



BENZIE SENIOR RESOURCES

July 2023

Inside This Issue

Directory/Subscription	2
From our Director	3
Menu	4
Walkathon	5
Calendar of Events	6
Bulletin Board	7
Ads	8, 9
Staff Milestones	10
Nutrition Notes	11
Wordsearch	12
July Birthdays	13
Medicare Minute	14
Donation	15
Sun Safety	16

July is... National Hot Dog Month
National Blueberry Month
National Ice Cream Month
Share A Sunset Month
Lakes Appreciation Month
National Park & Recreation Month
Wild About Wildlife Month



*Be connected.
Be supported.
Be home.*



Thompsonville Summer Fest was June 19th. It was the kind of beautiful evening our long winters are worth the wait for, just right for us to join the Human Services Expo fun!

Many young families turned out & it was good to see some of our clients & their families there, too! Summer fun!





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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.



BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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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

NEWSLETTER SUBSCRIPTION FORM

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CITY/ST/ZIP _____ DATE _____

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

From Our Director

Hello,

We are now officially into summer and the warm weather is upon us! I hope everyone gets out to enjoy time with family and friends to share a picnic together, a night at the Cherry Bowl Drive-In, visit to a farmer's market, maybe venture to the many outdoor activities around Benzie County, or just sit on your porch and listen to the sounds of Mother Nature.

You will soon start to see advertisements throughout our county for our annual Walk-a-Thon fundraiser with yard signs and posters. It's hard to believe that this year will mark the 43rd year of the Walk-a-Thon! It is our biggest fundraiser for BSR. Something exciting this year-- we have a gracious donor who has pledged to match dollar-for-dollar up to \$15,000. Therefore, your generous contribution is instantly doubled in terms of benefiting Benzie Senior Resources.

Our goal is to raise at least \$25,000. To give you an idea of how important this fundraiser is to our agency, I've compiled a list of items that \$25,000 can afford us:

- ♦ Fuel & general maintenance for our entire Home Delivered Meals vehicle fleet for a year
- ♦ 3,500 meals for homebound seniors
- ♦ 560 driveways plowed
- ♦ 1,000 Homemaking service hours
- ♦ 975 service hours for Respite (Caregiver Relief) and Personal Care
- ♦ 580 hours of Nursing Assessments, Foot Care, & Safe Med Management for our Seniors
- ♦ 175 individuals would be able to receive Dental Care
- ♦ One year's worth of receiving a monthly fresh produce bag containing 30 plus items of fruit, vegetables, and dairy products for 285 individuals

Our services are needed more than ever as many seniors struggle with declining health, higher costs of food, gas, utilities, and help to remain living as independently as possible in their own homes.

I wish to challenge you to put together a team to come on out to participate on **August 5th** at the 7th Street Park along the shore of beautiful Crystal Lake in Frankfort. Please refer to the flyer in this newsletter for additional information. Together, we can make a difference for our seniors in Benzie County!

I want to wish everyone a Safe and Wonderful 4th of July Celebration!

