



# BENZIE SENIOR RESOURCES

January 2021

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*Be connected.  
Be supported.  
Be home.*



Doug stopped by St. Andrews Church to pick up items donated by their congregation for our annual Holiday Gift Bag program. See our thank you on page 3 for a full list of this program's donors!





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## DIRECTORY

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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.

## THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

Benzie Senior Resources  
10542 Main Street  
Honor, MI 49640

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## From our Director

Greetings,

As we say adios to 2020, I am reminded how fortunate Benzie Senior Resources is to be a part of this giving community who supports one another as is evident of the support we received for our Annual Holiday Christmas Bag Program! With everyone's generosity and support, we were able to assemble and deliver 245 gift bags!

**Benzie Senior Resources extends our sincere appreciation to the following churches, groups, and individuals for their help with our annual Christmas Gift Bags for those in need. Once again, Christmas cheer and smiles were delivered throughout Benzie County.**

Items for the bags were donated by the generous congregations of Blaine Christian Church • Trinity Lutheran Church • St. Andrew's Presbyterian Church • First Congregational Church of Frankfort • Frankfort & Elberta United Methodist • First Congregational United Church of Christ of Benzonia • Lake Ann United Methodist • Cornerstone Assembly of God • Crystal Lake Baptist Church

The following individuals and families donated a variety of items including snacks; socks; crossword/wordsearch puzzles; lotion; hand soap; socks; facial tissue; paper towel; etc. Donna Baker • Phyllis Chlebo • Ruth, Anne & Jane Herron • Carol Pelky • Ron Gianola • Cyndi, Rick & Leo Scott • Cindy Scott • Sabra Angus • Jessica Rastelli & Family • Sharon Parker & Family • Kim Hanchosky • Pat Brougham • Maggie VanHaften • Lou & Julie Leonard • June Engelbertson • Kris & Mary Dykstra • Jennifer Rose • Gayle Rayle • Maridee Cutler and the Employees of the Governmental Center

The following individuals made extra special gifts: Pat Hudson for homemade angels around dish soap bottles • Peggy Parks for homemade coasters set and tissue box covers • Judy Groll for homemade hats • Patty Adams for knitted hats • Tawni Young and The ladies from Interquilted for the homemade placemats, walker bags and masks • Kathy, Butch, Wanda and Blanche who baked the delicious, homemade banana bread • Susan Glass who took the lead role in organizing much of the filling of the bags and sorting out the 1,000's of items!

A special thank you to the family of Bonnie Fast for the monetary donations in memory of Bonnie.

And finally, thank you to those angels who discreetly dropped off items for the bags or provided monetary donations to purchases the extra items needed. If we missed your name, please let us know. We would very much like to thank you.

In closing, as we move into a new year, I wish each of you moments of tranquility amid these difficult times. I look forward to a new and revitalized New Year-- there is hope on the horizon!

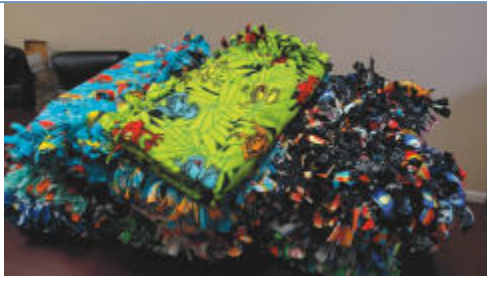
It is the kindness of this community that will lead us to better times.

Love & Peace,

Doug



## Thank you & MSU Extension Classes



In December, we had the honor of being chosen as a recipient of blankets made by the Soul Sisters of First Congregational Church of Benzonia, UCC. Their care and kindness are greatly appreciated as they have provided these warm & wonderful creations as a way for us to welcome new clients and for those who truly need a pick me up. Many thanks to these ladies!

MSU Extension has a variety of virtual health-related programs starting in January. Please see the registration links below for including with social media pages and email.

### Online Tai Chi & Mindfulness

January 11th from 2:00-3:00 p.m.

To Register: <https://events.anr.msu.edu/NYHTaiChiMindfulnessMW100CENTRAL/>

### Online Diabetes PATH Series

January 12th from 1:00-3:00 p.m., To Register: <https://bit.ly/DPATHTuesdays>

January 13th from 5:30-7:30 p.m., To Register: <https://bit.ly/DPATHWednesdays>

### Online Chronic Pain PATH Series

January 14th from 9:30-11:30 a.m.

To Register: <https://events.anr.msu.edu/ChronicPainJan21/>



### Online National Diabetes Prevention Program

January 26th from 11:30-12:30 a.m.

