



# BENZIE

## SENIOR RESOURCES

September 2022

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# THE SENIOR SCOOP

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September is:

National Food Safety Month

Classical Music Month

National Honey Month

Leukemia & Lymphoma Awareness  
Month

National Courtesy Month

National Senior Center Month



Our dedicated walkers, volunteers and staff made this year's Walk-A-Thon a great success! Thank you to all!



**Benzie Senior Resources 231.525.0600**



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### DIRECTORY

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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:

**Benzie Senior Resources**

**10542 Main Street**

**Honor, MI 49640**

**Douglas Durand, Executive Director**

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## From Our Director

Hello Friends!

Yikes, where did the summer go?! It seems we were just in June and now it's September. I haven't completed all of the items on my wish list for summer projects—I guess need to review it again. Might be a busy Labor Day weekend for me!

On August 6<sup>th</sup>, we held our Annual Walk-A-Thon Event at Bellows Park on the beautiful shores of Crystal Lake. Even though it was a warm and humid morning, everyone had a great time. As usual a wonderful brunch was served by the Walk-A-Thon Committee and staff. Sadly, individuals who have been on the Walk-A-Thon Committee for many years are retiring—we will miss Liz and Bill Crawford and Mary Dykstra. These three have played such a pivotal role in the success of this event; I am grateful for their support and leadership. If anyone is interested in joining the WAT committee, please contact us. Also a BIG Thank You! to the community, volunteers and staff that made this event a huge success.

Fun fact—since 2010, we have delivered an astonishing 580,109 meals throughout Benzie County. Over ½ million meals in 12 years! Without the support of *many* volunteers, the backing of the community with the passage of the senior millage over the years and the dedicated staff, this would not have been possible.

Our fleet of meal delivery vehicles is pivotal to the success of our Home Delivered Meals Program. I have consistently budgeted for the usual maintenance, plus some unexpected repairs each year for our fleet of seven vehicles. But no one could have predicted the doubling of fuel costs we have faced this year. We also had some unforeseen big-ticket repairs to the fleet, including two top end engine rebuilds and a transmission repair. And now, we have been hit with another transmission repair. The fleet budget is in need of donations. *If you'd like to help keep the meals rolling, please consider making a donation to help us through these difficult times.*

Since we are into September, please remember for those that still have Senior Project Fresh Coupons, you will need to redeem them by October 31<sup>st</sup>. In Benzie County, you can use them at Grow Benzie's Farmer's Market and the Elberta Community Farmer's Market.

September is Senior Center Month—a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults. This year's theme for Senior Center Month is Strengthening Community Connections. We are proud of The Gathering Place Senior Center and hope that you visit us this month to celebrate and more so moving forward!

Please enjoy our newsletter and see all the activities, educational, and programming planned as we celebrate Senior Center Month.

