



# BENZIE

## SENIOR RESOURCES

December 2021

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December is...

Read a New Book Month  
Stress-Free Family Holiday Month  
Fruit Cake Month  
Human Rights Month  
Safe Toys and Gift Month  
Write a Friend Month

**Benzie Senior Resources 231.525.0600**

# THE SENIOR SCOOP

*Be connected.  
Be supported.  
Be home.*



Above: Lorie packs up to head out on a meal delivery route. Thanks to grants from the Oleson Foundation, Meals on Wheels America and Cherryland Electric—Cherryland Cares we were able to purchase a new delivery vehicle! We are grateful to Watson Benzie for giving us a great deal as well.



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Benzie seniors.*

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Website: [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org)

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The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours

Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours

are Monday — Friday 8:00 a.m.— 4:00 p.m.

with exception to special events and  
inclement weather.

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## THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

Benzie Senior Resources

10542 Main Street

Honor, MI 49640

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## From Our Director

As a result of an increase in the number of new COVID-19 cases, resulting in a high positivity rate of community transmission, and the November 19, 2021, Michigan Department of Health & Human Services announcement of a mask wearing advisory to wear a mask for indoor gatherings including establishments, I have made some modifications to the Benzie Senior Resources COVID-19 Mitigation Strategy.

Effective on Wednesday, November 17, 2021, **masks are required** for EVERYONE at both The Gathering Place Senior Center and the Benzie Senior Resources Administrative Building, regardless of vaccination status. The health and safety of our seniors, staff and volunteers are our top priority and wearing masks is just one way to protect one another. Another is to practice social distancing and at The Gathering Place Senior Center only 4 people will be seated at the round tables, and 6 at the rectangular tables. We will continue to monitor the needs of our most vulnerable clients.

Your cooperation is greatly appreciated in following our new protocols.

Some of our services have program fees and these fees are assigned on a sliding scale based on your gross household income. The following programs that are fee-based include: Snow Removal; Homemaking; Lawn Chore; In-Home Healthcare Services such as Personal Care, Respite Care, RN Services

We need to review proof of income for these services. These include: Social Security statements, especially the upcoming 2022 Annual Benefit Letter from Social Security that will be arriving in December. **Please keep this handy for proof of your social security income.** Your last 30-day bank statement, last 30 days of employment pay stubs, unemployment benefits, retirement pensions, annuities, 401k, rental income, alimony support and most recent income tax returns. No one pays 100% of the cost value of these services when proof of income is provided.

Another Northern Michigan winter is upon us which can be a challenge for everyone, especially our seniors. Slippery sidewalks and driveways plus the cold weather can cause a wide range of injuries and illnesses. Below are some tips to help everyone get through another winter:

Falls can be a challenge for some older adults and in the winter these fall risks greatly increase. Make sure your sidewalks and driveways are free of ice and snow. Make sure you have a good pair of boots—check for a good tread especially! If you are using a cane, make sure that the cane tip is in good condition. Same goes for a walker—make sure that you have good walker pads on them. Be cautious when entering businesses for water on the floor. Remember to take your snowy shoes/boots off as soon as you go inside your home and place them on a boot mat/rug. If your boots are left on a bare floor the melting snow will soon become water on the floor, and this can lead to a slip and or fall.

Cold temperatures can lead to frostbite and hypothermia, you should dress warmly and in layers. Be sure to cover exposed skin with hats, gloves, and scarves. You can even use your scarf to cover your mouth and protect your lungs from extreme cold.

The Holiday Season is upon us already! First off, I want to wish everyone a safe, joyful and spirited holiday season. I also want to thank those of you who have contributed to Benzie Senior Resources this past year. Without your support we couldn't do it all and offer the many services and programs that we do.

I'd like to also take this time to thank our staff, volunteers, Board of Directors and contractors for all of their hard work, commitment and dedication. They always "go the extra mile" to make sure our seniors are given the best service possible. You all are the best!

Happy Holidays!

