



BENZIE

SENIOR RESOURCES

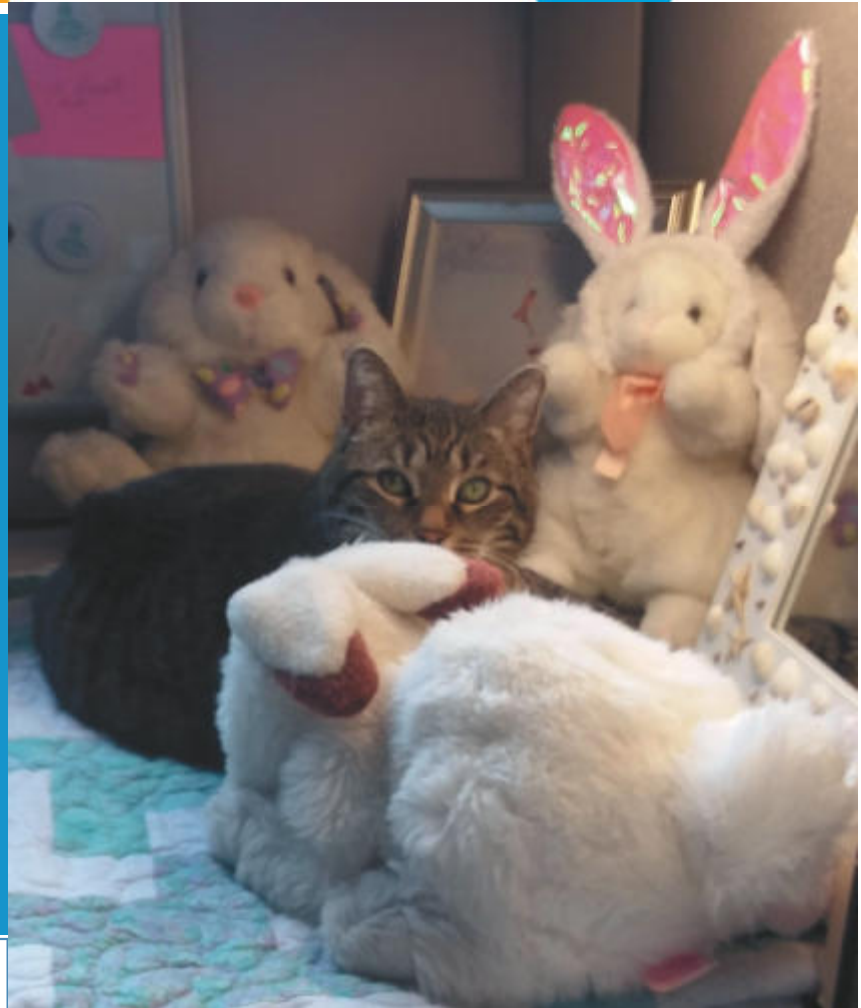
April 2021

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*Be connected.
Be supported.
Be home.*

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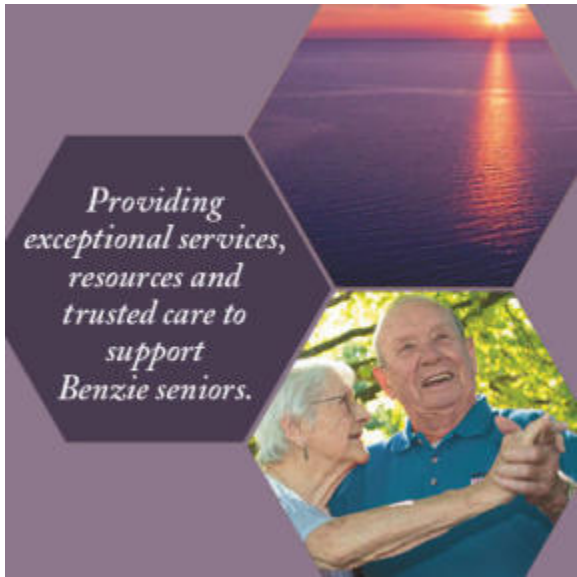


April is:

- Distracted Driving Awareness Month
- Move More Month
- Keep America Beautiful Month
- National Humor Month
- National Garden Month

Calendar Girl!

