



BENZIE

SENIOR RESOURCES

April 2023

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April is:

Parkinson's Awareness Month
Oral Cancer Awareness Month
Testicular Cancer Awareness Month
Occupational Therapy Month
National Donate Life Month

The Gathering Place will be closed
April 17 & 18th.

Meals will still be delivered.

THE SENIOR SCOOP

*Be connected.
Be supported.
Be home.*



Doug with our meal delivery volunteers and community champions who helped deliver meals during March for Meals. Kristi from Munson Paul Oliver and our volunteer Ben are above. Below is our volunteer Ken and Sheriff Rosa. See a few more pics on the back page!





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DIRECTORY

Phone: 231-525-0600 or

Toll Free: 888-893-1102

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Email:

info@BenzieSeniorResources.org

Website: www.BenzieSeniorResources.org

Facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours

Monday – Friday: 8:30 a.m. – 4:00 p.m.

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

BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

Nancy Mullen Call, *President*

Leo Hughes, *Secretary*

Rev. Dinah Haag

Rosemary Russell

Ingrid Turner

Paul Turner, *Vice President*

Victor Dinsmoore, *Treasurer*

Pamela Howe-Perry

Linda Ringleka

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, 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.

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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CITY/ST/ZIP _____ DATE _____

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



From the Director

Greetings Everyone,

It's now officially Spring, and I am looking forward to warmer weather and sunshine! Spring has always been my favorite time of year. I love seeing the renewal of nature as the spring bulbs begin to bloom, the leaves return to our trees, and everything around greens up.

National Volunteer Week is April 16 – 22, 2023—a time to celebrate and honor the many volunteers across our county, state and nation. The theme for National Volunteer Week is “Celebrate Service – an opportunity to shine a light on the people and causes that inspire us to serve.”

At Benzie Senior Resources we are fortunate to have a group of people who give their time and energy to help us continue our mission. I often witness firsthand how this giving impacts not only the community, but each volunteer involved. Many of our volunteers report that they feel a sense of accomplishment when helping others and it's part of their journey of giving back. Our volunteers may not realize it but even the smallest gestures-- such as a hug or staying a few minutes to chat, makes the biggest impact and means so much to so many. Whether it's a warm smile or a refreshing kind word, can bring comfort to our clients and their families each day, each time.

We're very proud of our 145 volunteers who are an inspiration to us all and we'll be honoring them April 17th & 18th with an evening of fellowship, entertainment, awards, and dinner. Our volunteers along with many other volunteers in Benzie County are building a stronger and vibrant community. They are my HEROES!

Everyday Heroes

Here's to the everyday heroes,
The volunteers who do what they can,
To ease the suffering of others,
And be of service to their fellow man.

May they know the true satisfaction
That comes from helping others
Less fortunate than themselves,
But no less their sisters and brothers.

May they feel the gratitude in our hearts
For all of the good that they've done.
The appreciation that we all feel for them
Is truly second to none.

Celebrating
48
YEARS
of Service to
BENZIE COUNTY
SENIORS

I am happy to announce that Northwest Michigan Health Services Dental Clinic is now accepting new clients and they are a partner for our Senior Oral Health Program. We can assist with up to \$200 for any Benzie County Senior who is 60 years old and older, and their income level is at or below 225% of the Federal Poverty Guidelines. (\$32,805 or less for a household of 1 or \$44,370 or less for a household of 2). Please contact us for an application to get started. We also partner with Dental Clinics North in Traverse City.

Our “Keep Our Meals Rolling” Fundraiser is ongoing as we try to raise \$25,000 toward the purchase of a new delivery vehicle for helping deliver the 1,540 weekly meals for our Meals on Wheels program...

