



# BENZIE

## SENIOR RESOURCES

September 2023

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# THE SENIOR SCOOP

*Be connected.  
Be supported.  
Be home.*

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### **Hurray for Darlene & Jimmy!**

**They faithfully keep the plants  
at the front of our building watered.  
Our flowers would not look this good without  
their continuous dedicated help!  
Thanks so very much!**

### **September is ...**

National Classical Music Month  
World Alzheimer's Awareness Month  
National Suicide Prevention Awareness  
Month, National Honey Month,  
Mullets for Mental Health Month,  
National Alcohol & Drug Addiction  
Recovery Month, Hispanic Heritage Month



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

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The Gathering Place: 231-525-0601

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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.

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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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## From Our Director

### Rationale behind the proposal to discontinue the Lawn Chore Program

For 48 years, BSR has been providing services to Benzie County residents, ages 60 and older. Over this time, we have expanded our services to help seniors remain self-sufficient and to stay in their residence of choice for as long as possible. As the senior population of our area grows, so does the need for these services, as well as our commitment and determination to keep pace with that growing need.

From time to time as we plan for our upcoming new fiscal year, we do an extensive review of our areas of growth and how best to meet our valued mission to provide exceptional services, resources, and trusted care to support Benzie seniors to live healthy, safe, and independent lives with dignity and respect.

With this in mind, we have seen several substantial increases in our core programs with in-home services such as providing personal care, an increase in the number of home-delivered meals, homemaking and senior transportation. When analyzing these numbers and knowing that these programs are going to continue to grow as our population grows, the costs will also increase with these programs. These programs are critical lifesavers for our seniors on the receiving end and help to keep them in their own homes as long as possible rather than placed in an institutional setting.

To provide the necessary resources to maintain these programs, we must consider services that are important, but yet do not have as significant an impact on living independently as our in-home programs—home health care, home delivered meals, and homemaking. One such service is the lawn chore program. **The decision has been made that as of October 1, 2023, we will no longer offer the lawn chore (mowing), and fall and spring clean-up services.**

We will compile a list of potential lawn chore providers to share for your future needs. We will also do our best to work with other community organizations to possibly step forward to assist with lawn mowing, etc. This was not an easy decision to make, but we must proactively assess area trends, and move to provide opportunities for our seniors to age and live in their own homes with dignity and security as the need for supportive care continues to grow.



### A Growing Demographic

Benzie County is experiencing an overall growth for the first time in several years. This is likely due to many factors tied to the Covid-19 pandemic. Many people who were on the cusp of retiring decided to go ahead and pull that plug. Also, some people close to retirement age realized they could keep working-- but from home. That opened the opportunity of moving permanently to what used to be summer homes.

Currently, “senior citizen” is the fastest growing demographic in Benzie County. The most recent Census Bureau statistics show that 28.3% of residents in Benzie County are age 65 and above. This is especially significant when compared to the State of Michigan (18.7%) and the United States as a whole (17.3%).

Currently, BSR offers services to Benzie County residents aged 60 and above, which increases the eligibility numbers even further. This means that at present, nearly 44% of all Benzie County residents are eligible to receive help from us.

We are working diligently to meet the increasing needs. We are grateful for all the community support shown during our recent Walk-A-Thon, and our committed donors who are helping us keep pace throughout the year. Every single gift makes a difference, and we are grateful.



