



BENZIE

SENIOR RESOURCES

March 2022

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Our crafters created heart-shaped sachets on Valentine's Day. Check out our calendar of events for our craft class schedule.



Betty is our wonderful Bingo volunteer. She works hard to be sure to have a variety of prizes and EVERYONE wins! Wednesdays at 12:30 p.m.

March is:

Women's History Month

National Kidney Month

National Nutrition Month

Save Your Vision Month





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; private donations; 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](https://www.facebook.com/benzieseniorresources.org)
The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours
Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours
are Monday — Friday 8:00 a.m.— 4:00 p.m.
with exception to special events and
inclement weather.

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Assistant Director/ Editor

Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

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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

I welcome March with much anticipation! After all, Spring is just around the corner and with that comes a renewed sense for many of us as the weather warms up and nature begins to bloom!

I appreciate everyone understanding the decision to limit large groups at The Gathering Place in January, February and into March. Our plan is to welcome large groups starting Monday, March 21st. The Melody Makers will return to The Gathering Place on March 22nd. We do this with an abundance of caution and ask those attending lunch and activities to maintain social distancing and mask wearing when not eating or drinking. Over the past several weeks, we have seen the number of COVID cases drop and it is anticipated that this trend will continue.

Benzie Senior Resources is working hard to make sure no older adult goes hungry. March is National Nutrition Month, and according to Feeding America, about 1 in 6 seniors live with food insecurity. This number increases when an older adult is living alone, living with a disability, living near or below the poverty line or is a non - Hispanic black or Hispanic older adult.

We started our Fresh Produce Program last spring when the USDA phased out their fresh produce box distribution. We wrote several grants to continue our own program and currently we have 274 enrolled. Just last month we distributed over 3,200 pounds of fresh vegetables, fruit, and dairy to 200 senior households. Many seniors shared with us that the fresh produce has had a positive impact on their health. They were eating nutritionally balanced meals and no longer worrying about how to afford more expensive fresh produce.

For those who are homebound and unable to prepare their own meals, we have our Home Delivered Meals Program. We deliver a hot meal Monday through Friday. If additional meals are needed, we also deliver a cold meal that can be warmed later in the day, breakfast bags and frozen meals for the weekend and holidays. Last year our volunteers delivered over 77,100 meals to 390 seniors and with those deliveries follows peace-of-mind knowing that someone is making sure that they're okay. It's more than a meal, it's friends checking in on one another!

If you find yourself struggling to prepare a healthy meal, would like to enjoy a meal with others or you want some socialization and fun, I invite you to come to The Gathering Place Senior Center in Honor. Monday through Friday, we offer a nutritious lunch that is made one site and many of the items are made from scratch. We also offer soup and a salad bar with many fixings and our activities include Chair Yoga, Bunco, Bingo, Crafts, Wii bowling, Movie Monday, health and educational learning presentations, and more. As we like to say, "You are only a stranger once when you visit The Gathering Place Senior Center."

Take Care,

Douglas



The Senior Volunteer Program NEEDS you!

There are seniors in your community who need you. 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 and tax- free stipend. Call 1-800-658-8554 to learn more about how you can help others in your community!



Benzonia Library has a Talking Library. They partner with Traverse Area District Library and will mail you books on CD. 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.

March Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change based on product availability	1 Smoky Ham & Bean Soup Capri Vegetable Blend Green Bean Blend Oyster Crackers Classic Applesauce	2 Jamaican Style Chicken Whipped Sweet Potatoes Malibu Vegetable Blend Stoneground Wheat Bread Apricot Halves	3 Beef Empanadas with Latin Rice Fire Roasted Corn & Black Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa	4 Pecan Encrusted Tilapia Oven Roasted Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Classic Fruit Cocktail
7 Zesty Steak Fajitas Authentic Refried Beans Latin Style Rice Diced Peaches Tortilla Chips with Fire Roasted Salsa	8 Grilled Ham & Cheese Oven Baked Tater Tots Oven Baked Spiced Apples Fresh Garden Salsa with Betsie Valley Ranch	9 Spaghetti & Italian Meatballs Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Tropical Fruit Blend	10 Pizza Bar! Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Diced Pears	11 Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Fresh Banana Birthday Cake Bites
14 Crispy Crab Cakes Cheddar Bacon Mashed Potatoes Japanese Vegetable Blend Stoneground Wheat Bread Mandarin Oranges	15 Country Style Beef Fritters & Gravy Herb Buttered Potatoes California Vegetable Blend Stoneground Wheat Bread Cranberry Applesauce	16 Beef and Cheese Stuffed Ravioli Steamed Cauliflower Florets Steamed Spinach Whole Wheat Garlic Toast Pineapple Tidbits	17 Corned Beef with Braised Cabbage Herb Buttered Potatoes Steamed Parisian Carrots Swirled Rye Bread Fresh Plums	18 Oven Roasted Chicken Parmesan Garlic Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges Homemade Cherry-Oatmeal Cookie
21 Boneless Pork Chops with Herb Stuffing Oven Baked Potato Key West Vegetable Blend Sweet Hawaiian Rolls Fresh Grapes	22 Bratwurst with Sauteed Peppers & Onions Baked Beans with Bacon Steamed Broccoli Florets Fresh Banana Crispy Potato Chips	23 Whole Wheat Cinnamon French Toast Savory Sausage Links Freshly Scrambled Eggs Oven Baked Pears	24 Georgia Style BBQ Pork Sandwich Oven Baked Tater Tots Southern Style Succotash Fresh Grapes	25 Chicken Florentine over Rice European Vegetable Blend Steamed Parisian Carrots Stoneground Wheat Bread Apricot Halves
28 Homemade White Chicken Chili Oven Roasted Brussel Sprouts Steamed Sweet Corn Oyster Crackers Classic Applesauce	29 Stuffed Cabbage Rolls Venetian Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Diced Peaches	30 Classic Philly Steak Sandwich Crispy Smashed Potatoes Scandinavian Vegetable Blend Classic Fruit Cocktail	31 Loaded Baked Potato Bar Steamed Broccoli Florets Stoneground Wheat Bread Classic Applesauce	Meal price is a \$4.00 suggested donation for age 60 and older Under 60 is \$7.50 Caregivers under 60 are \$5.00

The Kitchen Uncovered

The sun is out as I write this article! I don't think I've seen the sun more than a handful of times in February. We are looking ahead to more sunny days soon to come. I have just submitted our Spring Cycle Menu... the pandemic seems to be improving, and things are looking up here at Benzie Senior Resources. We have recently finished updating some of our kitchen equipment as well as most of our dinnerware. You will notice our new plates, bowls, and even coffee mugs if you haven't been here in a while. This has been a long process with the global supply chain issues happening. The description on the boxes promises that you will experience a '*sense of elegance*' as well as functionality as you dine with our new dishes. I'm not sure they're that elegant, but they do look nice, and I think you will like them.

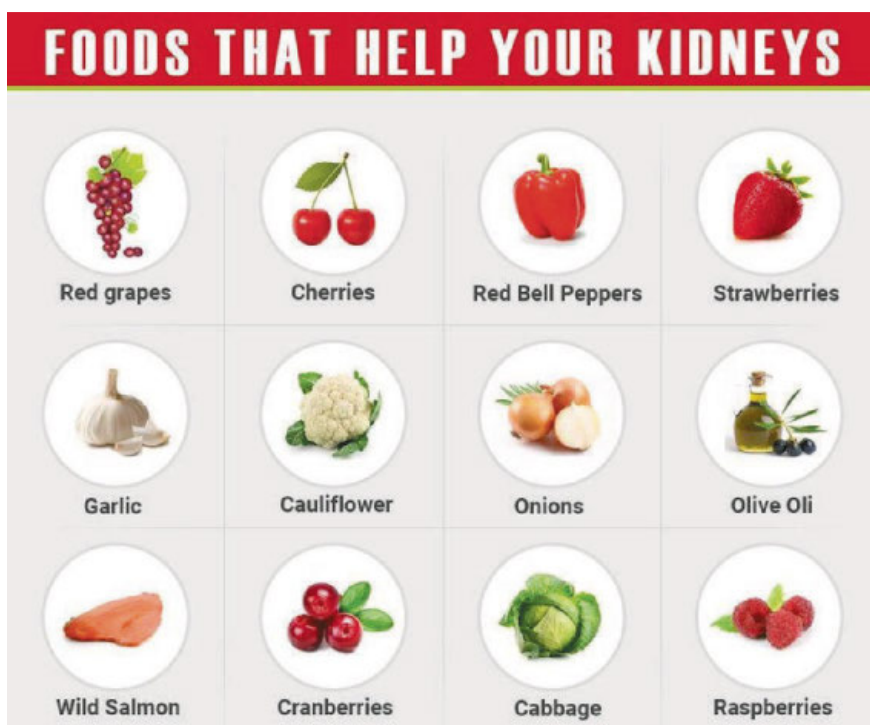
As far as the other kitchen equipment goes, we are selling quite a few of our gently used items. They are posted on our Facebook page and range from dishes and cups to pots and pans to commercial steamers.

