



# BENZIE

## SENIOR RESOURCES

June 2023

*Inside This Issue*



Directory/Subscription	2
From our Director	3
Menu	4
Kitchen Uncovered	5
Calendar of Events	6
Staff Milestones	7
Ads	8, 9
Bulletin Board	10
Nutrition Notes	11
Wordsearch	12
Birthdays	13
Medicare Minute	14
Donation Information/form	15

## Charity Day Event

Crystal Lake Golf Course

June 11, 2023

*100% of the proceeds to benefit*

*Benzie Senior Resources*

18 hole  
four person  
scramble  
\$75/ golfer

Contact  
Doug Taylor to  
Register at  
231-218-8849

Arrive at 8:00 a.m.

Shotgun Start at 8:30 a.m.

50/50 Raffle!

Prizes! Lunch!



BENZIE  
SENIOR RESOURCES

Sponsored by

19 70  
CRYSTAL LAKE GOLF COLDWELL BANKER  
SCHMIDT REALTORS

### June is...

National Fresh Fruit & Vegetables  
Month, National Hunger Awareness,  
National Great Outdoors Month,  
Men's Health Month,  
PTSD Awareness Month,  
Alzheimer's & Brain Awareness Month

"I wonder what it would be like  
to live in a world where it was always June."

—L.M. Montgomery, *Anne of the Island*



Benzie Senior Resources 231.525.0600



Providing  
exceptional services,  
resources and  
trusted care to  
support Benzie  
Seniors for 48 years.

### DIRECTORY

Phone: 231-525-0600 or  
Toll Free: 888-893-1102  
Fax: 231-325-4855  
The Gathering Place: 231-525-0601

Email: [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org)  
Website: [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org)  
Facebook: [@benzieseniorresources.org](https://www.facebook.com/benzieseniorresources.org)

Benzie Senior Resources Office Hours  
Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center  
Hours: 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  
Angela Haase, Issue Editor  
Dawn Bousamra, Advisor

### NEWSLETTER SUBSCRIPTION FORM

NAME \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST/ZIP \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL \_\_\_\_\_

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.



## Summertime and Hydration!

Summer is here... and so is the heat! It's important for your body to have plenty of fluids every day. Water helps you digest your food and absorbs nutrients. Water is found in foods - both solids and liquids, as well as in its natural state. Some good fruits and vegetables to eat for extra hydration include:

Cucumbers • Tomatoes • Watermelon • Strawberries • Cantaloupe • Grapefruit • Peaches • Oranges

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Remember, water is a good way to add fluids to your daily routine without adding calories.

### 5 Tips for Getting Enough Fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Drink a full glass of water when you take a pill.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- Don't stop or cut down on drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

### 10 Reasons to Drink More Water

- Keeps skin healthy and glowing
- Energizes the muscles
- Suppresses overeating
- Helps to lose weight
- Fights bloating
- Regulates body temperature
- Boosts immune system
- Keep kidneys healthy
- Detoxifies
- It is the best non-calorie beverage

Enjoy the summer but do so safely!

Have a happy & hydrated Summer,

*Douglas*



## Kinship Caregiver Grant

Do you or someone you know qualify?

\*Are you 55 or older and caring for a relative under the age of 18?

\*Do you live in one of our covered counties?

\*Do you have financial needs requiring assistance?



For more information or to see if you qualify please

Call 231-774-6330 or

Visit [cfsnwmi.org/kinship-caregiver](http://cfsnwmi.org/kinship-caregiver)





