



# BENZIE SENIOR RESOURCES

January 2023

*Inside This Issue*



Directory/Subscription	2
From our Director	3
Menu	4
Pigeon Forge Trip	5
Calendar of Events	6
Staff Milestones/ Clinics	7
Ads	8, 9
Bulletin Board	10
National Glaucoma Month	11
THANK YOU!	12
Birthdays	13
Wordsearch	14
Donations	15
Christmas Gift Bags	16



Above: Lester spreading Christmas Cheer at The Gathering Place.

Right: Home Delivered Meals Volunteers Judy and Lynn decorating cookies before heading out on a meal route.

Below: Our cookie decorating table was a hit! Plenty of sprinkles for all.



January is...

Glaucoma Awareness Month  
National Blood Donor Month  
National Soup Month  
National Braille Literacy Month  
National Hobby Month



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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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Website: [www.BenzieSeniorResources.org](http://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

Douglas Durand, Executive Director  
Dawn Bousamra, Assistant Director/ Editor  
Angela Haase copy/finish edits

### NEWSLETTER SUBSCRIPTION FORM

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



## From Our Director

Happy New Year!

I hope everyone had a wonderful Christmas celebration! My family celebrated Christmas on December 10<sup>th</sup> at the Great Wolf Lodge with my three children and their families. It was the best weekend for all of us to be together and we all enjoyed the waterpark. We shared many laughs and had tons of fun. The bonus was Santa was at the lodge with many opportunities to spend time with him. It was truly a memorable time with my family.

As the New Year begins, I would like to share with you some snippets from our service summary for fiscal year 2022.

- Delivered 73,910 meals to homebound clients and served **16,969** Congregate and Curbside Meals to **907** people at The Gathering Place Senior Center. Combined we provided **90,879** meals, which was a *RECORD!*
- Provided **3,550** service hours through the Homemaker Program, despite staffing shortages.
- Provided **16,754** bus rides to seniors through Benzie Bus, which was a *RECORD!*
- Provided **1,489** RN visits for assessments, medication management & in-home foot care, which was a *RECORD.*
- Provided **1,231** snowplows to **149** clients.
- Provided **586** appointments were made for the footcare clinic, which was a *RECORD!*
- Provided **3,151** Shelf-Stable food boxes, Fresh Produce Bags, BACN Bags and Commodities delivered, which was a *RECORD!*
- We assisted **187** individuals were guided through the Medicare/Medicaid maze with assistance in Part D Prescription coverage, choosing the right Medicare Supplemental Insurance, annual paperwork and documentation for Medicaid for a savings of over **\$92,628**
- Provided **1,304** lawn mows to **125** clients, which was a *RECORD!*
- A total of **11,240** hours provided to **124** in-home service clients for their care, despite an ongoing shortage of staff.
- Our **137** volunteers provided **11,353** service hours resulting in a savings of **\$136,236** to the agency.

### A Few Other Key Accomplishments:

- Board of Directors approved the 5-Year Strategic Plan. The Strategic Focus Areas are to broaden and deepen the services we provide, align with our mission; enhance our communications, marketing, and engagement capabilities and strengthen and deepen our physical, financial, and operational capacity.
- Collaborated with Benzie Bus on the new Non-Emergency Medical Health*Rides*. This program addresses the critical need of vulnerable Benzie County Seniors having transportation access to their medical appointments either in Benzie, Grand Traverse, Leelanau, Manistee, and Wexford Counties.
- The Jamie Gray Group and Crystal Lake Golf Course sponsored the Inaugural Golf Charity Event for Benzie Senior Resources. The Golf Outing was held on Sunday, June 12<sup>th</sup> and was a success with a total of **\$4,500** raised. A huge thank you to Jamie Gray and her team along with Dave Stapleton of Crystal Lake Golf Course.
- The Walk-A-Thon Fundraiser was held on August 6<sup>th</sup>. The weather was a little warm but with a nice breeze blowing off Crystal Lake. The participants and friends of the Walk-A-Thon raised just over **\$23,200**.

Are you thinking about your New Year's Resolution? Most likely it includes taking better care of yourself through exercise, nutrition or maybe increasing some brain power! Have you considered volunteering? It makes the perfect New Year's Resolution because it offers great outcomes for **YOU!** One of the many benefits of volunteering is creating new connections in your community. It presents opportunities to meet new friends and strengthen relationships between those who volunteer together. Also, volunteering helps to lessen depression, increase self-confidence and make a healthier you both physically and mentally. Volunteering can be as little as a few hours a month to several days a week. It is a fun and easy way to develop your interests and find and enjoy your passions.

