



BENZIE SENIOR RESOURCES

August 2023

Inside This Issue



*Be connected.
Be supported.
Be home.*

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
Branson Trip Flyer	16

August is...

International Peace Month,
Happiness Happens Month,
National Water Quality Month,
Cataract Awareness Month,
National Dog Month, National Sandwich
Month, National Peach Month



**We extend our heartfelt gratitude for our event
sponsors, our participants, and all
of our supporters...Thank you!
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SENIOR RESOURCES
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CODE TO MAKE
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DONATION.



WALK-A-THON

WALK • RUN • BIKE

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.
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Fax: 231-325-4855
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 inclem-
ent weather.

BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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Ingrid Turner

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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, and private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation, Benzie County Community Chest, Oleson Foundation, 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, sexual orientation, 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

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.

From Our Director

Hello! We are in August! It seemed like a great idea to share with you what we share with new clients and their families who are learning about us as a way for you to know how we best put to use the donations from our events & other campaigns throughout the year. There are so many needs in our community—even with the numbers lowering from peak pandemic levels, the needs are ever present and not decreasing. Your help is always appreciated! This is who we are—and we hope you have a wonderful rest of your summer!

Thank you, and please take good care! *Douglas*



WHO ARE WE?

We are 32 employees • We are 15 contractors • We are 145 volunteers strong who shared 11,353 hours to make a difference • We delivered 73,910 meals to 390 homebound clients and traveled over 75,640 miles to provide these meals • We provided 4,071 Personal Care Visits • We provided 3,550 service hours of homemaking services to 97 clients • We provided 539 Respite Care Visits • We served 16,969 congregate and curbside meals to 907 individuals at The Gathering Place Senior Center • We delivered a total of 3,151 shelf-stable food boxes, fresh produce Bags, BACN bags and Commodities boxes • We provided 1,489 RN visits for Assessments, In-Home Footcare, Wound Care and Medication Management • We provided 31,280 pounds of fresh produce to 209 households • We provided 1,231 snow plows to 149 clients • We provided a total of 11,240 hours Home Care Services • We provided 1,304 lawn mowings to 125 clients • We provided 16,754 free Benzie Bus rides to seniors to visit their doctors, go shopping, out for meals, etc. • We provided 201 clients with Income Tax Preparation Assistance at no cost • We assisted 187 individuals through the Medicare and Medicaid maze with assistance in Medicare Part D Prescription coverage, choosing the right Medicare Supplemental Insurance, annual paperwork and documentation for Medicaid Applications, saving seniors over \$92,628 • We delivered 294 Christmas Holiday Bags • We provided 45 clients peace of mind by providing the Guardian Medical Monitoring System for emergency needs at no cost • We provided 175 individuals Senior Project Fresh Coupon Booklets (total value of \$4,375) to obtain fresh produce from our local Farmer Markets at no cost to them • We answered a total of 12,178 phone calls from those requesting information and assistance for help regarding senior services • We paid for 11 dental visits through the Oral Healthcare Voucher Program • We provided a variety of social, physical, health & educational activities/programs and 5,764 cumulative individuals participated • We assisted 22 individuals with financial assistance through the Senior Essential Needs Fund Program • We provided, through Swogger, Bruce & Millar Law Firm, free estate planning advice to 61 individuals • We distributed over 15,000 Newsletters during the past year • **We provided one or more service to 1,521 Benzie County Seniors!**

We need walkers (People to walk, not durable medical equipment)!

Aug. 5th is our annual Walk-A-Thon! What better way to begin a Saturday than walking along the shoreline of beautiful Crystal Lake? Did you know you can run instead or even ride a bike? Individuals & teams are welcome. Bring friends, family, or coworkers ...then meet us at the corner of Bellows Avenue and South Shore Drive in Frankfort at the pavilion



