



BENZIE

SENIOR RESOURCES

February 2023

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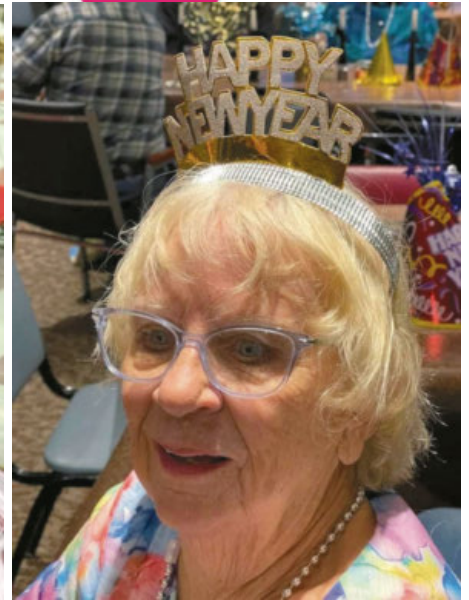
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February is:
National Bird Feeding Month
National Heart Health Month
National Cancer Prevention Month
Black History Month
National Canned Food Month
Great American Pie Month
National Cherry Month

THE SENIOR SCOOP



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DIRECTORY

Phone: 231-525-0600 or

Toll Free: 888-893-1102

Fax: 231-325-4855

Email:

info@BenzieSeniorResources.org

Website: www.BenzieSeniorResources.org

Facebook: @benzieseniorresources.org

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

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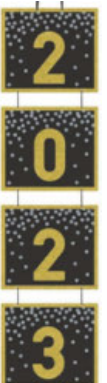
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New Year's Eve at The Gathering Place



February Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Classic Chicken Parmesan Italian Vegetable Blend Steamed Parisian Carrots Soft Baked Breadsticks Fresh Cut Oranges</p>	<p>2</p> <p>Chicken 'N Dumplings Italian Style Green Beans Steamed Sweet Corn Stoneground Wheat Bread Fresh Grapes</p>	<p>3</p> <p>Homemade Meatloaf with Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread Classic Applesauce</p>
<p>6</p> <p>Chicago Style Italian Beef Sandwich Sweet Potato Bites Caribbean Vegetable Blend Diced Pears</p>	<p>7</p> <p>Cornmeal Dusted Catfish Oven Baked Potato Southern Style Succotash Stoneground Wheat Bread Classic Fruit Cocktail</p>	<p>8</p> <p>Creamy Chicken A La King Steamed Broccoli Florets Capri Vegetable Blend Fresh Baked Biscuits Fresh Banana</p>	<p>9</p> <p>Deluxe Pizza Pesto Infused Cauliflower Oven Baked Peaches Soft Baked Breadsticks</p>	<p>10</p> <p>Caribbean Style Roasted Pork Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Tropical Fruit Blend Birthday Cake Bites</p>
<p>13</p> <p>Hearty Three Bean Chili Steamed Sweet Corn Steamed Spinach Oyster Crackers Diced Peaches</p>	<p>14</p> <p>Classic Homemade Lasagna Sicilian Vegetable Blend Pesto Infused Cauliflower Old Fashioned Strawberry Shortcake</p>	<p>15</p> <p>New Orleans Bourbon Chicken 'N Rice Steamed Broccoli Florets Key West Vegetable blend Stoneground Wheat Bread Mandarin Oranges</p>	<p>16</p> <p>Hand Rolled Swedish Meatballs Herb Buttered Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Classic Applesauce</p>	<p>17</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Green Bean Blend Stoneground Wheat Bread Apricot Halves</p>
<p>20</p> <p>Roasted Turkey with Herbed Stuffing Herbed Mashed Potatoes Venetian Vegetable Blend Bonnie's Famous Cranberry Sauce Cherry Pie Slice</p>	<p>21</p> <p>Homestyle Beef Stew European Vegetable Blend Steamed Parisian Carrots Fresh Baked Biscuits Fresh Grapes</p>	<p>22</p> <p>Whole Wheat Blueberry Pancakes Freshly Scrambled Eggs Savory Sausage Links Oven Baked Peaches</p>	<p>23</p> <p>Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>24</p> <p>Cheddar & Chive Encrusted Cod Oven Roasted Potatoes Scandinavian Vegetable Blend Stoneground Wheat Bread Fresh Plums</p>
<p>27</p> <p>Smoked Sausage & Sauerkraut Green Bean Blend Steamed Parisian Carrots Stoneground Wheat Bread Diced Pears</p>	<p>28</p> <p>Homestyle Shepard'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><i>Menu is subject to change based on product availability</i></p>	<p>We accept cash, Visa, Mastercard and Discover.</p> <p>Personal Checks also accepted made out to BSR</p>

