



# BENZIE SENIOR RESOURCES

May 2021

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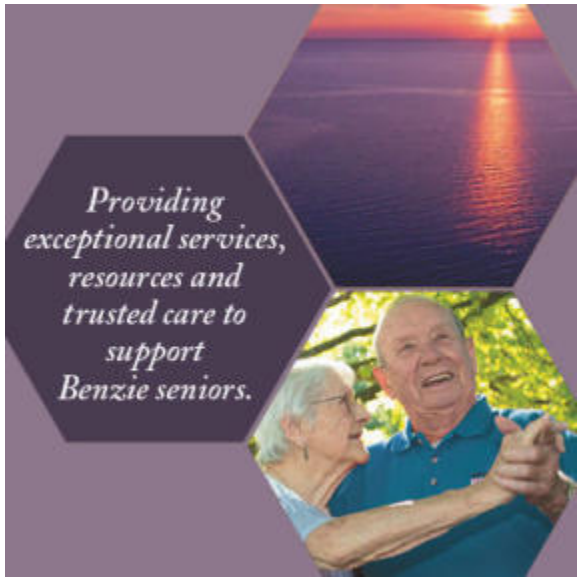


Benzie Senior Resources offers a sincere **THANK YOU** to our many volunteers who have kept Meals on Wheels going throughout the last year. Thanks to their commitment to seniors of Benzie County, a hot meal, a safety check, and the comfort of human contact has continued even through the hardest of times.

***We are grateful!***

May is...  
 Arthritis Awareness Month  
 Mental Health Month  
 National Asthma & Allergy Awareness Month  
 National Stroke Awareness Month  
 Older Americans Month  
 National Osteoporosis Month  
 National High Blood Pressure Education Month





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Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan, and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation, Benzie County Community Chest, Delta Dental Foundation, Grand Traverse Regional Community Foundation, Benzie County Sunrise Rotary Foundation and Cherryland Cares. Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

### DIRECTORY

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Toll Free: 888-893-1102  
Fax: 231-325-4855

Email:  
info@BenzieSeniorResources.org  
Website: www.BenzieSeniorResources.org  
facebook: @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*

Dawn Bousamra, *Editor*

Angela Haase copy/finish edits

### NEWSLETTER SUBSCRIPTION FORM

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CITY/ST/ZIP \_\_\_\_\_ DATE \_\_\_\_\_

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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

Greetings,

Spring has sprung very quickly and prior to this cold snap we are having while I am writing this article, it has been an awesome early spring so far. When we experience 70+degree weather it brings hope of better days. And we all need that HOPE in our lives... it has been a long year.

April 18-24 was National Volunteer Week and Benzie Senior Resources is very fortunate to have over 160 volunteers. I know a great deal of these volunteers have been idle during the past year due to the closure of The Gathering Place Senior Center in response to the pandemic. But we haven't stop thinking about each of you and we miss you from bottom of our hearts.

But a specific group of volunteers have not been idle-- in fact, many of our Home Delivered Meals volunteers stepped up and volunteered **extra** hours to ensure that the delivery of hot meals kept going 5 days a week and when we experience a dramatic increase in the number of meals and clients requesting to have meals delivered, the community responded to our need by signing up to volunteer.

Thanks to these wonderful individuals, their efforts have made it possible for seniors to stay safe in their own homes and to shelter in place during this pandemic. Our volunteers graciously gave extra time to deliver a record number of hot, cold, and frozen meals during the past year. But it was not just our typical meals-- it was also care packages, shelf stable meals, fresh produce and other basic but essential items. They also made sure our homebound seniors were okay, even if that meant a wave through the door or window as a hello from a safe distance.

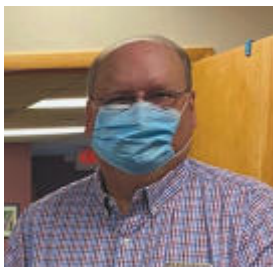
I also want to acknowledge Fran for her dedication to assist so many individuals and families with their Medicare needs. Fran has done all this from her home, over the phone and her computer. She hasn't missed a beat. Another individual is Dave, who has been busy over the past several months doing income tax returns. Both Fran and Dave are shining examples of how to overcome barriers this pandemic has thrown at all of us and how they have strived to continue to make a difference in 100's of lives.

