



BENZIE SENIOR RESOURCES



February 2025

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February is: National Cherry Month, American Heart Month. Black History Month, National Cancer Prevention Month, National Bird feeding Month, National Canned Food Month, and Great American Pie Month.

February 12th is the full moon known as the Snow Moon or the Hunger Moon. The Centaurid Meteor Showers are from 1/13 to 2/21, peaking at 2/8/2025. *And it is the Chinese Year of the Snake!*

HEART HEALTH MONTH

INFORMATION FROM AMERICAN HEART ASSOCIATION

**REDUCE
EXCESS
LEVELS OF
SODIUM**

MOVE MORE

**TRY TO GET 150 MINUTES OF
MODERATE INTENSITY
EXERCISE EACH WEEK**

**REDUCE
YOUR
STRESS BY
TAKING
SLOW DEEP
BREATHS OR
LISTENING
TO
RELAXING
MUSIC**



**MUSCLE?
YES PLEASE**

**ADD
STRENGTH
TRAINING 2
DAYS A
WEEK**

SLEEP
**MOST ADULTS NEED 7-9 HRS
EACH NIGHT**

**EXERCISE
HELPS TO
REDUCE
STRESS
LEVELS**



DIRECTORY

Phone: 231-525-0600 or
Toll Free: 888-893-1102
Fax: 231-325-4855
The Gathering Place: 231-525-0601

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

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

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

BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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

Benzie Senior Resources is a 503 (c) 3 organization 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, and grants from the: Allen Foundation, Art & Mary Schmuckal Foundation, Benzie County Community Chest, Benzie County Sunrise Rotary Foundation, Cherryland Cares Electric Co-op, Father Lovett Foundation, Grand Traverse Band of Ottawa and Chippewa Indians 2% Allocation, Grand Traverse Regional Community Foundation, Herbert H. and Barbara C. Dow Foundation, John L. Mulvaney Foundation, Seabury Foundation, Wayne and Joan Webber Foundation, and Willoughby Rotary Foundation. In addition, we are supported by generous donations from individuals, community businesses, churches and service clubs. We are grateful for each and every gift!

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

Kelly Ottinger, Interim Executive Director
Angela Haase, Issue Editor
Benzie Senior Resources
10542 Main Street
Honor, MI 49640

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.

Benzie Senior Resources 231.525.0600

Welcome—we have a new Executive Director!

We are excited to announce the appointment of Ms. Brigit Hassig as our new Executive Director. Brigit brings a wealth of experience in senior services and leadership, making her an outstanding addition for us. She will officially begin her new role on February 3, 2025.

Ms. Hassig's extensive background includes operating the senior center in Grand Haven, Michigan, where she successfully implemented programs and initiatives to enhance the quality of life for seniors. Her career reflects a deep commitment to fostering well-being and independence for older adults, a passion that aligns perfectly with Benzie Senior Resources' mission.

"We are thrilled to welcome Brigit Hassig to the Benzie Senior Resources family," said Nancy Mullen Call, President of the Board of Directors. "Her expertise and dedication to senior care will be instrumental in advancing our programs and services to better support the seniors of Benzie County."



Ms. Hassig is relocating to Benzie County from Missoula, Montana, where she has been deeply involved in community initiatives supporting older adults. Her leadership style emphasizes collaboration, innovation, and a person-centered approach, ensuring seniors receive the care and resources they need to thrive.

"I am honored to join Benzie Senior Resources and contribute to the incredible work being done to support the senior community," said Ms. Hassig. "I look forward to working with the dedicated staff, volunteers, and community partners to continue building a vibrant and supportive network for Benzie County seniors."

As Executive Director, Ms. Hassig will oversee all aspects of Benzie Senior Resources' operations, including program development, community engagement, and organizational growth. Her vision and leadership will play a pivotal role in shaping the future of services and support for seniors in the region.



