



BENZIE

SENIOR RESOURCES



January 2024

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"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." —Carl Bard

"If you don't like something, change it. If you can't change it, change your attitude." —Maya Angelou

"What a wonderful thought it is that some of the best days of our lives haven't even happened yet." —Anne Frank

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come." —Joseph Campbell

"The beginning is the most important part of the work." —Plato

January is ...

National Eye Care Month, National Blood Donor Month, National Soup Month, National Braille Literacy Month, Walk your Dog Month

The Full Wolf Moon is January 25th
Quadrantids Meteor Showers January 3 & 4
A total lunar eclipse is January 20/21st.



Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

— Ann Landers —

AZ QUOTES



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

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

The Gathering Place Senior Center Hours:
Monday — Friday,
8:00 a.m.— 4:00 p.m. with exception
to special events and inclement weather.

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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, Editor

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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.



THE SENIOR SCOOP

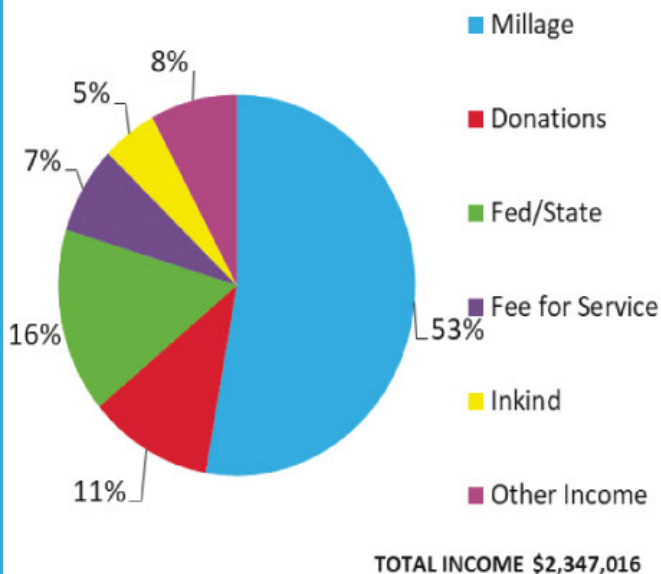
From Our Director

WHO ARE WE?

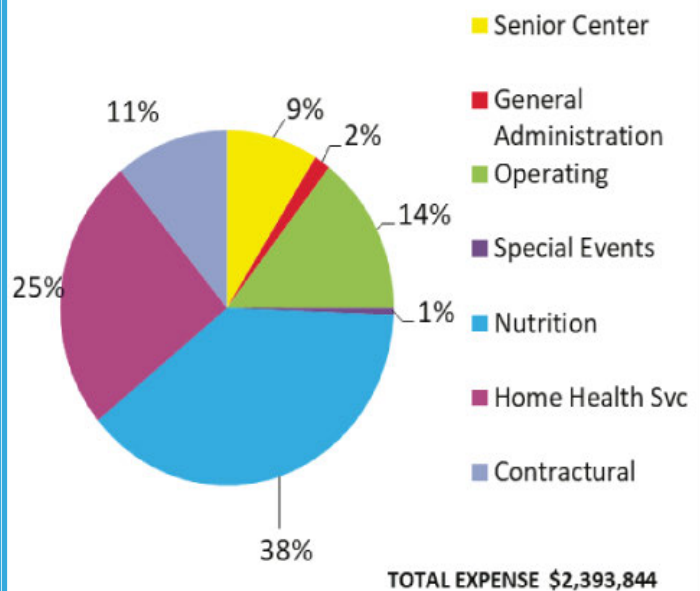
We are 32 employees • We are 15 contractors • We are 124 volunteers strong who shared 11,203 hours to make a difference • We delivered 72,349 meals to 361 homebound clients and traveled over 73,965 miles to provide these meals • We prepared a total of 91,177 congregate & home delivered meals for clients. We provided 4,897 Personal Care Visits • We provided 3,704 service hours of homemaking services to 112 clients • We provided 368 Respite Care Visits • We served 18,828 congregate and curbside meals to 1,015 individuals at The Gathering Place Senior Center • We delivered a total of 2,006 shelf-stable food boxes, fresh produce Bags, BACN bags and Commodities boxes • We provided 1,437 RN visits for Assessments, In-Home Footcare, Wound Care and Medication Management • We had 16 individuals attend the Hearing Clinic which was restarted after 3 years • We provided 1397 snow plows to 167 clients • We provided a total of 11,987 hours Home Care Services • We provided 1,140 lawn mowings to 129 clients • We provided 22,326 free Benzie Bus rides to seniors to visit their doctors, go shopping, out for meals, etc. and we provided 426 non-emergency Health Rides • We provided 682 foot care appointments at our foot care clinics • We provided 230 clients with Income Tax Preparation Assistance at no cost • We assisted 119 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 \$68,381 • We delivered 256 Christmas Holiday Bags • We provided 43 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 \$4,500) to obtain fresh produce from our local Farmer Markets at no cost to them • We answered a total of 11,590 phone calls from those requesting information and assistance for help regarding senior services • We paid for 8 dental visits through the Oral Healthcare Voucher Program • We provided a variety of social, physical, health & educational activities/programs and 8,254 cumulative individuals participated • We assisted 41 individuals with financial assistance through the Senior Essential Needs Fund Program • We provided, through Swogger, Bruce & Millar Law Firm, free estate planning advice to 70 individuals • We distributed over 15,000 Newsletters during the past year • **We provided one or more services to 2,065 Benzie County Seniors!**