The Kitchen Uncovered

The Kitchen Uncovered

It may have taken our first snow day of the year to free up some time, but here I am! It always seems that if I get through the holidays, life should get less stressful and there will be so much more time available. While that doesn't seem to happen much anymore, there are occasional opportunities that present themselves, such as snow days. My two daughters sure appreciate a good snow day, especially during exam week. While they were excited to get the news this morning, many of our clients had the opposite feelings.

There are so many clients who depend on our services and look forward to the friendly faces of our volunteer drivers, or if they go out, they can come for a congregate meal shared with their family and friends. While it's not optimal, they are still well-cared for--our homebound clients have access to our cold or frozen meals that can be reheated to have when they want. They also get emergency food boxes for possible longer disruptions of service. These are an assortment of shelf stable items as well as jugs of water. Sometimes, knowing that these supplies are available is comforting when our crazy Michigan weather decides to appear. We make sure that each client is contacted and checked on every time we aren't able to deliver meals. Our visitors to The Gathering Place still get hot homemade soup and a fresh salad bar during our normal hours of operation, and depending on the travel conditions, the activities at our senior center may still be taking place.

We used to close completely when our schools closed. But we have adopted a new procedure to provide better quality service to as many people as possible while still keeping our volunteer drivers safe off the roads. As I write this, the kitchen is busy freshening the salad bar and doing some deep cleaning that there might not be time for otherwise. I hope everyone out there is staying warm, staying full, and staying safe.

Take care,
David Main
Executive Chef
Benzie Senior Resources



Once again we have tax preparers through the NMCAA program for our clients to have their tax returns prepared. **There are no in-person appointments.** It is a drop-off service only.

Call Benzie Senior Resources (BSR) at 231.525.0600 and we will send you a packet with details on the process. Be sure to make copies of your supportive documents, rather than bring originals, as the likelihood of this material being shredded is very high. When your packet is complete, mail to NMCAA, drop off in our dropbox on

the west side of the BSR administrative office, or drop them off in our office during BSR business hours (Monday thru Friday 8:30 a.m. to 4:00 p.m.).

The NMCAA tax preparers will contact you with any questions. Then they will file your return electronically.

Our volunteers will start preparing client returns after February 6, 2023.






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 volunteers know if you don't have one and we'll have it ready for you the next time you visit.

Everyone must scan their keycard for all activities, lunches and volunteering.
Thank you!



