

# BENZIE

## SENIOR RESOURCES

### February 2026

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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 it's Great American Pie Month.

February 1st is the full moon known as the Snow Moon or the Hunger Moon. There is an annual solar eclipse on February 19th to enjoy.

*And the 17th brings the Chinese New Year for the year of the Fire Horse!*

# THE SENIOR SCOOP



*Be connected.  
Be supported.  
Be home.*

The NMCAA is helping with tax prep again this year. You can get your packet to get ready with your documents from our office. Give a call or stop in!

The NMCAA has a Benzie office now for tax prep located in what was formerly Shirley's Countryside Salon at 9938 Honor Hwy, by Field Crafts before the Cherry Bowl Drive-In.

There will be no in-person appointments with preparers at our office. You may drop off your packet to us or to the NMCAA office directly.

When your packet is ready to review for being filed, the NMCAA will call you to set up your appointment to finish things up together at their office in Honor.



**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

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Benzie Senior Resources is a 501 (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**, Editor  
**Benzie Senior Resources**  
10542 Main Street  
Honor, MI 49640

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**Benzie Senior Resources 231.525.0600**



## With Thanks

Our executive director Brigit Hassig came to us in February last year. She has helped us grow, and has nurtured our staff and clients through changes and the growth that we have experienced. As we navigate our daily lives we don't have enough opportunities to really thank those who help make things happen, who make us feel like we matter. So, Brigit, thank you so very much for your giving spirit, your strength as a leader, and for your making certain that we all remember and stride to keep with who we are and why we are here for each other and our community. We're so glad you joined us for our adventures!—all of us at TGP and BSR



We pause to remember a cherished friend of Benzie Senior Resources, Julia Herrick, who passed away in July 2025. Julia was a longtime supporter of Benzie County seniors, generously giving her time and enthusiasm as a participant in our annual Walk-A-Thon year after year.

In December, Benzie Senior Resources was honored to become the beneficiary of a generous estate gift from Julia. Her legacy will help strengthen and sustain our work, providing a lasting foundation as we continue to serve a county where older adults are the fastest-growing demographic. Just as importantly, Julia understood that meeting the day-to-day needs of local seniors depends on the continued generosity of our community. We are deeply grateful for her gift—and for the ongoing support of donors like you who make our mission possible every year.

Julia is pictured here with Mary Dykstra, former Benzie Home Health Care director, and our Home Health Aide Jenya.



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

**Benzie Senior Resources is committed to providing nutritious, enjoyable meals for all participants.** Please be aware that our meals are prepared in a shared kitchen where common allergens—including dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish—may be present. While we take every reasonable precaution to minimize cross-contact, we cannot guarantee that any meal is completely free of allergens. Your health, safety, and comfort are very important to us. Thank you for your understanding and support.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Citrus Chicken over Rice, Caribbean Vegetable Blend, Green Bean Blend, Stoneground Wheat Bread, Classic Fruit Cocktail</p>	<p>3</p> <p>Potato Encrusted Tilapia, Crispy Smashed Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Fresh Plums</p>	<p>4</p> <p>Chicken Tenders w/ House Dip Sauce, Parmesan Garlic Mashed Potatoes, Malibu Vegetable Blend, Stoneground Wheat Bread, Fresh Banana</p>	<p>5</p> <p>Chicken &amp; Dumplings, Capril Vegetable Blend, Italian Style Green Beans, Stoneground Wheat Bread, Fresh Cut Oranges</p>	<p>6</p> <p>Caribbean Style Roasted Pork, Whipped Sweet Potatoes, Malibu Vegetable Blend, Sweet Hawaiian Rolls, Tropical Fruit Blend</p>
<p>9</p> <p>Chicago Style Italian Beef Sandwich, Sweet Potato Bites, Key West Vegetable Blend, Diced Pears</p>	<p>10</p> <p>Cornmeal Dusted Catfish, Oven Baked Potato, Steamed Spinach, Stoneground Wheat Bread, Classic Fruit Cocktail</p>	<p>11</p> <p>Creamy Chicken ala King, Steamed Broccoli Florets, Capri Vegetable Blend, Fresh Baked Biscuits, Fresh Banana</p>	<p>12</p> <p>Hand Rolled Swedish Meatballs, Herb Buttered Potatoes, Normandy Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce</p>	<p>13</p> <p>Classic Homemade Lasagna, Sicilian Vegetable Blend, Pesto Infused Cauliflower, Old Fashioned Strawberry Shortcake</p>
<p>16</p> <p>Hearty Three Bean Chili, Steamed Spinach, Oyster Crackers, Diced Peaches</p>	<p>17</p> <p>New Orleans Bourbon Chicken w/ Rice, Japanese Vegetable Blend, Steamed Broccoli Florets, Stoneground Wheat Bread, Mandarin Oranges</p>	<p>18</p> <p>Homemade Meatloaf w/ Gravy, Herbed Mashed Potatoes, California Vegetable Blend, Stoneground Wheat Bread, Classic Applesauce</p>	<p>19</p> <p>Deluxe Pizza, Pesto Infused Cauliflower, Soft Baked Breadstick, Oven Baked Peaches</p>	<p>20</p> <p>Slow Roasted Beef, Herbed Mashed Potatoes, Green Bean Blend Stoneground Wheat Bread, Apricot Halves</p>
<p>23</p> <p>Classic Chicken Parmesan, Italian Style Green Beans, Pesto Infused Cauliflower, Soft Baked Breadsticks, Fresh Cut Oranges</p>	<p>24</p> <p>Homestyle Beef Stew, California Vegetable Blend, Steamed Parisian Carrots, Fresh Baked Biscuits, Fresh Grapes</p>	<p>25</p> <p>Grand Rapids Style Wet Burrito, Authentic Refried Beans, Tortilla Chips w/ Fire Roasted Salsa, Oven Baked Pears</p>	<p>26</p> <p>Whole Wheat Blueberry Pancakes, Freshly Scrambled Eggs, Savory Sausage Links, Oven Baked Spiced Apples</p>	<p>27</p> <p>Roasted Turkey w/ Herbed Stuffing, Herbed Mashed Potatoes, Venetian Vegetable Blend, Stoneground Wheat Bread, Bonnie's Famous Cranberry Sauce</p>