In September of 2020 we submitted some pictures of Momma Cat to the Record Patriot newspaper for their 2021 Precious Pets Calendar. When the calendar came out there she was! April features her with her pet bunnies, ready for Easter. Calendar copies may still be available at various locations in the county... This is the photo they picked of our girl. Enjoy and have a safe and blessed holiday and spring!



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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

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

Spring... A time for renewal and change. Spring has always been my favorite time of year. As a gardener of both perennials and vegetables, I've always found it rewarding to watch the emergence of plants and to plant the vegetables. The rewards are beautiful to see and delicious to eat!

Now more than ever, we need to take a look at ourselves and renew the human spirit within. We need to come together as individuals in a community to be supportive, and to respect each other for the individual qualities each of us brings. There has been growth and there is beauty in all of us. Let's be kind and gentle to each other.

I want to bring everyone up to date with what is happening at BSR: We are working with the Benzie-Leelanau District Health Department to actually assist our seniors 60 and older to schedule for the COVID vaccines as the health department sets up their weekly clinics throughout Benzie and Leelanau counties. I am pleased by the number of our seniors who have signed up and are receiving the vaccine as we move forward from this pandemic, hopefully returning to normalcy as best we can. (Continue to mask up and social distance!)

For a while now, we have partnered with Benzie Bus to pay for anyone 60 and older the delivery costs for Benzie Bus to deliver prescriptions and other packages to the homes of our seniors. This will continue throughout the coming months. Please call Benzie Bus Dispatch at 231.325-3000 x1 to schedule a package pick up. If you are new to riding Benzie Bus and are a senior, please call us first so we can set you up as a rider with them for your expense to be covered.

We are eagerly moving forward with planning to reopen both The Gathering Place Senior Center and office building. We have begun staff meetings on what that will encompass for the safety of you, our staff, and our volunteers. We are excited to be moving in this direction and for everyone to see the changes that have been ongoing inside The Gathering Place Senior Center that will enrich your experience!

It seems almost too soon that winter is becoming spring—temperatures are up and the snow is rapidly melting. Snow Removal Program will officially end on April 30th. We will start the Lawn Chore Program and Spring Cleanup April 15th. Letters will be going out for the program soon. If you are interested in the program, please call our office at 231.525.0600. *Remember, we will not be reimbursing any unused Snow Removal Vouchers until after April 30th and the deadline to return any unused Snow Removal Vouchers is June 30th.*

Enjoy the warmer temperatures and Happy Spring! Be safe and remember we are here for you!

Warm Regards,

Douglas Durand

Benzie Senior Resources has received KN-95 masks. Monday thru Friday, you'll find these masks available in bins outside of both the Benzie Senior Resources office and The Gathering Place Senior Center. Call 231.525.0600 if you have any questions.



Don't stop...Stopping coronavirus.

The coronavirus is still a concern in our communities. Let's protect ourselves and our loved ones. Don't forget to:



Mask up!

Wear a face covering or mask when going outside and when in public.



Keep your distance!

Stay at least six feet away from those that do not live with you.



Wash your hands!

Wash your hands often, for at least 20 seconds.

What's On the Label?

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1 Serving Size

This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.

2 Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. *Tip: Remember that a product that's fat-free isn't necessarily calorie-free.*

3 Limit these Nutrients

Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100%DV for each of these nutrients per day.

4 Get Enough of these Nutrients

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.

5 Percent (%) Daily Value

This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5%DV or less is low and 20%DV or more is high.

6 Footnote with Daily Values (DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.

– The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.



Safety ■ Health ■ Science ■ Nutrition

For more information, contact: The U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition Food Information Line at 1-888-SAFEFOOD (toll free), 10 AM to 4 PM ET, Monday through Friday. Or visit the FDA Web site at www.fda.gov.



