



# BENZIE SENIOR RESOURCES

February 2022

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February is:

National Bird Feeding Month  
American Heart Month  
National Cancer Prevention Month  
Black History Month  
National Canned Food Month



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HEART**

**GET  
ACTIVE!**



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PROVIDER**



FEBRUARY IS  
**AMERICAN  
HEART  
MONTH**

**EAT  
WELL!**

A DIET LOW IN SALT &  
SATURATED FATS



**KNOW YOUR NUMBERS:**

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR



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SMOKING!**

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you  
lots!



**Benzie Senior Resources 231.525.0600**



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### DIRECTORY

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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:

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10542 Main Street  
Honor, MI 49640

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## From Our Director

Happy Valentine's Day!

February is also American Heart Month. It's an eye-opening statistic but it's important to share-Every year more than 600,000 Americans die from heart disease. There are many reasons why it affects people of all ages, genders, and ethnicities. Some of the risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Sometimes people are more genetically pre-disposed to it. Often, it's the choices one makes.

But it's never too late to make better health choices for yourself. All you need to do is to establish a goal, a plan, and commit to a desire to live better. Some simple steps to help you are to have your blood pressure checked regularly, have your cholesterol checked, eat a healthy diet rich in vegetables and fruits, and become physically active at least three days per week.

A solid support system can be what leads to a successful healthy lifestyle. Even if you are in good health, try to offer someone you know support by being healthy with them. Go shopping together for heart-healthy foods, and then cook and enjoy a healthy meal together. You can get active together by meeting every day for a walk.







The meals at The Gathering Place Senior Center offer many vegetables and healthy fruits daily. We offer fresh veggies on our salad bar, and plenty of sides that make a well-balanced meal. We put forth strong emphasis that our meals being made from scratch are healthier for all of us than processed foods--just an example, the kitchen staff rolled over 900 hand-made meatballs for the Swedish Meatball meal that was served on January 19<sup>th</sup>. That's a lot of meatballs!

So come on out to TGP February 14th to celebrate Valentine's Day and American Heart Month. Don't forget to wear red.

And remember, we are here to support you!

Douglas



<b>EAT RED</b> for American Heart Month		While red meat can increase your risk of cardiovascular disease, there are tons of red plant foods that'll keep your heart healthy!
	<b>Tart Cherries</b> NUTRIENT: Vitamin A	One cup of tart cherries has 39% of your daily vitamin A.
	<b>Tomatoes</b> NUTRIENT: Lycopene	Tomatoes are high in lycopene, a powerful antioxidant.
	<b>Red Lentils</b> NUTRIENT: Protein	Just one cup of red lentils has 18 grams of protein.
	<b>Beets</b> NUTRIENT: Betaine	Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.
	<b>Strawberries</b> NUTRIENT: Vitamin C	One cup of whole strawberries provides 141% of your vitamin C intake.
	<b>Kidney Beans</b> NUTRIENT: Fiber	You can get 44% of your daily amount of fiber with one cup of kidney beans.
	<b>Red Potatoes</b> NUTRIENTS: B-6 & Potassium	Get 30% of your daily B-6 and 46% potassium in a single, large red potato.
#EatRed • PhysiciansCommittee.org/HeartHealth		PhysiciansCommittee For Responsible Medicine

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu is subject to change based on product availability</b>	<b>1</b> Homemade Meatloaf with Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Classic Applesauce	<b>2</b> <b>Home Delivered Meals only—NO LUNCH is served at The Gathering Place</b> Classic Chicken Parmesan Italian Vegetable Blend Steamed Parisian Carrots Whole Wheat Garlic Toast	<b>3</b> Chicken ‘N Dumplings Italian Style Green Beans Steamed Sweet Corn Stoneground Wheat Bread Fresh Grapes	<b>4</b> Homestyle Shepard’s Pie Steamed Sweet Peas Steamed Cauliflower Florets Stoneground Wheat Bread Cranberry Applesauce
	<b>7</b> Chicago Style Italian Beef Sandwich Sweet Potato Bites Caribbean Vegetable Blend Diced Pears	<b>8</b> Cornmeal Dusted Catfish Oven Baked Potato Southern Style Succotash Stoneground Wheat Bread Classic Fruit Cocktail	<b>9</b> Pizza Bar Pesto Infused Cauliflower Oven Baked Peaches Soft Baked Bread Sticks	<b>10</b> Creamy Chicken A La King Steamed Broccoli Florets Capri Vegetable Blend Fresh Baked Biscuits Fresh Banana
	<b>14</b> Classic Homemade Lasagna Sicilian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Old Fashioned Strawberry Shortcake	<b>15</b> Hearty Three Bean Chili Steamed Sweet Corn Steamed Spinach Oyster Crackers Diced Peaches	<b>16</b> New Orleans Bourbon Chicken ‘N Rice Steamed Broccoli Florets Key West Vegetable Blend Stoneground Wheat Bread Mandarin Oranges	<b>17</b> Hand Rolled Swedish Meatballs Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Classic Applesauce
	<b>21</b> Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Bonnie’s Famous Cranberry Sauce	<b>22</b> Homestyle Beef Stew European Vegetable Blend Steamed Parisian Carrots Fresh Baked Biscuits Fresh Grapes	<b>23</b> Cheddar & Chive Encrusted Cod Oven Roasted Potatoes Scandinavian Vegetable Blend Stoneground Wheat Bread Fresh Plums	<b>24</b> Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa
	<b>25</b> Whole Wheat Blueberry Pancakes Savory Sausage Links Oven Baked Peaches			
<b>28</b> Smoked Sausage & Sauerkraut Green Bean Blend Steamed Parisian Carrots Stoneground Wheat Bread Diced Pears	Meal price is a \$4.00 suggested donation for age 60 and older  Under 60 is \$7.50 Caregivers under 60 are \$5.00	We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.		