Enjoy the rest of the summer!  
Take Care,

Douglas

goodbye, august  
hello, september

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR.</p> <p><b>Menu is subject to change based on product</b></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 \$4.00</p>	<p>1 Greek Style Pita Sandwich Steamed Cauliflower Steamed Sweet Peas Apricot Halves</p>	<p>2 Homemade Glazed Meatloaf Cheddar Bacon Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Diced Peaches</p>
<p>5</p>  <p><b>WE WILL BE CLOSED FOR LABOR DAY</b></p>	<p>6 Classic Hot Beef Sandwich Herbed Mashed Potatoes Venetian Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>7 Classic Chicken Cacciatore Italian Style Green Beans Steamed Sweet Corn Whole Wheat Garlic Toast Diced Pears</p>	<p>8 Pecan Encrusted Tilapia Herbed Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Fresh Banana</p>	<p>9 Slow Roasted Beef Herbed Mashed Potatoes Italian Vegetable Blend Stoneground Wheat Bread Fresh Grapes Birthday Cake Bites</p>
<p>12 Classic Beef Stroganoff Steamed Broccoli Florets Steamed Parisian Carrots Stoneground Wheat Bread Fresh Plums Old Fashioned Chocolate Malt</p>	<p>13 Thai Style Peanut Chicken Asian Vegetable Blend Green Bean Blend Lucky Fortune Cookie Mandarin Oranges</p>	<p>14 Georgia Style BBQ Pork Sandwich Crispy Smashed Potatoes Key West Vegetable Blend Cranberry Applesauce</p>	<p>15 <b>(Meal Delivery Route Only—The Gathering Place is CLOSED)</b> Cheeseburger Oven Baked Tater Tots Malibu Vegetable Blend Pineapple Tidbits</p>	<p>16 Seasoned Beef Nacho Bar Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa Freshly Made Guacamole</p>
<p>19 Pineapple Dijon Baked Ham Whipped Sweet Potatoes Scandinavian Vegetable Blend Sweet Hawaiian Rolls Classic Applesauce</p>	<p>20 Hawaiian Style Chicken &amp; Rice Steamed Spinach Caribbean Vegetable Blend Tropical Fruit Blend</p>	<p>21 Baked Penne with Italian Sausage Pesto Infused Cauliflower Italian Style Green Beans Soft Baked Breadsticks Fresh Banana</p>	<p>22 Homestyle Cheesy Chili Mac Fire Roasted Corn &amp; Black Beans Oven Baked Pears Stoneground Wheat Bread</p>	<p>23 Roasted Veggie Lasagna Key West Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Fresh Peach</p>
<p>26 Homestyle Franks &amp; Baked Beans Capri Vegetable Blend Oven Baked Peaches Crispy Potato Chips Dessert?</p>	<p>27 Hand Breaded Baked Chicken Southern Style Succotash Sicilian Vegetable Blend Stoneground Wheat Bread Pineapple Tidbits</p>	<p>28 Country Breakfast Skillet Oven Roasted Potatoes Oven Baked Spiced Apples</p>	<p>29 Crispy Cod Sandwich Sweet Potato Bites Japanese Vegetable Blend Classic Fruit Cocktail</p>	<p>30 Rosemary Garlic Roasted Pork Parmesan Garlic Mashed Potatoes European Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>

## The Kitchen Uncovered

Benzie Senior Resources has a great reputation not only within our county and the surrounding areas but also the far corners of Michigan. Thanks to our seasonal folks, we even have a positive reputation in other states! I am very proud that our nutrition program is a large part of why we are so highly regarded. People are impressed with what we offer and often ask how our programs are funded. My usual reply is that we receive funding from federal, state, and local dollars. We have strong support from our community—those who have chosen to invest in our senior population. Something I rarely include however, is thanks for the generous donations that we receive. I know we receive financial contributions, but I don't generally see that in my department. What I do see is many physical goods that are donated directly to the nutrition department. This can be in the form of surplus items from seasonal restaurants who are closing up shop until next year, folks who ordered too many supplies for an event, or local farmers with excess from their crops. We have a special appreciation for one of these farmers who has just recently donated 2 whole hogs and quickly followed that up with facilitating the purchase of another whole hog in addition to many other 4-H poultry to our program. This was a great way to benefit both the 4-H program as well as BSR. We are truly grateful for the generosity and thoughtfulness of such special community members. We are humbled to know that this individual doesn't want to be praised publicly and has made it clear that they do this simply to help their neighbors.

Although we generally do not receive our product in this way, we will be flexible and creative to ensure we utilize all that gets donated no matter how big or small. If donations meet the guidelines of the health department and USDA, we will gladly put them to use! Be on the lookout for a bit more pork on our menus, as well as a few different entrees or at least a different way of preparing existing ones. I want to thank all who donate to or support what we do here at Benzie Senior Resources, it takes a village!  
Take care,

David Main  
Executive Chef  
Benzie Senior Resources



### MySeniorCenter

Have you noticed this screen at our front desk at The Gathering Place? It's a system called myseniorcenter and it's a way for us to save paper and collect data for our grants and reports.

Don't worry! We are not replacing our incredibly valuable desk volunteers.



Some of you already have your keycard and have learned how to check-in. You may have seen Nicole or Dawn getting people set up in the system. It's a very simple process and our goal is to get everyone up and running by the end of September. Please see Nicole or Dawn (sometimes I'm there!) to be sure to get your keycard for scanning. And if you volunteer as a meal delivery driver or in any other capacity you also need one!

Thank you for helping us move this along!