So, whether you are a new volunteer or one who has been with us for years, our entire staff thanks you for making a difference. We appreciate your dedication and compassion that you have provided to the seniors of Benzie County. You truly are CHAMPIONS!

We still have masks to give out. They are available at The Gathering Place Senior and at our Administration Office, outside our doors. Please come by to pick some up or give us a call at 231-525-0600 & we'll get them to you. Remember to continue to mask up to help reduce the spread of COVID-19.

Take Care,

Douglas



# Nutrition

## Getting Enough Fluids

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.



Region 9 Area Agency on Aging

**Caregiver Webinar Series:  
Caring for the Caregiver**



**FRIDAY, MAY 14, 2021**  
**1:00PM-2:00PM**

**Speaker:** Nicole Wethington, MSU Extension

**Many caregivers focus on trying to meet their care recipient's needs that they lose sight of what their own needs are. It can then become difficult for them to recognize how close to caregiver burnout they actually are.**

**This webinar will address:**

- the importance of self-care for those who serve;
- the signs of caregiver burnout; and
- ideas on how to improve their self-care




*April showers bring  
May flowers!*

For more information or to register, contact Brooke at 989.358.4616, [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org) or click the link above.



# May Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Asian Style Chicken Salad Raspberry Carrot Salad Cranberry Applesauce</p>	<p>4</p> <p>Whole Wheat Cinnamon French Toast Oven Baked Pears Savory Sausage Links Freshly Scrambled Eggs</p>	<p>5</p> <p>Zesty Steak Fajitas Authentic Refried Beans Latin Style Rice Diced Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>6</p> <p>Pizza Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Diced Pears</p>	<p>7</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Stoneground Wheat Bread Fresh Banana</p>
<p>10</p> <p>Jamaican Style Chicken &amp; Rice Whipped Sweet Potatoes Malibu Vegetable Blend Fresh Baked Biscuits Old Fashioned Strawberry Shortcake</p>	<p>11</p> <p>Country Style Beef Fritters &amp; Gravy Herb Buttered Potatoes California Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>12</p> <p>Loaded Baked Potato Bar Steamed Broccoli Florets Stoneground Wheat Bread Classic Applesauce</p>	<p>13</p> <p>Authentic Chicken Shawarma Wrap Oven Baked Tater Tots Steamed Cauliflower Florets</p>	<p>14</p> <p>Oven Roasted Chicken Parmesan Garlic Mashed Potatoes Capri Vegetable Blend Stoneground Wheat Bread Classic Fruit Cocktail Birthday Cake Bites</p>
<p>17</p> <p>Boneless Porkchops with Herbed Stuffing Oven Baked Potato Key West Vegetable Blend Sweet Hawaiian Rolls Fresh Grapes</p>	<p>18</p> <p>Spaghetti &amp; Italian Meatballs Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Plums</p>	<p>19</p> <p>Crispy Crab Cakes Cheddar Bacon Mashed Potatoes Japanese Vegetable Blend Stoneground Wheat Bread Mandarin Oranges</p>	<p>20</p> <p>Bratwurst with Sautéed Peppers &amp; Onions Oven Baked Tater Tots Normandy Vegetable Blend Fresh Banana</p>	<p>21</p> <p>Creamy Chicken Primavera with Pasta Venetian Vegetable Blend Steamed Sweet Peas Whole Wheat Garlic Toast Pineapple Tidbits</p>
<p>24</p> <p>Grilled Chicken Caesar Salad Soft Baked Bread sticks Fresh Cut Oranges</p>	<p>25</p> <p>Classic Chicken Marsala Oven Roasted Brussel Sprouts European Vegetable Blend Whole Wheat Garlic Toast Apricot Halves</p>	<p>26</p> <p>Classic Philly Steak Sandwich Oven Roasted Potatoes Scandinavian Vegetable Blend Classic Fruit Cocktail</p>	<p>27</p> <p>Pecan Encrusted Tilapia Crispy Smashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Fresh Grapes</p>	<p>28</p> <p>Cheeseburger Baked Beans with Bacon *Sweet Potato Bites Tropical Fruit Blend</p>
<p>31</p> <p>Closed</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><i>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</i></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>	<p><i>Sooner or later, we all quote our mothers.</i></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. And not after hours. 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](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)

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.