FY 2023

INCOME



EXPENSES



January Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CLOSED</p> 	<p>2 CLOSED</p> 	<p>3 New Orleans Bourbon Chicken 'N Rice, Japanese Vegetable Blend, Steamed Broccoli Florets, Stoneground Wheat Bread, Mandarin Oranges</p>	<p>4 Hearty Three Bean Chili, Steamed Sweet Corn, Capri Vegetable Blend, Oyster Crackers, Classic Fruit Cocktail</p>	<p>5 Classic Chicken Parmesan, Italian Style Green Beans, Pesto Infused Cauliflower, Soft Baked Breadsticks, Fresh Cut Oranges</p>
<p>8 Spanish Rice w/ Beef & Bacon, Fire Roasted Corn & Black Beans, Steamed Cauliflower Florets, Stoneground Wheat Bread, Apricot Halves</p>	<p>9 Hearty Turkey Tetrazzini, Scandinavian Vegetable Blend, Green Bean Blend, Stoneground Wheat Bread, Cranberry Applesauce</p>	<p>10 Cornmeal Dusted Catfish, Oven Baked Potato, Italian Vegetable Blend, Stoneground Wheat Bread, Diced Peaches</p>	<p>11 Homemade Meatloaf w/ Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce</p>	<p>12 Slow Roasted Beef, Herbed Mashed Potatoes, Key West Vegetable Blend, Stoneground Wheat Bread, Fresh Banana</p>
<p>15 Creamy Chicken Bacon Carbonara, Sicilian Vegetable Blend, Steamed Sweet Peas, Soft Baked Breadsticks, Fresh Plums</p>	<p>16 Crispy Cod Sandwich, Steamed Broccoli Florets, Southern Style Succotash, Stoneground Wheat Bread, Fresh Grapes</p>	<p>17 Hand Rolled Swedish Meatballs, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Diced Pears</p>	<p>18 Citrus Chicken over Rice, Caribbean Vegetable Blend, Steamed Spinach, Stoneground Wheat Bread, Fresh Banana</p>	<p>19 Classic Homemade Lasagna, Italian Style Green Beans, Pesto Infused Cauliflower, Soft Baked Breadsticks, Pineapple Tidbits</p>
<p>22 Roasted Turkey w/ Herbed Stuffing, Herbed Mashed Potatoes, Venetian Vegetable Blend, Multi-Grain Dinner Roll, Bonnie's Famous Cranberry</p>	<p>23 Grand Rapids Style Wet Burrito, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches</p>	<p>24 Deluxe Pizza, Italian Style Green Beans, Steamed Sweet Corn, Soft Baked Breadsticks, Fresh Banana</p>	<p>25 Homemade Cheesy Stuffed Peppers, European Vegetable Blend, Green Bean Blend, Stoneground Wheat Bread, Fresh Cut Oranges</p>	<p>26 Caribbean Style Roasted Pork, Whipped Sweet Potatoes, Malibu Vegetable Blend, Sweet Hawaiian Rolls, Tropical Fruit Blend</p>
<p>29 Savory Sausage Cassoulet Key West vegetable Blend, Steamed Sweet Corn, Stoneground Wheat Bread, Apricot Halves</p>	<p>30 Whole Wheat Blueberry Pancakes, freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Apples</p>	<p>31 Homestyle Shepard's Pie Steamed Parisian Carrots, Steamed Sweet Peas, Stoneground Wheat Bread, Fresh Banana</p>	<p>We accept cash, Visa, Mastercard, & Discover. Personal Checks also accepted — made out to BSR</p> <p>Lunch is served 1130am to 130pm</p>	<p>\$4.00 suggested donation for age 60 and older.</p> <p>Under 60 is <u>\$8.00</u></p> <p>Caregivers under 60 are \$4.00</p>

