



# BENZIE

## SENIOR RESOURCES



## FEBRUARY 2024

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February is: National Cherry Month, American Heart Month, Black History Month, National Cancer Prevention Month, National Bird feeding Month, National Canned Food Month, and Great American Pie Month. February 24th is the full moon known as the Wolf Moon or Snow Moon. The Centaurid Meteor Showers are from 1/13 to 2/21, peaking at 2/8/2024.



**Coming Soon!**



## DIRECTORY

Phone: 231-525-0600 or

Toll Free: 888-893-1102

Fax: 231-325-4855

Email:

info@BenzieSeniorResources.org

Website: [www.BenzieSeniorResources.org](http://www.BenzieSeniorResources.org)

Facebook: @benzieseniorresources.org

The Gathering Place: 231-525-0601

Benzie Senior Resources Office Hours

Monday – Friday: 8:30 a.m. – 4:00 p.m.

The Gathering Place Senior Center Hours

are Monday — Friday 8:00 a.m.— 4:00 p.m.

with exception to special events and

inclement weather.

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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

Hello,

As I write this article, we are in the midst of our first deep freeze of winter, and we've seen a significant amount of snowfall! I am sure our dedicated group of snowplow contractors are very busy trying to plow many, many residential driveways and business drives and parking lots.

I want to bring everyone up to date -- we delivered 264 Holiday Christmas Gift Bags right before Christmas! I extend our sincere appreciation to the following churches, businesses, groups, and individuals for making this our most successful Christmas Bag Project to date!

Items for the bags were donated by the generous congregations of Blaine Christian Church • Trinity Lutheran Church • St. Andrew's Presbyterian Church • First Congregational Church of Frankfort • Frankfort & Elberta United Methodist • First Congregational United Church of Christ of Benzonia • Cornerstone Assembly of God • Crystal Lake Baptist Church • St. Phillips Episcopal Church

Thank you to West Shore Bank and its Frankfort Branch for sponsoring the Christmas Holiday Program and spending a day at the Benzonia Family Fare Store to promote the purchase of items for our gift bags. Your support generated over 1,000 items!

Thank you to the SpartanNash Company and especially the Benzonia Family Fare store for their support during their Secret Santa for Seniors Program. The customer support was awesome! Thank you to Marsha and Keith Behm; Michelle Francis; Cindy and Gary Falter; Jeff Stockman; Angela and Meggie Haase; and Kelly Ottinger for their support at the store to hand out the paper ornaments and pick up the gifts.

The following individuals & families donated a variety of items and/or made special gifts: Gayle & Jeff Rayle; Jennifer, Alan, & Hunter Rose; Liz Crawford; Mel & Patty Adams; Gail Ramey; Kris and Mary Dykstra; Pat Hudson; Sarah Webb; Barb Pracher; Diane Brutzer; Rev. Pam & Jim Pendexter; Robin Rommell & Family; Benzie Bus; Patty Millard; Interquilten; and Joshua Brudi, DDS.

Thank you to Ann, Barbie, Bea, Carol, Cathy, Judy, Lynn, Maren, Marissa, and Susan for sorting and assembling the gift bags. And finally, thank you to those angels who discreetly dropped off items for the bags or provided monetary donations to purchase the extra items needed. If I missed your name, please let me know. Your part in all of this is greatly appreciated.

\*\*\*\*\*

February is American Heart Month. Did you know that every year more than 695,000 Americans die from heart disease. There are many reasons why it affects people of all ages, genders, and ethnicities. Some of the risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

It's never too late to make better health choices. All you need is a goal, a plan and a desire to live better. Some simple steps to help you with this-- have your blood pressure checked regularly, have your cholesterol checked, eat a healthy diet rich in vegetables and fruits, and be physically active at least three days per week.

A solid support system can be what leads to a successful healthy lifestyle. Even if you are in good health, try to offer someone you know support by being healthy with them. Go shopping together for heart-healthy foods, and then cook & enjoy a healthy meal together. You can get active together by meeting every day for a walk, or at least as often as you can.

