



# BENZIE SENIOR RESOURCES

July 2021

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Benzie Senior Resources 231.525.0600

# THE SENIOR SCOOP



*Be connected.  
Be supported.  
Be home.*

## WE ARE REOPENING JULY 6TH!!!!

### VOLUNTEERS NEEDED!

- Deliver hot, nutritious meals to homebound seniors
- Continue Bonnie's Popcorn tradition
- Yoga Instructor
- Book Club Leader
- The Gathering Place Front Desk
- Decorating
- Odds-n-Ends
- Newsletter Delivery to businesses



Call 231.525.0601 for a volunteer application, go online at [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org) to download one, or stop by The Gathering Place and pick one up!



## BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

<p>Nancy Mullen Call, <i>President</i>          Leo Hughes, <i>Interim Secretary</i>          Pamela Howe-Perry          Rosemary Russell          Linda Ringleka</p>	<p>Ronald Dykstra, <i>Vice President</i>          Deborah Rogers, <i>Treasurer</i>          Ingrid Turner          Paul Turner</p>
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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

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 Toll Free: 888-893-1102  
 Fax: 231-325-4855  
 Email:  
[info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org)  
 Website: [www.BenzieSeniorResources.org](http://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, Assistant Director/ 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](http://benzieseniorresources.org) under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.

## From Our Director

### WELCOME BACK!

Benzie Senior Resources is excited to be welcoming seniors back into The Gathering Place Senior Center and Administrative Office beginning July 6<sup>th</sup>!

I want to take this time to inform you on our new health and safety guidelines put in place for the safety of our seniors, staff and volunteers. **You all are a top priority of BSR!** We are following the recommendations from Centers for Disease Control (CDC) and some things will be different. We are adding additional cleaning protocols and safety precautions.

Our hours of operation at The Gathering Place will be from 8:00 am to 4:00 pm. At the Administrative Office, the hours of operation will be from 8:30 am to 4:00 pm. Lunch will be served from 11:30 am to 1:00 pm at TGP. The activity program will be limited to one activity in the morning and one in the afternoon to ensure adequate time is allowed too thoroughly disinfect the activity and dining rooms.

If you are fully vaccinated and it has been more than 14 days since your final shot, a mask is not required. (Even if you are fully vaccinated, you may still feel comfortable wearing a mask and we welcome that!) **If you are not fully vaccinated, masks will be strongly encouraged. If you are not feeling well or have a fever or flu-like symptoms you will not be allowed to join us that day or until your symptoms are gone.**

We will also offer a takeout meal for those who wish to not stay and eat inside TGP, but reservations will need to be made the day before. Due to the anticipated increase business inside TGP, we ask that you come inside to pick up your takeout meal. Our outdoor patio will be open for those who wish to enjoy their meal outside.

You also will notice that all bathroom doors now have push button door openers for ease of use. We have replaced the large round tables with smaller round tables for ease of mobility within the dining and activity rooms. This was one area that was a concern for those with walkers and wheelchairs. We hope that you find the difference beneficial for everyone.

We will still offer the same high-quality meals that you have come to expect from us, but it will be served in a different manner. Please refer to Dave's article in the newsletter. He did a great job explaining our new serving tables and the new way to receive your meals.

One more item, that I am pleased to again announce, is that Dawn Bousamra was promoted to the newly created Assistant Director of Benzie Senior Resources and Susan Glass was promoted to the Senior Center Coordinator. We are still actively recruiting for a Senior Center Assistant that Susan previously held.

Benzie Senior Resources would like to thank everyone in the community for their patience during our closure of The Gathering Place Senior Center and Administrative Office for the last 15 months and we look forward to welcoming everyone back! If you haven't yet, please get your COVID-19 vaccine. By doing so, it will make you safe as well as our community safe for everyone!

