



THE SENIOR SCOOP

BENZIE SENIOR RESOURCES

*Be connected.
Be supported.
Be home.*

August 2024

Directory/Subscription	2
From our Director	3
Menu	4
The Kitchen Uncovered	5
Calendar of Events	6
Bulletin Board	7
Ads	8, 9
Wordsearch, Pingo, & OTG	10
Birthdays	11
Property Fraud Scam Info.	12
Staff Milestones	13
Medicare Minute	14
Donation Information	15

**Setting the scene for our Blueberry Dash event
Saturday August 3rd... come join us!**



August's full moon is the Sturgeon moon, on August 19th. It will be a blue moon. The Perseid meteor showers will be from mid-July thru August 12th, peaking the night of 8/11, morning of 8/12.

August is National Wellness Month, National Eye Exam Month, National Civility Month, National Peach Month, Diversity Awareness Month, National Dog Month. The Dog Days of summer are our warmest days, named for the Dog Star, Sirius- the brightest star in the summer sky.

I don't think there's anything on this planet that more trumpets life than the sunflower. For me that's because of the reason behind its name. Not because it looks like the sun but because it follows the sun. During the course of the day, the head tracks the journey of the sun across the sky. A satellite dish for sunshine.

- Helen Mirren





**BENZIE SENIOR RESOURCES
BOARD OF DIRECTORS**

Nancy Mullen Call, <i>President</i>	Ingrid Turner
Leo Hughes, <i>Secretary</i>	Paul Turner, <i>Vice President</i>
Rev. Dinah Haag	Victor Dinsmoore, <i>Treasurer</i>
Rosemary Russell	Robert Manilla

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.

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

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.

NEWSLETTER SUBSCRIPTION FORM

NAME _____ DOB: ____/____/____

ADDRESS _____

CITY/ST/ZIP _____ DATE _____

EMAIL _____

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

Greetings!

Wow, it's hard to believe we are halfway through summer upon the writing of this, and where has the time gone? I would like to express my gratitude to those in our community who donated items to The Gathering Place Yard Sale Fundraiser. Over \$1,650 was raised to help with the operations of The Gathering Place.

Speaking of fundraising opportunities, for 44 years, you've seen us host an annual Walk-A-Thon as our most well-known fundraiser. This year we've decided to try to breathe some new life into this event by re-branding it as the Blueberry Dash 5K Fun Run. The Blueberry Dash will be Aug. 3, (register between 7:30 and 10 a.m. in Bellows Park) and will follow the route of the traditional Walk-A-Thon along the South Shore of beautiful Crystal Lake. Fundraising is more important this year than ever, given the growing number of seniors in Benzie County and the rising expense of food and other service commodities. The Blueberry Dash has some fun additional components built in, such as a free movie at the Garden Theater (July 25) and an evening of music at The Cabbage Shed (Aug.3). Through this event, we invite the entire community to come together to celebrate and support our senior citizens! For more information, see our website <https://benzieseniorresources.org>, or call us at 231-525-0600.

As I take a moment to reflect on the many accomplishments our dedicated staff, board of directors, family of volunteers, and the independent contractors contribute daily to improve the lives of our seniors who live in Benzie County, I realize and hope that you do, too, that without us many of our clients would not be able to remain living independently in their homes.

Did you know that last year alone, 2,065 older adults came to us for meals, in-home care, Medicare advice, homemaking, snowplowing, senior transportation through Benzie Bus, assistance for dental care, foot care, medication management, etc. The staff at The Gathering Place assist in promoting active aging opportunities such as health and wellness programs, exercise classes, and recreational activities designed to keep seniors mentally and physically active. TGP also serves as a social hub offering companionship and opportunities for seniors to engage with their peers, reducing isolation and loneliness. We at BSR and TGP play a vital role in enriching the lives of older adults.

While this sounds like a celebration and it truly is, all this work comes with the challenges of rising costs, increased demands, and shrinking funds. In fact, the last two fiscal years have seen us dipping into reserved funds to meet growing expenses. A look at the future shows no slowing of this trend as our 60+ population continues to grow.

As our county's population continues to age, we are working to prepare for the additional services needed to help our seniors stay active, nourished, cared for, and living independently in their own homes.

We are already at capacity in many areas with our current staff and facilities, which does place a strain on resources. For the first time, we are experiencing some wait lists within our programs, and are doing what we can to eliminate them as quickly as possible.

