



BENZIE SENIOR RESOURCES

March 2021

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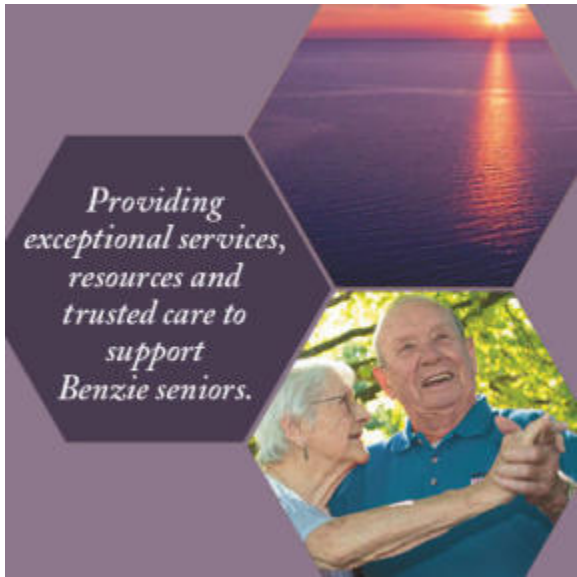
Dave Wynne stopped by to deliver a grant award check. Thank you to Benzie Sunrise Rotary Foundation for the support as we continue to work on helping Benzie Seniors.

We would also like to thank Benzie Community Foundation for their generous grant award of \$10,000. This money is earmarked to support our Senior Essential Needs Fund.

March is:

- Women's History Month
- National Kidney Month
- National Nutrition Month
- Save Your Vision Month





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Website: www.BenzieSeniorResources.org
facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)
The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours
Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours
are Monday — Friday 8:00 a.m.— 4:00 p.m.
with exception to special events and
inclement weather.

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, *Executive Director*

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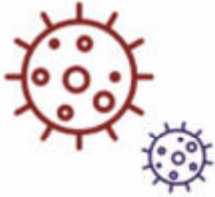
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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is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

COVID-19 Vaccine



Vaccines are now available to stop coronavirus disease 2019 (COVID-19). The vaccine prevents most people (roughly 95%) from getting sick with COVID-19. **The vaccine is free and requires two shots from the same manufacturer spaced 3-4 weeks apart.** Getting the vaccine can keep you healthy and stop the pandemic. Here are some important things to know about the vaccine.

It is not available to everyone yet.

It takes time to vaccinate everyone so the Advisory Committee on Immunization Practices (ACIP) and the State of Michigan created phases or prioritizations. People with high risk or who perform critical jobs will be the first people vaccinated.

Currently eligible for vaccine:

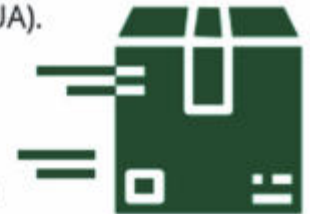
- Anyone over age 65 years
- Health care workers
- First responders
- Adult/child protective services workers
- Childcare/School employees
- Corrections employees.



It is estimated additional critical workers and people under age 65 with high risk health conditions will be eligible for vaccine starting in May, 2021

It was developed quickly and safely.

Scientists have been working with other coronaviruses for many years and used that work as a starting point. No steps were skipped, but the timeline was shortened. Like other vaccines, the COVID-19 vaccine went through three clinical trials. Vaccine manufacturers began making the vaccine prior to authorization so it would be ready to ship as soon as it received an Emergency Use Authorization (EUA). Manufacturers will work to complete typical licensure.



There could be minor side effects for a day or so.

Vaccines cause your immune system to respond. This can cause some flu-like symptoms. This includes a low-grade fever, headache or just feeling a bit tired. Your arm may also be sore from the shot.



How to get on our waiting list?

- COVID-19 Vaccine Sign Up form- www.bldhd.org/covid-19-vaccine
- Seniors without internet access can call 231-715-5557.
- Please do not fill out the survey more than one.