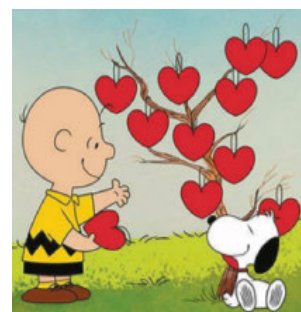
## The Kitchen Uncovered

While recently listening to a podcast about the origins of national food holidays, I fell down a rabbit hole and learned way more than I wanted to about how these days are generated. I realized a few things-- One: people have way too much time on their hands. Two: There can be real time and money involved in creating a national food holiday. And three: while they may seem silly, national food days can have huge impacts on what we choose to buy and eat every day.

Here is some history on national food days: National raisin day dates back over 100 years as one of the first, if not the first food holiday. This is the result of the raisin industry lobbying congress to help boost their sales. While this was controversial at the time, many other food holidays would follow. In fact, in 1985-1986, one in three of the laws passed by the 99<sup>th</sup> Congress were what they called “national commemorative days.” (This got so out of hand that Congress stopped the practice in 1995.) From there it got crazier when the ability to create such days passed to secretive organizations who gave themselves the authority to proclaim national holidays with abandon. Groups like Chases and National Day Calendar hold vast official-type lists that are used in both traditional and social media to generate buzz about certain industries. Perhaps now would be a great time to bring that authority back to the halls of congress. It should be an easy task to all come together as a country and agree that we should all celebrate National Potato Chip and Vanilla Bean Ice Cream Day at least once a year!

We will be observing 5 national food days this month. February 9<sup>th</sup> is “national pizza day”, the 22<sup>nd</sup> is “cook a sweet potato day”, the 23<sup>rd</sup> is national banana bread day”, the 24<sup>th</sup> is “tortilla chip day” and don’t forget “national pancake day which is the 25<sup>th</sup>! As frivolous as these days may seem, they are a fun and useful way to ensure our menus stay fresh and diverse. It is much easier to simply repeat menus over and over...but by putting thought into observances of these national food days, it makes monotony almost impossible and adds diversity to our eating habits. There are many benefits to an interesting and unique diet. The more different foods you incorporate into your diet, the better chances are that you are getting the wide range of macro and micronutrients. It also keeps things exciting when you have something you normally wouldn’t eat, appear with as part of your meal. I hope you enjoy celebrating the national food holidays with us!

Take Care,  
David Main  
Executive Chef





Winters can be long here in Northern Michigan. Did you know that Benzonia Library has a Talking Library option? If you’re having trouble seeing the printed pages you used to enjoy, apply for the Talking Book Library at Benzonia Library. They partner with Traverse Area District Library and will mail you books on CD. The Benzonia Library also has some in stock 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. 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. You can be the bright light in their lives, by volunteering! The Senior Companion Programs of NWMI is currently recruiting those who want to share their time to help isolated senior citizens. Take them to the grocery store, doctor appointments or stay in and visit. Our programs are for those 55 years or better to volunteer. You can earn a mileage reimbursement and tax- free stipend. Call 1-800-658-8554 to learn more about how you can help others in your community!



