



BENZIE

SENIOR RESOURCES

July 2022

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Jason Benak from All Weather Seal of West Michigan stopped by our office to deliver a check to Doug for our Home Delivered Meals program. The money was raised from their first ever company yard sale at the Mesick Mushroom Festival. We are grateful that they chose Benzie seniors to receive this generous donation. Organizing, setting up and running a yard sale is a lot of work and they did this for Benzie seniors! THANK YOU!



BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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Benzie Senior Resources is funded by Benzie County residents through a property tax millage; federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan; private donations; from GT Band of Ottawa and Chippewa Indians 2% Allocation, Benzie County Community Chest, Delta Dental Foundation, Grand Traverse Regional Community Foundation, Benzie County Sunrise Rotary Foundation, Cherryland Cares and Meals on Wheels of America. Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

DIRECTORY

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Toll Free: 888-893-1102
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Email: info@BenzieSeniorResources.org
Website: www.BenzieSeniorResources.org
facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)
The Gathering Place: 231-525-0601



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

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

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

Benzie Senior Resources
10542 Main Street
Honor, MI 49640

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NEWSLETTER SUBSCRIPTION FORM

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CITY/ST/ZIP _____ DATE _____

EMAIL _____

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



From our Director

Hello,

I have been getting ask by many about how we are doing as an agency with the high cost of gasoline, food and just about everything else that we are all experiencing. Many of our Home Delivered Meals (HDM) clients are concerned about services being reduced from a Monday through Friday delivery to three days a week, or less.

Like everyone else, we have seen increases in our expenses. Fuel costs have risen over 50% from October 2021. Our food costs have increased by double digits. So, yes, it is putting a strain on our budget—and currently we are in a deficit. The Board of Directors and myself have discussed how to proceed with our services under these circumstances. It has always been my philosophy to deliver our Home Delivered Meals daily—Monday through Friday. It is not just about a meal—it is also the wellness check and the camaraderie between our clients and volunteers. Just the other day our volunteers were delivering a meal to a homebound client and found them in distress. They called 911 for assistance. Imagine if we reduced our visits and were not there on this particular day...what might have happened?

For this reason alone, we will continue to operate our HDM Program Monday through Friday to the best of our ability. If possible, please consider a donation to our agency to help us keep our HDM meals rolling along five days a week. A \$25 donation will help us with the expense of driving over 300 miles a day to deliver meals. It will help us continue to provide produce bags to reduce food insecurity. It will help us maintain our nutritious meals served at both The Gathering Place and on the meal delivery routes. It will help us provide additional healthy meal choices for the seniors we serve in our various nutritional programs.

As always, I thank you for your support of Benzie Senior Resources. Without the community support, we wouldn't be able to provide services to over 2,000 seniors in our 26 programs.

Take care,

Doug

Thank you to all who came out to support Benzie Senior Resources Sunday at the fundraiser golf outing at Crystal Lake Golf Course. We were overwhelmed by the support and commitment of so many to Benzie seniors. A HUGE thank you to Coldwell Banker-Jamie Gray Group for planning this event and Crystal Lake Golf Course for hosting it. The Jamie Gray Group did all of the planning and hard work assembling food and prizes for participants. So many volunteers kept the food rolling and made sure a good time was had by all. Many hands definitely made light work. Thank you to Crystal Lake Golf Course for donating the green fees to Benzie Senior Resources! We truly appreciate the support of this Benzie County community.