Happy Spring!
Doug



April Menu

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

	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Country Style Beef Fritters & Gravy Herb Buttered Potatoes European Vegetable Blend Stoneground Wheat Bread Apricot Halves</p>	<p>4</p> <p>Chicken Cordon Bleu Oven Baked Potato Key West Vegetable Blend Sweet Hawaiian Rolls Fresh Grapes</p>	<p>5</p> <p>Grilled Chicken Caesar Salad Soft Baked Bread sticks Cherry Pie Slice</p>	<p>6</p> <p>Grand Rapids Style Wet Burrito Authentic Refried Beans Oven Baked Spiced Apples Tortilla Chips with Fire Roasted Salsa</p>	<p>7</p> <p>Oven Roasted Chicken Parmesan Garlic Mashed Potatoes Normandy Vegetable Blend Stoneground Wheat Bread Cranberry Applesauce</p>
<p>10</p> <p>Pineapple Dijon Baked Ham Whipped Sweet Potatoes Malibu Vegetable Blend Sweet Hawaiian Rolls Pineapple Tidbits</p>	<p>11</p> <p>Spaghetti & Italian Meatballs Sicilian Vegetable Blend Pesto Infused Cauliflower Whole Wheat Garlic Toast Fresh Plums</p>	<p>12</p> <p>Crispy Crab Cakes Crispy Smashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Fresh Grapes</p>	<p>13</p> <p>Deluxe Pizza Italian Vegetable Blend Steamed Sweet Corn Soft Baked Bread sticks Diced Pears</p>	<p>14</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Fresh Banana Birthday Cake Bites</p>
<p>17</p> <p>The Gathering Place is Closed Meal Delivery only</p> <p>Boneless Porkchops with Herbed Stuffing Oven Baked Potato Steamed Spinach Stoneground Wheat</p>	<p>18</p> <p>The Gathering Place is Closed Meal Delivery only</p> <p>Chicken Lo Mein with Asian Vegetables Green Bean Blend Steamed Broccoli Florets</p>	<p>19</p> <p>Shrimp Scampi over Pasta Scandinavian Vegetable Blend Steamed Parisian Carrots Whole Wheat Garlic Toast Diced Pears</p>	<p>20</p> <p>Zesty Steak Fajitas Fire Roasted Corn & Black Beans Oven Baked Pears Tortilla Chips with Fire Roasted Salsa</p>	<p>21</p> <p>Creamy Chicken Primavera with Pasta Venetian Vegetable Blend Steamed Sweet Peas Whole Wheat Garlic Toast Tropical Fruit Blend</p>
<p>24</p> <p>Build Your Own Cheeseburger Bar Baked Beans with Bacon Malibu Vegetable Blend Fresh Banana</p>	<p>25</p> <p>Stuffed Cabbage Rolls Steamed Cauliflower Florets Oven Roasted Asparagus Stoneground Wheat Bread Fresh Plums</p>	<p>26</p> <p>Grilled Ham & Cheese Oven Baked Tater Tots Capri Vegetable Blend Soft Pretzel Classic Fruit Cocktail</p>	<p>27</p> <p>Shredded Chicken Taco Bar Authentic Refried Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>28</p> <p>Whole Wheat Cinnamon French Toast Savory Sausage Links Freshly Scrambled Eggs Oven Baked Spiced Apples</p>
<p>Meal price is a \$4.00 suggested donation for age 60 and older Under 60 is \$7.50 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>		

Dinner 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. April's date is Thursday the 13th. Our meal is sloppy joes, potato salad and brownie for dessert.

The last Friday of each month, our Ol' Time Gathering is back with dinner and dancing! April's date is the 28th. Dinner is served at 6:00 p.m. and we'll be having chicken sandwich, coleslaw and cake for dessert.

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

As of January 1st, residents with Medicare drug coverage will pay **nothing out-of-pocket** for adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including the shingles and Tetanus-Diphtheria-Whooping Cough vaccines.



Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease.



If you do not currently have health insurance, we have a program to help cover the cost.

For information or to schedule appointment please call: 231-882-4409

What did the Easter egg ask for at the salon?
A new dye job!

