



BENZIE

SENIOR RESOURCES

September 2021

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September is:

National Apple Month
National Food Safety Month
Classical Music Month
National Honey Month
Leukemia & Lymphoma Awareness Month
National Wilderness Month
National Courtesy Month
Reyes Syndrome Awareness Month



Top:
Chris from
Upnorth Fields
donates 200
sunflowers for our
Home Delivered Meals
clients!

Bottom:
Virginia Marsden
enjoying her
sunflower.



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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

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

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

Dear Friends,

On Friday, August 13, 2021, the Centers for Disease Control and Prevention upgraded Benzie County from Moderate Risk regarding the spread of COVID-19 to **Substantial Risk** due to the recent increase in the number of new COVID-19 cases.

As more Michigan communities move toward substantial or high community transmission due to the Delta variant, we are being urged to follow the CDC's updated guidelines to protect at-risk seniors, employees, volunteers, and visitors. For areas with **substantial or high community transmission**, the CDC recommends implementing face coverings for all employees and visitors indoors including fully vaccinated individuals.

The health, safety and wellbeing of our seniors and community is extremely important to us; we base every decision we make on just that. With the CDC's decision to upgrade Benzie County to **Substantial Risk**, I encourage everyone two years and older to wear a mask when in our facilities, regardless of vaccination status. Please wear the mask properly covering your mouth and nose. You may remove your mask to eat and drink. This was also the recommendation of Benzie-Leelanau Health Department.

In order to maintain some form of social distancing, only four people will be allowed to sit at the round tables and up to six at the larger rectangular tables. Please do not pull tables together.

It is vital that we all do our part to make sure we keep our vulnerable and at-risk seniors safe while at The Gathering Place Senior Center and Administration Office. If there is a case of COVID-19 traced back to one of our buildings, we will have to shut down for contact tracing, deep cleaning, etc. This will place our Home Delivered Meals Program in jeopardy affecting 225 homebound seniors along with staff, volunteers and those attending The Gathering Place for meals and activities.

If you are sick, do not come to The Gathering Place Senior Center or the Administration Office. Consult your physician and get tested. You can still get COVID-19 if you are vaccinated, but the illness it presents is less severe. We encourage you to get vaccinated if you have not already.

Thank you for your continued support of Benzie Senior Resources as we work through these challenges and please, remain healthy and safe.

If you have any questions, please feel free to contact me at 231.525.0600.

Sincerely,

Douglas Durand

Douglas Durand
Executive Director



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

Monday	Tuesday	Wednesday	Thursday	Friday
<i>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</i>	Lunch ~ \$4.00 suggested donation for age 60 and older. Under 60 ~ \$7.50 Caregivers under 60 are \$5.00	1 Greek Style Pita Sandwich Steamed Cauliflower Florets Steamed Sweet Peas Apricot Halves	2 Chicken Cordon Bleu Steamed Sweet Corn Steamed Broccoli Florets Stoneground Wheat Bread Classic Fruit Cocktail	3 Homemade Glazed Meatloaf Cheddar Bacon Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Diced Peaches
6 	7 Classic Hot Beef Sandwich Herbed Mashed Potatoes Venetian Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges	8 Classic Chicken Cacciatore Italian Style Green Beans Steamed Sweet Corn Whole Wheat Garlic Toast Diced Pears	9 Pecan Encrusted Tilapia Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Banana	10 Slow Roasted Beef Herbed Mashed Potatoes Italian Vegetable Blend Stoneground Wheat Bread Fresh Grapes Birthday Cake Bites
13 Thai Style Peanut Chicken Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges	14 Classic Beef Stroganoff Oven Roasted Brussel Sprouts Steamed Parisian Carrots Stoneground Wheat Bread Fresh Plums	15 Texas Style BBQ Beef Sandwich Crispy Smashed Potatoes Key West Vegetable Blend Cranberry Applesauce	16 Seasoned Beef Nacho Bar Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa	17 Steakhouse Cheeseburger Bar Oven Baked Tater Tots Malibu Vegetable Blend Pineapple Tidbits Old Fashioned Chocolate Malt
20 Pineapple Dijon Baked Ham Whipped Sweet Potatoes Scandinavian Vegetable Blend Sweet Hawaiian Rolls Classic Applesauce	21 Hawaiian Style Chicken & Rice Steamed Spinach Caribbean Vegetable Blend Tropical Fruit Blend	22 Baked Penne with Italian Sausage Pesto Infused Cauliflower Italian Style Green Beans Soft Baked Breadsticks Fresh Peach	23 Homestyle Cheesy Chili Mac Fire Roasted Corn & Black Beans Oven Baked Pears Stoneground Wheat Bread	24 Rosemary Garlic Roasted Pork Parmesan Garlic Mashed Potatoes European Vegetable Blend Stoneground Wheat Bread Apricot Halves
27 Homestyle Franks & Baked Beans Capri Vegetable Blend Oven Baked Peaches Homemade Potato Chips	28 Hand Breaded Baked Chicken Southern Style Succotash Sicilian Vegetable Blend Stoneground Wheat Bread Pineapple Tidbits	29 Country Breakfast Skillet Oven Roasted Potatoes Oven Baked Spiced Apples	30 Crispy Cod Sandwich Sweet Potato Bites Japanese Vegetable Blend Classic Fruit Cocktail	Lunch inside or on our patio 11:30am -1:00pm. Takeout meals available ~ please order in advance. Call 231.525.0601