As a community, you will have the opportunity to support the seniors of Benzie County on August 6, 2024, as you will be voting on numerous millages and other proposals. One of the millage proposals 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 ever-growing senior population.

We truly aim to be the difference in someone's day. Getting to know our Benzie County seniors is a gift. Treating them with respect and empathy that garners trust is a must. You could say we're a partner in care, because we do care, very much.

We really appreciate your support and trust—past, present and future!

Doug

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We accept cash, Visa, Mastercard, & Discover. Personal Checks also accepted —made out to BSR</p> <p>Lunch is served 11:30am to 1:30pm</p>	<p>\$4.00 suggested donation for age 60 and older.</p> <p>Under 60 is \$8.00 Caregivers under 60 are \$4.00</p>		<p>1 Southern Style Pork Fritters & Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Fresh Apricot</p>	<p>2 Slow Roasted Beef, Herbed Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Diced Pears</p>
<p>5 Cajun Style Chicken Pasta, Malibu Vegetable Blend, Steamed Spinach, Soft Baked Breadsticks, Fresh Peach</p>	<p>6 Greek Style Pita Sandwich, Sweet Potato Bites, Pesto Infused Cauliflower, Fresh Banana</p>	<p>7 Shredded BBQ Chicken Sandwich, Baked Beans w/ Bacon, Steamed Parisian Carrots, Classic Fruit Cocktail</p>	<p>8 Homemade Sloppy Joes, Oven Roasted Squash & Zucchini, Steamed Sweet Peas, Fresh Cut Watermelon</p>	<p>9 Shrimp Scampi Over Pasta, Steamed Spinach, Capri Vegetable Blend, Soft Baked Breadsticks, Pineapple Tidbits</p>
<p>12 Smokehouse BBQ Chili, Steamed Sweet Corn, Oven Roasted Asparagus, Oyster Crackers, Fresh Banana</p>	<p>13 Homestyle Salisbury Steak, Herbed Mashed Potatoes, Key West Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Oranges</p>	<p>14 Deluxe Chicken Sandwich, Oven Baked Tater Tots, Oven Roasted Squash & Zucchini, Fresh Grapes</p>	<p>15 Cornmeal Dusted Catfish, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Cantaloupe</p>	<p>16 Loaded Baked Potato Bar, Sicilian Vegetable Blend, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Cherries</p>
<p>19 Freshly Chopped Chef's Salad, Soft Baked Breadsticks, Fresh Banana</p>	<p>20 Authentic Sesame Chicken Over Rice, Asian Vegetable Blend, Steamed Broccoli Florets, Lucky Fortune Cookie, Mandarin Oranges</p>	<p>21 Bratwurst w/ Sauteed Peppers & Onions, Crispy Smashed Potatoes, Steamed Parisian Carrots, Apricot Halves</p>	<p>22 Homemade Soup Bar, Steamed Cauliflower Florets, Japanese Vegetable Blend, Stoneground Wheat Bread, Fresh Grapes</p>	<p>23 Build Your Own Cheeseburger Bar, Sweet Potato Bites, Green Bean Blend, Fresh Banana</p>
<p>26 BBQ Glazed Chicken, Whipped Sweet Potatoes, Steamed Cauliflower Florets, Sweet Hawaiian Rolls, Classic Applesauce</p>	<p>27 Beef Pepperoni Stuffed Calzone, California Vegetable Blend, Italian Style Green Beans, Soft Baked Breadsticks, Pineapple Tidbits</p>	<p>28 Chicken Tenders w/ House Dip Sauce, Cheddar Bacon Mashed Potatoes, Caribbean Vegetable Blend, Stoneground Wheat Bread, Fresh Plums</p>	<p>29 Belgian Waffle w/ Berries 'N Cream, Freshly Scrambled Eggs, Savory Sausage Links</p>	<p>30 Roasted Veggie Lasagna, Malibu Vegetable Blend, Green Bean Blend, Soft Baked Breadsticks, Tropical Fruit Salad</p>

The Kitchen Uncovered

I was fortunate enough to travel with my family to Hawaii last month (June). We had a great time snorkeling through world class coral reefs, night snorkeling with manta rays, hiking through active volcanic craters and rocky cliffs along the coast, hiking through dense jungle, and even through pitch black lava tubes. We saw thousands of tropical fish, eels, octopus, lizards, mongoose, wild goats, ancient Hawaiian hieroglyphs, and unreal looking vegetation. Above the clouds, we watched the sun set at Mauna Kea and saw shooting stars and the clearest view of the Milky Way I've ever seen. But one of the best parts of the trip was the food!