Why don't you see dinosaurs at Easter?
Because...
they are eggs-tinct!



Have you noticed this screen at our front desk at The Gathering Place? It's a system called myseniorcenter; it's a way for us to save paper and collect data for our grants and reports. (Don't worry! We're not replacing our incredible desk volunteers.)

Many 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. Also, we have a lot of them ready at the desk so check to see if yours is there.

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



April Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Euchre 5:30 Zumba	4 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 CHAIR YOGA	5 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	6 11:30-1:30 Lunch 1:30 BUNCO	7 9:30 BUNCO 10:30 Bingo, music and Lunch in Thompsonville 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
10 10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Euchre 1:30 Crochet Rose with Cindy 5:30 Zumba	11 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 CHAIR YOGA	12 8:30 Zumba 10:00 a.m.—11:30 MSU Extension Decrease Fat & Sugar 11:30-1:30 Lunch 12:30 Bingo	13 10:00 Knifty Knitter Craft 11:30-1:30 Lunch 1:30 BUNCO 5:00 Dinner 6:00 Produce Bingo	14 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
17 Closed 	18 Closed	19 8:00 Little River Casino Trip 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	20 11:00 AAAMN Public Input Session 11:30-1:30 Lunch 1:00 Higgins Hearing Chat 1:30 BUNCO	21 9:30 BUNCO 10:00 Hearing Clinic (at BSR office—appointment required) 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
24 10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Euchre 1:30 Movie Monday, "The Notebook"	25 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	26 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	27 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	28 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle 5:30-8:30 Ol' Time Gathering

Donations needed:

Yarn
Buttons
Wool sweaters
Bingo prizes

Area Agency on Aging will be here on Thursday, April 20th at 11:00 a.m. for a public hearing session. Please stop by and make your needs known!

Knifty Knitter class – Learn how to make a hat using a Knifty knitter loom. A fast and fun way to make a custom hat! Come and join the fun. April 13th at 10:00 a.m.



Staff Milestones

Staff Birthdays



Angela Martin, April 4
Angela enjoys woodworking and working in her flower beds. She has two boys: Marcus and Isaac and a beautiful grandson Moses. Angela is part of our kitchen team.



Nicole VanSlambrouk, April 13
Nicole is a member of our kitchen crew. She is a proud mom and loves spending time with her daughter Riley.

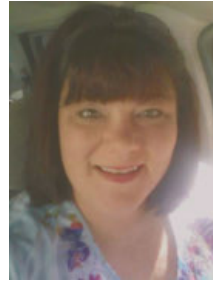


Kathy Frederick, April 26th
Kathy is our Assistant Cook at The Gathering Place. She makes the best no-bake cookies (hint, hint) and is always happy to share pictures and stories about her grandbabies!

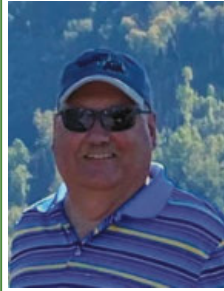


Cathy Sanders, April 30th
When Cathy isn't working in our kitchen she enjoys spending time with her family, baking yummy treats and loving on her cat, Oreo.

Staff Anniversaries



Sharon Parker, 7 years
Sharon works as a home health aide, ensuring our most vulnerable seniors have the greatest of care. She also has a fun-loving sense of humor.



Douglas Durand, 10 years!
Doug is dedicated to serving the seniors of Benzie County. He is also a very proud grandpa and is excited about a new granddaughter about to join the family.



Jeff Stockman, 10 years!
Jeff works hard so our Home Delivered Meals clients receive their hot meals every weekday. He's currently focused on getting as much sap out of the trees as he can for his amazing maple syrup.



Marti Alexander, 2 years! (in March)
Marti is part of our team at the BSR office. She is a talented baker and is most content walking along Lake Michigan's shoreline with her dog Tugg.