February Menu Our meals meet 1/3 of the recommended daily allowance nutrition requirements

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We accept cash, Visa, Mastercard, & Discover. Personal Checks also accepted — made out to BSR Lunch is served 1130am to 130pm</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>Wear red or pink February 14th! You can win a prize!</p>
3	4	5	6	7
Smothered Chicken Breast, Oven Roasted Potatoes, Pesto Infused Cauliflower, Soft Baked Breadsticks, Fresh Grapes	Potato Encrusted Tilapia, Crispy Smashed Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Fresh Plums	Homestyle Shepard's Pie, Steamed Parisian Carrots, Steamed Sweet Peas, Stoneground Wheat Bread, Fresh Banana	Chicken & Dumplings, Capri vegetable Blend, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Cut Oranges	Caribbean Style Roast Pork, Whipped Sweet Potatoes, Malibu Vegetable Blend, Sweet Hawaiian Rolls, Tropical Fruit Blend
10	11	12	13	14
Chicago Style Italian Beef Sandwich, Sweet Potato Bites, Caribbean Vegetable Blend, Diced Pears	Cornmeal Dusted Catfish, Oven Baked Potato, Steamed Spinach, Stoneground Wheat Bread, Classic Fruit Cocktail	Creamy Chicken ala King, Steamed Broccoli Florets, Capri Vegetable Blend, Fresh Baked Biscuits, Fresh Banana	Hand Rolled Swedish meatballs, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce	Classic Homemade Lasagna, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Old Fashioned Strawberry Shortcake
17	18	19	20	21
Hearty Three Bean Chili, Steamed Sweet Corn, Steamed Spinach, Oyster Crackers, Diced Pears	New Orleans Bourbon Chicken Over Rice, Steamed Broccoli Florets, Key West Vegetable Blend, Stoneground Wheat Bread, Mandarin Oranges	Homemade Meatloaf w/ Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce	Deluxe Pizza, Pesto Infused Cauliflower, Soft Baked Breadsticks, Oven Baked Peaches	Slow Roasted Beef, Herbed Mashed Potatoes, Green bean Blend, Stoneground Wheat Bread, Apricot Halves
24	25	26	27	28
Sweet & Sour Chicken Over Rice, Crispy Egg Roll, Asian vegetable Blend, Lucky Fortune Cookie, Pineapple Tidbits	Homestyle Beef Stew, California Vegetable Blend, Steamed Parisian Carrots, Fresh Baked Biscuits, Fresh Grapes	Whole Wheat Blueberry Pancakes, Freshly Scrambled Eggs, Savory Sausage Links, Fresh Veggie Sticks, Oven Baked Spiced Apples	Grand Rapids Style Wet Burrito, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Pears	Roasted Turkey w/ Herbed Stuffing, Herbed Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Bonnie's Famous Cranberry Sauce

Boost Your Energy with Smart Food Choices

Is what you're eating helping you power through your day or putting you in nap mode? Your diet plays a key role in maintaining energy levels. Choosing the right foods can help nourish your body and fight fatigue throughout the day.

- Fast food, frozen dinners, candy, and energy drinks might seem quick and easy, but they don't give your body the good stuff it needs and can slow you down. Choose fresh, unprocessed foods.
- If you're looking for energy-boosting foods, you can't go wrong with fruit and vegetable options. Choose apples, bananas, oranges, blueberries, strawberries, pears, asparagus, broccoli, sweet potatoes, spinach, and beans.
- Steer clear of sugary stuff like cookies, sweets, and white bread that lack nutrients and can make you tired. Choose whole grain foods for added fiber and steady energy.
- Proteins are slow to digest, which helps fight off fatigue; the key is to choose lean proteins. Chicken, turkey, and fish provide quality protein without excess saturated fat. Eggs, beans, and yogurt are great protein choices, too.
- Avocado, olive oil, almonds, walnuts, and pistachios offer lasting energy and support brain function.
- Caffeine is okay in moderation and provides a short-term boost, but it doesn't truly energize the body. Skip the soda and energy drinks that can make you crash later. Choose unsweetened tea, coconut water, or a fruit smoothie. Water is also a smart choice. Even mild dehydration can cause fatigue!

Remember, balance is key. Aim for a variety of nutrient-dense foods, drink enough water, and listen to what your body tells you. By making mindful choices, you'll have more energy and be ready to take on the day!

Source: Cleveland Clinic, go.iastate.edu/WWK5OG



Invitation from Benzie Bus



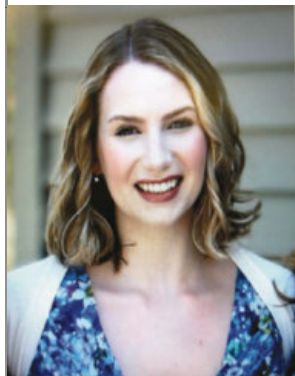
Did you know that public transportation is good for your health?

