



BENZIE

SENIOR RESOURCES



THE SENIOR SCOOP



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Be home.*

March 2024

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March is: Women's History Month, Disability Awareness Month, National reading Month, Colorectal Cancer Awareness Month, Irish Heritage Month, Color Therapy Month, National Peanut Month, National Nutrition Month. March 25th is the full moon known as the Worm Moon or the Wind Strong Moon. The yNormid Meteor showers are from 2/25-3/28, peaking 3/14/24. Spring ahead 1 hour on 3/10/24!

Please join us for this!



BENZIE
SENIOR RESOURCES

Conveying what we've heard!

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 participation to continue this process. *Our final meeting is scheduled for March 5th, 2024.*

Join us in person or virtually for a **third session** that outlines our discoveries and seeks public participation in continuing to create 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: March 5th, 2024 | 1:00 - 4:00 pm

LINK: <https://us02web.zoom.us/j/85013786332>

INFO: Doug Durand, Executive Director
Benzie Senior Resources
durandd@benzieseniorresources.org



We value
your input!



benzieseniorresources.org

Join the
conversation



Benzie Senior Resources 231.525.0600



DIRECTORY

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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

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

From Our Director

Hello Friends,

Happy March everyone! I hope your February was wonderful and you're ready for March's spring blooms and the sounds of nature returning! I know I'm looking forward to more sunshine and more daylight (Don't forget to spring ahead by an hour March 10th for Daylight Savings Time!).

March is National Nutrition Month and nutrition is important at all ages, especially as we grow older. Below are tips to help you eat well and improve your nutrition as you get older.

Know what a healthy plate looks like. Good nutrition can help older adults feel their best to stay strong. Fruits & vegetables should fill half your plate. The other half should be split by grains & protein.

Include more fruits, vegetables, whole grains, and dairy in your diet. Another tip that's incredibly important for your health.

Read nutrition labels to be a smart shopper. The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. According to the FDA, too much or too little nutrients could increase your risk of certain chronic diseases, such as heart disease and high blood pressure.

Look for important nutrients in the foods you eat. Limit your consumption of added sugars, saturated fats, and sodium. Flavoring foods with herbs and spices can help you lower your intake of sugars, salt, and saturated fats. Eat enough protein to maintain muscle mass—which decreases as we grow older—and make sure have you get adequate amounts of potassium, calcium, vitamin D, dietary fiber, and vitamin B12.

Use recommended servings (and pay close attention to calories when you can). In general, women age 60+ need about 1,600-2,200 calories per day, while men require about 2,000-2,600 calories per day. Your calorie intake may depend, varying on your age, sex, height, weight, and physical activity level. The USDA's MyPlate Plan shows your food group targets, along with what and how much to eat within your calorie allowance.

Stay hydrated. Adults 60 and older are at great risk for dehydration for several reasons, including natural drops in thirst levels and body composition changes. Drinking plenty of water is a simple yet vital part of maintaining good health, especially as we get older. Other healthy beverage choices include unsweetened fruit juice or low sodium vegetable juice, low-fat (or fat-free) milk, or fortified soy beverages. Fluids can also be obtained from foods containing water, such as soup and fruits and vegetables.

At Benzie Senior Resources we do our best to provide wholesome meals for our seniors. Our chef Dave begins his day at 5 am to prepare upwards of 350 meals. Kathy arrives at 6 am. Ray arrives at 8 am. And then Cathy, Ryan, Bea, Angie, Marissa, and Davina arrive at 9 am. By then Michelle and our volunteers are in the facility and packing up 10 plus totes full of hot meals, and cold & frozen meals in the coolers to be delivered. After those meals are set up & on the way to our home delivered meal clients throughout Benzie County the staff switches gears and starts the prep for our lunch meal to be served at TGP.

In the meantime, Susan, Rebecca, and a host of activity volunteers are busy getting things ready for a day of fun-filled activities which includes exercises, crafts, games, book club, music, preventative care, educational speakers, and more. This is our routine 5 days a week! Come for fun & lunch!

As we close March with Easter on the 31st, I wish everyone a wonderful Easter celebration!