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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Financial Advisor

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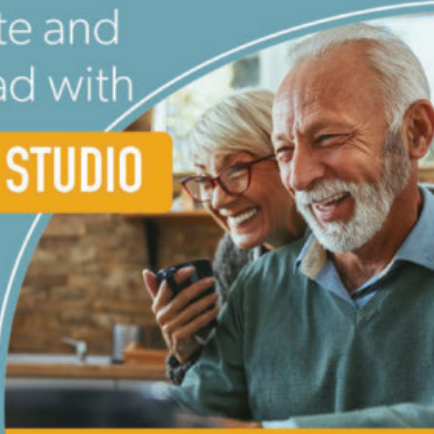
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Bulletin Board

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

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.

Tai Chi for Arthritis and Fall Prevention

Date & Time: May 1, 2023 to August 21, 2023 (skip May 29 & July 3). Mondays, 11:00 a.m. to 12:00 p.m.

NO COST!

Space is limited so please pre-register at The Gathering Place front desk or call 231.525.0601 for more details.

This is a collaborative venture between Michigan State University Extension and Benzie Senior Resources.

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

When Benzie Central Schools close for inclement weather we will NOT deliver meals. We will remain open for lunch at The Gathering Place. We will serve soup and salad for lunch. 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 on them. They also have a 5-day supply of shelf-stable foods.

Pigeon Forge and Smoky Mountains 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.

Thompsonville lunch, music and bingo is back! Every first Friday of the month, join us at the Thompsonville Firehall. The fun begins at 10:30 a.m. with lunch served at noon. April 7th we'll have Oven baked chicken and parmesan garlic mashed potatoes! Call 231.525.0601 to sign up!



Benzie Senior Resources has partnered with Benzie Bus to offer

Health Rides for Benzie seniors age 60 and older. 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.



Medicare Minute

Medicare will cover your home health care if:

- **You are homebound**, meaning it is extremely difficult for you to leave your home and you need help doing so.
- **You need skilled nursing services and/or skilled therapy on an intermittent basis.**
- Intermittent means you need care at least once every 60 days and at most once a day for up to three weeks. This period can be longer if you need more care, but your care needs must be predictable and defined.
- Medicare defines skilled services as care that must be performed by a skilled professional, or under their supervision.
- Skilled therapy services refer to physical, speech, and occupational therapy. Note that you cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you qualify for home health care on another basis, you can also get occupational therapy.
- **You have a face-to-face meeting with a doctor** within the 90 days before you start home health care, or within the 30 days after the first day you receive care.
- **Your doctor signs a home health certification** confirming that you are homebound and need intermittent skilled care. The certification must also state that your doctor has approved a plan of care for you and that the face-to-face requirement was met.
- **You receive your care from a Medicare-certified home health agency (HHA).** If you need help finding a Medicare-approved HHA, call 1-800-MEDICARE or visit www.medicare.gov/care-compare if you have Original Medicare. If you have a Medicare Advantage Plan, contact your plan directly.

What if I have a Medicare Advantage Plan?

Your plan must provide at least the same level of home health care coverage as Original Medicare, but it may impose different rules, restrictions, and costs. Depending on your plan you may need to:

- Get care from an HHA that contracts with your plan.
- Request prior authorization or a referral before receiving home health care.
- Pay a copayment for your care.

Anniversary Dates and Stories Wanted

We'd love a picture and a chance to share your story. Call Dawn at 231.525.0601. Mail this form to Benzie Senior Resources, 10542 Main Street, Honor, MI 49640. ATTN: Dawn