Walkers may begin the walk between 7:30 & 9:00 am
BONUS: We provide a delicious brunch for you—
So please come participate!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<i>We accept cash, Visa, Mastercard, & Discover. Personal Checks also accepted made out to BSR</i>	1 Greek Style Pita Sandwich Sweet Potato Bites Pesto Infused Cauliflower Diced Peaches	2 Shredded Chicken BBQ Sandwich Baked Beans w/ Bacon Steamed Parisian Carrots Classic Fruit Cocktail Ice Cream Sandwich	3 Homemade Sloppy Joes Oven Roasted Squash & Zucchini Steamed Sweet Peas Fresh Cut Watermelon	4 Chicken Pesto Linguini Steamed Spinach Capri Vegetable Blend Soft-baked breadsticks Fresh Peach
7 Texas Style BBQ Chili Steamed Sweet Corn Oven Roasted Asparagus Oyster Crackers Fresh Peach	8 Homestyle Salisbury Steak Herbed Mashed Potatoes Key West Vegetable Blend Stoneground Wheat Bread Fresh Cut Oranges	9 Deluxe Chicken Sandwich Oven Baked Tater Tots Oven Roasted Squash & Zucchini Fresh Grapes Tropical Rice Pudding	10 Hand-rolled Sweet & Sour Meatballs Steamed Cauliflower Florets Japanese Vegetable Blend Lucky Fortune Cookie Mandarin Oranges	11 Slow Roasted Beef Herbed Mashed Potatoes Venetian Vegetable Blend Birthday Cake Bites Diced Pears
14 Authentic Sesame Chicken over Rice Asian Vegetable Blend Steamed Broccoli Florets Lucky Fortune Cookie Mandarin Oranges	15 Freshly Chopped Chef's Salad Soft-baked breadsticks Fresh Banana	16 Bratwurst w/ Sauteed Peppers & Onions, Crispy Smashed Potatoes, Steamed Parisian Carrots, Apricot Halves	17 Cornmeal Dusted Catfish, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Cantaloupe	18 Loaded Baked Potato Bar Sicilian Vegetable Blend Italian Style Green Beans Stoneground Wheat Bread Fresh Cherries
21 BBQ Glazed Chicken Whipped Sweet Potatoes Steamed Cauliflower Florets Sweet Hawaiian Rolls Classic Applesauce	22 Pepperoni Stuffed Calzone California Vegetable Blend Italian Style Green Beans Soft-baked breadsticks Pineapple Tidbits	23 Chicken tenders w/ House Dip Sauce Cheddar Bacon Mashed Potatoes Caribbean Vegetable Blend Stoneground Wheat Bread Fresh Plums	24 Belgian Waffle w/ Berries 'N Cream Freshly Scrambled Eggs Savory Sausage Links	25 Roasted Veggie Lasagna Malibu Vegetable Blend Green Bean Blend Soft-baked breadsticks Tropical Fruit Blend
28 Shrimp Scampi over Pasta Normandy Vegetable Blend Steamed Broccoli Florets Soft-baked breadsticks Fresh Banana	29 Seasoned Beef Taco Bar Authentic Refried Beans Oven Baked Peaches Tortilla chips w/ Fire-Roasted Salsa	30 Freshly Made Submarine Sandwich Bar Raspberry Carrot Salad Cranberry Applesauce	31 Five Cheese Stuffed Manicotti, Sicilian Vegetable Blend, Pesto Infused Cauliflower Whole Wheat Garlic Toast, Fresh Cut Honeydew Melon, Trail Mix	Meal price is a \$4.00 suggested donation for age 60 and older. Under 60 is \$7.50 Caregivers under 60 are \$4.00

The Kitchen Uncovered

The Kitchen Uncovered

Did you know that many of your favorite dressings from us are made from scratch by our nutrition team here at Benzie Senior Resources? Those fresh unique tastes can't be duplicated because they are created from our own recipes and are made by hand with only the freshest ingredients. Our Betsie Vally Ranch (see what we did there?) is made with fresh buttermilk and carefully chosen herbs and spices to deliver a low salt, preservative-free dressing that perfectly accompanies our famously fresh salads.

My favorite dressing is our homemade honey mustard dressing. We sourced a potent French Dijon mustard and blend it with mayonnaise and the world-famous Sleeping Bear Farm's own Star Thistle Honey from right here in Benzie County! An interesting side note--I recently learned that the French government actually oversees the production and packaging of our Dijon mustard!

Another local favorite is our Manitou Island Dressing. This is a slightly bolder Thousand Island with a far better name! Like the other dressings, it is made fresh with high quality ingredients. There's only a few of them so I won't give away our recipe, but trust me, it's worth a try! It is especially yummy on our Rachel sandwiches that we make on occasion. You may know them as Turkey Reubens.