Warm regards,  
Douglas Durand  
Executive Director



# July Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch inside or on our patio beginning July 6th from 11:30 am to 1:00 pm. You can still get Takeout meals if you prefer. Call 231.525.0601.</p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older. Under 60 is \$7.50</p> <p>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>	<p>1 Homemade Sloppy Joes Oven Baked Tater Tots Capri Vegetable Blend Fresh Strawberries</p>	<p>2 Roasted Veggie Lasagna Normandy Vegetable Blend Soft Baked Bread sticks Fresh Apricot</p>
<p>5 <i>Closed</i></p> 	<p>6 Chicken Tenders with House Dip Sauce Parmesan Garlic Mashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Classic Fruit Cocktail</p>	<p>7 Freshly Made Submarine Sandwich Raspberry Carrot Salad Cranberry Applesauce Homemade Potato Salad</p>	<p>8 Shredded BBQ Chicken Sandwich Baked Beans with Bacon Steamed Parisian Carrots Pineapple Tidbits</p>	<p>9 Slow Roasted Beef Herbed Mashed Potatoes Italian Vegetable Blend Stoneground Wheat Bread Diced Pears Birthday Cake Bites</p>
<p>12 Texas Style BBQ Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Fresh Blueberries</p>	<p>13 Deluxe Chicken Sandwich Crispy Smashed Potatoes Scandinavian Vegetable Blend Fresh Grapes</p>	<p>14 Loaded Mac 'N Cheese Key West Vegetable Blend Oven Roasted Asparagus Stoneground Wheat Bread Fresh Nectarine</p>	<p>15 Hot Dog Baked Beans with Bacon Steamed Sweet Corn Fresh Cut Watermelon Fresh Made Macaroni Salad</p>	<p>16 Hand Rolled Sweet &amp; Sour Meatballs Oven Roasted Brussel Sprouts Japanese Vegetable Blend Stoneground Wheat Bread Fresh Plums</p>
<p>19 BBQ Glazed Chicken Whipped Sweet Potatoes Steamed Cauliflower Florets Sweet Hawaiian Rolls Apricot Halves</p>	<p>20 Authentic Sesame Chicken over Rice Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges</p>	<p>21 Five Cheese Stuffed Manicotti Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Cut Honeydew</p>	<p>22 Freshly Chopped Chef's Salad Soft Baked Breadsticks Fresh Cherries</p>	<p>23 Crispy Crab Cakes Oven Roasted Potatoes Steamed Sweet Peas Stoneground Wheat Bread Fresh Cut Oranges</p>
<p>26 Belgian Waffles with Berries 'N Cream Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>	<p>27 Zesty Chicken Fajitas Fire Roasted Corn &amp; Black Beans Oven Baked Peaches Tortilla Chips and Fire Roasted Salsa</p>	<p>28 Cornmeal Dusted Catfish Herb Buttered Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Cut Cantaloupe</p>	<p>29 Cuban Style Ham Sandwich Sweet Potato Bites Green Bean Blend Fresh Banana</p>	<p>30 Cajun Style Chicken Pasta Malibu Vegetable Blend Steamed Spinach Soft Baked Breadstick Fresh Peach</p>



## The Kitchen Uncovered

It is finally here! We are reopening to indoor dining! It seems like the world is finally getting back to normal-- Long awaited vacations, visiting newly vaccinated friends and family, going to movie theaters, religious services, and my personal favorite: live music! The list goes on and on!

It is fitting that this reopening of the world so closely coincides with our July 4<sup>th</sup> celebrations. I know all of us here at Benzie Senior Resources will be celebrating our hard-earned freedoms. We came together as a community and did what needed to be done. We put the needs of the vulnerable above our own wishes and came out fairing much better than other regions. Hopefully, we will continue to see Covid 19 case numbers shrink in our “rearview mirror” until it goes in the history books. But until it does, please keep in mind there are those that, for whatever reason have not been vaccinated. Children younger than 12, immune-compromised people, and organ transplant recipients are all in this group, and I know we have the ability to keep them safe by continuing to use caution as things get back together.

As for The Gathering Place, it will look a bit different. Our major focus was to make The Gathering Place more accessible and sanitary. We have upgraded some equipment and made much needed improvements to our facilities. We have adjusted our seating, organized some problem areas, and have reorganized our serving line. I said serving line because it will no longer be “buffet dining.” Staff will be serving each guest that comes in for lunch, through the serving line. This will be much smoother, more sanitary, and with quicker access to our food service. As with all big changes, we anticipate some hiccups as we go. Hopefully, with some patience, these can be learning experiences and we will come out of all of this better than when everything shut down. We cannot wait to see you all!

