



BENZIE

SENIOR RESOURCES

May 2023

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May is:
Arthritis Awareness Month
Mental Health Month
National Asthma & Allergy Awareness
National Stroke Awareness Month
Older Americans Month
National Osteoporosis Month
National High Blood Pressure Month

Benzie Senior Resources 231.525.0600

THE SENIOR SCOOP



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We had a blast celebrating and honoring our 150 volunteers! See our Facebook page for more pics of this two-day event.





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The Gathering Place: 231-525-0601

Email: info@BenzieSeniorResources.org
Website: 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

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Rosemary Russell
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Paul Turner, *Vice President*
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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
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Angela Haase, copy/finish edits

NEWSLETTER SUBSCRIPTION FORM

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



THANK YOU!

Benzie Senior Resources wishes to extend our sincere appreciation to the following sponsors for their support of our Annual Volunteer Recognition Event on April 17th & 18th at The Gathering Place Senior Center:

Event Sponsors: Bonney Bros, Inc.; Comfort Keepers; Ford Insurance; Lisa M. Musgrave, DDS; Watson Benzie, LLC; Webber Insurance; Grand Traverse Refrigeration; Honor & Onkama Building Supply; Honor Bank; The Roadhouse Mexican Bar & Grill, and Wyant Computers

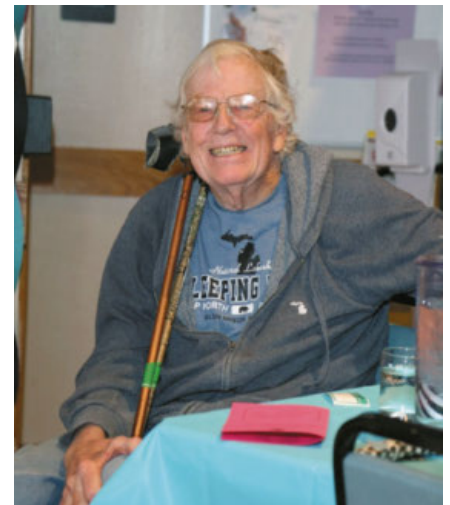
Table Sponsors: Geno's Sports Bar & Grill; Kari King, Century 21 Northland; Honor Family Market and Stapleton Reality

Volunteer Sponsors: Field Crafts, Inc.

Prize Sponsors: AJ's Excavating; Benzie Bus; Upriver Pizza; Eden Hill Vines; Crystal Mountain Resort; Grand Traverse Family Chiropractic; Champion Hill/ Pinecroft Golf Courses

Cakes were created and donated by Nicole Neihardt.

We greatly appreciate the generosity of these sponsors. Your support of our agency, volunteers and seniors of Benzie county means so very much to us! Thank you!!!



May Menu

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

	Tuesday	Wednesday	Thursday	Friday
1 Asian Style Chicken Salad Raspberry Carrot Salad Cranberry Applesauce Croissant	2 Smoky Ham & Bean Soup Capri Vegetable Blend Green Bean Blend Oyster Crackers Fresh Banana	3 Thai Style Peanut Chicken Thai Style Spring Roll Asian Vegetable Blend Lucky Fortune Cookie Mandarin Oranges	4 Classic Philly Steak Sandwich Oven Roasted Potatoes Scandinavian Vegetable Blend Classic Fruit Cocktail	5 Beef Empanadas with Latin Rice Authentic Refried Beans Latin Style Rice Tortilla Chips with Fire Roasted Salsa Diced Peaches
8 Authentic Chicken Shawarma Wrap Oven Baked Tater Tots Steamed Cauliflower Florets Classic Fruit Cocktail	9 Country Style Beef Fritters & Gravy Herb Buttered Potatoes California Vegetable Blend Stoneground Wheat Bread Apricot Halves	10 Loaded Baked Potato Bar Steamed Broccoli Florets Stoneground Wheat Bread Classic Applesauce	11 Pecan Encrusted Tilapia Crispy Smashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Fresh Grapes	12 Jamaican Style Chicken Whipped Sweet Potatoes Malibu Vegetable Blend Pineapple Tidbits Birthday Cake Bites
15 Boneless Porkchops with Herbed Stuffing Oven Baked Potato Key West Vegetable Blend Sweet Hawaiian Rolls Fresh Grapes	16 Stuffed Cabbage Rolls Capri Vegetable Blend Steamed Sweet Peas Stoneground Wheat Bread Diced Pears	17 Crispy Crab Cakes Cheddar Bacon Mashed Potatoes Japanese Vegetable Blend Stoneground Wheat Bread Mandarin Oranges	18 Bratwurst with Sautéed Peppers & Onions Oven Baked Tater Tots Normandy Vegetable Blend Fresh Banana	19 Deluxe Pizza Italian Vegetable Blend Steamed Sweet Corn Soft Baked Breadsticks Fresh Cut Oranges
22 Grilled Chicken Caesar Salad Soft Baked Breadsticks Fresh Banana	23 Chicago Style Italian Beef Sandwich Sweet Potato Bites Steamed Broccoli Florets Tropical Fruit Blend	24 Classic Chicken Marsala Oven Roasted Asparagus European Vegetable Blend Stoneground Wheat Bread Apricot Halves	25 Spaghetti & Italian Meatballs Venetian Vegetable Blend Steamed Sweet Peas Soft Baked Breadsticks Pineapple Tidbits	26 Slow Roasted Beef Herbed Mashed Potatoes Italian Style Green Beans Stoneground Wheat Bread Cherry Pie Slice
29 	30 Philly Style Chicken Sandwich Oven Roasted Potatoes Scandinavian Vegetable Blend Classic Fruit Cocktail	31 Whole Wheat Cinnamon French Toast Oven Baked Pears Savory Sausage Links Freshly Scrambled Eggs		