You still need to wear a mask, practice social distancing and wash your hands.



The vaccine is a powerful prevention tool, but until the pandemic is under control, we must continue to take all prevention measures.

Taxes and Announcements



Need Tax Help?



We are partnering with NMCAA to offer free tax preparation for our clients with a few adjustments due to the pandemic.

- 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.
- We will send you a packet and list of required documents to include. Call 231.525.0600.
- When completed, either mail them to the NMCAA (their address will be enclosed in the packet) or drop them off in our secured dropbox on the west side of the BSR Administrative Office.
- The NMCAA tax program volunteer will prepare your return, contact you with any questions, file it electronically and mail you your return and documents.

SPRING FORWARD



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.

March Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Thai Style Peanut Chicken Thai Style Spring Roll Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>2</p> <p>Smokey Ham & Bean Soup Capri Vegetable Blend Green Bean Blend Oyster Crackers Chunky Applesauce</p>	<p>3</p> <p>Jamaican Style Chicken & Rice Whipped Sweet Potatoes Malibu Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>4</p> <p>Beef Empanadas with Latin Rice Fire Roasted Corn & Black Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>5</p> <p>Baked Tilapia Almondine Oven Roasted Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Classic Fruit Cocktail</p>
<p>8</p> <p>Zesty Steak Fajitas Authentic Refried Beans Latin Style Rice Diced Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>9</p> <p>Spaghetti & Italian Meatballs Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Tropical Fruit Blend</p>	<p>10</p> <p>Grilled Ham & Cheese Oven Baked Tater Tots Oven Baked Spiced Apples Fresh Garden Salsa with Betsie Valley Ranch</p>	<p>11</p> <p>Pizza Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Diced Pears</p>	<p>12</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Fresh Banana Birthday Cake Bites</p>
<p>15</p> <p>Boneless Pork Chops with Herbed Stuffing Oven Baked Potato Key West Vegetable Blend Swett Hawaiian Rolls Fresh Grapes</p>	<p>16</p> <p>Country Style Beef Fritters & Gravy Herb Buttered Potatoes California Vegetable Blend Stoneground Wheat Bread Cranberry Applesauce</p>	<p>17</p> <p>Corned Beef with Braised Cabbage Herb Buttered Potatoes Steamed Parisian Carrots Swirled Rye Bread Fresh Plums</p>	<p>18</p> <p>Beef and Cheese Stuffed Ravioli Steamed Cauliflower Florets Steamed Spinach Whole Wheat Garlic Toast Pineapple Tidbits Homemade Cherry-Oatmeal Cookie</p>	<p>19</p> <p>Oven Roasted Chicken Parmesan Garlic Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges</p>
<p>22</p> <p>Crispy Crab Cakes Cheddar Bacon Mashed Potatoes Japanese Vegetable Blend Stoneground Wheat Bread Mandarin Oranges</p>	<p>23</p> <p>Bratwurst with Sauteed Peppers & Onions Baked Beans with Bacon Steamed Florets Fresh Banana Homemade Potato Chips</p>	<p>24</p> <p>Whole Wheat Cinnamon French Toast Savory Sausage Links Fresh Scrambled Eggs Oven Baked Pears</p>	<p>25</p> <p>Georgia Style BBQ Pork Sandwich Oven Baked Tater Tots Southern Style Succotash Fresh Grapes</p>	<p>26</p> <p>Chicken Florentine over Rice European Vegetable Blend Steamed Parisian Carrots Stoneground Wheat Bread Apricot Halves</p>
<p>29</p> <p>Homemade White Chicken Chili Oven Roasted Brussel Sprouts Steamed Sweet Corn Oyster Crackers Chunky Applesauce</p>	<p>30</p> <p>Stuffed Cabbage Rolls Venetian Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Diced Pears</p>	<p>31</p> <p>Classic Philly Steak Sandwich Crispy Smashed Potatoes Scandinavian Vegetable Blend Classic Fruit Cocktail</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 made out to BSR.</p> <p>Meal price is a \$4.00 suggested donation for age 60 and older. Under 60 is \$7.50 Caregivers under 60 are \$5.00</p>

Word Search

Ides of March Word Search

Find the names of people, places and things associated with Rome's best known statesman, Julius Caesar.