We put a great emphasis on providing healthy meals at The Gathering Place Senior Center by offering lots of vegetables & healthy fruits daily. Many of our meals are made from scratch for our Home Delivered Meals and the Congregate lunch meal. So, come see us Monday – Friday for lunch at The Gathering Place 11:30 a.m. to 1:30 p.m.!

Happy Valentines Day!

*Douglas*





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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>We accept cash, Visa, Mastercard, &amp; Discover. Personal Checks also accepted —made out to BSR</b>  <b>Lunch is served 1130am to 130pm</b>	<b>\$4.00 suggested donation for age 60 and older.</b>  <b>Under 60 is \$8.00</b> <b>Caregivers under 60 are \$4.00</b>		1  Chicken & Dumplings Capri Vegetable Blend, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Grapes	2  Homemade Meatloaf w/ Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce
5  Chicago Style Italian Beef Sandwich, Sweet Potato Bites, Caribbean Vegetable Blend, Diced Pears	6  Cornmeal Dusted Catfish, Oven Baked Potato, Southern Style Succotash, Stoneground Wheat Bread, Classic Fruit Cocktail	7  Creamy Chicken ala King, Steamed Broccoli Florets, Capri Vegetable Blend, Fresh Baked Biscuits, Fresh Banana	8  Deluxe Pizza, Pesto Infused Cauliflower, Soft Baked Breadsticks, Oven Baked Peaches	9  Caribbean Style Roasted Pork, Whipped Sweet Potatoes, Malibu Vegetable Blend, Sweet Hawaiian Rolls, Tropical Fruit Blend
12  Hearty Three Bean Chili, Steamed Sweet Corn, Steamed Spinach, Oyster Crackers, Diced Peaches	13  New Orleans Bourbon Chicken ‘N Rice, Steamed Broccoli Florets, Key West Vegetable Blend, Stoneground Wheat Bread, Mandarin Oranges	14  Classic Homemade Lasagna, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Old Fashioned Strawberry Shortcake	15  Hand-Rolled Swedish Meatballs, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce	16  Slow Roasted Beef, Herbed Mashed Potatoes, Green Bean Blend, Stoneground Wheat Bread, Apricot Halves
19  Roasted Turkey with Herbed Stuffing, Herbed Mashed Potatoes, Venetian Vegetable Blend, Bonnie’s Famous Cranberry Sauce	20  Homestyle Beef Stew, California Vegetable Blend, Steamed Parisian Carrots, Fresh Baked Biscuits, Fresh Grapes	21  Whole Wheat Blueberry Pancakes, Freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Peaches	22  Grand Rapids Style Wet Burrito, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	23  Homestyle Shepard’s Pie, Steamed Sweet Peas, Steamed Cauliflower Florets, Stoneground Wheat Bread, Classic Applesauce
26  Smoked Sausage & Sauerkraut, Steamed Parisian Carrots, Stoneground Wheat Bread, Diced Pears	27  Crispy Cod Sandwich, Oven Roasted Potatoes, Scandinavian Vegetable Blend, Fresh Plums	28  Classic Hot Turkey Sandwich, Herbed Mashed Potatoes, Key West Vegetable Blend, Cranberry Applesauce	29  Sweet & Sour Chicken Over Rice, Crispy Egg Roll, Asian Vegetable Blend, Lucky Fortune Cookie, Mandarin Oranges	

## Community Needs Meeting Info



**BENZIE**  
SENIOR RESOURCES

### Tell us what our community needs!

As the Benzie population ages, BSR is experiencing a growing demand for its resources and services. To continue the momentum of its recently conducted studies and surveys, BSR is evaluating how the organization can use its current resources to meet these capacity and service needs and to create a vision for the future. The BSR team eagerly seeks the community's input to continue this process. *Our next meeting is scheduled for February 6th, 2024.*

Join us in person or virtually for a second work session that seeks public input in creating a vision for the BSR and its facilities.  
Previous attendance is not required and all are welcome!

