



# BENZIE

## SENIOR RESOURCES

### September 2025

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September's full moon is the Harvest Moon or Corn Moon on the 7th. There is also a total lunar elclipse on the 7th. The Autumnal Equinox is on the 22nd. September is National Classical Music Month, Suicide Prevention Month, Alzheimer's Awareness Month, Happy Cat Month, Healthy Aging Month, and the International Day of Peace is 9/21.

September 26th TGP will be closed for lunch & regular activities as we're celebrating Volunteer Appreciation Day! We'll have time together throughout the day with and for our volunteers!

# THE SENIOR SCOOP

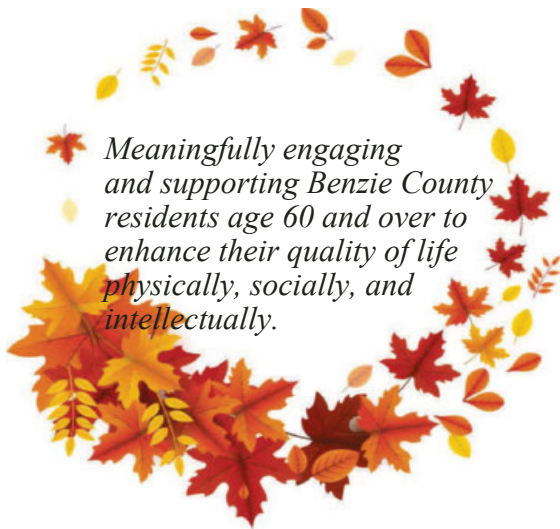
*Be connected.  
Be supported.  
Be home.*



We are so grateful to the businesses and individuals who sponsored our 2025 Blueberry Dash 5k! Stay tuned—Our annual poster showcasing these sponsors will be in the Scoop's October issue, and also featured in our local newspapers. Thank you again for your support!



**Benzie Senior Resources 231.525.0600**



*Meaningfully engaging  
and supporting Benzie County  
residents age 60 and over to  
enhance their quality of life  
physically, socially, and  
intellectually.*

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

Benzie Senior Resources Office Hours  
Monday – Friday: **9:00 a.m. – 3:00 p.m.**

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

## BENZIE SENIOR RESOURCES BOARD OF DIRECTORS

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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: 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, 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:

**Brigit Hassig, Executive Director**  
**Angela Haase, Issue Editor**  
**Benzie Senior Resources**  
**10542 Main Street**  
**Honor, MI 49640**

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**Benzie Senior Resources 231.525.0600**



## From Our Director

### A New Way of Thinking About Aging

At Benzie Senior Resources, we value older adults as vital members of our community. Your wisdom, experience, and contributions matter. That's why our Board and Directors recently updated our Why, Mission, and Vision, and refreshed how we work with you.

**Why:** We see older adults in Benzie County as vital members of our community. Your wisdom, experience, and contributions are deeply valued.

**Our Mission:** Support and engage residents 60+ to stay healthy, connected, and learning.

**Our Vision:** A community where every resident 60+ is valued and supported through all stages of aging.

We've also updated our language. "Taking care of" implies doing things for you. We want to work with you, as partners, respecting your independence.