April Menu

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

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>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</p> <p>Caregivers under 60 are \$5.00</p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older. Under 60 is \$7.50</p>	<p>1 Pizza Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Diced Pears</p>	<p>2 Battered Smelt Oven Roasted Potatoes California Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges Homemade Coleslaw</p>
	<p>5 Pineapple Dijon Baked Ham Whipped Sweet Potatoes Green Bean Blend Sweet Hawaiian Rolls Pineapple Tidbits</p>		<p>6 Country Style Beef Fritters & Gravy Herb Buttered Potatoes European Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>7 Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Spiced Apples Tortilla Chips with Fire Roasted Salsa</p>
<p>12 Grilled Ham & Cheese Oven Baked Tater Tots Capri Vegetable Blend Classic Fruit Cocktail Fresh Made Macaroni Salad</p>	<p>13 Spaghetti & Italian Meatballs Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Plums</p>	<p>14 Loaded Baked Potato Steamed Broccoli Florets Stoneground Wheat Bread Classic Applesauce</p>	<p>15 Creole Style Jambalaya Black Eyed Peas with Bacon Steamed Spinach Stoneground Wheat Bread Diced Peaches</p>	<p>16 Oven Roasted Chicken Parmesan Garlic Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Cranberry Applesauce</p>
<p>19 Boneless Porkchops with Herbed Stuffing Oven Baked Potato Key West Vegetable Blend Sweet Hawaiian Rolls Fresh Grapes</p>	<p>20 Chicken Lo Mein with Asian Vegetables Green Bean Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges</p>	<p>21 Whole Wheat Cinnamon French Toast Savory Sausage Links Fresh Scrambled Eggs Oven Baked Spiced Apples</p>	<p>22 Zesty Steak Fajitas Fire Roasted Corn & Black Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>23 Creamy Chicken Primavera with Pasta Venetian Vegetable Blend Steamed Sweet Peas Whole Wheat Garlic Toast Tropical Fruit Blend</p>
<p>26 Grilled Chicken Caesar Salad Soft Baked Breadsticks Fresh Cut Oranges Cherry Pie Slice</p>	<p>27 Stuffed Cabbage Rolls Steamed Cauliflower Florets Oven Roasted Brussel Sprouts Stoneground Wheat Bread Diced Peaches</p>	<p>28 Cheeseburger on a Bun Baked Beans with Bacon Malibu Vegetable Blend Fresh Banana</p>	<p>29 Shrimp Scampi over Pasta Scandinavian Vegetable Blend Steamed Parisian Carrots Whole Wheat Garlic Toast Diced Pears</p>	<p>30 Shredded Chicken Taco Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>

Bulletin Board



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. Please, do NOT drop off items not listed here. Thanks for your help!

Heartland
Hospice Care
Support Groups
Growing Through Grief

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

*BY PHONE

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)

FOR MORE INFORMATION CALL: **231-935-3089**

We are here to support you. Please contact us.



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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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 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

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.



Word Search

garden flowers and plants

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



hibiscus
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jasmine
freesia
narcissus
viburnum
azalia
tulip

forsythia
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lemon
verbena
anemone
muscari
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daffodil

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3-D-5-5

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15-0688

The Kitchen Uncovered

Just over eight years ago as I left a job at a bustling café in Traverse City, my former boss said, “You’re not going to enjoy reheating frozen meatloaf and mashed potatoes for a bunch of old folks.” I just grabbed my things, smiled, and walked away. But to be honest, I *was* a bit hesitant to make the change. I’d mainly worked in high energy, fast-paced restaurant kitchens. I wasn’t sure what cooking for a senior center, let alone Meals on Wheels, would entail. I was hesitant because of my preconceived notion of what senior center meals are like—I had a mental image of dull, mushy, flavorless casseroles one would eat because it was their only option. Eight years later, I am so proud of all of the meals our kitchen creates.

My goal for each meal is that not only could they be served alongside “restaurant quality” meals, but on many occasions, they are actually better and healthier choices. It would be a challenge to find a better Slow Roasted Beef, Jamaican Style Chicken, or Corned Beef with Braised Cabbage; all of which are made from scratch, as well as being fresh and nutritious. If people could just see the food, taste it, or even enjoy the smells from our kitchen, I feel the ideas many have had, the stigma, would quickly disappear.

The unpleasant images of senior centers and home delivered meals that some people have can make it challenging for us to reach those who can benefit from the programs we offer. Whether it is a senior who could benefit from a hot meal delivered daily, or someone who would look forward to meeting with friends over a nutritious meal here at The Gathering Place, there are many people who aren’t utilizing a truly valuable resource in our community. I can’t count the number of times I’ve heard, “I’ve heard really good things about Benzie Senior Resources, but I’m just not that old yet” or “I’m not quite ready to use any of those services.” They must have an image of sad helpless seniors struggling to eat their meals here because they wouldn’t be able to prepare their own meal or drive to their favorite spot to buy a meal—as if it’s some form of failure to utilize services or to rely on others. If you or someone you know thinks this way, I suggest thinking of other possibilities-- think of utilizing these programs as a way to support and keep pertinent what we do for our community.