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

AEDILE
BRITAIN
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WANTED: Sweaters, all sizes, preferably with some wool content in them; sweater vests; wool coats; wool fabric; fleece fabric; buttons; thread wool and fleece blankets. Drop off in our bin outside The Gathering Place between 9 a.m. and 1 p.m. Monday –Friday. Eventually, we'll be making mittens from these supplies. This might be a virtual class, or even a Youtube video you watch, but we're going to do this. Call Susan at 231.525.0601 for more information.



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 might need 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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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.



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Have an idea for the newsletter?

Want to write a guest column?

Email Dawn at 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

The Kitchen Uncovered

Writing this article gives me the chance to highlight some of the work that happens in our kitchen here at Benzie Senior Resources. There is quite a bit of interesting information to pass along and quite honestly to brag about. I hope these articles are informative, if not gripping... And I hope that each article gives readers more reasons to be proud of and to spread the word about our wonderful nutritional program and the great community we serve.

In order to understand what our organization is truly made of I'll share some of the not so obvious jobs that happen behind the scenes--those tasks that are consistently done day to day that create a solid foundation which allows the real magic to happen. When things run smoothly and efficiently in a kitchen, opportunities for creativity, experimentation and improvement are possible. The result is nutritious, visually appealing, and tasty meals. I'm lucky to be the one who gets to artfully photograph our beautifully crafted entrées each day, so we can share that image with everyone on Facebook. (Hopefully you are following our Facebook page!) However, some of what we do isn't flashy or elegant like today's meal that was posted...flaky, whole muscle catfish filet lightly dusted with cornmeal, baked to perfection, and garnished with a fresh lemon wedge.

We have a great reputation here for cleanliness and organization in our kitchen. We have a squeaky-clean record with the health department. It's usually the first thing new employees notice. Even delivery drivers and maintenance workers have said they've never seen a cleaner kitchen. This doesn't happen easily. In fact, in many kitchens it doesn't happen at all. Cleaning and sanitation have always been just as important as the meals we serve. Every part of the kitchen gets cleaned on a regularly scheduled basis. Daily, weekly, and monthly we clean everything--from the air filters near the ceiling to the drains in the floor! This is all necessary for regulations and because we recognize the importance of what we do as many of the people whom we serve are vulnerable and more susceptible to germs than others.

When we combine an exhaustive cleaning regimen with the extra sanitizing processes we have included because of the pandemic, it makes for a lot of uninteresting work here. Some of our deep cleaning is quite labor intensive-- even more, it can be mentally draining because even as it gets done dutifully it can seem like so much of the work is never seen or recognized. I'm proud to say our kitchen staff takes the importance of a sanitary and organized kitchen to heart. All of this needs to be done so we can ensure a clean environment from which great meals can be safely created for everyone in our wonderful community.