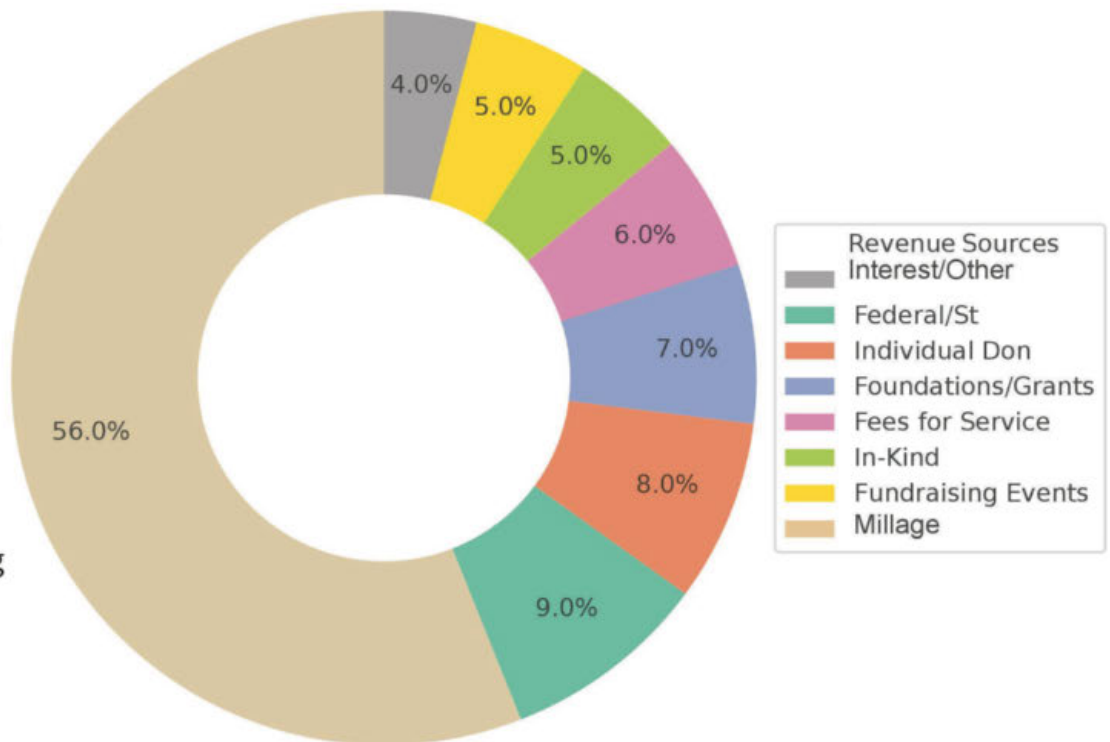
Science shows negative views of aging can hurt both mind and body. But much of what we've believed isn't true. Most of us have been made to believe that frailty and vulnerability are inevitable with growing older. Yet, in reality, *"Falls don't 'just happen' and people don't fall because they get older."* (NIH Senior Website)

Falling is one of the most pervasive myths of aging. We know higher rates of falling tend to be correlated with age, but we can't assume this is *because* of age. **Rather than falling being due to something about aging itself, it has more to do with the behavior change that tends to come along with aging.** And this is exactly why believing you become "too old" to keep moving in new ways and challenging yourself becomes dangerous. You're never too old to keep trying new things, explore the world through movement, and step out of your comfort zone every day!

BSR is bumping up our programs in the future to offer more movement, strength training and adaptive strategies for physical changes. We're walking alongside you, helping you stay strong, engaged, and connected—because aging is not about limits, it's about possibilities.

—Brigit

Our Revenue Sources for 2025. This chart shows that in addition to our community's generous millage, we need the help of our Individual Donors, Foundation/Grants, and Fundraising activities to sustain services to our growing senior population!