Doug



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

Monday	Tuesday	Wednesday	Thursday	Friday
	\$4.00 suggested donation for age 60 and older. Under 60 is \$8.00 Caregivers under 60 are \$4.00		We accept cash, Visa, Mastercard, & Discover. Personal Checks also accepted —made out to BSR Lunch is served 1130am to 130pm	1 Smoky Ham & Bean Soup, Capri Vegetable Blend, Steamed Cauliflower Florets, Oyster Crackers, Fresh Banana
4 Crispy Crab Cakes, Cheddar Bacon Mashed Potatoes, Japanese Vegetable Blend, Stoneground Wheat Bread, Mandarin Oranges	5 Grilled Ham & Cheese, Oven Baked Tater Tots Fresh Garden Salad w/ Betsie Valley Ranch, Oven Baked Spiced Apples	6 Spaghetti & Italian Meatballs, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Whole Wheat Garlic Toast, Tropical Fruit Blend	7 Zesty Steak Fajitas, Authentic Refried Beans, Latin Style Rice, Tortilla Chips w/ Fire Roasted Salsa, Diced Peaches	8 Slow Roasted Beef, Herbed Mashed Potatoes, Italian Style Green Beans, Fresh Banana
11 Deluxe Pizza, Italian Vegetable Blend, Steamed Sweet Corn, Soft Baked Breadsticks, Diced Pears	12 Bratwurst w/ Sauteed Peppers & Onions, Baked Beans w/ Bacon, Steamed Broccoli Florets, Fresh Banana	13 Beef & Cheese Stuffed Ravioli, Steamed Cauliflower Florets, Steamed Spinach, Whole Wheat Garlic Toast, Pineapple Tidbits	14 Chicken Florentine over Rice, Italian Style Green Beans, Steamed Malibu Vegetable Blend, Stoneground Wheat Bread, Apricot Halves	15 Corned Beef w/ Braised Cabbage, Herb Buttered Potatoes, Steamed Parisian Carrots, Marble Rye Bread, Fresh Plums
18* Boneless Pork Chops w/ Herbed Stuffing, Oven Baked Potato, Key West Vegetable Blend, Multi-Grain Dinner Roll, Fresh Grapes *Special Monday Meal	19 Jamaican Style Chicken, Whipped Sweet Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Apricot Halves	20 Whole Wheat Cinnamon French Toast, Savory Sausage Links, Freshly Scrambled Eggs, Oven Baked Pears	21 Georgia Style BBQ Pork Sandwich, Oven Baked tater Tots, Broccoli Florets, Diced Peaches	22 Homemade White Chicken Chili, Oven Roasted Asparagus, Steamed Sweet Corn, Oyster Crackers, Classic Applesauce
25 Country Style Beef Fritters & Gravy, Herb Buttered Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Cranberry Applesauce	26 Stuffed Cabbage Rolls, Venetian Vegetable Blend, Steamed Sweet Peas, Stoneground Wheat Bread, Diced Peaches	27 Pecan Encrusted Tilapia, Crispy Smashed Potatoes, Scandinavian Vegetable Blend, Classic Fruit Cocktail	28 Beef Empanadas w/ Latin Rice, Fire Roasted Corn & Black Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	29 Loaded Baked Potato Bar, Steamed Broccoli Florets, Stoneground Wheat Bread, Classic Applesauce

The Kitchen Uncovered

The last time I submitted an article, it included a meal survey. While it wasn't as productive as I'd hoped, there were a few clear takeaways from it. Here is the breakdown: We received 26 surveys back. Out of the 26, only 4 were properly filled out with one specific like and one specific dislike. The remaining surveys included a lot of general opinions (both positive and negative) and a whole lot of votes! In fact, out of the 26 responses there were at least 68 specific items either voted for or against, as well as many not so specific likes and dislikes (like Mexican, dislike Mexican, like Asian, dislike Asian, mushy vegetables, undercooked vegetables). After sorting through the data, I have a few thoughts.

First, it looks like breakfasts, slow roasted beef, and meatloaf won't be going anywhere as they are the clear winners in this survey. I can't be sure as to which breakfasts or types of meatloaf, but I will treat them all the same. And it looks like the beef stroganoff needs some work if we are going to keep it on the menu. Many of the dislikes were canceled out by a like vote and vice versa.