The Kitchen Uncovered

Our New Year's resolution for our nutrition department here at Benzie Senior Resources is to all but eliminate food waste. We are already known to have very little waste coming out of our kitchen by efficiently ordering and using the correct amount of product, as well as being very efficient and creative with any leftovers we may have. But we think we can do even better! An area where there is still some room for improvement is with the fat that is separated from some of the meats here. Our roasts that cook slowly throughout the night and other fatty meats that we drain after browning create most of what we need to make our own suet cakes. We will be saving the separated fat that we remove from some of the food and making an oatmeal slurry that we will freeze into the common suet cake shape. I've reached out to Benzie Conservation District for guidance and have experimented with the suet in our gardens this past fall and it was a success. The birds seem to enjoy their special treat and the bears and rodents haven't gotten word yet! We will be offering our handmade suet cakes for \$2 to anyone who may be interested. This will cover the cost of the oatmeal and wrap and might be used for some birdseed if this idea takes off. It is to be on a first come first serve so far, and we may have an order form in the future. Anyone who is interested in purchasing a suet cake can speak with the front desk volunteer and we will get you set up. Let us know how they work for you!

Take care!
David Main
Executive Chef,
Benzie Senior Resources



The 2nd Thursday each month,
Dinner is at 5:00 p.m.
& **Produce Bingo starts** at 6:00 p.m.
This month it's on—January 11th

We will have: Cheeseburgers, Potato Chips, Baked Beans, and Cake!

We are grateful for our past donors who have been supporting this fun & nutritious program (Produce Bingo) and our Bingo program! Many have donated prizes and then money for prizes,...all have been appreciated !

Thanks too, to those of you who may decide to help us in the future.
Your help is needed and will be appreciated into this new year!

Ol' Time Gathering is happening 01/26/2024
Dinner & dancing & fun! **Dinner @ 6:00 p.m.**
Dinner will be: Meatloaf

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



Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>CLOSED</p> 	<p>3</p> <p>11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>4</p> <p>11:30-1:30 Lunch 1:30 BUNCO</p>	<p>5</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>8</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:30 Make Ear-rings w/ Debbie</p>	<p>9</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>10</p> <p>11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>11</p> <p>10:00 Altered Books 10:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO 5:00 Dinner 6:00 Produce Bingo (PINGO)</p>	<p>12</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>15</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:30 Make a Wool Hat w/ Kim</p>	<p>16</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>17</p> <p>8:30 Leave for Little River Casino 11:30-1:30 Lunch 12:30 Bingo 2:00 -4:00 Mexican Train Dominoes 4:30 Board of Directors Meeting</p>	<p>18*</p> <p>9:00 am-Noon Healing Session w/ Kris 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>19</p> <p>9:30 BUNCO 10-12 Hearing Clinic at BSR 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle **Pajama Day!-</p>
<p>22</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:30 Make a Snow Man w/ Sandy</p>	<p>23</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>24</p> <p>11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>25</p> <p>10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>26</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>29</p> <p>9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch ***Lunch Hour & after— Stories that Heal meeting sessions with clients. (See page 14)</p>	<p>30</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>31</p> <p>11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>* Join us for an energy healing session with Kris. This will be a 30-minute session – with or without touch, your choice. Please call 231.525.0601 to schedule your session. We can also answer any questions you may have.</p>	<p>** <i>January 19th is Pajama Day! (Please have full coverage!) Everyone wearing pajamas gets a prize with a drawing later for more & bigger prizes! It'll be fun!</i></p>



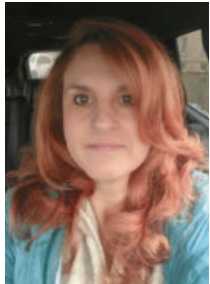
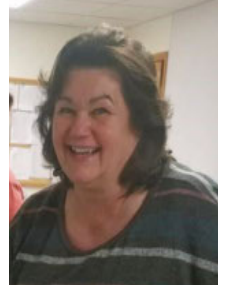
Staff Birthdays & Anniversaries and More



Doug's birthday is January 4th . Happy Birthday to our Executive Director! Doug loves Star Wars, all things Disney, and is devoted to his family. We are blessed to have his leadership for our agency & dedication to our seniors.



