



BENZIE SENIOR RESOURCES



July 2024

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July's full moon is the Buck moon, on July 21st. It will peak in the morning hours. The Delta Aquarid meteor showers will be from mid-July thru mid-August, peaking the night of July 28th, morning of July 29th.

July is National Share a Sunset Month, UV Safety Awareness Month, Sarcoma & Bone Cancer Awareness Month, National Bison Month, Lakes Appreciation Month, National Park & Recreation Month, National Blueberry Month, Wild About Wildlife Month.

**We have reinvented our Walkathon!
It is now thematic! It's now
The Blueberry Dash 5K Fun Run
and will be held
August 3rd on our same route,
but there's so much more...
See our back page for details!
We hope you join us for
this special event and have fun!**



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Benzie Senior Resources is funded by Benzie County residents through a property tax millage, federal and state funds through the Aging & Adult Services Agency, Area Agency on Aging of Northwest Michigan, private donations and grants from GT Band of Ottawa and Chippewa Indians 2% Allocation, Benzie County Community Chest, Oleson Foundation, Grand Traverse Regional Community Foundation, Benzie County Sunrise Rotary Foundation, Cherryland Cares, Meals on Wheels of America, The Herbert H. and Barbara C. Dow Foundation, Rotary Charities of Traverse City, The Wayne & Joan Webber Foundation, The Father Lovett Foundation, The Allen Foundation, & the Willoughby Rotary Foundation, and the generous support of community businesses, churches, service clubs, and individuals. Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, sexual orientation, marital status, disability, or political beliefs.

DIRECTORY

Phone: 231-525-0600 or
Toll Free: 888-893-1102
Fax: 231-325-4855
Email:



info@BenzieSeniorResources.org
Website: <https://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.

**THE SENIOR SCOOP IS A MONTHLY
PUBLICATION BROUGHT TO YOU BY:**

Benzie Senior Resources
10542 Main Street
Honor, MI 49640
Douglas Durand, Executive Director
Angela Haase, Issue Editor

NEWSLETTER SUBSCRIPTION FORM

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

From our Director

Dear Friends,

As many of you know on August 6, 2024, you will be voting on numerous millages and other proposals. One is for the Benzie County Commission on Aging Senior Service Millage. For over 49 years our organization has been careful in managing those funds to meet the needs of Benzie County's senior population. We truly appreciate the support and trust of the community.

Who we are

Benzie Senior Resources is a private, 501 (c) (3) nonprofit agency that has been providing exceptional services, resources and trusted care to support Benzie County seniors 60 and older for over 49 years!

We exist to enrich the lives of Benzie seniors by prioritizing resources to meet identified community needs. The Board of Directors, staff, and volunteers are committed to bringing innovative leadership, services, and resource connection to our seniors-- helping to build an age-friendly community.

We provide professional care and services to Benzie seniors as they experience each unique stage of aging, to help them live safely and independently – with dignity – in their own homes.

What we do

Nutrition Services – Congregate Meals, Home Delivered Meals, Commodities, Shelf Stable Foods, Fresh Produce, Breakfast Bags, BACN Red Bags & Senior Project Fresh Coupons

Home Services – Personal Care, Respite Care, Medication Management, Homemaking, Nurse Assessments, Wound Care, Foot Care, and Snow Plowing

Community Support & Health Services – Senior Transportation, Income Tax Preparation, Medicare/Medicaid Assistance, Senior Essential Needs Funding, Estate Planning, Foot Clinics, Hearing Clinic, Dental Financial Assistance, Guardian Medical Devices, Project LifeSaver, Assisted Durable Medical Devices and Personal Hygiene Products, Volunteer Opportunities and Info & Assistance

Social Connection – The Gathering Place Senior Center, Events, Volunteer Engagement Opportunities, Social & Recreational Activities, Educational & Art Programs, Health, Fitness and Wellness Programs & Information and Assistance

What sets us apart from others?

- Dedicated to Benzie County Seniors
- Affordability
- Compassionate Staff and Volunteers
- Dependability
- Trained Staff and Volunteers
- Collaboration Instead of Duplication
- Ongoing Program Surveys Indicating 95% to 100% Client Satisfaction Results

Did you know....