Hopefully, in the future, I can find a way to incorporate some of the recipes into our menus here at Benzie Senior Resources. Much of the Hawaiian foods are heavily Asian inspired, particularly Korean. At least that is what we gravitated toward. We already do a Hawaiian style chicken dish here that was inspired by a luau I attended years ago. It is a chicken and rice dish made with coconut milk and toasted coconut. We use fresh spinach in place of the seaweed found on the island. And we've done Kalua Pork for a special event that turned out really great a few years ago.

My favorite dish was Chicken or Pork Katsu. It is a panko breaded cutlet, fried and finished with an Asian style BBQ drizzle and served over a bed of rice. A close second was Bulgogi. This was a Korean style BBQ Beef dish that is thinly sliced beef marinated in soy sauce, sesame oil, Asian pear, and ginger. I bought some at a deli and grilled it, but it can also be stir-fried. I also grilled some Pulelehua pork steaks. I don't know much about them except they were coated in Hawaiian seasonings and were delicious! My daughter and I ordered some Haupia (a warm coconut pudding) topped pancakes with Portuguese sausages, and I almost wish I hadn't because I might never have the chance again.

I am so grateful for such an amazing trip. I am also grateful for the hard work of an amazing crew that covered for me while I was away, making all these adventures possible. And when things got crazy here, the one and only Kathy Frederick jumped in to help us out! Hopefully you had a chance to try her soup! So, I'd like to say **"thank you"** to my awesome crew and especially to the recently "retired" Kathy Frederick!

Take care!
David Main
Executive Chef



**If you haven't signed up yet for our event,
please consider doing so!**

**Your support is greatly needed and will be
appreciated.**

**Call us, stop in at the office, or come to
the event on August 3rd at Bellows Park.
We have some new options for participants
this year!**

Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please bring in your seashells, glass stones, yarn, & cotton fabric for crafts and activities.</p>	<p>We are also looking for bingo prizes... Treasures of all sorts that will make our game that much more fun & special!</p>		<p>1</p> <p>10:00 Honor School Reunion Meeting</p> <p>11:30-1:30 Lunch 1:30 BUNCO</p>	<p>2</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>5</p> <p>9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Rag Quilt w/ Joan pt 3 5:30 pm Zumba</p>	<p>6</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>7</p> <p>830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>8</p> <p>10:00 Altered Books w/ Pam 10:00 Coffee & Donuts w/ Vets w/ Karen 10:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>9</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>
<p>12</p> <p>9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Rag Quilt w/ Joan pt 4 5:30 pm Zumba</p>	<p>13</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>14</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>15</p> <p>10:00 Talking Book Library Visit</p> <p>11:30-1:30 Lunch 1:30 BUNCO 5:00 Dinner 6:00 Produce Bingo (PINGO)</p>	<p>16</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle— Mitten Kitten Workshop</p>
<p>19</p> <p>9:30 Stretch & Balance 10:30 Honor School Reunion Meeting</p> <p>11:30-1:30 Lunch 1:30 Line Dancing 5:30 pm Zumba</p>	<p>20</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>21</p> <p>8:30 Leave for Little River Casino- \$10 w/ sign up 830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes 4:30 Board of Director's Meeting</p>	<p>22</p> <p>10:00 Hand Writing Analysis w/ Dale Dietman— professionally trained & having military experience, he will analyze everyone's handwriting during this session. 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>23</p> <p>9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle With Joan & Marleen</p>
<p>26</p> <p>9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Braided Shirts w/ Diana 5:30 pm Zumba</p>	<p>27</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>28</p> <p>830 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes</p>	<p>29</p> <p>10:00 Book Group For August— <i>Anam Cara: An Irish American Romance</i> by Mary Kremer 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>30</p> <p>8:00 leave for Yoder's Amish Flea Market & Craft Show 9:30 BUNCO 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle</p>

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.



Our Thompsonville lunch, music, and bingo is **cancelled for August**, and we are uncertain of when we will restart. Keep an eye on Facebook, or ask at TGP... **We hope to have fun there again soon.**
Call 231.525.0601



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.

Join us to make wool mittens from wool sweaters and cool buttons August 16th at 1:30 pm 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! We usually meet at TGP on Friday afternoons.