# June Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>We accept cash, Visa, Mastercard and Discover. Personal Checks also accepted made out to BSR</i></p>	<p>Meal price is a \$4.00 suggested donation for age 60 and older. Under 60 is \$7.50</p> <p>Caregivers under 60 are \$4.00</p>		<p>1</p> <p>Chicken Tenders with House Dip Sauce</p> <p>Oven Baked Tater Tots</p> <p>Steamed Parisian Carrots</p> <p>Stoneground Wheat Bread</p>	<p>2</p> <p>Shrimp Scampi over Pasta</p> <p>Oven Roasted Squash &amp; Zucchini</p> <p>Pesto Infused Cauliflower</p> <p>Soft Baked Breadsticks</p> <p>Fresh Nectarine</p>
<p>5</p> <p>Freshly Made Submarine Sandwich Bar</p> <p>Raspberry Carrot Salad</p> <p>Fresh Cut Watermelon</p> <p>Crispy Potato Chips</p>	<p>6</p> <p>Loaded Mac 'N Cheese</p> <p>Venetian Vegetable Blend</p> <p>Steamed Sweet Peas</p> <p>Stoneground Wheat Bread</p> <p>Fresh cut Oranges</p>	<p>7</p> <p>Seasoned Beef Taco Bar</p> <p>Latin Style Rice</p> <p>Oven Baked Peaches</p> <p>Tortilla Chips with Fire Roasted Salsa</p> 	<p>8</p> <p>Shredded BBQ Chicken Sandwich</p> <p>Baked Beans with Bacon</p> <p>Caribbean Vegetable Blend</p> <p>Classic Fruit Cocktail</p>	<p>9</p> <p>Homestyle Salisbury Steak</p> <p>Herbed Mashed Potatoes</p> <p>Key West Vegetable Blend</p> <p>Fresh Blueberries</p> <p>Birthday Cake Bites</p>
<p>12</p> <p>Five Cheese Stuffed Manicotti</p> <p>Sicilian Vegetable Blend</p> <p>Italian Style Green Beans</p> <p>Soft Baked Breadsticks</p> <p>Fresh Peach</p>	<p>13</p> <p>Belgian Waffle with Berries 'N Cream</p> <p>Freshly Scrambled Eggs</p> <p>Savory Sausage Links</p> <p>Oven Baked Spiced Apples</p>	<p>14</p> <p>Cornmeal Dusted Catfish</p> <p>Herb Buttered Potatoes</p> <p>Italian Vegetable Blend</p> <p>Fresh Baked Biscuits</p> <p>Old Fashioned Strawberry Shortcake</p>	<p>15</p> <p>Hand Rolled Sweet &amp; Sour Meatballs</p> <p>Oven roasted Brussel Sprouts</p> <p>Japanese Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh plums</p>	<p>16</p> <p>Freshly Chopped Chef's Salad</p> <p>Soft Baked Breadsticks</p> <p>Fresh Cherries</p> 
<p>19</p> <p>BBQ Glazed Chicken</p> <p>Cheddar Bacon Mashed Potatoes</p> <p>Steamed Broccoli Florets</p> <p>Stoneground Wheat Bread</p> <p>Pineapple Tidbits</p>	<p>20</p> <p>House-Made Egg Salad on Croissant</p> <p>Pea &amp; Peanut Salad</p> <p>Tropical Fruit Blend</p> 	<p>21</p> <p>Pepperoni Stuffed Calzone</p> <p>California Vegetable Blend</p> <p>Italian Style Green Beans</p> <p>Soft Baked Breadsticks</p> <p>Fresh Grapes</p>	<p>22</p> <p>Chicken Pesto Linguine</p> <p>Malibu Vegetable Blend</p> <p>Steamed Spinach</p> <p>Whole Wheat Garlic Toast</p> <p>Cranberry Applesauce</p>	<p>23</p> <p>Zesty Chicken Fajitas</p> <p>Fire Roasted Corn &amp; Black Beans</p> <p>Oven Baked Pears</p> <p>Tortilla Chips with Fire Roasted Salsa</p>
<p>26</p> <p>Homemade Sloppy Joes</p> <p>Oven Roasted Potatoes</p> <p>Italian Style Green Beans</p> <p>Fresh Peach</p>	<p>27</p> <p>Crispy Crab Cakes</p> <p>Malibu Vegetable Blend</p> <p>Steamed Sweet Peas</p> <p>Stoneground Wheat Bread</p> <p>Fresh Cut Oranges</p>	<p>28</p> <p>Texas Style BBQ Chili</p> <p>Steamed Sweet Corn</p> <p>Oven Roasted Asparagus</p> <p>Oyster Crackers</p> <p>Diced Peaches</p>	<p>29</p> <p>Philly Style Chicken Sandwich</p> <p>Sweet Potato Bites</p> <p>Steamed Cauliflower Florets</p> <p>Fresh Grapes</p> 	<p>30</p> <p>Slow Roasted Beef</p> <p>Herbed Mashed Potatoes</p> <p>Capri Vegetable Blend</p> <p>Stoneground Wheat Bread</p> <p>Fresh-cut Honeydew Melon</p>

## The Kitchen Uncovered

### We have some exciting news from The Gathering Place!

We are starting our Wednesday breakfasts again! These are small continental-style breakfasts that will be offered on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month from 8am to 10am. The breakfast offered corresponds with our seasonal menus and changes throughout the year. This month we will have a yogurt parfait with seasonal fruit and granola. Of course, we'll also have fresh hot coffee, milk, and juices. Individual milk cartons will be available in our dessert bar.