Take care,
Doug



July Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Homemade White Chicken Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Fresh Banana</p>	<p>4</p> <p>Closed for the day's holiday</p> 	<p>5</p> <p>Shredded BBQ Chicken Sandwich Baked beans w/ bacon, Steamed Parisian Carrots Pineapple Tidbits</p>	<p>6</p> <p>Chicken Tenders w/ House Dip Sauce Parmesan Garlic Mashed Potatoes Caribbean Vegetable Blend, Stoneground Wheat Bread, Classic Fruit Cocktail</p>	<p>7</p> <p>Roasted Veggie Lasagna Normandy Vegetable Blend Steamed Sweet Peas Soft Baked Breadsticks Fresh Apricot</p>
<p>10</p> <p>Freshly Made Submarine Sandwich Bar Raspberry Carrot Salad Fresh made Potato Salad Fresh Blueberries</p>	<p>11</p> <p>Deluxe Chicken Sandwich Crispy Smashed Potatoes Scandinavian Vegetable Blend Fresh Grapes</p>	<p>12</p> <p>Five Cheese Stuffed Manicotti Sicilian Vegetable Blend Pesto Infused Cauliflower, Whole Wheat Garlic Toast Fresh Cut Honeydew Melon</p>	<p>13</p> <p>Hand-Rolled Sweet & Sour Meatballs, Oven roasted Brussel Sprouts, Japanese Vegetable Blend, Stoneground Wheat Bread, Fresh Plums</p>	<p>14</p> <p>Loaded Mac 'N Cheese Key West Vegetable Blend Steamed Broccoli Florets Fresh Nectarine Birthday Cake Bites</p>
<p>17</p> <p>BBQ Glazed Chicken Whipped Sweet Potatoes Steamed Cauliflower Florets Sweet Hawaiian Rolls Apricot Halves</p>	<p>18</p> <p>Authentic Sesame Chicken Over Rice, Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges</p>	<p>19</p> <p>Build Your Own Hotdog Bar Baked Beans w/ Bacon Steamed Sweet Corn Fresh Made Macaroni Salad, Fresh cut Watermelon</p>	<p>20</p> <p>Freshly Chopped Chef's Salad Soft Baked Breadsticks Fresh Cherries Old Fashioned Chocolate Malt</p>	<p>21</p> <p>Slow Roasted Beef Herbed Mashed Potatoes Italian Vegetable Blend Stoneground Wheat Bread Diced Pears</p>
<p>24</p> <p>Belgian Waffle w/ Berries 'N Cream Freshly Scrambled Eggs Savory Sausage Links Oven Baked Spiced Apples</p>	<p>25</p> <p>Zesty Chicken Fajitas Fire Roasted Corn & Black Beans Oven Baked Peaches Tortilla Chips with Fire Roasted Salsa</p>	<p>26</p> <p>Cornmeal Dusting Catfish Herb Buttered Potatoes Southern Style Succotash Stoneground Wheat Bread Fresh Cut Cantaloupe</p>	<p>27</p> <p>Southern Style Pork Fritters & Gravy Herbed Mashed Potatoes California Vegetable Blend Stoneground Wheat Bread, Fresh Apricot</p>	<p>28</p> <p>Build Your Own Cheeseburger Bar Sweet Potato Bites Green Bean Blend Fresh Banana</p>
<p>31</p> <p>Cajun Style Chicken Pasta Malibu Vegetable Blend Steamed Spinach Soft Baked Breadsticks Fresh Peach</p>	<p><i>Ol' Time Gathering</i> ★ <i>on July 28th will serve chili, crackers, pickled beets, and we will have cake.</i></p>	<p><i>Meal price is a \$4.00 suggested donation for age 60 and older. Under 60 is \$7.50</i> <i>Caregivers under 60 are \$4.00</i></p>	<p>Breakfast Bar is Back!  July 12th & 26th 8am-10am Come join us!</p>	<p><i>The Kitchen Uncovered will be back in August!</i> <i>Chef Dave promises!</i></p>





BENZIE SENIOR RESOURCES

Be connected. Be supported. Be home.

WANT TO
DONATE
NOW?

SCAN THIS
CODE TO MAKE
A DIRECT
DONATION.



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SATURDAY, AUGUST 5th

FRANKFORT'S BELLOWS PARK
ON CRYSTAL LAKE

(Corner of Bellows Avenue and South Shore Drive)

Register and Begin Your Walk
Between 7:30 a.m. and 9:00 a.m.

REWARD YOURSELF WITH OUR DELICIOUS BRUNCH SERVED FROM 8:30 A.M. TO 11:00 A.M.



All proceeds to benefit Benzie Senior Resources, a non-profit organization serving the seniors of Benzie County.

Be a champion for Benzie seniors. Contact us for a fundraising packet.
231-525-0600 or INFO@BENZIESENIORRESOURCES.ORG



Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 5:30 Zumba</p>		<p>5</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>6</p> <p>11:30-1:30 Lunch 1:30 BUNCO</p>	<p>7</p> <p>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</p>
<p>10</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Movie "Where the Crawdads Sing" 5:30 Zumba</p>	<p>11</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>No Chair Yoga</p>	<p>12</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>13</p> <p>10:00 Altered Book w/ Pam #6 10:30 BP check 11:30-1:30 Lunch 1:30 BUNCO</p> <p>No Produce Bingo</p>	<p>14</p> <p>9:30 BUNCO 11:30-1:30 Lunch No Wii Bowling No Crochet, Knit & Sew Circle</p>
<p>17</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Cake Decorating w/ Phil #1 5:30 Zumba</p>	<p>18</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>No Chair Yoga</p>	<p>19</p> <p>8:30 Zumba 830 Little River Casino trip departs from TGP 11:30-1:30 Lunch 12:30 Bingo 4:30 Board of Director's Meeting</p>	<p>20</p> <p>11:30-1:30 Lunch No Bunco</p> <p><u>1:30 Benzie Bucks Auction</u></p>	<p>21</p> <p>9:30 BUNCO 11:30-1:30 Lunch 12:30 Higgins Hearing Talk & Treat 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>24</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Cake Decorating w/ Phil #2 5:30 Zumba</p>	<p>25</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch</p> <p>No Chair Yoga</p>	<p>26</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>27</p> <p>10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>28</p> <p>9:30 BUNCO <u>11:30-1:30 Lunch</u> <u>Music on the Patio w/Robert</u> 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle 5:30-8:30 Ol' Time Gathering</p>
<p>31</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Upcycled Cheesebox w/ Cindy 5:30 Zumba</p>	<p>Breakfast Bar is Back!</p>  <p>July 12th & 26th 8am-10am</p> <p>Come join us!</p>	 <p>Don't Forget!!!! Mark it Down— Saturday July 15th 9am to 4pm YARD SALE!!!! (Rain or Shine)</p>	<p>No Carriage Rides for July.</p> <p>We will try again for rides again in August!!</p>	<p><i>Celebrating</i></p> <p>48 YEARS</p> <p>of Service to BENZIE COUNTY SENIORS</p>

Bulletin Board

List for The Gathering Place Book Club.
It meets the last Thursday each month 10:00 a.m.
July 27th— **The Four Winds** by Liz Moore
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

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.

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



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



Free Computer Help—new hours

The Darcy Library in Beulah
Thursdays 10AM to Noon for summer.
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.

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 sandwiches, and so much more!

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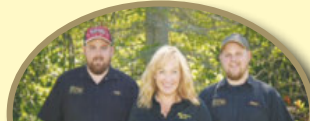
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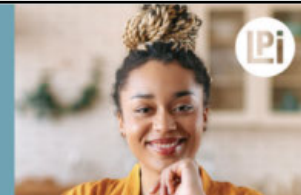


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Staff Milestones

Staff Birthdays



Angela Haase, July 8th
It takes her an hour to buy bread at the store because she knows everybody there, especially if she's with Dick and their silly dog, Nutmeg. She enjoys euchre & buncol!



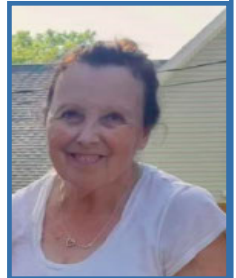
Stacey Moseler-Sweeney, RN, July 10th Stacey drives many miles each day, each week to help our seniors! Between our clients and keeping up with her family, we admire her Energizer Bunny-ness!



Laurie Ottenbacher, July 31st
Family is topmost in Laurie's life and heart! She has a lot of love for, has much fun with, & much to be proud of with her 8 grandchildren! And we're so happy Laurie is part of our TGP team!

Staff Anniversaries

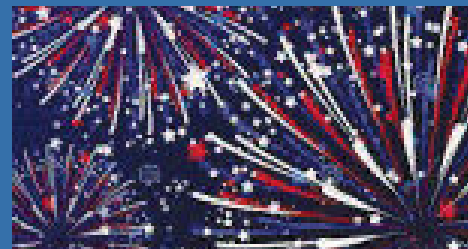
Laurie Ottenbacher is celebrating 6 years with BSR. Laurie is part of the magic in our kitchen at TGP! Her kind heart & beautiful smile always brighten our days. Thanks Laurie!



4th of July Highlights

Frankfort Parade 10a.m.
Frankfort Fireworks dusk at Lake Michigan Beach (7/5 rain date)

Beulah Parade—downtown Beulah 1:30 p.m.
Fireworks at Crystal Lake at dusk



WELCOME

We welcome Kelly Ottinger to our newly created Fund Development Director position. Kelly will be coordinating all aspects of marketing, media, and fund development for Benzie Senior Resources.

Kelly brings a wealth of experience to BSR. She worked at BACN for 8 years, and as their Fund Development Director helped raise over \$3.5 million in support of their new building. Prior to BACN, Kelly worked as a correspondent for the Goshen News and Elkhart Truth newspapers in Indiana. For 12 years she wrote and managed grants for Boys & Girls Clubs of Elkhart County, for which she was able to secure a federal grant allowing the organization to open three new satellite Boys & Girls Clubs.

Everyone affiliated with BSR has a story: The clients who benefit directly from our work, volunteers who are affirmed by helping others, donors who align passion with their gifts, and the staff who work to gather all those elements to the BSR table. Kelly will share these stories to develop a solid communication campaign which in tandem successful fundraising strategies, will bolster our brand and ability to deepen services for our valued Benzie County seniors.