Total Revenue: \$2,541,387

# September Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>CLOSED FOR LABOR DAY</b></p>	<p>2</p> <p>Chicken Cordon Bleu, Key West Vegetable Blend, Steamed Sweet Corn, Stoneground Wheat Bread, Fresh Peach</p>	<p>3</p> <p>Country Breakfast Skillet, Oven Roasted Potatoes, Oven Baked Spiced Apples</p>	<p>4</p> <p>Greek Style Pita Sandwich, California Vegetable Blend, Steamed Sweet Peas, Apricot Halves</p>	<p>5</p> <p>Homemade Glazed Meatloaf, Cheddar Bacon Mashed Potatoes, California vegetable Blend, Stoneground Wheat Bread, Diced Peaches <b><u>Birthday Celebration with Cake and Song</u></b></p>
<p>8</p> <p>Homestyle Turkey Stew, Steamed Spinach, Steamed Sweet Corn, Fresh Baked Biscuits, Cranberry Applesauce</p>	<p>9</p> <p>Classic Hot Beef Sandwich, Herbed Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Diced Pears</p>	<p>10</p> <p>Classic Chicken Cacciatore, Malibu Vegetable Blend, Italian Style Green Beans, Whole Wheat Garlic Toast, Fresh Cut Oranges</p>	<p>11</p> <p>Potato Encrusted Tilapia, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Fresh Banana</p>	<p>12</p> <p>Hand Breaded Baked Chicken, Southern Style Succotash, Sicilian Vegetable Blend, Stoneground Wheat Bread, Fresh Cut Cantaloupe</p>
<p>15</p> <p>Classic Beef Stroganoff, Steamed Broccoli Florets, Steamed Parisian Carrots, Stoneground Wheat Bread, Fresh Plums</p>	<p>16</p> <p>Thai Style Peanut Chicken, Asian Vegetable Blend, Green Bean Blend, Lucky Fortune Cookie, Mandarin Oranges</p>	<p>17</p> <p>Georgia Style BBQ Pork Sandwich, Crispy Smashed Potatoes, Key West Vegetable Blend, Cranberry Applesauce</p>	<p>18</p> <p>Build Your Own Cheeseburger Bar, Oven Baked Tater Tots, Malibu Vegetable Blend, Pineapple Tidbits</p>	<p>19</p> <p>Slow Roasted Beef, Herbed Mashed Potatoes, Italian Vegetable Blend, Stoneground Wheat Bread, Fresh Grapes</p>
<p>22</p> <p>Crispy Cod Sandwich, Sweet Potato Bites, Japanese Vegetable Blend, Classic Fruit Cocktail</p>	<p>23</p> <p>Hawaiian Style Chicken and Rice, Steamed Spinach, Caribbean Vegetable Blend, Sweet Hawaiian Rolls, Tropical Fruit Blend</p>	<p>24</p> <p>Baked Penne with Smoked Sausage, Pesto Infused Cauliflower, Italian Style Green Beans, Soft Baked Breadsticks, Fresh Banana</p>	<p>25</p> <p>Homestyle Cheesy Chili Mac, Fire Roasted Corn and Black Beans, Oyster Crackers, Oven Baked Pears</p>	<p>26</p> <p><b><u>HDM ONLY</u></b> Pineapple Dijon Baked Ham, Whipped Sweet Potatoes, Scandinavian Vegetable Blend, Sweet Hawaiian Rolls, Classic Applesauce <b><u>NO LUNCH AT TGP</u></b></p>
<p>29</p> <p>Homestyle Franks and Baked Beans, Capri Vegetable Blend, Crispy Potato Chips, Oven Baked Peaches</p>	<p>30</p> <p>Famous TGP Chicken Bowl, Fresh Baked Biscuits, Apricot Halves</p>	<p><b>We accept cash, Visa, Mastercard, and Discover. Personal Checks also accepted — made out to BSR Lunch is served 11:30am to 1:30pm</b></p>	<p>Menu items, especially entrees may be subject to change occasionally. This is usually due to availability to us from our suppliers. Please understand we strive for quality &amp; accuracy to make the best available to you.</p>	<p><b>\$4.00 suggested donation for age 60 and older. Under 60 is \$8.00</b>  <b>Caregivers under 60 are \$4.00</b></p>

## Nutrition Notes —on Honey and Apples

“Unconditional love is like an apple tree. The apple tree gives apples, not because anyone needs them or deserves them, but because that is what apple trees do.” —Vivian Amis

Victor Hugo said, “Life is the flower for which love is the honey.” National Honey Month is celebrated in September to recognize the importance of honey bees and their contribution to our food system. It's a time to appreciate the delicious honey we enjoy and to learn more about the vital role bees play in pollinating one in three bites of our food.

Here's how you can celebrate:

### Support beekeepers and bee health:

Purchase honey and products made with honey, learn about bee-keeping practices, and consider supporting organizations dedicated to bee health.

### Plant bee-friendly flowers:

Create a welcoming environment for bees by planting a variety of flowers in your garden.

### Reduce or eliminate pesticide use:

Limit the use of chemicals that can harm bees when they are foraging.

### Provide a water source:

Bees need water, so offer a shallow dish with marbles or rocks for them to land on safely.

### Educate yourself and others:

Learn about the importance of honey bees and share that knowledge with your community.

### Participate in National Honey Board initiatives:

Check out their website for information on the "Honey Saves Hives" program and other ways to get involved, [according to the National Honey Board](#).