And speaking of juices, you may have noticed we have swapped our beverage cooler with a fancy new juice dispenser! We are in the process of having the final adjustments made, as well as deciding which flavors to carry. We realize juice is loaded with natural sugars and should be consumed in moderation, so we will be using only 100% juice products. It will be a really nice alternative to the hard-to-open jugs we've been using--as well as saving money and the time and materials, then the recycling. Let us know how you like our upgrade!

Happy Summer! Enjoy!

Dave, Executive Chef

### *Home Delivered Meals Drivers Needed!*

Once a month, once a week, every day—you decide. Must possess a valid driver's license and pass a background check. Drive our vehicles and we'll provide the gas. Head to our website at [BenzieSeniorResources.org](http://BenzieSeniorResources.org) and grab an application or give us a call at 231.525.0600. We guarantee you will make a difference on day one!



**BENZIE**  
SENIOR RESOURCES



*Celebrating*  
**48**  
**YEARS**  
of Service to  
BENZIE COUNTY  
**SENIORS**



# June Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Starting June 26th we 'll accept items for our YARD SALE and Benzie Bucks Auction!!! No clothing, please.</p> <p>We always need Bingo Prizes, too!</p>	<p>Please bring us wool sweaters &amp; cool buttons for making Mittens for our fundraising table!</p> 		<p>1 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>2 9:30 BUNCO 10:30 Bingo, music and Lunch in Thompsonville 11:30-1:30 Lunch <b>1:00 Carriage ride</b> 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle</p>
<p>5 9:30 Stretch &amp; Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 5:30 Zumba</p>	<p>6 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 CHAIR YOGA</p>	<p>7 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>8 10:30 Talking book Library chat 10:30 Blood pressure check 11:30-1:30 Lunch 1:30 BUNCO 5:00 Dinner 6:00 Produce Bingo</p>	<p>9 9:30 BUNCO 11:30-1:30 Lunch 11:30 Music on the patio w/Robert <b>1:00 Carriage ride</b> 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle</p>
<p>12 9:30 Stretch &amp; Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Build a Bird-house w/ Lester 5:30 Zumba</p>	<p>13 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>14 8:30 Zumba 11:30-1:30 Lunch <b>NO BINGO!</b>  <b>AARP Safe Driving 1-5pm</b></p>	<p>15 10:00 Recipe card holder with Deb 11:30-1:30 Lunch 1:30 <b>BUNCO on the Patio!</b>  <b>AARP Safe Driving 1-5pm</b></p>	<p>16 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle</p>
<p>19 9:30 Stretch &amp; Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:30 Rock Painting 1:00 Euchre 5:30 Zumba</p>	<p>20 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>21 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting</p>	<p>22 10:00 Sew a pillow case w/ Joan 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>23 9:30 BUNCO 11:30-1:30 Lunch 11:30 Music on the patio w/Robert 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle</p>
<p>26 9:30 Stretch &amp; Balance (Qi Gong) 11:00 Tai Chi 1:30-1:30 Lunch 1:00 Euchre 1:30 Paint a Fabric Portrait w/ Deb 5:30 Zumba</p>	<p>27 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>28 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>29 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>30 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle 5:30-8:30 Ol' Time Gathering</p>

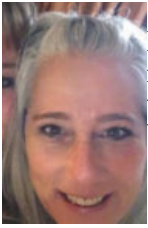


## Staff Milestones

### Welcome to the Team!

Leslie Byrd CNA

Donna Heinrich, RN



Leslie and Donna both bring much experience and knowledge to our agency. Our seniors will benefit greatly from their care!



### Staff Birthdays

Tammy Finney celebrates on June 2nd



Tammy has been one of our home health aides for 12 years. She's crazy about her pet Yorkie, Lacey, and her husband Mike, and gets to Texas as often as possible to see her grandbabies. She has three of them now!