Benzie Bus has been awarded a planning grant to improve access to healthcare in Benzie County. Specifically, Benzie Bus is seeking community feedback/ideas for how Benzie Bus can create convenient, affordable transportation options for Benzie County residents to medical care facilities and resources. Join Benzie Bus staff at The Gathering Place Monday, February 24th, 1:30 PM to discuss transportation barriers to healthcare access.

Survey respondents will be eligible to win 1 of 3 Family Fare gift cards for \$100!

Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Heart Garland w/ Rebecca	4 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	5 11:30-1:30 Lunch 12:30 Bingo 2:00 Mexican Train Dominoes	6 10:30 Corner Stone-Christian Book Group 11:30-1:30 Lunch 1:30 BUNCO 1:30 Snack & Learn w/ Pursuit Physical Therapy	7 9:30 BUNCO 10:30 Walk Fit w/ Rebecca 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle
10 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Quilt Block #4 w/ Joan	11 10:30 The Melody Makers 11:30-1:30 Lunch NO CHAIR YOGA	12 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes	13 <i>10:00 Altered Books</i> 10:30 BP Clinic 10:30 Corner Stone-Christian Book Group 11:30-1:30 Lunch 1:30 BUNCO 5:00 PINGO meal 6:00 PINGO game!	14 9:30 BUNCO 11:30-1:30 Lunch 10:30 Walk Fit w/ Rebecca 1:00 Wii Bowling 1:30 Crochet, Knit, & Sew Circle <i>Wear Red or Pink!</i>
17 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Iris Folding Heart card w/ Debbie	18 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	19 8:00 leave for Little River Casino! 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Mexican Train Dominoes 4:30 Board of Director's Meeting	20 10:00 Coffee w/ Vets 10:30 Corner Stone-Christian Book Group 11:30-1:30 Lunch 1:30 BUNCO 5:00 Karaoke w/ Ruby Rose \$5.00 Pizza Party	21 9:30 BUNCO 10:30 Walk Fit w/ Rebecca 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 MITTEN KITTENS Workshop
24 9:30 Stretch & Balance 11:30-1:30 Lunch 1:30 Benzie Bus Presentation—come join us, you might win a prize!	25 10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga	26 11:30-1:30 Lunch 12:30 Bingo 2:00 Mexican Train Dominoes	27 10:00 TGP Book Group 11:30-1:30 Lunch 1:30 BUNCO	28 9:30 BUNCO 10:30 Walk Fit w/ Rebecca 11:30-1:30 Lunch 1:00 Wii Bowling 1:30 Crochet, Knit & Sew Circle 5:00 Dinner 6:00 Trivia-games begin



The first-ever BSR Karaoke night!
 Join us on February 20th for Karaoke Fun with Ruby Rose, beginning at 5:00 p.m.
 We'll be ordering pizza for anyone who would like that for dinner (\$5 per person, please).
 Come join the fun!

Wear red or pink
February 14th
You might win a prize!

Staff Milestones and More

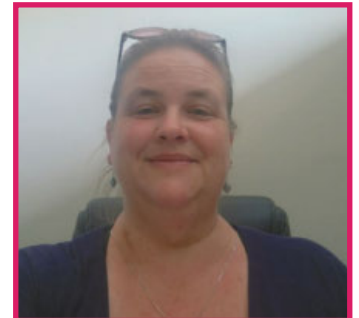


Kelly Ottinger, our Development/Communications Director, celebrates her birthday February 9th. When not at BSR, she runs up her car miles by visiting Indiana grandkids and transporting rescue dogs. For her birthday, she is planning a short trip to Anchorage, Alaska, to visit a friend recovering from surgery. She wishes that friend lived somewhere warmer!



Jenya started with us as a Home Health Aide in February of 2009. She has been with us 16 years! Over the years she has cared for so many of our clients with good humor and kindness and encouragement. We are grateful for her dedication and efforts. Thank you so very much Jenya!

Stacey—6 years as our Med Management nurse and foot-care nurse! That's a lot of tootsies and more! Seriously, Stacey is one of the most easygoing people, so her nursing comes easily to her and we are thankful she is part of our adventures at BSR. Thanks so very much Stacey!



Who are we? Benzie Senior Resources is an inclusive organization serving Benzie County residents ages 60 and above of any income level (some services are based on sliding scale fees), and Medicaid-waiver disabled adults with special needs. BSR does not discriminate against any individual or group on the basis of ethnicity, gender, marital status, national origin, physical disability, political beliefs, race, religion or lack thereof, sexual orientation or weight.



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 Attorney Courtney J. Marshall
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www.aaanm.org

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A regional non-profit serving Northwest Michigan for 50 years.