## 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](http://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.

# Personality

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

- PROTECTIVE
- COMMUNICATIVE
- ROMANTIC
- INTUITIVE
- INTOLERANT
- ENTHUSIASTIC
- POSSESSIVE
- PRACTICAL
- INQUISITIVE
- LOVING
- GENEROUS
- MOODY
- PATIENT
- CALM
- IMPULSIVE
- IRRITABLE
- SELFISH
- CREATIVE

Play this puzzle online at : <https://thewordsearch.com/puzzle/82769/>

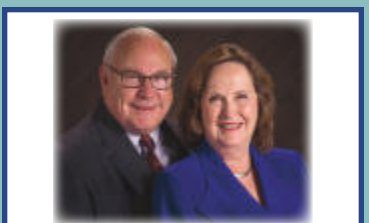
## Covid-19 Vaccine

Anyone age 16 or older can schedule to receive their Covid-19 vaccine. Contact the Benzie-Leelanau District Health Department at 231.256.0129 to schedule yours. You can also go to their website at [bldhd.org](http://bldhd.org) and click on the link to Covid-19 vaccine.



If you happen to shop at Amazon.com, please start out at [smile.amazon.com](http://smile.amazon.com) and choose Benzie Senior Resources as your charity. Amazon will donate 0.5% of your order dollars to our agency! Please let your friends know this great news. Remember, always start at [mile.amazon.com](http://mile.amazon.com) and Amazon will donate 0.5% of the price of your eligible purchases to Benzie Senior Resources.

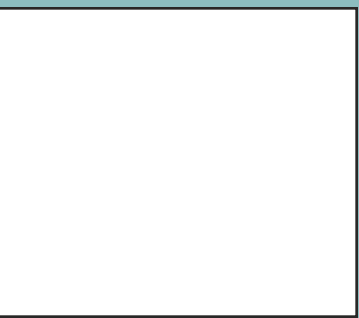
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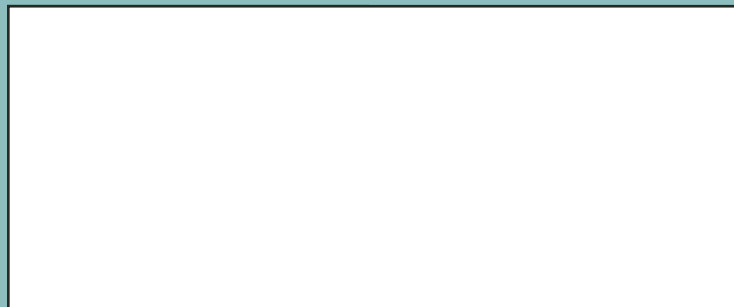
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15-0688

## The Kitchen Uncovered

This year National Volunteer Appreciation Week was April 18<sup>th</sup> thru April 24<sup>th</sup>. It's a special week at Benzie Senior Resources. And it's a special week throughout the country. While it has passed, I offer some thoughts on what our volunteers mean to our agency.

This is the time of year that we acknowledge our volunteers and all that they do. This is also the time of year that we would normally host our annual Volunteer Appreciation Dinner-- one of our favorite events throughout the year. We usually prepare a fancy meal, decorate a nice location, dress up, and celebrate our 150+ volunteers. It's a lot of fun and it's something we have looked forward to every year. As nice of an event as it is, it hardly does enough to show how much we rely on and appreciate our volunteers. Unfortunately, the celebration was canceled last year due to the pandemic and we are unsure what this year might bring. The fact that our volunteers have literally risked their lives this past year makes it so much more unfortunate that we have been unable to celebrate them in the manner they deserve. This agency would not function without the selfless dedication and devotion our volunteers bring to us each day.

