



BENZIE

SENIOR RESOURCES

June 2021

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May is:

- National Adopt a Cat Month
- Great Outdoors Month
- National Fresh Fruit and Vegetables Month
- Alzheimer's & Brain Awareness Month



VOLUNTEER MEAL DRIVERS NEEDED

- Deliver hot, nutritious meals to homebound seniors
 - Choose your availability (we are flexible!)
- Drive our vehicles around beautiful Benzie County
 - Make a difference on your first day

Call 231.525.0600 today for a volunteer application.
Help support seniors living in their own homes, safely.

"I want to thank each and every delivery driver, they bring us a meal every day, no matter what the weather may be.

They make our day with their smiles and chit chat!"

- Comment from a Meals on Wheels Client



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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, Cherryland Cares and Meals on Wheels of America. 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

Phone: 231-525-0600 or
 Toll Free: 888-893-1102
 Fax: 231-325-4855
 Email:
info@BenzieSeniorResources.org
 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*

Dawn Bousamra, *Editor*

Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

ADDRESS _____

CITY/ST/ZIP _____ DATE _____

EMAIL _____

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,

As updates are rapidly changing daily related to COVID-19, I wanted to give a brief update on our re-opening plans. We have ordered new serving counter tables/stations for The Gathering Place and soon they will arrive to be installed. We will eliminate the buffet style serving and integrate to a plated meal serving that will be brought to you at your table. Speaking of tables, we have purchased new round tables to ensure additional space for ease of movement throughout the facility and support social distancing.

Plans are being reviewed to gradually reintroduce indoor, in-person activity programs on a case-by-case basis with COVID-19 safety protocols in place. We hope to receive the go ahead in the next 30 days and will make announcements via Facebook, webpage, and in the newspapers.

We are committed to taking all proactive measures in response to the COVID-19 pandemic, to ensure the health and safety of our clients, caregivers, staff, volunteers, and community members.

Our team is here for you. You are loved!

Take care,

Douglas



“Alzheimer’s And Brain Awareness Month” is declared each June by the Alzheimer’s Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer’s or another form of dementia. It’s also a time to recognize caregivers for the support they provide to those living with Alzheimer’s and other forms of dementia.

There is growing evidence that people can reduce their risk of cognitive decline.

The Alzheimer’s Association and its experts are sharing 10 Ways to Love Your Brain – tips that may help reduce the risk of cognitive decline:

- Break a sweat. Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- Hit the books. Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
- Butt out. Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- Follow your heart. Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.
- Fuel up right. Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
- Catch some Zzz’s. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- Take care of your mental health. Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns.
- Buddy up. Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community – if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.
- Stump yourself. Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