“Aging in place” refers to living independently, safely, and comfortably in one’s home for as long as possible? This is an important goal for many older adults and their families. Over 90% of seniors want to age in place in their own communities. How do we help seniors remain in their homes? By providing:

1. An extensive suite of programs and services, carefully tailored to ensure an integrated approach to senior care.
2. Both direct services and collaborative connection to partner community services and resources.

Critical needs help specific to those most financially challenged and/or medically compromised.

Millage Renewal Discussion

What is our **SHARED** responsibility to the seniors to address their needs and desire to live independently in Benzie County?

The Facts:

Benzie County's General Population grew by 2.5% from 2010 to 2020. **But the 60 plus population grew by 24.2%.**

From 2019 to 2023, the number of our clients grew from 1,616 in 2019 to 2,065 in 2023. This is an increase of 27.8%.

Our expenses expanded from \$1,990,503 in 2019 to \$2,475,881 in 2023 for an increase of 24.3%

Despite the challenges of rising labor and commodities cost, BSR has worked hard to keep pace with the senior population growth in Benzie County, adjusting services as needed.

The conservative forecast for the next 5 years shows an anticipated core programs growth of an average of 4-5% (increase in the number clients, hours, meals, units, etc.)

The demonstrated needs of our community drive our request to increase the Benzie County Commission on Aging Senior Service Millage from .85 mills to 1 mill.

As you go to the polls August 6th, we hope you will keep in mind our commitment to senior independence and enhancing the quality of life for Benzie County's older adults. If you have any questions about the millage or any of the services available through Benzie Senior Resources, please call or stop by the office.

Thanks so much for keeping us in mind,

Doug

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Homemade Sloppy Joes, Oven Roasted Potatoes, Italian Style Green Beans, Fresh Peach	2 Crispy Crab Cakes, Malibu Vegetable Blend, Steamed Sweet Peas, Stoneground Wheat Bread, Fresh Cut Oranges	3 Texas Style BBQ Chili, Oven Roasted Asparagus, Oyster Crackers, Diced Peaches	4 CLOSED FOR THE HOLIDAY 	5 Philly Style Chicken Sandwich, Sweet Potato Bites, Steamed Cauliflower Florets, Fresh Grapes
8 Homemade White Chicken Chili, Steamed Sweet Corn, Oven Roasted Asparagus, Oyster Crackers, Fresh Banana	9 Spaghetti & Italian Meatballs, Italian Style Green Beans, Pesto Infused Cauliflower, Whole Wheat Garlic Toast, Fresh Peach	10 Shredded BBQ Chicken Sandwich, Baked Beans w/ Bacon, Steamed Parisian Carrots, Pineapple Tidbits	11 Hand Rolled Sweet & Sour Meatballs, Japanese Vegetable Blend, Steamed Broccoli Florets, Stoneground Wheat Bread, Fresh Banana	12 Roasted Vegetable Lasagna, Normandy Vegetable Blend, Steamed Sweet Peas, Soft Baked Breadsticks, Fresh Apricot
15 Freshly Made Submarine Sandwich Bar, Raspberry Carrot Salad, Homemade Potato Salad, Fresh Blueberries	16 Belgian Waffle w/ Berries 'N Cream, Freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Spiced Apples	17 Southern Style Pork Fritters & Gravy, Herb Buttered Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Fresh Banana	18 Chicken Tenders w/ House Dip Sauce, Parmesan Garlic Mashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Classic Fruit Cocktail	19 Loaded Mac 'N Cheese, Key West Vegetable Blend, Steamed Broccoli Florets, Fresh Nectarine
22 BBQ Glazed Chicken, Whipped Sweet Potatoes, Steamed Cauliflower Florets, Sweet Hawaiian Rolls, Apricot Halves	23 Build Your Own Hotdog Bar, Baked Beans w/ Bacon, Steamed Sweet Corn, Fresh Cut Watermelon	24 Authentic Sesame Chicken over Rice, Asian Vegetable Blend, Steamed Broccoli Florets, Lucky Fortune Cookie, Mandarin Oranges	25 Freshly Chopped Chef's Salad, Soft Baked Breadsticks, Fresh Cherries	26 Slow Roasted Beef, Herbed Mashed Potatoes, Italian Vegetable Blend, Stoneground Wheat Bread, Diced Pears
29 Deluxe Chicken Sandwich, Crispy Smashed Potatoes, Scandinavian Vegetable Blend, Fresh Grapes	30 Cornmeal Dusted Catfish, Herbed Buttered Potatoes, Southern Style Succotash, Stoneground Wheat Bread, Fresh Cut Cantaloupe	31 Zesty Chicken Fajitas, Fire Roasted Corn & Black Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Peaches	\$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 11:30am to 1:30pm