### After Apple-Picking

My long two-pointed ladder's sticking through a tree  
Toward heaven still,  
And there's a barrel that I didn't fill  
Beside it, and there may be two or three  
Apples I didn't pick upon some bough.  
But I am done with apple-picking now.  
Essence of winter sleep is on the night,  
The scent of apples: I am drowsing off.  
I cannot rub the strangeness from my sight  
I got from looking through a pane of glass  
I skimmed this morning from the drinking trough  
And held against the world of hoary grass.  
It melted, and I let it fall and break.  
But I was well  
Upon my way to sleep before it fell,  
And I could tell  
What form my dreaming was about to take.  
Magnified apples appear and disappear,  
Stem end and blossom end,  
And every fleck of russet showing clear.  
My instep arch not only keeps the ache,  
It keeps the pressure of a ladder-round.  
I feel the ladder sway as the boughs bend.  
And I keep hearing from the cellar bin  
The rumbling sound  
Of load on load of apples coming in.  
For I have had too much  
Of apple-picking: I am overtired  
Of the great harvest I myself desired.  
There were ten thousand thousand fruit to touch,  
Cherish in hand, lift down, and not let fall.  
For all  
That struck the earth,  
No matter if not bruised or spiked with stubble,  
Went surely to the cider-apple heap  
As of no worth.  
One can see what will trouble  
This sleep of mine, whatever sleep it is.  
Were he not gone,  
The woodchuck could say whether it's like his  
Long sleep, as I describe its coming on,  
Or just some human sleep. --Robert Frost

“An apple a day keeps the doctor away” is a well-known saying. It is not an untruth, and really not an exaggeration. The current Dietary Guidelines for Americans recommend 2 cups of fruit daily for a 2,000 calorie diet, emphasizing whole fruits like apples. Apples are also a rich source of polyphenols, an important group of antioxidants. While nutrition labels don't list these plant compounds, they're likely responsible for many of the health benefits of apples. To get the most out of apples, leave the skin on. The skin contains half of the fruit's fiber and most of its polyphenols.

### 10 Impressive Health Benefits of Apples

1. Nutritious!
2. May support weight loss
3. Could be good for your heart— Apples have been linked lowering the chance of heart disease
4. Linked to a lower chance of diabetes
5. May promote gut health
6. May help prevent cancer
7. Could help fight asthma
8. May help protect your brain
9. May improve mental health
10. May help with digestive diseases.

Even though more research is needed to better understand how apples affect human health, you can't go wrong with this tasty, versatile, and easily accessible fruit. National Apple Month is October, so more on apples then!

# Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>CLOSED FOR LABOR DAY</b></p>	<p>2</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>3</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 Open Game Time</p>	<p>4</p> <p>9:00 Weight Loss Control First Meeting * 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>5</p> <p>9:30 BUNCO 10:30 Walk-Fit 11:30-1:30 Lunch <b><u>Birthday Celebration with Cake and Song</u></b> 1:00 Wii Bowling</p>
<p>8</p> <p>9:30 Stretch and Balance 11:30-1:30 Lunch <b>5:30 Zumba</b></p>	<p>9</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>10</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo <b>2:00 Open Game Time</b></p>	<p>11</p> <p>10:00 Altered Books w/ Pam 10:30-12:30 BP Clinic 11:30-1:30 Lunch 1:30 BUNCO</p>	<p>12</p> <p>9:30 BUNCO 10:30 Walk-Fit 11:30-1:30 Lunch 1:00 Wii Bowling</p>
<p>15</p> <p>9:30 Stretch and Balance 11:30-1:30 Lunch <b>5:30 Zumba</b></p>	<p>16</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>17</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00-4:00 Open Game Time <b>4:30 Board of Director's Meeting</b></p>	<p>18</p> <p>10:00 Coffee and Donuts w/ Vets 11:30-1:30 Lunch 1:30 BUNCO <b>PINGO! Snack 4:00 p.m., Games at 5:00 p.m. Required sign-up!</b></p>	<p>19</p> <p>9:30 BUNCO 9:30-1:30 Flu Shot Clinic at TGP partnered w/ Hometown Pharmacy 10:30 Walk-Fit 11:30-1:30 Lunch 1:00 Wii Bowling</p>
<p>22</p> <p>9:30 Stretch and Balance 11:30--1:30 Lunch <b>5:30 Zumba</b></p>	<p>23</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>24</p> <p>8:30 Zumba 11:30-1:30 Lunch 12:30 Bingo 2:00 Open Game Time</p>	<p>25</p> <p>11:30-1:30 Lunch 1:30 BUNCO <b>Field Trip to BACN</b></p>	<p>26</p> <p>We are celebrating Volunteer Appreciation Day! Stay tuned for more details. We'll have time together all day with and for our volunteers!</p>
<p>29</p> <p>9:30 Stretch and Balance 11:30-1:30 Lunch <b>5:30 Zumba</b></p>	<p>30</p> <p>10:30 The Melody Makers 11:30-1:30 Lunch 3:30 Chair Yoga</p>	<p>Note on Activities</p> <p>So you are aware of activity fees that have been attached to these offerings: Chair Yoga \$5.00 Zumba \$3.00 Bingo \$2.00/2 cards</p>	<p><b>NEW*</b></p> <p>Benzie Senior Weight Loss Control... Starts 9/4/25 Private weigh-in, discussion relating to weight loss. Healthy recipe exchange, light activity. Weekly at TGP</p>	<p>There are many opportunities for fun with things to enjoy at The Gathering Place. Please keep in mind that there may be changes as the month unfolds—so we ask for your patience and grace on this.</p>