Benefits of Blueberries

From the Mayo Clinic—

Often labeled a superfood, blueberries are bursting with vitamins and minerals — many of which are classified as antioxidants. Much of the power of this little berry lies in its color.

Blueberries might be the best example of how good things come in small packages.

"Beyond their tangy sweetness, blueberries offer a wealth of health benefits," says Anya Miller, a Mayo Clinic dietitian.

She says that includes protection for your heart, thanks to something called an anthocyanin – a compound in these berries that gives them their deep blue hue. "Blueberries, in particular, have about 25 different anthocyanins, whereas other berries might just have two or three," says Miller.

Studies have shown eating foods high in these anthocyanins can help lower your risk of developing coronary heart disease.

"And that could be due to the reduction in arterial stiffness and blood pressure," says Miller. "A half cup is a serving of blueberries. They don't require any slicing or peeling. You can just pop them in your mouth for the benefits."

Besides the heart-healthy perk, one serving of blueberries will get you some vitamin C, dietary fiber and natural sweetness. That makes blueberries a boost for physical and mental health.



Simple Ways to Eat More Blueberries

Add them to Smoothies

Add them to Salads

Add them to Oatmeal and Cereal

Add them to Yogurt

Put them in the Freezer for a cool snack

Bake them into muffins or breads

But remember the best health benefits
come from eating this wonderful fruit raw!



Word Search

Fourth of July

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

STRIPES
 FRIENDS
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 HEROES
 WHITE
 PARADE
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BENZIE
SENIOR RESOURCES



Celebrating

48
YEARS

of Service to
BENZIE COUNTY
SENIORS



THE SENIOR SCOOP

July Birthdays

Cleo Finch	1	Carol Johnson	11	Pudge Griffen	21
Fred Kerby	1	Nancy Kage	11	Ray Shamel	21
Charles Struble	1	Sue Lee	11	David Weiss	21
Henry VanBrocklin	1	Dan Retzler	11	Linda Allen	22
Carroll Volpe	1	Jim Dulzo	12	Sharron May	22
John Collins	2	Doug Fink	12	Thomas Harrett	22
Tom Priest	2	DeAnn Loll	12	Jackie Fine	23
Ginger Reed	2	Camille Pluhar	12	James Gauthier	23
Barbara Dougherty	3	Dick Bell	13	Ann Howell	23
Lori Talo	3	Trent Delong	13	Shirley Damer	24
Marilyn Wareham	3	Imogene Luxford	13	Barbara Gannon	24
Jerry Brace	4	Maudie Anderson	14	Bruce Leach	24
Jay Fitzhugh	4	Monica Henry	14	Lois Link	25
Barb Maxwell	4	John Johnson	14	Diane Goodson	25
Evelyn Rommell	4	Thelma McCaughna	14	Josephine Poswoski	25
Teri Youmans	4	Judey Pendency	14	Robert Esch	26
Rick Scott	5	Ben Taylor	14	Dan Sheffer	26
John Bunker	5	Joan Cheeseman	15	Jim Campbell	27
Fred Goethals	6	Nellie Thomas	15	Margaret Evans	27
Terri Hoxie	6	Denise Favreau	16	Neil Nugent	27
Paul Hammond	7	Darlene Gray	16	Lois Weaver	27
Elaine Rumsas	7	Bob Prance	16	Mary Brownell	28
Kristin Tebo	7	Helen O'Blenis	17	Christine Dowd	28
Julie Sobacki	7	Arlis Bryan	18	Judy McQuilkin	28
Lois Bunker	8	Margaret Chalmers	18	Tony Paladino	28
Ann Forrester	8	Karen Cunningham	18	Judy Welch	28
Cynthia Schnarr	8	Ed Ely	18	Grace Wuerzinger	28
Shirley Sheronick	8	John Grix	18	Mary Chandler	29
Kim Fairchild	9	Zelda Hodge	18	Luana Denzel	29
Beth Miller	9	Zoraida Kenner	18	Mary Jane Nelson	29
Louise Paladino	9	Charlie Priest	18	Bob Carol	30
James Pelekis	9	Gail Randall	18	Linda Kassab	30
Bob Mullen	10	Hat Oliver	19	Christine Sullivan	30
Bob Randall	10	Sarah Webb	19	David VanHammen	30
Linda Sweet	10	Fred Burcroff	20	Fred Werth	30
Pam Yee	10	Gloria Ptak	20	Jane Kennedy	31
Dan Bolling	11	Ron Revolt	20	Michael Werth	31
Clint Hoxie	11	Joyce Sauer	20		

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.

