



BENZIE

SENIOR RESOURCES

March 2023

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March is:

Women's History Month
National Kidney Month
National Nutrition Month
Save Your Vision Month



Dave, Kathy and Michelle pose in front of our new oven. Thanks to the Benzie County 100 Women Who Care, we were able to replace a very old, barely functional oven.



Doug, our Executive Director poses with Bonnie Garbrecht from St. Andrews Presbyterian Church Endowment Fund. She delivered a check for \$2,500 to use for our Meals on Wheels Program. We are so grateful to this group for supporting our mission.



DIRECTORY

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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.

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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, 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

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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

Dear Friends,

Happy March Everyone! I am writing my article for March on Valentine's Day, and the temperature is expected to reach the 50's! The Melody Makers have The Gathering Place jamming out and a lot of smiles are going around!

I am devoting my article to an important fundraising event that we are kicking off in celebration of March for Meals and National Nutrition Month. We need a new delivery vehicle for the Home Delivered Meals Program, and we are off to a great start with the recent grant award of \$10,000 from the Grand Traverse Band of Ottawa and Chippewa Indians 2% Allocation. We are so grateful for their support!

We consistently deliver hot meals five days a week and throughout the pandemic and were one of a few Meals on Wheels providers in the state doing so. In our fiscal year 2022 (October 1, 2021 – September 30, 2022), 73,910 meals were delivered to 390 homebound clients over 75,640 miles. Doing the math, over the next seven years, we will deliver at least 103,700 meals on just ONE of our five routes.

The picture of food insecurity and malnutrition in seniors is real, especially for those who are frail, homebound, and isolated. Food insecurity can significantly affect the health of older adults. Eating non-nutritious meals has given rise to diabetes, high blood pressure, and heart disease. Adhering to a healthy diet is vital for maintaining health and managing many illnesses once they occur. Food insecurity can significantly affect the health of older adults. *Just over half of our clients reported that without their delivered meals, they wouldn't get enough to eat. Benzie Senior Resources is actively addressing the food insecurity problem for our Benzie County seniors.*

The typical Benzie Senior Resources Meals on Wheels client is an 86-year-old female. She has limited family and friend support. On average she has 4-6 diagnosed chronic diseases or conditions and is homebound due to her frail condition. Homebound seniors often suffer from isolation, depression, and loneliness. Just as important as the meals, attentive, caring, and compassionate volunteers provide much-needed personal contact delivering smiles, friendship, and a feeling that people care. A daily safety check brings peace of mind for seniors and their families. Our volunteers' visits offer a sense of safety and security, someone to talk to, a link to the outside world, and support. Volunteers deliver meals with love; it's more than just a meal. *Based on our just completed Meals on Wheels Client Survey, 52% of our clients reported that on most days our volunteers are the only person that they will see for the week.*

To the hundreds of individuals who continue to sustain Benzie Senior Resources, we thank you. I am once again asking for your help in our quest to raise \$35,000 without using any of our general funds. This new vehicle is to replace a vehicle that is 10 years old and has over 133,300 hard-driven miles on the back roads of Benzie County.

I am optimistic that this giving community will come through in helping us meet the remaining goal of \$25,000 to keep our meals rolling out daily so we can deliver that fresh hot meal to 200 individuals daily or 1,540 meals a week!