Bulletin Board

The second Thursday of each month, we will be serving dinner at 5:00 p.m. and playing **Produce Bingo** at 6:00 p.m. May's date is Thursday the 11th. Our meal is spaghetti and meatballs, tossed salad, and brownie for dessert. Thank you to Denny the Library Dog for sponsoring May's Produce Bingo!

The last Friday of each month, our **Ol' Time Gathering** is back with dinner and dancing! May's date is the 26th. Dinner is served at 6:00 p.m. and we'll be having BBQ beef, pasta salad, 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.



Barb and Mike Michels invite you to join them and their team of horses for a

carriage ride. Rides are approximately 2 hours and are subject to change if there's inclement weather. Bring a blanket! Join us on May 19th. We leave The Gathering Place at 1:00 p.m. There is no charge for this adventure! Call 231-525-0601 to sign up.



Create Your Own Garden Flag. Monday, May 15th at The Gathering Place at 1:30 p.m. Supplies

are limited, so please sign-up at the front desk or call 231-525-0601.

Cleaning Out Your Closet?

We need your shoes!

Frankfort Congregational Church
Missions Committee



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!

Drop-Off Location:

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

Dates:

May, June and July

Contact:

231-352-7909
pastor431@gmail.com



THE SENIOR SCOOP

May Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Stretch & Balance 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Scarf Dying 5:30 Zumba	2 10:30 The Melody Makers 11:30-1:30 Lunch	3 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	4 11:30-1:30 Lunch 1:30 BUNCO	5 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
8 10:00 Stretch & Balance 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:00 Heart Shape Rug Making w/ Judy Part 1 5:30 Zumba	9 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 CHAIR YOGA	10 8:30 Zumba 10:00 a.m.—11:30 MSU Extension Fruits and Veggies 11:30-1:30 Lunch 12:30 Bingo	11 10:00 Altered Books #3 w/ Pam 10:30 Blood Pressure/ Blood Sugar Clinic 11:30-1:30 Lunch 1:30 BUNCO 5:00 Dinner 6:00 Produce Bingo	12 9:30 BUNCO 10:00 Hearing Clinic (at BSR office—appointment required) 11:30-1:30 Lunch 1:00 Higgins Hearing Chat 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
15 10:00 Stretch & Balance 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Garden Flag Craft 1:30 Garden Hag 5:30 Zumba	16 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	17 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Directors Meeting	18 10:00 Heart Shape Rug Making w/ Judy Part 2 11:30-1:30 Lunch 1:30 BUNCO	19 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:00 Carriage Ride Trip
22 10:00 Stretch & Balance 11:00 Tai Chi 1:30-1:30 Lunch 1:00 Euchre 1:00 Movie Monday 5:30 Zumba	23 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	24 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	25 10:00 Altered Books #4 w/ Pam 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	26 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
29  CLOSED	30 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	31 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo	<div> 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. <i>Thank you!</i> </div>	

Staff Milestones

Staff Birthdays



Michelle Francis, May 2nd.
Michelle loves to hike, stay active, and spend as much time outside. Her favorite food is Italian and she loves eating at The Gathering Place. She is quick to give a smile and check in with our seniors who stop by.