Are you a Veteran?
Need benefit help?



Call Karen Korolenko, Director
at Benzie County
Department of Veterans Affairs.
231.882.0034 or email her
kkorolenko@benzieco.net.



FOOT CLINIC

Wednesdays at
Benzie Senior Resources Office
BY APPOINTMENT ONLY
Call 231-525-0600
to schedule.
We don't charge a fee, but
donations are appreciated.



What you need to know about the Donut Hole

The Medicare Part D donut hole or coverage gap is the phase of Part D coverage after your initial coverage period. You enter the donut hole when your total drug costs—including what you and your plan have paid for your drugs—reaches a certain limit. In 2023, that limit is \$4,660. While in the coverage gap, you are responsible for a percentage of the cost of your drugs.



How does the donut hole work?

The donut hole closed for all drugs in 2020, meaning that when you enter the coverage gap you will be responsible for 25% of the cost of your drugs. In the past, you were responsible for a higher percentage of the cost of your drugs. Although the donut hole has closed, you may still see a difference in cost between the initial coverage period and the donut hole. For example, if a drug's total cost is \$100 and you pay your plan's \$20 copay during the initial coverage period, you will be responsible for paying \$25 (25% of \$100) during the coverage gap.

How do I get out of the donut hole?

In all Part D plans, in 2023 you enter catastrophic coverage after you reach \$7,400 in out-of-pocket costs for covered drugs. This amount is made up of what you pay for covered drugs and some costs that others pay. During this period, you pay significantly lower copays or coinsurance for your covered drugs for the remainder of the year. The out-of-pocket costs that help you reach catastrophic coverage include:

- Your deductible
- What you paid during the initial coverage period
- Almost the full cost of brand-name drugs (including the manufacturer's discount) purchased during the coverage gap
- Amounts paid by others, including family members, most charities, & others on your behalf.

Costs that do not help you reach catastrophic coverage include monthly premiums, what your plan pays toward drug costs, the cost of non-covered drugs, the cost of covered drugs from pharmacies outside your plan's network, and the 75% generic discount. During catastrophic coverage, you will pay the greater of 5% of the cost for each of your drugs, or, in 2023, \$4.15 for generics and \$10.35 for brand-name drugs

Your Part D plan should keep track of how much money you have spent out of pocket for covered drugs and your progression through coverage periods—and this information should appear in your monthly statements.

Comparing your Medicare plan is important. The Michigan Medicare/Medicaid Assistance Program (MMAP) is a trusted resource that can help. A MMAP Counselor can help explain your drug costs and compare plans. Call MMAP at 800-803-7174



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

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July is Ultraviolet Safety Awareness Month – How to be Safe in the Sun!

The goal of UV (Ultraviolet) Safety Month is to spread the word about how important it is to protect everyone's skin from the harmful effects of UV rays.

Ways to Protect Your Skin from UV Radiation

Clothing – When you choose clothing for a hot day, go for fabrics that are light in color. Pastels and colors such as white, beige, and gray, are all good options as they will absorb less sun than darker colors.

Sunscreen – SPF is short for sun protection factor. In sunscreen, SPF helps to block your skin from the sun's radiation. SPF works by extending your skin's natural defenses against the sun's rays. For example, an SPF of 15 provides about 15 times more protection than just your normal skin without sunscreen. An SPF of 50, then, would provide 50 times more protection than skin without sunscreen. Sunscreen lasts an average of two hours. That means you should plan to reapply every two hours. If you sweat a lot, notice your skin burning, or spend time in the water, you'll want to reapply more frequently.

Shade – You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter. Use sunscreen or wear protective clothing even in the shade!

Hat & Sunglasses – For the most protection, wear a hat with a brim all the way around that shades your face, ears, & the back of your neck. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.



Hydration – Hydration is always important, but especially in hot and humid weather, as we tend to lose a lot of our body fluids through sweat. The reason dehydration becomes a threat to our bodies is because the body is made up of more than 60 percent water. Not having enough water in your system can lead to feeling faint and nauseous, which can lead to dizziness and falls... People in their 60s and older already face a higher risk of dehydration in general, and hot weather can make it even worse...

Enjoy the summer but do so safely!