We do offer a great fat-free raspberry vinaigrette and a red California French dressing. While those are not made by us, much effort did go into finding just the right products that can stand up to our famous homemade dressings. Whichever ones you choose, I hope they're just what your meal needs!

Take care,
Executive Chef,
David Main
Benzie Senior Resources



Friday July 14th was a charmed day...we had the pleasure of having State Representative Betsy Coffia join us on a route delivering meals! We truly enjoyed her visit and appreciate her time with us. Thanks Betsy!

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 cfsnwm.org/kinship-caregiver



THE SENIOR SCOOP

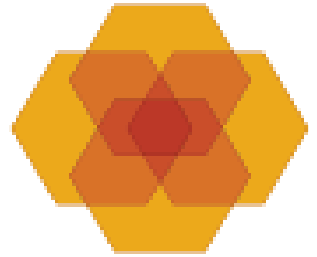
Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* August 16th is National Tell A Joke Day! Come in & tell a joke at the Front desk, & or to Susan or Cindy . You might win a prize ! A TGP Punch Card is 1st Prize!</p>	<p>1</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 CHAIR YOGA</p>	<p>2</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>3</p> <p>10:00 Honor School Reunion Meeting 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>4</p> <p>9:30 BUNCO 10:30 Bingo, music and Lunch in Thompsonville 11:30-1:30 Lunch 1:00 Wii Bowling 1pm Carriage Ride 1:30 Crochet, Knit & Sew Circle</p>
<p>7</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:00 Euchre 1:30 Scarf Dyeing w/Sandy 5:30 Zumba</p>	<p>8</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 CHAIR YOGA</p>	<p>9</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>10</p> <p>10:00 Altered Book#7 10:30 BP check 11:30-1:30 Lunch 1:30 BUNCO <u>5:00 Dinner</u> 6:00 Produce Bingo (PINGO!)</p>	<p>11</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1pm Carriage Ride 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>14</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 #3 5:30 Zumba</p>	<p>15</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>16</p> <p>8:00 leave for Little River Casino 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo <u>*Come in & tell us a Joke! Win a Prize!</u> 4:30 Board of Directors Meeting</p>	<p>17</p> <p>730 leave TGP for Frankenmuth-lunch at Zehnder's \$10 cost to go/plus own expenses (lunch, etc) 10:00 Bowl Making w/ Joan (sewing machine used) 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>18</p> <p>9:30 BUNCO 11:30-1:30 Lunch 11:30 Music on the patio w/Robert 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>21</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 11:30-1:30 Lunch 1:30 Cake Decorating w/ Phil #4 1:00 Euchre 5:30 Zumba</p>	<p>22</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>23</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>24</p> <p>10:00 Make a Trellis w/ Lester 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>25</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle 5:30 Ol' Time Gathering</p>
<p>28</p> <p>9:30 Stretch & Balance (Qi Gong) 11:00 Tai Chi 1:30-1:30 Lunch 1:00 Euchre 1:30 Bowl Making w/ Joan 5:30 Zumba</p>	<p>29</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch NO CHAIR YOGA</p>	<p>30</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p>31</p> <p>10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p><i>Celebrating</i> 48 YEARS of Service to BENZIE COUNTY SENIORS</p>

Staff Milestones

Staff Birthdays

Our lone birthday is on the 19th for Chef Dave! Dave and his family love the great outdoors—hiking, winter camping, panning for gold. You name it! Happy birthday to the leader of our kitchen!



Staff Anniversaries

Michelle Francis—2yrs+ with us! Gardening, being outdoors, and time with family are what warm Michelle's heart.



Angie Martin—1 year at TGP! 'Always look for the brighter side!' Angie is a ray of sunshine for us and her beautiful family!



Sabra Boyle—17 years! As our fiscal operator we depend greatly on Sabra & we don't know what we'd do without her. Sabra and her Jerry are tremendous animal lovers and enjoy the peace at home in their woods with their family of critters.



The 2nd Thursday each month, we'll have dinner at 5:00 p.m. & play **Produce Bingo** at 6:00 p.m.