Douglas



# December Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b><i>Menu is subject to change based on product availability</i></b>	Lunch ~ \$4.00 suggested donation for age 60 and older. Under 60 ~ \$7.50 Caregivers under 60 are \$5.00	1 Savory Sausage Cassoulet Capri Vegetable Blend Steamed Cauliflower Florets Stoneground Wheat Bread Apricot Halves	2 Chicken 'N Dumplings Southern Style Succotash Italian Style Green Beans Stoneground Wheat Bread Classic Fruit Cocktail	3 Cheddar & Chive Encrusted Cod Crispy Smashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Plums Apple Pie
6 Chicago Style Italian Beef Sandwich Oven Baked Tater Tots Caribbean Vegetable Blend Diced Pears	7 <b>Meal Delivery Only— The Gathering Place is closed.</b>  Classic Hot Turkey Sandwich Herbed Mashed Potatoes Key West Vegetable Blend Cranberry Applesauce	8 Cornmeal Dusted Catfish Oven Baked Potato Steamed Spinach Stoneground Wheat Bread Diced Peaches	9 New Orleans Bourbon Chicken 'N Rice Japanese Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges	10 Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Tropical Fruit Blend Birthday Cake Bites
13 Smoked Sausage & Sauerkraut Italian Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Classic Applesauce	14 Classic Liver & Onions Alternate: Salisbury Steak Herbed Mashed Potatoes Oven Roasted Brussel Sprouts Stoneground Wheat Bread Fresh Cut Oranges	15 Homemade Meatloaf with Gravy Herbed Mashed Potatoes Steamed Broccoli Florets Stoneground Wheat Bread Fresh Banana	16 Homestyle Beef Stew California Vegetable Blend Steamed Sweet Corn Fresh Baked Biscuits	17 Whole Wheat Blueberry Pancakes Freshly Scrambled Eggs Savory Sausage Links Oven Baked Pears
20 Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Multigrain Dinner Roll Bonnie's Famous Cranberry Sauce	21 Homestyle Shepard's Pie Steamed Parisian Carrots Steamed Sweet Peas Stoneground Wheat Bread Fresh Banana/ Kiwi	22 Pineapple Dijon Baked Ham Whipped Sweet Potatoes European Vegetable Blend Sweet Hawaiian Rolls Fresh Cut Oranges	23 CLOSED 	24 
27 Sweet & Sour Chicken over Rice Crispy Egg Roll Asian Vegetable Blend Lucky Fortune Cookie Pineapple Tidbits	28 Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa	29 Smothered Chicken Breast Oven Roasted Potatoes Pesto Infused Cauliflower Soft Baked Breadsticks Fresh Grapes	30 	31 

# The Kitchen Uncovered

Things are bustling here at The Gathering Place these days. Perceptive readers may have noticed that I missed last month's article. Our tech savvy followers will know that it has been some time since our widely popular artistically staged 3D photos of our daily meals have been absent from the internet. I'll admit that I am the one to blame. Things have unfortunately taken precedence over those projects, and they simply got by me, which ironically leads me to this month's theme: flexibility.

It is November as I write this, and we are preparing for Thanksgiving here at Benzie Senior Resources and also with our own friends and family. This is generally a time of celebration, normally a time to reunite with the ones we love and give thanks. Last year my family made the painful decision to cancel our festivities with hopes of safely gathering together this year. Unbelievably, we seem to still be in the thick of this pandemic, and while vaccines are now available to most, we are still seeing high numbers of those becoming ill and we still must go about our daily lives with caution. We will be gathering this year, but it will not be as relaxed and celebratory as we all had hoped. What am I so thankful for? In the midst of all this stress and anxiety-- I am thankful mostly for *flexibility*.