February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>8:30 In Motion w/ AnnMarie</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p>	<p>2</p> <p>11:30-1:30 Lunch</p> <p>1:30 BUNCO</p>	<p>3</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:30 Crochet, Knit & Sew Circle</p>
<p>6</p> <p>10:00 Stretch & Balance</p> <p>11:30-1:30 Lunch</p> <p>1:00 Euchre</p>	<p>7</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>NO CHAIR YOGA</p>	<p>8</p> <p>8:30 In Motion w/ AnnMarie</p> <p>10:00 Decrease Fat & Sugar w/MSU Ext</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p>	<p>9</p> <p>10:30 Blood Pressure/ Blood Sugar Clinic</p> <p>11:30-1:30 Lunch</p> <p>11:30 Music with AnnMarie and Michael</p> <p>1:30 BUNCO</p> <p>5:00 Dinner</p> <p>6:00 Produce Bingo</p>	<p>10</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:30 Crochet, Knit & Sew Circle</p>
<p>13</p> <p>10:00 Stretch & Balance</p> <p>11:30-1:30 Lunch</p> <p>1:00 Euchre</p> <p>1:30 Valentine Craft</p>	<p>14</p> <p>10:30 The Melody Makers</p> <p>11:30 -1:30 Lunch</p> <p>Wear red or pink and you'll be entered to win a prize!</p> <p>NO CHAIR YOGA</p>	<p>15</p> <p>8:30 In Motion w/ AnnMarie</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p> <p>1:30 Higgins Hearing Chat</p> <p>4:30 Board of Directors Meeting</p>	<p>16</p> <p>10:00 Snowman Class "Act 2"</p> <p>11:30-1:30 Lunch</p> <p>1:30 BUNCO</p> 	<p>17</p> <p>9:30 BUNCO</p> <p>10:00 Hearing Clinic (at BSR office—appointment required)</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:30 Crochet, Knit & Sew Circle</p>
<p>20</p> <p>10:00 Stretch & Balance</p> <p>11:30-1:30 Lunch</p> <p>1:00 Euchre</p> <p>1:30 Thread Catcher Craft with Laura</p>	<p>21</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>NO CHAIR YOGA</p>	<p>22</p> <p>8:30 In Motion w/ AnnMarie</p> <p>11:30-1:30 Lunch</p> <p>12:30 Bingo</p>	<p>23</p> <p>10:00 Book Group</p> <p>11:30 Music w/ AnnMarie & Michael</p> <p>11:30-1:30 Lunch</p> <p>1:30 BUNCO</p>	<p>24</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p>1:30 Crochet, Knit & Sew Circle</p> <p>6:00-9:00 Ol' Time Gathering</p>
<p>27</p> <p>10:00 Stretch & Balance</p> <p>11:30-1:30 Lunch</p> <p>1:00 Euchre</p> <p>1:00 Movie</p> <p>Monday—Top Gun Maverick</p>	<p>28</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>NO CHAIR YOGA</p>	<p><i>Donations needed for The Gathering Place:</i></p> <p><i>BUTTONS</i></p> <p><i>WOOL SWEATERS</i></p> <p><i>GLUE STICKS FOR THE GLUE GUN</i></p>	<p>EUCHRE is every Monday at 1:30 p.m. and Crochet, Knit & Sew Circle is every Friday at 1:30 p.m. JOIN US!</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

Staff Birthdays



Sabra Boyle, February 22nd
Happy Birthday, Sabra! Our Fiscal Manager loves green grapes, her beloved Frankfort Panthers and all things purple. She appreciates a quiet night home after work snuggling with her dogs.

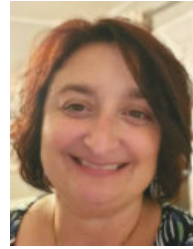


Renee Aten, February 27th
Renee is a dedicated Home Health Aide and when she isn't working she enjoys Tai Chi under the trees, going for long walks in nature and her Grandma's pierogi.

Staff Anniversaries



Stacey Moseler-Sweeney, 4 years
Stacey is a Registered Nurse on our Home Health team. Stacey enjoys relaxing at Lake Michigan and in Frankfort, and spending time with her family, reading and watching movies.



Dawn Bousamra, 11 years
Our Assistant Director loves visiting family in da U.P., eh! She appreciates a good laugh, sunshine and a day at the beach. She would like to see the Grand Canyon and visit Sequoia National Park.



Jenya Cobb, 14 years
Jenya is a dedicated member of our Home Health team. Her clients appreciate her work ethic and enthusiasm for life. She is a proud mom of two young ladies.



Betty Orr (pictured left) was honored recently at The Gathering Place for her dedication to the Bingo program. Betty has decide to hang up her Bingo calling tiara and play instead. We are grateful to Betty for her hard work and look forward to hearing her call, "BINGO!".

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.



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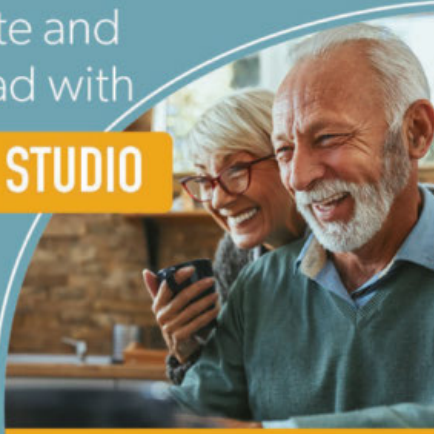
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Bulletin Board

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

What did the blueberry say to the strawberry on Valentine's Day?



I love you berry much

More at PressPrintParty.com

How does cupid deliver Valentine's all over the world?



On an arrow-plane!

LauraFarr

When Benzie Central Schools close for inclement weather, we will remain open for lunch at The Gathering Place. We will serve soup and salad for lunch. We will NOT deliver meals. Our homebound 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.

