



BENZIE

SENIOR RESOURCES

April 2022

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April is:

Distracted Driving Awareness Month
Move More Month
Keep America Beautiful Month
National Humor Month
National Garden Month



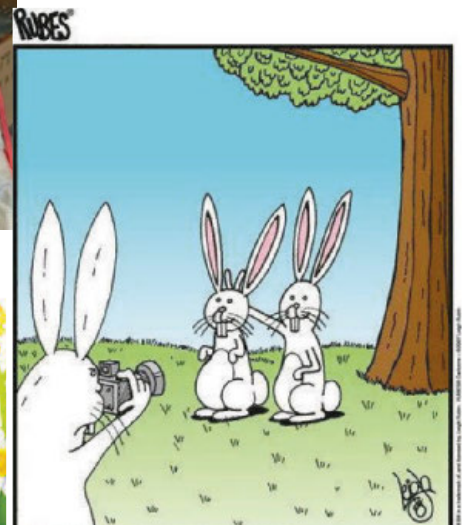
THE SENIOR SCOOP



*Be connected.
Be supported.
Be home.*



Leprechauns celebrated St. Patrick's Day at The Gathering Place with Corned Beef and Cabbage, a craft, and drawings for free lunches. Congrats to Anna and Pat on their prizes!





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.

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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
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Honor, MI 49640

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Angela Haase copy/finish edits

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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.



Food Safety at Home



U.S. FOOD & DRUG
ADMINISTRATION

1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.



April Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change based on product availability</i></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>1 Pecan Encrusted Tilapia Oven Roasted Potatoes California Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges Homemade Coleslaw</p>
<p>4 Chicken Cordon Bleu Oven Baked Potato Key West Vegetable Blend Sweet Hawaiian Rolls Fresh Grapes</p>	<p>5 Country Style Beef Fritters & Gravy Herb Buttered Potatoes European Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>6 Grilled Chicken Caesar Salad Soft Baked Breadsticks Fresh Cut Oranges Cherry Pie Slice</p>	<p>7 Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Spiced Apples Tortilla Chips with Fire Roasted Salsa</p>	<p>8 Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Stoneground Wheat Bread Fresh Banana Birthday Cake Bites</p>
<p>11 Grilled Ham & Cheese Oven Baked Tater Tots Capri Vegetable Blend Classic Fruit Cocktail Fresh Made Macaroni Salad</p>	<p>12 Spaghetti & Italian Meatballs Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Plums</p>	<p>13 Pizza! Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Diced Pears</p>	<p>14 Crispy Crab Cakes Crispy Smashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Fresh Grapes</p>	<p>15 Oven Roasted Chicken Parmesan Garlic Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Cranberry Applesauce</p>
<p>18 Pineapple Dijon Baked Ham Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Pineapple Tidbits</p>	<p>19 Chicken Lo Mein with Asian Vegetables Green Bean Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges</p>	<p>20 Whole Wheat Cinnamon French Toast Savory Sausage Links Freshly Scrambled Eggs Oven Baked Spiced Apples</p>	<p>21 Zesty Steak Fajitas Fire Roasted Corn & Black Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>22 Creamy Chicken Primavera with Pasta Venetian Vegetable Blend Steamed Sweet Peas Whole Wheat Garlic Toast Tropical Fruit Blend</p>
<p>25 Boneless Porkchops with Herbed Stuffing Oven Baked Potato Steamed Spinach Stoneground Wheat Bread Diced Peaches</p>	<p>26 Stuffed Cabbage Rolls Steamed Cauliflower Florets Oven Roasted Brussel Sprouts Stoneground Wheat Bread Soft Baked Pretzel</p>	<p>27 Cheeseburger Baked Beans with Bacon Malibu Vegetable Blend Fresh Banana</p>	<p>28 Shredded Chicken Taco Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>29 Shrimp Scampi over Pasta Scandinavian Vegetable Blend Steamed Parisian Carrots Whole Wheat Garlic Toast Diced Pears</p>

The Kitchen Uncovered

So much has changed in recent months. Some of it is terrible. Some of it is wonderful. With war raging and gas prices on the rise, one could miss the wonderful things happening right now. Spring is just around the corner and many folks are already flipping through this year's seed catalogs. For many, planning their flower and vegetable gardens is what is needed to power through the last of the cold weeks of winter. My personal "go-to" when things seem excessively bleak is not gardening, but to recognize those around and with us who are our local heroes-- our volunteers.