While our facility doesn't have volunteers directly staffing the kitchen, our crew does work closely with them in other ways every day. We see the smiles on their faces even though they are up early in the morning. We share stories with them as they patiently await complex instructions to deliver meals throughout our county. We share meals with them when they return from all types of treacherous weather and unforeseen circumstances. Hopefully, they realize our daily gratitude for all that they do, but I'm sure we often fall short. It's easy to get wrapped up in our own daily lives without giving the recognition where it is due. We work together and the lines sometimes blur between staff and volunteers—because they are so much a part of who we are and what we do, and the importance of what we can do, only with their help daily.

We send out hundreds of meals each week to folks throughout our community, and our volunteers are still hard at work, alongside our staff. As an agency and a community, we must take the time to acknowledge and truly appreciate all of the dedication and hard work that our volunteers bring to our clients and community.

It is refreshing to witness firsthand the selflessness and compassion that define volunteering. While these qualities seem to be vanishing in our self-centered fast-paced society, it makes me wonder if it's because the quiet humility of the volunteers makes it easy to overlook their significance. It takes a special kind of person to volunteer, but rest assured, they are out there throughout every organization which we enjoy the benefits of and rely upon.

Maybe you are that special kind of person. If you would like to volunteer, we would love to hear from you. If you are a volunteer, we offer our sincere appreciation for all that you do.

Take care,

David Main  
Executive Chef,  
The Gathering Place  
Benzie Senior Resources





# Consumer Federation of America

1620 I Street, NW Suite 200 \* Washington, DC 20006

## PROTECT YOURSELF FROM THE "GRANDPARENT SCAM"

You get a call or an email unexpectedly from someone who claims to be a friend or relative. This often happens to grandparents with the caller claiming to be their grandson or granddaughter. The caller says there's an emergency and asks you to send money immediately. But beware, there's a good chance this is an imposter trying to steal your money! Follow these tips to avoid becoming a victim of fraud.

- **How do these scammers choose you to contact?** Sometimes they contact people randomly. They also use marketing lists, telephone listings, and information from social networking sites, obituaries and other sources. Sometimes they hack into people's email accounts and send messages to everyone in their contact list.
- **How do these scammers know the names of your friends or relatives?** In some cases they don't. For instance, the scammer may say "Hi grandma," hoping that you actually have a grandson. If you ask, "David, is that you?" the scammer will say "Yes!" Often these crooks will call in the middle of the night and take advantage of the fact that you may not be awake enough to ask more questions and you may not want to disturb other people by calling them to confirm the information. Sometimes the scammers *do* know the names of your friends or relatives. They can get that information from a variety of sources. Your relatives may be mentioned in an obituary or on a social networking site. Your email contact list may contain the names of friends and relatives.
- **What do these scammers usually say?** They might say something like, "I'm in Canada and I'm trying to get home but my car broke down and I need money right away to get it fixed." Or they may claim to have been mugged, or been in a car accident, or need money for bail or to pay customs fees to get back into the United States from another country. They may also pose as an attorney or law enforcement official contacting you on behalf of a friend or relative. No matter the story, they always want you to send money immediately.
- **If you realize you've been scammed, what can you do?** These scammers ask you to send money through services such as Western Union and MoneyGram because they can pick it up quickly, in cash. They often use phony IDs, so it's impossible to trace them. Contact the money transfer service immediately to report the scam. If the money hasn't been picked up yet, you can retrieve it, but if it has, it's not like a check that you can stop – the money is gone.
- **How can you protect your email account from being used by scammers?** Use a firewall and anti-virus and anti-spyware software. Many computers come with these features already built-in. They are also easy to find on the Internet. Keep your software updated. Don't open attachments in emails from strangers, since they can contain programs that enable crooks to get into your computer remotely.
- **What else can you do to protect yourself?** If you get a call or email from someone claiming to know you and asking for help, check to confirm that it's legitimate before you send any money. Ask some questions that would be hard for an imposter to answer correctly – the name of the person's pet, for example, or the date of their mother's birthday. Contact the person who they claim to be directly. If you can't reach the person, contact someone else – a friend or relative of the person. Don't send money unless you're sure it's the real person you know. For more information about protecting yourself from fraud, go to [www.consumerfed.org/fraud](http://www.consumerfed.org/fraud).