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 Downtown 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.

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.

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!

Free Computer Help

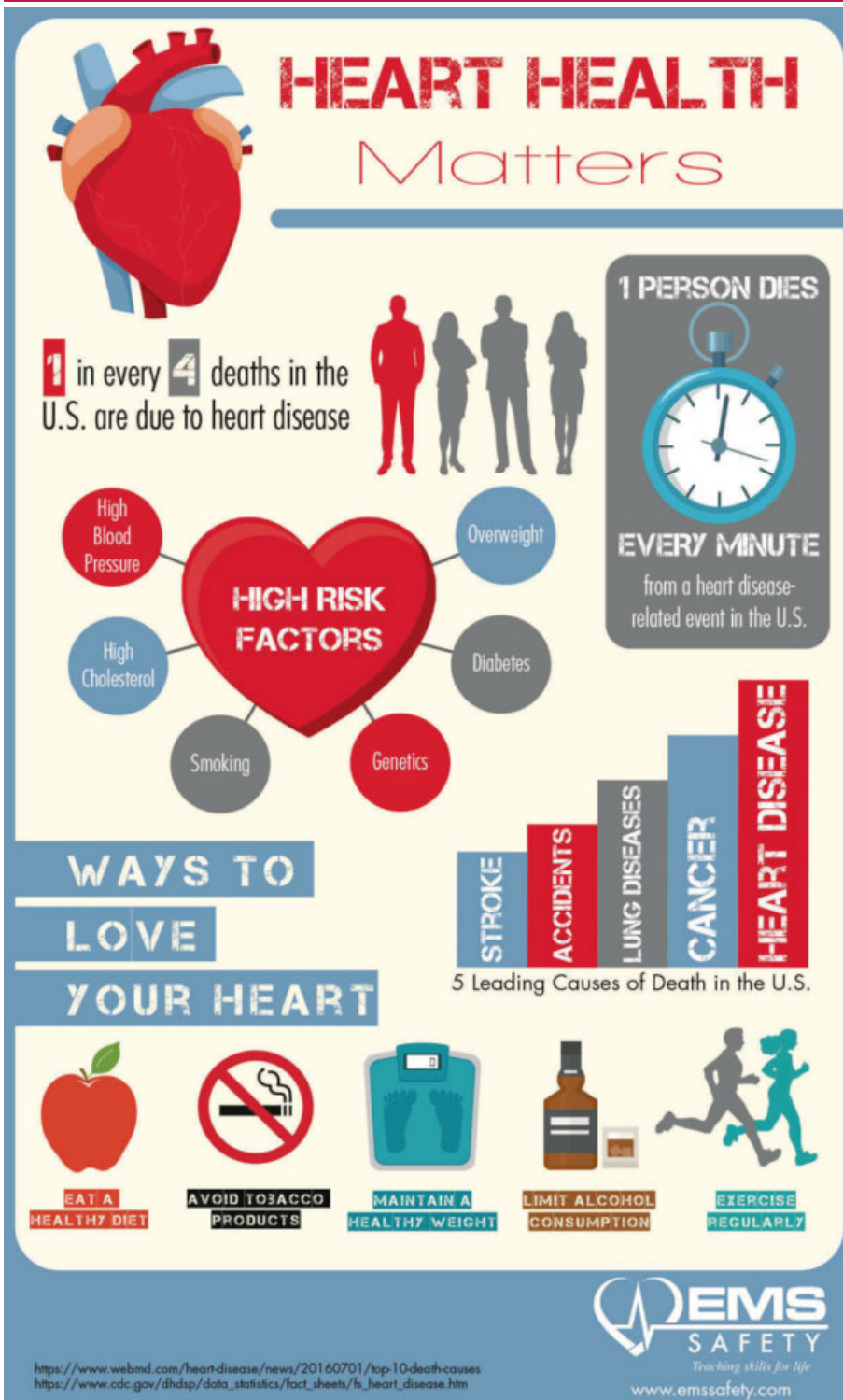
The Darcy Library in Beulah
Thursdays 12:00 p.m.-3:30 p.m.
Use your computer or one at the library.
Questions? Call Carol at 231.882.4037



Benzie 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.



National Heart Health Month



For your health...