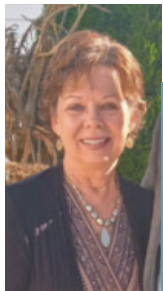
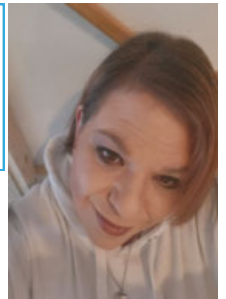
Susan Glass, our Senior Center Director is celebrating her 5-year anniversary. Susan enjoys making TGP a welcoming haven for all our seniors. Away from work, she enjoys quilting & the outdoors—most of all she enjoys time with her family! Thanks Susan!



Terri's first-year anniversary is January 23rd! Terri is our Director of Home Health Services and has done a marvelous job working with our staff & clients. She loves to cook & is all about family/. She also enjoys travel and snowmobiling. Thanks Terri!



Diane started with us November 27th as a Home Health Aide for our clients. Her experience in the field brings a lot to us with her humor and poise. Diane loves baking for and being outside with her three children. Thanks for joining us Diane!



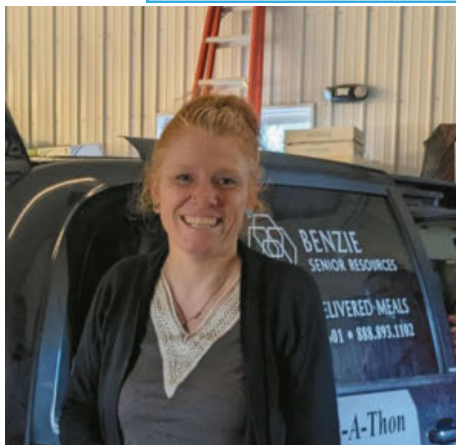
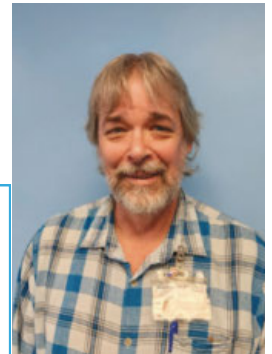
Theresa started with us November 13th as a Home Health Aide for our clients. She loves time with family & friends, plus is very involved with her church's nursing home & visiting ministries. Theresa's into baking, & outdoors activities, but really loves making dresses for little girls for Dress A Girl Around the World—she'd love to see more volunteers for this important cause to her. Thanks for coming to help us Theresa!



We are saying goodbye to our Senior Center Assistant, Cindy Falter. She has been a wonderful addition to TGP Luckily, we will still have the good fortune for occasional visits from her to join in an activity or lead a class or activity. We will miss you Cindy!



Jeff Stockman said goodbye to us at the end of December. He started with us in 2013 and has led the Home Delivered Meals program admirably. We will miss him, but we have faith that he will enjoy more time with Linda, his wife. Jeff retired from the boats, and now from land...we wish him the best and much happiness!



Michelle Francis is heading our Home Delivered Meals now as we go forward. Michelle has been a part of things at TGP for quite a while. She most recently was our kitchen crew leader, and has invaluable experience that will be helpful in her new position. Michelle grew up locally and has been raising her family here, so logistics are definitely in her wheelhouse. On top of that...she's got a quick, sincere, shining smile. Please congratulate & thank Michelle for making this position her own and rest assured she 'll be great at it!





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We welcome Attorney Lane T. Plamondon to our firm

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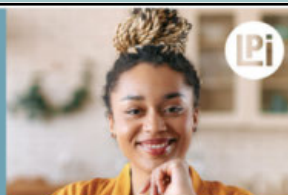
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Bulletin Board

**List for The Gathering Place Book Club
Book Group at TGP next meet January 25th**

January's Book—Mad Honey by Jodi Picoult & Jennifer Finney Boylan

February's Book—I Have Something to Tell You-
A Memoir by Chasten Buttigieg

March's Book—Lessons in Chemistry by Bonnie Garmus

April's Book—The Invisible Life of Addie LaRue by V.E. Schwab

If you've been riding Benzie Bus, some changes have been put in place you must know about— we are back to using bus passes. If you don't already have yours, contact the BSR office and get some for your use—limited to 18 round trips in 30 days counted from issue date.

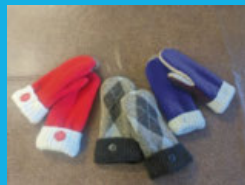


**Frankfort Area Vet to Vet Group is held the 1st Monday every month 6:30pm at Trinity Lutheran Church in Frankfort at 955 James Street.
Come join us! Welcome home...**

Bring us wool sweaters and cool buttons... See what we do with them!