# September Menu

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

Monday Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>We accept cash, Visa, Mastercard, &amp; Discover. Personal Checks also accepted — made out to BSR</b></p>		<p><b>\$4.00 suggested donation for age 60 and older. Under 60 is \$7.50</b></p> <p><b>Caregivers under 60 are \$4.00</b></p>	<p><b>Meals will still be delivered for our home delivered meals clients on Sept. 5, 6, &amp; 7th but TGP will be closed for scheduled repairs on those days!</b></p>	<p>1</p> <p>Greek Style Pita Sandwich, California Vegetable Blend, Steamed Sweet Peas, Apricot Halves</p> <p>(National gyro day!)</p>
<p>4</p> <p><b>Labor Day—closed for the day</b></p>	<p>5</p> <p>Classic Hot Beef Sandwich Herbed Mashed Potatoes, Venetian Vegetable Blend Stoneground Wheat Bread, Diced Pears <b><u>TGP CLOSED</u></b></p>	<p>6</p> <p>Classic Chicken Cacciatore Italian Style Green Beans, Steamed Sweet Corn, Whole Wheat Garlic Toast, Fresh Cut Oranges <b><u>TGP CLOSED</u></b></p>	<p>7</p> <p>Pecan Encrusted Tilapia Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Fresh banana <b><u>TGP CLOSED</u></b></p>	<p>8</p> <p>Slow Roasted Beef, Herbed Mashed Potatoes, Italian Vegetable Blend, Stoneground Wheat Bread, Fresh Grapes, Birthday Cake Bites</p>
<p>11</p> <p>Classic Beef Stroganoff, Steamed Broccoli Florets, Steamed Parisian Carrots, Stoneground Wheat Bread, Fresh Plums</p>	<p>12</p> <p>Georgia Style BBQ Pork Sandwich, Crispy Smashed Potatoes, Key West Vegetable Blend, Cranberry Applesauce</p>	<p>13</p> <p>Thai Style Peanut Chicken, Asian Vegetable Blend, Green Bean Blend, Lucky Fortune Cookie, Mandarin Oranges</p>	<p>14</p> <p>Build your Own Cheeseburger Bar, Oven Baked Tater Tots, Malibu Vegetable Blend, Pineapple Tidbits</p>	<p>15</p> <p>Hand Breaded Baked Chicken, Southern Style Succotash, Sicilian Vegetable Blend, Stoneground Wheat Bread, Fresh Banana</p>
<p>18</p> <p><b>Pineapple Dijon Baked Ham, Whipped Sweet Potatoes, Scandinavian Vegetable Blend, Sweet Hawaiian Rolls, Classic Applesauce</b></p>	<p>19</p> <p>Hawaiian Style Chicken &amp; Rice, Steamed Spinach, Caribbean Vegetable Blend, Sweet Hawaiian Rolls, Tropical Fruit Blend</p>	<p>20</p> <p>Baked Penne with Italian sausage, Pesto Infused Cauliflower, Italian Style Green Beans, Soft Baked Breadsticks, Fresh Banana</p>	<p>21</p> <p>Homestyle Cheesy Chili Mac, Fire-roasted Corn &amp; Black Beans, Oven Baked Pears, Soft Banana Bread!  (National Banana Day)</p>	<p>22</p> <p>Roasted Veggie Lasagna, Key West Vegetable Blend, Steamed Sweet Corn, Soft Baked Breadsticks, Fresh Peach</p>
<p>25</p> <p>Crispy Chicken Quesadillas, Latin Style Rice, Authentic Refried Beans, Tortilla Chips with Fire-roasted Salsa, Oven Baked Peaches (a new entrée!)</p>	<p>26</p> <p>Homestyle Franks &amp; Baked Beans, Capri Vegetable Blend, Crispy Potato Chips, Oven Baked Peaches Key Lime Pie! (National Key Lime pie day!)</p>	<p>27</p> <p>Country Breakfast Skillet, Oven Roasted Potatoes, Oven Baked Spiced Apples</p>	<p>28</p> <p>Crispy Cod Sandwich, Sweet Potato Bites, Japanese Vegetable Blend, Classic Fruit Cocktail</p>	<p>29</p> <p>Rosemary Garlic Roasted Pork, Parmesan Garlic Mashed Potatoes, European Vegetable Blend, Stoneground Wheat Bread, Apricot Halves</p>

## Walk-A-Thon thanks and more

Everyone has a terrific smile here! Walk-A-thon morning and our TGP crew was at the ready for walkers & everyone there! Kathy, our Chef David, Michelle, Cathy, & Angie!



Supporter and former board member Julie Herrick with Doug at the 2023 Walk-A-Thon! It was a wonderful event!



**BENZIE**  
SENIOR RESOURCES

Be connected. Be supported. Be home.