COMMUNITY  
MEETING A

12/5/2023

COMMUNITY  
MEETING B

02/06/2024

COMMUNITY  
MEETING C

03/05/2024

**WHERE:** Benzie County Government Center  
448 Court Place  
Beulah, MI 49617

**WHEN:** February 6th, 2024 | 1:00 - 4:00 pm

**LINK:** <https://us02web.zoom.us/j/86935440852>

**INFO:** Doug Durand, Executive Director  
Benzie Senior Resources  
[durandd@benzieseniorresources.org](mailto:durandd@benzieseniorresources.org)



[benzieseniorresources.org](https://benzieseniorresources.org)

Join the  
conversation  
by taking our  
survey!

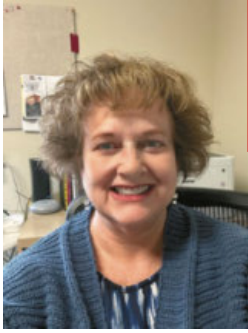
We value  
your input!

**Benzie Senior Resources 231.525.0600**

# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:30-1:30 Lunch 1:30 BUNCO	2 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
5 9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:30 Cake decorating w/ Phil-bring a round or heart shaped cake or 12 cupcakes	6 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	7 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	8 10:00 Altered Book w/ Pam 10:30 BP check 11:30-1:30 Lunch 1:30 BUNCO  5:00 Dinner 6:00 Produce Bingo (PINGO)	9 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
12 9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:30 Talk with Krystn Hartner about Medicare Scams	13 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	14 Wear red or pink For the holiday & win a prize!  11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	15 11:30-1:30 Lunch 1:30 BUNCO	16 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
19 9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:30 Rounds of Rain w/ Pam (Project for Legacy Art Park)	20 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	21 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes  4:30 Board of Director's Meeting	22 10:00 Teapot Sewing Kit w/ Susan 11:30-1:30 Lunch 1:30 BUNCO	23 9:30 BUNCO 11:30-1:30 Cupcakes & Conversation w/Senior Companion Program/ Foster Grandparents Program 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle 5:30 Ol' Time Gathering
26 9:30 Stretch & Balance (Qi Gong) 11:30-1:30 Lunch 1:30 Make a Gnome w/ Sandy	27 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	28 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	29 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	

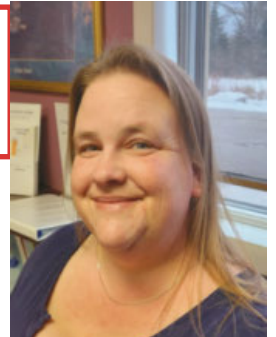
## Staff Birthdays & Anniversaries and More



Kelly Ottinger celebrates her birthday 2/9! Kelly joined the team as Development/Communications Director in July, 2023 and loves being part of our team. She happily spends a lot of time in her yard with 2 border collies, and on the road to her 2 Indiana grandkids! Happy Birthday Kelly!



Stacey's 5-year anniversary is 2/15! When asked how she keeps up with her kids and their activities, her husband, our clients, and more she admitted that she would be lost without Google Calendar. And then we would be lost without her...Thanks for all you do from head to toes for our clients Stacey!



Jenya Cobb is celebrating her 15-year anniversary on 2/20! As one of our Home Health care team, she has been a joy and a tremendous example of what can be right about life in the world as we know it. She helps her clients so very much with exercise and encouragement, and a heart full of compassion. Thanks Jenya!



Sabra's birthday is February 22nd. She typically celebrates quietly with her husband Jerry and their fur babies,—if it was still football season she'd be watching! Our Fiscal Manager is a blessing and we wish her the happiest of birthdays!



Renee's birthday is 2/27! When Renee isn't busy visiting BSR clients or teaching at Betsie Fitness Center, she's snuggled up with her two furry friends Nabi & Bella. Renee has been part of our Home Health Care staff for a couple of years in March. Happy Birthday Renee!