June 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>1</p> <p>Southern Style Pork Fritters & Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Fresh Apricot</p>	<p>2</p> <p>Texas Style BBQ Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Diced Peaches</p>	<p>3</p> <p>Housemade Egg Salad on Croissant Pea & Peanut Salad Tropical Fruit Blend Cherry Pie Slice</p>	<p>4</p> <p>Loaded Mac 'N Cheese Venetian Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Fresh Cut Oranges</p>
	<p>7</p> <p>Shredded BBQ Chicken Sandwich Baked Beans with Bacon Caribbean Vegetable Blend Classic Fruit Cocktail Old Fashioned Chocolate Malt</p>	<p>8</p> <p>Homestyle Salisbury Steak Herbed Mashed Potatoes Key West Vegetable Blend Stoneground Wheat Bread Fresh Blueberries</p>	<p>9</p> <p>Chicken Tenders with House Dip Sauce Oven Baked Tater Tots Steamed Parisian Carrots Stoneground Wheat Bread Mandarin Oranges</p>	<p>10</p> <p>Seasoned Beef Taco Latin Style Rice Authentic Refried Beans Tortilla Chips with Fire Roasted Salsa Fresh Banana</p>
	<p>11</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Capri Vegetable Blend Stoneground Wheat Bread Fresh Cut Honeydew Birthday Cake Bites</p>	<p>14</p> <p>Five Cheese Stuffed Manicotti Sicilian Vegetable Blend Italian Style Green Beans Fresh Baked Biscuits Old Fashioned Strawberry Shortcake</p>	<p>15</p> <p>Homemade Sloppy Joes Oven Roasted Potatoes Italian Style Green Beans Fresh Peach</p>	<p>16</p> <p>Freshly Chopped Chef's Salad Soft Baked Bread Sticks Fresh Cherries</p>
	<p>17</p> <p>Hand Rolled Sweet & Sour Meatballs Oven Roasted Brussel Sprouts Japanese Vegetable Blend Stoneground Wheat Bread Fresh Plums</p>	<p>18</p> <p>Freshly Made Submarine Sandwich Raspberry Carrot Salad Homemade Potato Salad Fresh Cut Watermelon Homemade Potato Chips</p>	<p>21</p> <p>BBQ Glazed Chicken Cheddar Bacon Mashed Potatoes Steamed Broccoli Florets Stoneground Wheat Bread Pineapple Tidbits</p>	<p>22</p> <p>Zesty Chicken Fajitas Fire Roasted Corn & Black Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>
	<p>23</p> <p>Pepperoni Stuffed Calzone California Vegetable Blend Italian Style Green Beans Soft Baked Bread Sticks Tropical Fruit Blend</p>	<p>24</p> <p>Chicken Pesto Linguine Malibu Vegetable Blend Steamed Spinach Whole Wheat Garlic Toast Cranberry Applesauce</p>	<p>25</p> <p>Cornmeal Dusted Catfish Herb Buttered Potatoes Italian Vegetable Blend Stoneground Wheat Bread Fresh Cut Cantaloupe</p>	<p>28</p> <p>Belgian Waffle with Berries 'N Cream Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>
<p>29</p> <p>Shrimp Scampi over Pasta Oven Roasted Squash & Zucchini Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh nectarine</p>	<p>30</p> <p>Philly Style Chicken Sandwich Sweet Potato Bites Steamed Cauliflower Florets Fresh Grapes</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>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</i></p>

The Kitchen Uncovered

When I sent our June menu for review it was exciting for me! This is because we have been able to add some things I hope will become a part of the seasonal rotation when we look at our menu a year from now. I have talked about our seasonal menu rotations before, and I will say they are working out well...

June is the first month that wasn't written from the ground up. If you look back at June 2020, it's fairly similar to this month's menu. This is a good thing, as it means that all of those recipes & menu items survived the hurdles necessary to become a fixture on our menus. One difference this month is we have added many more fresh fruit options in place of canned fruit. While our canned fruit is packed in juice or water, without added sugar—you cannot beat the color, nutritional value, & taste of fresh fruit! Summer is such a great season for fresh foods, especially fruits. We have in the past served oranges, bananas, peaches, plums, watermelon, cantaloupe, and grapes, but these new options will hopefully bring a healthy sense of **summer** to everyone...

Here are some examples of the health benefits of our upcoming fruit additions:

Apricots: low in calories & fat and an excellent source of vitamins A and C. They contain many antioxidants, most notably flavonoids which help protect your body from oxidative stress, which is linked to many chronic diseases. They're a good source of potassium which aids nerve signaling, muscle contractions, & fluid balance. This potassium-rich food may help prevent high blood pressure and reduce your risk of stroke.

Blueberries: low in calories but high in fiber, vitamin C and vitamin K, blueberries have the highest antioxidant capacity of all the most popular fruits and vegetables. Flavonoids are the berries' antioxidant with the most impact, which have been known to reduce a great risk factor for heart disease by preventing oxidative damage to "bad" LDL cholesterol.