## February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
There will be no Stretching and Balance Class in February or March	1 11:30-1:00 Lunch 3:30 Chair Yoga	2 No lunch or activities due to kitchen repairs	3 11:30-1:00 Lunch 1:30 BUNCO	4 9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling
7 11:30-1:00 Lunch 1:30 Paper Flowers with Judy	8 11:30-1:00 Lunch 3:30 Chair Yoga	9 11:30-1:00 Lunch 12:30 Bingo 1:30—4:00 Open Sew	10 10:00—2:00 Blood Pressure/ Glucose tests 11:30-1:00 Lunch 1:30 BUNCO	11 9:30 BUNCO 11:30-1:00 Lunch— February Birthday Celebration 1:00 Wii Bowling.
14 <b>Wear Red Day!</b> 11:30 Lunch 1:30 Valentine Craft	15 11:30-1:00 Lunch 3:30 Chair Yoga	16 11:30-1:00 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	17 8:00 Private meeting in Activity Room 11:30-1:00 Lunch 1:30 BUNCO	18 9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling
21 11:30-1:00 Lunch 1:00 Movie Monday “March of the Penguins”	22 Lunch— 11:30-1:00 3:30 Chair Yoga	23 11:30-1:00 Lunch 12:30 Bingo 1:30—4:00 Open Sew	24 10:00 Book Group 11:30-1:00 Lunch 1:30 BUNCO	25 9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling
28 11:30-1:00 Lunch 1:30 Christmas Craft Club		We have laptops available for use at The Gathering Place. Please let Susan or Nicole know if you would like to use one.		



## Celebrations

### Staff Birthdays



Sabra Boyle, February 22  
Happy Birthday to our fabulous Fiscal Manager. She loves Java Monster, her beloved Frankfort Panthers and all things purple. We appreciate her dedication to Benzie seniors and her house of fur babies. Dogs are people too!

### Staff Anniversaries



Stacey Moseler-Sweeney, 3 years  
The guru of medication management, Stacey is a Registered Nurse on our Home Health team. Aside from work, she stays busy juggling the schedules of her five children.



Dawn Bousamra, 10 years  
Dawn, Our Assistant Director, has a difficult time believing a decade has passed so quickly. Aside from loving her work, she longs for sunshine and beach days. As always, her three kids keep her on her toes.



Jenya Cobb, 13 years  
A truly genuine heart, Jenya is dedicated to her home health clients. Her enthusiasm for life is contagious; her smile spreads happiness. She is proud of her two daughters who are both off to college now.

### Welcome Nicole Olney, our Senior Center Assistant!



Nicole is a Benzie County native who lives in Beulah with her cat Babe. She is a proud Auntie to her nieces and nephews and enjoys spending time with them. She enjoys reading and crafting and during the summer she spends time on Crystal Lake and Lake Ann boating and kayaking. Nicole is excited for her new adventure here at TGP. She looks forward to getting to

know everyone. Please be sure to stop by and introduce yourself.

## 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.







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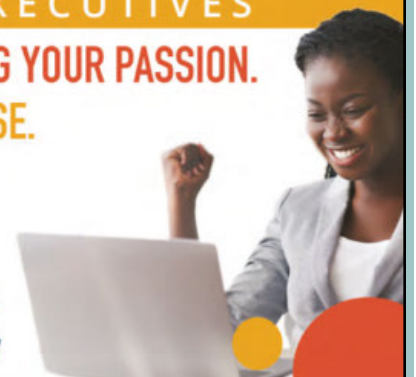
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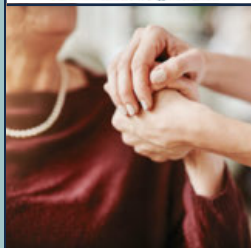
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## THE SUGARY SIX

### ***DID YOU KNOW?***

Added sugars can be found in these six popular foods and beverages.



1



#### **Regular Sodas, Energy and Sports Drinks**

Just one can of regular soda has about 10 teaspoons of sugar. Water's a far healthier choice: Try adding slices of cucumber or fruit to boost flavor.

2



#### **Fruit Drinks and Punches**

Sugar-sweetened beverages, including fruit-flavored drinks, are the No. 1 source of added sugars in the U.S. diet. An 8-ounce fruit punch could have 13 grams of added sugar.

3



#### **Candy**

A 1.5-ounce chocolate bar has 21 grams of added sugar — nearly a whole day's worth for women and kids. Grab some grapes or other fresh fruit, or a handful of nuts, instead.

4



#### **Sweet Baked Goods**

One snack-size, frosted chocolate cream-filled cupcake may have 18 grams (or about four teaspoons) of added sugar. If you indulge, try baking your own goodies and cut the sugar by one-third to one-half.

