



BENZIE SENIOR RESOURCES

June 2022

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June is...

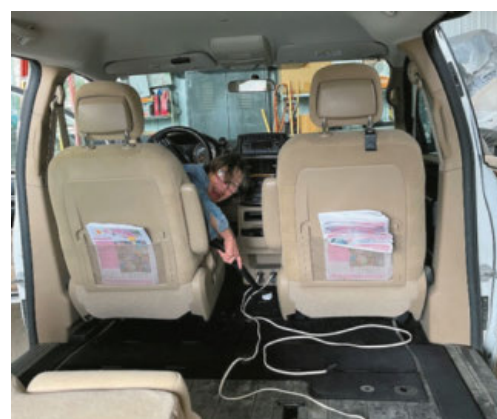
National Adopt a Cat Month
Great Outdoors Month
National Fresh Fruit & Vegetables Month
Alzheimer's & Brain Awareness Month



On Saturday, May 14th, a group of volunteers gathered to clean the Home Delivered Meals vehicle fleet. Led by Jeff Stockman, our Home Delivered Meals Coordinator, the vehicles were detailed inside, washed, restocked and made ready to go back into service. A big THANK YOU to all the volunteers who turned out to assist with the spring vehicle clean-up. It's certain all the *Meals on Wheels* drivers and delivery people will appreciate your efforts!

Volunteer and make a difference!

Volunteering with Benzie Senior Resources can be easy. Help with a mailing, or occasionally pitch in for an hour or two to help keep our delivery vehicles clean. More information about our range of volunteer opportunities can be found on our website at: BenzieSeniorResources.org





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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
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Honor, MI 49640

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Angela Haase copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

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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

Dear Friends,

As I write this article for the June edition of our Senior Scoop, I want to bring to your attention once again-- related to Benzie Senior Resources COVID-19 Mitigation Plans as Benzie County and the region have again entered the **High-Risk Category for COVID-19**. The area has seen a rise in number of cases and hospitalizations.

At this time, I am **STRONGLY ENCOURAGING EVERYONE** to wear a properly fitting mask when entering any of our buildings, no matter your vaccination status. Masks are available at both locations if you need one. And please remember, the only time to remove your mask is to eat and drink.

It is vital that we all do our part to make sure we keep our vulnerable and at-risk seniors safe while at The Gathering Place Senior Center and Administration Office. If there is a case of COVID-19 traced back to one of our buildings, we will have to shut down for contact tracing, deep cleaning, etc. This will place our Home Delivered Meals Program in jeopardy affecting over 200 homebound seniors along with staff, volunteers, and those attending The Gathering Place for meals and activities.

To maintain some form of social distancing, only four people will be allowed to sit at the round tables and up to six at the larger rectangular tables. **Please do not pull tables together**.

If you are sick, do not come to The Gathering Place Senior Center or the Administration Office. Consult your physician and get tested.

In Home Service Clients/Families

Please remember your assigned home health aide provides care for many other clients throughout the week, as well as having families of their own. To ensure everyone's safety, I am **STRONGLY ENCOURAGING EVERYONE** in the household, at the time care is being provided, to wear a mask when social distancing cannot be six feet or more.

With any increase in the number of COVID-19 cases, we do our best to provide your weekly services. However, we must work around those that must be quarantined due to exposure from COVID-19 or those who have tested positive. We cannot guarantee your assigned worker will be available on their normally scheduled day(s).

Our number one priority is the safety of our community, especially our seniors, staff, and volunteers. Please call us at 231.525.0600 with any questions. Thank you for your continued support of Benzie Senior Resources as we work through this challenge. Please remain healthy and safe.

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.

June Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meal price is a \$4.00 suggested donation for age 60 and older</p> <p>Under 60 is \$7.50</p> <p>Caregivers under 60 are \$4.00</p>	<p>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</p>	<p>1</p> <p>Texas Style BBQ Chili</p> <p>Steamed Sweet Corn</p> <p>Oven Roasted Asparagus</p> <p>Oyster Crackers</p> <p>Diced Peaches</p>	<p>2</p> <p>Chicken Tenders w/ House Dip Sauce</p> <p>Oven Baked Tater Tots</p> <p>Steamed Parisian Carrots</p> <p>Stoneground Wheat Bread</p> <p>Classic Fruit Cocktail</p>	<p>3</p> <p>Loaded Mac 'N Cheese</p> <p>Venetian Vegetable Blend</p> <p>Steamed Sweet Peas</p> <p>Stoneground Wheat Bread</p> <p>Fresh Cut Oranges</p>
<p>6</p> <p>Freshly Made Submarine Sandwich</p> <p>Raspberry Carrot Salad</p> <p>Homemade Potato Salad</p> <p>Fresh Cut Watermelon</p> <p>Crispy Potato Chips</p>	<p>7</p> <p>Shrimp Scampi over Pasta</p> <p>Oven Roasted Squash & Zucchini</p> <p>Pesto Infused Cauliflower</p> <p>Soft Baked Breadsticks</p> <p>Fresh Nectarine</p>	<p>8</p> <p>Homestyle Salisbury Steak</p> <p>Herbed Mashed Potatoes</p> <p>Key West Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Blueberries</p>	<p>9</p> <p>Shredded BBQ Chicken Sandwich</p> <p>Baked Beans with Bacon</p> <p>Caribbean Vegetable Blend</p> <p>Classic Fruit Cocktail</p> <p>Old Fashioned Chocolate Malt</p>	<p>10</p> <p><i>Closed for Training</i></p>
<p>13</p> <p>Five Cheese Stuffed Manicotti</p> <p>Sicilian Vegetable Blend</p> <p>Italian Style Green Beans</p> <p>Soft Baked Breadsticks</p> <p>Fresh Peach</p>	<p>14</p> <p>Belgian Waffle w/ Berries 'N Cream</p> <p>Freshly Scrambled Eggs</p> <p>Savory Sausage Links</p> <p>Oven Baked Spiced Apples</p>	<p>15</p> <p>Hand Rolled Sweet & Sour Meatballs</p> <p>Oven Roasted Brussel Sprouts</p> <p>Japanese Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Plums</p>	<p>16</p> <p>Freshly Chopped Chef's Salad</p> <p>Soft Baked Breadsticks</p> <p>Fresh Cherries</p>	<p>17</p> <p>Cornmeal Dusted Catfish</p> <p>Herb Buttered Potatoes</p> <p>Italian Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Cut Cantaloupe</p>
<p>20</p> <p>BBQ Glazed Chicken</p> <p>Cheddar Bacon Mashed Potatoes</p> <p>Steamed Broccoli Florets</p> <p>Stoneground Wheat Bread</p> <p>Pineapple Tidbits</p>	<p>21</p> <p>Housemade Egg Salad on Croissant</p> <p>Pea & Peanut Salad</p> <p>Tropical Fruit Blend</p> <p>Cherry Pie Slice</p>	<p>22</p> <p>Pepperoni Stuffed Calzone</p> <p>California Vegetable Blend</p> <p>Italian Style Green Beans</p> <p>Soft Baked Breadsticks</p> <p>Fresh Grapes</p>	<p>23</p> <p>Chicken Pesto Linguine</p> <p>Malibu Vegetable Blend</p> <p>Steamed Spinach</p> <p>Soft Baked Breadsticks</p> <p>Cranberry Applesauce</p>	<p>24</p> <p>Slow Roasted Beef</p> <p>Herbed Mashed Potatoes</p> <p>Capri Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Cut Honeydew</p>
<p>27</p> <p>Homemade Sloppy Joes</p> <p>Oven Roasted Potatoes</p> <p>Italian Style Green Beans</p> <p>Fresh Peach</p>	<p>28</p> <p>Zesty Chicken Fajitas</p> <p>Fire Roasted Corn & Black Beans</p> <p>Oven Baked Pears</p> <p>Tortilla Chips w/ Fire Roasted Salsa</p>	<p>29</p> <p>Roasted Veggie Lasagna</p> <p>Normandy Vegetable Blend</p> <p>Steamed Parisian Carrots</p> <p>Soft Baked Breadsticks</p> <p>Fresh Apricot</p>	<p>30</p> <p>Philly Style Chicken Sandwich</p> <p>Sweet Potato Bites</p> <p>Steamed Cauliflower Florets</p> <p>Fresh Grapes</p>	<p><i>Menu is subject to change based on product availability</i></p>

The Kitchen Uncovered

It is hot! Summer is fast approaching. Green grass and flowers are popping up and that can only mean one thing: we will be switching to our summer cycle menu! For those that do not know-- this means we move to a lighter fare, many more fresh fruit and vegetable offerings, and summer favorites that might make you feel like you are barbequing at the beach!

Some entrees that will be returning for the season are Crispy Crab Cakes, Homestyle Sloppy Joes, Shrimp Scampi, Fresh Made Sub Sandwich, Fresh Chopped Chef Salad, and of course our Glazed BBQ chicken! You can expect to see some local asparagus, cherries, and blueberries. We are also welcoming back our juicy watermelon, cantaloupe, and strawberries.