Terri Shorter, May 8th.
Terri is new to Benzie Senior Resources. She is our Director of Home Health Services and has already been with us for 90 days. She is a proud mom of two boys and loves shopping, snowmobiling, and Florida in March.



Doug and Dawn pose with Courtney Doyle from Cherryland Electric who delivered a Cherryland Cares Grant check for \$3000! This helps move us forward in purchasing a replacement vehicle for our meal delivery route.

THANK YOU CHERRYLAND CARES!

Staff Anniversaries



Felicia Hilliard, 2 years.
Felicia is an R.N. on our Home Health team. She is a TC native and a mom to two grown children. When not working, Felicia likes to create art, work out, collect rocks, camp, and hike.



Tammy Jenkins-Finney, 12 years
Tammy loves going to Texas to visit family. She loves to go to the beach, swim and spend time with her husband, kids and grandchildren.



Beate Raffaele—1 year (April)
Beate is an avid rock hound and loves to spend time outside in her garden. Her favorite place to eat is Cracker Barrel and she absolutely loves chili. She is from Stuttgart, Germany and moved to America in 1990.



Erica Crawford—1 year (April)
Erica enjoys hiking and hanging out with her friends in her free time. Her favorite restaurant is The Roadhouse and her favorite food is Mexican. She once ate a gallon of chili garlic hot sauce in one month.



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 and is designed especially for drivers age 50 and older. After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and 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 and AARP card, if you have one.



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Bulletin Board

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

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. Call 231.525.0601 to sign up!

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.

Free Computer Help

The Darcy Library in Beulah
Thursdays 12:00 p.m.-3:30 p.m.

Use your computer or one at the library.
Questions? Call Carol at 231.882.4037



Benzie Senior Resources has partnered with Benzie Bus to

offer Health Rides for Benzie seniors age 60 and older. 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.

DASH diet: Healthy eating to lower your blood pressure

By Mayo Clinic Staff

DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet is a healthy-eating plan designed to help treat or prevent high blood pressure (hypertension). The DASH diet includes foods that are rich in potassium, calcium and magnesium. These nutrients help control blood pressure. The diet limits foods that are high in sodium, saturated fat and added sugars.

Studies have shown that the DASH diet can lower blood pressure in as little as two weeks. The diet can also lower low-density lipoprotein (LDL or "bad") cholesterol levels in the blood. High blood pressure and high LDL cholesterol levels are two major risk factors for heart disease and stroke.

DASH diet and sodium

The DASH diet is lower in sodium than a typical American diet, which can include a whopping 3,400 milligrams (mg) of sodium or more a day. The standard DASH diet limits sodium to 2,300 mg a day. It meets the recommendation from the Dietary Guidelines for Americans to keep daily sodium intake to less than 2,300 mg a day. That's roughly the amount of sodium in 1 teaspoon of table salt. A lower sodium version of DASH restricts sodium to 1,500 mg a day. You can choose the version of the diet that meets your health needs. If you aren't sure what sodium level is right for you, talk to your doctor.

DASH diet: What to eat

The DASH diet is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. It is rich in vegetables, fruits and whole grains. It includes fat-free or low-fat dairy products, fish, poultry, beans and nuts. It limits foods that are high in saturated fat, such as fatty meats and full-fat dairy products. When following DASH, it is important to choose foods that are rich in potassium, calcium, magnesium, fiber and protein; low in saturated fat and low in sodium.