5



#### **Dairy Desserts and Milk Products**

Two-thirds of a cup of vanilla ice cream could have 18 grams of added sugar. Try fresh fruit instead. Choose unflavored low-fat or fat-free milk. Avoid yogurts with added sugar and try adding fresh berries to plain yogurt instead.

6



#### **Sweetened Breakfast Foods**

Skip the morning sugar high from sweetened breakfast cereals, flavored or sweetened oatmeals, breakfast shakes and cereal bars. A strawberry-flavored cereal bar could have around 12 grams of added sugar. Have fruit or plain oatmeal — or an egg for a protein kick. And cut back on sugar in your coffee or tea.

The American Heart Association advises limiting added sugars daily to no more than:



**9 TEASPOONS/  
36 GRAMS  
for men**



**6 TEASPOONS/  
25 GRAMS  
for women and kids\***

For more tips on healthy eating, cooking and recipes: [heart.org/HealthyforGood](http://heart.org/HealthyforGood)



Sweetleaf is a national supporter of the American Heart Association's Healthy for Good Movement.

\*Children under 2 years should avoid consuming any added sugar.

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## Workshops and Medicare/ Medicaid

### MSU Extension Virtual Health Workshops Winter/Spring 2022

**Contact:** Naomi Hyso, [hysonaom@msu.edu](mailto:hysonaom@msu.edu)

**Online Chronic Disease PATH workshop** (Tuesdays, Feb. 15-April 5, 1-3PM ET.) Chronic Disease PATH is a 6-week, self-management workshop that meets online and is designed for people living with chronic conditions. Family members, friends, and caregivers are also encouraged to attend the classes. **To Register:** <https://events.anr.msu.edu/CDPATHJan11/>

**Chronic Disease or Chronic Pain PATH Telephone Toolkit** (Dates/Times- TBA) The Chronic Disease PATH Toolkit is a self-management program that consists of six weekly telephone calls with a PATH leader and two to three other people living with chronic conditions. **To Register:** <https://events.anr.msu.edu/CDPATHToolkitJan22/>

**A Matter of Balance** (Thursdays, March 3-April 28, 10AM – 12PM ET.) A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes eight two-hour sessions for a small group led by two trained facilitators. **To Register:** <https://events.anr.msu.edu/MOBMarch/>

**SLEEP** (Thursdays, March 3-April 7, 1:30-2PM ET.) SLEEP (Sleep Education for Everyone Program) is a 30-minute virtual workshop designed for adults looking for more sleep or better quality of sleep. Sessions meet once a week for six weeks, each module includes a short 2 to 3 minute educational video designed to deliver key concepts. The rest of the time is spent discussing the topics, brainstorming solutions to possible obstacles to improving sleep, and goal setting. **To Register:** <https://events.anr.msu.edu/SLEEPSpring22/>

### What's New for Medicare in 2022?

If you have a Medicare Advantage Plan, your plan administers your Medicare coverage. Remember that most people with Medicare, whether they have Original Medicare or a Medicare Advantage Plan, owe the Part B monthly premium, unless they qualify for programs that help with Medicare costs. If you have the same Medicare Advantage Plan in 2022 as you did in 2021, your plan should have sent you an **Annual Notice of Change (ANOC) or Evidence of Coverage (EOC)** notice explaining any changes for the coming year. Review this notice to understand your plan's costs, covered services, and rules. Contact your plan if you did not receive these documents in the fall or want another copy. If you chose a new Medicare Advantage Plan, you should get an EOC for the new plan. Review that document to understand the costs associated with the plan for 2022.

#### **When can I change my coverage in 2022?**

During the Medicare Advantage Open Enrollment Period (MA OEP), you can switch from your Medicare Advantage Plan to another Medicare Advantage Plan or to Original Medicare with or without a stand-alone prescription drug plan. The MA OEP occurs from January 1 through March 31. Changes made during this period are effective the first of the following month.

**If you have Extra Help in 2022, you have a Special Enrollment Period (SEP) to enroll in a Part D plan or switch between plans.** Extra Help is a program that helps with Part D and prescription drug costs. This Extra Help SEP is available once per calendar quarter for the first three quarters of the year (January-March, April-June, and July-September). If you use this SEP to change your coverage, the change will become effective the following month.

**If you qualify for another Special Enrollment Period,** you may be able to make changes to your Medicare health/drug coverage. For example, you may have an SEP if you move outside of your plan's service area or if you made the wrong plan choice during Medicare's Open Enrollment Period because of misinformation you received from the Medicare Plan Finder. If you have any questions at all regarding Medicare, please contact Benzie Senior Resources at 231.525.0600 to set up an appointment to speak with our Medicare/Medicaid Assistance Program Counselor.