When does a joke become a dad joke? When it becomes apparent!

### New COVID-19 Vaccine Recommendations

- Adults aged 65 and older and individuals with immune compromising conditions are eligible to get a 2nd dose of bivalent COVID vaccine now!
- Anyone 6 months through 64 is considered up to date with one dose of bivalent COVID vaccine.

To schedule an appointment, call the Benzie-Leelanau District Health Department at 231-256-0200, ext. 3 or scan the QR code to self-schedule online



Scan QR code to find other locations offering COVID-19 vaccines



**Barb & Mike Michels**  
invite you to join them & their team of horses for a carriage ride.

Rides are approx. 2 hours & are subject to change if there's inclement weather. Join us June 2nd and June 9th.

We'll leave at 1:00 p.m. from The Gathering Place.

There's no charge for this adventure!

Call 231.525.0601 to sign up!



Estate Planning with  
Attorney Courtney J. Marshall  
-(231) 947-6800-  
www.mblawtc.com  
13872 S. Compass Rose Drive  
Traverse City, MI 49684  
We welcome Attorney Lane T. Plamondon to our firm

The sooner you call,  
the more we can help.

**24/7 Support**  
888-247-5701  
or hom.org

Our State. Our Town.  
*Our Hospice.*

Hospice of Michigan

A member of the **northstar** Care Community

## DARCY LIBRARY OF BEULAH

7238 Commercial St.  
Beulah, MI 49617



Hours: Mon. 12-5pm, Tues. 12-7pm, Wed. 12-5pm  
Thurs. 12-7pm, Fri. 12-5pm, Sat. 9-1pm

**231-882-4037**

*"YOUR community library open  
to all of Benzie County"*

## Bennett-Barz Funeral Home

Kirk & Courtney Barz – Owners

Benzie County's only funeral home  
with an on-site crematory

1417 Beulah Highway • Beulah, MI 49617

Tel: (231) 882-5502

www.bennett-barzfuneralhome.com

## RON BROWN & SONS



**ASPHALT PAVING**  
231-864-2275 • 1-800-968-2275

**FREE ESTIMATES**

ronbrownandsons@gmail.com

P.O. Box 254

17443 Pleasanton Hwy. • Bear Lake

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized  
Provider

SafeStreets

**833-287-3502**



DINE IN • CARRY OUT • DELIVERY

*Papa J's is located in the  
Honor Shopping Plaza  
US-31, Honor, MI 49640*

(231)325-7070

Stop in for a good family bite.

Serving all your  
**Insurance Needs**

WEBBER INSURANCE AGENCY  
BENZONIA \* 231.882.9655

*Auto-Owners*  
INSURANCE

LIFE • HOME • CAR • BUSINESS

PROMEDICA | Heartland

Providing hospice care in  
Antrim, Benzie, Grand Traverse,  
Kalkaska & Leelanau Counties

**231-935-3089**

promedica-hospice.org



Dennis • Denise  
Koreen • Jarred  
Sara

www.classicinteriorsmi.com

7313 Crystal Avenue  
Beulah, MI 49617  
ncjcorp@yahoo.com

231.882.5881  
1.800.230.5300

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Christopher Guldager**

cguldager@4LPi.com

(800) 477-4574 x6829

Your Real Estate

**SUPER  
POWER**

Let our **TEAM**,  
powered by four  
licensed Realtors, a  
dedicated Marketing  
Specialist, along  
with the **STRENGTH**  
of Real Estate One,  
be your **SUPER  
POWER** for buying  
& selling today and  
in the future!

**231.631.1337**  
**jonzickert.com**

57 N. Michigan Ave - Beulah, MI

**THE JON ZICKERT  
GROUP**

Use your phone's  
camera & scan the  
code to visit our site!