July 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>Menu is subject to change based on product availability</p>		<p>1</p> <p>Crispy Crab Cakes Malibu Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Fresh Cut Oranges</p>
<p>4</p> <p>Closed</p> 	<p>5</p> <p>Freshly Made Submarine Sandwich Raspberry Carrot Salad Cranberry Applesauce Homemade Potato Salad</p>	<p>6</p> <p>Chicken Tenders w/ House Dip Sauce Parmesan Garlic Mashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Classic Fruit Cocktail</p>	<p>7</p> <p>Shredded BBQ Chicken Sandwich Baked Beans with Bacon Steamed Parisian Carrots Pineapple Tidbits</p>	<p>8</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Vegetable Blend Stoneground Wheat Bread Diced Pears Birthday Cake Bites</p>
<p>11</p> <p>Texas Style BBQ Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Fresh Blueberries</p>	<p>12</p> <p>Deluxe Chicken Sandwich Crispy Smashed Potatoes Scandinavian Vegetable Blend Fresh Grapes</p>	<p>13</p> <p>Five Cheese Stuffed Manicotti Sicillian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Cut Honeydew</p>	<p>14</p> <p>Loaded Mac 'N Cheese Key West Vegetable Blend Steamed Broccoli Florets Stoneground Wheat Bread Fresh Nectarine</p>	<p>15</p> <p>Hand Rolled Sweet & Sour Meatballs Oven Roasted Brussel Sprouts Japanese Vegetable Blend Stoneground Wheat Bread Fresh Plums</p>
<p>18</p> <p>BBQ Glazed Chicken Whipped Sweet Potatoes Steamed Cauliflower Florets Sweet Hawaiian Rolls Apricot Halves</p>	<p>19</p> <p>Authentic Sesame Chicken over Rice Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookies Mandarin Oranges</p>	<p>20</p> <p>Hot Dog Baked Beans with Bacon Steamed Sweet Corn Fresh Cut Watermelon Fresh Made Macaroni Salad</p>	<p>21</p> <p>Freshly Chopped Chef's Salad Soft Baked Breadsticks Fresh Cherries</p>	<p>22</p> <p>Cajun Style Chicken Pasta Malibu Vegetable Blend Steamed Spinach Soft Baked Breadsticks Fresh Peach</p>
<p>25</p> <p>Belgian Waffle with Berries 'N Cream Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>	<p>26</p> <p>Zesty Chicken Fajitas Fire Roasted Corn & Black Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>27</p> <p>Cornmeal Dusted Catfish Herbed Buttered Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Cut Cantelope</p>	<p>28</p> <p>Cheeseburger Sweet Potato Bites Green Bean Blend Fresh Banana</p>	<p>29</p> <p>Roasted Veggie Lasagna Normandy Vegetable Blend Steamed Parisian Carrots Soft Baked Breadsticks Fresh Apricot</p>

July is Ultraviolet Safety Month

With summer in full swing, it's the perfect time to head outdoors and enjoy the sunny weather. But are you protecting yourself from potential risks?

The goal of UV (Ultraviolet) Safety Month is to spread the word about how important it is to protect everyone's skin from the harmful effects of UV rays.



WAYS TO PROTECT YOUR SKIN FROM UV RADIATION

Clothing. When choosing clothing for a hot day, go for fabrics that are light in color such as white, beige, and gray-- all good options as they will absorb less sun than darker colors.

Sunscreen. SPF is short for sun protection factor. In sunscreen, SPF helps to block your skin from the sun's radiation. SPF works by extending your skin's natural defenses against the sun's rays. For example, an SPF of 15 provides about 15 times more protection than just your normal skin without sunscreen. An SPF of 50, then, would provide 50 times more protection than skin without sunscreen. Choosing a broad-spectrum sunscreen means it's a type of sunscreen that will block out both UVA and UVB rays. Sunscreen lasts an average of two hours. That means you should reapply every two hours. If you sweat a lot, notice your skin burning, or spend time in the water, you'll want to reapply more frequently.

Shade. You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter. Remember to use sunscreen or wear protective clothing even in the shade!

Hat & Sunglasses. For additional protection wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Hydration. Hydration is always important, but especially in hot and humid weather, as we tend to lose a lot of our body fluids through sweat. The reason dehydration becomes a threat to our bodies is because the body is made up of more than 60 percent water.

People in their 60's and older already face a higher risk of dehydration in general. Hot weather can make it even worse. Not having enough water in your system can lead to feeling faint and nauseated which can lead to dizziness and falls. So, drink plenty of water!

Enjoy the summer-- but do so safely!



July Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
The Benzie Bucks Auction is July 22nd! Don't miss it. Donations are being accepted. Thanks!		YARD SALE The Gathering Place. Saturday, July 16th 9:00 a.m. to 4:00 p.m. Donations are welcome after July 4th.		1 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:30 Lunch 1:00 Wii Bowling
4 Closed 	5 10:30 The Melody Makers 11:30-1:30 Lunch NO CHAIR YOGA	6 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	7 10:00 Metal Sculpture Part 2 11:30-1:30 Lunch 1:30 BUNCO	8 9:30 BUNCO 11:30-1:30 Lunch 12:00 Visit with Bascom & Sue 1:00 Wii Bowling
11 Pet Photo Day 10:00 Stretch & Balance 11:30-1:30 Lunch 5:30 Zumba	12 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	13 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 1:30 –3:30 Open Sew	14 10:00 Blood Pressure/ Glucose Tests 11:30-1:30 Lunch 1:30 BUNCO	15 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling
18 10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Movie Monday, <i>Dolphin Tail</i> 5:30 Zumba	19 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	20 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	21 10:00 Build a Birdhouse with Lester 11:30-1:30 Lunch 1:30 BUNCO	22 9:30 BUNCO 11:30-1:30 Lunch 1:30 Benzie Bucks Auction
25 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Cribbage 5:30 Zumba	26 10:30 The Melody Makers 11:30-1:30 Lunch NO Chair Yoga	27 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Historian Group	28 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	29 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling



Staff Milestones

Staff Birthdays



Angela Haase, July 8th
This is Angela with Meggie, who is the reason for the smile on her face and the bags under her eyes. She and her husband Dick enjoy this little beast and playing Bunco with the Bunco Buddies.