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.

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

FOOT CARE CLINIC BY APPOINTMENT

Wednesdays at Benzie Senior Resources
office, for Age 60 and over.
Call 231-525-0600 to set yours up.
On October 1, 2024 we set a flat rate—
each session will be \$20.00/client.

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.

Frankfort Area Vet to Vet Group
is held the 1st Monday every month
6:30pm at Trinity Lutheran Church
in Frankfort at 955 James Street.

Come join us! Welcome home...



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

Please bring clean, gently used
or new Flannel fabric, Fleece
fabric for projects! Thanks!!!
We appreciate your help with this!



Free Computer Help—Fall hours
The Darcy Library in Beulah
Thursdays 10 am to 12pm Noon
Use your computer or one at the library.
Questions? Call Carol at 231.882.4037



**List for The Gathering Place Book Club
Book Group meets
next on**

**at TGP
10:00 a.m.**

**February's Book—*The Ride of Your
Life*—by Elizabeth Letts**

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 sen-
iors 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 mes-
sage!



Upcoming Trip!

BENZIE SENIOR RESOURCES PRESENTS

Beautiful Vermont



*A Valid U.S. Passport or U.S. Passport Card is required for this Tour

INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
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- ♦ Admission to Shelburne Museum
- ♦ Visit to Cold Hollow Cider Mill
- ♦ Tour of Rock of Ages Granite Quarry
- ♦ Visit to Stowe Village

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

\$959*

7 Days 6 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)
Jun 8 - 14
2025

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

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for beautiful Vermont! Tonight, check into an en route hotel for a good night's rest.

Day 2: Today after enjoying Continental Breakfast, you'll arrive in the beautiful state of Vermont! Dine at a local restaurant tonight before returning to your hotel for a four night stay.

Day 3: After enjoying a Continental Breakfast, you'll depart for the Shelburne Museum. NOT your typical museum, this OUTDOOR museum spans 45 acres with 39 antique buildings. See all this stunning attraction has to offer with ease! A shuttle circumnavigates their "campus" all day long. It takes about 15 minutes to do the circuit of this massive attraction, with whatever stops you like to get off at along the way to explore! It has a collection of 150,000 items including circus pieces, toys, carriages, vehicles, furniture, and more. The buildings are arranged to welcome visitors and tell informal stories. The buildings include houses, a schoolhouse, a jail, lighthouse, railroad station, barns, and 220 foot steamboat. Next, you'll head to downtown Burlington's Church Street Marketplace. This award-winning open air mall is a hub of activity where you'll find architecture and over 100 places to shop and dine. This evening, enjoy a scenic Dinner Cruise on beautiful Lake Champlain, complete with entertainment and dance floor.

Day 4: Today, you'll have a Continental Breakfast followed by a Guided Tour of the spectacular Rock of Ages Granite Quarry - the world's largest granite quarry. The scenery at this attraction is stunning! At the Craftsmen Center, you will watch talented sculptors transform granite into lifelike statuary. Then visit Montpelier, the State Capitol of Vermont. Upon arrival, you'll enjoy a visit to the Vermont History Museum. This afternoon, you'll enjoy a tour of an authentic Vermont Maple Farm. With a history dating back hundreds of years, you'll learn how generations of tradition has gone into making real Vermont Maple Syrup from the tree to your table. This evening, you'll enjoy a Dinner Party with Entertainment.

Day 5: After enjoying a Continental Breakfast, you'll take a scenic drive to the Cold Hollow Cider Mill, one of the leading New England producers of fresh apple cider. Today, the mill produces more than one million gallons of cider every year. You'll also enjoy a taste of fresh apple cider while learning how it's made. Then you will visit Stowe Village, a charming New England village. Later, you will take a tour of the world-famous Ben & Jerry's Ice Cream Factory. Nestled in Vermont's Green Mountains, this fully guided factory tour will show you the complete ice cream making process. After your tour, you'll be able to try a sample of their freshly made ice cream. This evening, dine at a local restaurant.

Day 6: Enjoy a Continental Breakfast before leaving for the 1000 Islands Skydeck in Lansdowne, ON. This evening, relax at your en route hotel.

Day 7: Today after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!



Rock of Ages Granite Quarry



Dinner Cruise on beautiful Lake Champlain



Cold Hollow Cider Mill



Beautiful Vermont Scenery

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WINDY
NIGHT
SNOW
STORMS
ICY



Come join us the last Friday of the month, Feb. 28th for Trivia Night!