Cherries: a great source of vitamin C, potassium, fiber, and other nutrients that your body needs to function optimally. They are high in antioxidants & anti-inflammatory compounds, which may reduce chronic disease risk and promote overall health. The powerful anti-inflammatory properties of cherries may benefit those with arthritis and gout.

Honeydew melon: contains a wide variety of nutrients & plant compounds responsible for many potential health benefits. Its high potassium & low sodium content may help reduce blood pressure. It contains multiple nutrients vital to bone health, including folate, vitamin K and magnesium.

Nectarine: high in fiber, vitamins, and minerals. They also contain beneficial plant compounds like antioxidants, which can help protect your body from aging and disease.

We hope that at this time next year, fresh fruit will join the ranks of the other menu items that are now a permanent part of our menu. While we are excited to offer them, there are those unforeseen issues that may arise as fresh food is always a bit more complicated compared to shelf stable foods. Whether it is an issue with supply chains, harvest times or simply the logistics of how to successfully portion, if we can have some patience hopefully it'll all come to "fruition." □

Take care,

David Main
Executive Chef,
The Gathering Place
Benzie Senior Resources





BENZIE
SENIOR RESOURCES

Be connected. Be supported. Be home.

WALK-A-THON

WALK • RUN • BIKE

SATURDAY, AUGUST 7

**FRANKFORT'S BELLOWS PARK
ON CRYSTAL LAKE**

(Corner of Bellows Avenue and South Shore Drive)

Register and Begin Your Walk
Between 7:30 a.m. and 9:00 a.m.

REWARD YOURSELF WITH OUR DELICIOUS BRUNCH SERVED FROM 8:30 A.M. TO 11:00 A.M.



All proceeds to benefit Benzie Senior Resources, a non-profit organization serving the seniors of Benzie County.

Please contact us for an information packet:
231-525-0600 or INFO@BENZIESENIORRESOURCES.ORG



Word Search

Human Bones

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

MANDIBLE
 RADIUS
 METATARSAL
 FEMUR
 SCAPHOID
 TALUS
 STAPES
 HAMATE
 TRAPEZIUM
 TIBIA
 PATELLA
 TEMPORAL
 ULNA
 CLAVICLE
 COCCYX
 STERNUM
 MALLEUS
 HUMERUS
 FIBULA

Play this puzzle online at : <https://thewordsearch.com/puzzle/48/>

amazonsmile
You shop. Amazon gives.

If you happen to shop at Amazon.com, please start out at smile.amazon.com and choose Benzie Senior Resources as your charity. Amazon will donate 0.5% of your order dollars to our agency!

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.

Call on Tuesdays at 231.525.0601 and we'll be able to tell you what kind of soup we're having.



Have an idea for the newsletter?

Want to write a guest column?

Email Dawn at Bousamrad@BenzieSeniorResources.org

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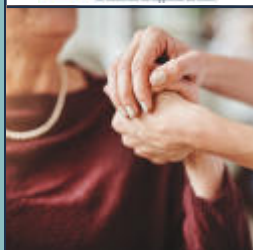
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3-D-5-5

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15-0688

Staff Milestones

Staff Birthdays



Tammy Jenkins-Finney, June 2. Tammy is a Certified Nurses Aide and dedicated to those in her care. She loves spending time with her sweet granddaughters, Bristol & Bria. She enjoys any day at the beach, tacos and watermelon.



Shari Ingersoll, June 16. Shari is a Certified Nurses Aide and has lived in Benzie County her whole life. She has three children and three grandchildren. She enjoys hiking, biking and loves to give back. Shari gives credit to her parents who are going to celebrate 65 years of marriage this year!



Wanda Smigel, June 24. Kitchen Crew Leader Wanda's favorite food is anything Chef Dave makes at The Gathering Place! She loves spending time with her menagerie of rescued pets and keeping an eye out for any strays around the senior center.



WANTED: Sweaters, all sizes, preferably with some wool content; 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!