Name _____ Anniversary Date _____

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

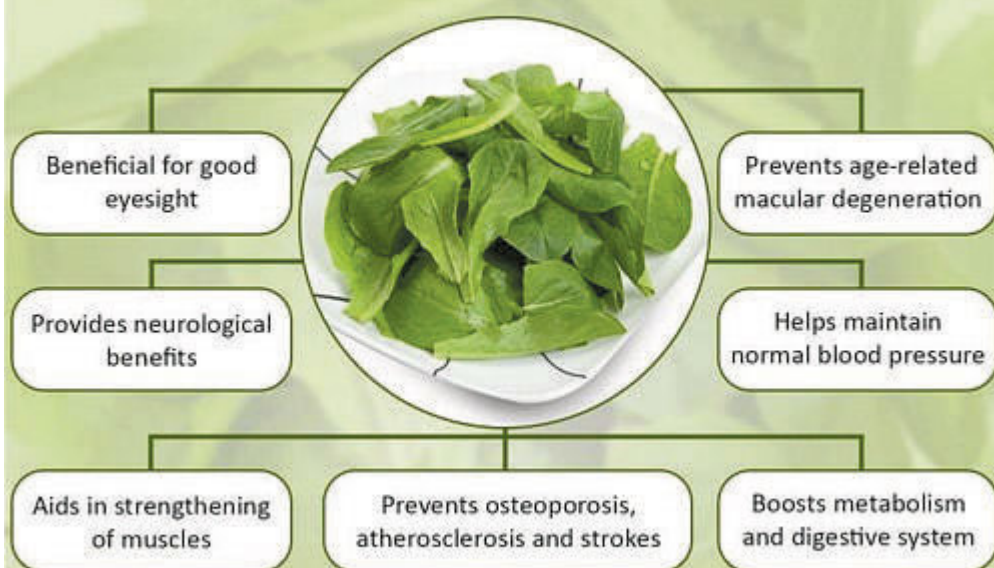
☐ I don't want to share my story but please share my anniversary date.

April Birthdays

Keith Behm	1	Andrew Micham	9	Luella Marie Cote	20
Olga Horn	1	Ernest Parker	9	Viva Fender	20
Fred Marsh	1	Fran Wallace	9	Jean Kalchik	20
Floyd Thompson	1	Charlotte Wheaton	9	Lynn Vanderplow	20
Dorothy Bryan	2	Mary Anderson	10	Christine Olsen	21
Jane Hitesman	2	Evelyn Goethals	10	Kristine Swanson	21
Bonnie Ness	2	Yvonne Hockett	10	Elizabeth Jackson	22
Eric Kalis	3	George Jackson	10	Lorita Rayle	22
Bob McQuilkin	3	Mark Potter	10	Joseph Sivins	22
Cecelia Porter	3	James Boggs	11	Robin Grosebeck	23
Floyd Swanson	3	Donald Greene	11	Linda Middleton	24
Joan Harwood	4	Ronald Seguin	11	Carol Bear	25
Laura Payment	4	Sue Sheffield	11	Ruth Peppler	25
Judith Cozart	5	Patricia Laarman	12	Carol Crawford	27
Art Leffring	5	Connie Schrock	12	Alice Smith	27
Sharon Murphy	5	Marlene Schlueter	13	Elaine Vanderberg	27
Anna Nordbeck	5	Gerri VanAntwerp	13	Ted Wood	27
Nona Nugent	5	Jeannette Jones	14	Gordon Armstrong	28
Mary Baatz-Straubel	5	Beverly Mummey	15	Norris Cutler	28
Richard Claybour	6	Janeth Stevens	15	Nadine Gilroy	28
Jed Jaworski	6	Matt Torres	15	Sally Lavender	28
Gloria Pierce	6	Lolita Brownell	16	Larry Lozen	28
Loretta Sheets	6	Sally Hennessee	16	Kathy Burns	29
Patricia Shijka	7	Barbara Sheaks	16	Lisa Davidson	29
Linda Wolfe	7	Daniel Berndt	17	Bill Frostic	29
Lester Brownell	8	Bill Dowd	17	Dawnita March	29
Susan Lavender	8	Marsha Behm	18	Martha Sterzik	29
Bob Lucas	8	Jean Bowers	18	Oscar Jaquish	30
Joanne Rafferty	8	Shirley Bolling	20	Bonnie Rodgers	30
Gloria Holtrey	9	Lee Brooks	20	Cindy Sanford	30

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.