August 10th. Our meal is to be—Sloppy Joes, Potato chips, & cookies. **We thank an anonymous donor who supports this event!**

Ol' Time Gathering is back! Dinner & dancing August 25th Dinner is at 6:00 p.m. We'll have BBQ Chicken Sandwich, coleslaw, & cake.

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



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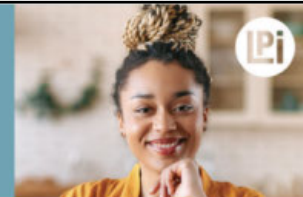


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Bulletin Board

List for The Gathering Place Book Club.

It meets the last Thursday each month 10:00 a.m.

August—**The Moviegoer** by Walker Percy

September-- **Eleanor Oliphant is Completely Fine**
by Gail Honeyman

October – **The Waves** by Virginia Woolf

November—**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 1st 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!



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.

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

FOOT CARE CLINIC

Wednesdays at
Benzie Senior Resources Office,
BY APPOINTMENT.

Please call 231-525-0600 to schedule



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

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!*

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.



Peaches as a Superfood

August is National Peach Month and peaches are one of those fruits that almost everyone can agree on. These scrumptious snacks are an excellent source of vitamins A and C and minerals such as potassium, fluoride and iron. Because they contain a bounty of antioxidants, peaches keep the skin clear and slow down the aging process. As long as you're choosing fresh peaches, as opposed to peaches that have been canned in sugary syrup, it turns out that you can feel guiltless about indulging in this delicious fruit!

4 Reasons Peaches are considered a Superfood

1. **Peaches Can Help You Live Longer**--Peaches are loaded with potassium to help you live a longer life. Potassium helps to prevent heart problems and low blood pressure. In addition, peaches contain both beta-carotene and antioxidants, which help reduce the risk of certain cancers.
2. **Peaches Promote Healthy Digestion**--Fiber is important in a balanced diet, and thankfully, peaches have plenty of it. Fiber helps to keep everything running smoothly to promote good colon health. Eating peaches regularly can help prevent painful gastrointestinal issues, like constipation.
3. **Peaches are Good for Your Eyes**--The beta-carotene found in peaches helps to promote eye function and reduce the risk of certain eye disorders, like glaucoma and cataracts. Diets rich in beta-carotene can also reduce the risk of macular degeneration, the leading cause of blindness.
4. **Peaches are Good for Your Skin**--Peaches are loaded with antioxidants & Vitamin C, two important ingredients needed for healthy skin. Peaches help to promote free radical damage done to the cells, & can reduce wrinkles and other signs of aging. Plus, they're much tastier than expensive eye creams.

There is an abundance of healthy and not so healthy recipes to prepare with peaches...Adding them to yogurt or breakfast cereal is a good healthy choice. And many deserts deemed healthy grace the pages of cookbooks & the internet, but remember the best way to get the most nutritional value from peaches is to eat them fresh and raw, enjoying them in season locally if at all possible.



Word Search

Types of Dog

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

DALMATIAN
DACHSHUND
BEAGLE
PINSCHER
SHEPHERD
MASTIFF
SETTER
CHIHUAHUA
BULLDOG
COLLIE
HOUND
CORGI
TERRIER
BOXER



Play this puzzle online at : <http://thewordsearch.com/puzzle/9/>

Q: What happens when it rains cats and dogs?

A: You have to be careful not to step on a poodle.

Q: What animal keeps the best time?

A: A watch dog!



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
August 4th and 11th
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!