Warmly,
Doug



March 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.</p> <p>Personal Checks also accepted made out to BSR</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>1</p> <p>Thai Style Peanut Chicken</p> <p>Thai Style Spring Roll</p> <p>Asian Vegetable Roll</p> <p>Lucky Fortune Cookie</p> <p>Mandarin Oranges</p>	<p>2</p> <p>Beef Empanadas with Latin Rice</p> <p>Fire Roasted Corn & Black Beans</p> <p>Oven Baked Peaches</p> <p>Tortilla Chips with Fire Roasted Salsa</p>	<p>3</p> <p>Pecan Encrusted Tilapia</p> <p>Oven Roasted Potatoes</p> <p>Caribbean Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Classic Fruit Cocktail</p>
<p>6</p> <p>Zesty Steak Fajitas</p> <p>Authentic Refried Beans</p> <p>Latin Style Rice</p> <p>Diced Peaches</p> <p>Tortially Chips with Fire Roasted Salsa</p>	<p>7</p> <p>Grilled Ham & Cheese</p> <p>Oven Baked Tater Tots</p> <p>Oven Baked Spiced Apples</p> <p>Fresh Garden Salad with Betsie Valley Ranch</p>	<p>8</p> <p>Spaghetti & Italian Meatballs</p> <p>Sicilian Vegetable Blend</p> <p>Pesto Infused Cauliflower</p> <p>Whole Wheat Garlic Toast</p> <p>Pineapple Tidbits</p>	<p>9</p> <p>Crispy Crab Cakes</p> <p>Cheddar Bacon Mashed Potatoes</p> <p>Japanese Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Mandarin Oranges</p>	<p>10</p> <p>Slow Roasted Beef</p> <p>Herbed Mashed Potatoes</p> <p>Italian Style Green Beans</p> <p>Fresh Banana</p> <p>Birthday Cake Bites</p>
<p>13</p> <p>Deluxe Pizza</p> <p>Italian Vegetable Blend</p> <p>Steamed Sweet Corn</p> <p>Soft Baked Breadsticks</p> <p>Diced Pears</p>	<p>14</p> <p>Bratwurst with Sautéed Peppers & Onions</p> <p>Baked Beans with Bacon</p> <p>Steamed Broccoli Florets</p> <p>Fresh Banana</p> <p>Crispy Potato Chips</p>	<p>15</p> <p>Beef and Cheese Stuffed Ravioli</p> <p>Steamed Cauliflower Florets</p> <p>Steamed Spinach</p> <p>Whole Wheat Garlic Toast</p> <p>Pineapple Tidbits</p>	<p>16</p> <p>Oven Roasted Chicken</p> <p>Parmesan Garlic Mashed Potatoes</p> <p>Normandy Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Cut Oranges</p>	<p>17</p> <p>Corned Beef with Braised Cabbage</p> <p>Herb Buttered Potatoes</p> <p>Steamed Parisian Carrots</p> <p>Swirled Rye Bread</p> <p>Fresh Plums</p>
<p>20</p> <p>Boneless Porkchops with Herbed Stuffing</p> <p>Oven Baked Potato</p> <p>Key West Vegetable Blend</p> <p>Sweet Hawaiian Rolls</p> <p>Fresh Grapes</p>	<p>21</p> <p>Country Style Beef Fritters & Gravy</p> <p>Herb Buttered Potatoes</p> <p>California Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Cranberry Applesauce</p>	<p>22</p> <p>Whole Wheat Cinnamon French Toast</p> <p>Savory Sausage Links</p> <p>Freshly Scrambled Eggs</p> <p>Oven Baked Pears</p>	<p>23</p> <p>Georgia Style BBQ Pork Sandwich</p> <p>Oven Baked Tater Tots</p> <p>Southern Style Succotash</p> <p>Diced Peaches</p>	<p>24</p> <p>Chicken Florentine over Rice</p> <p>European Vegetable Blend</p> <p>Steamed Parisian Carrots</p> <p>Stoneground Wheat Bread</p> <p>Apricot Halves</p>
<p>27</p> <p>Homemade White Chicken Chili</p> <p>Oven Roasted Asparagus</p> <p>Steamed Sweet Corn</p> <p>Oyster Crackers</p> <p>Classic Applesauce</p>	<p>28</p> <p>Stuffed Cabbage Rolls</p> <p>Venetian Vegetable Blend</p> <p>Steamed Sweet Peas</p> <p>Stoneground Wheat Bread</p> <p>Diced Peaches</p>	<p>29</p> <p>Classic Philly Sandwich</p> <p>Crispy Smashed Potatoes</p> <p>Scandinavian Vegetable Blend</p> <p>Classic Fruit Cocktail</p>	<p>30</p> <p>Pecan Encrusted Tilapia</p> <p>Steamed Sweet Peas</p> <p>California Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh Cut Oranges</p>	<p>31</p> <p>Loaded Baked Potato Bar</p> <p>Steamed Broccoli Florets</p> <p>Stoneground Wheat Bread</p> <p>Classic Applesauce</p>

