



BENZIE SENIOR RESOURCES

January 2022

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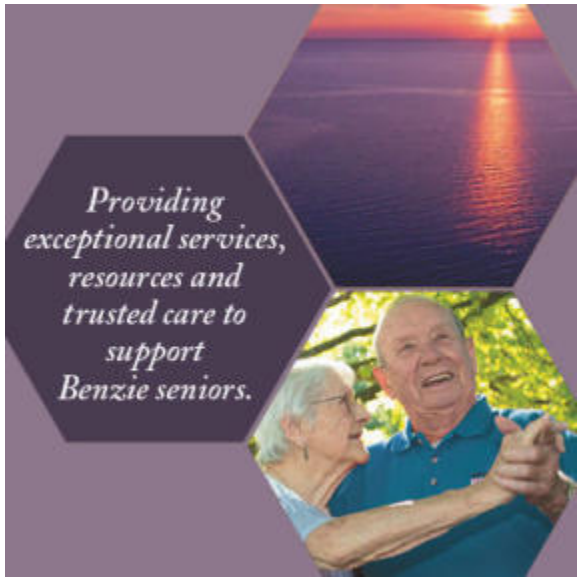
ABOVE: Christmas Centerpiece class led by Judy at The Gathering Place



LEFT: Shirley and Dodie pose by the Christmas tree at the Thompsonville Senior Luncheon. The first Friday of every month, we provide a meal at the Thompsonville Firehall. We are grateful for Shirley for organizing it.

January is:

- Glaucoma Awareness Month*
- National Blood Donor Month*
- National Soup Month*
- National Braille Literacy Month*
- National Hobby Month*



Providing exceptional services, resources and trusted care to support Benzie seniors.

BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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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
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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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

Happy New Year!

I hope everyone had a wonderful Christmas celebration! I had a wonderful family time with our children and their families, especially my 4 grandchildren. It was just delightful to be surrounded with their joy and laughter and to just take time off from the stresses of navigating through COVID-19.

Benzie Senior Resources just completed another successful Christmas Bag Program with just over 230 gift bags that were delivered to those in need. We had many individuals and groups, whom I like to refer to as community angels that provided many special items for the gift bags. We had help from the congregations of Trinity Lutheran Church, Blaine Christian Church, Frankfort & Elberta United Methodist Church, St. Andrews Presbyterian Church, First Congregational Church of Frankfort, First Congregational United Church of Christ in Benzonia, Crystal Lake Baptist Church and Cornerstone Assembly of God. We give special thanks to Shop-n-Save for allowing us to park the Meals on Wheels Subaru and so their customers could help fill the Subaru with items for the gift bags.

A special thank you to Judy, Lynn, Ann, and Blanche for organizing and putting the bags together with additional help from the TGP staff. One of the most rewarding parts of this is receiving thank you notes and phone calls from those who received the gift bags as to how appreciative they are. Some of these conversations are very emotional and I want to thank everyone who took part in this project -- you have all made a tremendous difference for so many and I applaud your generosity!

We are into a new year... Are you thinking about your New Year's resolution? Most likely it includes taking better care of yourself through exercise and nutrition. Or maybe it includes increasing some brain power. I offer a suggestion-- How about volunteering for BSR? It makes a perfect New Year's resolution because it offers great outcomes for **YOU and our community**. Volunteering has countless benefits for you and for our community—for your individual health and happiness and it presents opportunities to meet new friends and strengthen relationships between those who volunteer together, as well as to and for those whom we help. Bonds grow as we work together towards a common goal. Also, volunteering helps to lessen depression, increase self-confidence, and make a healthier you both physically and mentally. Volunteering can be as little as a few hours a month to several days a week. It is fun and a way to utilize your interests and enthusiasms.

Here at Benzie Senior Resources, we couldn't function without our dedicated group of volunteers. From delivering meals to the homebound; conducting an exercise group; greeting folks coming into The Gathering Place or serving as a board member. Our volunteers keep us going!

If you are looking for ways to remain active and healthy, please visit our agency for more details on how you can make a difference. You can get an application for volunteering

In closing, as we move into a new year, I wish for each of you moments of tranquility amid these challenging times. And I look forward to a new and revitalized New Year!

