



BENZIE

SENIOR RESOURCES

May 2022

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May is...

Arthritis Awareness Month
Mental Health Month
National Asthma & Allergy Awareness
National Stroke Awareness Month
Older Americans Month
National Osteoporosis Month
National High Blood Pressure Month



“If spring came but once a century instead of once a year, or burst forth with the sound of an earthquake and not in silence, what wonder and expectation there would be in all the hearts to behold the miraculous change.”—Henry Wadsworth Longfellow

THE SENIOR SCOOP



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 The Gathering Place: 231-525-0601

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

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

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

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Honor, MI 49640

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Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

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If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the Benzie Senior Resources office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00. There is no charge for emailing. Subscription expiration dates are listed on the bottom of the mailing label. You can also find this newsletter on our website at benzieseniorresources.org under the NEWS tab, at our Benzie Senior Resources office and at The Gathering Place.



From our Director

Greetings,

As I write this article, we just finished celebrating National Volunteers Week. My first thoughts when I think of our 126 volunteers are-- Essential, Indispensable, and Integral. Those 3 words define what our volunteers mean to us at Benzie Senior Resources and to our community.

Consider for a moment, what would Benzie Senior Resources be like if for one week our volunteers did not show up? You would not see the smiling faces at the front desk at The Gathering Place. We would not be able to deliver the meals that so many people depend on from us. We wouldn't have as many activities. We wouldn't be able to help with clients' Medicare/Medicaid concerns. Income taxes wouldn't get prepared and filed. Produce bags wouldn't get put together for clients. I could go on and on of how many tasks wouldn't be accomplished. So--as you can see, our volunteers provide critical services at BSR!

At Benzie Senior Resources, we are fortunate to have a team of volunteers who give their time and energy to help us expand our mission. I see firsthand how their giving impacts not only the community, but many of our volunteers share that they receive a sense of accomplishment when helping others and enjoy meeting new friends along the way.

So, whether you are a new volunteer or one who has been with us for many years, our entire staff thanks you for making a difference. We appreciate your dedication and compassion that you have provided to the seniors of Benzie County. You truly are CHAMPIONS!

A special acknowledgement to Dave, Dawn, Kathy, Wanda, Susan, Jeff, Cathy, Laurie, Ryan, Nicole, Michelle, Nikki and Bea for helping to make the weeklong event special for our volunteers with the special treats, decorations and your extra heartfelt gratitude shown to our great volunteers!

I also want to wish all of the moms a Happy Mother's Day! And come out on Monday, May 9th for our Mother's Day Luncheon.

Take Care,
Douglas

Crystal Lake Golf Course and Coldwell Banker Schmidt Jamie Gray Group presents:
Benzie Senior Resources Charity Day Event

Sunday, June 12, 2022 at Crystal Lake Golf Course, 8493 Fairway Dr., Beulah.
Tee Times from 8am to 2pm.

100% of greens fees donated to Benzie Senior Resources.

Extra fun in the Crystal Lake Golf Course Event Tent, 50/50 raffle, prize drawings, food & cornhole tournament. Proceeds to benefit Benzie Senior Resources.

Call/Text David Stapleton for Tee Times at 231-360-8453.

Donations or questions, please contact Jamie Gray 231-499-1430.

May Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Asian Style Chicken Salad Raspberry Carrot Salad Cranberry Applesauce Sliced Butter Croissant</p>	<p>3</p> <p>Smoky Ham & Bean Soup Capri Vegetable Blend Green Bean Blend Oyster Crackers Fresh Banana</p>	<p>4</p> <p>Classic Philly Steak Sandwich Oven Roasted Potatoes Scandinavian Vegetable Blend Classic Fruit Cocktail</p>	<p>5</p> <p>Creamy Chicken Primavera with Pasta Sicilian Vegetable Blend Pesto Infused Cauliflower Fresh Plums Soft Baked Breadsticks</p>	<p>6</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Stoneground Wheat Bread Classic Applesauce</p>
<p>9</p> <p>Jamaican Style Chicken Whipped Sweet Potatoes Malibu Vegetable Blend Fresh Baked Biscuits Old Fashioned Strawberry Shortcake</p>	<p>10</p> <p>Country Style Beef Fritters & Gravy Herb Buttered Potatoes California Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>11</p> <p>Loaded Baked Potato Bar Steamed Broccoli Florets Stoneground Wheat Bread Classic Applesauce</p>	<p>12</p> <p>Pecan Encrusted Tilapia Crispy Smashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Fresh Grapes</p>	<p>13</p> <p>Authentic Chicken Shawarma Wrap Oven Baked Tater Tots Steamed Cauliflower Florets Classic Fruit Cocktail Birthday Cake Bites</p>
<p>16</p> <p>Boneless Porkchops with Herbed Stuffing Oven Baked Potato Key West Vegetable Blend Sweet Hawaiian Rolls Fresh Grapes</p>	<p>17</p> <p>Stuffed Cabbage Rolls Capri Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Diced Pears</p>	<p>18</p> <p>Crispy Crab Cakes Cheddar Bacon Mashed Potatoes Japanese Vegetable Blend Stoneground Wheat Bread Mandarin Oranges</p>	<p>19</p> <p>Bratwurst with Sautéed Peppers & Onions Oven Baked Tater Tots Normandy Vegetable Blend Fresh Banana</p>	<p>20</p> <p>Deluxe Pizza Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Fresh Cut Oranges</p>
<p>23</p> <p>Grilled Chicken Caesar Salad Soft Baked Breadsticks Fresh Banana</p>	<p>24</p> <p>Classic Chicken Marsala Oven Roasted Asparagus European Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>25</p> <p>Zesty Steak Fajitas Authentic Refried Beans Latin Style Rice Tortilla Chips with Fire Roasted Salsa Diced Peaches</p>	<p>26</p> <p>Spaghetti & Italian Meatballs Venetian Vegetable Blend Steamed Sweet Peas Soft Baked Breadsticks Cherry Pie Slice</p>	<p>27</p> <p>Chicago Style Italian Beef Sandwich Sweet Potato Bites Steamed Broccoli Florets Tropical Fruit Blend</p>
<p>30</p> <p>CLOSED</p> 	<p>31</p> <p>Whole Wheat Cinnamon French Toast Oven Baked Pears Savory Sausage Links Freshly Scrambled Eggs</p>	<p>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</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><i>Menu is subject to change based on product availability</i></p>

The Kitchen Uncovered

This has been a month of food research here in the Benzie Senior Resources kitchen. One question led to others, and I found myself looking into a variety of food topics. I thought it might be interesting to share what I've learned this past month.

1. The Parisian Carrots we serve are not lathed on a machine in a factory, nor are they rejects from baby carrot production. They are actually grown that way. If you aren't familiar, the Parisian Carrot, is a small round orange carrot that is actually a nineteenth-century French heirloom variety. It is known for its crunchy texture and sweet carrot taste. This vegetable thrives where many larger, long carrots cannot. They do very well in rocky soil and hard clay. They actually are ready to harvest from seed in as little as 60 days! I love their size as they are small enough to serve as a side of vegetable and to use in a soup or stir fry without much prep. They are a great conversation starter too.
2. The "blood" in meat is not blood at all, actually. This red liquid found in fresh raw proteins is actually myoglobin, the protein that delivers oxygen to an animal's muscles. While there are trace amounts of blood in the meat we use, part of the processing of the animal is to drain all of the blood as soon as possible. The meat would be ruined if there was blood left in it. This does apply to poultry as well as red meat. While no one enjoys seeing pink chicken served to them, what really matters is the temperature that it was cooked to. All poultry must be cooked to 165F. The joint that connects the thigh to the drumstick is notorious of being the last stubborn part of the bird to completely cook. In fact, we normally cook our chicken thighs to almost 200F in order to avoid the pink center of the joints. (Always use a meat thermometer for safe cooking!)
3. The definition of a chowder is a soup that has been thickened with flour and cream. The definition of a stew is a soup that has been thickened by having the broth reduced. The term chowder is a corruption of the French word for *cauldron* and can be traced from Breton fishermen to the Northeastern United States. If I understand correctly, this makes the Manhattan clam chowder (the version that includes tomatoes) a soup. Side note: Manhattan clam chowder actually originated in Rhode Island.

Hopefully, this clears up some culinary bewilderment you or someone you know may have had. If anything, these might be good conversation starters next time you enjoy a meal here at The Gathering Place!

Take Care,

David Main
Executive Chef



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.

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

Essential Estate Planning

Benzie Senior Resources offers Essential Estate Planning every 4th Thursday 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.