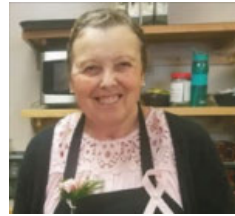


Stacey Moseler-Sweeney, July 10th
Stacey enjoys relaxing at Lake Michigan and in Frankfort. She enjoys spending time with her family, reading and watching movies.



Laurie Ottenbacher, July 31st
Laurie enjoys spending time out on the boat with family. She adores her grandchildren, craft shows, farmers' markets and a good bonfire.

Staff Anniversaries



Laurie Ottenbacher, 5 years
A great asset to our kitchen staff, Laurie is known to go out of her way for our seniors at The Gathering Place. Congratulations Laurie!

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.

Our Loan Closet needs transport chairs, bath chairs & stools. NO rust or spiders. Drop off anytime at our office between 8:30 a.m. and 4:00 p.m., Monday-Friday.

Essential Estate Planning

Benzie Senior Resources offers Essential Estate Planning every 4th Thursday of the month (subject to change), **by appointment only**. Meet 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.



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

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.

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.

Book Group Book List for Upcoming Months

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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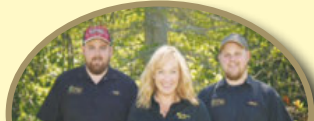
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15-0688

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, July 27th 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.



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



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.

Pet Photo Day at The Gathering Place— Monday, July 11th. Bring in a photo of you and your favorite fur baby and you’ll be entered into a drawing to win a wonderful prize! Please put your name and number on the back of the picture.



Speaking of pets, Friday, July 8th, Bascom, a 6 year old Lab husky mix and his handler, Sue will be here

from 12:00 p.m. to 1:00 p.m. to visit with us!

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!



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!



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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

Easy Patriotic Trifle Dessert.

Five Ingredients

- Yellow cake, torn into pieces. You can make one, or get an angel food cake.
- 1 large box instant vanilla pudding, prepared
- 1 quart strawberries, washed, drained and sliced
- 1 pint blueberries, washed and drained
- 1 8 oz. container whipped topping



Begin the layering process by spooning a little bit of pudding in the bottom of the trifle bowl. Then add a layer of cake chunks, starting around the edge and then filling in the center.

Layer about half of the pudding over the cake. Next, add a layer of strawberries. Around the edge, place the strawberry slices vertically so they show well on the outside of the bowl. Then add a layer of whipped topping. Then a layer of blueberries...

After the blueberries, layer the rest of the cake, strawberries, pudding and whipped topping. That way you to keep the red, white and blue colors toward the center of the bowl together.

Now, go forth and make a patriotic trifle for your 4th of July weekend celebration!

Benefits of Leafy Greens for Seniors

1. They Can Help Improve Cognition

Recent research suggests that daily consumption of leafy greens contributes to improved memory and a slower rate of cognitive decline in seniors. This includes vegetables like spinach, kale and Swiss chard.



2. They Contain Many Nutrients.

Leafy greens, particularly those with dark green leaves, are well-known for their nutrient density. You may get plenty of vitamin A, vitamin C, folate, iron, potassium, and calcium. The exact nutrient density varies on the vegetable that you choose. For example, kale contains a large amount of vitamin A, while collard greens are more well-known for their calcium levels instead.

3. They're Packed With Antioxidants

Nutrients aren't the only powerful thing about leafy greens. You're also getting a surprising array of antioxidants with the vegetables too. There are some interesting phytochemicals in here too, including beta-carotene, which is the orange pigment molecule that we normally associate with orange foods. If you're looking for beta-carotene specifically, then kale is one of your best choices. But, don't forget about the other greens either. Each type has its own advantages.

4. Keeps You Regular

Leafy greens are all packed with fiber. Most of that fiber isn't digested, although the lack of digestion doesn't make it any less important. In particular, fiber helps food to smoothly move through your intestines, keeping your digestion on track, and helping you to stay regular. Besides, it's no secret that a diet rich in fiber has countless advantages. It could help to decrease disease risk and even lead to a longer life.