## Staff Milestones/ Taxes

### Staff Birthdays



Megan Francis, May 28th  
Happy Birthday to our Director of Home Health Services! Megan loves spending time with her Children—she is definitely a proud mom. She is a big fan of searching for just the right rocks with her family.

### Staff Anniversaries



Tammy Jenkins, 10 years  
Tammy is a Certified Nurses Aide and works as a Home Health Aide. She is a loyal participant in our annual Walk-a-Thon fundraiser riding her latest bike and waving to her fans! Her clients appreciate her dedication and kind nature.

### \* Staff Announcements \*



We are excited to announce that Susan Glass has been promoted to Senior Center Coordinator at The Gathering Place. Susan has been with us for two years as the Senior Center Assistant. She is passionate about her work and is looking forward to opening our doors again!



Welcome Marti Alexander to our BSR team! Marti is working in our Administration Office. If you give us a call, there is a good chance you'll get to chat with her. Marti loves walking with her black lab Tugg, and last summer she walked (and swam if there was no beach) the entire Sleeping Bear National Lakeshore coastline! We are thrilled to have Marti on our team.



Dawn Bousamra has been with the agency for over nine years as our Senior Center Coordinator and has been promoted to Assistant Director for Benzie Senior Resources. She will be based in our Administration Office supporting our Executive Director, Doug writing grants and fundraising.



### Need Tax Help?



We have partnered 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, we encourage you to mail them to the NMCAA (their address will be enclosed in the packet).
- The NMCAA tax program volunteer will prepare your return, contact you with any questions, file it electronically and mail you your return and documents.

## May Birthdays

Robin MacKenzie	1	Ingrid Turner	10	Margaret Winnie	20
Katherine Gossens	2	Linda Wilson	10	Vince Rogers	21
Kim Allen	3	Mike Sheronick	10	Eugene Golanda	21
Leonard Kastenschmidt	3	Meg Tackett	10	Sherry Grant	22
Mary Lathwell	3	William Hanson	11	Marsha Latour	22
Susan Mark	3	Wayne Ingleston	11	Millie Smith	22
Richard Robotham	3	Jerome Kekel	11	Catherine Bright	23
Jill Claybour	4	Laura Milliron	11	Viola Dawe	23
Beverly Holbrook	4	Sue Miner	11	AnnMarie Parson-McNamara	23
Larry Sawallich	4	Roger Blue	12	Joanne Hickman	24
Eugene Heniser	5	Barbara Gauthier-Warinner	12	Sharon Kennedy	24
Ron Hitesman	5	Hope Clifton	13	Laura Scramlin	25
Irene Rath	5	Creg Hillier	13	Jack Howell	25
Larry Bishop	6	Barbara Patterson	13	Kathleen Leach	25
Donna Chalmers	6	Helmut Wuerzinger	13	Frank Clarke	26
Mary Dykstra	6	Claudia Bailey	14	David Grant	26
Joel Griffith	6	Jane Elzerman	14	Al Amstutz	27
Carolyn McPherson	6	Donald Gensman	14	Mike Mazeika	27
Michael Mead	6	Mildred Bender	15	Patty Fagan	28
Warren Putney	6	Rosemary Russell	15	Dave Grimes	28
Kory Tomey	6	Sharon Harrett	16	Lindi Milner	28
Joanne Bittner	7	Judy Sheets	16	Jenny Rineer	28
Kay Boyne	7	Ann Berndt	17	Dan Robotham	29
Frank Walterhouse	7	Robert Fitzke	17	Patty Adams	30
Richard Geren	8	Jeanne Strathman	17	Jim Curtis	30
Lynn Kuehne	8	Diana Heller	18	Richard Hitchingham	30
Charles Ottenbacher	8	Rhonda Kittleson	18	Neal Powers	30
Jack Holtrey	9	Carolyn Lewis	18	Paula Showers	30
Sophia Bryan	10	Ray Tate	19	Suzanne Strom	30
William Chamberlain	10	Steve Tebo	19	Jerome Machesky	31
Mike Rice	10	Harry Friend	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.