To Register: <https://events.anr.msu.edu/NDPPCohortWinter21/>

You can find many additional MSUE programs and resources for youth and adults on our Remote Learning and Resources page: <https://www.canr.msu.edu/rlr/>



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.



# January Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<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>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>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted</p> <p>Made out to BSR</p>		
<p>4</p> <p>Classic Chicken Parmesan Italian Style Green Beans Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Cut Oranges</p>	<p>5</p> <p>Homemade Meatloaf with Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Chunky Applesauce</p>	<p>6</p> <p>Cheese Potato Stuffed Perogies Oven Roasted Brussel Sprouts Steamed Parisian Carrots Stoneground Wheat Bread Fresh Banana</p>	<p>7</p> <p>Hearty Three Bean Chili Steamed Sweet Corn Capri Vegetable Blend Oyster Crackers Classic Fruit Cocktail</p>	<p>8</p> <p>Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Tropical Fruit Blend Birthday Cake Bites</p>
<p>11</p> <p>Spanish Rice with Beef &amp; Bacon Fire Roasted Corn &amp; Black Beans Steamed Cauliflower Florets Stoneground Wheat Bread Diced Pears</p>	<p>12</p> <p>Hearty Turkey Tetrazzini Scandinavian Vegetable Blend Green Bean Blend Stoneground Wheat Bread Cranberry Applesauce</p>	<p>13</p> <p>Cornmeal Dusted Catfish Oven Baked Potato Italian Vegetable Blend Stoneground Wheat Bread Diced Peaches Homemade Coleslaw</p>	<p>14</p> <p>Citrus Chicken over Rice Caribbean Vegetable Blend Steamed Spinach Stoneground Wheat Bread Cherry Pie slice</p>	<p>15</p> <p>Pizza Sicilian Vegetable Blend Green Peas Soft Baked Breadsticks Fresh Plums</p>
<p>18</p> <p>Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Multigrain Dinner Roll Bonnie's Famous Cranberry Sauce</p>	<p>19</p> <p>Cheddar &amp; Chive Encrusted Cod Crispy Smashed Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Grapes</p>	<p>20</p> <p>Homemade Cheesy Stuffed Peppers European Vegetable Blend Green Bean Blend Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>21</p> <p>Hand Rolled Swedish Meatballs Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Banana</p>	<p>22</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Key West Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>
<p>25</p> <p>Chicken Bacon Carbonara over Pasta Sicilian Vegetable Blend Steamed Sweet Peas Soft Baked Breadsticks Fresh Plums</p>	<p>26</p> <p>Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>27</p> <p>New Orleans Bourbon Chicken 'N Rice Japanese Vegetable Blend Steamed Broccoli Florets Stoneground Wheat Bread Mandarin Oranges</p>	<p>28</p> <p>Whole Wheat Blueberry Pancakes Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>	<p>29</p> <p>Classic Homemade Lasagna Italian Style Green Beans Steamed Sweet Corn Whole Wheat Garlic Toast Pineapple Tidbits</p>



## Bulletin Board



# Support Groups

*Growing Through Grief*

### Kalkaska

WEDNESDAY'S

10:30 AM - 11:30 AM

**\*MUST WEAR A MASK IN PERSON\*  
OR CONNECT BY PHONE**

Kalkaska Commission on Aging  
303 S. Coral St. Kalkaska, MI

### 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)



### 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.



**To prevent the spread of COVID-19,  
Kalkaska group is available by phone or in-  
person (MUST WEAR A MASK). Other groups  
are by phone only for fall and winter.**

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).



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

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



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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. Go to our website: [BenzieSeniorResources.org](https://BenzieSeniorResources.org) and grab an application there. We guarantee you will make a difference on day one.

### 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.



## Winter Wonderland



NIPPY  
SNOWBALL  
HOT CHOCOLATE  
SNOWFLAKE  
FROSTY  
ICICLE  
SKATING  
WONDERLAND  
SLEDDING  
FROZEN  
BLIZZARD  
SKIING  
SNOWFALL  
GLISTEN  
WINTER

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

Play this puzzle online at : <https://thewordsearch.com/puzzle/597/>



### Sunshine Visits with Dawn & Susan

We are delivering treats and treasures to hopefully brighten your day. We'll be socially distant and wear masks. Maybe you have a few questions for us or a bit of news you'd like to share. Give us a call at 231.525.0601 to schedule your visit!