Free Computer Help

The Darcy Library
in Beulah


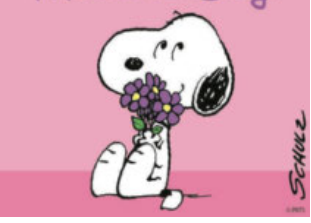

Thursdays
12:00 p.m.-4:00 p.m.

Use your computer or
one at the library.

Questions?

Call Carol at
231.882.4037

May Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">2</p> <p>10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba</p>	<p style="text-align: center;">3</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">4</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p style="text-align: center;">5</p> <p style="text-align: center;"><i>Day with Dawn</i></p> <p>11:30-1:30 Lunch 1:30 BUNCO</p>	<p style="text-align: center;">6</p> <p>9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:30 Lunch 1:30 Wii Bowling</p>
<p style="text-align: center;">9</p> <p>10:00 Stretch & Balance 11:30-1:30 Mother's Day Lunch 1:30 Crochet w/Jeri 5:30 Zumba</p>	<p style="text-align: center;">10</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">11</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 1:30 Open Sew</p>	<p style="text-align: center;">12</p> <p>10:30-12:30 Blood Pressure/ Glucose Tests 11:30-1:30 Lunch 1:30 BUNCO</p>	<p style="text-align: center;">13</p> <p>9:30 BUNCO 11:30-1:30 Lunch, May Birthday Celebration 1:30 Wii Bowling</p>
<p style="text-align: center;">16</p> <p>10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Movie Monday, "Always" 5:30 Zumba</p>	<p style="text-align: center;">17</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">18</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting</p>	<p style="text-align: center;">19</p> <p>10:00 Christmas Craft Club 11:30-1:30 Lunch 1:30 BUNCO</p>	<p style="text-align: center;">20</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:30 Wii Bowling</p>
<p style="text-align: center;">23</p> <p>10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Crochet w/Jeri Part 2 5:30 Zumba</p>	<p style="text-align: center;">24</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">25</p> <p>8:30 Zumba 9:30 TC Mall Trip 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Historian Group</p>	<p style="text-align: center;">26</p> <p>9:00 Estate Planning at Admin. Office— By Appointment only 10:00 Book Group, <i>Educated</i> by Tara Westover 11:30-1:30 Lunch 1:30 BUNCO</p>	<p style="text-align: center;">27</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:30 Wii Bowling</p>
<p style="text-align: center;">30</p> <p style="text-align: center;">CLOSED</p> 	<p style="text-align: center;">31</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p style="text-align: center;">Happy Mother's Day!</p> 		



Staff Milestones

Staff Birthdays



Michelle Francis, May 2nd
Michelle loves to hike, stay active and spend as much time outside. Her favorite food is Italian and she loves eating at The Gathering Place. She sang karaoke once and would like to keep it that way! Her pick was *Hotel California* by The Eagles.



Kylie Habedank, May 29th
I LOVE to travel. As a teenager, I traveled with my grandma and aunt to London England, Ireland, Jamaica, Germany, and France. I grew up with a very humorous family! We play pranks on each other all the time. This year on April Fool's Day I even played a prank on Doug!

Staff Anniversaries



Felicia Hillard, 1 year
Felicia is an R.N. on our Home Health team. She is a TC native and a mom to two grown children. When not working, Felicia likes to create art, work out, collect rocks, camp and hike.



Tammy Jenkins-Finney, 11 years
My favorite place to travel is Texas. I am definitely a summer girl. I love to go to the beach, swim and spend time with my husband, kids, and granddaughters Bristol and Bria. I also adore my yorkie Lacey, the Snoopy and Peanuts Gang, tacos and live music of all kinds.

Welcome to the Team!



Terry Crawford—We are excited to welcome Terry to our Home Health team. Terry enjoys fishing, hunting, and spending time with her family and friends. Her favorite food is cod or halibut and she doesn't like chocolate. Her go to karaoke song is *You Are My Sunshine*.



Renee Aten—Our Home Health team is excited to welcome Renee. She enjoys Tai Chi under the trees, going for long walks in nature and her Grandma's pierogi. Renee moved to Michigan at the end of December and would NOT sing any song at karaoke.