THE AREA'S MOST ACCURATE FORECAST

DOG DAYS OF SUMMER

WeatheRate

ORIGIN

- TO ANCIENT GREEKS AND ROMANS,
DOG DAYS OCCURED WHEN SIRIUS
("DOG STAR") APPEARS TO RISE
ALONGSIDE SUN IN LATE JULY

- THEY BELIEVED THE STAR COMBINED
WITH THE SUN, MADE IT THE HOTTEST
TIME OF YEAR

- DOG DAYS SPAN JULY 3 - AUGUST 11,
ACCORDING TO OLD FARMER'S
ALMANAC



August Birthdays

Roger Griner	1	Ray Pendency	11	Lois Lumbert	20
Ray Antel	2	Esther DeLong-Thornton	12	Cynthia Miller	20
Aldo Davis	2	Kathy Gorden	12	Ted Rineer	20
Janet Burch	3	Virginia Raz	12	Mary Robling	20
Dodie Toman	3	Peggy Wright	12	Roxann Stevens	20
Allen Vanderplow	3	Joan Batchelor	13	Laura Ward	20
Kate Combs	4	Kay Bond	13	Ruth Catton	21
Donald Culp	4	Alex Cooper	13	Darby Moreno	21
Janice Culp	4	Diana Priest	13	Mary Finch	22
Madelyn Morey	5	Kathleen Streeter	13	Brenda Kastenschmidt	22
Judy Parker	5	Joyce Marciniak	14	Sue Kelsey	22
Janie Parrotte	5	Barb Schneider	14	Gerald McPherson, Jr.	22
Deb Rogers	5	Lexi Skiver	14	Jeff Rayle	22
Eugene Forster	6	Beth Bechler	15	Virginia Wohlscheid	22
Janice Thomas	6	Viva Kastl	15	Dick Haan	23
Sanda Willsey	6	Jan Mick	15	Dale Mathias	23
Donna Dalson	7	Dorothy Kerby	16	Jill Lutz	24
Lou Glatzer	7	Chuck Mange	16	Ethel McGuire	24
Jimmy Landwehr	7	Lorraine Stiles	16	Florence Bixby	25
Sandy Link	7	Shirley Wollam	16	Joseph Obruba	25
Larry Little	7	Tom Centlivre	17	Ron Troutman	25
Joann Morrell	7	Mary McPherson	17	Arlene Larson	26
Deb Frisbie	8	James Cramer	18	Fred Snow	26
Frank Pelky	8	Linda Nugent	18	Linda Thompson	26
Mary Couturier	9	Jane Weisbrodt	18	Elaine Walton	26
Penelope Dahl	9	George Milligan	19	Eldon Blood	27
Patricia McCash	9	Beverly Popp	19	Anne Pardington	27
Jim Thompson	9	Candy Shinabarger	19	Bob Dumont	28
Karl Loucks	10	Ruby Davidson	20	Bill Pearson	28
Sally Stone	10	Cheryl Herington-Bates	20	Dewey Ackerman	30
Sue O'Boyle	11	Darlene Knudsen	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.

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 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

Got Passes?

If you want to help us in some way, get us your old pink bus passes—while they are not needed to ride Benzie Bus we can still receive credit for your old, unused rides/passes.

As we are a non-profit, it all matters. It all counts. So if you think of it, please look for your old bus passes and then get them in to us. You may mail them or drop them off. We'd greatly appreciate it and it can help make a difference.



Thanks!



THE SENIOR SCOOP



5 Skills For Making Everyday Activities Easier

There's often an easier way to do many everyday activities if they're causing fatigue. Pause first and think if energy could be used more efficiently. These 5 skills will help conserve energy, balance activities, and avoid overexertion during everyday tasks.

1. Plan It Out

Help your care recipient plan a new way of doing tasks. This can be hard if they have done things a certain way for a long time. Gently remind them that new approaches can conserve energy and reduce breath shortness so clients/patients can do things they want.

2. Slow Down, Stop Rushing

If an activity is difficult or makes you out of breath, it may be tempting to rush to get it over with. For example, going up all of the stairs quickly. However, this makes us more out of breath. Instead, try slowing down and breaking the activity into smaller chunks. For example, do a few stairs at a time.

3. Offload Your Legs

Save energy by finding opportunities to sit, so the body doesn't work as hard.

4. Take Time To Rest

5. Change The Activity Or Equipment

Some activities can be harder for people with lung health conditions—especially when carrying heavy objects or bending over—these can affect their breathing. Think about ways the activity can be changed or made easier with equipment.

Area Agency on Aging of Northwest Michigan partners with Trualta to offer you free access to health and caregiver information. Visit <https://aaanm.trualta.com/> to register for free.

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Local DHS office numbers by 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

MMAAP is a free counseling service for Medicare and/or Medicaid beneficiaries and their caregivers. MMAAP 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.

MMAAP
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.