In closing, I want to wish a Happy New Year to all our wonderful seniors!! All of us here at BSR are so excited to begin the New Year! We are looking forward to continuing our work to make the lives better for all of our seniors in Benzie County.

Take care,  
Douglas



# January Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Whole Wheat Blueberry Pancakes Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>	<p>4</p> <p>Classic Chicken Parmesan Italian Style Green Beans Pesto Infused Cauliflower Soft Baked Breadsticks Fresh Cut Oranges</p>	<p>5</p> <p>New Orleans Bourbon Chicken 'N Rice Japanese Vegetable Blend Steamed Broccoli Florets Stoneground Wheat Bread</p>	<p>6</p> <p>Hearty Three Bean Chili Capri Vegetable Blend Oyster Crackers Classic Fruit Cocktail</p>
<p>9</p> <p>Spanish Rice with Beef &amp; Bacon Fire Roasted Corn &amp; Black Beans Steamed Cauliflower Florets Stoneground Wheat Bread Apricot Halves</p>	<p>10</p> <p>Hearty Turkey Tetrazzini Scandinavian Vegetable Blend Green Bean Blend Stoneground Wheat Bread Cranberry Applesauce</p>	<p>11</p> <p>Cornmeal Dusted Catfish Oven Baked Potato Italian Vegetable Blend Stoneground Wheat Bread Diced Peaches</p>	<p>12</p> <p>Homemade Meatloaf with Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Classic Applesauce</p>	<p>13</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Key West Vegetable Blend Stoneground Wheat Bread Fresh Banana Birthday Cake Bites</p>
<p>16</p> <p>Chicken Bacon Carbonaro over Pasta Sicilian Vegetable Blend Steamed Sweet Peas Soft Baked Breadsticks Fresh Plums</p>	<p>17</p> <p>Cheddar &amp; Chive Encrusted Cod Crispy Smashed Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Grapes</p>	<p>18</p> <p>Deluxe Pizza Italian Style Green Beans Steamed Sweet Corn Soft Baked Breadsticks Fresh Banana</p>	<p>19</p> <p>Homemade Cheesy Stuffed Peppers European Vegetable Blend Green Bean Blend Stoneground Wheat Bread Fresh Cut Oranges</p>	<p>20</p> <p>Classic Homemade Lasagna Italian Style Green Beans Pesto Infused Cauliflower Soft Baked Breadsticks Pineapple Tidbits</p>
<p>23</p> <p>Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Multigrain Dinner Roll Bonnie's Famous Cranberry Sauce</p>	<p>24</p> <p>Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>25</p> <p>Hand Rolled Swedish Meatballs Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Diced Pears</p>	<p>26</p> <p>Citrus Chicken over Rice Caribbean Vegetable Blend Steamed Spinach Stoneground Wheat Bread Fresh Banana</p>	<p>27</p> <p>Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Tropical Fruit Blend</p>
<p>30</p> <p>Savory Sausage Cassoulet Key West Vegetable Blend Steamed Sweet Corn Stoneground Wheat Bread Apricot Halves</p>	<p>31</p> <p>Homestyle Shephard's Pie Steamed Sweet Peas Steamed Cauliflower Florets Stoneground Wheat Bread Classic Applesauce</p>	<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><b>Menu is subject to change based on product availability</b></p>	<p>We accept cash, Visa, Mastercard and Discover.</p> <p>Personal Checks also accepted made out to BSR</p>

## Pigeon Forge Trip

### Pigeon Forge and Smoky Mountains Show Trip

**When:** May 15-20, 2023—6 days and 5 nights

**Cost:** \$715 based on double occupancy

**Included:**

- \* 7 meals—5 breakfasts and 2 dinners
- \* Shows! See Smith Morning Variety Show; Magic of Terry Evanswood; Soul of Motown & Country Tonite
- \* Admission to Dollywood
- \* Guided tour of The Great Smoky Mountains National Park
- \* Free time to explore Historic Downton Gatlinburg



**Stop by Benzie Senior Resources for a full trip itinerary and to sign up today!**

**Only \$144 deposit is needed to get on the list.**

### 55 OR OLDER, UNEMPLOYED AND LOOKING FOR WORK?

For more than 50 years, AARP Foundation Senior Community Service Employment Program (SCSEP) has provided people over age 55 with opportunities to fill entry-level and mid-level positions in their local communities.