Fruits and Veggies

Fruits and vegetables are the foundation of a heart-healthy diet. They provide nutrients that are linked to lower blood pressure and cholesterol, including fiber, potassium, magnesium and phytonutrients. "Don't worry about which ones are 'best' and choose the ones you will actually eat," encourages Lindsey Pine, M.S., RDN, CLT. Megan Byrd, RD, adds, "To get the most out of the produce aisle, choose a variety of colors." (Here's why you should eat the rainbow when it comes to fruits and vegetables.)

Frozen fruits and vegetables are just as nutritious as fresh. Just watch out for any added sugars or salt. Canned fruits and vegetables can be part of a heart-healthy diet, but limit ones with added sugar or lots of sodium. Diets high in sugar are linked to increased risk of cardiovascular disease, and too much sodium can increase risk of high blood pressure.

Beverages

You already know that water is one of the best options for overall health, but what about other drinks? Soda and energy drinks are the biggest contributor to added sugar in our diets, and should be limited. Diet sodas, made with sugar substitutes, aren't considered any better for heart health. The research on caffeine and heart health is still up for debate. While too much caffeine can raise blood pressure in some people, coffee and tea contain antioxidants that may be good for your heart.

What about alcohol?

Research suggests that people who drink red wine in moderation may be at lower risk for cardiovascular disease, but there isn't evidence to suggest that you should start drinking red wine if you don't already drink alcohol.

What did the kitten say on Valentine's Day?
You're purr-fect.

What did the farmer give his wife for Valentine's Day?
Hogs and kisses.

Updates to Medicare prescription drug coverage in 2023

Because of the Inflation Reduction Act:

- All Part D-covered vaccines, including the shingles vaccine, will be \$0. All Part D-covered insulin copays will be limited to \$35 (starting January 2023). All Part B-covered insulin copays will be limited to \$35 (starting July 2023).

Extended immunosuppressant coverage may be available to you. You are eligible if:

- You qualify for Part B coverage of immunosuppressants prior to losing End Stage Renal Disease (ESRD) Medicare 36 months after your kidney transplant
- You do not have Medicaid or other health insurance that covers immunosuppressants

Do you know what isn't new this year? Your Medicare card.

Medicare beneficiaries are not receiving new cards this year, but scammers may try to convince you otherwise. For example, scammers may falsely tell you that Medicare is issuing new cards—perhaps a card that is plastic, metal, has a chip, or even a black and white COVID-19 cards. The scammers may tell you that in order for them to send your new card, you will need to verify your identity, which could include your Medicare number. This is an attempt to get your personal or financial information.

Here are some red flags to look for:

- Unsolicited calls from anyone claiming to be from Medicare
Anyone needing your information so that they can send you an updated Medicare card
- Anyone saying your card is expiring, and they need to send you a new one or you will be charged a fine
- Anyone stating Medicare is issuing new cards and you need to verify your number


DIINNER at The Gathering Place

The second Thursday of each month, we will be serving dinner at 5:00 p.m. and then playing Produce Bingo at 6:00 p.m. February's date is the 9th. This month's dinner is Cheeseburger, potato salad and cake.





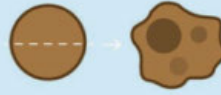
The last Friday of each month, our Ol' Time Gathering is back with dinner and dancing! February's date is the 24th. Dinner is served at 6:00 p.m. and there will be hot dogs, beans and cake.

You must sign up for both in advance. Call 231.525.0601 to register or stop by the desk at The Gathering Place.



 **FEBRUARY IS NATIONAL CANCER PREVENTION MONTH!**
NEARLY HALF OF ALL CANCERS CAN BE PREVENTED

Monthly self-examinations of your skin can alert you to skin changes and aid in the early detection of skin cancer. Other self-exams to help you recognize changes in your body may include breast and testicular checks.