April is National Volunteer Appreciation Month, and I can't think of a better way to snap out of the winter blues than to recognize the selfless dedication that exists all around us in our community. Whether it is in our school systems, hospitals, natural areas and trails, fire and EMS teams, or my favorite-- our home delivered meal drivers, volunteers are a critical part of keeping our services available and possible. I don't think any of these services could exist without volunteers. The value our volunteers bring to our community is not quantifiable because each day that they decide to leave the comfort of their homes and offer their time and abilities to help others, they inspire and uplift everyone around them, even those who simply witness their efforts as a source of inspiration. To me I find that selflessness is a way to turn what's wrong in the world into something wonderful.

Some additional ways we can make a difference in our world, to change it for the better—in order to combat higher fuel costs, maybe we can carpool with our neighbors, or deliver their groceries or do an errand for them on our way, so there isn't as much need to go out as often. Maybe the impact of inflation and food prices can be lessened by more of us leafing through the new seed catalogs right now. And thankfully, we are already seeing a global outpouring of support for those in Ukraine.

If you're feeling especially inspired, maybe you can join our wonderful volunteers. There is always a place for you to make a difference regardless of what time or effort you are able to give.

Again, many thanks to all our volunteers!

Take care,

David Main
Executive Chef

Pasta and Peas in Not-Quite-Cream Sauce

- | | |
|---|------------------------------|
| • 1 zucchini or summer squash, cut into thin rounds | 1 pound bag frozen peas |
| • ½ pound short pasta, like shells or penne | ½ cup grated Parmesan cheese |
| • 1 small onion, diced | Lemon juice to taste |
| • 2 tablespoons olive oil, plus some for serving | Fresh basil, if desired |
-
1. Bring a large pot of salted water to a boil on the stove.
 2. While the water heats, sauté zucchini/ squash, onion, and olive oil over medium heat
 3. Cook pasta according to package directions, adding your frozen peas to the boiling water with 5 minutes remaining.
 4. Remove 1 cup of starchy pasta water from the pot and set aside. Drain pasta and peas and return to the pot, along with onion, olive oil, and veggies.
 5. While the mixture is hot, add Parmesan and stir. Slowly, begin to add the starchy water to the mixture. This is where the magic happens! The Parmesan and pasta water will emulsify to make a creamy, restaurant-style sauce — no heavy cream involved.
 6. Sprinkle with lemon juice, salt and pepper, and a light drizzle of olive oil to serve.
 7. Add basil, if desired.

April Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HAPPY EASTER</p>	<p>We have laptops available for use at The Gathering Place. Please let Susan or Nicole know if you would like to use one.</p>			<p>1</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:00 Lunch 1:00 Wii Bowling</p>
<p>4</p> <p>11:30-1:00 Lunch 5:30 Zumba</p>	<p>5</p> <p>10:30 The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>6</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo</p>	<p>7</p> <p>10:00 Paper Flowers with Judy 11:30-1:00 Lunch 1:30 BUNCO</p>	<p>8</p> <p>9:30 BUNCO 11:30-1:00 Lunch—April Birthday Celebration 1:00 Wii Bowling</p>
<p>11</p> <p>11:30-1:00 Lunch 1:00 The Art of Scarf Dyeing with Sandy 5:30 Zumba</p>	<p>12</p> <p>10:30 The Melody Makers 11:30-1:00 Lunch</p>	<p>13</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo 1:30-4:00 Open Sew</p>	<p>14</p> <p>10:30–12:30 Blood Pressure/ Glucose tests 11:30-1:00 Lunch 1:30 BUNCO</p>	<p>15</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling</p>
<p>18</p> <p>11:30-1:00 Lunch 1:00 Movie Monday, “Field of Dreams” 5:30 Zumba</p>	<p>19</p> <p>10:30 The Melody Makers 11:30-1:00 Lunch</p>	<p>20</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo 1:30-3:30 Historian Group 4:30 Board of Directors Meeting</p>	<p>21</p> <p>10:00 Christmas Craft Club 11:30-1:00 Lunch 1:30 BUNCO</p>	<p>22</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling</p>
<p>25</p> <p>10:30 Doodling Duchess 11:30-1:00 Lunch 1:00 Countess of Color 5:30 Zumba</p>	<p>26</p> <p>9:00 Estate Planning at Admin. Office— By Appointment only 10:30 The Melody Makers 11:30-1:00 Lunch 3:30 Chair Yoga</p>	<p>27</p> <p>8:30 Zumba 11:30-1:00 Lunch 12:30 Bingo 1:30—4:00 Open Sew</p>	<p>28</p> <p>10:00 Book Group, <i>When Breath Becomes Air</i> 11:30-1:00 Lunch 1:30 BUNCO</p>	<p>29</p> <p>9:30 BUNCO 11:30-1:00 Lunch 1:00 Wii Bowling</p>