**HOW IT WORKS.** SCSEP trainees are placed in a variety of community service activities at nonprofit organizations, public facilities like day care and senior centers, libraries, schools and hospitals. Participants work an average of 20 hours a week and are paid the highest federal, state or local minimum wage.

**WHO'S ELIGIBLE?** Seniors must be age 55 and older, unemployed and seeking work and meet the income qualification to apply. Program participants receive support services that include Individual Employment Plan (IEP) development, specialized training to prepare for job placements and assistance in securing future employment.

For more information or to find out if you qualify, contact the AARP Foundation SCSEP program office at 231-252-4544.

My **Senior** Center—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 incredible desk volunteers.



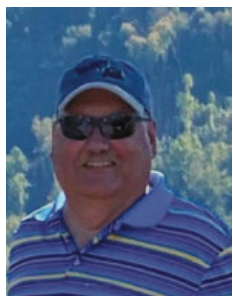
Some of you already have your keycard and have learned how to check-in. Please let our desk volunteer know if you don't have one and we'll have it ready for you the next time you visit. And if you volunteer as a meal delivery driver or in any other capacity you also need one! **Everyone must scan their keycard for all activities, lunches and volunteering. Thank you!**

# January Calendar of Events

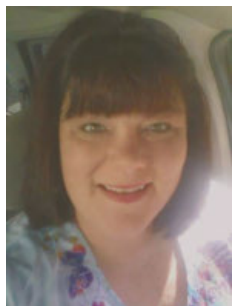
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>4</p> <p>8:30 In Motion w/ AnnMarie 11:30-1:30 Lunch 12:30 Bingo</p>	<p>5</p> <p>11:30-1:30 Lunch 1:30 BUNCO</p>	<p>6</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet &amp; Knitting Circle</p>
<p>9</p> <p>10:00 Stretch &amp; Balance 11:30-1:30 Lunch 1:30 Euchre 1:30 Healthy Living for Your Brain</p>	<p>10</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>11</p> <p>8:30 In Motion w/ AnnMarie 11:30-1:30 Lunch 12:30 Bingo</p>	<p>12</p> <p>10:30 Blood Pressure/ Blood Sugar Clinic 11:00 TAI CHI w/ Naomi Hyso 11:30-1:30 Lunch 12:00 Music with AnnMarie and Michael 1:30 BUNCO</p>	<p>13</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet &amp; Knitting Circle</p>
<p>16</p> <p>10:00 Stretch &amp; Balance 11:30-1:30 Lunch 1:30 Rock Painting</p>	<p>17</p> <p>10:30 The Melody Makers 11:30 - 1:30 Lunch <b>NO CHAIR YOGA</b></p>	<p>18</p> <p>10:00 Healthy Snacks w/ MSU Extension 11:30-1:30 Lunch 12:30 Bingo 1:30 Higgins Hearing &amp; Audiology Chat 4:30 Board of Directors Meeting</p>	<p>19</p> <p>10:00 Snowman Craft 11:30-1:30 Lunch 1:30 BUNCO</p> 	<p>20</p> <p>9:30 BUNCO 10:00 Hearing Clinic (at BSR office—appointment required) 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet &amp; Knitting Circle</p>
<p>23</p> <p>10:00 Stretch &amp; Balance 11:30-1:30 Lunch 1:30 Basic Knitting Class w/ Sandy 1:30 Euchre</p>	<p>24</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch <b>NO CHAIR YOGA</b></p>	<p>25</p> <p>8:30 In Motion w/ AnnMarie 11:30-1:30 Lunch 12:30 Bingo 5:00 Dinner 6:00 Produce Bingo</p>	<p>26</p> <p>11:30 Music w/ AnnMarie &amp; Michael 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>27</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet &amp; Knitting Circle 5:00-9:00 Ol' Time Gathering</p>
<p>30</p> <p>10:00 Stretch &amp; Balance 11:30-1:30 Lunch 1:30 Knitted Scrubbie with Sandy 1:30 Euchre</p>	<p>31</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch <b>NO CHAIR YOGA</b></p>	<p>“ Let our New Year's resolution be this we will be there for one another as fellow members of humanity, in the finest sense of the word. ”</p> <p>Goran Persson</p>		<p>Do you have a talent that you would like to share as an activity at The Gathering Place?</p> <p>Call Susan at 231.525.0601.</p>

## Staff Milestones/ Clinics

### Staff Birthdays



Douglas Durand, January 4th. Happy Birthday to our Executive Director! Doug is a dedicated grandpa and dad. He enjoys planning special outings for his family and can answer any question you may have about Disney.