I mentioned our Spring Cycle Menu being rolled out. It is always exciting to switch out our menus. The spring menu offers slightly lighter while still satisfying entrees as the weather begins to warm. Some favorites like our Jamaican Chicken, Beef Empanadas with Latin Rice, or Crispy Crab Cakes will make you feel like you are on Spring Break! Other options are our world-famous Corned Beef for our St. Patty's Day celebration, and our new special Monday meal: Boneless Porkchops with Herbed Stuffing (always the 3rd Monday of the month) and our Loaded Baked Potato Bar.








I hope when you read this, the sun is streaming in through the windows, birds are chirping, and you are enjoying one of your favorite spring menu offerings, on elegant new dinnerware of course!

Take Care,

David Main
Executive Chef
Benzie Senior Resources



March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	
No Stretching and Balance Class in March	1 Fat Tuesday! 11:30-1:00 Lunch 3:30 Chair Yoga	2 11:30-1:00 Lunch 12:30 Bingo 	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 	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 10:00–12:30 Blood Pressure/ Glucose tests 11:30-1:00 Lunch 1:30 BUNCO	11 9:30 BUNCO 11:30-1:00 Lunch—March Birthday Celebration 1:00 Wii Bowling
	14 11:30-1:00 Lunch 1:30 Craft— Shamrock Wreath Class	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 10:00 Bracelet making with Judy 11:30-1:00 Lunch—Wear Green Day 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 “The King’s Speech”	22 10:30 The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	23 11:30-1:00 Lunch 12:30 Bingo 1:30—4:00 Open Sew	24 10:00 Book Group, <i>Music of the Bees</i> by Eileen Garvin 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	29 10:30 The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga	30 11:30-1:00 Lunch 12:30 Bingo 	31 10:00 —Art of napkin folding 11:30-1:00 Lunch 1:30 BUNCO	We have laptops available for use at The Gathering Place. Please let Susan or Nicole know if you would like to use one.



Staff Milestones

Staff Birthdays



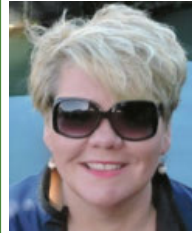
Amanda Miner, March 30
Amanda is a one of our dedicated Home Health Aides. She is married and has two children. Amanda is grateful for all of her blessings and is happy living here in beautiful Benzie County. She is in nursing school and a great asset to our team!



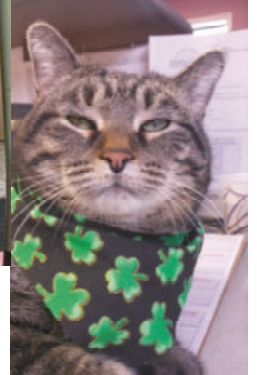
Staff Anniversary



Cathy Sanders, 4 years
Cathy works in our kitchen and is often seen wearing festive attire to celebrate special days. She is dedicated to her family and also our seniors who come in to The Gathering Place. We are grateful she is on our team!



Marti Alexander, 1 year
Bears dine on brie and baguettes at Marti's house as she epitomizes good taste and tastes. She makes the best frosted brownies on the planet and takes very long walks with her beloved dog Tugg.



Ode to Momma Cat

After Wednesday the 16th of February, we continue to open the door and expect her to greet us, and at day's end we still may look for her to have the visual knowledge of where she is—and to say good night.

Our girl came to us as a cat who needed to be the only pet and she made her way into each of our hearts. When it was a day for clients to visit for foot care, estate planning, or other services she took on the responsibility as greeter, and she'd hang out and visit with people while they waited before their appointments.

She liked good boxes, butter, and to lay in the sunshine. There was never a cat who received more flowers. And each bouquet she knew was hers. She took her turns with each of us, usually in the middle of whatever we were working on, giving an insistent nudge if our focus drifted from petting her. Watching the birds at the feeders from the front window was another favorite past time. Chickadees and finches and jays. Whenever we had a new job applicant we heeded her response to them, calling it the "Cat Scan." Animals know, and she knew a great deal—often giving us a certain look that we all knew very well and will carry with us.

We're really not sure how old Momma Cat aka Miss Kitty aka Tiger actually was. Nearest we could figure with the help of Dr. Dave Nelson was that she was about 13 or so. We only know for sure that we loved her, and we always will.