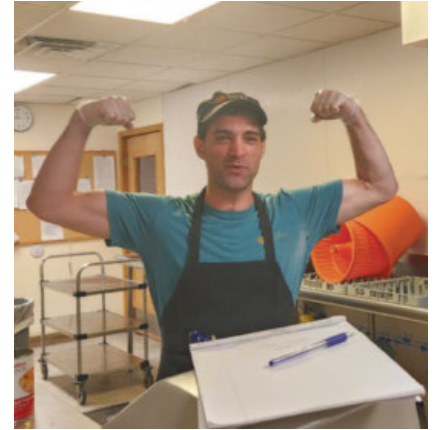
## Staff Milestones and Soup!



Donna has a birthday 9/14. She has been with us for two years and continually finds ways to make things better for our clients, and for our agency as one of our RN's. She and her family love to have adventures in travel. She loves to garden, especially flowers! Have fun & happy birthday Donna!



Ryan has a birthday on the 18th. He's a steadfast member of our TGP Kitchen team. (Almost 6 years!) We count on his abilities, his humor, and his keen connection and awareness when it comes to our clients. Ryan has great fun playing disc golf, but even more fun snorkeling with his daughter. His energy is owned by magic. Happy birthday Ryan!



Monica is celebrating her first year anniversary with us September 16th. She's one of our Home Health Aides and we are so glad to have her help with our clients. Family fun is big to her, her two girls being the apples of her eyes. Thanks and happy anniversary Monica!

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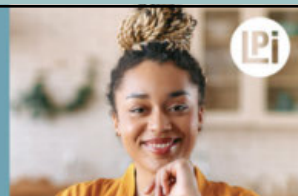
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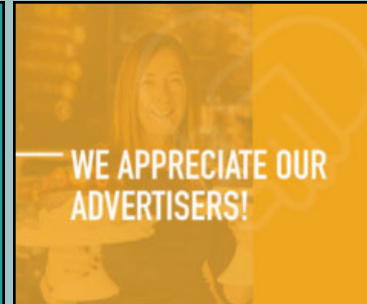
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## Bulletin Board

Are you a Veteran? Need benefit help?



Call Karen Korolenko,  
Director at Benzie County  
Department of Veterans  
Affairs. 231.882.0034 or  
Email [kkorolenko@benzieco.net](mailto:kkorolenko@benzieco.net).

***Join us for Coffee & Donuts w/ Vets  
9/18 at TGP at 10:00a.m.***

**The Gathering Place Book Group  
meets 10:00 a.m. September 25th**

**September we'll discuss-  
*Frozen River* by Ariel Lawhon**



**October it will be:  
*Everything I Learned, I Learned  
in a Chinese Restaurant* by Curtis Chin**



**Benzie  
Senior  
Weight Loss  
Control...**

**Starting September 4th 9:00a.m. –10  
a.m. Private weigh in. Discussion relating  
to weight loss. Healthy recipe sharing,  
light activity. This will be weekly at TGP.**

### **FOOT CARE CLINIC**

**BY APPOINTMENT**

Wednesdays at Benzie Senior Resources  
with our RN Stacey  
for age 60 and over for Benzie residents.

Call 231-525-0600 to set yours up.

There is a service fee for each client session —  
\$20.00 per 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.**

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iors are food secure, and also provides a caring check-  
in on delivery days-- peace of mind for out of town  
family members. We have the delivery vehicles, and  
purchase the gas. **Learn more by calling Jessica at  
231-525-0601, ext. 202.** She may be out delivering  
meals, so please leave a message!