The Kitchen Uncovered

Summer is a great time to enjoy fresh vegetables! There are farmer's markets, produce stands, home gardens, and impressive produce departments in your local grocery store with an abundance of fresh, healthy, delicious vegetables. So, it should be very easy to make sure that you have a vegetable rich diet. Sometimes this is easier said than done especially with all of the not so healthy options that surround us. The summer BBQ's, the picnic food at the beach, the drive-in movie theater snacks... they are all essential flavors of our summers in Benzie County. The trick is to find a way to have a balanced diet with all of the flavors we love.

I have two young picky eaters at home. Their version of a BLT is bacon and toast with cheese... While they have a long way to go to enjoying a well-balanced diet, they actually eat far more fruits and veggies than they realize. Almost all of our meals at home have a wide variety of vegetables cooked into them. Onions, peppers, carrots, celery, garlic, tomatoes, beans, and fresh herbs all end up in their meal even though they don't see them on their plate. This is how I prefer to cook, and to some extent, this is how I prepare many of the meals here at Benzie Senior Resources. It's not done in as sneaky of a way as at my house, but the results are the same: an increase in fiber, vitamins, and minerals via nutritious vegetables and a decrease in high fat and cholesterol packed processed proteins. Combine our veggie-packed entrée with our two of our ever-changing sides of vegetables, and you are off to a great start for having a well-balanced diet.

Last Friday (August 13th), we had our Roasted Veggie Lasagna. This relatively new entrée is actually inspired by my mom's recipe. It has gotten some great feedback and compliments but still needs a little tweaking. By the next time we offer it, it should be perfect. The one part that we are happy with is the amount of fresh nutritious vegetables we were able to pack into that dish. So far, there are 9 vegetables loaded into our lasagna! Maybe next time we can make it 10? Maybe that's how my mom snuck veggies into *my diet* when I was a kid? I'll have to ask her.

Take Care,

David Main
Executive Chef
The Gathering Place



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)

Heartland
Hospice Care

Support Groups

Growing Through Grief

Evening Grief

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

***BY PHONE**

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)

September Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>2</p> <p>11:30-1:00 Lunch 1:30 BUNCO</p> 	<p>3</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:00 Lunch 1:30 Wii Bowling</p>
<p>6</p> 	<p>7</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>8</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>9</p> <p>10:00 Craft with Susan 11:30-1:00 Lunch 1:30 BUNCO</p> 	<p>10</p> <p>9:30 BUNCO 11:30-1:00 Lunch—September Birthday Celebration 1:30 Wii Bowling</p>
<p>13</p> <p>10:00 Stretching & Balance 11:30 Lunch 5:30 Zumba</p>	<p>14</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>15</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>16</p> <p>11:30-1:00 Lunch—Ice Cream Social 1:30 BUNCO</p>	<p>17</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:30 Wii Bowling</p> 
<p>20</p> <p>10:00 Stretching & Balance 11:30-1:00 Lunch—Music with Robert 5:30 Zumba</p>	<p>21</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>22</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p> 	<p>23</p> <p>10:00 Book Group 11:30-1:00 Lunch 1:30 BUNCO</p>	<p>24</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:30 Wii Bowling</p> 
<p>27</p> <p>10:00 Stretching & Balance 11:30-1:00 Lunch 1:00 Movie Monday—“Fences” 5:30 Zumba</p>	<p>28</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>29</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p>	<p>30</p> <p>10:00 Craft with Susan 11:30-1:00 Lunch 1:30 BUNCO</p>	<p>Happy September</p> 



Bulletin Board

FOOT CLINIC

Wednesdays at
Benzie Senior
Resources
Administration Office.



Wednesdays, September 1, 8,
15, 22 & 29.

Please call 231-525-0600 for
your appointment. We don't
charge a fee, but we do
appreciate donations.

**Music by
The Melody Makers**
Tuesdays at The Gathering
Place
10:30 a.m. to 1:30 p.m.

Thompsonville Music & Lunch

The first Friday of every
month ~ September 3rd
The Thompsonville Fire Hall
Music starts at 10:30 a.m.
Lunch served at Noon.

Essential Estate Planning

When: Tuesday, September 28th
Where: 9:00 a.m. to 4:00 p.m.
Place: Benzie Senior Resources
Office, by appointment

This is an opportunity to speak
with an experienced estate planning
attorney for free to review, update
and/or create an estate plan. Call
231-525-0600 to schedule your
appointment.

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.



VOLUNTEERS NEEDED!

- Deliver hot, nutritious meals to homebound seniors
- Popcorn popper
- Yoga Instructor
- Book Group Leader
- The Gathering Place Front Desk
- Stretching & Balance Instructor
- Newsletter Delivery to businesses

Call 231.525.0601 for a volunteer application, go online
at www.BenzieSeniorResources.org to download one, or
stop by The Gathering Place and pick one up!

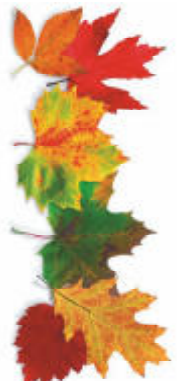
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If you happen to shop at Amazon.com,
please start out at smile.amazon.com and
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order dollars to our agency!



Have an idea for the
newsletter?
Want to write a guest
column?

Email Dawn at:
Bousamrad@BenzieSeniorResources.org



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

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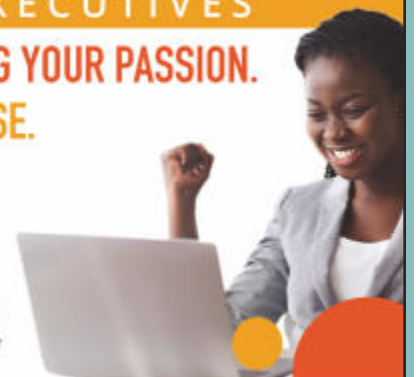
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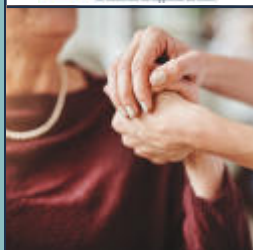
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3-D-5-5

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15-0688

Milestones

Staff Birthdays



Ryan Couturier, September 18th
Ryan is an enthusiastic member of our kitchen team. He has a very sassy sense of humor and enjoys spending time with his daughter who is almost two!

Welcome to the Team!



We are happy to welcome Michelle Francis back as a part of our kitchen crew. Michelle is always ready with a smile for our folks and we know they will be so excited to see she has returned!

Happy 57th Anniversary to Tom and Edi Bletcher. They celebrated their August 16th date with a cake at the lake!