On a special sidenote, The Gathering Place was recently gifted a beautiful rosemary bush by a client. This wonderful gesture was truly appreciated by the entire staff and was enjoyed by all of the clients as we used a good amount of it in our famous Slow Roasted Beef last Friday (June 11<sup>th</sup>). We would all like to thank our special lady for thinking of us!

And, Happy Summer, see you soon!

David Main  
Executive Chef,  
The Gathering Place  
Benzie Senior Resources



**SOCIAL SECURITY SCAMS**—Scammers are calling, pretending to be from the Social Security Administration Office and claiming your Social Security number has been suspended because of suspicious activity or being involved in a crime. Sometimes, the scammer wants you to confirm your SSN to reactivate it or will ask for money or gift cards to keep your SSN or bank account safe. Here are the FACTS:

- Your Social Security number is not about to be suspended. You don't have to verify your number to anyone who calls out of the blue. And your bank accounts are not about to be seized.
- SSA will never call to threaten you or your benefits. And SSA will not tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.
- Don't trust what you see on caller ID. Scammers can make it look like they're calling from anywhere – even a real SSA phone number.
- Never give any part of your Social Security number to anyone who contacts you out of the blue. Or your bank account or credit card number.
- Real SSA staff do call people who have ongoing business with the agency. But they'll never threaten you, or ask you to send money.

## Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2

# We're reopening on July 6th!

<p>5</p> 	<p>6</p> <p>10:00 FREE Dental Screenings, Oral Cancer Screenings and goodie bags! 11:30-1:00 Lunch</p>	<p>7</p> <p>11:30-1:00 Lunch— Jessica with Benzie Bus here with More FREE stuff and info! Enjoy Free Popcorn and catch up with one another!</p>	<p>8</p> <p>11:30-1:00 Lunch 12:30 Ice Cream Social</p> 	<p>9</p> <p>9:30 BUNCO 11:30-1:00 Lunch Gift Card drawing</p> <p>PRIZES!</p> 
<p>12</p> <p>11:30 Lunch 5:30 Zumba</p> 	<p>13</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>14</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>15</p> <p>10:00 Craft with Susan 11:30-1:00 Lunch</p> 	<p>16</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:30 Wii Bowling</p> 
<p>19</p> <p>10:00 Stretching &amp; Balance 11:30-1:00 Lunch 1:00 Movie Monday— Something's Gotta Give 5:30 Zumba</p>	<p>20</p> <p>11:30-1:00 Lunch 3:30 Chair Yoga</p> 	<p>21</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>22</p> <p>10:00 Book Club 11:30-1:00 Lunch 1:00 BUNCO</p> 	<p>23</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:30 Wii Bowling</p> 
<p>26</p> <p>10:00 Stretching &amp; Balance 11:30-1:00 Lunch 5:30 Zumba</p> 	<p>27</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>28</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>29</p> <p>10:00 Craft with Susan 11:30-1:00 Lunch 1:00 BUNCO</p> 	<p>30</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:30 Wii Bowling</p> 