THE SENIOR SCOOP



## September Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Flu Shot Clinic -</b> <b>October 12th</b> <b>10:00 a.m. to 2:00 p.m.</b> <b>for seniors 60 and older</b> <b>Hometown Pharmacy is</b> <b>offering this clinic.</b>		Do you have a talent that you would like to share as an activity at The Gathering Place? Call Susan at 231.525.0600.  Tea cups and saucers wanted! See Susan for details. Thanks!	<b>1</b> 11:30-1:30 Lunch 1:30 BUNCO	<b>2</b> 9:30 BUNCO 10:30 Thompsonville Lunch & Music 11:30-1:30 Lunch 1:00 Wii Bowling
<b>5</b> 	<b>6</b> 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	<b>7</b> 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	<b>8</b> 10:00 Zine with Pam 10:00 Blood Pressure/ Glucose Tests 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) with her handler Krystal 1:30 BUNCO	<b>9</b> Bring Your Teddy Bear to lunch and win a prize! 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling
<b>12</b> 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Paper embroidery with Dorothy 5:30 Zumba	<b>13</b> 10:30 The Melody Makers-special treats and drawings 11:30-1:30 Lunch 3:30 Chair Yoga	<b>14</b> 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo w/ special treats and drawings 1:30 Open Sew	<b>15</b> <b>CLOSED</b> <b>for repairs</b>	<b>16</b> 9:30 BUNCO 11:00—2:00 Party on the Patio w/ music by Robert 11:30-1:30 Lunch 1:00 Wii Bowling
<b>19</b> 10:00 Stretch & Balance 11:30-1:30 Lunch—Bring someone new and get a gift 1:30 Crochet a lap throw w/ Blanche 5:30 Zumba	<b>20</b> 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	<b>21</b> 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 1:30 Cribbage 4:30 Board of Directors Meeting	<b>22</b> 10:00 Book Group 11:00 Balance Clinic 11:30-1:30 Lunch 12:00—1:00 Rosie (DOG) w/ her handler Krystal 1:30 BUNCO	<b>23</b> 9:30 BUNCO 11:30-1:30 Lunch 12:00 Social 12:00 Willow (DOG) w/ handler Karleen 1:00 Wii Bowling
<b>26</b> 10:00 Stretch & Balance 11:30-1:30 Lunch 1:30 Tea Cup Pin-cushion Craft 5:30 Zumba	<b>27</b> FREE Popcorn and Pop Day! 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	<b>28</b> 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Historian Group	<b>29</b> 10:00 Recycled Structure w/ Pam 11:30-1:30 Lunch 1:30 BUNCO	<b>30</b> 9:30 BUNCO 11:30-1:30 Lunch 12:00 Ice Cream Social 1:00 Wii Bowling

## Staff Milestones

### Staff Birthdays

Ryan Couturier, September 18th You'll find Ryan working hard in our kitchen at The Gathering Place. He is always up for a laugh and when he isn't at work he enjoys playing disc golf.

### Staff Announcements



Congratulations to Wanda Smigel on her retirement from The Gathering Place as our Crew Leader. You may have noticed her still milling about though—she has joined our volunteer team!

Congratulations to Michelle Francis on her promotion to Crew Leader at The Gathering Place. Michelle works hard to ensure our seniors enjoy their lunch. She moves pretty fast though, so if you want to congratulate her get on your running shoes!



### Welcome to the Team!



Mary Johnston has joined our kitchen crew. In her free time, she enjoys taking her 19' Bayliner (boat) out or taking her Harley (motorcycle) for a ride. She has a turtle and a fish. Her husband says, "She could make a friend out of a light pole".

Angela Martin is the newest member of our kitchen team. She enjoys woodworking and working in her flower beds. She has been married for 14 years to her husband Todd and has two boys: Marcus and Isaac and a beautiful grandson Moses.



### Essential Estate Planning

Benzie Senior Resources offers Essential Estate Planning **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.

### 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.



If you happen to shop at Amazon.com, please start out at [smile.amazon.com](https://smile.amazon.com) and choose Benzie Senior Resources as your charity. Amazon will donate 0.5% of your order dollars to our agency!

Benzie Bus passes are no longer necessary to ride the bus. You must be 60 or older and a resident of Benzie County. Call 231.525.0600 and we'll get you on the list. Drop your old pink bus passes at either Benzie Senior Resources or The Gathering Place. You can also mail them to us at: BSR, 10542 Main Street, Honor, MI 49640. Thanks!

### Book Group Book List for Upcoming Months

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



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](mailto: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

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.





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15-0688

## Food Safety & Recipe



Upcoming  
Little River  
Casino  
Dates—  
November  
16th and De-

cember 21st. Leave The Gathering Place at 8:30 a.m. Trip fee is \$10. The dates are on Senior Day so after 10:00 a.m. if you get two points you can go to the kiosk machine to win Little River credits. Sign-up sheet is at the front desk at The Gathering Place or call 231.525.0601.