**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**

### **Free Computer Help**

The Darcy Library in Beulah  
Thursdays 10 a.m. to 12 Noon  
Bring your computer or use one at the  
library. Questions? Call Carol at 231.882.4037

### **BRING US YOUR SKI POLES!**

**Thinking ahead...for those months  
of cold and possibly slick weather...**

**We would like your spare ski poles, or if you see  
them for little to no \$ consider picking them up as a  
donation for us? We  
like to have some ahead  
to give out to help our  
seniors stay safe in the  
winter.**

**Please bring them to  
Angie at BSR. Thanks!**





# Upcoming Trip

## BENZIE SENIOR RESOURCES PRESENTS

### Washington, DC - Our Nation's Capital



#### INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 5 nights lodging including 3 consecutive nights in the Washington, DC area
- ♦ 8 meals: 5 breakfasts and 3 dinners
- ♦ Guided Tour of Washington, DC including the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more!
- ♦ Evening Guided Memorial and Monuments Tour
- ♦ Tram Ride through Arlington National Cemetery
- ♦ Visit to the Smithsonian Institution

For more pictures, video, and information visit:  
[www.GroupTrips.com/benzieseniorresources](http://www.GroupTrips.com/benzieseniorresources)

# \$779\*

## 6 Days 5 Nights

\*PER PERSON, DOUBLE OCCUPANCY

(Thu - Tue)  
Mar 26 - 31  
2026



Capitol Building



World War II Memorial



Martin Luther King, Jr.  
National Memorial



Washington Monument

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

**Day 1:** Depart your group's location in a spacious, video and restroom equipped Motorcoach and set off for our Nation's Capital - Washington D.C. Tonight, check into an en route hotel for a good night's rest.

**Day 2:** Today, after enjoying a Continental Breakfast you will continue towards Washington, D.C. Upon arrival, enjoy a relaxing Dinner and check into your Washington D.C. area hotel for a three night stay.

**Day 3:** Enjoy a Continental Breakfast before departing for a full-day Guided Tour of Washington, D.C. Some of the awe-inspiring sights on this fantastic tour will include the US Capitol, the White House, the National Archives, Embassy Row, and Georgetown. During the day, you will see the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial, and several War Memorials. This evening, enjoy Dinner at a local restaurant before continuing on the Guided Memorial and Monuments Tour.

**Day 4:** Begin the day with a Continental Breakfast. Today's Guided Tour includes such poignant and inspirational sights as Arlington National Cemetery, including the Tomb of the Unknowns, and Kennedy Graves, as well as the Iwo Jima Memorial. You'll also enjoy a visit to the Smithsonian Institution. Later, you'll enjoy Dinner with entertainment before returning to your hotel for the night.

**Day 5:** Enjoy a Continental Breakfast before leaving for the Senator John Heinz History Center in Pittsburgh, PA. This evening, relax at your en route hotel.

**Day 6:** Today, after enjoying a Continental Breakfast, you will 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!

#### ADD SOME PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confidence® Protection Plan.  
See separate advertisement...

\$144 Due Upon Signing. \*Price per person, based on double occupancy. Add \$305 for single occupancy.  
Final Payment Due: 1/19/2026

#### FOR INFORMATION & RESERVATIONS CONTACT:

**Lynn Vanderplow @ (231) 944-5463 or  
Judy Fast @ (231) 871-8543**

**Diamond Tours®**  
Bringing Group Travel to a Higher Standard®



**BENZIE**  
SENIOR RESOURCES



# Word Search

## Obscure Metals & Metalloids

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

BISMUTH  
TANTALUM  
GERMANIUM  
ANTIMONY  
INDIUM  
ARSENIC  
THALLIUM  
BORON  
GALLIUM  
RHODIUM  
CESIUM  
OSMIUM  
BARIUM  
ZIRCONIUM  
PALLADIUM  
CADMIUM

Play this puzzle online at : <https://thewordsearch.com/puzzle/36/>



Some help if needed...

The Commodity Supplemental Food Program (CSFP) works to improve the health of income eligible persons at least 60 years of age by supplementing their diets with nutritious USDA foods.

Questions? Call 231.775.8330  
This institution is an equal opportunity provider. **Who is eligible?** Seniors age 60 and over are eligible. **What do I bring?** Identification and Proof of income for everyone in the household. For Benzie County this program is held the 2nd Monday every month 11:00 am -12:00 pm at the 1st Congregational Church of Benzonia on Barber Street.