Welcome Ray Stark! Ray joined us as our Kitchen Crew Leader in mid-December. He's been cooking for over 30 years! An avid outdoorsman, Ray used to be the Benzie Bass Master director & was sponsored by Pure Michigan. So, yes, he loves to fish! He is a photographer/videographer for educational wildlife videos. Ray likes to make people smile..He has a story about a squirrel. Come for lunch and say, "Hi" and ask him about it.

**WELCOME**





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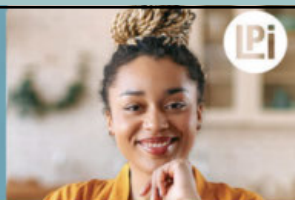
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## Bulletin Board

Are you a Veteran?  
Need benefit help?

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



### 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 10 am to 12pm Noon  
Use your computer or one at the library.  
Questions? Call Carol at 231.882.4037

### List for The Gathering Place Book Club Book Group at TGP meets next January 25th

**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

### FOOT CARE CLINIC

BY APPOINTMENT

Wednesdays at Benzie Senior Resources  
Office, Age 60 and over.

Call 231-525-0600 to set yours up  
We don't charge a fee,  
but donations are appreciated.



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. Call us at the BSR office to get bus passes 231.525.0600.

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...

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



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## American Heart Month—notes and nutrition

I'm on my second pacemaker. This one should last another six years. I've had it for 7 years already. Technology is always evolving. My first one lasted eight years. In my wallet I carry the implanted device identification card as well as my stent implant card. These devices are due to a "widow-maker" heart attack I had at two months short of turning forty-one. My proximal left anterior descending artery was blocked...I had no idea. The weekend before I'd felt a little short of breath and canceled going to a wedding as I just didn't feel up to it.

While the classic symptoms, such as chest pains, can apply to both men and women, women are far less likely to have them--symptoms such as indigestion, shortness of breath, and back pain. All I know, is I was thankful I realized what was happening when it was happening. This May marks 16 years away from telling my newly assigned cardiologist that what I felt was like the blanching of tomatoes; the pericardium set to pop like the skin of the tomato peeling back when it's ready to burst. He'd never heard it described as such. He's the one who knew enough to give me adequate valium the night before my first pacemaker surgery because I overthink things more often than not. He's also the one I told I would never have another cigarette, ever again. In my previous job/life I'd been used to working a lot of hours. I was also used to sitting back with a smoke to finish a meal or to start the day, or to relax. Again, I still haven't had one and I never will.

Too many years of fearing the dreaded phone calls from my mother and too many ambulance rides with my father taught me a lot about heart disease. I am also thankful I could take control of the situation that day in May by using relaxation exercises to change my breathing and to lower my blood pressure. Something I should have done more often prior to the cardiac event. Something we should all try to do more often. **It's American Heart Month...**so take care of yours. Find a way to relax, to be kind to yourself, for yourself and those you love, who love you. —Angela Haase

### Try to incorporate more fruits & veggies in your diet for heart health! Try this recipe—February is also National Cherry Month!

#### Cherry Granola

(Serve this tasty treat for breakfast or use it as a topping for yogurt or ice cream.)

4 C old-fashioned oats, uncooked

1/2 C coarsely chopped pecans

1/2 C sunflower kernels

3/4 C honey

6 tbsp. butter or margarine, melted

1 tsp. vanilla extract

3/4 tsp. ground cinnamon

2 C dried tart cherries

Preheat oven to 350°.

Combine oats, pecans, and sunflower kernels in a large bowl. Combine honey, melted butter, vanilla, and cinnamon. Pour over oat mixture, and stir until all dry ingredients are well-coated. Do not add cherries until after it's baked.

Spread mixture on a cookie sheet. Bake in oven at 350° for 30 to 40 minutes or until golden, stirring mixture every ten minutes with spatula. Remove from oven. Stir in cherries. Cool mixture completely. Store tightly covered at room temperature for up to 1 week. Makes 8 cups.