Remember, sometimes the best way to support something is by participating in it. We are humbled at how much community support we do receive. When we can finally open and see all of the faces of our clients and friends again, please be among them! Bring a neighbor. Bring a friend. Bring a talent, a story, a good joke. Each person who shows up and participates helps determine what our senior center can be. The sooner you join us, the more of an impact you can make.

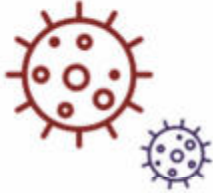
The Gathering Place Senior Center is meant to be a place to meet with and socialize with your friends, family, and neighbors, get a great meal, and even participate in some interesting activities. *To gather*. This community can grow when more people put aside their preconceived notions and join in as a part of it all. I guarantee, when we finally get to open our doors, you will love our *homemade* meatloaf and mashed potatoes.

Take Care,

David Main
Executive Chef,
The Gathering Place
Benzie Senior Resources



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.

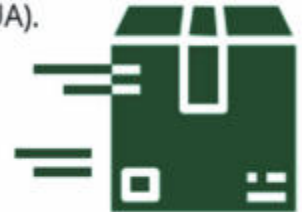


It is estimated additional critical workers and people under age 65 with high risk health conditions will be eligible for vaccine starting in May, 2021

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.

Milestones

Staff Birthdays



Kathy Frederick, April 26th.
Kathy is our Assistant Cook at The Gathering Place. She loves spending time with her grandbabies and warm flip flop weather. She is often found cooking up a little something extra for our crew.



Cathy Sanders, April 30th.
Cathy works as a Kitchen Assistant who helps to keep things rolling. She often brings treats to share with us and loves dressing up for various holidays.

Staff Anniversaries



Jeanna Burns, 3 years.
Jeanna works as a Kitchen Assistant helping keep our kitchen and food prep moving along. She is a proud mama of three.



Douglas Durand, 8 years.
Doug is our Executive Director. He enjoys spending time with his grandchildren, visiting lighthouses, Mackinaw Island and Disney.



Sharon Parker, 5 years. Sharon is a Home Health Aide working to take the very best care of our clients. She is known for her hijinks and always having a good joke to tell.



Jeff Stockman, 8 years. Jeff is our Home Delivered Meals Coordinator. He's also a happy goat owner and makes his own maple syrup! He is known for baking delicious bread which can be purchased in the summer at local farmer's markets.



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, mail you the return and then file it electronically upon your review and approval.



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.

April Birthdays

Olga Horn	1	Mike Nowak	9	Elizabeth Jackson	22
Fred Marsh	1	Fran Wallace	9	Lorita Rayle	22
Dorothy Bryan	2	Mary Anderson	10	Garry Rosam	22
Jane Hitesman	2	Yvonne Hockett	10	Robin Grosebeck	23
Bonnie Ness	2	George Jackson	10	Linda Middleton	24
Bob McQuilkin	3	Donald Greene	11	Carol Bear	25
Cecilia Porter	3	Ron Seguin	11	Chester Sandecki	26
Joan Harwood	4	Sue Sheffield	11	Carol Crawford	27
Laura Payment	4	Patricia Laarman	12	Elaine Vanderberg	27
Ernest Thomas	4	Rick Damore	13	Jean Anne Wolfe	27
Gerri VanAntwerp	4	Edna Runyan	15	Gordon Armstrong	28
Art Leffring	5	Janeth Stevens	15	Norris Cutler	28
Bill Lindsey	5	Lolita Brownell	16	Nadine Gilroy	28
Anna Nordbeck	5	Sally Hennessee	16	Carolyn Hospenthal	28
Nona Nugent	5	Charlie Walterhouse	16	Larry Lozen	28
Mary Baatz-Straubel	5	Daniel Berndt	17	Kathy Burns	29
Richard Claybour	6	William Dowd	17	Lisa Davidson	29
Viva Fender	7	Jean Bowers	18	William Frostic	29
Patricia Shijka	7	Shelby Anderson	19	Dawnita March	29
Lester Brownell	8	Harold Coates	19	Martha Sterzik	29
Carroll Denzel	8	Dyana Parsons	19	Hank Hamalainen	30
Ron Stier	8	Shirley Bolling	20	Oscar Jaquish	30
Ron Fought	9	Luella Marie Cote	20	Bonnie Rodgers	30
Sherry Foust	9	Lynn Vanderplow	20	Cindy Sanford	30
Gloria Holtrey	9	Gary Houghtaling	22		

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.