Benzie Senior Resources has partnered 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.

### FOOD + SAFETY

#### Cover All Four Bases To Avoid Foodborne Illness

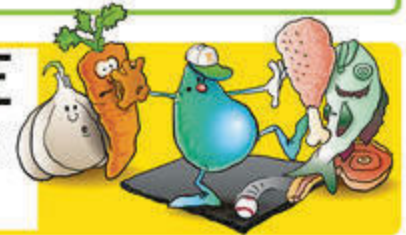


#### CLEAN

Your hands, tools, and food preparation area should all be clean before you cook.

#### SEPARATE

Steer clear of cross-contamination by keeping raw meat, poultry, seafood & eggs separate from all other foods.



#### COOK

Cook to proper temperature and serve hot: Don't stay in the danger zone!



Cook your food completely and make sure it reaches the proper temperature before eating. Use 165° for leftover reheating. Avoid the danger zone between 40° and 140°F. See [foodsafety.gov](http://foodsafety.gov) for the USDA safe meat temperature guide.

Chill quickly:

Don't be in the danger zone!

#### CHILL

Chill leftovers quickly or within 1-2 hours. Defrost food in the refrigerator or under cold running water. Serve and store cold food cold below 40°F.



### 20 Minute Honey Granola Recipe

Prep time & cook time—20 minutes Yields 6 cups  
Pre-heat oven to 300 degrees

**Ingredients:** 4 cups rolled oats, ½ tsp salt, 1 cup almonds or other nuts—optional  
1 TBSP ground cinnamon, 2 TBSP flax seed —optional, 1/3 cup of coconut oil,  
2/3 cup Honey!, 1 tsp vanilla extract

#### Directions:

Combine dry ingredients & set aside.  
Combine oil, honey, and vanilla in another bowl.  
Mix the wet ingredients into the dry—you may need to use your hands.  
Prep two cookie sheets with foil or parchment paper.  
Spread the mixture onto the prepped cookie sheets  
Bake 10 minutes. Remove from oven and STIR.  
Bake an additional 10 minutes or until slightly golden.  
Remove from oven and allow to cool COMPLETELY!  
When cooled, transfer your creation into an airtight container... ENJOY!





# THANK YOU!

**BENZIE SENIOR RESOURCES THANKS ALL PARTICIPANTS, INDIVIDUAL SPONSORS, VOLUNTEERS, AND THE FOLLOWING EVENT SPONSORS FOR MAKING THE 2022 WALK-A-THON A SUCCESS!**

**Gold:** Baymont by Wyndham and Cherryland Electric Cooperative

**Silver:** The Jon Zickert Group at Real Estate One; Edward Jones—Justin Keillor; Lisa M Musgrave, DDS; and Serra Subaru of Traverse City

**Bronze:** Honor Onekama Building Supply, Inc.; Webber Insurance Agency; The Care Team Home Health & Hospice; Gillison Excavating; Honor Bank; Anderson, Tackman & Company PLC; Third Coast Dental Group; Watson Benzie

**Supporting:** Bell Title Company and Papineau P. C.

**Paper Shoe Campaign:** Trinity Lutheran Church and volunteers Paul & Ingrid Turner; St. Anne's of Frankfort and volunteers Mark and Carol Carlin; First Congregational Church of Frankfort and volunteer Judy Welch; and Family Fare of Frankfort and volunteers Judy Fast & Lynn Vanderplow

**In Kind Contributors:** Shop-n-Save; Ken-Jac Pumping

**Additional thanks to:** Chris from UpNorth Fields for hosting our Walk-a-Thon Banner and the City of Frankfort for the use of Bellows Park Pavilion

**Our dedicated Walk-a-thon committee volunteers** Bill & Liz Crawford and Mary Dykstra.

**Mile Marker Volunteers** Nancy Mullen-Call; Leo Hughes; Marilyn Argue and Pam Howe-Perry.

**Courtesy Vehicle Driver** Ken Holmes

We are grateful for our dedicated staff and volunteers who made this event possible.

## National Honey Month!

There are many ways honey can boost a senior's health. Raw, unfiltered honey provides the most benefits because highly processed honey has been depleted of its pollen and medicinal properties. Here are a few ways honey can help seniors maintain optimum health:

**Relieves Allergies:** Seniors who have chronic diseases may find it more difficult to manage seasonal allergies. However, researchers have discovered the pollen found in raw, local honey may help reduce allergy symptoms. For the best results, your senior loved one should begin consuming the honey a few months prior to the allergy season.