Recipe courtesy of Cherry Marketing Institute

**Live smoke-free.** If you smoke, quit.

**Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.

**Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.

**Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.

**Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.

**Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).

**Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.



# Word Search

## Weather

H	F	R	M	E	N	B	W	N	H	Z	R	I	H
U	R	S	I	L	N	N	L	L	R	A	I	N	R
R	O	D	W	A	R	M	A	I	O	I	N	N	Y
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The NMCAA is helping w/ tax prep again this year. You can get your packet to get ready with your documents from our office. Give a call or stop in! We will start taking your packets in envelopes in the office after February 6th, 2024. Please make copies of your documents to include, so we don't have your originals.

There are no in-person appointments with preparers at our office, but we are able to help get your info to where it needs to be so that your return can be put together & processed.



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—February 8th

We will have: Deluxe Chicken Sandwich, Coleslaw, Potato Chips, & 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 greatly 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 02/23/2024

Dinner & dancing & fun! Dinner @ 6:00 p.m.

We'll provide Chili

Please bring a dish to pass.



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

## February Birthdays

James Mattis	1	Ted Groesser	11	Simona Lopez	18
Evelyn Maxey	1	Caroline Hentschel	11	Gene Yagle	19
Judy Polhamus	1	Marian Lannin	11	Ray Nichols	20
Judy Schram	1	Harriet Muzzarelli	11	Dan Rineer	20
John Daugherty	2	Bill Schnaar	11	Sally Soper	20
Butch Frederick	3	Archie Souvatzidis	11	Don Bedell	21
Joseph Nelson	3	Don R. Bock	12	Roger Pataky	21
Bernadette Zachara Marcos	3	Brent Leines	12	Annette Laffleur	22
Bonnie Rickett	3	Mary Scholl	12	Virginia Marsden	22
Barbara White	3	Jean Higman	13	Cheryl Taylor	22
Bob Bodell	5	Ray Jacobs	13	Marsha Browning	23
Margaret Laubach	5	Shirley Short	13	Henrietta Priest	23
Bruce Wildie	5	Valerie Thomas	13	Tanya Stolz	23
Janice Erlewein	6	Ronald Wiggins	13	Robb Bollenberg	24
Geoffrey Miner	6	Gloria Hamalainen	14	Helen Fortine	24
Lavina Roberts	6	Delores Jones	14	Randy Kocevar	24
Bobbi Smeltzer	6	Kevin Kraak	14	Susan Garrison	25
Les Carnes	7	Deb LaGuire	14	Cliff Grostick	25
Fred Navarro	7	David Lyon	14	Irma Komoll	25
Mark Richmann	7	Ginny Wallis	15	Floyd Tanner	25
Victor Dinsmoore	8	Ann Reinke	15	Judy Cowles	26
Bud Frankenberger	8	Nancy Chmielewski	16	Michael Owen	26
Lloyd Williams	8	Susan Gilbert	16	Annette Rosa	26
Gail Lappe	9	Jerry Miller	16	Cathy Burcroff	27
Lorie Priest	9	Michael Foust	17	Kris Dykstra	27
Lori Dougherty	10	Art Jeannot	17	Sondra Shults-Ackerman	27
Donna Durga	10	Connie Priest	17	Mae Fitzner	28
Randy Marcos	10	Sunja Turner	17	Joan Schendel	28
Pam Howe-Perry	10	Kathy Karafa	18	Kriste Walsh	28

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.

### *Just so you know Since 2019...*



- We delivered nutritional meals to nearly 900 individuals, through 339,644 deliveries and over 365,000 miles driven. That means these meals are going to 13% of all BSR eligible seniors (aged 60 and above) who receive our nutritional assistance.
- Served 80,542 congregate meals at The Gathering Place
- Distributed 1,021 Senior Project Fresh Coupons that benefited our seniors with fresh locally grown produce and our farmers netted \$21,420
- Provided 62,850 lbs. of fresh produce through produce boxes, produce bags, and Produce Bingo
- Delivered 7,250 emergency shelf stable meals

# Medicare Minute

## Medicare prescription drug coverage appeals

Your plan will send you information that explains your rights called an "Evidence of Coverage" (EOC). Call your plan if you have questions about your EOC.

You have the right to ask your plan to provide or pay for a drug you think should be covered, provided, or continued. You have the right to request an appeal if you disagree with your plan's decision about whether to provide or pay for a drug.