Second, a few comments such as wanting "Homemade not Homestyle" and "potato skins belong to the pigs" I think could use some clarification. The vast majority of food that comes out of our kitchen here at Benzie Senior Resources is made from scratch or "Homemade". When naming our entrees, it becomes difficult trying to come up with multiple synonyms for the word "homemade". I can assure you, if it is named Homemade, Homestyle, Hand-made, Hand-Pattied, Hand- Rolled, or anything else really, there is a great chance that it was meticulously prepared by the many hard-working hands in the kitchen. As for the potato skins, I understand. I prefer my mashed potatoes peeled as well, but I also understand that there are a lot of nutrients in those skins. I also know that we have selected the best varieties of potatoes in order to be able to leave the peels on.

Lastly, thank you to everyone that took the time to comment or vote in this survey. We truly appreciate all of the feedback, both positive and constructive. Remember there are always comment cards in our dining room as well as by request from our home delivered meal drivers. Let's keep the conversation going!

Take care,
David Main
Executive Chef
Benzie Senior Resources



A BSR Program Highlight – Senior Essential Needs Fund

The Community Chest was instrumental years ago in creating the Senior Essential Needs Fund, and in continued partnership granted an additional \$20,000 for 2024. This Fund helps seniors with financial constraints address emergency situations that could be devastating to a household budget. Thanks to this grant, some Benzie seniors will not have to choose between things such as car repair or dental work, and groceries. What a gift!



WHAT IS THE SENIOR ESSENTIAL NEEDS FUND?

We have received requests from Benzie County seniors seeking help with paying for various repairs/ needs to maintain living independently in their own home. These requests are often for costly repairs such as roof, furnace, car, etc. Partnering with other agencies, our goal is to assist with navigating these needs and finding solutions. **WHO CAN APPLY?** Benzie County seniors who provide proof of residency and have an annual gross income below 225% of poverty level. (Lower than \$33,885 for one person, \$45,990 for two-person household, etc.) **WHAT EXPENSES QUALIFY FOR HELP?** Housing repairs • Vehicle repairs • Appliance repair/replace • Dental needs • Medical equipment • Home energy assistance • Pet care • Hearing Aids • Eyeglasses • Prescriptions • Medical Bills • Other (Please ask) **HOW DO I APPLY FOR FUNDING?** To apply for services, contact Benzie Senior Resources and complete an application.

Benzie Community Chest acting president
Bill Dundon with our Doug Durand! Many thanks!

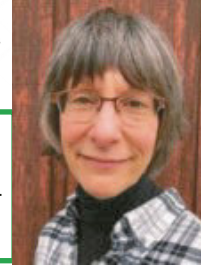
Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Join us 3/14 for an energy healing session with Kris.- a 30-minute session – with or without touch your choice. Call Susan at 231.525.0601 to schedule & ask any questions.</p>	<p>**Partner Dancing for Seniors on 3/18 The benefits of dancing are shared—physical, cognitive, mental & spiritual benefits. To be discovered & re-discovered. Instructor led by Jed.</p>	<p>***On 3/20 come To TGP 10-11 am Coffee & donuts for Veterans & talk w/ Karen! Korolenko Questions & answers. We hope to do this each month!</p>	<p>“Firewise “ on 3/25 Living with Fire—How to Protect Your Home, Community, & Forests from Wild-fire. The program includes audio visual info, handouts, & Q & A time w/ Jed.</p>	<p>1 9:30 BUNCO 11:30-1:30 Lunch No afternoon activities</p>
<p>4 9:30 Stretch & Balance 10:15 Qi Gong 11:30-1:30 Lunch</p>	<p>5 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>6 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>7 10:00 Cake Decorating w/ Phil (bring a round cake to decorate) 10:30 BP check 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>8 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>11 9:30 Stretch & Balance 10:15 Qi Gong 11:30-1:30 Lunch 1:30 Mosaic w/ Rebecca part I</p>	<p>12 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>13 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>14 9-12 Energy Healing w/ Kris by appt. * 11:30-1:30 Lunch 1:30 BUNCO 5:00 Dinner 6:00 Produce Bingo (PINGO)</p>	<p>15 <u>WEAR GREEN!</u> 9:30 BUNCO 10-12 Hearing Clinic at BSR-by appt. 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>18 9:30 Stretch & Balance 10:15 Qi Gong 11:30-1:30 Lunch 1:30 ** Co-Creative Dance & Connect w/ partner for dance with Jed.</p>	<p>19 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>20 8:30 leave for Little River Casino 10-11 Coffee & Donuts for vets*** 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes 4:30 Board of Director's Meeting</p>	<p>21 10:00 Mosaic w. Rebecca part 2 11:30-1:30 Lunch TGP closes at 1:30 to set up for Soup Supper... <u>5-7pm Soup Bowl Supper w/ Silent Auction & Fun!</u></p>	<p>22 9:30 BUNCO 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>26 9:30 Stretch & Balance 11:30-1:30 Lunch <u>1:30 *****“Firewise“ program w/ Jed on the role fire plays in forestry & our lives.</u></p>	<p>27 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>28 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>28 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>29 9:30 BUNCO 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle 5:30 Ol' Time Gathering</p>