## 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

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. February dates for Open Sew are the 9th and 23rd from 1:30 p.m. to 4:00 p.m.

**Movie Monday at The Gathering Place**  
**Monday, February 21st at 1:00 p.m.**

**\*FREE popcorn & pop!**

**MOVIE—*March of the Penguins***



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: February 22, 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



Have an idea for the newsletter?  
Want to write a guest column?  
Email Dawn at:  
[Bousamrad@BenzieSeniorResources.org](mailto:Bousamrad@BenzieSeniorResources.org)



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).



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.



## February Birthdays

Rita Herbert	1	Anne Lawrence	8	Sunja Turner	17
Judy Polhamus	1	Gail Lappe	9	Simona Lopez	18
Judy Schram	1	Lorie Priest	9	Eugene Yagle	19
Dale McPherson	2	Donna Durga	10	Dan Rineer	20
Butch Frederick	3	Pam Howe-Perry	10	Sally Soper	20
Bernadette Zachara Marcos	3	Randy Marcos	10	Sharon Osborne	21
Roy Pearce	3	Ted Groesser	11	Annette Laffleur	22
Bonnie Ricket	3	Marian Lannin	11	Virginia Marsden	22
Barbara White	3	Harriet Muzzarelli	11	Jonnine Rumney	22
Marvin Blackford	4	Archie Souvatzidis	11	Cheryl Taylor	22
Pete Derusha	4	Don R. Bock	12	Henrietta Priest	23
Steven May	4	Mary Scholl	12	Tanya Stolz	23
Nola Piotrowski	4	Jean Higman	13	Robb Bollenberg	24
Jerome Priebe	4	Ray Jacobs	13	Helen Fortine	24
Robert Bodell	5	Shirley Short	13	Randal Kocovar	24
Margaret Laubach	5	Ronald Wiggins	13	Susan Garrison	25
Bruce Wildie	5	William Amstutz	14	Cliff Grostick	25
Janice Erlewein	6	Molly Frostic	14	Irma Komoll	25
Geoffrey Miner	6	Kevin Kraak	14	Floyd Tanner	25
Lavina Roberts	6	Gloria Hamalainen	14	Michael Owen	26
Bobbi Smeltzer	6	Deb LaGuire	14	Annette Rosa	26
Sandee Greene	7	Ann Reinke	15	Cathy Burcroff	27
Alan Kobernik	7	Nancy Chmielewski	16	Sondra Shults-Ackerman	27
Rocco Laerzio	7	Susan Gilbert	16	Gerry Slis	27
Fred Navarro	7	Jerry Miller	16	Mae Fitzner	28
Mark Richmann	7	Art Jeannot	17	Joan Schendel	28
Norman Falet	8	Randy Nielsen	17	Kristie Walsh	28
Bud Frankenberger	8	Connie Priest	17		

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.

## Cats and Kittens

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

CLAWS  
PAWS  
SHELTER  
MICROCHIP  
PURR  
ADOPT  
MEOW  
SCRATCH  
WHISKERS  
COLLAR  
TREATS  
KITTEN  
TUNA  
TAIL  
BLANKET  
STRETCH  
MILK  
DISH  
WATER  
BED

Play this puzzle online at : <https://thewordsearch.com/puzzle/519/>

### 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).

Donations made to  
Benzie Senior Resources

*In Honor of:*  
Mary Dykstra

*In Memory of:*  
Mary Lou Allen  
Betty Croft

**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

### It's TAX SEASON

You may pick up a tax packet at Benzie Senior Resources or we'll mail one to you. When you have your documents together, and your forms completed mail them to the NMCAA (their address will be enclosed in the packet), drop them off in our dropbox on the west side of the our Administrative Office or walk it in to our office. The packets will be delivered to the NMCAA tax program coordinator. They will prepare your return and contact you with any questions. Once filed electronically, your documents and return copy will be delivered to our office for you to pick up. There are no in-person appointments for tax preparation.

If you prefer, you can find answers to specific questions for the IRS, at [www.irs.gov](http://www.irs.gov). The free online tax program MyFreeTaxes.com is another option if you prefer to do your own. The IRS is not accepting/processing returns until after February 12, 2022 and any EIC (earned Income credit) will not be processed until some time later in March at the earliest.

**Historian Group**—We have a new opportunity here at TGP! We are starting up a historian group and are looking for people to join in the fun. We will be going through all of our photos and newspaper articles to make scrap books and binders. Our new Senior Center Assistant, Nicole Olney will be heading up this group. Join us and be a part of this important project. And if you have any photos or information that you think would make a nice addition to this project, please let us know. For more information please call Susan or Nicole at 231-525-0601.