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.

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 August 29th
10:00 a.m.

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

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



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!



Estate Planning with
Attorney Courtney J. Marshall
-(231) 947-6800-
www.mblawtc.com
13872 S. Compass Rose Drive
Traverse City, MI 49684

**Comfort.
Care. Compassion.**

Call today to start receiving
the compassionate care you
and your family deserves.



888-247-5701 • hom.org

DARCY LIBRARY OF BEULAH

7238 Commercial St.
Beulah, MI 49617



Hours: Mon. 10am-3pm, Tues. & Thurs. 10am-6pm
Wed. & Fri. 10am-5pm Sat. 10am-1pm

231-882-4037

*"YOUR community library open
to all of Benzie County"*

**Bennett-Barz
Funeral Home**

Kirk & Courtney Barz – Owners

Benzie County's only funeral home
with an on-site crematory

1417 Beulah Highway • Beulah, MI 49617
Tel: (231) 882-5502
www.bennett-barzfuneralhome.com

**RON BROWN
& SONS**

~ ASPHALT PAVING ~

231-864-2275 • 1-800-968-2275
ronbrownandsons@gmail.com
P.O. Box 254
17443 Pleasanton Hwy. • Bear Lake

FREE ESTIMATES

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

**Serving all your
Insurance Needs**

WEBBER INSURANCE AGENCY

BENZONIA * 231.882.9655

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS



PROMEDICA | Heartland

Providing hospice care in
Antrim, Benzie, Grand Traverse,
Kalkaska & Leelanau Counties

231-935-3089

promedica hospice.org



Dennis • Denise
Koreen • Jarred
Sara

www.classicinteriorsmi.com

7313 Crystal Avenue
Beulah, MI 49617
ncjcorp@yahoo.com

231.882.5881
1.800.230.5300

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Terry Sweeney**

tsweeney@lpicommunities.com

(800) 477-4574 x6407

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



No one can tell your story as well as you can.



806 Hastings Street
Traverse City, MI 49686
231-943-8777
888-470-6591
www.swensenmemorials.com

Trustworthy and compassionate service for
monuments, mausoleums and cremorials.



231-651-0473
Email: jgcolby73@yahoo.com
www.colbysorchardhouse.com



WE APPRECIATE OUR
ADVERTISERS!



Justin C Keillor

Financial Advisor
6919 Frankfort Highway, Suite 200
Benzonia, MI 49616

Bus: 231-882-4822
Fax: 877-843-3746



Justin.Keillor@edwardjones.com
www.edwardjones.com/justin-keillor

MKT-5894I-A



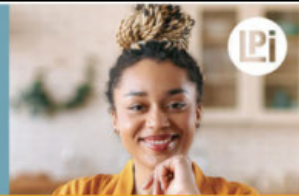
THE MAPLES
Care Beyond Compare • REHAB & LONG TERM CARE
210 MAPLE AVENUE • FRANKFORT, MICHIGAN 49635 • 231-352-9674
www.BenzieMaples.org

SUPPORT OUR ADVERTISERS!

WE'RE HIRING!

AD SALES EXECUTIVES
BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



Specializing in
Frankfort, Beulah and
Crystal Lake Areas



*Life Long
Native of
Benzie County*

Brooke Hollenbeck Sowa
Real Estate Specialist
231-620-3188
231-882-4449
basowa2002@yahoo.com



231-275-3227
18345 Honor Hwy.
Interlochen, MI
fb: Mi Garden Spot

Explore Our Garden
of Goodies and Gifts!
LIVE LOCAL, LOVE LOCAL
Fresh Finds &
Timeless Treasures

**Tuesdays
Senior Day
10% OFF**



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging,
ad-supported
print and digital
newsletters to reach
your community.




Scan to
contact us!

Visit lpicommunities.com



Word Search

Types of Dog

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

BULLDOG
PINSCHER
DALMATIAN
MASTIFF
BOXER
SHEPHERD
BEAGLE
TERRIER
SETTER
CORGI
ROTTWEILER
CHIHUAHUA
COLLIE
HOUND
DACHSHUND

Play this puzzle online at : <https://thewordsearch.com/puzzle/9/>

How to Stay Hydrated

Atlantic Health System

Produce Bingo & Ol' Time Gathering

Produce Bingo is August 15th.
We'll be having: Veggie Lasagna, breadsticks, tossed salad, mixed fruit, cake!