I am lucky enough to have a job that is so flexible. In these times of uncertainty with politics, distribution chains, the economy etc. being able to adjust and adapt to what comes next is crucial. We are able to be flexible with the meals we prepare while still being able to offer high quality nutritious food. We are able to adapt to how we serve the food because we have volunteers with flexible schedules that enable them to distribute our meals throughout the county. I am privileged that I am allowed to adjust certain aspects of my job duties and responsibilities when necessary, in order to carefully address issues and or changes that may arise. I am glad that so many of our clients who receive our meals share an accommodating attitude toward what we do here. I know there have been some special treats that have been dropped from our menu lately due to supply issues, but thankfully we will all enjoy roast turkey, mashed potatoes, and pumpkin pie next week! (We are almost at that magical Turkey Day as I write this!) If all goes well, I should be able to promote the special meal in 3D!

Take Care and thankfully,

David Main  
Executive Chef

## Lancaster Show Trip & the Dutch Country

September 18-28, 2022

\$685 per person, double occupancy or \$62/ person. Travel insurance available and recommended.

Price includes:

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the Lancaster area
- 10 meals: 6 breakfasts and 4 dinners
- Admission to the "DAVID" show at the Sight & Sound Millennium Theater
- Admission to the Landis Valley Museum & Village
- Guided Tour of Philadelphia
- Visit to charming Kitchen Kettle village
- Visit to Park City Center
- Admission to The Amish Experience & Jacob's Choice at The F/X Theater
- Guided tour of Lancaster

For more details, stop by Benzie Senior Resources office to pick up a trip flyer or call 231.525.0600.



## December Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
There is no Book Club in December. "The Firekeeper's Daughter" by Angeline Boulley is our next book. It's long, so we'll wait until January to discuss.	Join us on the 16th and Build a Birdhouse with Lester!	1 8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo	2 11:30-1:00 Lunch 1:30 BUNCO	3 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:00 Lunch 1:00 Wii Bowling 2:30 Grief Support
6 10:00 Stretching & Balance 11:30 Lunch 5:30 Zumba	7 <i>Closed</i>	8 8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo	9 10:00 Christmas Craft 11:30-1:00 Lunch 1:30 BUNCO	10 9:30 BUNCO 11:30-1:00 Lunch—December Birthday Celebration 1:00 Wii Bowling. 2:30 Grief Support
13 10:00 Stretching & Balance 11:30 Lunch 1:30 Christmas Craft	14 10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	15 11:30-1:00 Lunch 12:30 Bingo 1:30-4:00 OPEN SEW 4:30 Board of Directors Meeting	16 10:30 Build a Birdhouse with Lester 11:00–2:00 Blood Pressure Checks 11:30-1:00 Lunch 1:30 BUNCO	17 9:30 BUNCO 11:30-1:00 Lunch Christmas Social 1:00 Wii Bowling 2:30 Grief Support
20 10:00 Stretching & Balance 11:30-1:00 Lunch 1:00 Christmas Movie Monday	21 10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	22 11:30-1:00 Lunch 12:30 Bingo	23 	
27 10:00 Stretching & Balance 11:30-1:00 Lunch 1:30 Craft with Debbie	28 10:30 Music by The Melody Makers 11:30-1:00 Lunch NO Chair Yoga	29 11:30-1:00 Lunch 12:30 Bingo 1:30-4:00 OPEN SEW	30 	





# Celebrations

## Staff Birthdays



Traci Hultman, December 2nd  
Traci loves listening to country music and is always ready to share a laugh. She also celebrates 5 years as a Home Health Aide helping our most vulnerable seniors stay safe and home. Thank you, Traci!



Jeff Stockman, December 13th  
Jeff works hard to ensure our Home Delivered Meals clients receive their hot meals every weekday. For fun, ask him about his goats or working on the Great Lakes for 25 years!



Marti Alexander, December 31st  
Marti is known around the office for her fantastic baking skills and delicious salads. If you ever get a chance to try her shortbread—do it! If you stop by or call the office, ask Marti about her battle with the bears.

## Staff Anniversaries



Kathy Frederick, 8 years  
Kathy is our Assistant Cook and sure to make your meal with love and deliciousness. We appreciate her extra touches and genuine thoughtful nature.