Peace & Love,
Douglas



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheese Potato Stuffed Perogies Oven Roasted Brussel Sprouts Steamed Parisian Carrots Stoneground Wheat Bread Fresh Banana</p>	<p>4</p> <p>Classic Chicken Parmesan Italian Style Green Beans Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Cut Oranges</p>	<p>5</p> <p>Homemade Meatloaf with Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Classic Applesauce</p>	<p>6</p> <p>Hearty Three Bean Chili Steamed Sweet Corn Capri Vegetable Blend Oyster Crackers Classic Fruit Cocktail</p>	<p>7</p> <p>New Orleans Bourbon Chicken 'N Rice Japanese Vegetable Blend Steamed Broccoli Florets Stoneground Wheat Bread Mandarin Oranges</p>
<p>10</p> <p>Spanish Rice with Beef & Bacon Fire Roasted Corn & Black Beans Steamed Cauliflower Florets Stoneground Wheat Bread Diced Pears</p>	<p>11</p> <p>Hearty Turkey Tetrazzini Scandinavian Vegetable Blend Green Bean Blend Stoneground Wheat Bread Cranberry Applesauce</p>	<p>12</p> <p>Cornmeal Dusted Catfish Oven Baked Potato Italian Vegetable Blend Stoneground Wheat Bread Diced Peaches</p>	<p>13</p> <p>Classic Homemade Lasagna Italian Style Green Beans Steamed Sweet Corn Whole Wheat Garlic Toast Pineapple Tidbits</p>	<p>14</p> <p>Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Tropical Fruit Blend Birthday Cake Bites</p>
<p>17</p> <p>Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Multigrain Dinner Roll Bonnie's Famous Cranberry Sauce</p>	<p>18</p> <p>Cheddar & Chive Encrusted Cod Crispy Smashed Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Grapes</p>	<p>19</p> <p>Hand Rolled Swedish Meatballs Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Banana</p>	<p>20</p> <p>Homemade Cheesy Stuffed Peppers European Vegetable Blend Green Bean Blend Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>21</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Key West Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>
<p>24</p> <p>Chicken Bacon Carbonaro over Pasta Sicilian Vegetable Blend Steamed Sweet Peas Soft Baked Breadsticks Fresh Plums</p>	<p>25</p> <p>Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>26</p> <p>Pizza Bar! Italian Style Green Beans Steamed Sweet Corn Soft Baked Breadsticks Pineapple Tidbits</p>	<p>27</p> <p>Citrus Chicken over Rice Caribbean Vegetable Blend Steamed Spinach Stoneground Wheat Bread Fresh Banana</p>	<p>28</p> <p>Whole Wheat Blueberry Pancakes Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>
<p>31</p> <p>Savory Sausage Cassoulet Key West Vegetable Blend Oven Roasted Brussel Sprouts Stoneground Wheat Bread Apricot Halves</p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older</p> <p>Under 60 is \$7.50 Caregivers under 60 are \$5.00</p>	<p>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</p>		<p><i>Menu is subject to change based on product availability</i></p>



The Kitchen Uncovered

In December we started our winter-cycle menu. Like our winter clothing you will find the meals to be a bit heavier and hopefully even more comforting than the other seasonal menus we offer. It is the time of year when it is important to bundle up, slow down, and take extra care of oneself. We all take care by adding extra layers of clothing when we venture out into the cold weather. We take care when we slow down to focus on the deteriorating road conditions. We take care when we shovel & salt our porches, sidewalks, and stairs. There are so many ways to take care of ourselves and loved ones during these cold months-- one of the most important ways is what we choose to fuel our bodies with.

When the temperature drops and we want to throw another log on the fire, we also tend to overeat or gravitate toward less healthy choices. While our winter menu consists of heartier meals these meals are nutritious, balanced, and importantly-- varied. It is important to eat a wide variety of fruits and vegetables of as many colors as you can, especially during these days of less sunshine. The colors of produce often coincide with the vitamin and mineral content found within. The more colorful your diet is the healthier you will be.

We added kiwi in December. This unique looking fruit is loaded with vitamins C, K & E, fiber, folate, and potassium! Let us know how you like them. We brought back a favorite: whole wheat blueberry pancakes— breakfast for lunch. Kathy Frederick carefully flips over 600 flapjacks for that meal! That is a recipe we are particularly proud of as it is yet another scratch recipe that was created here and has become very popular. The pancakes are sugar-free served with sugar free syrup, low sodium sausage, fresh scrambled eggs, and baked fruit. This is a meal that will taste and feel indulgent while being healthy fuel to keep you warm and comforted. We hope you'll enjoy!

Take care,

David Main
Executive Chef



Lancaster Show Trip & the Dutch Country

September 18-28, 2022

\$685 per person, double occupancy. 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.



January Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> <p>10:00 Stretching & Balance 11:30 Lunch</p>	<p style="text-align: center;">4</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">5</p> <p>11:30-1:00 Lunch 12:30 Bingo</p>	<p style="text-align: center;">6</p> <p>11:30-1:00 Lunch 1:30 BUNCO</p> 	<p style="text-align: center;">7</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:00 Lunch 1:00 Wii Bowling</p>
<p style="text-align: center;">10</p> <p>10:00 Stretching & Balance 11:30 Lunch 1:30 Christmas Craft Club</p>	<p style="text-align: center;">11</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">12</p> <p>11:30-1:00 Lunch 12:30 Bingo 1:30—4:00 Open Sew</p> 	<p style="text-align: center;">13</p> <p>10:00 Flower Craft with Judy 11:30-1:00 Lunch 1:30 BUNCO</p>	<p style="text-align: center;">14</p> <p>9:30 BUNCO 11:30-1:00 Lunch—January Birthday Celebration 1:00 Wii Bowling.</p>
<p style="text-align: center;">17</p> <p>10:00 Stretching & Balance 11:30 Lunch 1:00 Movie Monday</p> 	<p style="text-align: center;">18</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">19</p> <p>11:30-1:00 Lunch 12:30 Bingo 4:30 Board of Directors Meeting</p>	<p style="text-align: center;">20</p> <p>10:00—2:00 Blood Pressure/ Glucose tests 11:30-1:00 Lunch 1:30 BUNCO</p>	<p style="text-align: center;">21</p> <p>9:30 BUNCO 11:30-1:00 Lunch January Social 1:00 Wii Bowling</p>
<p style="text-align: center;">24</p> <p>10:00 Stretching & Balance 11:30-1:00 Lunch 1:30 Class w/ Debbie</p>	<p style="text-align: center;">25</p> <p>10:30 Music by The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">26</p> <p>11:30-1:00 Lunch 12:30 Bingo 1:30—4:00 Open Sew</p>	<p style="text-align: center;">27</p> <p>10:00 Book Group 11:30-1:00 Lunch 1:30 BUNCO</p>	<p style="text-align: center;">28</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling</p> 
<p style="text-align: center;">31</p> <p>10:00 Stretching & Balance 11:30-1:00 Lunch</p>	<p>Book Group meets at 10:00 a.m. on Thursday, January 27th. . We'll be discussing "The Firekeeper's Daughter" by Angeline Boulley.</p> <p style="text-align: center;">Join us!</p>			



Celebrations



Staff Birthdays

Douglas Durand, January 4th
Happy Birthday to our fearless leader who is incredibly devoted to our agency and community. He's a tremendous fan of Disney and Star Wars—just ask him! He and his wife love spending time with their family.



Staff Anniversaries

Susan Glass, 3 years
Susan is our Senior Center Coordinator at The Gathering Place. Whether she is leading a class or planning programming, she always has our seniors in mind. She enjoys quilting and is a phenomenal maker of jams!



Sharon Parker, January 13th. Sharon is great with our clients and has a terrific sense of humor. She's quite an animal lover and has a big heart for rescues.



2022
Happy New Year!



Winters can be long here in Northern Michigan. Something that might be of interest and help getting through these days of little light is to reach out to Benzonia Library. If you're having difficulty reading, seeing the printed pages you used to enjoy there are some ways you can still enjoy books—you can apply for the Talking Book Library through Benzonia Library through Traverse Area District Library and they will mail you cds of books to listen to. The Benzonia Library also has books on cd there, and an online app to enjoy them on your computer for library cardholders. They are open M-F 10am to 6 pm with curbside service available Mon-Friday 12-4pm, free WiFi is available there 24/7 just FYI. For more information they can be reached at 231.882.4111.

The Senior Volunteer Program NEEDS you!

There are seniors in your community who need you. They want simple things, like going to the grocery store weekly, running errands, going to the doctors and having a friend. You can be the bright light in their lives, you can share companionship, you can make a difference and you can find your purpose by volunteering! The Senior Companion Programs of NWMI is currently recruiting those who want to share their time to help isolated senior citizens. Our programs are for those 55 years or better to volunteer. You can earn a mileage reimbursement, tax-free stipend, friendships, fun and memories that last a lifetime. Call 1-800-658-8554 to learn more about how you can help others in your community! We look forward to meeting and connecting with you. Get ready to have a new purpose in your life when you volunteer!

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Super Foods for a Nutritious Diet



The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

Green Tea – Armed with a special type of antioxidants called polyphenols,

green tea can decrease plaque formed in the arteries and can fight prostate cancer.

Rosemary – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer’s disease.

Almonds – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

Fatty Fish – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

Bananas – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

Whole Grains – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

Eggs – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

Spinach – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

Soy – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

Dark Chocolate – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin’s resistance to UV rays.

Find more health-conscious tips at eLivingToday.com. ©LPi

Annual Christmas Gift Bags

A lot of effort went into getting almost 300 Christmas Gift Bags together for our homebound clients. A special thank you to our four elves who supported this project by assembling these very special bags! Lynn V., Judy F., Anne H. & Blanche B. spent many hours with us organizing and stuffing these treasured gifts.