*Pictured: Susan, Julia and Dawn smiling behind masks*





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## The Kitchen Uncovered

There are 36 seasonings in our TGP kitchen right now. To be specific, there are 16 spices, 9 herbs, 10 seasoning blends and salt. “Seasoning” is a broad term for flavorings used in food preparation that include the leaves, bark, roots, and seeds of plants with unique flavor characteristics. While spices are derived from bark, roots or seeds, herbs come only from the leaves of the plant. Seasoning blends are a combination of herbs, spices, sugars, and salts (or their substitutes). Certain herbs and spices contain beneficial compounds that can play a helpful role in maintaining one’s health.

If you are still awake... the reason I am going on and on about seasonings is that I think it is a great way to explain what sets our nutrition program apart from other meal options that are out there. Here are three reasons why having (and using) such an assortment of seasonings is a big deal--

First, it shows that the food made in this kitchen will be flavorful and appetizing. Some ideas of senior meals might be similar to prison or school cafeteria food portrayed in movies: a dull, flavorless blob, robotically slopped onto a cold grey tray, slowly making its way down the line. Our use of seasonings helps us create bright, visually appealing, and tasty food even when it is simply a pinch of parsley to garnish the meal.

Second, it is evident that the majority of food that comes from our kitchen is made from scratch. When pre-packaged overly processed food is used, there is really no need for seasonings. They are added in the factory along with additives, preservatives, and other items that you would never choose to add yourself.

Finally, your meals from us are much more nutritious because of the use of individual herbs and spices as opposed to seasoning packets or pre-made sauces and gravies. We proudly make our own taco seasoning, chili seasoning, sloppy joe sauce, stir-fry sauce, beef, chicken, pork, and turkey gravies etc. This eliminates unnecessary additives, dyes, preservatives and much of the sugars and sodium. These are necessary to create shelf stable packets or jars of ready to use items that you can buy at the grocery store. But we try to do better with what we prepare for you.

And for what you can do on your own I recommend creating your own seasoning blends at home. With some effort and experimenting, they will be exactly how you like. Plus, they are more nutritious and it will probably be much cheaper than buying packets or pre-made sauces and gravies. (They can make great holiday gifts as well!)

While it is truly rewarding, cooking for seniors can be tricky. Many seniors have sensitive digestive systems that do not tolerate spicy or overly seasoned items. Culturally, many may not prefer flavors to which they are unaccustomed or have never been exposed to. Plus, there are factors that lead to a loss of some sense of taste and smell as people age. Bold seasoning is an important way to make food healthy, enjoyable, and interesting. Often it is a struggle to get older loved ones to eat and eat enough if their meal is not appealing to both their eyes and taste buds.

Hopefully, you take some time, regardless of what you are eating, to notice, enjoy and appreciate a perfectly seasoned meal. Hopefully, it came from our kitchen!

Take care,

David Main  
Executive Chef,  
The Gathering Place  
Benzie Senior Resources





# Flu Shots/ Walk Like a Penguin

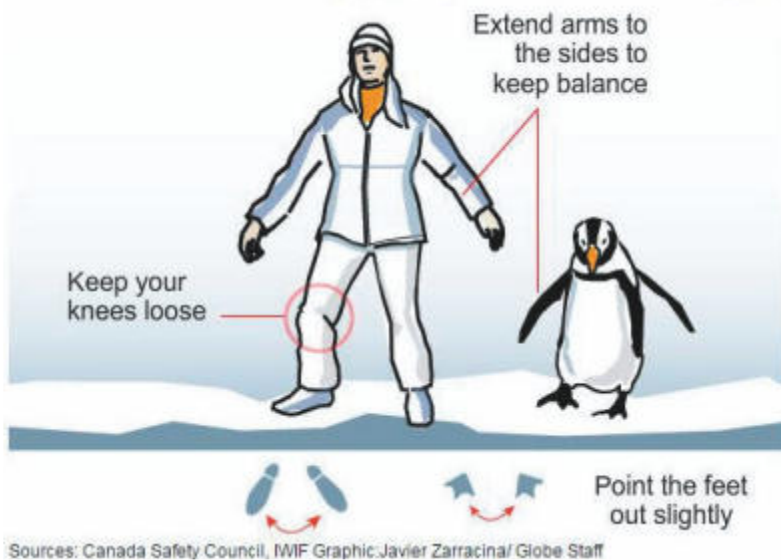
While much of the world's focus this year has been on the pandemic, it's once again time for the influenza virus to begin making the rounds. Like COVID-19, older adults are at higher risk for contracting it. According to the Centers for Disease Control and Prevention (CDC), older adults account for 70% to 85% of seasonal flu-related deaths in the United States during a typical flu season. They also make up between 50% and 70% of flu-related hospital admissions.