Staff Milestones

Staff Birthdays



Nicole VanSlambrouk, April 13
Nicole is a member of our kitchen crew. She is a proud mom and loves spending time with her daughter Riley. They enjoy hand feeding bass on Lake Louise near their home.

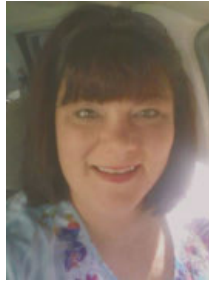


Kathy Frederick, April 26
Kathy is our Assistant Cook keeping Chef Dave in line! She is often making something extra special in the kitchen. Kathy just adores her grandchildren and spending time with them.

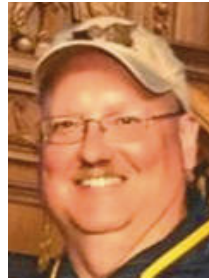


Cathy Sanders, April 30
When Cathy isn't working in our kitchen she enjoys spending time with her family, baking yummy treats and loving on her cat, Oreo. We are grateful she is on our team!

Staff Anniversary



Sharon Parker, 6 years
Sharon works as a home health aide ensuring our most vulnerable seniors have the greatest of care. She also has a fun-loving sense of humor. She's quite an animal lover and has a big heart for rescues.



Doug Durand, 9 years
Doug has been our Executive Director for NINE years! Congratulations! Doug is a devoted father and grandfather. He loves travelling with his wife Cindy, and is often awakened in the middle of the night by Emma, his mischievous cat.



Jeff Stockman, 9 years
Jeff is our Home Delivered Meals Coordinator. He makes certain that our Home Delivered Meals clients receive their hot meals every weekday. For fun, ask him about his goats or working on the Great Lakes for 25 years!

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!



36th Annual Parkinson's Summer Forum "Parkinson's Disease: Medications & Movement"

Thursday, May 26, 2022— NMC Hagerty Center, Traverse City MI

Featuring: Kara J. Wyant, M.D. "*Managing Medication for Better Health Outcomes*"
and Andrew S. Cole, M.S., M.D. "*The Importance of Movement with Parkinson's Syndrome*"

Registration opens April 1 at <https://events.bytepro.net/pnn-forum>

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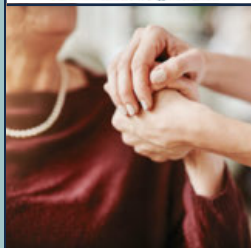
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Billboard

AARP Smart Driver Course

June 22nd & 23rd, 2022 at The Gathering Place. Both sessions are 1:00PM-5:00PM and you must attend both.

Cost: \$20 for AARP members and \$25 for non-members (cash or check only). Please bring a valid Michigan Driver License and AARP card, if you have one. Please call (231) 525-0601 to sign up.

By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

There are no tests to pass. Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.

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.

Lancaster Show Trip & the Dutch Country

September 18-24, 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.



New Activity!

We are excited to share the Doodling Duchess and the Countess of Color will be at The Gathering Place on Monday, April 25th! Sign up at The Gathering Place front desk or call 231.525.0600.