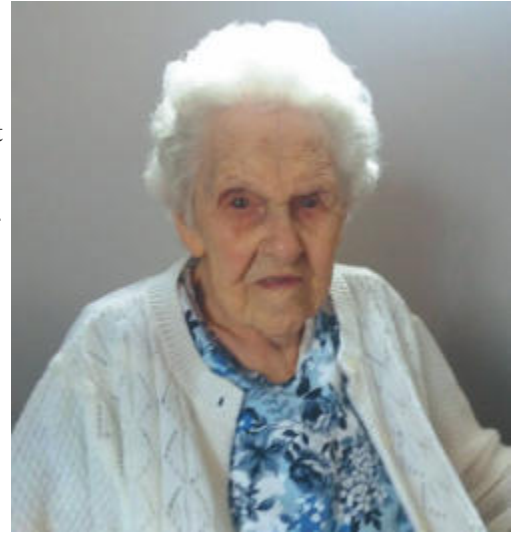


## CHEERS TO 100 YEARS!



Nancy Kage was born July 11, 1921. She met Karl Kage when they were in grade school in Petoskey. They even walked to school in a gaggle of kids together sometimes. After finishing the grades she could in Petoskey she moved to Big Rapids to stay with her grandmother to take more classes. The summer she finished she went back to Petoskey to see her mother and she kept running into Karl. Eventually, they married April 13, 1940. Karl passed away just a couple weeks shy of their 72<sup>nd</sup> anniversary. As she said, they had a pretty good run. The earlier photo of Nancy was made for Karl to carry with him when he joined the Navy during WWII. She thinks she was twenty-two in the picture.

Nancy and Karl moved to Benzie County in 1950. Karl worked on the boats and Nancy put her business and bookkeeping classes to good use as she worked for years for Benzie County in the clerk's office, for the Village of Beulah, and Benzonia Twp. She got to know a lot of people through her work and still has many friends in the area.



Their son Robert lives in Beulah with Nancy and has helped her celebrate a few birthdays with his own children and grandchildren. And she's had the chance to know them all.

Nancy still has a sharp wit and her beautiful brown eyes. If you'd like to send a card, please do so—you can mail them to us at BSR and we will forward them to Nancy for her birthday. Cards: Nancy Kage, c/o BSR, 10542 Main Street, Honor, MI 49640

### *Anniversary Dates and Stories Wanted*

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? 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

Name \_\_\_\_\_ Anniversary Date \_\_\_\_\_

☐ Yes, I'd love to share my story you! Please call me at \_\_\_\_\_

☐ I don't want a story but please share my anniversary date.



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### FREE PIANO

We are replacing our piano with a keyboard. If you want it, please let us know. Call The Gathering Place Senior Center. Call 231.525.0601.



Have an idea for the newsletter?

Want to write a guest column?

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



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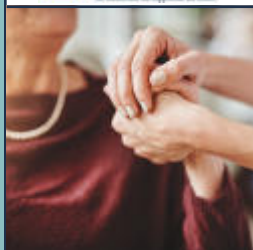
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## Staff Milestones

### Staff Birthdays



Jeanna Burns, July 18th  
Jeanna works at The Gathering Place in our kitchen. She is a proud mama of three, enjoys macramé and just got a new puppy named Buddy.



Angela Haase, July 8th  
We are certain that Angela knows most folks who live in Benzie County! She is the smile you hear over the phone when you call our office and an incredibly thoughtful person.



Laurie Ottenbacher, July 31st. Laurie is one of our fabulous kitchen team members. In her spare time she enjoys spending time with her grandbabies, fur babies and loves arts & crafts.



Stacey Moseler-Sweeney, July 10th  
Stacey manages medication for our clients. She is one of our Registered Nurses on staff and takes care to help our folks stay safe while living in their own homes.



Are you a Veteran? Need benefit help? Call Karen Korolenko, the Director at the Benzie County Department of Veterans Affairs.

231.882.0034 or  
Email [kkorolenko@benzieco.net](mailto:kkorolenko@benzieco.net).

### Staff Anniversaries



Laurie Ottenbacher is celebrating 4 years with BSR! Laurie works in the kitchen at The Gathering Place. Her kind heart is evident as she watches out for our more vulnerable visitors



**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 at The Gathering Place. Eventually, we'll be making mittens from these supplies. Call Susan at 231.525.0601 for more information. Please, do NOT drop off items not listed here.



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### 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)