The Kitchen Uncovered

The Kitchen Uncovered

I had my car in the shop recently. It was in Elberta, and I didn't want to put anyone out by asking for a ride to get to the shop. I've been meaning to see what all the talk about the Benzie Bus was for a while now, so I decided that was going to be the day to try it. After a quick and painless call, I was all set and had a 20-minute window in which I could expect my ride. Once it was time, I started to look for the bus. I became stressed about how this would go and was kind of regretting my decision. But then, RIGHT ON TIME, the bus arrived. They had my name, I paid my \$3, and was on my way! I actually got there in half the time that dispatch had estimated. The bus was clean, warm, and everyone, especially the driver, was very friendly. I still prefer my own car, but for the cost and convenience, I will definitely be riding the Benzie Bus again!

The reason I'm sharing this in my article is that I imagine my experience with the Benzie Bus is common, and very similar to that of many of our seniors who may have been hesitant when it comes to seeing what Benzie Bus, whom Benzie Senior Resources partners with, has to offer. Whatever reservations, fears or confusion that may be keeping them from utilizing what could be one of their most valuable local resources, will hopefully be put to rest after reading this article.

Whether it is for one of our amazing meals, a new creative activity, some physical workout, or just some good old-fashioned socializing, we are waiting for you to take that leap and see what you have been missing. Come out and see us sometime! In fact, join us on Thursday, March 23rd between 11:00 a.m. and 12:30 p.m. to meet Toby, the Mobility Manager for Benzie Bus. He'll be at The Gathering Place to answer all your questions.

Maybe I have inspired you to take the Benzie Bus!

Take care,

David Main
Executive Chef
Benzie Senior Resources



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.

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 and see if yours is there.

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

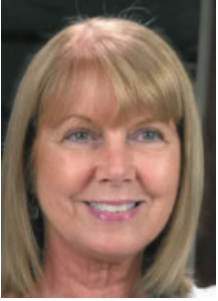


March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
February Book group call Susan to reschedule class. 231.525.0601	We are in need of Buttons, Bingo prizes, wool sweaters and glue sticks for glue guns.	1 11:30-1:30 Lunch 12:30 Bingo	2 11:30-1:30 Lunch 1:30 BUNCO	3 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
	6 10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Euchre	7 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 CHAIR YOGA	8 10:00 a.m.—11:30 MSU Extension Nutrition Label Chat 11:30-1:30 Lunch 12:30 Bingo	9 10:30 Blood Pressure/ Blood Sugar Clinic 11:30-1:30 Lunch 1:30 BUNCO 5:00 Dinner 6:00 Produce Bingo
	10 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle	13 10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Euchre 1:30 Scarf Dyeing with Sandy	14 10:30 The Melody Makers 11:30 – 1:30 Lunch 3:30 Chair Yoga	15 8:00 Little River Casino Trip 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting
	16 10:30—11:30 Kinship Care Chat with Debbie and Jeanne 11:30-1:30 Lunch 1:30 BUNCO	17 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	20 10:00 Stretch & Balance 11:30-1:30 Lunch 1:00 Euchre 1:30 Tile Coaster Class	21 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga
	22 11:30-1:30 Lunch 12:30 Bingo	23 11:00 Welcome Toby, Mobility Manager from Benzie Bus. 11:30-1:30 Lunch 1:30 BUNCO	24 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle	27 11:30-1:30 Lunch 1:00 Euchre 1:30 Movie Monday “AMELIA” starring Hilary Swank and Richard Gere
28 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	29 11:30-1:30 Lunch 12:30 Bingo	30 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	31 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	

Staff Milestones

Staff Birthdays



Cindy Falter, March 5th
Happy Birthday to our Senior Center Assistant. Cindy is a talented quilter and quite crafty. She has stepped into the role of calling Bingo and is not afraid to jump right in!