Staff Birthdays & Anniversaries and Welcome



Marti Alexander's anniversary is on 3/2. She's been at our BSR office for 3 years. One of her happy places is out on the water at Torch Lake. Marti's dad had a thing for the Old West, so the family traveled extensively when she was a kid, taking their cat Tiger, who was used to camping & lived to 22, having been to 42 states. Thanks & Happy Anniversary Marti!

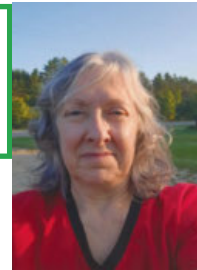


Renee Aten's anniversary is 3/2. We celebrate 2 years of having Renee as one of our Home Health aides! Renee is an animal lover and has been teaching at the Betsie Hosick Fitness Center as well as taking great care of our clients! We appreciate & are thankful for Renee's dedication! Thanks Renee!

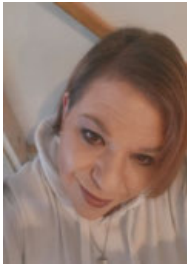


Cathy Sanders anniversary 3/2. She has been with us 6 years as part of our kitchen staff at TGP. Cathy absolutely adores her three great-grandkids & has one more on the way this fall. She's very excited about this & lights up when she talks about them. Cathy has a headband for every holiday and occasion. Great fun! Thanks Cathy!

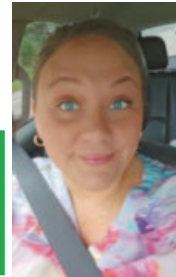
Terry Crawford's anniversary is on 3/28. Terry has been with us as a Home Health Aide for 3 years with our agency! Terry enjoys her time with her husband Ken & their three sweet grands. They love hunting & fishing together. Terry is a blessing with much patience and gentle good humor. Thanks Terry!



Marissa Laviola's birthday is 3/8. She loves to rock hound & creating from treasures she finds. Marissa is very happy to be at TGP as one of our kitchen staff and has formed some important friendships—she wants to share she's very thankful for Kathy's help in getting her sugars in check. A very good friend, indeed! She likes penguins, too & playing her PlayStation four. HBD!



Diane Alford's birthday is 3/14, & she wants us to know she has very tall kids. She has a terrific sense of humor & a perfect shoe size (and she's fond of shoes). Diane is one of our Home Health aides. Our clients always look forward to their time with her. She's recently engaged & we hope she has a happy birthday!



Amanda Miner's birthday is 3/30. Amanda is one of our Home Health aides who enjoys her time with her family and their fur babies when not being with our clients...she's wonderful with everyone she helps! We hope you have a wonderful birthday Amanda!



welcome

Welcome Rebecca Webb! Rebecca joined us in January as our Senior Center Assistant. She was born & raised in Michigan, currently living in Interlochen. She and husband, Steve spent the last 2 summers in Montana, running the Crawdad Café. She's the mother of 3 sons & a grandma of 2. She enjoys volunteering & helping people—a perfect fit for TGP! Rebecca loves baseball (Go Tigers!), Bluegrass music, and her two wiener dogs—Dodge & Scout. She worked for the Detroit Tigers for 13 years, the Lions (4yrs), & Red Wings (3 yrs). Rebecca is excited to be a part of the dynamic team at The Gathering Place!