The Doodling Duchess, 10:30 a.m. - 12:00 p.m., NO FEE

Shake off the winter blues with this delightful interactive, color-inspired workshop! The Doodling Duchess (Monica Harris) will demonstrate the meditative power of doodling by connecting emotions, shapes, and colors. Used as a mindful activity, it can relieve anxiety while also giving personal insight. Supplies: Provided (sketch book & fine-tipped markers). Feel free to bring your own if you'd like.

Bio: Monica Harris's background is in educational science. For the last 5 years, she has researched the power of meditation and art. From this journey, she created the meditative doodling technique and is eager to share it with others. Her art has been recognized at the Kalamazoo Institute of Art (West Michigan 2021 Show) and the 2021 international online group exhibition titled BELIEVE.

Colorful Insight with The Countess of Color, 1:00 p.m. - 2:00 p.m., NO FEE

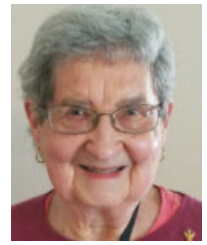
Colors are powerful! They are critical for interior design and personal wardrobe assembly but did you know they can influence personal goals? The Countess of Color (Lynn Jones) will illuminate the universal color for 2022 and its influence on participants. Everything has an energy vibration. The Countess will teach participants to calculate their own personal color/number energy vibrations and provide clues to how these combinations may influence daily life. Bring your sense of adventure and learn to view life through colored glasses.

Bio: The Countess of Color, Lynn Jones, has always enjoyed numbers and counting. Combining numbers with color vibrations really caught her eye. So she became The Countess of Color and has practiced color numerology in her own life for 15 years. In addition, she is now certified as an Angel Guide. Crystal Energy is next up to add to her toolbox. Lynn currently enjoys twining colorful rag rugs, which she sells in her Etsy Shop.



April is National Volunteer Month!

We are so fortunate that 119 people currently volunteer for Benzie Senior Resources. What do they do? Deliver meals to homebound clients; lead activities; help with fundraising; play music; run the desk at The Gathering Place; serve on our Board of Directors. They fold newsletters, decorate the senior center, and organize donations. We'll be celebrating them during National Volunteer Week, April 18th—21st. Join our volunteer team. Pick up your application from The Gathering Place, Benzie Senior Resources office or our website—BenzieSeniorResources.org, today!



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) If you are a client of Benzie Senior Resources, this service is free. Otherwise it is \$3.50.

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.

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

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

Essential Estate Planning

Benzie Senior Resources offers Essential Estate Planning every 4th Tuesday of the month (subject to change), **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.



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

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 7-day supply of shelf stable foods.

Open Sew

Bring your own project or help us create mittens for our fundraiser. April dates for Open Sew are the 13th and 27th from 1:30 p.m. to 4:00 p.m.

Movie Monday at The Gathering Place
Monday, April 18th at 1:00 p.m.
*FREE popcorn & pop!
Now playing: *Field of Dreams*



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

Copemish/Thompsonville Produce Bingo & Lunch

Join Manistee County Council on Aging & Benzie Senior Resources on **FRIDAY, APRIL 8th at The Copemish American Legion** for a fun filled day! Starting at 10:30 a.m. with Produce Bingo and then serving lunch at noon. We'll be enjoying slow roasted beef, herb mashed potatoes, Italian green beans, stoneground wheat bread & dessert. All Seniors 60 and over are welcome.

Please call either Manistee County Council on Aging at 231-723-6477 or Benzie Senior Resources at 231-525-0601 to sign up.

Lunch is a suggested \$4 donation.