DASH diet: Recommended servings

The DASH diet provides daily and weekly nutritional goals. The number of servings you should have depends on your daily calorie needs. Here's a look at the recommended servings from each food group for a 2,000-calorie-a-day DASH diet:

- **Grains: 6 to 8 servings a day.** One serving is one slice bread, 1 ounce dry cereal, or 1/2 cup cooked cereal, rice or pasta.
- **Vegetables: 4 to 5 servings a day.** One serving is 1 cup raw leafy green vegetable, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice.
- **Fruits: 4 to 5 servings a day.** One serving is one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/2 cup fruit juice.
- **Fat-free or low-fat dairy products: 2 to 3 servings a day.** One serving is 1 cup milk or yogurt, or 1 1/2 ounces cheese.
- **Lean meats, poultry and fish: six 1-ounce servings or fewer a day.** One serving is 1 ounce cooked meat, poultry or fish, or 1 egg.
- **Nuts, seeds and legumes: 4 to 5 servings a week.** One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons seeds, or 1/2 cup cooked legumes (dried beans or peas).
- **Fats and oils: 2 to 3 servings a day.** One serving is 1 teaspoon soft margarine, 1 teaspoon vegetable oil, 1 tablespoon mayonnaise or 2 tablespoons salad dressing.

Sweets and added sugars: 5 servings or fewer a week. One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet, or 1 cup lemonade.

As you cut back on processed, high-sodium foods, you may notice that food tastes different. It may take time for your palate to adjust. But once it does, you may find you prefer the DASH way of eating.

Word Search

Disney

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

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 ARISTOCATS
 LION KING
 THE RESCUERS
 PLUTO
 JUNGLE BOOK
 ALADDIN
 BAMBI



Play this puzzle online at : <https://thewordsearch.com/puzzle/1316/>



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.



May Birthdays

Mary Baker	1	Jeannine Ransom	10	Sherry Grant	22
Robin MacKenzie	1	Mike Rice	10	Lillian Killeen	22
Andrea Neihardt	1	Mike Sheronick	10	Sharon McKeon	22
Katherine Gossens	2	Ingrid Turner	10	Viola Dawe	23
Kimberly Allen	3	Linda M. Wilson	10	AnnMarie	
Shirley Austin	3	Jerome Kekel	11	Parson-McNamara	23
Michael Bishop	3	Sue Miner	11	Karen Nugent	23
Nancy Ellis	3	Roger Blue	12	Ted Hoff	24
Leonard Kastenschmidt	3	Hope Clifton	13	Jack Howell	25
Susan Mark	3	Creg Hillier	13	Kathleen Leach	25
Richard Robotham	3	Barbara Patterson	13	Laura Scramlin	25
Rosemary Spafford	3	Helmut Wuerzinger	13	Frank Clarke	26
Beverly Holbrook	4	Claudia Bailey	14	David Grant	26
Eugene Heniser	5	Katie Conley	14	Victoria Alvarez	27
Ron Hitesman	5	Jane Elzerman	14	Al Amstutz	27
Irene Rath	5	Donald Gensman	14	Cheryl Fifield	27
Larry Bishop	6	Mildred Bender	15	Mike Mazeika	27
Donna Chalmers	6	Rosemary Russell	15	Daniel Remahl	27
Mary Dykstra	6	Bob Talbott	15	Gloria Coates	28
Leo Hughes	6	Sharon Harrett	16	Patty Fagan	28
Carolyn McPherson	6	Judy Sheets	16	Dave Grimes	28
Warren Putney	6	Robert Fitzke	17	Julie Lapeer	28
Donald Shadwick	6	Jeanne Stratham	17	Lindi Milner	28
Kory Tomey	6	Rhonda Kittleson	18	Arlene Rawls	28
Karen Sue Yagle	6	Trish Early	19	Jenny Rineer	28
Kay Boyne	7	Raymond Tate	19	Jerry Philo	29
Dorr Bugbee	8	Steve Tebo	19	Dan Robotham	29
Richard Geren	8	Harry Friend	20	Jim Curtis	30
Lynn Kuehneman	8	Mark Luedi	20	Richard Hitchingham	30
Charles Ottenbacher	8	Margaret Winnie	20	Al Nagel	30
Jack Holtrey	9	Margaret Case	21	John Fekete	31
William Chamberlain	10	Eugene Golanda	21	Carol Wiggins	31
Janette Ransom	10	Vince Rogers	21		



Need to find the perfect birthday gift? How about taking a gander at our fundraising table in the corner of the dining room at The Gathering Place? You'll find beautiful, hand-

made items donated by our talented seniors. And the best part? All of the money raised



goes back into The Gathering Place activities fund for more quality crafts and classes.

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

Anniversary Dates and Stories Wanted

We'd love a picture and a chance to share your story. Call Dawn at 231.525.0600 or mail this form to Benzie Senior Resources, 10542 Main Street, Honor, MI 49640.