Please help us Welcome Laura Herren to our Kitchen team. Born and raised locally (GTC and Benzie), Laura is the proud mom of a 14-year-old son, and 8 & 10 years old daughters. She enjoys gardening, canning, painting (acrylic on canvas), fishing and cooking with her children

## Happy 62nd Wedding Anniversary on December 24th to George and Joyce Kirbach!



Happily married they have spent their years in the Frankfort and Arcadia area. They have 5 children, 13 grandchildren, and 12 great grandchildren.

**PLEASE NOTE:**  
The Gathering Place will be closed on December 7th.  
The Gathering Place and Benzie Senior Resources will be closed December 23, 24, 30 & 31.



Mr. Lewis Small grew up in Beulah, Michigan. He lives there now and will celebrate his **100th** birthday December 27th, 2021. Please send him a card of congratulation and good wishes and we will send it on to him! Send cards to BSR, Attn: Mr. Lewis Small, 10542 Main Street, Honor, MI 49640.



Much of Mr. Small's working life was at the family business in Beulah-- Reedcraft Weavers (next to The Market Basket) where they made rugs, tablecloths, place-mats, runners, and more. In conversation this past summer he shared, "Almost every night I dream I'm weaving." He smiled widely and sighed.



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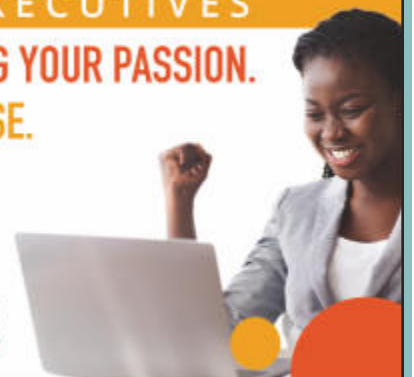
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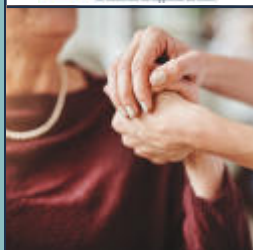
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# Social Security/ Medicare



## INCREASE IN SOCIAL SECURITY BENEFITS

Social Security Benefit Increase Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration announced today.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

## Guard your card: How to protect your Medicare card

Protect yourself by protecting your Medicare card!

Medicare has taken actions to make Medicare cards safer by replacing Social Security Numbers with more secure ID numbers. But even with those efforts, fraudsters may still try to take advantage of you.

Medicare fraud results in higher health care costs for taxpayers just like you. That's why it's so important to know how to protect your Medicare card and Number.

### What can you do to protect yourself and prevent Medicare fraud?

The most important thing you can do is guard your Medicare card like it's a credit card. Don't give your Medicare card or Number to anyone except your doctor or people you know should have it.

You can also:

- Keep your Medicare Number to yourself. If you get a call from people promising you things if you give them your Medicare Number — don't do it. This is a common Medicare scam.
- Refuse any offer of money or gifts for free medical care. A common ploy of identity thieves is to say they can send you your free gift right away — they just need your Medicare Number.
- Use a calendar to record all of your doctors' appointments and any tests you get. When you check your Medicare statements, look out for any items and services listed and other details that don't look correct. If you see a charge or service that you think is incorrect and you know the provider, call their office and ask about it.
- Learn how a Medicare plan works before you join.
- Stay alert for fraud during the coronavirus disease 2019 (or COVID-19) national emergency. Con artists like to take advantage of people when they're distracted.

### Committing Medicare fraud is illegal & you should report it

If you suspect fraud, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048. If you're in a Medicare Advantage Plan or Medicare drug plan, call the Medicare Drug Integrity Contractor (MEDIC) at 1-877-7SAFERX (1-877-772-3379).