**What if my plan won't cover a med I think I need?** You have the right to do all of these (even before you buy a certain drug): Talk to your prescriber - your doctor or other health care provider who's legally allowed to write prescriptions. You can ask:

- o Whether the plan has special coverage rules
  - o Whether there are generic, over-the-counter, or less expensive brand-name drugs that could work as well as the ones you're taking now.
  - o Get a written explanation (called a coverage determination) from your Medicare drug plan. A coverage determination is the first decision made by your Medicare drug plan (not the pharmacy) about your benefits, including these:
    - o Whether a certain drug is covered
    - o Whether you have met the requirements to get a requested drug
    - o How much you pay for a drug
    - o Whether to make an exception to a plan rule when you request it
  - o Ask for an exception if:
    - o You or your prescriber believes you need a drug that isn't on your plan's formulary.
    - o You or your prescriber believes that a coverage rule (like prior authorization) should be waived.
    - o You think you should pay less for a higher tier (more expensive) drug because you or your prescriber believes you can't take any of the lower tier (less expensive) drugs for the same condition.
- You disagree with your plan's "at-risk determination" under a drug management program that limits your access to coverage for frequently abused drugs.

If your network pharmacy can't fill a prescription, the pharmacist will show you a notice that explains how to contact your Medicare drug plan so you can make your request. If the pharmacist doesn't show you this notice, ask to see it.

Your doctor or other prescriber (for prescription drug appeals) can request this level of appeal for you, and you don't need to appoint them as your representative.

Your Medicare drug plan will send you a written decision. If you disagree with this decision, you have the right to appeal. The appeals process has 5 levels. If you disagree with the decision made at any level of the process, you can generally go to the next level. At each level, you'll get instructions in the decision letter on how to move to the next level of appeal.

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 and can provide you with unbiased information and assistance on public benefits and health insurance issues. They are 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](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.





# BENZIE SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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

Address Service Requested

## CALL FOR ART



Type of Design: Logo

Name of Venue or Event: Blueberry Dash (Walk-A-Thon 2.0)

Additional Event Information: Walk, Run or Bike (mobility devices are welcome) up to a 5K along the South Shore of beautiful Crystal Lake! (Or the location of your choice if a virtual participant). Blueberry Brunch served to participants. Logo tee shirts to the first 100 participants. The Dash is on an individual basis, on the participant's own timeline on race day (must begin between 8 and 11 a.m.) 100% of proceeds to support the 25 different programs of Benzie Senior Resources, benefiting those age 60 and older in Benzie County.

Work Media: Watercolor or Acrylic Paint, Colored Markers, Colored Pencils

Work Size: up to 14" X 14" (to be placed on the front of tee shirts and event communications)

Entry Requirements: All original work (the artist's signature (or guardian's if under age 18) below certifies that the submission is an original work). Enter as often as you wish, each entry is free. Entries become the property of Benzie Senior Resources. However, every effort will be made to return each work to the artist.

Entry Format: Photos of work, digital images should be presented in jpeg or png format, with resolution set to produce approximate 4"x6" image size.

Timeline: Entries accepted between Jan. 10 and Feb. 28, 2024. The event itself will be Aug. 3, 2024.

Include with Entry: Artist resume including biography, educational background, any exhibition record, and contact information including phone and email address.

Selection Process: The winning entry will be determined from a committee of five individuals including local artists, the BSR Executive Director, and BSR Board members. The winning artist will be notified by the BSR Executive Director.

Prize: The artwork will be used as a tool to invite participants and bring excitement to a fundraising event for Benzie Senior Resources (BSR), a Benzie County non-profit organization. Due to the nature of the request, any submissions will be viewed as gracious donations to the cause. Benzie Senior Resources will happily promote the winning artist and entry on social media and provide press releases to the local newspapers!

Please direct questions to BSR Communications Director Kelly Ottinger, [ottingerk@benzieseniorresources.org](mailto:ottingerk@benzieseniorresources.org) or 231-525-0600, ext. 107