Sharon Parker, January 13th. Sharon is so loved and appreciated by her clients. She takes great care giving them all the attention they need. She has a GREAT sense of humor that rubs off on most everyone she meets.

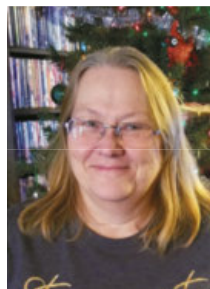
### Staff Anniversaries



Susan Glass, 4 years  
Susan is our Senior Center Coordinator at The Gathering Place. Her dedication to finding the best for our seniors never waivers. She enjoys creating whether it's quilting or canning and is a phenomenal maker of jams! Susan loves spending time with her adult children and granddaughter.

### WELCOME TO OUR STAFF!

**Lori Cook**  
Home Health Aide



**Cindy Falter**  
Senior Center Assistant



### Tai Chi for Arthritis and Fall Prevention

11:00 a.m. on January 12th at The Gathering Place

Led by Naomi Hyso from Michigan State Extension this is a program to improve health and wellness. Tai Chi is a graceful, low impact form of exercise that can improve balance, strength, mobility, and quality of life. It can also reduce stress, risk of falls, and help manage pain from arthritis. Modifications will be provided for those who want to attend seated or standing. • Increases strength • Increases balance and posture • Prevents falls • Improves mind, body, and spirit • Reduces stress and increases relaxation.

**NO COST TO ATTEND!**



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 income-based and are on a sliding scale. Call us for more information at 231.525.0600.



Candice and Ken  
with Higgins  
Hearing and

Audiology will be at The Gathering Place on Wednesday, January 18th at 1:30 p.m. to talk about how hearing affects our overall wellness.

**Hearing Clinic at Benzie Senior Resources**  
Administration office Friday, January 20th from 10:00 a.m.—noon. They will be doing ear check-ups, cleaning hearing aids, checking for too much wax, etc. Call 231-525-0600 to schedule an appointment.

### Healthy Snacks

January 18th at 10:00 a.m. at The Gathering Place.

Presented by Caitlin Lorenc from Michigan State Extension. What is the difference between a snack and a treat? A snack you can have every day, and a treat is something you look forward to having on occasion. Join this presentation to learn about: • Making tasty snacks that are great for your health • Types of snacks to help keep you satisfied for longer • Making your own grab-and-go snacks, that will give you energy and keep you healthy • Snacks don't have to be boring — spice them up!

Join us for a FREE!



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## Bulletin Board

Book Group List for The Gathering Place Book Club.  
Meet last Thursday of the month at 10:00 a.m.

January—Isadore's Secret by Mardi Link  
February—Tattooist of Auschwitz by Heather Morris  
March—The Stranger in the Lifeboat by Mitch Albom  
April—Being Mortal by Atul Gawande  
May—The Four Winds by Kristin Hannah  
June—Long Bright Winter by Liz Moore  
July—It's All Relative by AJ Jacobs  
August—The Moviegoer by Walker Percy  
September—The Red Wheelbarrow by Briony Stewart  
October—The Waves by Virginia Woolf  
November—Saving Arcadia by Heather Shumaker  
December—A Woman is No Man by Etaf Rum

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.



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).

OL' TIME GATHERING is back! The last Friday of each month. January 27th at The Gathering Place. Dinner and dancing! Entrée served at 5:00 p.m. Feel free to bring a packaged snack or food that has been made in a bakery or restaurant to share. No homemade foods permitted. You must sign up in advance. Call 231.525.0601 to register or stop by the desk at The Gathering Place. Donations are accepted. Doors close at 9:00 p.m.

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ALZHEIMER'S ASSOCIATION

Melissa Thompson with the Alzheimer's Association will share information on how certain behaviors affect our brains and bodies.

When? January 9, 2023

Time? 1:30 p.m.

Where? The Gathering Place

Who? All are welcome

Cost? No charge

BRING A FRIEND!