3-D-5-5

For ad info. call 1-800-477-4574 • www.lpcommunities.com

15-0688



*No one can tell your story as well as you can.*



806 Hastings Street  
Traverse City, MI 49686  
231-943-8777  
888-470-6591

[www.swensenmemorials.com](http://www.swensenmemorials.com)

*Trustworthy and compassionate service for monuments, mausoleums and cremorials.*



231-651-0473

Email: [jgcolby73@yahoo.com](mailto:jgcolby73@yahoo.com)

[www.colbysorchardhouse.com](http://www.colbysorchardhouse.com)

THIS SPACE IS  
**AVAILABLE**



**Justin C Keillor**

Financial Advisor

1505 Benzie Hwy Suite 105

Benzonia, MI 49616

Bus: 231-882-4822

Fax: 877-843-3746

[Justin.Keillor@edwardjones.com](mailto:Justin.Keillor@edwardjones.com)

[www.edwardjones.com/justin-keillor](http://www.edwardjones.com/justin-keillor)

**Edward Jones**  
MAKING SENSE OF INVESTING

**Northern  
Auto & Tire**  
Sales & Service



231-325-0123 • Honor



**THE MAPLES**  
Care Beyond Compare

REHAB & LONG TERM CARE

210 MAPLE AVENUE • FRANKFORT, MICHIGAN 49635 • 231-352-9674

[www.BenzieMaples.ORG](http://www.BenzieMaples.ORG)

**SUPPORT OUR ADVERTISERS!**



**FREE  
AD DESIGN**  
with purchase  
of this space

**CALL 800-477-4574**



Life Long  
Native of  
Benzie County



Specializing in  
Frankfort, Beulah and  
Crystal Lake Areas

**Brooke Hollenbeck Sowa**  
Real Estate Specialist

231-620-3188

231-882-4449

[basowa2002@yahoo.com](mailto:basowa2002@yahoo.com)



**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized  
Provider

SafeStreets

833-287-3502

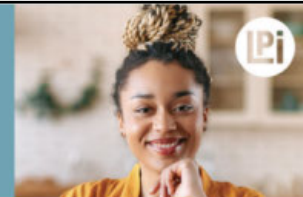


**WE'RE HIRING!**

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Work-life balance
- Full-Time with benefits
- Some travel
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



3-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0688

## Bulletin Board

List for The Gathering Place Book Club.  
It meets the last Thursday each month 10:00 a.m.  
June – **Long Bright Winter** by Liz Moore  
July – **It's All Relative** by AJ Jacobs  
August–**The Moviegoer** by Walker Percy  
Sept **The Red Wheelbarrow** by Briony Stewart  
October – **The Waves** by Virginia Woolf  
Nov.–**Saving Arcadia** by Heather Shumaker  
December–**A Woman is No Man** by Etaf Rum

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.



Frankfort Area Vet to Vet Group is held the 1<sup>st</sup> Monday every month 6:30pm at Trinity Lutheran Church in Frankfort at 955 James Street. Come join us! Welcome home...



A reminder—

If you've received Honor Market Gift Certificates, please use them! There's plenty to enjoy from there! Fresh Fruits & Veggies, try some Honor Market Bacon and Brats! We have hot lunches, Deli Items, and so much more!

Thompsonville lunch, music, and bingo is back! First Friday of every month, join us at the Thompsonville Firehall. The fun begins 10:30 a.m. Lunch is served at noon. Call 231.525.0601 to sign up!



**myseniorcenter**

Many of you already have your keycard and have learned how to check-in at the kiosk. Please let our desk volunteers know if you don't have one. Everyone **MUST** scan their keycard for ALL activities, lunches, and volunteering. *Thank you!*

### 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.

### 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





## Nutrition Notes

Asparagus is at its peak as we're putting this newsletter together!  
The festival in nearby Empire is June 3<sup>rd</sup>.

When you buy asparagus fresh from the farmers' market or farm stand or grocery store, it's best to eat it right away. Asparagus pairs well with lots of other spring vegetables and flavors! And if you need more reasons to enjoy this yummy and nutritious vegetable, read on to find out how asparagus is good for you—

### **Asparagus Nutrition Facts for one cup (135 g) of uncooked asparagus:**

- **Calories: 27 calories**
- **Protein: 3 g**
- **Total fat: 0.16 g**
- **Fiber: 3 g (12% Daily Value)**
- **Potassium: 273 mg (8% Daily Value)**
- **Vitamin C: 7.6 mg (13% Daily Value)**
- **Vitamin K: 56.2 mcg (70% Daily Value)**
- **Folate: 70.2mcg (18% Daily Value)**

### **Health Benefits of Asparagus**

These vegetable spears are packed with nutrients, providing a good source of fiber, vitamin C and folate. It is also an excellent source of vitamin K, an essential nutrient for blood clotting and healthy bones. Notably, asparagus also contains chromium, a trace mineral that may enhance the ability of insulin to transport glucose from the bloodstream into cells—that's good news if you're watching your blood sugar levels. Moreover, asparagus has other potential benefits, including:

- **May help lower blood pressure.**
- **May help fight cancer.**
- **It's packed with antioxidants**
- **May be a brain booster.**
- **It's a natural diuretic.**

Some people still avoid asparagus because it may cause a strong urinary odor. This is why: Asparagus actually contains asparagusic acid, that, when it's metabolized, gives off a distinct smell in the urine. Young asparagus contains higher concentrations, so the odor is stronger after eating it. Rest assured that there are no harmful effects from the sulfuric compounds or the odor!

**To cook it best, make sure that no matter the method you use— steam, baking, grilling, roasting, etc. that it retains its bright green color. That way it will also retain its best nutritional value for you!**



### ***Quick & Easy Asparagus Recipe***

***Preheat oven to 425 degrees***

***Prepare asparagus—rinse it and take off the woody ends. Drizzle it with olive oil and season it to taste on a baking pan. Many choose to sprinkle it with parmesan cheese.***

***Cook for 10-12 minutes in your oven.***

***Check halfway through (after 5 minutes)***

***Bake and serve with lemon slices if you like!***



# Word Search

## Summer Break

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

BASEBALL  
 ICE CREAM  
 LIMEADE  
 DRAMA FREE  
 LEMONADE  
 CHEESEBURGERS  
 SWIMMING  
 SHOPPING  
 CAMP  
 VACATION  
 LAKE  
 BEACH  
 HOT DOGS  
 MANOFSTEEL  
 SLEEP IN  
 JULY  
 JUNE  
 MOVIES  
 AUGUST  
 BOATING



Play this puzzle online at : <https://thewordsearch.com/puzzle/503/>



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).



### 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.





## June Birthdays

Joan Giddis	1	Blanche Blacklock	10	Patricia Ely	23
Gail LeTourneau	1	Julia Hopkins	10	Ted Page	23
Carol Yalch	1	Robbie Leffring	11	Fran Johnson	24
Dan Giddis	2	Beverly Reed	11	Robert Glass	24
June Jackson	2	Gerald Dodd	12	James Reed	24
Jean Revnell	2	Jonathon Putney	12	Carol Rider	24
Jan Yost	2	Carla Plonski	13	Wanda Smigiel	24
Conrad Caris	3	Sherry Edinger-Goethe	14	John Ester	25
Denny Cheylava	3	George Harrington	14	Russell Mowen	25
Dan Dereere	3	Susan Heacock	14	Dollie Boggs	26
Butch Engelbertson	3	Ken Keillor	14	Jeri Bushong	26
Bob Kage	3	Ginny Istnick	15	Joyce Ely	26
Ted Mick	4	Bob Ward	15	Randall Buckner	27
Joy Brozofsky	5	Nanette Renn	15	Rosemarie Holso	27
Vicki Fast	5	Judy Caris	17	Suzanne Jewell	27
Mary Ferens	5	William Gray	17	Tess Keillor	27
Ray Wittig	5	Fern Plant	17	Gloria Troutman	27
Sandy Keeler	6	Rick Fast	18	Carlos Velasquez	27
Buck Lambert	6	Suzanne Freshour	18	Mary Graham	28
Jim Marsden	6	Leonard Corey	19	Fred McConnel	28
Maria Souvatzidis	6	Susie Harold	19	Elsa Miller	28
Pauline Barnes-Philo	7	Betty Kalis	19	Phyllis Mowen	28
Janice Cooney	7	Sandra Schlueter	19	Lucy Swanson	28
Bruce Doyon	7	Pat Vertucci	19	Robin Peer	29
Harold Case	8	Guy Fast	20	June Armstrong	30
Trilby Novak	8	Bess Butler	21	Jeff Lepke	30
Orlin Reed	8	Mabel Foust	21	Carol Salerno	30
Ann Bock	9	Judy Harnish	21		
Debra Reed	9	Gloria McPherson	22		

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

### AARP Smart Driver Course



Upcoming AARP Smart Driver Course at The Gathering Place Senior Center.

Contact Susan at (231) 525-0601 to sign up. Space is limited.