Ol' Time Gathering is canceled for August.

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!



August Birthdays

Roger Griner	1	Kay Bond	13	Mary Robling	20
John F. Johnson	1	Alex Cooper	13	Ruth Catton	21
Cathy Beechraft	2	Diane Groenevelt	13	Mary Finch	22
Aldo Davis	2	Diana Priest	13	Brenda	
Dani Horvath	2	Kathleen Streeter	13	Kastenschmidt	22
Roger Weil	2	Joyce Marciniak	14	Sue Kelsey	22
Janet Burch	3	Susan Rastelli	14	Ginny Markus	22
Dodie Snow	3	Barb Schneider	14	Dick Haan	23
Donald Culp	4	Lexie Skiver	14	John Flitz	24
Frankie Demerly	4	Beth Bechler	15	Kathy Walthorn	24
Karen Houser	4	Viva Kastl	15	Rosann Fuller	25
Janie Parrotte	5	Wayne Dunning	16	Joe Obruba	25
Gene Forster	6	Dorothy Kerby	16	Ron Troutman	25
Kateri King	6	Chuck Mange	16	Mary Zanarini	25
Lou Glatzer	7	Lorraine Stiles	16	Ofelia Bolado	26
Jimmy Landwehr	7	Stan Dluzin	17	Fred Snow	26
Deb Frisbie	8	James Cramer	18	Linda Thompson	26
Frank Pelky	8	Marjory Lozen	18	Elaine Walton	26
Gary Tomkiewicz`	8	Susie Morrow	18	Eldon Blood	27
Penny Dahl	9	Jane Weisbrodt	18	Anne Pardington	27
Pat McCash	9	George Milligan	19	Dale Sundstrom	27
Karl Loucks	10	Beverly Popp	19	Camp Bailey	28
Carl Beardsley	11	Candy Shinabarger	19	Bob Dumont	28
Ray Pendencygraft	11	Darlene Knudsen	20	Cindy Dabbs	29
Peggy Wright	12	Lois Lambert	20	Jackie Jackson	31
Joan Batchelor	13	Ted Rineer	20		

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**

WHEN?
Aug. 6

WHERE?
Your county polling
location or absentee
ballot

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 Notes—Tips on Staying Hydrated

As the weather begins to warm up, it's especially important for seniors to make sure you are taking the appropriate precautions to stay cool and hydrated. Some of the leading cases for hospital visits in those older than 60 during the summer are dehydration and heat stroke. If dehydration is untreated it can turn into heat stroke, so it's important to know the signs & ways to prevent them and how they can negatively affect your health and body.

Common symptoms include:

- A throbbing headache
- Dizziness
- Hot or dry skin
- A body temperature higher than 104 degrees Fahrenheit
- Decreased sweat and tear production
- A rapid heartbeat of more than 90 beats per minute
- Difficulty walking
- Bright-yellow urine
- Confusion
- Seizures

Seniors should be aware of your water intake and how often you are exposed to the sun. It's helpful to have scheduled drinking times to ensure you are drinking enough water throughout the day. You also should carry a water bottle everywhere you go to make sure you always have access to fresh water or hit small goals throughout the day to drink 8 ounces of water. Two ounces by 10:30 a.m., 4 ounces by noon, 6 ounces by 1:30 p.m., and 8 ounces by 3 p.m.

Staying well hydrated helps prevent serious complications, which is why it's important to take the proper precautions to prevent further issues. You can tell if you are properly hydrated by monitoring your urine color. Generally, a light-yellow color or clear urine indicates you are properly hydrated. Long-term dehydration or heat stroke can seriously affect the brain, heart, kidneys and muscles, especially in those older than 60. Failure to prevent these conditions puts you at an increased risk of:

- Constipation
- Kidney stones
- Urinary tract infection
- Respiratory infections
- Coma

Although dehydration and heat stroke can lead to serious complications, they are very preventable. Prevention tips include:

- Know how much water you drink each day. With age, it's especially important that you talk to your doctor about how much you should be drinking.
- Try infused water by adding fruits or vegetables into your water to add flavor without added sugars.
- Avoid caffeine and alcohol. Beverages that contain caffeine or alcohol cause the body to lose more water than it's taking in. Try decaffeinated coffee.
- Avoid the heat. The hottest time of the day is usually between 10 a.m. - 2 p.m. Make sure you exercise early in the morning, or later in the evening when it's cooler.
- Wear thin clothing. Wearing thin, light-colored cotton or linen can help prevent overheating.
- Stay in the shade. Wearing hats can help keep heat off your skin and prevent overheating.
- Wear sunscreen. Using sunscreen that is at least 30 SPF, especially for those older than 60, can help prevent heat-related illnesses.