All of these fresh and juicy fruits and vegetables will help you stay hydrated and more able to maintain your vitamin and mineral needs. Remember that eating as many colors as possible is an easy way to make sure you are getting an assortment of different nutrients. It is important to drink plenty of water at all times, but especially in this heat. WebMD recommends that an easy way to remember how much water you should drink is to convert your weight to ounces and divide by 2. For example, if you weigh 140 pounds, that would be 140 ounces, which divided in half is 70 ounces per day. Obviously, there can be many other factors that affect the amount of water you need, and the best person to ask questions on any of this would be your doctor.

Hopefully you have some summer fun scheduled. With family get-togethers, beach days, and campfires just around the corner, it is important to have as healthy a diet as possible. That way it's easier to stay as healthy as possible so you can enjoy all the wonderful things summer has to offer.

Take care,
David Main
Executive Chef
Benzie Senior Resources



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.

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

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.

WANTED: Buttons, books, egg cartons, prizes for Bingo & Bunco, tin snips, teapots, cribbage boards and items for our next Benzie Bucks Auction.

Drop off at The Gathering Place.

Please, do NOT drop off items not listed here.

June Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
Can you play Mah-jong ?How about teaching it at The Gathering Place? Are you interested in forming a group to play every week? Contact Susan at 231.525.0601.	Cribbage Time! We'll play on June 27th at 1:30 p.m. Every month we'll try a new game. Join us!	1 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 Crochet w/Jeri Part 2	2 11:30-1:30 Lunch 1:30 BUNCO	3 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:30 Lunch 1:00 Wii Bowling
6 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba	7 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	8 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 1:30 Open Sew	9 10:30-12:30 Blood Pressure/ Glucose Tests 11:30-1:30 Lunch 1:30 BUNCO	10 <i>Closed for training</i>
13 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Crochet Potholder w/ Blanche 5:30 Zumba	14 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga 	15 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	16 10:00 Rock Painting 11:30-1:30 Lunch 1:30 BUNCO	17 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling
20 10:00 Stretch & Balance 11:30-1:30 Father's Day Lunch 1:00 Movie Monday "Dolphin Tail" 5:30 Zumba	21 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga 	22 8:30 Zumba 11:30-1:30 Lunch 1:00 AARP Safe Driving Class *NO BINGO*	23 9:00 Estate Planning at Admin. Office— By Appointment only 10:00 Book Group 11:30-1:30 Lunch 1:00 AARP Safe Driving Class *NO BUNCO*	24 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling
27 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Learn Cribbage 5:30 Zumba	28 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	29 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Historian Group	30 10:00 Metal Sculpture, Part 1 11:30-1:30 Lunch 1:30 BUNCO	Yard Sale! To benefit The Gathering Place Drop off unwanted stuff to The Gathering Place the first week of July.

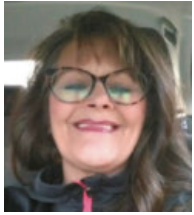


Staff Milestones

Staff Birthdays



Tammy Jenkins-Finney, June 2
Tammy is a Certified Nurses Aide and is dedicated to those in her care. She loves spending time with her sweet granddaughters, Bristol & Bria. She enjoys any day at the beach, tacos and watermelon.



Shari Ingersoll, June 16
Shari is a Certified Nurses Aide and works as a Home Health Aid for us. She is dedicated to her clients and works hard caring for them.

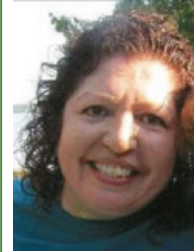


Wanda Smigiel, June 24
Wanda's favorite food is anything Chef Dave makes at The Gathering Place! She loves spending time with her menagerie of rescued pets and keeping an eye out for any strays around the senior center.

Staff Anniversaries



Wanda Smigiel, 6 years
Wanda is our Kitchen crew leader at The Gathering Place. She makes sure the meals are delicious! Wanda enjoys gardening in her free time.



Mellie Long, 13 years
Mellie is a dedicated Home Health Aide. She's been married for 35 years, has two sons, two grandchildren. She loves seafood, Mexican food, gardening and scrapbooking.

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.

HAPPY
Father's
DAY

Sunday, June 19th is a day to celebrate, honor and remember our dads, uncles, grandfathers, etc. On Monday the 20th, Chef Dave will be cooking up a delicious meal for our Father's Day Luncheon at The Gathering Place.

Join us from 11:30 a.m.—1:30 p.m. for BBQ Glazed Chicken, Cheddar Bacon Mashed Potatoes and all the usual fixings.



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.

It's Back!!

The next Benzie Bucks Auction is July 22nd at The Gathering Place. Bring your donations after the 4th of July and get ready for a good time.