The Kitchen Uncovered

I missed last month's article because we were busy preparing for one of our favorite events of the year-- our Volunteer Recognition dinner. We have so many amazing volunteers who truly make it possible for our organization to operate as it does that we need to celebrate over **two** evenings! This year's theme was the Wild West. We served a BBQ dinner of smoked beef brisket & pork, charro beans, and jalapeño creamed corn, all made from scratch and smoked in-house. The menu was inspired by my family's recent trip to Killeen, Texas to watch the total solar eclipse and it was a replica of the very first meal I had in Texas. The experience of the eclipse was almost as impressive as the South Texas BBQ! I knew with my first bite I was going to serve it for our Volunteer Dinner.


The kitchen crew worked really hard that week doing way more prepping than I anticipated we'd need. But we all seemed to have fun and enjoyed the extra workload as it is one of the few times a year that we can really thank all of our volunteers. The attitude everyone had shucking countless ears of corn or plating up and delivering individual heavy platters of BBQ reminded me of the positive attitude of our volunteers. The kitchen crew knew it was for a good cause and somehow that turned what could be seen as an arduous task into something they were grateful to do. That is the same attitude the volunteers have when they head out on snowy roads or an unfamiliar route. Their outlook on life inspires anyone who has the opportunity to work alongside them.

Have you or someone you know ever considered volunteering as a driver or a deliverer? The need is great, but I think the reward is even greater. You don't need to be full-time. Even once a month is very helpful. We even have some "contingent" volunteers who just fill in when there is an unexpected issue that arises. Consider contacting Michelle, our Home Delivered Meal Director 231-525-0601x 202. She can answer any questions you may have, suggest the best role you could play here, and she won't pressure you at all. If you act now you can be included in our next Volunteer Appreciation dinner!

Take care,
David Main
Executive Chef




Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Stretch & Balance 11:30-1:30 Lunch 5:30 pm Zumba	2 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	3 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	4 CLOSED FOR THE HOLIDAY 	5 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
8 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Wool Mittens Class w/ Joan & Marleen 5:30 pm Zumba	9 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	10 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	11 10:00 -11:30 Donuts w/ Vets with Karen K. 10:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO 1:30 Yard Sale set-up	12 9:30 BUNCO 11:30-1:30 Lunch NO AFTERNOON ACTIVITIES— Yard Sale Set-Up
15 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Line Dancing w/ Rebecca 5:30 pm Zumba	16 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	17 8:30 Zumba 8:30 Leave for Little River Casino- \$10 w/ sign up 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes 4:30 Board of Director's Meeting	18 10:00 Stepping Stones w/ Susan 11:30-1:30 Lunch 1:30 BUNCO	19 9:30 BUNCO 11:30-1:30 Lunch NO Wii Bowling or Crochet, Knit & Sew Circle 1:30 BENZIE BUCKS AUCTION
22 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Rag Quilt w/ Joan Class part 1* 530 pm Zumba	23 10:30 The Melody Makers 11:30-1:30 Lunch NO CHAIR YOGA	24 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	25 10:00 Book Group 11:30-1:30 Lunch 1:30 BUNCO	26 9:30 BUNCO <u>9:30 Gwen Frostic trip \$5-sign-up</u> 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle-Mitten Kitten Workshop 5:30 Ol' Time Gathering
29 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Rag Quilt w/ Joan Class part 2* 5:30 pm Zumba	30 10-2 Registration for Blueberry Dash 10:30 The Melody Makers 11:30-1:30 Lunch NO CHAIR YOGA	31 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	*Rag Quilt Class is a 4-week class. Participants MUST commit to ALL 4 weeks.	SATURDAY JULY 13th Yard Sale at TGP— 9am to 4 pm

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—Darcy Library in Beulah
Thursdays 10:00 a.m. until Noon
We recommend that you call ahead
231.882.4037 and speak with Carol

List for The Gathering Place Book Club
Book Group at TGP meets next on July 25th
10:00 a.m.