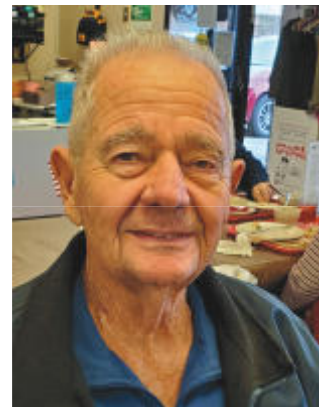
Learn how to protect yourself from health care fraud. Visit [Medicare.gov/fraud](https://www.medicare.gov/fraud) for more information on how to help fight Medicare fraud.

From [www.medicare.gov](https://www.medicare.gov)





## Honoring Our Veterans



We were honored to serve our veterans lunch on Veterans Day as a thank you for their service. Our kitchen created a delicious meal and are grateful that so many came for lunch.



## Bulletin Board



### Prescription Delivery!

Benzie Bus offers prescription delivery from all Benzie County pharmacies. (Disclaimer: prescriptions requiring a signature are not eligible for this service)

It's as easy as 1-2-3!

Step 1: Call your pharmacy and make sure your prescription is ready. Pay for your prescription over the phone, and let them know Benzie Bus will be picking it up for you.

Step 2: Call Benzie Bus (231-325-3000 ext. 1) and give them your name, date of birth, and the name of the pharmacy.

Step 3: Sit back and relax, knowing your prescription will be delivered safely to your door!

### Open Sew

Something new at TGP! Bring your own project or help us create mittens for our fundraiser. Bring whatever you wish to work on – sewing, knitting, crocheting, scrap booking – the choice is yours. December dates for Open Sew are the 15th & 29th from 1:30 p.m. to 4:00 p.m.

**Movie Monday at  
The Gathering Place  
Monday, December 20 at 1:00 p.m.  
\*FREE popcorn & pop!**



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

### Essential Estate Planning

When: December 14, 2021

Where: 9:00 a.m. to 4:00 p.m.

Place: Benzie Senior Resources Office,  
**by appointment only**

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, buttons, books and Bingo prizes. Drop off at The Gathering Place Please, do NOT drop off items not listed here.**

### FOOT CLINIC



Wednesdays at Benzie Senior Resources Administration Office. Please call 231-525-0600 for your appointment. We don't charge a fee, but donations are appreciated.



Thank you to our friends at Shop-N-Save for hosting our Volunteers. They were collecting donations for our yearly Christmas bags that are delivered to homebound seniors in Benzie County.



Thank you also to our volunteer drivers David, Nikki, Lynn, Judy and Nancy for helping us stuff the Subaru! We are grateful to all who stopped by to chat with us and donate.

## December Birthdays

Rick St. Pierre	1	Tom Cone	8	Elizabeth Kimbrough	21
Andree Emig	2	Roxane Miner	8	Gene Nowak	21
Ed Fay	2	Delphine Sullivan	8	Scott Wills	21
Tom Hafer	2	Shelley Fast	9	Robert Courneya	22
Cynthia Ivy	2	Gary Witzke	9	James William Foote	23
Kathleen Crosby	3	Edward Faltinowski	10	Patricia Hudson	23
Richard Haase	3	Edward Suhy	11	Rodney Nordbeck	23
Gerry Schroeder	3	Susan Szerlong	12	Niel Haugen	24
Barb Skurdall	3	Claudia VanBrocklin	12	Edward Osga	24
Cheryl Suppnick	3	David Jahr	13	Tanya Struble	24
Dewayne Braden	4	Judy Mead	14	Alvin Gray	25
Tom Burton	4	David Best	15	Rena Johnston	26
William Dawe	4	Jean Johnson	17	Karen S. Packer	27
Bill Higman	4	Fred C. Taylor	17	Lewis Small	27
Charles Myers	4	Gloria Walterhouse	17	Steve Walton	27
Denis Crosby	5	Bill Ward	17	Gayle Dixon	28
Al Francik	5	Patricia Matyas	18	Dan Haswell	28
Dino Kortesis	5	Lois Schram	18	Keith Jewell	28
Luann May	5	Paul Stiles	18	Diane Thompson	28
Flo Moutsatson	5	Art Gauthier	19	Kay Hammond	29
Virginia Richey	5	Jeanette Huddleston	19	Lole Lee Kring	29
Sven Wright	5	Duncan Ramsay	19	Peggy Witzke	29
Cherrie Engelbertson	6	Rosemary Abbett	20	Cindy Boyd	30
Sherri Osborne	6	Randy Bond	20	Vera Carmien	30
Paula Smeltzer	6	Phil Gagliano	20	Allen Forrester	30
Ricky Frederick	7	Robert G. Kelly	20	Janice Miner-Heniser	30
Jerry Heiman	7	Elizabeth Rodgers Hill	20	Peggy Nostrandt	31
Craig Jackson	7	Virginia Daugherty	21		
Jim Brownell	8	Chris Jahr	21		