**BENZIE SENIOR RESOURCES THANKS ALL PARTICIPANTS, INDIVIDUAL SPONSORS, VOLUNTEERS, AND THE FOLLOWING EVENT SPONSORS FOR MAKING THE 2023 WALK-A-THON A SUCCESS!**

**Gold:** Baymont by Wyndham and Cherryland Electric Cooperative

**Silver:** Blaine Christian Church; Edward Jones-Justin Keillor; Munson Healthcare-Paul Oliver; St. Andrews Presbyterian Church, The Jon Zickert Group at Real Estate One and Watson Benzie, LLC

**Bronze:** Advent Lutheran Church; AJ's Excavating; Cherry Hut Restaurant; Crystal Lake Southern Baptist Church; Eden Hill Vines; Elberta Methodist Church; First Congregational Church of Frankfort; Ford Insurance; Frankfort Pines; Frankfort United Methodist Church; Graceland Fruit; Honor Bank; Honor & Onkama Building Supply; Iron Fish Distillery; Kilwin's of Frankfort; Rock's Landing; Serra Subaru of Traverse City; St. Ann's Catholic Church of Frankfort; St. Philips Episcopal Church; State Savings Bank; Sterling Realty Alpha; The Garden Theater; Trinity Lutheran Church and Webber Insurance Agency

**Supporting:** Gillison's Variety Fabrication, Harbor Lights Resort; Little River Resort; Papineau P. C. and The Cabbage Shed

**In Kind Contributors:** Family Fare of Benzonion and Ken-Jac Pumping

**Additional thanks to:** City of Frankfort for the use of Bellows Park Pavilion

Thank you to those individuals who brought a scrumptious food dish for the event.

Mile Marker Volunteers Nancy Mullen-Call; Leo Hughes; Marilyn Argue and Pam Howe-Perry.

Ken Holmes for his dedication to driving his Courtesy Vehicle throughout the event.

And the rest of the dedicated staff and volunteers who helped make this event possible.

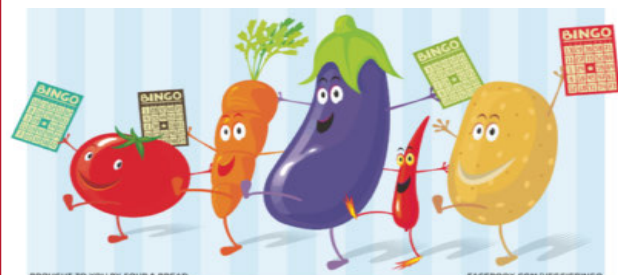
The 2nd Thursday each month, we'll have dinner at 5:00 p.m. & play **Produce Bingo** at 6:00 p.m. This time it's on—September 14th

We thank St. Andrews Presbyterian Church ladies' group for sponsoring our June & August events! We appreciate donations from the following—Elaine Hinkle in memory of David Browne, an anonymous donor, Chris Martin, Patricia Swanson, and Denny the library dog! We also continue to thank our previous anonymous donor for their support! Our meal is to be—Taco Salad, tropical fruit, and pastry.

We also thank here, Bobbi Smeltzer for supporting our Bingo program! Thanks Bobbi!

**Ol' Time Gathering** is back! Dinner & dancing September 29th Dinner is at 6:00 p.m. We'll have Stuffed Cabbage Rolls and a dessert.

You must sign up for both in advance. Call 231.525.0601 to register or stop by TGP!