Mittens for sale at TGP \$20.00

These make great gifts and you deserve a pair of these great mittens too, to keep your own paws warm...



FOOT CARE CLINIC BY APPOINTMENT

Wednesdays at Benzie Senior Resources Office,
Call 231-525-0600 to set yours up
We don't charge a fee,
but donations are appreciated.



Free Computer Help—Fall hours

The Darcy Library in Beulah
Thursdays 10 am to 12pm Noon
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. **Two weeks lead time
required.**

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.

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.

Kinship Caregiver Grant *up to \$500*

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

*Do you live in one of our covered counties?

*Do you have financial needs requiring assistance?



For more information or
to see if you qualify please
Call 231-774-6330 or

Visit cfsnwmi.org/kinship-caregiver



Nutrition Notes

Why Do We Want Chicken Noodle Soup When We Are Sick?

Every childhood memory of being under the weather is likely to include a steaming-hot bowl of chicken noodle soup. But is it really the best remedy for a cold? To understand the benefits of this nostalgic dish, let us first break down the various ingredients in chicken noodle soup. There are many variations on this recipe, but you can easily make a delicious bowl of chicken noodle soup with these few ingredients:

Chicken broth — Hearty broth contains vitamins, minerals, and some fat. The steamy liquid can help to improve upper respiratory symptoms by providing hydration and stimulating nasal clearance.

Carrots, celery, onion — These vegetables contain vitamins A and C, and other antioxidants. These nutrients help build a strong immune system and fight off viruses. They may help the body recover faster from an illness.

Chicken — The star of the dish provides protein, which also supports the immune system.

Noodles — High in carbohydrates, they help you to feel full and satisfied.

Herbs (optional) — Herbs like parsley, bay leaf, thyme, or dill can boost flavor and add more antioxidants to support your immune system.

A hot, steamy, soothing bowl of chicken noodle soup is just what the doctor orders when you're under the weather. Although the ingredients in chicken noodle soup are there for flavor, they also provide important health benefits. The broth provides hydrating fluid and electrolytes like sodium, potassium, and magnesium. That's especially helpful when you have a fever and run the risk of becoming dehydrated. The steam from hot broth also can open up nasal passages to help you breathe easier. Chicken noodle soup is light and easy to digest, and quite nourishing. It provides just enough nutrients to keep up your energy when you don't feel much like eating. A one-cup serving of homemade chicken soup has: About 150 calories, 13 grams of protein, 5 grams of fat, 12 grams of carbs. Besides protein, it also provides zinc, vitamin A, vitamin C, antioxidants, and other nutrients to support your immune system. That wide range of nutrients is important because they all work together to help your body recover. If you want to get even more from your soup, feel free to add other healthy ingredients. Some good choices include:

Ginger or cayenne pepper. The spiciness helps decrease congestion.

Lemon juice. It adds more vitamin C.

Garlic. It has antibacterial and antiviral properties.

Leafy greens. They contribute more immune-boosting antioxidants.

The beauty of chicken noodle soup is that you can add as many (or as few) ingredients as you like. As you start to feel better, you can make your soup heartier by adding a can of beans or extra chicken. It's an easy way to transition back to regular meals. Studies show that a hearty bowl of chicken soup may help clear nasal congestion. It also has a mild anti-inflammatory effect that can help ease cold symptoms. Chicken noodle soup makes a great fallback for cold winter days because of its wonderful nutrients. The ingredients are soothing to the throat, easy to digest, and taste great.

Besides soup, other good foods to eat (and drink) when you're sick include:

Yogurt. It's full of protein and probiotics, which can support your immune system.

Sugar-free cold cereal or oatmeal. They're easy to digest and provide carbs for energy.

Smoothies with frozen fruit and any kind of milk. They're hydrating and can easily take the place of a meal.

Fresh, frozen, or canned fruit (packed in 100% juice). Fruit provides antioxidants and vitamin C for your immune system and fiber to keep your digestive system moving.

100% fruit juice or tea. These are good choices for hydration. *--from UPMC Health Beat 02/2022*



Word Search

Winter Wonderland

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

NIPPY
SNOWBALL
HOT CHOCOLATE
SNOWFLAKE
FROSTY
ICICLE
SKATING
WONDERLAND
SLEDDING
FROZEN
BLIZZARD
SKIING
SNOWFALL
GLISTEN
WINTER

Play this puzzle online at : <https://thewordsearch.com/puzzle/597/>

Effective
January 1, 2024

A 3% convenience fee
will be added for
use of credit & debit
cards.