Amanda Miner, March 30th
Amanda is a one of our dedicated Home Health Aides. She is married and has two children. Amanda is grateful for all of her blessings and is happy living here in beautiful Benzie County.

Staff Anniversaries



Cathy Sanders 5 years
Cathy works in our kitchen and is often seen wearing festive attire to celebrate special days. She is dedicated to her family and also our seniors who come in to The Gathering Place. We are grateful she is on our team!



Renee Aten, 1 year
Renee is part of our dedicated Home Health team. She enjoys Tai Chi under the trees, going for long walks in nature and her Grandma's pierogi.



Terry Crawford, 1 year
Terry is on of our Home Health team. She enjoys fishing, hunting, and spending time with her family and friends. Her favorite food is cod or halibut and she doesn't like chocolate.



Tax preparers through the NMCAA program are preparing tax returns for our clients. **There are no in-person appointments.** It is a drop-off service only. Call

Benzie Senior Resources (BSR) at 231.525.0600 for more details.

Join us at The Gathering Place for Corned Beef and Cabbage on St. Patrick's Day, March 17th!

Wear green and you'll be entered into a drawing to win a lunch punch card or a free lunch!



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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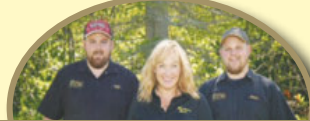
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Bulletin Board

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

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.

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.

What do you call a leprechaun's vacation home?

A lepre-condo!

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 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 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.

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.



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.

Kinship Care

THE DAY MY LIFE CHANGED FOREVER

by Jeanne Stratham

I thought retirement was going to be a walk in the park. Then my grandchildren needed us. Not only did they need us, they desperately needed us. Their parents, one of whom is our child, are heroin addicts and our grandchildren were being removed from the home. We were the first ones asked by Child Protective Services to take the children. We gladly did so, but this is a tragic trend that has been brought on by the opioid epidemic and is happening all over the United States including here in Benzie County. It has led me to look at aspects of what happens after grandparents and other relatives take on the responsibilities of welcoming their relative children in their homes. Currently, in Michigan about 10,000 children are in foster care. 54,000 are in kinship care and rarely receive any financial or agency support. This has inspired a local group to let grandparents and families know their best options before they sign any legal paperwork. Please come to our speaking engagement. If you don't need the help personally, your next door neighbor or another family member just might.

Kinship Care Talk at The Gathering Place

March 16, 2023

10:30 a.m.—11:30 a.m.

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 with you! Please call me _____

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

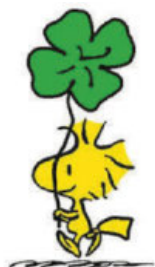
As of January 1st, residents with Medicare drug coverage will pay nothing out-of-pocket for adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including the shingles and Tetanus-Diphtheria-Whooping Cough vaccines.