Eat Spinach & Be Healthy Organic Facts



www.organicfacts.net



Spring Flowers

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

JONQUILS
 SWEET WILLIAM
 CROCUS
 WYSTERIA
 DAHLIA
 TULIPS
 CARNATIONS
 DAFFODILS
 CREPE MERTLE
 FORSYTHIA
 HYACINTH
 LILAC
 LAVENDAR
 PANSY
 LILLY
 DAISYS
 IRIS



Play this puzzle online at : <https://thewordsearch.com/puzzle/1732/>



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.



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.



WHAT IS PARKINSON'S?

PARKINSON'S DISEASE AFFECTS **ONE IN 100 PEOPLE OVER AGE 60**. IN THE UNITED STATES, 60,000 NEW CASES WILL BE DIAGNOSED THIS YEAR ALONE.

1 / 100
OVER
AGE 60

60,000
NEW

1M / US



5M / WORLD

TODAY, AN ESTIMATED **ONE MILLION** PEOPLE IN THE UNITED STATES AND MORE THAN **FIVE MILLION** WORLDWIDE ARE LIVING WITH PARKINSON'S DISEASE.



3 OUT OF 5

AMERICANS WILL SUFFER FROM A NERVOUS-SYSTEM DISEASE SUCH AS PARKINSON'S OR ALZHEIMER'S.

LESSER-KNOWN SYMPTOMS

OF PARKINSON'S INCLUDE DEPRESSION, APATHY, FATIGUE, AND DEMENTIA.



RESEARCHERS ARE INVESTIGATING POTENTIAL EARLY SYMPTOMS, SUCH AS **IMPAIRED SENSE OF SMELL, CERTAIN SLEEP DISORDERS, CONSTIPATION, AND UNUSUAL FATIGUE.**



TODAY'S BEST PARKINSON'S DRUG WAS **DISCOVERED IN**

1967



LYNDON B. JOHNSON WAS PRESIDENT AND NEIL ARMSTRONG HAD NOT YET WALKED ON THE MOON.

PARKINSON'S DISEASE IS CAUSED BY THE DEATH OF DOPAMINE CELLS.

60 TO 80%

OF THESE CELLS ARE ALREADY LOST BY THE TIME MOTOR SYMPTOMS APPEAR.



DYSKINESIA IS OFTEN MISTAKEN FOR A SYMPTOM OF PARKINSON'S DISEASE, BUT IT IS ACTUALLY A SIDE EFFECT OF PARKINSON'S TREATMENT. **MANY PATIENTS REPORT DYSKINESIA TO BE AS DEBILITATING AS THE DISEASE ITSELF.**



THE EXACT CAUSE OF PARKINSON'S DISEASE IS **UNKNOWN** BUT BOTH **GENETICS** AND **ENVIRONMENT** ARE CAUSES.



THERE IS **NO TEST** TO DIAGNOSE PARKINSON'S DISEASE. PEOPLE WITH PARKINSON'S VISIT MULTIPLE DOCTORS AND **CAN WAIT YEARS** BEFORE A CORRECT DIAGNOSIS.



THERE IS NO CURE FOR PARKINSON'S DISEASE TODAY. BUT THE **MICHAEL J. FOX FOUNDATION** IS WORKING URGENTLY TO CHANGE THAT.

LEARN MORE AT **WWW.MICHAELJFOX.ORG**

Little River
CASINO RESORT

Little River Casino Trip

Dates: April 19th
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

Donations

In Memory Of
Don Culp
Dr. Andrew J Meholic
Ron & Peggy Nostrandt

In Honor of
Kris Dykstra

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.

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.

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.

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



Community Champions

Top left: Our volunteer Steve with Liz Hamm from BACN, and Doug
Top right: Doug, Sarah with Munson Paul Oliver, and our volunteer Gene
Bottom left: Our volunteer Dick, Pastor Patty, and Doug.