July Birthdays

Cleo Finch	1	Rosetta Cain	11	Thomas Harrett	22
Fred Kerby	1	Carol Johnson	11	Jackie Fine	23
Charles Struble	1	Nancy Kage	11	Ann Howell	23
Carroll Volpe	1	Clint Hoxie	11	Richard Strom	23
Evelyn Kirby	2	Sue Lee	11	Shirley Damer	24
Thomas Priest	2	Jim Dulzo	12	Barbara Gannon	24
Ginger Reed	2	Doug Fink	12	Bruce Leach	24
Barbara Dougherty	3	DeAnn Loll	12	Ruth Ann Walker	24
Ron Fast	3	Camille Pluhar	12	Diane Goodson	25
Jerome Brace	4	Richard Bell	13	Lois Link	25
Barbara Maxwell	4	Trent Delong	13	Josephine Poswoski	25
Evelyn Rommell	4	Maudie Anderson	14	Mike Rineer	25
John Bunker	5	Monica Henry	14	Dan Sheffer	26
Rick Scott	5	John Johnson	14	Jim Campbell	27
Mark Coon	6	Thelma McCaughna	14	Ellice Franklin	27
Fred Goethals	6	Judy Pendency	14	Joan Frixen	27
Terri Hoxie	6	Ben Taylor	14	Richard Haan	27
Mary Monroe	6	David Browne	15	Neil Nugent	27
Teri Youmans	6	Joan Cheeseman	15	Lois Weaver	27
Paul Hammond	7	Nellie Thomas	15	Mary Brownell	28
Mark Schneider	7	Denise Favreau	16	Betsy Dowd	28
Kristin Tebo	7	Darlene Gray	16	Judy McQuilkin	28
Lois Bunker	8	Helen O'Blenis	17	Tony Paladino	28
Jerry Boyle	8	Arlis Bryan	18	Grace Wuerzinger	28
Ann Forrester	8	Margaret Chalmers	18	Mary Chandler	29
Cynthia Schnarr	8	Ed Ely	18	Luana Denzel	29
Shirley Sheronick	8	Zelda Hodge	18	Mary Jane Nelson	29
Beth Miller	9	Zoraida Kenner	18	Robert Carol	30
Louise Paladino	9	Harriet Oliver	19	Harry Gardner	30
Kim Fairchild	9	Fred Burcroff	20	Linda Kassab	30
James Pelekis	9	Gloria Ptak	20	David VanHammen	30
Ruth Whitten	9	Ron Revolt	20	Fred Werth	30
Geraldine Hyams	10	Joyce Sauer	20	Jane Kennedy	31
Robert Mullen	10	Ray Shamel	21	Michael Werth	31
Linda Sweet	10	David Weiss	21		
Pam Yee	10	Linda Allen	22		



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

Anniversary Dates and Stories Wanted

We'd love a picture and a chance to share your story. Where did you meet? Where did you go on your first date? Email us at: bousamrad@BenzieSeniorResources.org or call Dawn at 231.525.0601. Mail the form to: Benzie Senior Resources, 10542 Main Street, Honor, MI 49640. ATTN: Dawn

Name _____ Anniversary Date _____

☐ Yes, I'd love to share my story you! Please call me at _____

☐ I don't want a story but please share my anniversary date.



Motor Cars

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

HUMBER
 GINETTA
 AUDI
 VOLVO
 ROVER
 WOLSEY
 HILLMAN
 MERCEDES
 AUSTIN
 AUTO UNION
 SUNBEAM
 VOLKSWAGEN
 TRIUMPH
 MORRIS
 FORD
 FERRARI
 RENAULT
 MG SPECIAL
 LADA
 RILEY



Thank you to all who participated in Best Friend's Day!



Irene & Rena



Gloria & Jack



Joy, Maren & Carol P.



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.

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

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Permit No. #1

Address Service Requested

Medicare Minute



What is the Medicare hospice care benefit? Hospice is a program of end-of-life pain management and comfort care for those with a terminal illness. Medicare's hospice benefit offers end-of-life palliative treatment, including support for your physical, emotional, and other needs. It is important to remember that the goal of hospice is to help you live comfortably, not to cure an illness.

To elect hospice, you must:

- Be enrolled in Medicare Part A
- Be certified, by the hospice doctor and your doctor, if you have one, to have a terminal illness, meaning a life expectancy of six months or less if the illness takes its normal course
- Sign a statement electing to have Medicare pay for palliative care (pain management), rather than curative care (unless your provider is participating in a special demonstration program)
- And, receive care from a Medicare-certified hospice agency.

Once you choose hospice care, all of your hospice-related services are covered under Original Medicare, even if you are enrolled in a Medicare Advantage Plan, unless your plan is part of a special demonstration program. Your Medicare Advantage Plan will continue to pay for any care that is unrelated to your terminal condition. Hospice care should also cover any prescription drugs you need for pain and symptom management for your terminal condition, while your Part D plan may cover medications that are unrelated to your terminal conditions.

Hospice generally takes place at home, with your hospice provider sending aides, nurses, and/or skilled therapists to provide the pain management services in your place of residence.

Hospice can sometimes take place at an inpatient facility, if your hospice provider determines inpatient care is necessary for you. If your hospice provider determines that you need inpatient care, they must be the one to make the arrangements. The cost of your inpatient stay is covered by the hospice benefit, but if you go to the hospital for hospice care and your hospice provider didn't make the arrangements, you might be responsible for the full cost of the stay.