Bulletin Board



BENZIE BUS

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. January dates for Open Sew are the 12th & 26th from 1:30 p.m. to 4:00 p.m.

**Movie Monday at
The Gathering Place
Monday, January 17th at 1:00 p.m.
*FREE popcorn & pop!**



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!

Essential Estate Planning

When: January 25, 2022

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, egg cartons and Bingo prizes. Drop off at The Gathering Place. Please, do NOT drop off items not listed here.

Free Computer Help

The Darcy Library in Beulah
Thursdays, 12:00 p.m.—4:00 p.m.

Use your computer or
one at the library.

Questions? Call Carol at 231.882.4037

JOIN US ONLINE!
**CHRONIC DISEASE
PATH**
TUESDAYS, JAN. 11- FEB. 15, 1:00-3:00 P.M.

Chronic Disease PATH is a 6-week, self-management online workshop designed for people living with chronic conditions. Family members, friends, and caregivers are also encouraged to attend the workshop.

To Register:
<https://events.anr.msu.edu/CDPATHJan11/>
Contact: Naomi Hyso, hysonaom@msu.edu

MICHIGAN STATE UNIVERSITY | Extension

When Benzie Central Schools close for inclement weather, we will remain open for lunch at The Gathering Place. We will serve soup and salad--not our menu meal.

When Benzie Central Schools are closed, we will NOT deliver meals. Our homebound seniors will have extra frozen meals to heat up for these days and they will still get a phone call from our staff to check in on them. They also have a 5-day supply of shelf stable foods.



January Birthdays

Jenelle Derusha	1	Ann Philips	12	Betty Milliron	22
Judy Kader	1	Michelle Bigger	13	George Payne	22
Diane Pharr	1	Mildred Johnson	13	Lawrence Wright	22
Max Kracht	2	Heather Wright	13	Tom Bishop	23
Charles Mendrea	3	Lorie Richmann	14	Janet O'Brien	23
Ross O'Brien	4	Tad Cook	15	John Raz	24
Frank Majszak	5	Sharon Francik	15	Dino Perez	25
Sharon Cicansky	6	Marty Marsden	15	David Sorensen	25
Rodney Hunt	6	Esther VanHammen	15	Myra Carol	26
Maris Ziemelis	6	Donald Voight	16	John Daugherty	26
Christina Martin	7	Sally Gubancsik	17	Frances Bentley	27
Constance McCauley	7	Les Finch	18	Dick Lutz	27
Nancy Eipperle	8	Jean Voight	18	Shirley Royston	27
Shirley Henning	8	Ben Demerly	19	Stephen Allen	28
Mary Lou Kuerth	8	Randy Gilbert	19	James Foster	28
David Moross	9	John Lewis	19	Sue Meredith	29
Grazina Ronkaitis	10	Keith Mead	19	Shirley Covey-Huseman	30
Beverly Wenger	10	Richard Heinz	20	Linda Joy	30
Gretchen Amstutz	11	Robert Klepac	20	Jeffie Lynch-Jones	30
Bud Middleton	11	Catherine Bishop	21	Anita Valenti	30
Beverly Poynor	11	Christine Danks	21	Marie Lovendusky	31
Jean Arnold	12	Verona Gatrell	22	Martha Nix	31
Judy Fast	12	Craig Meredith	22	Betty Robotham	31

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 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.



FOOT CLINIC

Wednesdays at Benzie Senior Resources Administration Office, **BY APPOINTMENT**.
Please call 231-525-0600 to schedule yours. We don't charge a fee, but donations are appreciated.



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.



Have an idea for the
newsletter?
Want to write a guest column?
Email Dawn at:

Bousamrad@BenzieSeniorResources.org

Kitchen Items



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

- DISHWASHER
- MICROWAVE
- BLENDER
- GLASSES
- STOVE
- COFFEE MAKER
- MOP
- DEEP FRYER
- WAFFLE IRON
- TOASTER
- BRUSH
- PLATES
- SPONGE
- KETTLE
- RADIO
- OVEN
- FRIDGE
- SINK
- CUTLERY



Play this puzzle online at : <https://thewordsearch.com/puzzle/34/>

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.

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

Donations made to Benzie Senior Resources

In Memory of:

Mary Ellen Moore
Dan Rayner
Suzanne Strom
John Oien
Richard & Charlotte Nametz
Carol M
William Cleary
Susan Breuer
Charles Anderson
Julie, Laura & Charles
Malcom & Jeanette
Robert & Elsie Walton
John Bailey
Gerald & Edna Sauer
Doris Zaleski
Suzanne Strom
Alada Ingleston & Hattie Heniser
Joan Frederick
Laura Milliron
Arthur Fountain

In Honor of:

Marcella McCauley
Mary Lou Allen
Laura Milliron