## Produce Bingo

Produce Bingo is September 18th. A big thanks to our supporters of PINGO— We really appreciate your help!

We will start at 4:00 p.m. for food, then 5:00 p.m. for games.

**YOU MUST SIGN UP AHEAD FOR THIS at TGP or call 231.525.0601.**

We'll be having: Hearty Three Bean Chili & Veggie Tray  
We're often at capacity and may have to turn people away if they don't sign up! Don't Miss Out!



If you or a loved one needs to dispose of meds in the home, we can help.

Deterra drug deactivation system packs can be picked up at the Human Services Office during business hours. Happy to help!

## September Birthdays

Randy Bell	1	Shirley Villeneuve	13	Cindy VanLaeken	25
Ellen Gibson	1	Janice Webb	13	Kim Beechraft	26
Nancy McKinley	1	Sandra Briggs	14	John Fredal	26
Jan Noecker	1	Barb Lynch	14	Beverly Harris	26
Janie Oliver	1	Michael Lynn	14	Marilyn Berndt	27
<b>Joan Peck</b>	1	Shirley Thomas	14	Linda Nelson	27
Helen Ritter	1	Judy Bosma	16	Mary Olney	27
Don Rust	1	Michael Cooney	16	Marlene Wood	27
Nancy Berndt	2	Shannon Geetings	16	Paulette Bint	28
Debbie Jensen	2	Sharon Harris	16	Lina Dean	28
Gary MacChioni	2	Janice Herringa	16	George Granlund	28
Paul Marcussen	2	Linda Mendez	16	Mary Johnstone	28
Holly Palmer	2	Sharon Trumbell	16	Phil Lavender	28
Grant Sheets	2	Mike Bishop	17	Barb Pracher	28
Susan Suhy	2	Janet Brown	17	Katie Rosa	28
Kay Fischer	3	Jim Stamm	17	Anne Vogel	28
Carroll Frankenberger	3	Louie Gelakosky	18	Joe Bolado	29
Michael Karas	3	Deborah Bradley	18	Ken Chlebo	29
James Kik	3	Carolyn Fredal	18	Larry Poulisse	29
Jeffery Pataky	3	Sally Majszak	18	Sandy VanHeynigen	29
Valerie Vasquez	4	Glenda Golanda	19	Sylvia Beardsley	30
		Gail Randall	19	John Beeman	30
David Markel	5	Michael Ross	19	Karen Mendrea	30
Linda Robotham	5	Judy Stovak	19		
Brenda Smith	5				
Etta Erdman	6	Pat Delorme	20		
Steven Henry	6	JoAnne Hawkins	20		
Kay Nydam	6	James LaMont	20		
Linda Stockman	6	Dawn Leon	20		
Jack Dulaney	7	Diana Sosnowski	20		
Irene Saxton	7	Ken Walrad	20		
Marcie Wittig	7	Ron Wardwell	20		
Denise Kerridge	8	Suzanne Waring	20		
Dave Kober	8	Jack Brown	21		
Alan Piotrowski	8	Mary Mortenson	21		
Richard Sosnowski	8	Jean Noah	21		
Dottie Blank	9	Marvin Rosa	21		
Linda Martin	9	Nena Bondarenko	22		
Carolyn Pletz	9	Linda Brooks	22		
Wayne Taylor	9	Ann Fouchey	22		
Deborah Varga	9	William Fryckland	22		
Angie Weiserman	9	Will Lynch	22		
Mary Ann Wichtner	9	Vicki MacKenzie	22		
Phyllis Heniser	10	Lucy McGregor	22		
Maren Bailey	11	Marc Harrison	23		
Janet Dixon	11	William Isham	23		
Ricky Lannin	11	Margie Jenkins	23		
Barbara Olsen	11	Gordon Lewis	23		
Debra Pusey	11	Tina Rommell	23		
Cathy Demitroff	12	Anne Stubbs	23		
Randy Favreau	12	Bill Baldwin	24		
Charles Fouchey	12	Gayle French	24		
Virginia Gardner	12	Donna Kondek	24		
Wanda Hancock	12	Denny Link	24		
Scott Konchek	12	Michael Perry	24		
David Goodman	13	Lou Rastelli	24		
Dorla Link Lindsey	13	Jane Gerschick	25		
Jessica Noe	13	Tim Gonyon	25		
Eleanor Nordbeck	13	Susan Marihugh	25		
Sam Tesaker	13	James Marek	25		



Many thanks to those of you who sent a birthday card for Nancy Kage. She was so very pleased to hear from you! It made her day that much more special.