Every year, more than 200,000 people are admitted to hospitals with the flu. Another 36,000 people lose their lives because of flu-related complications. Older adults comprise the bulk of those numbers.

While we know some members of our population, such as children, pregnant women, and people aged 40 or older, are at higher risk for the flu and its complications, anyone can catch it. Even if you don't feel sick, you might be. You can spread the virus to people you come in contact with who may have a weaker immune system.

Where can you get your flu shot?  
Hometown Pharmacy in Honor—Call 231.325.2735.  
Benzie-Leelanau Health Department in Benzonia—Call 231.882.4409 to schedule your appointment. Curbside vaccines are available.

## Walk like a penguin to avoid slipping on icy ground BY SOPHIE HINES



Walking on icy ground can be treacherous, greatly increasing the risk of a nasty slip, but one animal that's got the art of treading the ice perfected is the penguin.

While these cold-weather birds don't adopt the most elegant of walking styles, they certainly know how to get around without accidents, and now leading scientists have suggested we could learn a thing or two from penguins' walking style.

The German society for orthopedics and trauma has called on people to imitate the penguins walk in order to stay safe on the ice, reports *The Times*.

'The penguin technique is a simple method to walk safely over frozen ground' says surgeon Reinhard Hoffmann.

So what exactly does it involve? Firstly, the penguins' small steps, which provide their signature shuffling motion, are a good idea to stay safe on the ice.

A graphic to illustrate the advice also urges us to adopt the penguins' method of weight distribution. 'Normally when walking your bodyweight is distributed through both your legs' it says. 'Your legs aren't at the right angle when walking on ice to take your bodyweight, which means you can fall over.'

'To walk on ice safely you need to have your bodyweight over your front leg with your foot in full contact with the ground. You should take small slow steps. Just like a penguin.'

And if you do fall? Experts say you should aim to land on your bottom rather than sticking any limbs out to break your fall (which can lead to a broken arm). At least that way you'll only end up with an embarrassing wet patch!

## Staff Milestones & Sugar

### Staff Birthdays



Douglas Durand, January 4th  
Happy Birthday to our Executive Director! Doug works tirelessly for Benzie Senior Resources. When he isn't working though, he loves spending time with his grandchildren and traveling, especially to Disney, lighthouses and Mackinaw Island.

### Staff Anniversaries



Susan Glass, Two year anniversary  
Susan is our Senior Center Assistant at The Gathering Place. She is the talent behind our gorgeous decorations and unique crafts and activities. She enjoys quilting and volunteers at her church. She is looking forward to seeing you again once we open.

## SUGAR MATH

A healthy diet  
should include  
no more than

10%

of calories from  
added sugars



This is about 200 calories for the  
average person  
...or 50 grams



50 grams is about 12 teaspoons



1 teaspoon  
about  
4 grams



It can add up quickly from...



Beverages  
33 grams



Candy  
27 grams



Desserts  
27 grams

Nutrition Facts	
8 servings per container	
Serving size 1/8 container (125g)	
<b>Calories</b>	<b>230</b>
Total Fat 10g	
Saturated Fat 6g	
Trans Fat 0g	
Cholesterol 20mg	
Sodium 100mg	
Total Carbs 40g	
Dietary Fiber 2g	
Sugars 30g	
Protein 5g	
Vitamin D 100%	
Calcium 100%	
Iron 100%	

### How to find added sugar:

Look on the packages of foods that have added sugar as the top three ingredients and then read the food label. While the food label includes foods that have naturally-occurring sugars, if the sugar is the top three ingredients that is a good indicator that the sugar on the label is added.

Super Tracker has an added sugar calculator.  
Visit <https://www.supertracker.usda.gov> to calculate your eating pattern and sugar budget today!



### Annual Report

Benzie Senior Resources' 2020 Annual Report is located on our website. Go to [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org) and click on the **About** tab, then **Annual Reports** and the **Download 2020 Annual Report** box is right there.