Staff Anniversaries



Mellie Long, 12 years
Mellie is a dedicated Certified Nurses Aide. Married for 35 years, she has two sons, one grandchild and another on the way! She loves seafood, Mexican food, gardening and scrapbooking.



Wanda Smigel, 5 years
Wanda works in our kitchen making sure the meals are delicious! Her hobby is gardening and she is looking forward to planting soon.



WELCOME—New Staff!

Felicia is an R.N. and joins our Home Health team. She is a TC native and a mom to two grown children. When not working, Felicia likes to create art, work out, collect rocks, camp and hike.

Benzie Senior Resources has KN-95 masks available Monday thru Friday, in bins outside of both the Benzie Senior Resources office and The Gathering Place.



Karen Korolenko is the Director at the Benzie County Department of Veterans Affairs.

Call 231.882.0034 or
Email kkorolenko@benzieco.net.



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)



June Birthdays

Joan Giddis	1	Trilby Novak	8	Bess Butler	21
Gail LeTourneau	1	Orlin Reed	8	Beverly Childs	21
Carol Yalch	1	Ann Bock	9	Mabel Foust	21
Phillip Feiger	2	Debra Reed	9	Teresa Jacobs	21
Dan Giddis	2	Susan Heacock	10	Judy Harnish	21
June Jackson	2	Julia Hopkins	10	Steve Branch	22
Jean Revnell	2	Ethan Kimbrough	10	Gloria McPherson	22
Karen Yager	2	Douglas Wilkins	10	Betty Wood	23
Jan Yost	2	Ken Knapp	11	Patricia Ely	23
Conrad Caris	3	Robette Leffring	11	Robert Glass	24
Dennis Cheylava	3	Beverly Reed	11	Carol Rider	24
Bill Honer II	3	Duane Nugent	12	John Vanderlind	24
Robert Kage	3	Dennis Chupp	13	Kathy Swetnich	24
Rita Drake	4	Christopher Sheaks	13	Mary Boyd	25
Ted Mick	4	Harold Sorensen	13	John Ester	25
Barbara Rennie	4	Ann Bourne	14	Ruth Laffleur	25
Joy Brozofsky	5	George Harrington	14	Russell Mowen	25
Orville Campbell	5	Kenneth Keillor	14	Loren Wilson	25
Vicki Fast	5	Meg Wade	14	Dollie Boggs	26
Mary Ferens	5	Greg Wilkins	14	Chester Dixon	26
Neal Hughes	5	Mary Istnick	15	Rosemarie Holso	27
Paul Kerridge	5	Lewis Tipper	15	Suzanne Jewell	27
Katie Baese	6	Robert Wade	15	Theresa Keillor	27
Charlene Burgess	6	Sharon Montonye	16	Gloria Troutman	27
Rick Houser	6	Fern Plant	17	Mary Graham	28
Sandra Keeler	6	Leo Scott	17	James Kilgus	28
Ivan Lumbert	6	Richard Fast	18	Phyllis Mowen	28
James Marsden	6	Leonard Corey	19	Lucy Swanson	28
Pauline Barnes	7	Sandra Schlueter	19	June Armstrong	30
Dennis Colon	7	Betty Kalis	19	Jeff Lepke	30
Bruce Doyon	7	Bob Teegardin	19	Carol Salerno	30
Harold Case	8	Pat Vertucci	19		
Paul Kline	8	Guy Fast	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 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.

Walk Benzie County with Us!