July's Book—*Mercy* by Jodi Picoult

August's Book—*Anam Cara: An Irish American Romance* by Mary Kremer

September's Book—*Killers of the Flower Moon*
by David Grann

October's Book—*Lessons in Chemistry*
By Bonnie Garmus



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.

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

Join us to learn how to make wool mittens from wool sweaters and cool buttons...
July 8th, Monday 1:30 p.m.
at TGP with Joan & Marleen...

This is for fundraising for more activities, so if you learn & join in you can make a difference & have fun!



FOOT CARE CLINIC

BY APPOINTMENT

Wednesdays at Benzie Senior Resources office, for Age 60 and over.

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

Have you considered where your volunteer hours might have the most local impact? We'd love to chat with compassionate people who could help us deliver daily meals to Benzie County home-bound seniors. Our Home Delivered Meals Program helps ensure seniors are food secure, and also provides a caring check-in on delivery days--such peace of mind for out of town family members. We have the delivery vehicles, and purchase the gas. **Learn more by calling Michelle at 231-525-0601, ext. 202.** She may be out delivering meals, so please leave a message!



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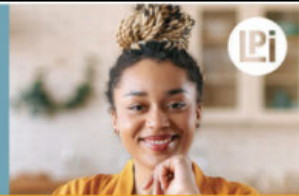
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Word Search

Fourth of July

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

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 FREEDOM
 HEROES
 WHITE
 PARADE
 LIBERTY
 BLUE
 FIREWORKS
 DECLARATION
 FAMILY
 UNCLE SAM
 INDEPENDENCE
 UNITED STATES
 FLAG
 STARS
 AMERICA
 RED

4th of July Highlights

Frankfort Parade 10 a.m.
 Frankfort Fireworks dusk at
 Lake Michigan Beach
 (7/5 rain date)

Beulah Parade—downtown
 Beulah 1:30 p.m.
 Fireworks at Crystal Lake
 at dusk



Produce Bingo & Ol' Time Gathering

Produce Bingo is cancelled for July. We will have it again August 15th.

Ol' Time Gathering is happening 7/26/24
 Dinner & dancing & fun! Dinner @ 6:00 p.m.
 We'll provide Stuffed Cabbage Rolls
Please bring a dish to pass.

We are grateful for our past donors who have been supporting this fun & nutritious program (Produce Bingo) and our Bingo program! 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!

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




July Birthdays

Cleo Finch	1	Nancy Kage	11	Ray Shamel	21
Ginger Reed	2	Doug Fink	12	David Weiss	21
Barbara Dougherty	3	DeAnn Loll	12	Linda Allen	22
Lori Talo	3	Dick Bell	13	Nancy Mullen Call	22
Evelyn Rommell	4	Elaine Hinkle	13	Tom Harrett	22
Jay Fitzhugh	4	Imogene Luxford	13	Whit Carris	23
Barbara Maxwell	4	Maudie Anderson	14	Jackie Fine	23
John Bunker	5	Monica Henry	14	Ann Howell	23
Fred Goethals	6	Susan Mead	14	Barbara Gannon	24
Terri Hoxie	6	Judey Pendency	14	Diane Goodson	25
Terry McArthur	6	Ben Taylor	14	Lois Link	25
Paul Hammond	7	Joan Cheeseman	15	Mike Rineer	25
Jeremy Morris	7	Denise Favreau	16	Lois Weaver	27
Julie Sobacki	7	Darlene Gray	16	John Ufer	27
Kristin Tebo	7	Barbara Lofstrom	16	Mary Brownell	28
Lois Bunker	8	Carrie Everhart	17	Judy McQuilkin	28
Shirley Sheronick	8	Helen O'Blenis	17	Judy Welch	28
Kim Fairchild	9	Christine Wear	17	Luana Denzel	29
Beth Miller	9	Arlis Bryan	18	Mary Jane Nelson	29
Bob Mullen	10	Ed Ely	18	Phyllis Barth	30
Bob Randall	10	Zelda Hodge	18	Chris Sullivan	30
Pam Yee	10	Zoraida Kenner	18	David VanHammen	30
Dan Bolling	11	Charlie Priest	18	Fred Werth	30
Rosetta Cain	11	Gloria Ptak	20	Jane Kennedy	31
Clint Hoxie	11	Joyce Sauer	20	Laurie Ottenbacher	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.