THE SENIOR SCOOP



# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>4</b></p> <p>Closed For Labor Day!</p>	<p>We are planning a Saturday Carriage Ride on the 9th! It is a potluck— Hotdogs are provided. Riders please bring a dish to pass. Bus leaves TGP at NOON—return is to be 3:30-4pm. Join us!</p> <p><b>5</b></p> <p>Closed for Scheduled repairs</p>	 <p><b>6</b></p> <p>Closed for Scheduled repairs</p>	<p>We have more adventures this month—Pierce Stocking on the 12th, Spirit of the Woods on the 15th, and the Lewis Farm in New Era on the 27th!</p> <p><b>7</b></p> <p>Closed for Scheduled repairs</p>	<p><b>1</b></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 &amp; Sew Circle</p> <p><b>8</b></p> <p><b>Teddy Bear Day!</b> Bring in your teddy &amp; be entered into a drawing to win a prize! 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle</p>
<p><b>The Gathering Place is closed Sept. 4th for Labor Day and Sept. 5th, 6th, &amp; 7th for repairs</b></p>				
<p><b>11</b></p> <p>9:30 Stretch &amp; Balance (Qi Gong) 11:30-1:30 Lunch 1:00 Euchre 1:30 Scarf Dyeing 5:30 Zumba</p>	<p><b>12</b></p> <p><b>9:30 Pierce Stocking Drive \$10/Bring your own Picnic Lunch</b></p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p><b>13</b></p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p>	<p><b>14</b></p> <p>10:00 Handwriting Analysis Session w/ Dale 10:30 BP clinic 11:30-1:30 Lunch 1:30 BUNCO <b>5:00 Dinner</b> <b>6:00 Produce Bingo (PINGO)</b></p>	<p><b>15</b></p> <p><b>9:00 Spirit of the Woods Museum Trip \$10</b></p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle</p>
<p><b>18</b></p> <p>9:30 Stretch &amp; Balance (Qi Gong) 11:30-1:30 Lunch 1:00 Euchre 1:30 Make a Pillow-case w/ Joan 5:30 Zumba</p>	<p><b>19</b></p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p><b>20</b></p> <p>8:30 Little River Casino 8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo</p> <p><b>4:30 Board of Directors Meeting</b></p>	<p><b>21</b></p> <p>10:00 Altered Book w/ Pam #8 11:30-1:30 Lunch 1:30 BUNCO</p>	<p><b>22</b></p> <p>9:30 BUNCO <b>10-12 Higgins Hearing at BSR</b> 11:30-1:30 Lunch 1:00 Carriage Ride 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle</p>
<p><b>25</b></p> <p>9:30 Stretch &amp; Balance (Qi Gong) 11:30-1:30 Lunch 1:00 Euchre 1:30 Polish a Petoskey Stone w/ Marissa 5:30 Zumba</p>	<p><b>26</b></p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p><b>27</b></p> <p><b>Leave at 8:00 am Trip to Lewis Farm in New Era—\$15 Sign up ahead</b></p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 Mexican Train</p>	<p><b>28</b></p> <p>10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p><b>29</b></p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit &amp; Sew Circle <b>5:30 Ol' Time Gathering</b></p>

## Staff Milestones and More

### Staff Birthdays



#### **Donna Heinrich 9/14**

Donna has been a nurse for 4 decades—she's happy now to be at a grassroots level on adventure with us making a daily difference! She and her husband Jim have 3 kids and they love to travel!



#### **Ryan Couturier 9/18**

Ryan enjoys time with his daughter & time at the beach. Also snowshoeing in the Alps each year. Happiest of birthdays Ryan!



### Let's Zumba!

What is Zumba? It's a Latin inspired cardio workout. It's similar to Jazzercise classes. It's a lot of fun & can really benefit your health! Zumba instructors must be certified to teach it. I've been teaching it since 2011. It helps me make myself keep doing Zumba and learning new routines. Zumba music is 70% Latin 30% anything else. Its overall effect is that doing it feels more like a party than working out, because it's based on four basic dances (Merengue, Salsa, Reggaeton, & Cumbia) and the music we use is exhilarating international rhythms. Classes are meant for all ages-- The youngest student I've had was a 6-year-old with her mother, & my oldest (that I know of) was 86!

Zumba is a complete body workout which involves cardiovascular moves, toning the body, improving flexibility, and refining your balance. It's best if you do at least 2-3 classes/week to benefit best from Zumba. Classes are an hour long and can burn up to 600 calories, depending on your exertion. We offer it at TGP Mondays at 5:30 p.m. and Wednesdays at 8:30 a.m. —Suz Waring, certified Zumba instructor (certified in Zumba fitness, Zumba Toning, Zumba Aqua, and Zumba in the Circuit).

**Barb & Mike Michels invite you to join them & their team of horses for a carriage ride. Rides are subject to change if there's inclement weather.**

**Saturday the 9th — a Saturday ride & potluck!  
Please bring a dish to pass! Bus leaves TGP at 12 noon.**

**Then on September 22nd come for a regular ride—  
We 'll leave at 1:00 p.m. from The Gathering Place. Approx. 2 hours for ride. There 's no charge for this adventure! Call 231.525.0601 to sign up!**



### Chair Yoga!

**Chair yoga** is a gentle, safe way to maintain or improve your flexibility, balance, strength, & ability to relax. The principle of Yoga is to make us aware of the connection between our bodies and minds by using our breath.