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



March Birthdays

Gregory Dalman	1	Howard Foust	11	Ronald Bushong	22
Jo Holmes	1	Marie Souvatzidis	11	Julia McDonald	22
Bob Rosa	1	Betty Bishop	12	Douglas Stolz	22
Jerome Clark	2	Fred Braden	12	Dale Herscher	23
Cindy Koop	2	Dale Gauthier	12	Cathy Brown	24
June McPherson	2	Ross LaCross	13	Nancy VanderLinde	24
Patricia Blackmer	3	Steve Ely	13	Lyle Crist	25
Marla Dykstra	3	Elaine Saffron	13	Dennis Johnson	25
Michael Parson-McNamara	3	Erna Lentz	14	Becky Miller	25
John Reigler	3	Joe Perri	14	Nell Sunde	25
Rebecca Ramarize	3	Sheila Priest	14	Al Komoll	26
Susan Welsh	3	Rick Gatrell	15	Lori Lautenbach	26
Jerry Zeller	3	Dale Gauthier	15	Douglas Norris	26
Maggie Baker	5	Gale Jacobs	15	Fawn Ream	26
Maggie Baker	5	John Noecker	15	Teresa Stockman	26
Robert McCall	5	Josie Pape	15	Judith Feiger	27
Etta Mae Pierce	5	Kathleen Shadwick	15	Jack Leard	27
Glen Reed	5	Judy Brouwer	16	Donna Malecki	27
John Ryan	5	Mary Reed	16	Robert Sullivan	27
Linda Williams	5	Susana Sanchez	16	Susan Leard	28
Pam Clark	6	Cloral Beeler	17	Jill Pullen	28
Dan Davidson	6	Gene Booher	17	Donna Sandecki	28
Beverly Rockwell	6	Mary Hoyt	17	Edward Schlueter	28
Maxine Taylor	6	Violet Labadie	17	Carolyn Dole	29
Marcia Gould	7	Steven Lowry	17	Marty Jablonski	29
David May	7	Patricia Reed	17	Ebert March	29
C. Annette McCalpin	7	Patty Tolar	17	Ted Mead	29
Cathy McCoy	7	Gary Worden	17	Irene Nugent	29
Linda Skidmore	7	Susan Hughes	18	Thelma Rider	29
Richard Wheaton	7	Linda Tracy	18	Kathy Huffman	30
Regina Doyle	8	Dixie Wilkins	18	Dale Janusch	30
Lorene Gleason	8	Phyllis Cederholm	19	George Kirback	30
Carol Poulisse	8	Sara Hollenbeck	19	Angie Russell	30
John Harnish	9	Don Mead	19	Rose Dillehay	31
Joan Lichty	9	Susan Steben	19	Connie Erickson	31
Marina Seger	9	Greta Steele	19	Roger Hawkins	31
Diane Waters	9	Eileen Tomeny	21	Richard Heniser	31
Elke Ford	10	Wayne Trumbell	21	Kathleen Johnson	31
Connie Danke	11	Sharon Angus	22		

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



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.



THE SENIOR SCOOP

The Godfather

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

GODFATHER
KAY ADAMS
CONNIE
SICILY
JOHNNY FONTAN
DON VITO
TESSIO
LUCA BRASI
BARZINI
SOLLOZZO
APOLLONIA
MICHAEL
MOE GREENE
CARLO RIZZI
NEW YORK
AL NERI
SONNY
FREDO



Play this puzzle online at : <https://thewordsearch.com/puzzle/19955/>



Upcoming 2023
Little River Casino Trip
Dates: 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.

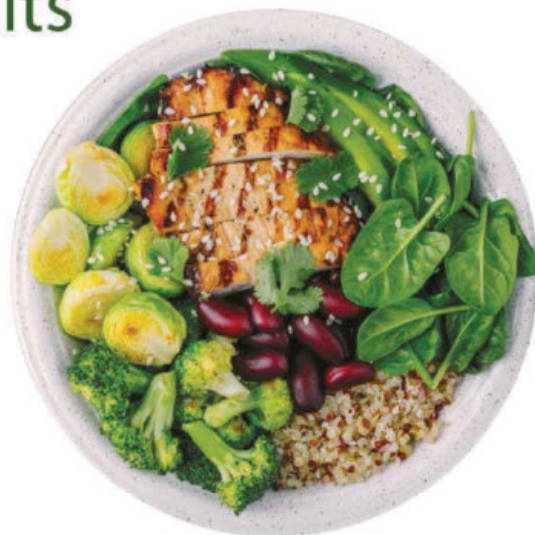
We don't charge a fee,
but donations are appreciated.



Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.



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

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. March's date is the 9th.

The last Friday of each month, our Ol' Time Gathering is back with dinner and dancing! March's date is the 24th. Dinner is served at 6:00 p.m.

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



LEFT: Members of our Advisory Council, Carol, Bill, Marsha and Ann pose before they start serving dinner. Without these volunteers, this evening program could not happen.
ABOVE: Cindy and Susan gearing up for Produce Bingo!