This last year there were some health difficulties. She had been a plush kitty, but she lost considerable weight due to a thyroid disorder. We got that in check, but then chronic kidney disease came on fast and furious. Sometimes it's the end of the ninth symphony and there's nothing that can be done. We are grateful for the loving care of Dave Nelson and the staff at Platte Lake Veterinary Clinic.

If you'd like to honor our girl, please consider a donation in her name to Community Cats of Benzie County (PO BOX 343, Frankfort, MI 49635) or to the Animal Welfare League (PO BOX 182, Frankfort, MI 49635). That would be a lovely way to commemorate such a special being.



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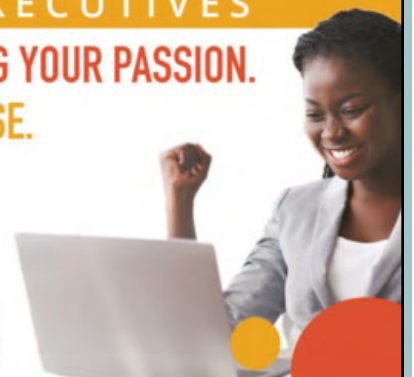
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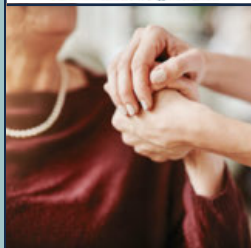
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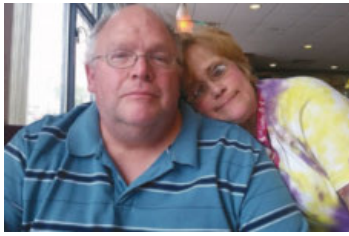


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15-0688

Anniversaries



Happy 41st Anniversary to Bruce and Kim MacKenzie. They met in Lake City in October 1980 at the gas station where Kim worked with her dad. Their first date was at the drive-in but she doesn't remember what movie they saw. They knew each other for two months and he asked her to marry him. Her dad said NO WAY! But, they fell head over heels for each other and were married on February 28th. They moved to Frankfort in 1991 where they raised a daughter and a son. They have two grandchildren. Words of Wisdom—be thankful and appreciate one another. You can't take the other person for granted.



Karen and Rick Houser are celebrating their 51st anniversary on March 6th. They met while Rick was in the Air Force. They have two daughters and six grandchildren—three boys and three girls. They enjoy camping in their new travel trailer and enjoy going on cruises and to Florida in the winter.

Join us for Corn Beef and Cabbage on St. Patrick's Day, March 17th! Wear green and you'll be entered into a drawing to win a lunch punch card or a free lunch!

Historian Group—We have a new opportunity here at TGP! We are starting 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 Senior Center Assistant, Nicole Olney is heading up this group. Join us to 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.

Coming in April—We are partnering with Manistee Council on Aging to provide a luncheon in the Copemish area. Stay tuned!



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.



March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Weak bones



Heart attack



High blood pressure



Stroke



Anemia/ low red blood cell count



Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

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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!

Essential Estate Planning

When: March 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: Buttons, books for our library, egg cartons and Bingo prizes. Drop off at The Gathering Place. Please, do NOT drop off items not listed here.



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.

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. 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.

Open Sew

Bring your own project or help us create mittens for our fundraiser. March dates for Open Sew are the 9th & 23rd from 1:30 p.m. to 4:00 p.m.

Movie Monday at The Gathering Place

Monday, March 21st at 1:00 p.m.

***FREE popcorn & pop!**

Now playing: "The King's Speech"



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!

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



Set your clocks an hour ahead



Have an idea for the newsletter?

Want to write a guest column?

Email Dawn at:

Bousamrad@BenzieSeniorResources.org

Our upcoming books for Book Club:

March— *Music of the Bees* by Eileen Garvin

April— *When Breath Becomes Air*
by Paul Kalanithi

May— *The Green Book* by Victor Hugo Green

Book Club meets every 4th Thursday, 10 a.m.
at The Gathering Place.