Bea Raffaele—Please help us welcome Bea to our Kitchen team. She is an avid rock hound and loves to spend time outside in her garden. Her favorite place to eat is Cracker Barrel and she loves chili. She is from Stuttgart, Germany and moved to America in 1990. Her karaoke song is *When I'm Sixty-Four* by the Beatles.



Erica Crawford—Erica joined our Home Health team. She enjoys hiking and hanging out with her friends in her free time. Her favorite restaurant is The Roadhouse and her favorite food is Mexican Cuisine. She once ate a gallon of chili garlic hot sauce in one month.

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>

For questions, contact Chris Esper: 231-392-4216

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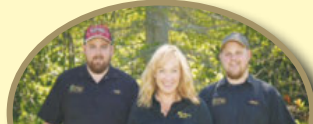
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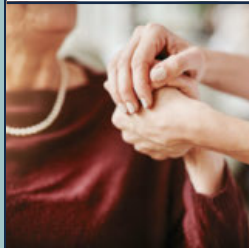
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15-0688

TRIPS/ Bulletin Board

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.



Grand Traverse Mall Trip

Date: May 25, 2022

Time: Leave The Gathering Place at 9:30 a.m. Leave from the mall to head back to Honor at 2:00 p.m.

Cost: \$10.00

Let us do the driving and sign up at The Gathering Place front desk or call 231-525-0601.

Historian Group

Our Senior Center Assistant, Nicole is heading up this group. Join us on the fourth Thursday of the month from 2:00 p.m.—4:00 p.m. to help sort and sift through articles and photos of our past. Bring any photos or information that you think would make a nice addition to this project. For more information please call Nicole at 231-525-0601.

Crochet Class

Learn how to crochet! Join us for **Crochet with Jeri** a two-part class. Learn basic stitches and make a dish cloth by the time you are done! Classes are on Monday, May 9th and 23rd at 1:30 p.m. Sign up at The Gathering Place.



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 Monday thru Friday 12-4pm, free WiFi is available there 24/7. For more information they can be reached at 231.882.4111.

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.

WANTED: Buttons, books, egg cartons, prizes for Bingo & Bunco, Crochet Hooks and items for our next Benzie Bucks Auction. Drop off at The Gathering Place. Please, do NOT drop off items not listed here.

Book Group Book List for Upcoming Months

May—Educated by Tara Westover

June—Mudbound by Hillary Jordan

July—Library at the Edge by Felicity Hayes-McCoy

August—Recipe Box by Viola Shipman

September—Windigo Moon by Robert Downs

October—How Beautiful We Were by Imbolo Mbue

November—Isadore’s Secret by Mardi Link

December—Christmas Train by David Baldacci



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Nutrition—Plan Menus by Produce



Here is a new way to plan your meals on the go. Start in the produce section and plan meals based on what you see that looks good and is a good price. Base meals more around fruits and vegetables rather than meat. If you think of 5-6 good dinners and make a few in quantity for “plannedovers” you will usually have enough food to get through a week. Your wallet, waistline and heart will thank you!

Here are some fresh ideas for meals:

- **Pasta with fresh broiled vegetables** in season. Toss pasta and broiled veggies with herbs, broth and a little oil.
- Find a **green veggie to go with baked fish** and rice - usually zucchini or green beans
- **Vegetable to go with chicken** or turkey breast - usually broccoli or zucchini or green beans in a steam bag; can also be winter squash or spaghetti squash
- **Ingredients for salsa** that can be used to make burritos, tacos, fish, chicken as well as a tasty vegetable-consumption-boosting dip for veggies and tortilla chips.
- **Stir fry veggies** - consider carrots, mushrooms,

spinach or peppers and these can be used for salads and other dishes, too. A stir fry is a great way to use up a lot of leftover veggies at the end of the week, too.

- **Salad**

- **Fruit** for breakfast, snacks and desserts

- **Cabbage** for slaw - and it doubles as a great stir fry ingredient, too.

- **Seasonal produce for risotto** - risotto is a creamy rice dish made with arborio rice, found in most grocery stores. Arborio rice is a short-grain rice that is very inexpensive and it is easy to cook, too! Use 3 cups water to 1 cup rice and add vegetables and seasonings half way through cooking. Stir well to make creamy and serve hot.

Here is a healthy meal using many of the items on the Cheap Healthy Shopping List:



- Turkey burger with lettuce and tomato served on an English Muffin
- Carrot sticks
- Oven fried potato wedges
- Slaw dressed in oil and vinegar with a pinch of oregano
- Fresh berries for dessert

Recipes and pictures are found on our blog at <http://www.foodandhealth.com/blog/>

Cheers to 50 Years!