Our Loan Closet is in need of Transport chairs, Bath chairs & stools. Please, no rust or spiders. We appreciate that they are clean and in good condition. Drop off anytime at our office between 8:30 a.m. and 4:00 p.m., Monday-Friday.

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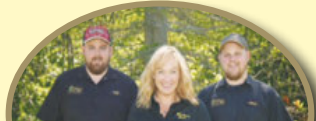
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15-0688

Bulletin Board

Lancaster Show Trip & the Dutch Country

September 18-24, 2022— \$685 per person, double occupancy.

Travel insurance available and recommended for an additional \$62.00

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
- 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.



Copemish/ Thompsonville Produce Bingo & Lunch

Join Manistee County Council on Aging & Benzie Senior Resources on **Wednesday, June 22nd 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 pepperoni stuffed calzones. 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.

Staying Safe in Extreme Heat

A large part of the United States has been, or will soon be, experiencing extreme heat conditions (high heat and humidity with temperatures above 90 degrees for several days). The body must work extra hard to maintain a normal temperature in extreme heat, and heat-related distress can occur quickly and without warning.

Extreme heat can be dangerous for all, but especially for older adults and people with chronic conditions. Take steps to prepare and stay safe using these tips from Ready.gov:

- Find air conditioning
- Avoid strenuous activities.
- Wear light clothing.
- Drink plenty of fluids.
- Check on family members and neighbors.
- Watch for heat cramps, heat exhaustion, and heatstroke.
- Never leave people or pets in a closed car.



Special Days in June

June 1st is “Say something nice today” Day

June 3rd is National Donut Day

June 6th is National Applesauce Cake Day

June 8th is National Best Friends Day!
Bring in your bestie for lunch at The Gathering Place and you might just win a prize.

June 15th is National Smile Day

June 23rd is Pecan Sandies Day





BENZIE
SENIOR RESOURCES

Be connected. Be supported. Be home.

WALK-A-THON

WALK • RUN • BIKE

SATURDAY, AUGUST 6th

**FRANKFORT'S BELLOWS PARK
ON CRYSTAL LAKE**

(Corner of Bellows Avenue and South Shore Drive)

Register and Begin Your Walk
Between 7:30 a.m. and 9:00 a.m.

REWARD YOURSELF WITH OUR DELICIOUS BRUNCH SERVED FROM 8:30 A.M. TO 11:00 A.M.



All proceeds to benefit Benzie Senior Resources, a non-profit organization serving the seniors of Benzie County.

Please contact us for an information packet:
231-525-0600 or INFO@BENZIESENIORRESOURCES.ORG

National Fresh Fruit and Vegetable Month



You can easily add color to every meal and snack. • Pack portable, easy-to-eat fruits and veggies and avoid vending machine temptations. • Add frozen peas or broccoli to rice when it's almost done cooking. • Add extra veggies to soups and stews. • Have a meatless meal once a week. Think vegetable lasagna, portabella mushroom "burgers" or grilled veggie kebabs. • Fill out a sandwich with fruits and veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini and/or sliced fruits like apple, avocado and pear. • Keep frozen and canned fruits and vegetables on hand for when you need to throw together a meal in a hurry.

Compare food labels and choose items without too much sodium or added sugars. • Make adding fruits and veggies to meals a snap by cutting them up and keeping them in the fridge. They'll also be handy for snacking! • When eating out, ask if you can substitute a fruit cup or side salad for fries and other less-healthy sides. • Top yogurt, oatmeal and cereal with berries or sliced fruit. • Make fruit popsicles. Freeze 100 percent juice or pureed fruit in an ice tray or popsicle mold. • Add spinach, peppers or mushrooms into scrambled eggs and omelets. • For snack time, keep fresh fruit and pre-chopped or no-chop veggies (such as baby carrots, cherry tomatoes and sugar snap peas) on hand, as well as single-serve containers of raisins or applesauce. • Enjoy fruit for dessert most days and limit traditional sugar-sweetened desserts to special occasions. • Eat the rainbow • Keep a bowl of whole fruit handy on the desk, table or countertop.

FRUIT KEBABS

INGREDIENTS

1 pound hulled strawberries	2 cups pineapple chunks
2 cups watermelon chunks	2 medium bananas, peeled and cut into thick pieces

DIRECTIONS 1. Soak eight 9- to 12-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Set aside. 2. Preheat the grill on medium high. 3. Thread the fruit onto the skewers in this order: strawberry, pineapple, watermelon, banana, strawberry, pineapple, watermelon, and banana. Transfer the skewers to a platter or baking sheet. 4. In a small bowl, using a fork, whisk together the vinegar, oil, and honey. Using a basting brush, brush about half the vinegar mixture over the fruit to glaze it. Chill, then enjoy!