In this class we do safe and gentle yoga poses while seated, as well as some standing poses while using the chair for support. We try to keep it casual, fun and accessible to all! —per instructor Mary Jae Hsu

**We usually meet Tuesdays at 3:30 @ TGP...  
Come join us, and have fun!**



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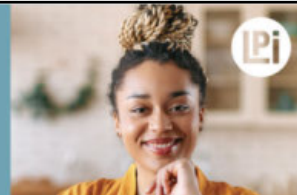


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15-0688

## Bulletin Board

### Frankfort Area Reading Place Book Club

#### **Book Group at TGP**

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

Thompsonville lunch, music, and bingo  
is the **First Friday each month! Next on 9/01/23.**  
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! We hope to  
see you there!



#### **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!**

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



*We need your donations of wool sweaters and  
buttons for making mittens for our ongoing  
boutique fundraiser.*

*We also need BINGO prizes!*

*Thanks for your help!*



Benzie Senior  
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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.

#### **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—Fall hours**

The Darcy Library in Beulah  
Thursdays 12 pm to 4 p.m.

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.**

**Call 231-525-0600 to schedule**



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

**Are you a Veteran? Need benefit help?**



Call Karen Korolenko,  
Director at Benzie County  
Department of Veterans Affairs.  
231.882.0034 or

Email [kkorolenko@benzieco.net](mailto:kkorolenko@benzieco.net).

## Food & Diet for Alzheimer's & Dementia Patients

Eating certain foods can help improve brain health and preserve brain function. There's mounting scientific evidence that shows sticking to a method called the MIND diet can make a difference in your risk of cognitive decline and dementia, including Alzheimer's disease.

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It's a combination of two other healthy diets: the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, and includes a variety of brain-friendly foods.

"What it emphasizes are leafy greens; berries; nuts, specifically ones that are high in Omega 3; fish; and an additional vegetable as well as the leafy greens. It also includes a moderate amount of chicken, turkey, eggs and fermented dairy, like yogurt or kefir. The MIND diet is high in nutrients and is not difficult to follow. Foods to avoid or limit include butter, cheese, red meat, and sweets.

Also, for some people, serving one food at a time might be less overwhelming. If coordination and independence are an issue, offer finger foods—sandwiches, cut up fruits and vegetables, cheese cubes, fish sticks, chicken nuggets, etc. If a person is having trouble swallowing, use a straw when offering beverages. More helpful tips/ideas for mealtimes:

- Make mealtimes as pleasant as possible. Encourage someone to eat, but don't demand, cajole, or threaten.
- Try offering smaller, more frequent meals. Or offer nutritional supplements between meals. Always have water or other liquids available and offer them often, so the person doesn't get dehydrated. And be sure to use a straw if there's trouble swallowing.
- Use small plates, as large ones can be overwhelming. Use color contrast of plate and food for the person to distinguish the food more easily.
- Sit with the person, if possible, while eating, to create an atmosphere of friendliness. People often eat very slowly, and so sitting with the care receiver during the entire meal time might be burdensome. However, if you sit at the beginning of the meal, it will be a way to model eating for the person.
- Decrease distractions such as TV and radio. Limit utensils to the one that is needed at a given time in the meal. Serve soup in a cup so it can be drunk rather than spooned out.
- Serve food at the right temperature to eat right now. Waiting for food to cool might be a deterrent to eating or a burn hazard.
- People with memory problems may not remember to eat or may ask again for a meal, having forgotten they already ate. Keep healthy snacks available, rather than telling them that they just ate.

And remember one of the most important things at mealtime and throughout your days...be patient and remain calm. Keeping a calm and pleasant environment (and demeanor) will help your patient or family member.—

*from the Mayo Clinic*



**The Gathering Place is closed Sept. 4th for Labor Day  
and Sept. 5th, 6th, & 7th for repairs**



# Word Search

## Autumn

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

HARVEST  
CHILLY  
THANKFUL  
WHEAT  
MAZE  
RED  
COLORS  
MAPLE TREE  
GEESE  
SWEATER  
ORCHARD  
PUMPKIN  
PEAR  
BROWN  
HAY  
LEAVES  
RAKE  
OCTOBER  
APPLE  
ORANGE



## Kinship Care Symposium

Hosted by the Michigan Kinship Care Coalition  
Friday, Sept. 15, 2023  
9:30 am – 2:30 p.m.  
Register online at  
[bit.ly/MCC2023](https://bit.ly/MCC2023) or scan this:



Play this puzzle online at : <https://thewordsearch.com/puzzle/817/>

## Kinship Caregiver Grant *up to \$500*

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](https://cfsnwm.org/kinship-caregiver)



## MICHIGAN KINSHIP CARE COALITION DOME DAY!

SAVE THE DATE!