A	B	C	D	E
ASYMMETRY	BORDERS	COLOR	DIAMETER	EVOLUTION
				
Two halves of the mole do not match	Edges are irregular or uneven	Multiple colors or changing shades of brown	Usually, but not always, larger than 6mm	Changes in appearance, and/or symptoms such as bleeding, oozing, or itching



February Birthdays

James Mattis	1	Lori Dougherty	10	Ray Nichols	20
Judy Polhamus	1	Donna Durga	10	Dan Rineer	20
Judy Schram	1	Pam Howe-Perry	10	Donald Bedell	21
John Daugherty	2	Randy Marcos	10	Roger Pataky	21
Butch Frederick	3	Ted Groesser	11	Annette Laffleur	22
Bernadette Marcos	3	Caroline Hentschel	11	Virginia Marsden	22
Joseph Nelson	3	Marian Lannin	11	Jonnine Rumney	22
Bonnie Rickett	3	Harriet Muzzarelli	11	Cheryl Taylor	22
Barbara White	3	Don R. Bock	12	Marsha Browning	23
Jerome Priebe	4	Brent Leines	12	Henrietta Priest	23
Robert Bedell	5	Mary Scholl	12	Tanya Stolz	23
Margaret Laubach	5	Jean Higman	13	Robert Bollenberg	24
Bruce Wilde	5	Ray Jacobs	13	Helen Fortine	24
Janice Erlewein	6	Shirley Short	13	Randall Kocevar	24
Geoffrey Miner	6	Ronald Wiggins	13	Kathi Cooper-Navarro	25
Lavina Roberts	6	Molly Frostic	14	Susan Garrison	25
Bobbi Smeltzer	6	Gloria Hamalainen	14	Cliff Grostick	25
Les Carnes	7	Delores Jones	14	Irma Komoll	25
Sandee Greene	7	Kevin Kraak	14	Floyd Tanner	25
Fred Navarro	7	Deb LaGuire	14	Judy Cowles	26
Mark Richmann	7	Ann Reinke	15	Michael Owen	26
Victor Dinsmoore	8	Nancy Chmielewski	16	Annette Rosa	26
Norman Falete	8	Susan Gilbert	16	Cathy Burcroff	27
Rachel Flury	8	Jerry Miller	16	Kris Dykstra	27
Bud Frankenberger	8	Art Jeannot	17	Sondra Shults-Ackerman	27
Anne Lawrence	8	Connie Priest	17	Mae Fitzner	28
Lloyd Williams	8	Sunja Turner	17	Joan Schendel	28
Gail Lappe	9	Kathleen Karafa	18	Kriste Walsh	28
Lorie Priest	9	Simona Lopez	18		
Terry Card	10	Eugene Yagle	19		



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.



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.



THE SENIOR SCOOP

Blood Bank



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

RHOGAM
AGGLUTINATION
ABORH
WASHED
PLATELET
PLASMA
REACTION
COMPATABILITY
ANTIGEN
ANTIBODY
IRRADIATED
CORDBLOOD
BLOODTYPE
CRYO
WHOLE BLOOD



Play this puzzle online at : <https://thewordsearch.com/puzzle/395/>



Upcoming 2023
Little River Casino Trip
Dates: 2/15, 3/15, 4/19
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.



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.



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: _____

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

☐ Check here if you wish to remain ANONYMOUS

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

The Original Morning Glory Muffins

Ingredients:

Butter for greasing muffin pans
2 1/2 C unbleached all-purpose flour
1 1/4 C sugar
1 tbsp ground cinnamon
2 tsp baking soda
1/2 tsp salt
1 can (8oz) crushed pineapple, drained
2 C grated carrots
1 large crisp apple—fuji, gala, granny smith, peeled & grated
3/4 C raisins
1/2 C sweetened coconut
1/2 C chopped pecans or walnuts
3 large eggs
1 C canola oil
1 tsp. pure vanilla extract



Modifications:

Substitute unbleached white whole wheat flour
Use Turbinado or raw sugar
Use unsweetened coconut
Use coconut oil in a jar.

Store muffins in an airtight container at room temperature for up to 3 days or in the fridge for a week or the freezer for a couple of months.

Directions:

Preheat Oven to 350 degrees. Butter 16 standard muffin cups.
Place the flour, sugar, cinnamon, baking soda and salt in a large bowl. Whisk well to combine.
Add the pineapple, carrots, apple, raisins, nuts and stir to combine.
Place the eggs, oil and vanilla in a small bowl and whisk to combine.
Add the egg mixture to the flour mixture and stir until just combined.
Spoon batter into the prepared muffin cups, filling them almost to the brim.
Bake the muffins until they are brown and a toothpick in the center of one comes out clean. About 30-35 minutes.
Place the muffin pans on wire rack and let them cool for 10 minutes before removing them.