**Suppresses Coughs:** Many people are aware honey can act as a soothing cough medicine. Tea or warm water with lemon and honey has long been a remedy for coughing, but studies have shown a teaspoon or two of honey alone may help alleviate coughs. For seniors with conditions like COPD or post-nasal drip, this natural cough suppressant can be a great help.

**Contains Antioxidants & Nutraceuticals:** The antioxidants in honey help fight several chronic conditions seniors face as they age. Your loved one should eat darker honey for maximum antioxidants. Honey also contains nutraceuticals, which help remove free radicals from the body and can protect against heart disease and even cancer.

**Soothes Cuts & Burns:** Skin becomes more fragile with age, increasing the risk of becoming cut or burned. Scientists have determined honey releases hydrogen peroxide through an enzymatic process, and it also has antiseptic properties. As a result, honey can be used as a topical application to soothe wounds and accelerate healing.

**Boosts Energy:** Olympians used to eat figs and honey to boost their energy because of the natural sugars contained within. Seniors going out for a walk in the neighborhood might consider taking a teaspoon of honey beforehand to increase their energy levels.

So, get some honey—local is best if at all possible and enjoy!

## Bulletin Board

# Peter Paul & Mary remembered TRIBUTE CONCERT

SEPT 29  
7:00 PM

Reviving many beloved hits such as "Puff the Magic Dragon, If I had a hammer, Blowin' in the Wind", these seasoned musicians, "Doc" Probes, Donna Wilson, Jim Hawley take us for a walk down memory lane during the 1960's and 70's. Concerts are free to the public though a suggested donation of \$10 is encouraged.

This concert's donations to benefit:



**BENZIE**  
SENIOR RESOURCES



WOMEN'S RESOURCE CENTER



**NMSH**  
NORTHWEST MICHIGAN SUPPORTIVE HOUSING



BENZIE AREA CHRISTIAN NEIGHBORS

St. Andrews Presbyterian Church 8190 Lincoln Rd. Beulah, MI

September is National Senior Center Month! Be sure to stop by The Gathering Place for the many celebrations and giveaways happening all month. Check out the Calendar of Events for more information.

**HAPPY  
ANNIVERSARY**



Phyllis and Gene Heniser Are celebrating 68 years of marriage on 9/11/22! If you see them, wish them well on their special day.

## School Buses Are Like Traffic Signals

When overhead lights are flashing yellow:



Prepare to Stop

When overhead lights are flashing red:



Stop!

When hazard warning lights are flashing:



Proceed with Caution





## September Birthdays

John Chabazi	1	Joan Roedider	12	Opsie Hoppe	23
Jan Noecker	1	Dorla Link Lindsey	13	Gordon Lewis	23
Joan Peck	1	Eleanor Nordbeck	13	Margie Jenkins	23
Helen Ritter	1	Rosemary Prance	13	Betty Lewis	23
Nancy Berndt	2	Shirley Villeneuve	13	Anne Stubbs	23
Debbie Jensen	2	Linda L.Davis	14	Evelyn Wood	23
Paul Marcussen	2	Ginger Finely	14	Gayle French	24
Bonnie Stain	2	Muriel Forster	14	Maren Hull	24
Kay Fischer	3	Barbara Lynch	14	Donna Kondek	24
Carroll Frankenberger	3	Vicki Smith	14	Fred Priest	24
Donald Frost	3	Karla Black	16	Bonnita Baker	26
Jeffery Pataky	3	Janice Herringa	16	Kim Beechraft	26
Katherine Ross	3	Cheryl Rutherford	16	Jay Finch	26
Judy Rice	4	Jim Stamm	17	Beverly Harris	26
Barbara Hipp	5	Sandra Cress	18	John Lekovish	26
Etta Erdman	6	Sally Majszak	18	Constance Prance	26
Steven Henry	6	Victoria Tarker	18	Joseph Seychel	26
Kay Nydam	6	Susan Goff	19	Marilyn Berndt	27
Linda Stockman	6	Glenda Golanda	19	Mary Olney	27
Irene Saxton	7	Michael Ross	19	Lina Dean	28
Denise Kerridge	8	Pat Delorme	20	Darsie Jaynes	28
Marilyn Maslo	8	JoAnne Hawkins	20	Mary Johnstone	28
Alan Piotrowski	8	Diana Sosnowski	20	Phillip Lavender	28
Richard Sosnowski	8	Suzanne Waring	20	Barbara Pracher	28
Dorothy Blank	9	Penny Hergenroeder	21	Patricia Quick	28
Linda Martin	9	Kathy Knapp	21	Katie Rosa	28
Carolyn Pletz	9	Mary Mortenson	21	Michael Heller	29
Mary Ann Wichtner	9	Marvin Rosa, Jr.	21	Leonard Merrill II	29
Gordon Richardson	10	Nena Bondarenko	22	Lawrence Poulisse	29
Paul Schulte	10	Will Lynch	22	Sylvia Beardsley	30
Maren Bailey	11	Vicki MacKenzie	22	Deborah Cruden	30
Janet Dixon	11	Lucy McGregor	22	Karen Mendrea	30
Phyllis Heniser	11	John Schultz	22	Gerald Miller	30
Randy Favreau	12	Wanda Vanderley	22		
Wanda Hancock	12	Alice Gates	23		