The reason for this is
that in our 2023 fiscal
year, we accrued \$4300
in bank fees. That
amount could serve us
by providing 470 home
delivered meals, 215
Christmas bags, or 172
hours of in-home care,
We can't afford to go
without making this
change. We appreciate
your understanding this
necessity.



Inclement Weather —

If Benzie Central Schools are closed, Home Delivered Meals will **not** be delivered. The Gathering Place Senior Center will remain open and the meal served at The Gathering Place Senior Center will consist of soup and our salad bar. The scheduled activities may change, or be cancelled. Call The Gathering Place Senior Center at 231.525.0601 to verify if an activity is still scheduled and if we are open. When the Benzie Central Schools are on a 2-hour delay, regular business hours will continue and meal delivery will continue as scheduled. The Executive Director or their designee will monitor weather conditions and if a general alert is issued by the Michigan State Police, Benzie County Sheriff's Office or the Benzie County Road Commission requesting drivers to remain off the roads, then The Gathering Place Senior Center will be closed.

The closure of The Gathering Place will be announced on 9 & 10 News, 7 & 4 News, WTCM 103.5 & WCCW 107.5. Look for updates on our Facebook page at www.facebook.com/BenzieSeniorResources.



STOP WINTER FALLS
DO THE PENGUIN WALK!

WHEN IT GETS ICY AND COLD:

Keep your knees relaxed,
Point your toes out,
Take short steps,
Walk slowly,
Always keep your hands free
and outside of your pockets.



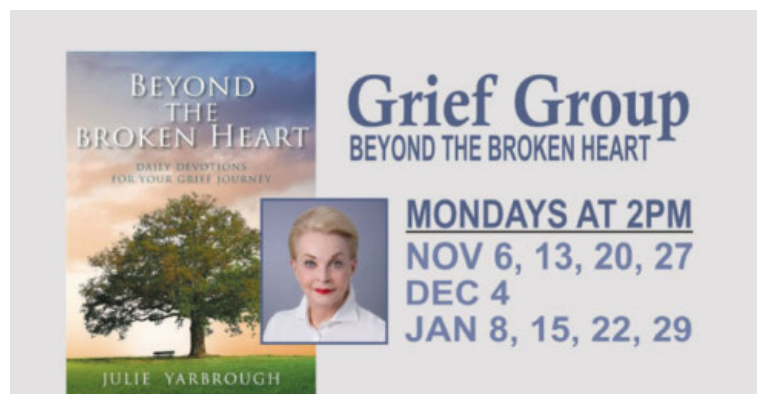
WADDLE ON!

January Birthdays

Judy Herban	1	Valerie Richardson	15	Ken Moore	25
Rosemary Johnson	1	Esther VanHammen	15	David Nyberg	25
Jeff Cook	2	Mary Jo Hamlin	16	David Sorensen	25
Max Kracht	2	Leo Rodgers	16	Lana Andersen	26
Russ Bailey	3	Don Voight	16	John Daugherty	26
Sheryl Bradley	3	Sally Gubancsik	17	Gary Falter	26
Linda Hammond	3	Janet Robb	17	Dick Lutz	27
Robert Bint	4	Paul Hunt	18	Shirley Royston	27
Ross O'Brien	4	Jean Voight	18	Frances Bentley	27
Ellen Orsini	4	Ricky Beechcraft	19	Diana Pena	27
Kelly Robert	5	Randy Gilbert	19	Stephen Allen	28
Sharon Cicansky	6	Denise Holmquist	19	James Fuzz Foster	28
Normalee Huddleston	6	Dan Ingersoll	19	Laurie Short	28
Rodney Hunt	6	Keith Mead	19	Jeff Hopkins	29
Helmer Olsen	6	Richard Pataky	19	Sue Meredith	29
Maury Stahl	6	Eleanor Comings	20	Deb Rafferty	29
Maris Ziemelis	6	Richard Heinz	20	Cathy Wilkinson	29
Nancy Eipperle	8	Bob Klepac	20	Karen Bailey	30
Shirley Henning	8	Jay Peregrine	20	Phyllis Chlebo	30
Mary Lou Kuerth	8	Cathy Bishop	21	Shirley Covey-Huseman	30
David Moross	9	Christine Danks	21	Jeffie Lynch Jones	30
Jim Morse	9	Verona Gatrell	22	Linda Joy	30
Beverly Wenger	10	Betty Milliron	22	Anita Valenti	30
Gretchen Amstutz	11	George Payne	22	Carolyn Gaylord	31
Bud Middleton	11	Christine Persinger	22	Marie Lovendusky	31
Beverly Poynor	11	John Stroba	22	Mitzi McGlynchey	31
Judy Fast	12	Lawrence Wright	22	Martha Nix	31
Dorothy Feiger	12	Tom Bishop	23	Betty Robotham	31
Michelle Bigger	13	Alice Cooper	23		
Millie Johnson	13	Janet O'Brien	23		
Heather Wright	13	Susie Evans	24		
Lorie Richmann	14	John Raz	24		
Karyl Bird	15	Albert Bedard	25		
Sharon Francik	15	Carmen Carris	25		
Diane Pharr	15	Gerald McPherson, Jr.	25		

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.