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





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BENZIE SENIOR RESOURCES PRESENTS

Branson Show Extravaganza

ACTUAL DINNER
AT 5:30 PM

INCREDIBLE PRICES INCLUDES:

- ✦ Motorcoach transportation
- ✦ 6 nights lodging including 4 consecutive nights in the Branson area
- ✦ 10 meals: 8 breakfasts and 2 dinners
- ✦ Admission to 8 Fabulous Shows! Including:
- ✦ Three Morning Shows: DUBLIN'S IRISH TENDERS with special guests THE CELTIC LADIES, DOUG GABRIEL, MORNING SHOW & A NEIL DIAMOND TRIBUTE SHOW
- ✦ Three Evening Shows: THE HAYGOODS CHRISTMAS SHOW, QUEEN ESTHER Show at the Sight & Sound Theatre & PRESLEY'S COUNTRY JUBILEE CHRISTMAS SHOW

For more pictures, video, and information visit:
www.GroupTours.com/benzieseniorresources

Departure: Save A Lot, 1579 Michigan Ave, Benzonia, MI @ 8 am

7 Days 6 Nights

\$875*

"THE PERSON, PUBLIC OCCUPANCY"

(Sun - Sat)

Oct 29 - Nov 4

2023


QUEEN ESTHER Show at the Sight & Sound Theatre



A NEIL DIAMOND TRIBUTE SHOW



DUBLIN'S IRISH TENDERS with special guests THE CELTIC LADIES



THE HAYGOODS Christmas Show



Day 1: Board your spacious, video and restroom equipped motorcoach and set off for the "Live Music Show Capital of the World" - Branson, Missouri. This evening you'll check into an on route hotel for a good night's rest.

Day 2: Start your day with Continental Breakfast before departing for Branson. This evening you'll enjoy Dinner and check into your Branson area hotel for a four night stay.

Day 3: Today, after a Continental Breakfast, you'll experience the DUBLIN'S IRISH TENDERS with special guests THE CELTIC LADIES. With great looks and incredible voices, this highly talented group of Ireland's finest singers perform some of the best music of the 20th Century. Next, visit HISTORIC DOWNTOWN BRANSON, with old-fashioned charm, novelty shops, and restaurants. After Dinner, you will be dazzled by THE HAYGOODS CHRISTMAS SHOW. All your favorite Christmas Songs are presented with the joy and magic of the Season as only the Haygoods can perform them! This is an amazing experience you don't want to miss!

Day 4: Enjoy a Continental Breakfast, you'll start your day with the DOUG GABRIEL MORNING SHOW. This, good, clean, family show has lots of variety. It has a talented cast, rib-tickling comedy and a terrific ensemble of musicians. Plus, Doug plays his World Famous Mellow Jamboree made out of a 1969 Thunderbird muffler!!! Later, you'll have some free time for shopping. After Dinner, you'll take in the PRESLEY'S COUNTRY JUBILEE CHRISTMAS SHOW. This is one of Branson's original performing families. Nearly 50 years after they started, the Presleys remain one of the most requested shows in Branson.

Day 5: Enjoy a Continental Breakfast and then start your day with A NEIL DIAMOND TRIBUTE SHOW. This Broadway style production is designed and produced to appeal to everyone of all ages. Be prepared to take a journey that will leave you amazed. Then, you will go to BRANSON LANDING and discover waterfront shopping, dining, and attractions on Lake Taneycomo's beautiful waterfront. After Dinner, you'll marvel at the QUEEN ESTHER Show at the Sight & Sound Theatre. Set in the opulent yet perilous Persian Empire, Queen Esther's captivating tale of beauty and bravery. Experience one of the most touching Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this original stage production!

Day 6: Today, after a Continental Breakfast, enjoy a visit to the Missouri Civil War Museum in St. Louis, MO. Tonight, relax in an on route hotel.

Day 7: After enjoying Continental Breakfast, you'll depart for home... a time to chat with your friends about all the fun things you've done, the great shows you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP... \$144 Due Upon Signing. *Price per person, based on double occupancy. Add \$209 for single occupancy. See separate advertisement... Final Payment Due 8/22/2023

FOR INFORMATION & RESERVATIONS CONTACT:

Lynn Vanderploeg @ (231) 944-5463 or
Judy Fast @ (248) 425-5849

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