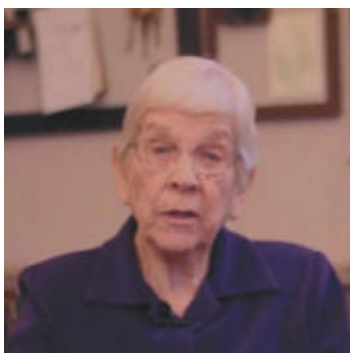


Nicole Vanslambrouck also joins our kitchen crew. She is a proud mom and loves spending time with her daughter Riley. They enjoy hand feeding bass on Lake Louise near their home.

happy
FALL Y'ALL



Momma Cat is happy to have our office open.
Here she is enjoying flowers that were delivered to her!



Florence Bixby celebrated her 100th Birthday on August 25th. She is an accomplished educator, author and historian. She taught generations of folks in Benzie County. Although her special day has officially passed, if you'd like to send her a card or note to continue the celebration, her address is: Mrs. Florence Bixby, 1262 Carlson Rd., Frankfort, MI. 49635.

"100"
WHOLE YEARS
OF BEING
AWESOME



September Birthdays

John Chahbazi	1	Wanda Hancock	12	Margie Jenkins	23
Jan Noecker	1	Joyce Barnes	13	Betty Lewis	23
Joan Peck	1	Carl Harm	13	Gordon Lewis	23
Nancy Berndt	2	Dorla Link Lindsey	13	Tina Rommell	23
Grant Sheets	2	Gary Pierce	13	Gayle French	24
Bonnie Stain	2	Samuel Tesaker	13	Maren Hull	24
Ethel Fisher	3	Muriel Forster	14	Donna Kondek	24
Carroll Frankenberger	3	Andrea Grix	14	Chris Daniels	25
Donald Frost	3	Barbara Lynch	14	Bonnita Baker	26
Katherine Ross	3	Shirley Thomas	14	Kim Beechcraft	26
Judy Rice	4	Karla Black	16	Jay Finch	26
Joan Blair	5	Shannon Gettings	16	Beverly Harris	26
Roger Fast	5	Sharon Harris	16	John Lekovich	26
Barbara Hipp	5	Janice Herringa	16	Marilyn Berndt	27
Nora Bungard	6	Cher Rutherford	16	Mary Olney	27
Etta Erdman	6	Jim Stamm	17	Lina Dean	28
Steven Henry	6	Sandra Cress	18	David Green	28
Kay Nydam	6	Sally Majszak	18	Darsie Jaynes	28
Linda Stockman	6	Victoria Tarker	18	Mary Johnstone	28
James Wanner	7	Glenda Golanda	19	Philip Lavender	28
Denise Kerridge	8	Catherine Kelder	19	Barbara Pracher	28
Alan Piotrowski	8	Michael Ross	19	Patricia Sluyter	28
Marilyn Maslo	8	Joanne Hawkins	20	Ken Chlebo	29
Darrell Wilson	8	Suz Waring	20	Michael Heller	29
Jan Anderson	9	Penny Hergenroeder	21	Leonard Merrill, Jr.	29
Linda Martin	9	Marvin Rosa, Jr.	21	Sylvia Beardsley	30
Carolyn Pletz	9	Nena Bondarenko	22	John Beeman	30
Mary Ann Wichtner	9	Vicki MacKenzie	22	Deborah Cruden	30
Phyllis Heniser	10	Ella McKeen	22	Tammy Hoyt-Hansen	30
Paul Schulte	10	Wanda Vanderle	22	Gerald Miller	30
Maren Bailey	11	Alice Gates	23	Marc Ryan	30
Janet Dixon	11	Marc Harrison	23		
Randy Favreau	12	Opsie Hoppe	23		

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 or call Dawn at 231.525.0601. Mail the form to: Benzie Senior Resources, 10542 Main Street, Honor, MI 49640. ATTN: Dawn

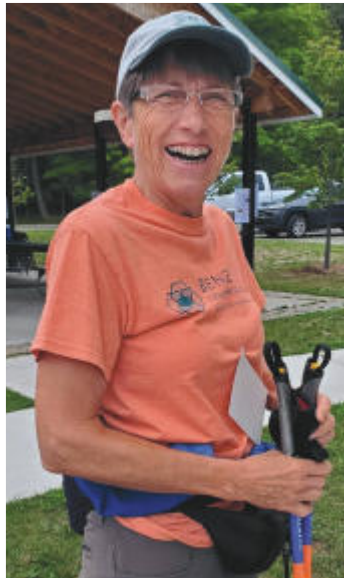
Name _____ Anniversary Date _____

☐ 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.