Take care,

David Main
Executive Chef
The Gathering Place
Benzie Senior Resources



Recipe

Easy Chicken & Dumplings

INGREDIENTS FOR THE SOUP

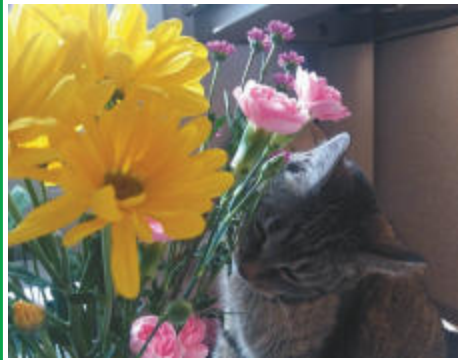
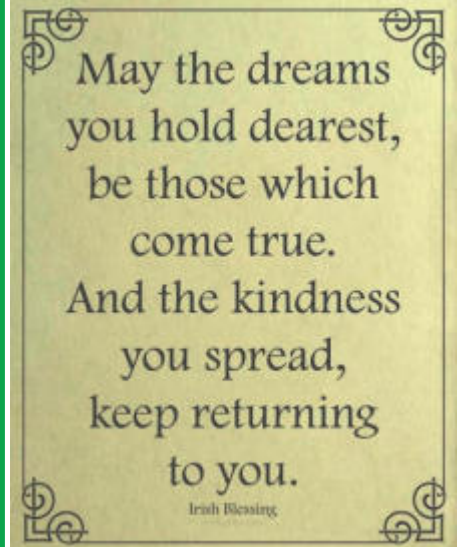
2 tbsp. extra-virgin olive oil
1 large onion, chopped
2 medium carrots, peeled and diced
1 stalk celery, chopped
1 tsp. dried oregano Kosher salt
Freshly ground black pepper
3 cloves garlic, minced
6 c. low-sodium chicken broth
4 boneless skinless chicken thighs
2 boneless skinless chicken breasts
3 sprigs thyme
1 c. heavy cream
Freshly chopped parsley, for serving

FOR THE DUMPLINGS

1 1/2 c. all-purpose flour
1 tbsp. baking powder
1 1/2 tsp. kosher salt
1 large egg 2/3 c. buttermilk
2tbsp. butter, melted

Make soup:

1. In a large Dutch oven over medium heat, heat oil.
2. Add onion, carrots, and celery and cook until tender, 5 minutes.
3. Season with oregano, salt, and pepper. Add garlic and cook until fragrant, 1 minute.
4. Add broth, chicken, and thyme to pot and bring to a boil. Reduce heat and simmer until chicken is cooked through, 10 minutes. Remove chicken and shred with two forks.
5. While soup is simmering, make dumplings: In a large bowl, whisk together flour, baking powder, and salt. Make a well in the flour and add egg, buttermilk, and melted butter and whisk with a fork until combined.
6. Add shredded chicken and heavy cream to pot, then return to a simmer.
7. Drop spoonfuls of dumpling mix into pot, cover and cook on low until dumplings are cooked through, about 5 minutes.
8. Garnish with parsley before serving.



May your troubles be less, and your blessings be more, and nothing but happiness come through your door.

—
IRISH BLESSING



Milestones



Cathy Sanders, 3 years
Cathy is part of our hardworking kitchen team and is often seen wearing festive attire to celebrate every month's holiday. She bakes treats for her coworkers and enjoys being part of parades as she represents Benzie Senior Resources.



Amanda Miner, March 30
Amanda is one of our dedicated Home Health Aides. She is married and has two children. Amanda is grateful for all of her blessings and is happy living here in beautiful Benzie County.



Happy 50th Anniversary to Karen and Rick Houser! They met while Rick was in the Air Force and were married on March 6th, 1971 in Pittsburgh, New York. Rick was a Sergeant in the Air Force. The couple moved to Michigan in 1971 and Rick worked at The Detroit Newspapers for 34 years as a mechanic. Karen worked as a secretary for many years. Retirement led them to Benzonia in 2007. They have two daughters and six grandchildren—three boys and three girls.