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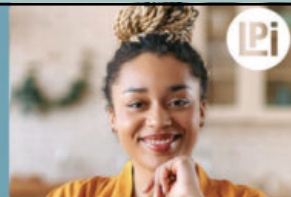
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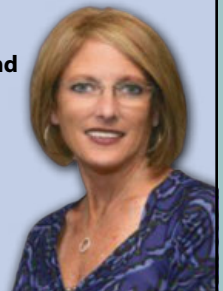
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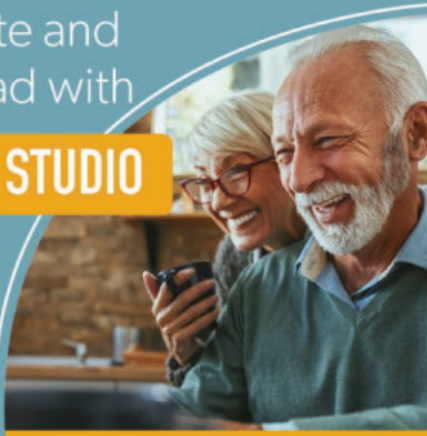
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Bulletin Board

Are you a Veteran?
Need benefit help?

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

Free Computer Help—Current hours
The Darcy Library in Beulah
is currently closed for renovations.
They are scheduled to reopen April 15th.

List for The Gathering Place Book Club
Book Group at TGP meets next March 29th

March's Book— Lessons in Chemistry by Bonnie Garmus

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

May's Book— Orphan Daughter by Cari Noga

June's Book—Born a Crime by Trevor Noah
July's Book—Mercy by Jodi Picoult

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.

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.



IMPORTANT: Call our office to cancel your BSR worker/contractor for Home Healthcare or for your Homemaking Service if you're sick or need to reschedule. Let's keep each other healthy! (231) 525-0600

Bring us wool sweaters and cool buttons... See what we do with them! Mittens for sale at TGP \$20.00/pair



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 1st Monday every month 6:30pm at Trinity Lutheran Church in Frankfort at 955 James Street.
Come join us! Welcome home...



Kinship Caregiver Grant up to \$500

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*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

Food Safety at Home and When Dining Out...

The aging population is at an increased risk of food poisoning—though being a senior citizen has some advantages – some lower prices in restaurants, special deals online, and in stores. But it also comes with things we just have to learn to live with – aches, pains and foods not tasting as good as they used to. I was surprised to learn that our taste buds wear out eventually, and with some medications leading to taste loss, it's no wonder foods don't taste the same as when we were younger. With this lessened ability to taste food, we may also not be able to tell if something has gone “bad,” although taste is never a good indicator if something is contaminated, as most bacteria cannot be seen or tasted. The Centers for Disease Control and Prevention (CDC) estimates that 3,000 people die each year from foodborne illness. In order to keep foods from being contaminated, and to protect ourselves from foodborne illnesses, we need to make sure to follow some rules. [Michigan State University Extension](#) recommends:

- Clean and sanitize counters, cutting boards, and utensils. Bacteria can be transferred from the chicken we cut to the celery we chop when using the same board or the same knife, if not cleaned and sanitized between jobs. Better yet, we should use a different cutting board for raw meats than the one used for vegetables.
- Wash hands between kitchen jobs to prevent cross-contamination.
- Keep the refrigerator temperature below 41 degrees Fahrenheit. If you don't have a refrigerator thermometer, buy one. They are inexpensive and some have large numbers that are easy to read. Your freezer should be below zero degrees, so check that temperature as well to make sure your frozen foods stay safely frozen.
- Thaw meat in the refrigerator, not on the counter. You can also place the wrapped item under cold running water in your sink to quicken the thaw. If you are using the item right away, you can also thaw with the defrost setting on your microwave as part of the cooking process. There are nights I will take a chicken breast out of the freezer, unwrap and cook it, having the cooking process do the thawing! Take care of leftovers quickly. If allowed to sit out, they can reach the temperature danger zone for bacterial growth. Hot foods should be placed in containers and then labeled to either freeze or refrigerate within two hours. If you have a large batch of something, divide into smaller containers. When you get a doggie bag from a restaurant, put the food into a more durable container, label it and follow the same rule to freeze or refrigerate.

By following a few rules, we can hopefully stay healthy by keeping food poisoning away. Don't wait until you have a bout with foodborne illness; be proactive to keep yourself safe. If you would like more information about food safety for senior citizens, contact your local MSU Extension office or call 888-MSUE4MI (888-678-3464).

This article was published by [Michigan State University Extension](#). For more information, visit <https://extension.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <https://extension.msu.edu/newsletters>. To contact an expert in your area, visit <https://extension.msu.edu/experts>, or call 888-MSUE4MI (888-678-3464).