April Birthdays

Olga Horn	1	Gloria Holtrey	9	Lynn Vanderplow	20
Fred Marsh	1	Fran Wallace	9	Richard Frisbie	21
Floyd Thompson	1	Charlotte Wheaton	9	Kristine Swanson	21
Diana VanHouten	1	Mary Anderson	10	Gary Houghtaling	22
Dorothy Bryan	2	Evelyn Goethals	10	Elizabeth Jackson	22
Jane Hitesman	2	Jocelyn Gray	10	Lorita Rayle	22
Cheryl Mills	2	Yvonne Hockett	10	Gary Rosam	22
Bonnie Ness	2	George Jackson	10	Joseph Sivins	22
Eric Kalis	3	Mark Potter	10	Therese Ashman-Dahringer	23
Bob McQuilkin	3	James Boggs	11	Robin Groesbeck	23
Cecilia Porter	3	Donald V. Greene	11	Robert Johnston	24
Floyd Swanson	3	Ron Seguin	11	Linda Middleton	24
Joan Harwood	4	Sue Sheffield	11	Carol Bear	25
Laura Payment	4	Mike Wagner	11	Ruth Peppler	25
Art Leffring	5	Patricia Laarman	12	Chester Sandeck	26
Bill Lindsey	5	Rick Damore	13	Carol Crawford	27
Sharon Murphy	5	Marlene Schlueter	13	Alice Smith	27
Anna Nordbeck	5	Gerri VanAntwerp	13	Elaine Vanderberg	27
Nona Nugent	5	Barbara Richards	15	Gordon Armstrong	28
Mary Baatz-Straubel	5	Edna Runyan	15	Norris Cutler	28
David Favreau	6	Janeth Stevens	15	Nadine Gilroy	28
Jed Jaworski	6	Mary Johnson	16	Larry Lozen	28
Gloria Pierce	6	Sally Hennessee	16	Judy Moore	28
Loretta Sheets	6	Daniel Berndt	17	Lorrie Willard	28
Viva Fender	7	Bill Dowd	17	Kathy Burns	29
Patricia Shijka	7	Jean Bowers	18	Lisa Davidson	29
Lester Brownell	8	Shelby Anderson	19	William Frostic	29
Bob Lucas	8	Dyana Parsons	19	Martha Sterzik	29
Joanne Rafferty	8	Shirley Bolling	20	Oscar Jaquish	30
Ron Stier	8	Luella Marie Cote	20	Bonnie Rodgers	30
Ron Fought	9	Jean Kalchik	20	Cindy Sanford	30

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.



Our upcoming books for Book Club:

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.

Word Search

Safari Animals

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

KUDU
 LEOPARD
 SPRINGBOK
 ELAND
 CROCODILE
 BABOON
 GIRAFFE
 ELEPHANT
 BUFFALO
 HIPPO
 RHINO
 WARTHOG
 GAZELLE
 ZEBRA
 CHEETAH
 CIVET
 HYENA
 LION

Play this puzzle online at : <https://thewordsearch.com/puzzle/11/>



FOOT CLINIC

Wednesdays at
 Benzie Senior
 Resources 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 any questions at all regarding Medicare, please contact Benzie Senior Resources at 231.525.0600 to set up an appointment to speak by phone with Fran, our Medicare/Medicaid Assistance Program Counselor.

Preventive care is the care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services with no cost-sharing, as long as you meet the eligibility requirements and follow the guidelines below.

Is it one of the services that Original Medicare covers at 100% of the Medicare-approved amount?

Preventive services recommended by the U.S. Preventive Services task force are covered with zero cost-sharing, so you will not owe any deductible or coinsurance when you receive them. You can find a list of those services on Medicare.gov's page on **Preventive & Screening Services**.

Do you meet the coverage criteria? For many of the covered preventive services, you have to meet certain criteria based on your age, gender, or certain risk factors. Your health care provider should be able to tell if you qualify.

Are you seeing the right kind of provider?

Original Medicare: To get preventive services with no cost-sharing, you should see a provider that accepts assignment, also known as a Medicare-participating provider. Many providers accept assignment, but you should ask your provider in advance if they accept assignment. If you see a non-participating or opt-out provider, you may be responsible for part or all of the cost of your service.

Medicare Advantage: It is usually best to receive services from an in-network provider. Contact your provider to learn if they are in-network for your plan or contact the plan to learn which providers are in-network. If you go out-of-network, you might be responsible for part or all of the cost of your preventive service.

Even if a preventive service is covered with no cost-sharing, you might be responsible for other costs. For example, you may have to pay a facility fee depending on where you get the service, and you may be charged for a doctor's visit if you meet with a physician before or after the service.