March Birthdays

Gregory Dalman	1	Howard Foust	11	Dale Herscher	23
Jo Holmes	1	Marie Souvatzidis	11	Larry Maginity	23
Bob Rosa	1	Linda Wood	11	Cathy Brown	24
Jerome Clark	2	Fred Braden	12	Nancy VanderLinde	24
Cindy Koop	2	Marilyn Cook	12	Lyle Crist	25
June McPherson	2	Dale Gauthier	12	Avondalu Dobson	25
Patricia Blackmer	3	Steve Ely	13	Dennis Johnson	25
Marla Dykstra	3	Ross LaCross	13	Becky Miller	25
Shirley Edinger	3	Elaine Saffron	13	Al Komoll	26
Michael Parson-McNamara	3	Erna Lentz	14	Douglas Norris	26
Becky Ramarize	3	Sheila Priest	14	Richard Ritter	26
John Riegler	3	Kenneth Batchelor	15	Teresa Stockman	26
Susan Welsh	3	Gale Jacobs	15	Judith Feiger	27
Dorothy Bird	4	John Noecker	15	Jack Leard	27
Maggie Baker	5	Kathleen Shadwick	15	Donna Malecki	27
Cindy Falter	5	Judy Brouwer	16	Robert Sullivan	27
Robert McCall	5	Mary Reed	16	Susan Leard	28
Setsuko Pelky	5	Susana Sanchez	16	Robert Milner	28
Glen Reed	5	Kathy Bacon	17	Jill Pullen	28
Pam Clark	6	Cloral Beeler	17	Donna Sandecki	28
Dan Davidson	6	Gene Booher	17	Edward Schlueter	28
Beverly Rockwell	6	Mary Hoyt	17	Marty Jablonski	29
Maxine Taylor	6	Violet Labadie	17	Carolyn Dole	29
Linda Brown	7	Steven Lowry	17	Carol Dye	29
Marcia Gould	7	Patti Tolar	17	Ebert March	29
Albert LaCross	7	Susan Hughes	18	Ted Mead	29
David May	7	Linda Tracy	18	Irene Nugent	29
Annette McCalpin	7	Dixie Wilkins	18	Thelma Rider	29
Cathy McCoy	7	Phyllis Cederholm	19	Kathy Huffman	30
Richard Wheaton	7	Sara Hollenbeck	19	Dale Janusch	30
Regina Doyle	8	Greta Steele	19	George Kirback	30
Lorene Gleason	8	Joyce Kirback	20	Angie Russell	30
Shirley Metternick	8	Josie Pape	20	Rose Dillehay	31
Jill Nugent	8	Marcia Blackford	21	Connie Erickson	31
Carol Poulisse	8	Sharon Angus	22	Roger Hawkins	31
John Harnish	9	Ron Bushong	22	Richard Heniser	31
Joan Lichty	9	Julia McDonald	22	Kathleen Johnson	31
Diane Waters	9	Douglas Stolz	22		

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 your story. 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.

Word Search

Little House on the Prairie

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

ALBERT
ALMANZO
LARS
MARY
ROSE
REVEREND ALDE
HARRIET
LAURA
GRACE
JACK
CARRIE
NELLIE
WILLIE
CHARLES
NELS
DR BAKER
CAROLINE



Play this puzzle online at : <https://thewordsearch.com/puzzle/3253/>

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.

Benzie Senior Resources' Benzie Bus Passes

Do you have any 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.

DONOR INFORMATION:

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.



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

Medicare Minute

If you have another kind of health insurance when you become Medicare-eligible, it is important to know how it works with Medicare and when you should enroll in Medicare.

- Retiree insurance almost always pays second to Medicare, meaning you need to enroll in Medicare when first eligible or when you retire so you are fully covered. One exception is Federal Employee Health Benefits, or FEHB, retiree coverage. FEHB retiree plans continue paying primary for retirees who do not enroll in Part B. FEHB retiree plans only become secondary if you do enroll in Part B.
- If you have a Qualified Health Plan from the Marketplace, you should almost always disenroll from it and enroll in Medicare when you become eligible.
- If you have COBRA, it is very important to enroll in both Part A and Part B. Your COBRA continuation rights usually terminate if you have COBRA before Medicare, and if you have Medicare Part A before you elect COBRA, the continuation coverage is secondary to Medicare and may not pay at all for outpatient care if you do not enroll in Part B.
- If you have VA coverage and choose not to enroll in Medicare, you will not have health insurance for facilities outside the VA health system. You should sign up for Medicare when you become eligible if you want to get covered health care outside the VA system. Note that having any of these types of insurance does not grant you a Special Enrollment Period if you delay Medicare enrollment.
- If you don't enroll in Medicare when you are first eligible because you have one of these types of insurance, you will likely face lifetime premium penalties and a gap in coverage if you later enroll in Medicare.

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 Fran, our Medicare/Medicaid Assistance Program Counselor.