Word Search

Soups to Eat

L	E	O	B	E	N	O	R	T	S	E	N	I	M
O	U	P	O	N	H	S	O	O	B	L	O	R	U
B	Q	S	U	S	L	I	T	N	E	L	N	B	O
S	S	C	I	N	E	I	A	E	I	T	I	N	B
T	I	F	L	I	A	O	M	P	B	A	O	S	A
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I	R	O	A	U	M	N	A	T	E	S	O	K	C
S	C	R	I	P	G	M	B	O	S	O	O	E	A
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U	L	S	S	V	E	G	E	T	A	B	L	E	R
E	R	U	E	E	H	C	I	N	I	P	S	O	O
G	N	M	S	E	B	R	O	C	C	O	L	I	T

VEGETABLE
 MUSHROOM
 OXTAIL
 LOBSTER BISQUE
 POTATO
 CRAB BISQUE
 TOMATO
 CARROT
 BEAN
 BROCCOLI
 SPINICH
 BOUILLABAISSSE
 MINISTRONE
 LENTIL
 ONION
 PEA
 PUMPKIN
 FISH
 GIMBO
 BACON



Play this puzzle online at : <https://thewordsearch.com/puzzle/424428/>



*Don't forget
 to turn
 your clocks
 AHEAD
 1 hour
 March 10th*



PINGO & OTG

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—March 14th

We will have: Meatball sub, slaw, potato chips, & brownies

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!

Ol' Time Gathering is happening 3/29/24
 Dinner & dancing & fun! **Dinner @ 6:00 p.m.**
 We'll provide Salisbury Steak
 Please bring a dish to pass.

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



FOR

JOIN US MARCH 21, 5-7 P.M.
THE GATHERING PLACE
SOUP BOWL SUPPER 2024
 • SOUP, BREAD, BEVERAGE & DESSERT
 • CELEBRITY SERVERS
 • SILENT AUCTION
 ALL PROCEEDS BENEFIT THE GATHERING PLACE
 SUGGESTED DONATION OF \$10 PER MEAL
 GENEROUS DONATIONS ENCOURAGED!

Please join us for this!

March Birthdays

Bob Rosa	3/1	Betty Bishop	3/12	Wayne Trumbell	3/21
Cindy Koop	3/2	Fred Braden	3/12	Ron Bushong	3/22
June McPherson	3/2	Rob Manilla	3/12	Zoe DeGroat	3/22
Michael Parson-		Steve Ely	3/13	Doug Stolz	3/22
McNamara	3/2	Antoinette LaDouce	3/14	Dale Herscher	3/23
Marla Dykstra	3/3	Joe Perri	3/14	Cathy Brown	3/24
Rebecca Ramarize	3/3	Sheila Priest	3/14	Nancy VanderLinde	3/24
Susan Welsh	3/3	Dale Gauthier	3/15	Lyle Crist	3/25
John Reigler	3/3	Gale Jacobs	3/15	Dennis Johnson	3/25
Jerry Zeller	3/3	Don Johnson	3/15	Becky Miller	3/25
Maggie Baker	3/5	John Noecker	3/15	Tom Mullins	3/25
Cindy Falter	3/5	Josephine Pace	3/15	Cynthia Plowman	3/25
Etta Mae Pierce	3/5	Kathy Shadwick	3/15	Judy Herban	3/26
Glen Reed	3/5	Kathy Bacon	3/17	Alfred Komoll	3/26
Linda Williams	3/5	Cloral Beeler	3/17	Doug Norris	3/26
Pam Clark	3/6	Jannette Ervin	3/17	Fawn Ream	3/26
Dan Davidson	3/6	Mary Hoyt	3/17	Teresa Stockman	3/26
Beverly Rockwell	3/6	Vi Labadie	3/17	Bob Sullivan	3/27
Maxine Taylor	3/6	Steve Loveless	3/17	Jill Pullen	3/28
David Witkop	3/6	Steve Lowry	3/17	Sharon Rosa	3/28
Cathy McCoy	3/7	Patty Tolar	3/17	Donna Sandecki	3/28
Linda Skidmore	3/7	Gary Worden	3/17	Ed Schlueter	3/28
Regina Doyle	3/8	Lewis Adams	3/18	Marty Jablonski	3/29
Lorene Gleason	3/8	Susan Hughes	3/18	Ted Mead	3/29
Carol Poulisse	3/8	Patty Moore	3/18	Irene Nugent	3/29
Jack Harnish	3/9	Phyllis Cederholm	3/19	Thelma Rider	3/29
Joan Lichty	3/9	Sara Hollenbeck	3/19	Kathy Huffman	3/30
Russ Mix	3/10	Tim Jablonski	3/19	Dale Janusch	3/30
Connie Danke	3/11	Don Mead	3/19	George Kirback	3/30
Howard Foust	3/11	Greta Steele	3/19	Lynn Smith	3/30
Marie Souvatzidis	3/11			Connie Erickson	3/31