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.

Check Your Medicines

Tips for Using Medicines Safely

Bring a list or a bag with ALL your medicines when you go to your doctor's office, the pharmacy, or the hospital.

Include all prescription and over-the-counter medicines, vitamins, and herbal supplements that you use. If your doctor prescribes a new medicine, ask if it is safe to use with your other medicines. Remind your doctor and pharmacist if you are allergic to any medicines.

Ask questions about your medicines.

Ask questions and make sure you understand the answers. Choose a pharmacist and doctor you feel comfortable talking with about your health and medicines. Take a relative or friend with you to ask questions and remind you about the answers later. Write down the answers.

Make sure your medicine is what the doctor ordered.

Does the medicine seem different than what your doctor wrote on the prescription or look different than what you expected? Does a refill look like it is a different shape, color, or size than what you were given before? If something seems wrong, ask the pharmacist to double-check it. Most errors are first found by patients.

Ask how to use the medicine correctly.

Read the directions on the label and other information you get with your medicine. Have the pharmacist or doctor explain anything you do not understand. Are there other medicines, foods, or activities (such as driving, drinking alcohol, or using tobacco) that you should avoid while using the medicine? Ask if you need lab tests to check how the medicine is working or to make sure it doesn't cause harmful side effects.

Ask about possible side effects.

Side effects can occur with many medicines. Ask your doctor or pharmacist what side effects to expect and which ones are serious. Some side effects may bother you but will get better after you have been using the medicine for a while. Call your doctor right away if you have a serious side effect or if a side effect does not get better. A change in the medicine or the dose may be needed.

Simple checks could save your life!

Visit:

www.ahrq.gov/consumer/

www.fda.gov/usemedicinesafely/



AHRQ Pub. No. 10-M052-C
(Replaces 08-M044-A)
September 2010



Agency for Healthcare Research and Quality
Advancing Excellence in Health Care • www.ahrq.gov



Food and Drug Administration



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!

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

Margot Hamp

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

10542 Main Street, Honor, MI 49640

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Honor, MI
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Tax Day for individuals extended to May 17 Treasury, IRS extend filing and payment deadline



The Treasury Department and Internal Revenue Service announced that the federal income tax filing due date for individuals for the 2020 tax year will be automatically extended from April 15, 2021, to May 17, 2021. The IRS will be providing formal guidance in the coming days.

Individual taxpayers can also postpone federal income tax payments for the 2020 tax year due on April 15, 2021, to May 17, 2021, without penalties and interest, regardless of the amount owed. This postponement applies to individual taxpayers, including individuals who pay self-employment tax. Penalties, interest and additions to tax will begin to accrue on any remaining unpaid balances as of May 17, 2021. Individual taxpayers will automatically avoid interest and penalties on the taxes paid by May 17.

Individual taxpayers do not need to file any forms or call the IRS to qualify for this automatic federal tax filing and payment relief. Taxpayers should pay their federal income tax due by May 17, 2021, to avoid interest and penalties.

This relief does not apply to estimated tax payments that are due on April 15, 2021. These payments are still due on April 15. Taxes must be paid as taxpayers earn or receive income during the year, either through withholding or estimated tax payments. In general, estimated tax payments are made quarterly to the IRS by people whose income isn't subject to income tax withholding, including self-employment income, interest, dividends, alimony or rental income. Most taxpayers automatically have their taxes withheld from their paychecks and submitted to the IRS by their employer.

State tax returns—The federal tax filing deadline postponement to May 17, 2021, only applies to individual federal income returns and tax (including tax on self-employment income) payments otherwise due April 15, 2021, not state tax payments or deposits or payments of any other type of federal tax.