathering Place. She misses seeing everyone and is looking forward to when we can re-open. Two of her children are now taller than her.



Stacey Moseler-Sweeney, 2 years  
Stacey is a Registered Nurse and is often found managing client medications or and their footcare. We appreciate her taking the extra care for our folks.



Jenya Cobb, 12 years  
Jenya is a most beloved Home Health Aide and when she enters a room, you'll know it. Her smile and energetic personality brighten everyone's day!

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 accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR. Meal price is a \$4.00 suggested donation for age 60 and older. Under 60 is \$7.50  
Caregivers under 60 are \$5.00

## LOVE YOUR HEART

- Get active
- Eat well
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking



AMERICAN HEART MONTH



## February Birthdays

James Mattis	1	Gail Lappe	9	Sunja Turner	17
Evelyn Maxey	1	Mary Wheelock	9	Simona Lopez	18
Julia Polhamus	1	Donna Durga	10	Patricia Lekovish	19
Judy Schram	1	Pam Howe-Perry	10	Eugene Yagle	19
Kris Dykstra	2	Randy Marcos	10	Dan Rineer	20
Dale McPherson	2	Ted Groesser	11	Sharon Osborne	21
Butch Frederick	3	Betty Hayden	11	Annette Laffleur	22
Bernadette Zachara Marcos	3	Caroline Hentschel	11	Virginia Marsden	22
Bonnie Rickett	3	Marian Lannin	11	Cheryl Taylor	22
Barbara White	3	Harriet Muzzarelli	11	Hillar Bergman	23
Marvin Blackford	4	Archie Souvatzidis	11	Marsha Browning	23
Steven May	4	Don R. Bock	12	Tanya Stolz	23
Jerome Priebe	4	Brent Leines	12	Robb Bollenberg	24
Phyllis Robinson	4	Mary Scholl	12	Helen Fortine	24
Robert Bodell	5	Charles Francis	13	Randall Kocevar	24
Ruth Hovland	5	Jean Higman	13	Tim Brushaber	25
Bruce Wildie	5	Ray Jacobs	13	Susan Garrison	25
Janice Erlewein	6	Shirley Short	13	Cliff Grostick	25
Robert Leyland	6	Ronald Wiggins	13	Irma Komoll	25
Geoffrey Miner	6	Will Amstutz	14	Floyd Tanner	25
Lavina Roberts	6	Molly Frostic	14	Michael Owen	26
Bobbi Smeltzer	6	Gloria Hamalainen	14	Annette Rosa	26
Les Carnes	7	Deborah LaGuire	14	Ron Witzke	26
Sandee Greene	7	John Galadik	15	Cathy Burcroff	27
Alan Kobernik	7	Ann Reinke	15	Mae Fitzner	28
Mark Richmann	7	Amy Tyler	15	Hazel Grant	27
Norman Falete	8	Susan Gilbert	16	Frank Savickis	27
Rachel Flurry	8	Wendy Sandtveit	16	Joan Schendel	28
Bud Frankenberger	8	Art Jeannot	17	Kriste Walsh	28
Brian Buhl	9	Niel Nielsen	17		



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.



What did one piece of toast say to the other? **“You’re my butter half!”**

How did the vegetable politely ask for a date? **“Peas be my Valentine.”**

### *Anniversary Dates and Stories Wanted*

Please, email us or snail mail us this form and tell us your story. We'd love a picture and a chance to share a little more than just your name and anniversary date. Where did you meet? Where did you go on your first date? When did the proposal happen? Where were you married? Children? Grandchildren? Great-grandchildren? Favorite memories, trips, etc.

Email us at: [bousamrad@BenzieSeniorResources.org](mailto:bousamrad@BenzieSeniorResources.org) or call Dawn at 231.525.0601.

Mail the form to: Benzie Senior Resources, 10542 Main Street, Honor, MI 49640 ATTN: Dawn Bousamra

Name \_\_\_\_\_ Anniversary Date \_\_\_\_\_

Yes, I'd love to share my story with you! Please call me at \_\_\_\_\_

I don't want a story but please share my anniversary date.





## Boost Your Immune System in Challenging Times

Good nutrition and a healthy lifestyle that includes managing stress, physical activity, and adequate sleep help to boost your immune system and help you fight illness. Immune boosting nutrients are best from food sources. The following are great ways to bump up your immune system every time you eat.

### **Vitamins, Minerals, and Antioxidants**

Studies have shown that fruits and vegetables provide nutrients—like beta-carotene, vitamin C, and vitamin E—that can boost immune function. Because many vegetables, fruits, and other plant-based foods are also rich in antioxidants, they help reduce oxidative stress.<sup>1</sup>

**Beta-Carotene:** Beta-carotene is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body.

- ✓ Sources: Sweet potatoes, carrots, and green leafy vegetables.

**Vitamins C and E:** Vitamins C and E are antioxidants that help to destroy free radicals and support the body's natural immune response.

- ✓ Vitamin C Sources: Red peppers, oranges, strawberries, broccoli, mangoes, lemons, and other fruits and vegetables.
- ✓ Vitamin E Sources: Nuts, seeds, spinach, and broccoli.

**Vitamin D:** Research shows vitamin D supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing production of proinflammatory compounds in the body.

- ✓ Food sources: Fortified cereals, plant-based/cow milks, fish, supplements.

**Zinc:** Zinc is a mineral that can help boost white blood cells, which defend against invaders.

- ✓ Food sources: meat, nuts, pumpkin seeds, sesame seeds, beans, and lentils.

### Reference

1. Hughes, D. A. (2000). Dietary antioxidants and human immune function. *Nutrition Bulletin*, 25(1), 35–41. <https://doi.org/10.1046/j.1467-3010.2000.00016.x>

Created and Provided by Registered Dietitian Nutritionists (RDN)





# Donation Information

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

*Donations made to  
Benzie Senior  
Resources in memory  
of:*

Susan Bruer  
Nancy Kasperzak  
Leta Dolph  
Grant Papineau  
Robert & Elsie Walton

**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.

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## 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

## SENIOR RESOURCES

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## NEED DENTAL HELP?



We are creating a list of those who need dental care but cannot go to the dentist. Please call **Jennifer** at **(231) 721-5337** to **register** & be ready with answers to these questions:

- Do you have insurance? (We can help with funding.)
- What makes it hard for you to go to the dental office? (We can help provide transportation for you **or** bring dental services to you.)
- What is the dental problem that you need help with? (We need to know if you are in pain, if something broke, or if you just want a check-up, etc.)
- Where do you live? (We need to determine if we can go to your house.)

When you call to discuss your dental problems, Jennifer will ask you more detailed questions in order to create a list and make a plan to get you dental care, whether it's coming to your house with the mobile dental van, or helping you get to the office. Please only call if you do not currently have dental care and need it.

Thank you!