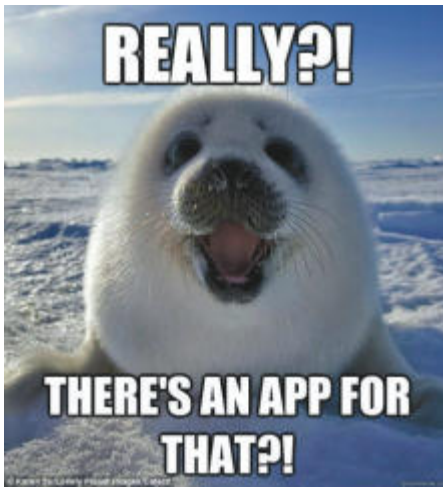
DATE	MILES	
June 1		Let's walk around Benzie County! Not all of our favorite spots are within walking distance, so walk where you feel safe and tally up the miles each month. We're highlighting local places of interest for added fun. Our goal for June is 30 miles. The tally sheet to the left will help keep track of your daily miles. If you need a pedometer, stop by The Gathering Place between 11:30 a.m. and 1:00 p.m. They'll be in a bin out front. At the end of June, drop your sheet off at The Gathering Place between 11:30 a.m. and 1:00 p.m. and you'll get a prize! Even if you walk one mile a week, please keep track! We want everyone to enjoy this journey with us. If you venture out to any of these places below, even better!
June 2		
June 3		
June 4		
June 5		
June 6		
June 7		Destination #1—The Platte River Fish Hatchery. On our virtual walk, we start at The Gathering Place and take a right. 4.8 miles later and we're at The Platte River Fish Hatchery. Established in 1928 and converted to the state's main salmon hatchery in 1972, the Platte River rears Atlantic, Chinook and Coho salmon and is the main egg-take location for Coho in the Upper Great Lakes. Walleye fry are also hatched here. The hatchery complex includes interpretative facilities and trails, lower weir harvest facility and the upper weir egg-take station. The public is welcome to watch the egg take operations in the fall, but please call ahead to find out when egg takes will be conducted for sure.
June 8		
June 9		
June 10		
June 11		
June 12		Destination #2—Marvin's Gardens. Head East on U.S. 31 for 10 miles and you're at Marvin's Gardens, Interlochen's favorite Market for locally grown produce, fresh fruits, hanging baskets, bedding plants, honey, maple syrup, jams, gourmet salad dressings, dried cherries and more. They also accept our Senior Project Fresh Coupons! (see page 16).
June 13		
June 14		
June 15		Destination #3—The Loon Song Covered Bridge. Leaving Marvin's Gardens head East until you come to North Reynolds Road and take a left. 2.3 miles later you'll land at the only covered bridge in Benzie County. It is 282 feet long with three 94 foot spans of the Howe-truss construction. Built in 1887 using the best White Pine for the frame timbers. this bridge was named after a pioneer Centreville family.
June 16		
June 17		
June 18		
June 19		Destination #4—Mistwood Golf Course. Turn left back on to N. Reynolds Road and left again on Fowler Road and then left on Ole White Drive. This jaunt will take 2.3 miles. If you are into golf, they have three courses the longest is 27 holes. We can do that and add another 3.8 miles to our journey..
June 20		
June 21		
June 22		Destination #5—Papa J's in Lake Ann. Leaving Mistwood turn left follow Ole' White Drive until you hit Maple Street and vere right. By now we're hungry and it's only 1.7 miles to PaPa J's! Here we can get a pizza AND a scoop of ice cream!
June 23		
June 24		
June 25		Destination #6—Ransom Lake Natural Area. Just 2.2 miles takes us to Ransom Lake Natural Area. Turn right on Maple Street and right on Lake Ann Road. Follow the signs. Walking the Ransom Lake Loop is another 2.7 miles that features a lake and is primarily used for hiking and nature trips. Dogs are also able to use this trail but must be kept on leash.
June 26		
June 27		
June 28		Our virtual walk totals 30.8 miles total for June. Have fun!
June 29		
June 30		
	Total Miles:	

2000 STEPS = 1 MILE



THE SENIOR SCOOP

There's an App for That



So many of us have smart phones, tablets or laptops and they all have apps. Each month we'll share apps that are recommended and FREE! If you don't have a smartphone, we bet you know someone who does.