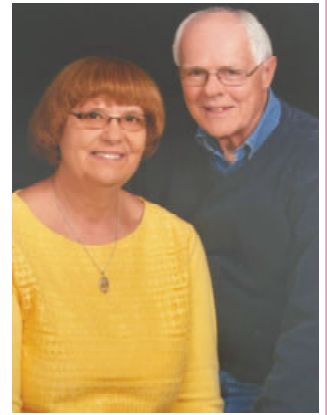
Lynn and Allen Vanderplow ~ 50th Wedding Anniversary

May 20, 1972



Lynn and Al met while Lynn was working at her Uncle Ralph's bowling alley in Muskegon. Al's Aunt Ruby worked there and wanted him to meet Lynn. When Al first saw Lynn he said to his aunt, "She's kind of tall, isn't she?"

On their first date they saw "Funny Girl" and then had pizza. Al was planning on heading out west, but meeting Lynn changed his life. After three months of dating he gave Lynn a pre-engagement ring. About two years later they were married and heading to Walt Disney World in Florida for their honeymoon. They settled in Racine, Wisconsin for Al's work, and had two children—Jodi and Todd. Before they were married, Lynn had to promise Al's boss that they were getting married! It was a prerequisite to him keeping his job. They are blessed with



two wonderful grandchildren—Brianna and Chloe. Their Words of Wisdom for a good marriage—Always be honest. Keep your promises.



Keith and Suzanne Jewell ~ 50th Wedding Anniversary

May 6, 1972

Keith and Suzanne met at a laundromat in Frankfort. They were married in Benzie County and honeymooned at the Park Place (top floor!) in Traverse City. They moved to Wisconsin where they raised their two children. They eventually made their way back to Benzie where they have enjoyed the last 25 years. They have one grandchild, Isabella who is eight years old. They enjoy going out to dinner. Advice for newly married couples? Be honest!



Benzie Senior Resources is excited to partner with Benzie Bus to offer Health Rides for those Benzie seniors age 60

and older. Personalized, door-to-door rides to medical appointments and procedures. Fees are based on a sliding scale. Call us for more information at 231.525.0600.



Benzie Bus Rides

You no longer need the pink Benzie Bus passed to ride free on Benzie Bus. As long as you are age 60 or older and a resident of Benzie County call us at 231.525.0600 and we'll get you on their list. Please drop any extra bus passes at either the Benzie Senior Resources office or The Gathering Place. You can also mail them to BSR, 10542 Main Street, Honor, MI 49640. THANKS!



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 Benzie Bus for more information. 231-325-3000



May Birthdays

Mary Baker	1	William Chamberlain	10	Mark Luedi	20
Robin Mackenzie	1	Sandy Houghtaling	10	Margaret Winnie	20
Kay Gossens	2	William Lee	10	Eugene Golanda	21
Kim Allen	3	Mike Sheronick	10	Vince Rogers	21
Shirley Austin	3	Ingrid Turner	10	Millie Smith	22
Mary Lathwell	3	Wayne Ingleston	11	Catherine Bright	23
Susan Mark	3	Jerome Kekel	11	Ann Marie Parson-McNamara	23
Richard Robotham	3	Roger Blue	12	Viola Dawe	23
Rosemary Spafford	3	Sandra Kelly	12	Sharon Kennedy	24
Beverly Holbrook	4	Barbara Patterson	13	Jack Howell	25
Larry Sawallich	4	Helmut Wuerzinger	13	Kathleen Leach	25
Eugene Heniser	5	Claudia Bailey	14	Frank Clarke	26
Ron Hitesman	5	Jane Elzerman	14	Al Amstutz	27
Irene Rath	5	Donald Gensman	14	Cheryl Fifield	27
Larry Bishop	6	Mildred Bender	15	Mike Mazeika	27
Donna Chalmers	6	Rosemary Russell	15	Patty Fagan	28
Mary Dykstra	6	Bob Talbott	15	Dave Grimes	28
Leo Hughes	6	Pat LaCross	16	Julie Lapeer	28
Michael Meed	6	Ann Berndt	17	Lindi Milner	28
Warren Putney	6	Robert Fitzke	17	Jenny Rineer	28
Don Shadwick	6	Jeanne Strathman	17	Jerry Philo	29
Kory Tomey	6	Sharon Bonney	18	Dan Robotham	29
Jeanne Wolfgang	6	Diana Heller	18	Patty Adams	30
Kay Boyne	7	Rhonda Kittleson	18	Jim Curtis	30
Richard Geren	8	Carolyn Lewis	18	Richard Hitchingham	30
Lynn Kuehneman	8	Raymond Tate	19	Al Nagel	30
Charles Ottenbacher	8	Steve Tebo	19	Neal Powers	30
Jack Holtrey	9	Harry Friend	20	Jerome Machesky	31