We'll have dinner at 5:00 p.m. Then games begin @ 6:00 p.m.

You'll have great food & fun! You can win prizes, too!

Call to sign up: 231.525.0601

Play this puzzle online at : <https://thewordsearch.com/puzzle/496/>

Inclement Weather —

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

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



Once again we have tax preparers through the NMCAA program for our clients to have their tax returns prepared. There are no in-person appointments. It is a drop-off service only.

Call Benzie Senior Resources (BSR) at 231.525.0600 and we will send you a packet. They're available after

February Birthdays

James Mattis	1	Hentschel	11	Don Bedell	21
Evelyn Maxey	1	Marian Lannin	11	Roger Pataky	21
Judy Polhamus	1	Harriet		Annette Laffleur	22
Judy Schram	1	Muzzarelli	11	Virginia Marsden	22
John Daugherty	2	Archie		Cheryl Taylor	22
Butch Frederick	2	Souvatzidis	11	Marsha	
Nancy Kerby	2	Don R. Bock	12	Browning	23
Joseph Nelson	3	Mary Scholl	12	Henrietta Priest	23
Bonnie Rickett	3	Jean Higman	13	Tanya Stolz	23
Barbara White	3	Ray Jacobs	13	Robb	
Frank Lopez	4	Valerie Thomas	13	Bollenberg	24
Steven May	4	Ronald Wiggins	13	Helen Fortine	24
Bob Bodell	5	Robert Boehm	14	Randy Kocevar	24
Ruth Hovland	5	Delores Jones	14	Susan Garrison	25
Bruce Wildie	5	Kevin Kraak	14	Cliff Grostick	25
Janice Erlewein	6	Deb LaGuire	14	Irma Komoll	25
Geoff Miner	6	David Lyon	14	Kathy Navarro	25
Lavina Roberts	6	Laura Morey	14	Floyd Tanner	25
Bobbi Smeltzer	6	Ginny Wallis	15	Judy Cowles	26
Les Carnes	7	Ann Reinke	15	Vern Lockard	26
Fred Navarro	7	Nancy	16	Michael Owen	26
Mark Richmann	7	Chmielewski	16	Mark Prokes	26
Victor		Susan Gilbert	16	Annette Rosa	26
Dinsmoore	8	Jerry Miller	16	Cathy Burcroff	27
Bud		Michael Foust	17	Kris Dykstra	27
Frankenberger	8	Art Jeannot	17	Donna Estes	27
Maria Sanchez	8	Connie Priest	17	Sondra Shults	27
Lloyd Williams	8	Sunja Turner	17	Mae Fitzner	28
Lorie Priest	9	Kathy Karafa	17	Joan Schendel	28
Lori Dougherty	10	Bobbie Link	18	Kriste Walsh	28
Donna Durga	10	Simona Lopez	18		
Pam Howe-Perry	10	Gene Yagle	19		
Ted Groesser	11	Ray Nichols	20		
Caroline		Dan Rineer	20		
		Sally Soper	20		

If we forgot your birthday we are truly sorry. If you prefer your name be removed from the birthday list, please let us know.

Produce Bingo

Produce Bingo is 02/13/2025. We want to thank recent supporters of PINGO—Denny the Library Dog , and Chris Martin! We really appreciate your help!

We'll be having: Southwest Chicken Chimichangas & veggie tray
Please sign up in advance at TGP!

Trivia Night is February 28th

Dinner at 5:00 p.m. then games begin at 6:00 p.m.

We'll be having: Bratwurst, Baked Beans, Soft Pretzel & Cake.

Call 231.525.0601 to sign up or stop by to see us at TGP!



TGP Fun!



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.

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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*February is National Cherry Month...celebrate with healthy & wonderful fruit.
But for our spirits here are blossoms from a May day in a local orchard
and a poem from a Michigan writer. Enjoy!*

Climbing Cherry Trees

by Linda Nemeč Foster

Before you can possess them in your hand—
soft globes of perfect color—
you must climb and hang on;
become the tree scraping your knees,
the bark leaving its stigmata on your hands.
Only then will you be able to taste
the color, not just the fruit,
but the color of the fruit.
Deep red fragile skin,
cherry red of succulent heart,
mahogany red of stained pit.
Imagine a stone of pure vermilion
dissolving in your mouth.
The color never leaving your throat
as you sit there in the embrace of the tree
not belonging to the heavens,