WHO?



WHAT?
Benzie County Commission on Aging
Millage Vote for Senior Services

WHERE?
Your county polling location or absentee ballot

WHEN?
Aug. 6

WHY?

DID YOU KNOW?

- The current millage (providing 53% of our funding) expires on Dec. 31 of this year
- Over the past 5 years, service demand has increased by 25% at the same time expenses have increased by 25%
- The requested .15 mills increase (from .85 to 1 mill) would allow us to keep pace with the growing number of Benzie County seniors needing assistance
- Despite increased fundraising efforts, without the millage increase, BSR would need to consider cuts to our 25 programs and services
- Millage dollars support **Programs and Services ONLY**
- The average impact to residents with a \$250,000 value home would be \$19.00 per year

Nutrition and other Notes

What is osteoporosis? Osteoporosis is a disease where the bones become thin, weak, and more likely to break. Although you can break a bone in any part of your body, the most common broken bones associated with osteoporosis are the arm, wrist, and hip.

How are falls and osteoporosis linked?

1 out of 5 falls among older adults leads to serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the arm wrist, and hip. Most broken hips are the result of a fall.

Lack of Vitamin D is a risk factor for both falls and broken bones. Daily Vitamin D is linked with reduced falls and fewer broken bones in older adults. Calcium helps keep bones strong. Speak with your health care provider about how much vitamin D and calcium is right for you.

Regular physical activity and exercises that combine weight-bearing, muscle strengthening, and balance help reduce the risk of falls and improve your bone health.

Take action to prevent osteoporosis and reduce the risk of falling

Eat a balanced diet rich in calcium: A few good sources include milk, cheese, canned sardines, and yogurt.

Eat foods high in Vitamin D: Vitamin D helps the body absorb calcium and can be found in eggs, milk, and salmon but Vitamin D supplements are available.

Get regular exercise and lift weights: Weight-bearing exercises stimulate bone building to increase bone density.

Don't smoke: Smoking reduces blood supply to bones and production of boneproducing cells.

Limit your alcohol: If you choose to drink alcohol, limit to one drink a day for women and two drinks for men. Those taking certain medications should abstain.

Check for home safety: Falling increases the chance of a bone fracture. Go through your home and remove clutter or add handrails to reduce falls and accidents.

Talk with your doctor about a bone-density test: Also known as a DXA scan, this x-ray measures the amount of bone in specific areas of the body and helps determine risk for bone fractures. This scan can help doctors manage your bone loss and prevent fractures.

It is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. For more information, visit: www.ncoa.org/falls

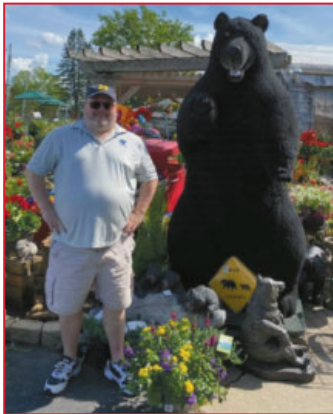


Staff Milestones



Angie's birthday is 7/8. She has an extensive ugly sweater collection for the Christmas holidays, preferring ones with farm animals and sound effects. When she was a kid she thought Lake Michigan was the ocean. She's never liked disco. Neruda is her favorite poet. Happy birthday Ang!