## July Birthdays

Cleo Finch	1	Jim Dulzo	12	Ann Howell	23
Fred Kerby	1	Doug Fink	12	Richard Strom	23
Charles Struble	1	DeAnn Loll	12	Shirley Damer	24
Henry VanBrocklin	1	Camille Pluhar	12	Barbara Gannon	24
Carroll Volpe	1	Richard Bell	13	Karen Keranen	24
John Collins	2	Maudie Anderson	14	Bruce Leach	24
Evelyn Kirby	2	Monica Henry	14	Ruth Ann Walker	24
Thomas Priest	2	John Johnson	14	Arlene Clark	25
Ginger Reed	2	Thelma McCaughna	14	Dan Faltinowski	25
Barbara Dougherty	3	Judy Pendency	14	Lois Link	25
Ron Fast	3	Ben Taylor	14	Diane Goodson	25
Jerome Brace	4	Mary Lou Allen	15	Josephine Poswoski	25
Darlene Frost	4	David Browne	15	Robert Esch	26
Evelyn Rommell	4	Joan Cheeseman	15	Walter Rohn	26
Rick Scott	5	Nellie Thomas	15	Dan Sheffer	26
Mark Coon	6	Denise Favreau	16	Jim Campbell	27
Fred Goethals	6	Darlene Gray	16	Margaret Evans	27
Terri Hoxie	6	Steve Johnson	16	A. Joan Frixen	27
Kathy Monroe	6	Robert Prance	16	Richard Haan	27
Teri Youmans	6	Helen O'Brien	17	Neil Nugent	27
Kristin Tebo	7	Mary Jean Wells	17	Marjorie Rohn	27
John Bunker	8	Arlis Bryan	18	Jereen Sneller	27
Lois Bunker	8	Margaret Chalmers	18	Lois Weaver	27
Jerry Boyle	8	Lester Ely	18	Mary Brownell	28
Ann Forrester	8	John Grix	18	Christine Dowd	28
Cynthia Schnarr	8	Zelda Hodge	18	Judy McQuilkin	28
Shirley Sheronick	8	Zoraida Kenner	18	Anthony Paladino	28
Kim Fairchild	9	Harriet Oliver	19	Grace Wuerzinger	28
Beth Miller	9	Sarah Webb	19	Richard Brown	29
Louise Paladino	9	Fred Burcroff	20	Marcy Chandler	29
James Pelekis	9	Gloria Ptak	20	Nancy Nagel	29
Geri Hyams	10	Ron Revolt	20	Mary Jane Nelson	29
Robert Mullen	10	Joyce Sauer	20	Harry Gardner	30
Linda Sweet	10	Pudge Griffen	21	Linda Kassab	30
Pam Yee	10	Ray Shamel	21	Christine Sullivan	30
Dan Bolling	11	David Weiss	21	David VanHammen	30
Christine Campbell	11	Linda Allen	22	Fred Werth	30
Clint Hoxie	11	Sharron May	22	Jane Kennedy	31
Carol Johnson	11	Thomas Harrett	22	Shirley Lowenthal	31
Nancy Kage	11	Leroy Worden	22	Michael Werth	31
Sue Lee	11	Jackie Fine	23		
Dan Retzler	11	James Gauthier	23		

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.



## Walk Benzie County with Us!

DATE	MILES
July 1	
July 2	
June 3	
July 4	
July 5	
July 6	
July 7	
July 8	
July 9	
July 10	
July 11	
July 12	
July 13	
July 14	
July 15	
July 16	
July 17	
July 18	
July 19	
July 20	
July 21	
July 22	
July 23	
July 24	
July 25	
July 26	
July 27	
July 28	
July 29	
July 30	
July 31	Total Miles:

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 July 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. At the end of July, drop your sheet off at The Gathering Place and you'll get a prize!

### 2000 STEPS = 1 MILE

This month we will continue our walk starting at the last stop we made in June - Ransom Lake Natural Area. We'll head 7.3 miles to the Labyrinth located at 16488 Honor Hwy. The Labyrinth was designed by Bob Alley, built by Bob and Pauline Alley and is dedicated to their Grandson Alex who passed away in 2005. There is only one way to walk once you enter and there is a resting place in the center should you need additional quiet time. The walk is ½ mile long and there is no charge.

Our next stop is 3.2 miles to C & M Rock shop located at 13236 US 31. C & M Rock Shop started as a summer project. Bruce and Shirley Mueller sold rocks they dug up or found themselves, offering their wares from card tables set up on Shirley's grandparents' farm along U.S. 31. That was 1966. Over the years, C & M has grown. Now housed in a former barn basement and overflowing onto tidy rows of tables outside, it's a seasonal rock shop destination for both curious passers-by and rock hounds alike.