**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](mailto: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.



## Major World Lakes

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

CASPIAN SEA  
 NYASA  
 ERIE  
 KIOGA  
 ONTARIO  
 SUPERIOR  
 TITICACA  
 TANGANYIKA  
 ONEGA  
 MANITOBA  
 URMIA  
 WINNIPEG  
 MICHIGAN  
 ATHABASKA  
 CHAD  
 LADOGA  
 BAIKAL  
 HURON  
 GREAT BEAR  
 RUDOLF



Play this puzzle online at : <https://thewordsearch.com/puzzle/65/>



Eugene & Glenda Golanda of Elberta will celebrate their 65<sup>th</sup> wedding anniversary this month! They were married September 19<sup>th</sup>, 1957 at St. Paul's Methodist Church in Chevy Chase, Maryland. Gene & Glenda have three daughters and much to be proud of—Barbara (Dr. Gerald Zuker) of Okemos, Michigan, Colleen ( TJ Hudson) of Tucson, Arizona, and Lydia ( Jeff Vandentoom) of Dorr, Michigan. They have seven grandchildren. The Golandas have been Elberta residents since the mid-1970's and make their church home at the Elberta United Methodist Church. "Love is Eternal" is their forever mantra.





# Donation Information

Giving is not just about making a donation.  
It's about making a difference.

*In Honor of:  
Carol Penfold  
Patterson's  
Birthday*

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](mailto: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.

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## 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 Open Enrollment- What you need to know about the Donut Hole

The Medicare Part D donut hole or coverage gap is the phase of Part D coverage after your initial coverage period. You enter the donut hole when your total drug costs—including what you and your plan have paid for your drugs—reaches a certain limit. In 2022, that limit is \$4,430. While in the coverage gap, you are responsible for a percentage of the cost of your drugs.

**How does the donut hole work?** The donut hole closed for all drugs in 2020, meaning that when you enter the coverage gap you will be responsible for 25% of the cost of your drugs. In the past, you were responsible for a higher percentage of the cost of your drugs. Although the donut hole has closed, you may still see a difference in cost between the initial coverage period and the donut hole. For example, if a drug's total cost is \$100 and you pay your plan's \$20 copay during the initial coverage period, you will be responsible for paying \$25 (25% of \$100) during the coverage gap.

**How do I get out of the donut hole?** In all Part D plans, you enter catastrophic coverage after you reach \$7,050 in out-of-pocket costs for covered drugs. This amount is made up of what you pay for covered drugs and some costs that others pay. During this period, you pay significantly lower copay or coinsurance for your covered drugs for the remainder of the year. The out-of-pocket costs that help you reach catastrophic coverage include: your deductible, what you paid during the initial coverage period; almost the full cost of brand-name drugs (including the manufacturer's discount) purchased during the coverage gap and amounts paid by others, including family members, most charities, and other persons on your behalf.

Costs that do not help you reach catastrophic coverage include monthly premiums, what your plan pays toward drug costs, the cost of non-covered drugs, the cost of covered drugs from pharmacies outside your plan's network, and the 75% generic discount. During catastrophic coverage, you will pay 5% of the cost for each of your drugs, or \$3.95 for generics and \$9.85 for brand-name drugs (whichever is greater). Your Part D plan should keep track of how much money you have spent out of pocket for covered drugs and your progression through coverage periods—and this information should appear in your monthly statements.