WHEN

WEDNESDAY, SEPTEMBER 27, 2023

WHERE

DOWNTOWN LANSING:  
CENTRAL UNITED METHODIST CHURCH AND MICHIGAN CAPITOL COMPLEX

OPEN TO ALL

ALL KINSHIP CAREGIVERS, COMMUNITY AGENCIES, ADVOCATES AND FAMILIES WHO CARE ABOUT KINSHIP CARE ARE WELCOME

Save the date and stay connected with the Michigan Kinship Care Coalition on Facebook for more details coming soon!



## September Birthdays

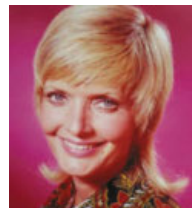
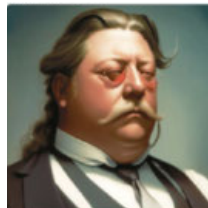
John Chahbazi	1	Virginia Gardner	12	Wanda Vanderley	22
Nancy McKinley	1	Carl Harris	13	Opsie Hoppe	23
Jan Noecker	1	Dorla Link Lindsey	13	Alice Gates	23
Joanie Peck	1	Dee Marty	13	Margie Jenkins	23
Helen Ritter	1	Eleanor Nordbeck	13	Gordon Lewis	23
Nancy Berndt	2	Janice Webb	13	Betty Lewis	23
Grant Sheets	2	Ginger Finley	14	Tina Rommell	23
Debbie Jensen	2	Barb Lynch	14	Pat Ruhl	23
Nancy Wing	2	Jerry Kleinhenn	15	Anne Stubbs	23
Kay Fischer	3	Karla Black	16	Evelyn Wood	23
Jeffrey Patak	3	Michael Cooney	16	Gayle French	24
Kathy Ross	3	Shannon Gettings	16	Maren Hull	24
Judy Rice	4	Janice Herringa	16	Dennis Link	24
Roger Fast	5	Linda Mendez	16	Bonnita Baker	26
Barbara Hipp	5	Sharon Trumbell	16	Kim Beechraft	26
Linda Robotham	5	Jim Stamm	17	Jay Finch	26
Elenora Bungard	6	Sandra Cress	18	Beverly Harris	26
Etta Erdman	6	Sally Majszak	18	John Lekovich	26
Kay Nydam	6	Victoria Tarker	18	Marilyn Berndt	27
Linda Stockman	6	Glenda Golanda	19	Mary Johnstone	28
Barbara Gibbs	7	Fred Poynor	19	Phil Lavender	28
Irene Saxton	7	Mike Ross	19	Tinia Penney	28
James Wanner	7	Joanne Hawkins	20	Barb Pracher	28
Denise Kerridge	8	Pat Delorme	20	Katie Rosa	28
Linda Martin	9	Suz Waring	20	Pat Sluyter	28
Carolyn Pletz	9	Penny Hergenroeder	21	Clint Bridges	29
Mary Ann Wichtner	9	Jean Noah	21	Leonard Merrill II	29
Phyllis Heniser	10	Marvin Rosa Jr.	21	Larry Poullisse, Sr.	29
Gordon Richardson	10	Nena Bondarenko	22	Sylvia Beardsley	30
Paul Schulte	10	Linda Brooks	22	John Beeman	30
Maren Bailey	11	Ann Fouchey	22	Deborah Cruden	30
Linda Hawkins	11	Will Lynch	22	Karen Mendrea	30
Leo Smith	11	Vicki MacKenzie	22		
Randy Favreau	12	Lucy McGregor	22		
Charles Fouchey	12	Ella McKeen	22		

If we forgot your birthday we are truly sorry. Please remind us for next year. If you prefer your name be removed from the birthday list, please let us know. You can indicate this on your NAPIS form, too.