After looking at rocks, head 3.5 miles to the Cherry Bowl drive-in theater in Honor on US 31. It opened on July 4, 1953 and along with showing double features, has a snack bar, children's play areas, putt-putt golf, beach volleyball, and a rest area for dogs.

Walk 1.9 miles and you'll find Eden Hill Greenhouse and Nursery. Eden Hill is a production greenhouse open to the public and run by Pete, Tim and Steven. All plants are grown on site; they offer annuals, hanging baskets, combination planters, perennials, hardy fall mums, and poinsettias, in season, of course. You will always find great service and a friendly face to greet you, including Otto, the greenhouse mascot and his buddy Wanblee.

Hungry? Walk 2.4 miles to the Cherry Hut. First established as a roadside pie stand in 1922. The Kraker family used it as a means to distribute homemade cherry pies made from fresh cherries out of their orchard. Later, in 1937, the Cherry Hut moved to its present day location on US 31 in Beulah. Throughout its long history, the Cherry Hut has always been known for its homemade pies and jams.

Lastly, we'll walk 10.5 miles to the Point Betsie Light House located on the northeast shore of Lake Michigan — at the southern entrance to the Manitou Passage — north of Frankfort. Construction began in 1854, but it was not completed until 1858, and began service in the shipping season of 1859. This was the last manned lighthouse on Lake Michigan

When we complete our walk in July, we will have walked 29.3 miles for the month. Remember, we are really walking in our own neighborhoods but these will be some nice places for you to visit!! Don't forget to turn in your mile sheet for the month. We will have a treat waiting for you when you do!



THE SENIOR SCOOP



**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](mailto:INFO@BENZIESENIORRESOURCES.ORG)**

## Most Common Pets

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

BIRD  
GUINEA PIG  
IGUANA  
DOG  
RAT  
HAMSTER  
CHINCHILLA  
TURTLE  
LIZARD  
GERBIL  
SNAKE  
CAT  
FISH  
CHICKEN  
FERRET  
MOUSE



Play this puzzle online at : <https://thewordsearch.com/puzzle/8/>



- Part-time Home Health Aide/ CENA
- Part-time Kitchen Assistant
- Part-time Senior Center Assistant
- Full-time R.N.

See our website at [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org) for more details. Just click on our "About" tab and scroll down to Employment Opportunities. You can

download an application there and view the job descriptions. Feel free to call us at 231.525.0600 to have an application mailed. Signing bonuses included!





## 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  
Pat Salagovich  
Betty Kelly  
John Rayle*

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.

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### 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  
Paid  
Honor, MI  
Permit No. #1

Address Service Requested

## 5 Facts about Malnutrition

**ncoa**  
National Council on Aging

### FACT 1:

**Malnourished individuals can come in all sizes**

- 715,000 U.S. adults aged 65+ are underweight
- 1 in 3 U.S. adults aged 65+ are overweight
- You can be underweight or overweight and still malnourished

### FACT 2: Malnutrition affects all groups of people

- 9 million older adults can't afford nutritious food
- 1 in 4 adults aged 65+ either reduces meal sizes or skips meals
- 16% of independent older adults are at high risk for malnutrition
- Up to 60% of older adults in health care settings are malnourished

### FACT 3: Malnutrition can come from a number of factors

- Chronic conditions
- Limited income
- Trouble swallowing/chewing
- Poor dental health
- Changing taste buds
- Living alone
- Medication side effects
- Poor appetite
- Restricted diets
- Lack of mobility
- Depression
- Dementia
- Gastrointestinal disorders

**FACT 4: You can't always prevent or treat malnutrition by just eating more**

- Adjust your diet to get all the nutrients your body needs
- Exercise to build muscle and improve strength
- Consult a Registered Dietitian Nutritionist
- Consider using an oral nutritional supplement

**FACT 5: Malnutrition has many warning signs**

- Muscle weakness
- Fatigue
- Increased illness or infection
- Feeling irritable or depressed
- Unplanned weight loss
- Decreased appetite

Learn more: [ncoa.org/NutritionTools](https://ncoa.org/NutritionTools)

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