It's beneficial for seniors to understand the importance of staying hydrated, especially during the summer. Following these tips for avoiding dehydration and heat stroke can help ensure you continue to safely enjoy the summer.



Staff Milestones



David's birthday is on 8/19. He and his family recently traveled to Hawaii—can we hope for a luau event at TGP inspired by it? He cares deeply about our clients and is passionate about putting out the best meals possible for those in-home and coming to our Senior Center...making them delicious and interesting! Have a happy birthday Chef David!



Michelle's work anniversary is on 8/9. Michelle's family had a year of milestones—a graduation for one of her children, and a wedding for another...plus, her own move to become our Home Delivered Meals Director. Through it all, she keeps her poise and beautiful smile! Thanks so much for all you do Michelle!



Angie Martin's 2-year anniversary is 8/19. Angie is doing wonderfully as our Assistant Cook! She has a big place in her heart for animals and their causes. Her family is very important to her and she loves having time with her loved ones as much as possible. We are blessed to have Angie as part of our team! Thanks Angie!



Welcome!



We welcomed our new administrative assistant, Juli on July 1st. Juli Love has a varied background with family roots in Leelanau County, Glen Lake, where her grandparents lived. She grew up in an academic household and environment, which exposed her at an early age to many peoples from all over the world.

On a personal note, her three 'kids' graduated from Benzie Schools – 2 from Benzie Central and 1 from Frankfort. All 3 kids live in Benzie or Grand Traverse County & her first grandchild was born February 05, 2024.

She worked at the University of Chicago at the hospitals in clinical settings and two research departments, as well as at the Graduate School of Business, before deciding to move to her grandparents' home on Glen Lake for a change of work and life. She was a human resource manager for over 14 years. She was well on her way, working on her MBA in Human Resources Management, while working full-time when she postponed studies to look after her elderly parents. They required intensive hands-on care, so she and her husband decided to build onto their home and moved them in with them. It was a *huge* adjustment for all, especially for the two remaining kids at home who were in middle school and high school. Juli first took FMLA then when it was apparent they required more intensive care, resigned her HR position, and took care of their needs personally for the next 10+ years. After her parents began to need actual nursing home care, she took a position in the financial services field. They passed away while she was at this job. After four plus years in the fast-paced financial world and the recent birth of her grandson, Juli felt it was time to make a change. We were thrilled to have her join us on July 1st!

Property Fraud Scam is Here, too...

Benzie County is no longer immune to property fraud. Recently local residents came home from their winter home to find a sign had been placed in their yard. They thought perhaps it belonged to one of their neighbors & had been mistakenly placed on their property. But no, someone was trying to sell the property that belonged to them!

Property fraud can happen in a number of ways—

Benzie County officials have warned property owners of fraudulent property cases in northern Michigan, including Benzie County, and have advised residents to be careful about what they sign when receiving unsolicited offers on their property. Per Paula Eberhart, our Registrar at the Register of Deeds office, one scam which is called seller impersonation fraud, involves fraudsters impersonating property owners to illegally sell their property, sometimes they use someone's social security and driver's license numbers. Another scam involves purchase agreements that use high pressure tactics to get victims to pay for services or give up their property.

"If you see signs popping up that are unexpected or unusual, let your neighbors know," Eberhart said. She also said property owners can get mailings from companies offering to provide a copy of a deed for a fee, or even buy the property. These mailings may not be outright scams, but they could be predatory. "Our seniors are vulnerable, and we hope to be of help to curtail this."

If you discover a fraudulent transfer, you can try these steps:

- Contact your financial institution and request a recall of the funds.

- Contact your local FBI office to report the fraudulent transfer.

- File a complaint with www.ic3.gov or bec.ic3.gov.

You can sign up for the Benzie County Register of Deeds' Property Fraud Alert to receive notifications when a document is recorded in your name. There's a link on the Benzie County Government website. You can stop into the office at the Benzie County Government Center in Beulah for more information, too. You may also call the Register of Deeds office in Beulah at 231.882.0032



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.

SCAN ME





BENZIE SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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

Address Service Requested