Today my wife asked, "Are you ever going to get a haircut?" I replied, "I'll mullet over." Then I went to a redneck barber and sat down then quickly changed my mind and walked out.. I think I may have dodged a mullet on this one.

### September is Mullets for Mental Health Month

**Mullets throughout History—**  
Abe Lincoln, Mozart, Wm. Howard Taft, Carol Brady, & Joe Dirt



# Medicare Minute and More



## Caregivers: Talking with a loved one about Power of Attorney (POA)

Power of Attorney (POA) is a legal document in which your loved one names who can help make decisions for them if they cannot. There are two power of attorney documents, one for healthcare decisions and one for financial decisions. Note, the document can be canceled or changed at any time.

Power of Attorney documents are used if your loved one can't make or communicate a decision for themselves. For example, if they are unconscious or have a condition affecting their decision-making skills or ability to communicate.

If you are not sure how to talk about POA here are some tips that may help.

1. Start the Conversation--Ask for help with the conversation. Include someone who your loved one respects but isn't the main caregiver. Sometimes the closest caregiver gets the most push back on this conversation. You can also ask your doctor or a trusted professional to start the conversation. Try not to force a decision. Remind them it is completely their choice.
2. Provide Information --Explain that a power of attorney document: Gives them control while they can still make decisions. Prevents decisions from being made by someone they don't trust.. May help prevent family fighting in the future. Makes it easier to care for them.
3. Support Them to Make Decisions —Start by asking what you can do to help with the decision. It may help to explain the documents in a different way. Ask if there's anyone else, they'd like to talk to about power of attorney, or what questions they have. Don't expect all decisions to be made during your first conversation. Give them extra time to make decisions. Deciding not to make a decision is still a decision.

Often, caregivers feel like they need to do everything right. That's a lot of pressure! Instead, remember your role is in supporting your care recipient to live their vision of the best life possible. It's not about what other people think is right, or even what you think is right. It's about the person you care for.

### Expert Tip

Even if you don't agree with your loved one's decision, remember everyone has the right to make their own decisions in life. Think about times in your life when you made a decision that your family didn't agree with. Would anything change your mind at the time? This can help reduce any feelings of frustration that may come up.

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. © Trualta Inc. 2022

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

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





## Donation Information

Giving is not just about making a donation.  
It's about making a difference.

Benzie Senior Resources is an independent 501 c-3 nonprofit organization. We depend on donations to sustain our programs and we need **your** support to continue providing reliable and professional services to the seniors of Benzie County. Traditional funding sources are failing to keep up with the growing needs of the rapidly increasing population of people over age 60. Your donation will help us continue our important work!

We are dedicated to supporting older adults and the friends, family and community who surround them. No matter the age or situation, we have professional, reliable services to help keep Benzie seniors living independently—with dignity—in their own homes. You can be assured we will continue to be good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes. If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org).

**Legacy Giving:** Planned gifts are a thoughtful way to remember Benzie seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

**Memorial Gifts:** Tribute gifts can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

### DONOR INFORMATION:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Type of Donation (please circle): Legacy    Tribute    Other

Make Checks Payable To: Benzie Senior Resources, Mail to: 10542 Main Street, Honor, MI 49640

☐ Check here if you wish to remain ANONYMOUS

***Benzie Senior Resources is an independent 501 (c) 3 not-for-profit organization. Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.***

**Privacy Policy**—Benzie Senior Resources (BSR) does not sell or distribute donor information. Be assured your information is secured and protected, and used only by BSR when processing your donation and supplying you with BSR information.

SCAN ME





**BENZIE**  
SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

Nonprofit Org.  
U.S. Postage  
Paid  
Honor, MI  
Permit No. #1

Address Service Requested



**The Gathering Place is closed Sept. 4th for Labor Day  
and Sept. 5th, 6th, & 7th for repairs**

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



Fun with cake decorating  
happened at TGP with Phil!  
Thanks Phil!

The Benzie Bucks Auction  
was a good time with a great  
turnout & good fun!

Thanks to those who helped  
with these events and thanks  
to those who attended!