Benzie Senior Resources is excited to partner with Benzie Bus to offer Health Rides for 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.



Book Group Book List for Upcoming Months

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

Benzie Bus Rides

You no longer need the pink Benzie Bus passes 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

June Birthdays

Joan Giddis	1	Deb Reed	9	Judy Harnish	21
Gail LeTourneau	1	Edward Wrona	9	Gloria McPherson	22
Carol Yalch	1	Blanche Blacklock	10	Pat Ely	23
Dan Giddis	2	Susan Heacock	10	Ted Page	23
June Jackson	2	Julia Hopkins	10	Lena Schneider	23
Jean Revnell	2	Douglas Wilkins	10	Betty Wood	23
Karen Yager	2	Ken Knapp	11	Robin Goorhouse	24
Jan Yost	2	Robette Leffring	11	James Reed	24
Dennis Cheylava	3	Beverly Reed	11	Carol Rider	24
Conrad Caris	3	Sharon Snow	11	Kathy Swetnich	24
Butch Engelbertson	3	Duane Nugent	12	John Vanderlind	24
Bill Honer II	3	Dennis Chupp	13	Mary Boyd	25
Robert Kage	3	Mary Pearce	13	John Ester	25
Vicki Rosseels	3	George Harrington	14	Ruth Laffleur	25
Rita Drake	4	Kenneth Keillor	14	Russell Mowen	25
Ted Mick	4	Greg Wilkins	14	Loren Wilson	25
Joy Brozofsky	5	Nanette Renn	15	Dollie Boggs	26
Orville Campbell	5	Bob Ward	15	Jeri Bushong	26
Vicki Fast	5	Judy Caris	17	Chester Dixon	26
Mary Ferens	5	William Gray	17	Suzanne Jewell	27
Sandra Keeler	6	Fern Plant	17	Theresa Keillor	27
Buck Lambert	6	Richard Fast	18	Gloria Troutman	27
James Marsden	6	Leonard Corey	19	Carlos Velasquez	27
Sue McGregor	6	Susan Harold	19	Mary Graham	28
Pauline Barnes-Philo	7	Betty Kalis	19	Phyllis Mowen	28
Dennis Colon	7	Sandra Schlueter	19	Lucy Swanson	28
Harold Case	8	Bob Teegardin	19	June Armstrong	30
Paul Kline	8	Pat Vertucci	19	Jeff Lepke	30
Trilby Novak	8	Guy Fast	20	Carol Salerno	30
Orlin Reed	8	Bess Butler	21		
Ann Bock	9	Mabel Foust	21		

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

"I wonder what it would be like
to live in a world where it was always June."

—L.M. Montgomery, *Anne of the Island*



Fathers Day

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

HERO
PARENT
WATCH
CUFF LINKS
STRONG
FATHER
JACKET
UNCLE
HAT
FISHING
PHONE
MAN CAVE
FOOTBALL
DADDY
SPORTSCAR
RESPECT
BEER
WALLET
RAZOR
LOVE

Play this puzzle online at : <https://thewordsearch.com/puzzle/220634/>

If you still have snow removal vouchers you can have exchange them for Lawn Chore vouchers, receive a refund or donate them to Benzie Senior Resources. All vouchers must be returned by **June 30th**. For more information or questions, please call our office at 231.525.0600.



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!



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:
Bill Rayle
Leroy Worden

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.
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Honor, MI
Permit No. #1

Address Service Requested

MEDICARE QUESTIONS?

WE HAVE ANSWERS

Medicare Minute

Medicare Savings Programs (MSPs), also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited income and savings. There are three main programs, each with different benefits and eligibility requirements.

To qualify for an MSP in Michigan in 2022, a single person must have Medicare Part A, monthly income of less than \$1,529 and assets of less than \$8,400. A married person with Medicare Part A can qualify for MSP with monthly household income of no more than \$2,060 and assets of less than \$12,600.

If you qualify for one of the three main MSPs, your Medicare Part B monthly premium will no longer be deducted from your Social Security check. Additionally, you will automatically get Extra Help, the federal program that helps with Part D prescription drug costs. Another benefit is that enrolling in an MSP will eliminate your Part B late enrollment penalty (LEP) if you have one. You will not have an LEP even if you later lose MSP eligibility. Also, if you qualify for an MSP, you can enroll in Part B outside the GEP. This enrollment in Part B is automatic when you are deemed eligible for an MSP.

For help applying for MSP, you can call Benzie Senior Resources and make an appointment with our MMAP counselor. (231) 525-0600.