Name _____ Anniversary _____

☐ 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.



What if my provider doesn't think Original Medicare will cover the items or services I need?

If you have Original Medicare, your provider may ask you to sign an Advance Beneficiary Notice (ABN). An ABN, also known as a waiver or liability, is a notice a provider should give you before you receive a service if, based on Medicare coverage rules, your provider has reason to believe Medicare may not pay for the service. The ABN may look different, depending on the type of provider who gives it to you.

The ABN allows you to decide whether to get the care in question and to accept financial responsibility for the service (pay for the service out-of-pocket) if Medicare denies payment. The notice must list the specific reason why the provider believes Medicare may deny payment. For example, an ABN might say, "Medicare only pays for this test once every three years." Providers are not required to give you an ABN for services or items that are never covered by Medicare, such as hearing aids. Note that your providers are not permitted to give an ABN all the time or to have a blanket ABN policy where they provide an ABN for all services.

While the ABN serves as a warning that Medicare may not pay for the care your providers recommends, it is possible that Medicare will pay for the service. To get an official decision from Medicare, you must first sign the ABN, agreeing to pay if Medicare does not, and receive the care. Make sure you request that your provider bills Medicare for the service before billing you (the ABN may have a place on the form where you can elect this option). Otherwise, your provider is not required to submit the claim, and Medicare will not provide coverage.

Medicare has rules about when you should receive an ABN and how it should look. If these rules are not followed, you may not be responsible for the cost of the care. However, you may have to file an appeal to prove this. When your Medicare Summary Notice (MSN) shows that Medicare has denied payment for a service or item, you can choose to file an appeal. Remember, receiving an ABN does not prevent you from filing an appeal, as long as Medicare was billed.

You may not be responsible for denied charges if the ABN:

- Is difficult to read or hard to understand
- Is given by the provider (except a lab) to every patient with no specific reason as to why a claim may be denied
- Does not list the actual service provided, or is signed after the date the service was provided
- Is given to you during an emergency or is given to you just prior to receiving a service (for instance, it is given to you immediately before an MRI, without time for you to consider options and make an informed choice)

You also may not be responsible for denied charges if an ABN was not provided when it should have been. You may not need to pay for care if you meet all of the following requirements:

- You did not receive an ABN from your provider before you were given the service or item;
- Your provider had reason to believe your service or item would not be covered by Medicare;
- Your item or service is not specifically excluded from Medicare coverage; and
- Medicare denied coverage for your item or service.

Day Trip

MAY 27th - Memorial Day Weekend Craft Fair. Leave The Gathering Place at 8:30AM. Trip Fee \$10.00 plus lunch at Ponderosa. If you would like to participate in this trip and have a financial hardship, please see Susan.



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.

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

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Address Service Requested

The Kitchen Uncovered

As many of you may know, Benzie Senior Resources was recently the recipient of a very generous donation from Benzie's own 100 Women Who Care organization. They agreed to fund our purchase of a shiny new stacking convection oven for our busy kitchen. Word had gotten to them that our old oven had become less and less reliable with the constant use required of it for regularly putting out over 1000 meals each week.

Last week we hosted our two-night volunteer recognition event where we served 50's diner-style burgers, hand-cut fries, and homemade malts to our many volunteers. Our new ovens were a lifesaver as they maintain a steady temperature, as well as feature a working interior light, and clear glass doors. This enabled us to use it as a heat lamp to keep our fries and burgers hot and fresh while we quickly plated just under 100 plates each night. This is a great example of what a reliable piece of equipment can do when everything is working properly!

Aside from its light features, we once again have working, accurate timers, smooth rolling casters for easily moving the ovens for cleaning & maintenance. It is even a bit of an upgrade as it now features two fan speeds, updated cooling fans in the back, a gas shut-off switch for safety and to prolong the life of the unit.

What a great long-term investment for our nutrition department! It will ensure consistently fantastic food will be coming out of our kitchen for the seniors of Benzie County for years to come. If you are from the 100 Women Who Care, Thank You! If you know someone from 100 Women Who Care, give them a thank you from us here at Benzie Senior Resources...

Take Care,
David Main
Executive Chef

Celebrating
48
YEARS
of Service to
BENZIE COUNTY
SENIORS