When Benzie Central Schools close for inclement weather, we will remain open for lunch at The Gathering Place. We will serve soup and salad—not our menu meal. When Benzie Central Schools are closed, we will NOT deliver meals. Our home-bound seniors will have extra frozen meals to heat up for these days and they will still get a phone call from our staff to check in on them. They also have a 5-day supply of shelf stable foods.

### Free Computer Help

The Darcy Library in Beulah  
Thursdays 12:00 p.m.-3:30 p.m.  
Use your computer or one at the library.  
Questions? Call Carol at 231.882.4037

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!



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!



# National Glaucoma Month

## Glaucoma

### What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle

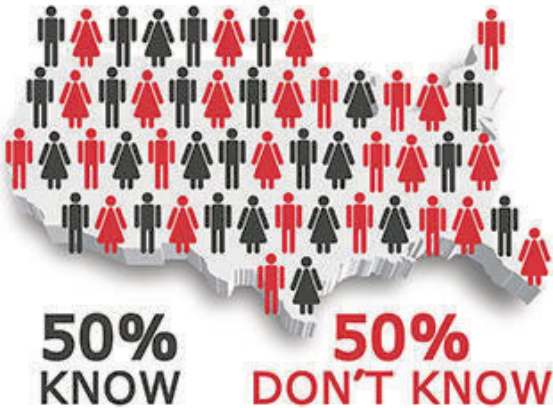


By 2030,  
4.2 million people  
in the U.S. will have **glaucoma**



### What are the numbers?


2.7 million people  
in the U.S. have **glaucoma**



African Americans **40+**  
Everyone **60+**  
especially **Mexican Americans**

**with a  
Family history of glaucoma**

### What to do?

 Get a comprehensive  
dilated eye exam  
every 1-2 years

Source: National Eye Institute, 2013

## SUPERFOODS FOR OPTIMAL EYE HEALTH



Foods to maximize your eye health.

1. Carrots contain beta-carotene, which the body uses to make vitamin A. Vitamin A is important to the health of your eyes. Low vitamin A levels can lead to dry eye, corneal scarring, night blindness and vision loss.

2. Dark green leafy vegetables like kale, spinach and broccoli are rich in the antioxidants lutein and zeaxanthin, which are present in high concentrations in the retina.

3. Orange and red fruits and vegetables like red peppers, oranges, strawberries, broccoli, and kiwi contain vitamin C, another antioxidant, which may help prevent the development of cataracts.

4. Fish, especially salmon, are packed with omega-3 fatty acids. Omega-3 fatty acids help promote the visual health of the retina and can help prevent dry eyes.

5. Oysters are loaded with zinc, which may be able to slow the progression of age-related macular degeneration. Zinc is also found in turkey, eggs, peanuts and whole grains.

Other things you can do to protect your eyes:

- Quit smoking
- Wear sunglasses
- Wear protective eyewear
- Schedule regular eye exams

# THANK YOU!

**Benzie Senior Resources extends our sincere appreciation to the following churches, groups, and individuals for their help with our annual Christmas Gift Bags for those in need. Once again, Christmas cheer and smiles were delivered throughout Benzie County.**



Items for the bags were donated by the generous congregations of Blaine Christian Church • Trinity Lutheran Church • St. Andrew's Presbyterian Church • First Congregational Church of Frankfort • Frankfort United Methodist • First Congregational United Church of Christ of Benzonia • Cornerstone Assembly of God • Crystal Lake Baptist Church • St. Phillips Episcopal Church

The following individuals and families donated a variety of items and/or made special gifts: Gayle & Jeff Rayle; Jennifer, Alan, & Hunter Rose; Roger Pataky; Lori Dougherty; Martha Heinzman Bernie (she said just Bernie); Mary Hoyt; Germaine Jados; Kathi Houston; Patti & Mel Adams; Bill & Laura Ward; mMary & Kris Dykstra; Barb Pracher; Kathy Karafa; Sarah Webb; Diane McKeen; Joan Peck; Gail Ramey; Marianne Samper; Pat Hudson; Maggie VanHaften; Marsha Behm; Wendy Hedeem; Patti & Joe Perkette.



Thank you to Nancy, Leo, Ingrid, Jan, Paul, and Dawn for passing out lists of items that the customers of Family Fare could purchase and a special thank you to AJ at Family Fare in Benzonia for letting us hang out at the store all day on December 7th!

Thank you to Judy, Lynn, Cindy, Susan, Ryan, and Cathy for sorting and assembling the gift bags.