# Medicare Minute

Medicare Open Enrollment will begin next month in October. This is the time for you to consider a review of your current coverages. Here are specifics to keep in mind:

## **What is the Medicare Open Enrollment Period?**

Open Enrollment is an annual timeframe when all people with Medicare can re-evaluate their Medicare health plan(s) and then, add, drop, or switch their Medicare health plan(s). This is a great opportunity to compare your current plan(s) to others on the market and make changes to better suit your needs and budget.

## **When is the Open Enrollment Period?**

Open Enrollment runs from **Oct. 15-Dec. 7 each year**. If you're using the Open Enrollment Period to choose a new Medicare Advantage (Part C) or Medicare Part D plan, that new coverage will begin on Jan. 1 of the coming year.

For example, if you enroll in a different Medicare Advantage plan in November of 2025, your coverage will take effect Jan 1, 2026.

## **During the Medicare Open Enrollment Period, you can make the following changes:**

- If you have (or are signing up for) Medicare Parts A or B, you can join or drop a Medicare Part D prescription plan.
- If you have [original Medicare](#) (Parts A and B), you can switch to a Medicare Advantage plan.
- If you have a Medicare Advantage plan, you can drop it and
- switch back to original Medicare (Parts A and B).
- If you have a Medicare Advantage plan, you can switch to a different Medicare Advantage plan.
- If you have a Medicare Part D prescription drug plan, you can switch to a different Medicare Part D prescription plan.
- **Why you should reevaluate your Medicare coverage during Open Enrollment**

"Medicare plan coverage and prices can change from year to year, and so can your health situation," said Jen Teague, NCOA's Director for Health Coverage and Benefits. "And these changes may impact your out-of-pocket costs—sometimes dramatically." Annual Medicare plan changes can affect monthly premiums, deductibles, drug costs, and provider or pharmacy "networks" (a list of doctors, hospitals, or pharmacies that have contracted with the plan to provide services to its members). Formularies—which are lists of drugs covered by Part D plans—can also evolve from year to year due to new drugs coming on the market, drug therapy changes, and new medical research.

Are [Medicare Advantage plans worth it](#)? This is something only you can decide based on your health care needs and budget. Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it provides the coverage you need at a cost you can afford.

We do have a Medicare MMAPs volunteer counselor by appointment that you can have some time with at our office. Give us a call at 231.525.0600 to book an open enrollment appointment.

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 & can provide you with unbiased information and assistance on public benefits and health insurance issues. They're 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.

**MMAP**  
MICHIGAN MEDICARE/MEDICAID  
ASSISTANCE PROGRAM





## Donation Information

Giving is not just about making a donation. It's about making a difference.  
**We Need Your Support!**

Benzie Senior Resources is an independent 501 c3 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 are good stewards of all tax-deductible gifts. If you would like to designate your gift as a Legacy or Memorial Gift, please call or email us with your wishes. If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102, or email at [info@BenzieSeniorResources.org](mailto:info@BenzieSeniorResources.org).

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

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

### DONOR INFORMATION:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Type of Donation (please circle): Legacy    Tribute    Other

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

☐ Check here if you wish to remain ANONYMOUS \_\_\_\_\_

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

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

SCAN ME



**Benzie Senior Resources 231.525.0600**



# BENZIE

## SENIOR RESOURCES

10542 Main Street, Honor, MI 49640

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## Senior Volunteer Programs of Northwest Michigan



### Your Community NEEDS YOU.....

Volunteer to make a difference  
in seniors or children's lives

- 55+ years to volunteer
- Earn up to \$600/month tax-free reimbursement
- Volunteer 10+ hours/week

**"Volunteering has given me the opportunity to make friends. It's enriched my life with knowledge and given me purpose."**

**~ L Kelley**

#### Senior Companion Program Sharing Friendship

- Give your time to help seniors in need.
- Assist seniors getting to Dr. appts, grocery shopping & being independent.

#### Classroom Grandparent Program Mentoring Children & Youth

- Spend your time helping children succeed.
- Give children the gift of reading & one-on-one attention.

Call us to learn more:  
**1-231-929-7070**