Join us for a Grief Group Class based on the inspirational book "Beyond the Broken Heart" by Julie Yarbrough, where healing, hope, and community come together to support you on your grief journey. This is to be held at St. Andrews Presbyterian Church.



Facilitated by Rev. Anne, our grief group classes offer a safe and nurturing space to explore the process of healing after loss and provide a supportive environment for sharing experiences and learning coping strategies. Whether you've recently experienced loss or are navigating the ongoing journey of grief, you are not alone. We invite you to be a part of this healing community.

Please register online on St. Andrews website: www.benziestandrews.com



Medicare Minute

How can I protect myself from Medicare scams?

Scammers are everywhere, and [Medicare scams](#) can happen to anyone. The tips below can help you keep your personal information safe.

Avoid sharing your Medicare number with people who contact you out of the blue: Do not provide your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone but your doctor, pharmacy, or people who work with Medicare to assist beneficiaries. These numbers should be protected just like you would protect your credit card, debit card, or bank account information. It's important to know Medicare will not call you unless you've specifically asked for help. And if they do call you in response to a request, they will not need your information since they'll already have it on file. Does your caller ID show a legitimate-looking phone number? Don't be fooled. Scammers can spoof their number to make it look like the call is coming from a government agency or other known organization. Also, don't be surprised if the caller has some basic information about you. With the internet, those details are easy to find today. If someone unfamiliar calls asking you for personal details, simply hang up.

Do not click on suspicious links: Criminals create fake email addresses to make it appear messages are coming directly from Medicare. These emails may send you to a website that looks authentic. Do not respond to unexpected emails or text messages or click on any links they contain—even if the communication looks real. If you need to update your information, log in to your Medicare account at [Medicare.gov](#), call 1-800-MEDICARE (1-800-633-4227), or talk to a trusted advisor.

Do not be afraid of threats to terminate benefits: If you qualify for Medicare, your benefits will not be taken away for reasons like not signing up for a certain plan.

Do not speak to anyone who tries to persuade you to choose a certain plan: Ignore claims that any policy is “preferred by Medicare,” since Medicare does not endorse a specific plan.

Destroy your old Medicare card: Some scammers may claim you need to return your old card; however, this is not true. Once you receive a new Medicare card, your old one is not needed. Destroy it with scissors or a shredder & start using the replacement immediately.

Protect your medical records: Do not allow anyone but your doctor or other health care providers to review your personal medical information.

How do I report Medicare scams? If you believe you've been involved in a Medicare scam, take action by reporting it:

Call Medicare directly at 1-800-MEDICARE (800-633-4227).

Contact the Senior Medicare Patrol Resource Center by calling 1-877-808-2468 or use their [online contact form](#).

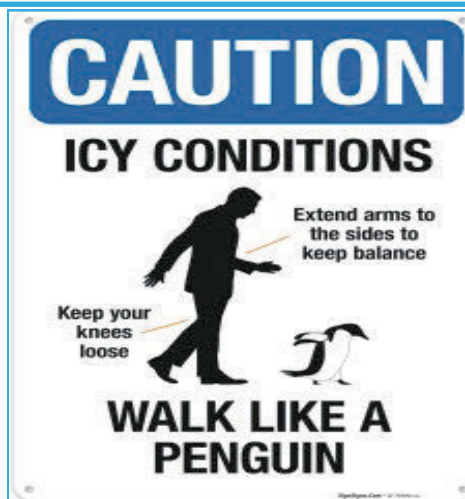
[Submit a report online](#) to the Federal Trade Commission (FTC).

Stories that Heal...

***Stories that Heal is a new program headed by Katie Jones of The Garden Theater in Frankfort. The gist of it is that a group of creative people involved with the program want to help seniors tell their stories, therefore providing an avenue of healing.

January 29th will be their first visit to TGP to get a sense of things and start meeting some of our seniors. It will all culminate to the Stories That Heal Lighthouse Festival in May of 2024 to be held at the theater, presenting the stories. This is in conjunction with students from the Interlochen Arts Academy. It is they who can transform your stories into a work of art!