MindMate is an app developed by three people who were involved in caring for seniors with dementia. This free app, available for Apple, Android, and computers, offers brain games and workouts to help with attention, memory, problem-solving, and cognitive speed. MindMate also features other tools to stimulate brain and general health, promoting good nutrition, physical exercise, mental stimulation, and social interaction. The site allows you to take a memory test online and promptly emails you your results.

If you have an iPhone, there is an app called **Find My iPhone** already enabled on your phone. You can use that to help if you have a loved one who is experiencing memory issues and it will pinpoint their location.

Do you have an app that you find makes life so much easier? Give Dawn a call and let her know. 231.525.0600



Best Corny Dad Jokes

- "I'm afraid for the calendar. Its days are numbered."
- "My wife said I should do lunges to stay in shape. That would be a big step forward."
- "Why do fathers take an extra pair of socks when they go golfing?" "In case they get a hole in one!"
- "Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera."
- "What do a tick and the Eiffel Tower have in common?" "They're both Paris sites."
- "What do you call a fish wearing a bowtie?" "Sofishticated."
- "How do you follow Will Smith in the snow?" "You follow the fresh prints."
- "If April showers bring May flowers, what do May flowers bring?" "Pilgrims."
- "I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along."



Scam Alert!

I thought I'd heard them all—the “grandparent scam” where a supposed grandchild is calling from jail begging for money, the “pay us or you'll be arrested scam”; and the “Medicare scam” where the goal is to get as much personal information from the victim in order to steal their identity. The scammers are convincing. They count on people feeling **ashamed** or **embarrassed** and their crimes go unreported. To help you stay on top of the latest scams, I'll be highlighting one each month. This month is the “natural gas scam”:

I had a voicemail on my phone a couple of weeks ago asking me to call a company back and have my DTE account number ready. I couldn't understand the name of the company, but since I don't have a DTE account, I decided to call them back. just to see what they were all about. The following is a transcript of my conversation.

Them: “Hello. Do you have your DTE account number ready?”

Me: No. What company are you with?

Them: I am with NTherm and we partner with DTE for your natural gas needs.

Me: I don't use DTE.

Them: Oh. Well we also partner with Consumers Energy.

Me: I don't use natural gas.

Them: Ok. Hang on a second.

New Them: Hello, this is Sally, a manager.

Me: Why do I have a manager?

New Them: Oh, I was training Cathy and she was confused.

Me: Ok, well please take my name off of your list. I don't use natural gas.

Manager: Oh, ok.

One week later...I received another call—only this time I wasn't told that they partner with DTE or Consumers. Instead the person stated that they will give me a rebate check and I could save money if I switched to them as my natural gas provider.

This company has a Better Business Bureau rating of 1 (that's **REALLY** bad). Customer complaints include that they were tricked into giving their DTE account numbers and are now receiving double bills—one from NTherm and one from DTE. It's a difficult time getting anyone at NTherm to call you back. **IF YOU GET THIS CALL, HANG UP!**

To report such scams, Michiganders can go to the Attorney General's Office website, www.michigan.gov/ag, or by calling 877-765-8388.

Dawn Bousamra
Assistant Director
Benzie Senior Resources

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
Alice Brown*

*In memory of
Al Hyams*

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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Benzie Senior Resources Program Updates



Lawn Chore—Sign-up for our Lawn Chore service must happen by **June 18th**.

Snow Removal—If you still have snow removal vouchers you can have them be transferred to Lawn Chore vouchers, receive a refund or donate them to Benzie Senior Resources. All vouchers must be returned by **June 30th**.

Senior Project Fresh—This is a seasonal program available during the summer and fall produce growing season. Coupons are distributed starting on June 1st and continue until all the coupons are dispersed. To apply for a free coupon booklet, you'll need to complete an application and must be at least 60 years of age or older and live in Benzie County. There are income eligibility requirements—just ask when you call.



For more information or questions, please call our office at 231.525.0600.