## ONLINE CHRONIC PAIN PATH SERIES

**DAY/TIME:** Thursdays,  
1:00-3:00 p.m. EST.

**DATES:** June 17, 22;  
July 1, 8, 15 & 22

*Participants should plan to attend all sessions to the best of their ability & must be able to fully participate with video and audio features.*

Chronic Pain PATH is a **FREE 6-week workshop** that takes place online. Participants meet virtually for 2 hours each week. You'll take part in discussing diverse issues affecting pain self-management and have the opportunity to try supportive techniques for improving your pain management. Open to adult residents of Michigan— a spouse or family caregiver may attend as well.

**TO REGISTER:**

<https://bit.ly/3wBFOZS>

For more information,  
please contact:

**Naomi Hyso**

Email: [hysonaom@msu.edu](mailto:hysonaom@msu.edu)

Office: 231-845-3362

### Powerful Tools for Caregivers

This program will help you take care of yourself while caring for a relative or friend who is living at home, in a nursing home, or across the country.

This class will give **YOU, the family caregiver**, tools to:

- » Help you reduce stress
- » Communicate effectively with other family members, your doctor, paid help
- » Take care of yourself
- » Reduce guilt, anger, and depression
- » Help you relax
- » Make tough decisions
- » Set goals and problem-solve

Free Online Zoom Workshop

Wednesdays, May 5- June 9, 2021  
11:00a.m.-12:30p.m.

To register go to: <https://bit.ly/3rKWg6y>

Instructors:

Naomi Hyso ([hysonaom@msu.edu](mailto:hysonaom@msu.edu))

Nicole Persing Wethington ([wethingn@msu.edu](mailto:wethingn@msu.edu))

### Southwest Stuffed Sweet Potatoes

Sweet potatoes are a powerhouse of nutrients, vitamins, and minerals and they keep as pantry staples for nearly a month. They also may improve your immune system with high levels of vitamin A.

#### Ingredients

- 2 large sweet potatoes, washed and dried
  - 1 tablespoon olive oil
  - 1 (12 ounce) can black beans, rinsed and drained\*
  - 1 (10 ounce) can diced tomato pepper mix, drained
  - 1 cup shredded cheddar or pepper jack
- \*for a soft food substitute, use refried black beans

#### Instructions

1. Preheat oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.
2. Cut potatoes in half lengthwise, then brush with olive oil and salt all over.
3. Bake potatoes, cut side down, for 30 minutes, or until cooked through.
4. Remove from oven, allow to cool slightly, and mash up potato flesh with a fork.
5. Sprinkle potatoes with beans, tomato pepper mix, and cheese so the toppings are evenly divided.
6. Return to the oven for 5 minutes, until cheese is melted.



# 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 honor of:  
  
Ned & Bobby Edwards*

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

Nonprofit Org.  
U.S. Postage  
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Honor, MI  
Permit No. #1



### SENIOR ACTION WEEK • MAY 10-14, 2021

Join the Area Agencies on Aging Association and community partners in a week of advocacy!

Learn about our top five advocacy priorities and why they are so important to older adults in Michigan. Help us rally to protect these vital services that allow seniors to age with dignity and independence in their own homes.

Monday	Rebalance Community-Based Long-Term Services & Supports (LTSS) Funding
Tuesday	Increase Access to Non-Medicaid Home & Community-Based Services
Wednesday	Bridging the Digital Divide for Older Adults
Thursday	Support & Strengthen the Direct Care Workforce
Friday	Establishment of a Kinship Caregiver Navigator Program

### LIVESTREAM EVENT • WEDNESDAY MAY 12 • 10:00-11:30AM

Hear from legislators on important issues that impact Michigan's most vulnerable population.

Join the Livestream Event: <https://zoom.us/j/96885691099?pwd=TS9JS2JoRjRjQlE4MnpIR2syMXk3QT09>

Meeting ID: 968 8569 1099

Passcode: 616294

Join via phone: 1-646-558-8656