And finally, thank you to those angels who discreetly dropped off items for the bags or provided monetary donations to purchase the extra items needed. If we missed your name, please let us know. We would very much like to thank you. With everyone's generosity and support, we assembled and delivered 250 gift bags!

## Recent Donations Made to Benzie Senior Resources



### *In Memory Of:*

Laura Milliron  
Harriet Orreh  
Geraldine Killeen  
Bob & Betty Nilsson  
Gordon Danke  
Steve Roszell  
John Bailey  
Richard & Elsie Walton  
Bob Halboth  
Heidi Johnson  
Regina Manzaroli  
Susan Breuer  
Lois Holmes  
John Lautner



### *In Memory Of:*

Mary Rodriguez  
Charles Anderson  
Anne Damm  
Patricia Hessler  
Jon Mead  
Doris Zaleski  
Butch McKeen  
Mary Ellen Miller



### *In Honor Of:*

Pam Howe-Perry  
Bill & Liz Crawford  
Joyce Gatrell  
Bob & Judy McQuilkin



## January Birthdays

Rosemary Johnson	1	Heather Wright	13	Alice Cooper	23
Max Kracht	2	Lorie Richmann	14	Janet O'Brien	23
Russell Bailey	3	Sharon Francik	15	John Raz	24
Sheryl Bradley	3	Valerie Richardson	15	Ken Moore	25
Jane Chavalia	3	Esther VanHammen	15	Dino Perez	25
Linda Hammond	3	Leon Rogers	16	David Sorenson	25
Carol Harrison	4	Donald Voight	16	Myra Carol	26
Ross O'Brien	4	Sally Gubancsik	17	John Daugherty	26
Bill Brzozowski	5	Anne Ritchards	18	Gary Falter	26
Kelly Robert	5	Jean Voight	18	Richard Lutz	27
Sharon Cicansky	6	Randy Gilbert	19	Shirley Royston	27
Rodney Hunt	6	Denise Holmquist	19	Frances Bentley	27
Maris Ziemelis	6	Dan Ingersoll	19	James Foster	28
Colin Bohash	8	John Lewis	19	JoAnn Boylan	29
Shirley Henning	8	Keith Mead	19	Jeff Hopkins	29
Mary Lou Kuerth	8	Eleanor Comings	20	Sue Meredith	29
Steve Hawkins	9	Richard Heinz	20	Phyllis Chlebo	30
David Moross	9	Robert Klepac	20	Shirley Covey-Huseman	30
Grace Ronkaitis	10	Jay Peregrine	20	Jeffie Lynch-Jones	30
Beverly Wenger	10	Catherine Bishop	21	Linda Joy	30
Gretchen Amstutz	11	Christine Danks	21	Anita Valenti	30
Bud Middleton	11	Verona Gatrell	22	Doug Coster	31
Beverly Poynor	11	Craig Meredith	22	Carolyn Gaylord	31
Jean Arnold	12	Betty Milliron	22	Helen Lovendusky	31
Judy Fast	12	George Payne	22	Martha Nix	31
Jeanne Parlette	12	Lawrence Wright	22		
Michelle Bigger	13	Thomas Bishop	23		

### 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.

### Essential Estate Planning

Benzie Senior Resources offers Essential Estate Planning  
**by appointment only.** Meet with an estate planning attorney for free to review, update and/or create an estate plan.

Call 231-525-0600 to schedule your appointment.

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.





## Parts Of The Eye

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

FOVEA  
 CONES  
 BRAIN  
 RODS  
 MACULA  
 VITREOUS BODY  
 RETINA  
 SCLERA MUSCLE  
 OPTIC NERVE  
 TEAR DUCTS  
 IRIS  
 LENS  
 CHOROID  
 CORNEA  
 PUPIL  
 EYELID



Play this puzzle online at : <https://thewordsearch.com/puzzle/37385/>

**Little River**  
CASINO RESORT

Upcoming 2023 Little River Casino Trip Dates:

January 18

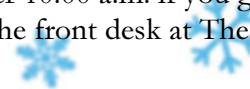
February 15

March 15

April 19

NO TRIP IN MAY

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.



# 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](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.

SCAN ME





# BENZIE

## SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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

Address Service Requested



A lot of effort went into assembling 250 Christmas Gift Bags for our homebound clients. A special thank you to our elves who supported this project by assembling these very special bags! Volunteers Lynn, Judy, & Cindy, and staff Ryan, Cathy, and Susan spent many hours organizing and stuffing them with treasured gifts.