Stacey's birthday is 7/10. We are grateful for and amazed by her ability to be seemingly everywhere, all while keeping things going for her family, as well. Stacey rolls with things . . . her smile comes easily and she's always at the ready to help people. Have a happy birthday Stacey!



Eric celebrates his birthday on 7/16. Eric's two cats George and Millie are helpful as morning alarms. Eric grew up in a family of a lot of July birthdays, but now it's his solo month to celebrate as Jenya and the girls are October & January. We wish him the best for a happy birthday! Happy birthday Eric!

Welcome!



Introducing our newest employee Jordan Webb. Jordan grew up in Livonia, Michigan and currently lives in Traverse City. He enjoys spending time with his dog Mickey (a West Highland Terrier), hunting, fishing and cooking good food.

Jordan has cooked in many kitchens including Norwegian cruise line (Hawaii), Buddy's Pizza (Livonia) and YMCA Camp Hayo-went-ha (Torch Lake), just to name a few. Jordan also enjoys collecting, selling, and trading antiques and other collectibles. He is happy to be a part of the kitchen crew here at The Gathering Place. He joined us May 3rd!



Medicare Minute—a Note on Possible Health Scams

Health Scams: Alzheimer’s Disease, Dementia, and Memory Loss



Alzheimer’s disease, dementia, and memory loss are conditions for which science has no cure. The Federal Trade Commission (FTC) and the Food and Drug Administration (FDA) have issued warning letters to some companies that have made claims with no proof that their products can treat or cure Alzheimer’s disease and other conditions.

The truth is:

- Unproven products using phony claims about treating memory loss can be dangerous. They might cause you to delay or stop proven medical treatment ordered by or available from your physician. They might also keep you from making important dietary and lifestyle changes to help your condition. Always talk to your doctor, pharmacist, or other healthcare professional before you try any new treatment.
- Just because you can buy them without a prescription doesn’t mean they’re safe or effective.

Many products claiming to help with memory loss or dementia are called “dietary supplements” or “natural remedies.” But they’re not regulated or reviewed for safety by the FDA. Some examples of dietary supplements which show no evidence of treating memory loss include: ginkgo biloba, fish oil, grape seed extract, curcumin, Asian ginseng, and vitamins B and E.

If you think you’ve spotted a scam, tell your friends and family about it so they can protect themselves. Then report it to the FTC at ReportFraud.ftc.gov. Your reports help the FTC and law enforcement partners build cases and stop scammers.

To report side effects, bad reactions, or illnesses related to the use of a supplement or other health care product, call a doctor or other health care provider immediately. Then, report it to the FDA’s MedWatch by calling 1-800-FDA-1088 (1-800-332-1088). Patients’ names are kept confidential.

Source: Federal Trade Commission, www.consumer.ftc.gov January 2022



MMAP

MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM



Navigating Medicare

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.

We Need Your Help!

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.

DONOR INFORMATION:

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.

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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August 3! Blueberry Dash 5K Fun Run! Walk, Run or Bike with us to support the work of Benzie Senior Resources!

Registration begins 7:30 a.m. in Bellows Park, Frankfort.
Tee shirts for the first 100 adults to register! Registration
is by suggested donation of \$20 per participant or
\$30 per family group. This is our major fundraiser for the
year, so generous donations above those amounts are appreciated!



Pre-registration event at The Gathering Place June 30, 10 a.m. till 2:00 p.m., Cash or Check, or Donate at <https://benzieseniorresources.org>



Blueberry Brunch will be served to participants in the park shelter!



New for this year! Free Family Movie June 25th, 7 p.m. at Frankfort's Garden Theater (Back to the Future). Pre-registration for the 5K available at the movie!



New for this year! Community Dance Party at Cabbage Shed the night of the Blueberry Dash! Featuring local grammy-nominated Zydeco Band K. Jones and the Benzie Playboys. No cover charge, but donations welcome.



Not able to join us on August 3? Participate in our Virtual 5K through the end of September! Information on <https://benzieseniorresources.org>. Click on the Virtual 5K area to see how to participate. We'd love to share your photos on Facebook!