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*

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.



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

231.882.0034 or Email [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)

# Word Search

## Christmas

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

CANDY CANES  
 TREE  
 JOLLY  
 JACK FROST  
 GINGERBREAD  
 SNOWFLAKE  
 CRACKERS  
 MANGER  
 CHRISTMAS  
 MERRY  
 FRIENDS  
 DECORATIONS  
 NATIVITY  
 SANTA CLAUS  
 GIFTS  
 FAMILY  
 ANGEL

Play this puzzle online at : <https://thewordsearch.com/puzzle/124/>

### Weatherization Assistance Program

Give the team at NMCAA a call to see if you are income eligible. You may qualify for a Home Energy Audit; Updated Ventilation System; Weather stripping; caulking or general air Sealing, etc. Call 231.346.2137. Also, free home repairs such as furnace or fridge replacement and insulation.

### Benzie Senior Resources' Benzie Bus Passes

Do you have any pink Benzie Bus Passes? If yes, please drop them off at either the Benzie Senior Resources office or The Gathering Place. You can also mail them to BSR, 10542 Main Street, Honor, MI 49640. We have a different system now with Benzie Bus that does not require the passes anymore as long as you are age 60 or older and a resident of Benzie County. Just call us at 231.525.0600 and we'll get you on their list. No more pesky passes to keep track of! We did pay for them, so if you return the unused ones, we'd really appreciate it, so we can get credit for them. THANKS!





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

Address Service Requested

## 7 Key Nutrients for Senior Nutrition

The Geriatric Dietitian



### VITAMIN D

Vitamin D is a fat-soluble vitamin involved in bone health, muscle health, immunity, and cognition. Older adults > age 70 need 800 IU daily (younger adults need 600 IU daily). Low vitamin D is common in seniors.

### CALCIUM

Calcium is a mineral involved in bone health, muscle health, nerve transmission, and hormone secretion. Men >70 years old and women 51+ years old need 1,200 mg daily (younger men need 1,000 mg daily).



### VITAMIN B-6

Vitamin B-6 is a water-soluble vitamin that has a role in metabolism, immune function, and enzyme reactions. Those ages 51-70 need 1.3 mg daily. Men >70 years need 1.7 mg daily. Women > 70 years need 1.5 mg daily.

### VITAMIN B-12

Vitamin B-12 is a water-soluble involved in making DNA, red blood cell formation, and proper nerve function. Men and women need 2.4 mcg daily. Many seniors cannot absorb vitamin B-12 from food sources.



### FIBER

Fiber is a type of carbohydrate that the body is unable to digest. Fiber is involved with healthy digestion, feeling full, and preventing constipation. Men 51+ years need 30 gms daily. Women 51+ years need 21 gms daily.

### PROTEIN

Protein supports good health, immunity, maintains muscle, and physical function in older adults. Researchers recommend that older adults consume 1-1.2 grams of protein per kilogram body weight.



### CALORIES

Seniors who lose weight unintentionally need more calories to stop weight loss, protect their muscle, and prevent malnutrition. Foods highest in calories typically include those high in fat like avocado, whole fat dairy, nuts, and oils. Consult a geriatric dietitian as needed.