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-a-Thon!



Walk-a-Thon Thank you!

BENZIE SENIOR RESOURCES THANKS ALL PARTICIPANTS, INDIVIDUAL SPONSORS, VOLUNTEERS, AND EVENT SPONSORS FOR MAKING THIS YEAR'S WALK-A-THON A GREAT SUCCESS!

Gold Sponsor: Cherryland Electric Cooperative and Comfort Keepers

Silver Sponsor: The Jon Zickert Group at Real Estate One; Edward Jones—Justin Keillor

Bronze Sponsor: Honor Onekama Building Supply, Inc.; Watson Benzie LLC; Webber Insurance Agency; The Maples; Eden Hill Vines; Bell Title Company; Graceland Fruit; Anderson, Tackman & Company PLC

Paper Shoe Campaign: Cornerstone Assembly of God; Trinity Lutheran Church; Frankfort Methodist United Church with special thanks to Amy Jones for her spirited weekly shoe sale reminders

In Kind Contributors: Shop-n-Save; Ken-Jac Pumping

Special Gift: Little River Casino

Walk-a-thon Committee Volunteers: Bill and Liz Crawford, Mary Dykstra and Amy Jones

Mile Marker Volunteers: Nancy Mullen-Call; Leo and Susie Hughes; Marilyn Argue and Pam Howe-Perry

Additional thanks to: Chris from UpNorth Fields for allowing placement of our Walk-a-Thon Banner; the City of Frankfort for helping to place the picnic tables at the Bellows Park Pavilion; the staff of Benzie Senior Resources; Ken Holmes for driving the route throughout the event to support our participants; Dick Haase for diligently placing Walk-A-Thon signs throughout Benzie County; Kris Dykstra, Ingrid and Paul Turner, and Linda Ringleka for volunteering wherever they were needed; Liz's special bakers who shared delicious treats, cobblers and muffins.



Have you received a call from our office and wondered, "Who is calling me from Wolverine?" It's complicated but basically our phones are internet based and our number looks like it's coming from Wolverine. But we aren't!

If you have a cell phone, you can program our number in your contacts as **Benzie Senior Resources** or **Meals on Wheels** or even as **where I buy my dining out vouchers**. Whatever you'd like to call us so you remember us.

Our number is 231.525.0600 and we're Benzie Senior Resources!



Are you a Veteran?
Need benefit help?
Call Karen Korolenko,
the Director at Benzie County
Department of Veterans Affairs.
231.882.0034 or
Email kkorolenko@benzieco.net.

Word Search

Star Trek

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RODDENBERRY
SULU
BORG
UHURA
KLINGON
WORMHOLE
SISK0

Play this puzzle online at : <https://thewordsearch.com/puzzle/46/>



September Crafts with Susan—come join the fun!
Sign up at The Gathering Place front desk or call 231.525.0601

Button Flowers,
September 9th



Wrapped hangers, September 30th



Donation Information

Giving is not just about making a donation.
It's about making a difference.

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes. You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes. If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at info@BenzieSeniorResources.org.

Donations made to Benzie Senior Resources:

In Honor of:
Joyce Sauer
Carol Penfold-Patterson

In Memory of:
Marce Keillor
Betty Kelly

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
Paid
Honor, MI
Permit No. #1

Address Service Requested



FALL-PROOF YOUR BODY

CALCIUM

Strong bones are needed so that a small fall doesn't result in a fracture.

Good sources are dairy, dark leafy greens, canned fish, soybeans.

PROTEIN

Protein, combined with exercise, helps build and repair your muscles so you can stay strong and prevent falls.

Good sources are lean meats & fish, eggs, soy products, beans & peas, unsalted nuts & seeds.