**If we forgot your birthday we are truly sorry. Please remind us for next year.
If you'd like your name removed from the birthday list, please let us know.**

Anniversary Dates and Stories Wanted

We'd love a picture and a chance to share 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.



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.

Mother's Day Word Search



APPRECIATION
 BEAUTIFUL
 BREAKFAST
 CANDY
 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS

GUIDANCE
 HUGS
 JEWELRY
 JOY
 KISSES
 LAUGHTER
 LOVE
 MATERNAL
 MOM
 MOTHER

NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER
 THE BEST
 WARM
 WISE



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!

Donations made to
Benzie Senior
Resources

In Memory of
Kurt Zscherhing

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes. You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes. If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at info@BenzieSeniorResources.org.

Legacy Giving: Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

Memorial Gifts: Tribute gifts can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

DONOR INFORMATION:

Name: _____
Check here if you wish to remain ANONYMOUS

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Type of Donation (please circle): Legacy Tribute Other

Make Checks Payable To: Benzie Senior Resources, Mail to: 10542 Main Street, Honor, MI 49640

***Benzie Senior Resources is an independent 501 (c) 3 not-for-profit organization.
Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations.
Consult your tax or legal advisor for details.***

Donor Privacy Policy—Benzie Senior Resources (BSR) does not sell or distribute donor information. Be assured your information is secured and protected, and used only by BSR when processing your donation and supplying you with BSR information.



BENZIE
SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

Nonprofit Org.
U.S. Postage
Paid
Honor, MI
Permit No. #1

Address Service Requested

Medicare Minute

Things don't always go according to plan. When unforeseen challenges or mistakes occur, it is helpful to know where to voice your concerns and who can help.

Know how to file a grievance with a Medicare Advantage or Part D plan. A grievance is a formal complaint that you file with your Medicare Advantage or Part D prescription drug plan. A grievance is not the same as an appeal, which is a request for your plan to cover a service or item that it has denied. Times when you may wish to file a grievance include if your plan has poor customer service, your plan takes too long to decide on an appeal, or your plan fails to deliver a promised refund. To file a grievance, send a letter to your plan's Grievance and Appeals department within 60 days of the event that led to the grievance. Visit your plan's website or call the plan for the address. You can also file a grievance with your plan over the phone, but we recommend keeping a written record of the name of the person you spoke to, the date and time of the call, and the outcome of the call. Your plan must investigate your grievance and get back to you within 30 days, or within 24 hours for urgent requests. You can check the status of your grievance by calling your plan or 1-800-MEDICARE. Your State Health Insurance Assistance Program, or SHIP, can help you understand when and how to submit grievances.

Know how to file a complaint about a Medicare Advantage or Part D plan. You can also file a complaint with Medicare if you have an issue with your plan that has not been resolved through the grievance process, or if you want to alert Medicare about other issues with your plan. Medicare has a formal system to handle beneficiary concerns with Medicare health and drug plans. For example, if a plan is not responding to your grievance or appeals by Medicare's specified deadlines, you should call 1-800-MEDICARE to file a complaint. Your State Health Insurance Assistance Program, or SHIP, can also help you submit complaints to Medicare.

Take Action: 1. Call 1-800-MEDICARE to learn the status of your plan grievance or file a complaint. 2. Call your Medicare Advantage or Part D plan to learn how and where to submit plan grievances. 3. Contact the Beneficiary and Family Centered Care-Quality Improvement Organization (BFCCQIO) to file a complaint about the quality of care you receive. 4. Contact your SHIP for help navigating the grievance, complaint, or appeals processes. 5. Contact your SMP if you suspect that a provider is committing Medicare fraud or abuse.