You can reach out to Katie at kjones@gardentheater.org for more information or call 813.541.4737.



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.

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.

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BENZIE SENIOR RESOURCES PRESENTS Myrtle Beach Show Trip

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in the Myrtle Beach area
- 14 meals: 8 breakfasts and 6 dinners
- Three Evening Shows: LEGENDS IN CONCERT, CAROLINA OPRY, & ALABAMA THEATRE
- "LE GRAND CIRQUE" at Broadway Theater
- "THE MAN OF A THOUSAND VOICES" at Asher Theatre
- BALEFOOT LANDING, a Unique and Popular Shopping, Dining & Entertainment Experience
- Visit to MYRTLE BEACH BOARDWALK and PROMENADE
- Amazing L.W. PAUL LIVING HISTORY FARM

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

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

\$1150*

9 Days 8 Nights

***PER PERSON, DOUBLE OCCUPANCY**

(Sat - Sun)

Apr 27 - May 5

2024

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination. Beautiful Myrtle Beach! Tonight, check into an en route hotel for a good night's rest.

Day 2: After enjoying a Continental Breakfast, you will depart for the Kentucky Artisan Center in Berea, KY -- a 20,000 square foot facility where you can explore Kentucky crafts, history, and shop for Kentucky products. Later in the day, enjoy Dinner and check into your en route hotel.

Day 3: Today after enjoying a Continental Breakfast, you will continue towards your destination. Tonight, you'll enjoy Dinner before checking into your Myrtle Beach area hotel for a four night stay.

Day 4: Enjoy a Continental Breakfast before brightening your morning with a visit to the amazing L.W. PAUL LIVING HISTORY FARM. Guests on this working farm will be able to observe activities that would have been commonplace on traditional family farms in the period of 1900 - 1935. Exhibits include farming tools and implements, household items and clothing, and wildlife specimens and photographs. Next, you'll enjoy a visit to the MYRTLE BEACH BOARDWALK and PROMENADE. This impressive attraction not only provides you with opportunities for shopping and eating, it's oceanfront views of the pristine beach make this part of your day special. Later, you'll enjoy Dinner at a local restaurant before going to the fabulous CAROLINA OPRY SHOW. Thrilling Myrtle Beach visitors for nearly 30 years, this award winning show blends two hours of high-energy music, comedy, and dance. Its awards include Most Outstanding Attraction.

Day 5: Start your day with a Continental Breakfast before departing to see the show "THE MAN OF A THOUSAND VOICES" at Asher Theatre, starring James Stephens III. For those not already aware, Mr. Stephens has been seen on many major television and cable television networks. His incredible ability to transform himself into rock stars, comedians, American Presidents, piano players, trumpet players, dancers, and more has given Mr. Stephens international fame and notoriety. Afterwards, you'll head to BALEFOOT LANDING, one of the more unique and popular shopping, dining and entertainment destinations you will ever experience. Set along the Intracoastal Waterway and featuring a 27 acre lake, Balford Landing combines beautiful scenery with an outstanding selection of places to enjoy your day. Immerse yourself in the atmosphere of a quaint Southern shopping village. This evening, enjoy Dinner at a local Myrtle Beach area restaurant before seeing LEGENDS IN CONCERT in their new, state of the art theatre. This production features a line of tributes of today and yesterday's greatest musical legends, all backed by a live band and electrifying dancers.

Day 6: Enjoy a Continental Breakfast before departing to see the show "LE GRAND CIRQUE" at the Broadway Theater. This amazing show includes visual feast of breathtaking acrobatics, contortionists, aerialist, roller skating stunts and much more to keep you on the edge of your seat. Next, you'll visit BROADWAY AT THE BEACH, an exciting shopping, dining and entertainment complex. With over 50 shops, 30 restaurants, and a variety of entertainment choices -- all amidst a beautiful lakefront view, this is a great way to enjoy the outdoors. Later, you'll enjoy Dinner at a local restaurant before seeing an EVENING SHOW at the ALABAMA THEATRE.

Day 7: Enjoy a Continental Breakfast before leaving for the South Carolina State Museum in Columbia, SC. Later that day, after a relaxing Dinner, you'll check into your en route hotel.

Day 8: Enjoy a Continental Breakfast at your hotel before leaving for the Market Square District in Knoxville, TN. Tonight, relax in your en route hotel.

Day 9: Today, after enjoying a Continental Breakfast, you depart for home -- a perfect 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...

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Final Payment Due: 2/20/2024

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Lynn Vanderplow @ (231) 944-5463 or

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