Crabby Road 3-12-07



Crabby Road Crabby Road



March Birthdays

Jo Holmes	1	John Harnish	9	Joyce Kirback	20
Art Lezotte	1	Lonna Harrison	9	Marcia Blackford	21
Bob Rosa	1	Joan Lichty	9	Sharon Angus	22
Jerome Clark	2	Diane Waters	9	Julia McDonald	22
Judith Feiger	2	George Kirback	10	Dale Herscher	23
Cindy Koop	2	Howard Foust	11	Larry Maginity	23
June McPherson	2	Marie Souvatzidis	11	Joan Frederick	24
Donald Sowa	2	Linda Wood	11	Nancy VanderLinde	24
Patricia Blackmer	3	Marilyn Cook	12	Lyle Crist	25
Shirley Edinger	3	Dale Gauthier	12	Avondalu Dobson	25
Michael Parson-McNamara	3	Steve Ely	13	Becky Miller	25
Rebecca Ramarize	3	Elaine Saffron	13	Al Komoll	26
John Riegler	3	Erna Lentz	14	Douglas Norris	26
Susan Welsh	3	Kenneth Batchelor	15	Teresa Stockman	26
Camilla Jensen	4	Rick Gatrell	15	Jack Leared	27
Sherri Wilson	4	Gale Jacobs	15	Donna Malecki	27
Robert McCall	5	Don Johnson	15	Robert Sullivan	27
Setsuko Pelky	5	John Noecker	15	Susan LaCross	28
Glenn L. Reed	5	Kathleen Shadwick	15	Robert Milner	28
Pam Clark	6	Judy Brouwer	16	Donna Sandecki	28
Dan Davidson	6	Kathy Bacon	17	Stanley Saxton	28
Beverly Rockwell	6	Cloral Beeler	17	Edward Schlueter	28
Maxine Taylor	6	Jannette Ervin	17	Carolyn Dole	29
Linda Brown	7	Mary Hoyt	17	Carol Dye	29
Marcia Gould	7	Violet Labadie	17	Marty Jablonski	29
C. Annette McCalpin	7	Steven Lowry	17	Irene Nugent	29
Cathy McCoy	7	Patty Tolar	17	Thelma Rider	29
Gerald Triltsch	7	Dixie Wilkins	18	Kathy Huffman	30
Richard Wheaton	7	Marie Chick	19	Dale Janusch	30
Regina Doyle	8	Sara Hollenbeck	19	Angie Russell	30
Lorene Gleason	8	Don Mead	19	Rose Dillehay	31
Shirley Metternick	8	Susan Steben	19	Roger Hawkins	31
Carol Poulisse	8	Greta Steele	19	Richard Heniser	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.

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 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.



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.



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.

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

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March is National Kidney Month

Article from National Kidney Foundation-https://www.kidney.org/news/monthly/wkd_aging

Kidney disease can develop at any time, but those over the age of 60 are more likely than not to develop kidney disease. As people age, so do their kidneys. According to recent estimates from researchers at Johns Hopkins University, more than 50 percent of seniors over the age of 75 are believed to have kidney disease. Kidney disease has also been found to be more prevalent in those over the age of 60 when compared to the rest of the general population.

"Many people don't realize that, as we age, we lose kidney function," said Beth Piraino, MD, National Kidney Foundation President. "Unfortunately, older Americans may not realize they are at increased risk until it is too late."

The National Kidney Foundation (NKF) urges everyone over the age of 60 to be screened for kidney disease. NKF recommends annual screening with a simple urine albumin test that checks for protein in the urine-the earliest sign of kidney damage-as well as a blood test for kidney function. In addition to seniors, NKF recommends that members of other high-risk groups, such as those with diabetes, high blood pressure, and/or a family history of kidney failure, also be screened annually.

Kidney disease often develops slowly with few symptoms, and many people don't realize they have it until the disease is advanced. Awareness of kidney disease, especially for those at risk, is the first step to preventing, or slowing the progression of kidney disease.

Kidney Disease Facts:

- Kidney disease kills more people each year than breast or prostate cancer.
- The National Kidney Foundation recommends annual kidney disease screening for anyone over the age of 60.
- Risk factors for kidney disease include: high blood pressure, diabetes, kidney stones, a family history of kidney failure, prolonged use of over-the-counter pain medications, and being over the age of 60.
- More than 37 Million Americans - 1 in 7 adults- have chronic kidney disease and most don't know it.