*Kindness, kindness,  
kindness. I want to  
make a New Year's  
prayer, not a resolution.  
I'm praying for courage.  
~Susan Sontag*



*Write it on your heart  
that every day is the best  
day in the year.  
~ Ralph Waldo Emerson*





## January Birthdays

Dorcas Humphrey	1	Beverly Wenger	10	Richard Heinz	20
Judy Kader	1	Gretchen Amstutz	11	Robert Klepac	20
Robert Taylor	1	Bob Dunn	11	Catherine Bishop	21
Max Kracht	2	Bud Middleton	11	Christine Danks	21
Russel Bailey	3	Beverly Poynor	11	Verona Gatrell	22
Sheryl Bradley	3	Jean Arnold	12	Betty Milliron	22
Jane Chavalia	3	Judy Fast	12	George Payne	22
Kristine Megna	3	Jeanne Parlette	12	Tom Bishop	23
Russell Scott	3	Lawrence Picklo	12	Janet O'Brien	23
Todd Dunlop	4	Mary Roeters	12	Wally Sikorski	23
Ross O'Brien	4	Michelle Bigger	13	John Raz	24
Bill Brzozowski	5	Sonya Fraiser	13	Bob Lucas	25
Bill Erlewein	5	Sue Ellen Wescott	13	Gerald McPherson, Jr.	25
Frank Majszak	5	Lorie Richmann	14	David Sorensen	25
Ordie Boss	6	Tad Cook	15	Myra Carol	26
Sharon Cicansky	6	Sharon Francik	15	Richard Erdman	27
Normalee Huddleston	6	Shirley Johnson	15	Richard Lutz	27
Rodney Hunt	6	Marty Marsden	15	Dorothy Witzke	27
Shirley Kerr	6	Esther VanHammen	15	Stephen Allen	28
Grant Sager	6	Leon Rodgers	16	Fuzz Foster	28
Maris Ziemelis	6	Donald Voight	16	Phyllis Chlebo	30
Kathleen Dodge	7	Gordon Danke	18	Shirley Covey-Huseman	30
Nancy Purchase	7	Les Finch	18	Linda Joy	30
Colin Bohash	8	Jean Voight	18	Jeffie Lynch-Jones	30
Shirley Henning	8	Char Ester	19	Anita Valenti	30
Mary Lou Kuerth	8	Randy Gilbert	19	Doug Coster	31
Kathy Engelbertson	9	Denise Holmquist	19	Marie Lovendusky	31
Linda Marshall	9	John Lewis	19	Martha Nix	31
David Moross	9	Keith Mead	19	Betty Robotham	31
Grace Ronkaitis	10	Jay Peregrine	20		

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.

## *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.



# New Year's Resolutions

As 2020 comes to a close, many folks are looking forward to a more positive year in 2021, both personally and on a larger scale. One way to make positive changes or work towards goals in your personal life is to set new year's resolutions. People often choose resolutions based on self-improvement.

## 1. Stay in Touch with Family and Friends

As many continue to stay quarantined during the pandemic, we do not have to be isolated from family and friends. It is important to maintain contact with loved ones to avoid feeling lonely. You can keep in contact with your children, grandchildren, and close friends via video messaging family through Facebook Messenger, Skype, and FaceTime. These options allow you to see your loved one's faces during the conversation. For those who are not as tech savvy, phone calls are still a great way to stay in contact with the outside world.

## 2. Engage in Physical Activity

Staying physically active is important for everyone. During the winter, it is safer to keep physical activities indoors. Examples include lifting hand weights, yoga, resistance band workouts, and riding exercise bikes. When the weather improves, head outdoors for a walk, jog, bike ride or yardwork activities like gardening.

## 3. Keep Mind Sharp with Memory Exercises

While sheltering in place, it is just as important to keep our minds in shape.

- **Arts and crafts:** Any type of arts and crafts including kitting, scrapbooking, drawing and painting
- **Word and number puzzles:** Puzzles like crossword puzzles and Sudoku are great
- **Jigsaw puzzles:** Jigsaw puzzles stimulate the mind and help us relax by reducing blood pressure
- **Reading:** Reading is a great activity that can get the mind and imagination working and improve memory and vocabulary skills.
- **Card games:** There are many card games that involve memory skills and problem solving.
- **Online games:** Between mobile apps and online games, there are many available that more tech savvy seniors can play on their phones or computers.
- **Playing an instrument:** Spending years learning and playing an instrument can help strengthen memory. It is never too late to learn how to play an instrument.

## 4. Eat Healthy

Make it a point to eat healthy in the new year to improve your overall health. Give these suggestions a try:

- Lean protein including lean meats, eggs, seafood, and beans
- Fruits and vegetables
- Whole grains including whole wheat pasta and brown rice
- Low fat dairy
- High fiber foods like citrus fruits, berries, beans, and carrots
- Vitamin D foods like fish, milk, orange juice, and supplements
- Avoid foods that are high in sodium or sugar





# 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!

*December donations made to  
Benzie Senior Resources in memory of:*

**Al Hyams    Bonnie Fast    Brian Harrett**

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)

**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.

## 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

10542 Main Street, Honor, MI 49640

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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!