**Wednesday, June 14, 2023 & Thursday, June 15, 2023**

Both sessions: 1:00PM-5:00PM \*8 hour course: **must attend both sessions**

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety course & is designed especially for drivers age 50 and older. After completing the course, you'll have a greater appreciation of driving challenges & a better understanding of how to avoid potential collisions and/or injuring yourself or others. Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent. The classroom course costs \$20 for AARP members and \$25 for non-members (cash or check only). Please bring a valid Michigan Driver License & AARP card, if you have one.



# Medicare Minute



Area Agency on Aging of Northwest Michigan wants to remind Medicaid beneficiaries that due to the end of the COVID-19 public health emergency you could be at risk of losing your Medicaid coverage.

Nationwide, Medicaid beneficiaries will have to renew their coverage to comply with federal legislation. Annual renewals **will begin in June 2023** and will continue through May 2024. Michigan Department of Health and Human Services (MDHHS) will review the Medicaid eligibility of more than 3.1 million Michigan residents, and those who are no longer eligible for benefits must take action to maintain healthcare coverage to protect themselves and their families.

For information about Medicaid eligibility renewals, visit [www.Michigan.gov/2023BenefitChanges](http://www.Michigan.gov/2023BenefitChanges). Information about coverage options for those losing Medicaid coverage is available at [www.Michigan.gov/StayCovered](http://www.Michigan.gov/StayCovered) or call the Michigan Department of Insurance and Financial Services at (877) 999-6442.

If you are a Medicaid beneficiary, you should take the following steps to prepare: Make sure your address, phone number, email address and household income are up to date at [www.michigan.gov/MIBridges](http://www.michigan.gov/MIBridges). You can also call your local MDHHS office listed below. If you do not have an online account for MI Bridges to access your Medicaid case or report changes, visit [www.michigan.gov/MIBridges](http://www.michigan.gov/MIBridges) to sign up for an account. If you get a renewal packet, be sure to fill it out, sign the forms and return it by the due date with any proof needed. **NOTE:** If you do not complete and return the renewal, you may lose Medicaid coverage.

If you do not have internet access, there are other options for assistance. If you are 65 and older, and have both Medicare and Medicaid coverage, call our Medicare and Medicaid Assistance Program (MMAP) for help at (800) 803-7174. If you only have Medicaid coverage, call your local Department of Health and Human Services office listed below or call the Michigan Department of Insurance and Financial Services at (877) 999-6442.

## Department of Health and Human Services – Local Offices

County	Phone Number
Antrim	231-533-8664
Benzie	231-882-1330
Charlevoix, Emmet	231-348-1600
Grand Traverse, Leelanau	231-941-3900
Kalkaska	231-258-1200
Manistee	231-723-8375
Missaukee, Wexford	231-779-4500

MMAP is a free counseling service for Medicare and/or Medicaid beneficiaries and their caregivers. MMAP counselors are not associated with any health insurance company & can provide you with unbiased information and assistance on public benefits and health insurance issues. They're trained in Medicare and Medicaid law and regulations and related insurance products. Our volunteer is available for appointments either over the phone or in-person by calling our office at 231.525.0600.

**MMAP**  
MICHIGAN MEDICARE/MEDICAID  
ASSISTANCE PROGRAM



*Navigating Medicare*





# 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.

## 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

## Cleaning Out Your Closet?

**We need your shoes!**

Frankfort Congregational Church  
**Missions Committee**



### Drop-Off Location:

431 Forest Ave., Frankfort  
Or the Gathering Place, Honor

### Dates:

May, June and July

### Contact:

231-352-7909  
pastor431@gmail.com

Help us raise funds just by donating gently worn, used and new shoes! Be sure to ask, friends, family, neighbors and co-workers to donate too!

Collected shoes not only help support us, but they will be reused and given a second life by those in need through #microenterprise. It's a WIN-WIN!



The 2nd Thursday each month, we'll have dinner at 5:00 p.m. & play **Produce Bingo** at 6:00 p.m. **June 8th** our meal is spaghetti & meatballs, salad, and brownie for dessert. The last Friday each month, **Ol' Time Gathering** is back! Dinner & dancing **June 30th** Dinner is at 6:00 p.m.

We'll have BBQ beef, pasta salad, & cake. You **must sign up** for both in advance. Call 231.525.0601 to register or stop by the desk at The Gathering Place.