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 have provided

- 24,828 Personal Care visits
- 20,216 hours of homemaker services
- 3,064 Respite Care visits
- 6,117 RN visits for Medication Management, assessments, foot care and wound care
- 60,845 home healthcare service hours in helping our clients remain in their own homes with dignity with supportive care



This would not be possible without the support of the community supporting the Benzie County Commission on Aging Senior Millage, the generosity of our donors, grants from area and family foundations, a dedicated staff, volunteers, and independent contractors.

Medicare Minute

Being Isolated Can Put Older Adults at Risk for Medicare Fraud

Can being socially isolated actually put someone more at risk of being defrauded? Yes. According to the [BBB Institute](#), the [FINRA Investor Education Foundation](#), and [Stanford Center for Longevity](#), “People are more likely to lose money to a scam when they are socially or physically isolated from others, if they are actively engaging online, and if they are financially vulnerable ([BBB.org/ExposedToScams](#)).” Additionally, the [Federal Trade Commission](#) says that people who talk about scams are much less likely to fall for them.

How Scammers Use Social Isolation as an Opportunity: Scammers can use an individual’s social isolation as an opportunity for persuasive or deceptive marketing. In my work with the Senior Medicare Patrol, I have seen how scammers use these tactics to steal medical or personal identities to bill Medicare for medically unnecessary products or services, or to sell personal identification information to others for similar criminal activities. Scammers also leverage isolation and fear to try and pressure older adults into accepting medical services or products over the phone or through the mail without their doctor’s approval. Scammers use spoofed phone numbers that look like local numbers to get people to answer their phone calls or text messages. They send deceptive emails that look like they are coming from government agencies or organizations. They have even upped their social media presence. And it’s not all virtual or over the phone—they will even go door to door to scam older adults. When someone’s Medicare number or personal identity is compromised, it can have very serious consequences, including additional financial burden, stress, and impacts on mental or physical health.

Fraud Prevention and Minimizing Risk: Preventing and minimizing risk related to social isolation and fraud starts with outreach and education. Prevention efforts can reduce the chances of victimization. To help prevent fraud and minimize risk of social isolation, it’s important to reach out to family, friends, and neighbors who may be socially isolated to make sure they have a support system. Assist with resources within the community to connect others with organizations or programs to minimize isolation. Teach others about scams and why it is important to not give out personal, medical, or financial information to anyone they do not know.

The Senior Medicare Patrol empowers and assists Medicare beneficiaries, their families, and caregivers to prevent and detect health care fraud, errors, and abuse. Here are some helpful pages from the SMP National Resource Center’s [website](#): [Social Isolation Resources](#) (check out the numerous partner resources) [Fraud Schemes](#), [Read Your Medicare Statements](#). If you believe you have been a victim of Medicare fraud, please find your local SMP by clicking the green “[Find Help in Your State](#)” button on the SMP Resource Center’s website or by calling 1-877-808-2468.

Also, remember that there are many types of fraud and financial exploitation. Read the Eldercare Locator’s [Protect Your Pocketbook: Tips to Avoid Financial Exploitation](#) for helpful financial exploitation and fraud prevention tips and resources. The [Department of Justice](#) also maintains fraud and abuse resource listings. To report and receive assistance for health care fraud or abuse contact your SMP, but to report other fraud and abuse contact the Federal Trade Commission on its [Report Fraud website](#).

Author: Nicole Liebau, Center Director Senior Medicare Patrol (SMP) National Resource Center



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.

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

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

DONOR INFORMATION:

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Type of Donation (please circle): Legacy Tribute Other

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

☐ Check here if you wish to remain ANONYMOUS

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

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

SCAN ME





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Fun at TGP!