**We accept cash, Visa, Mastercard, and Discover. Personal Checks also accepted — made out to BSR Lunch is served 11:30am to 1:30pm**



**\$4.00 suggested donation for age 60 and older.  
Under 60 is \$8.00  
Caregivers under 60 are \$4.00**

## Nutrition Notes

Chasing winter blues with better nutrition involves boosting intake of vitamin D, omega-3 fatty acids, and complex carbohydrates to support serotonin production and stabilize mood. Focus on eating nutrient-dense, warm foods like fatty fish, avocados, leafy greens, nuts, and whole grains, while staying hydrated and avoiding excessive sugar.

## Key Nutrients and Foods to Boost Mood

**Vitamin D:** Crucial for fighting fatigue and low mood due to lack of sunlight. Top sources include fatty fish (salmon, sardines, mackerel), fortified milk, and eggs.

**Omega-3 Fatty Acids:** Linked to a lower risk of depression, these are found in salmon, flaxseeds, and walnuts.

**Serotonin Boosters (Complex Carbs):** Promote "feel-good" brain chemicals. Opt for oatmeal, quinoa, and brown rice instead of refined, sugary foods.

**Tryptophan-Rich Foods:** Help regulate mood; include turkey, chicken, beans, and dairy products.

**Magnesium & Folate:** Green leafy vegetables, nuts, and seeds are essential for managing stress and anxiety.

## Winter Nutritional Strategies

- **Warm Up with Soup:** Nutritious, homemade soups and stews help ensure you consume enough vegetables even when raw produce is less appealing.
- **Don't Skip Meals:** Irregular eating leads to low energy and overeating later. Maintain stable blood sugar by eating balanced meals.
- **Boost Brain Power with Avocado:** Rich in healthy fat (oleic acid), avocados can help increase dopamine and reduce anxiety.
- **Use Functional Spices:** Incorporate cinnamon, turmeric, ginger, and garlic for anti-inflammatory effects.

**Stay Hydrated:** Drink plenty of water (1.5 to 2 liters per day) and enjoy herbal teas, even if you don't feel thirsty, to keep energy levels up.

## What to Avoid

- **Excessive Sugar:** While comforting, high-sugar foods cause blood sugar crashes that worsen low moods.

**Excessive Alcohol:** Can contribute to depression and disrupt sleep.

By focusing on these nutrient-dense, comforting, and warming foods, one can effectively support their mental health and energy levels during the winter months. —AKH from AI search material on Google





## Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">2</p> <p>9:30 Stretch and Balance</p> <p>10:30 Craft– Button Hearts! w/ Debbie</p> <p>11:30-1:30 Lunch</p>	<p style="text-align: center;">3</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">4</p> <p>11:30-1:30 Lunch</p> <p><b>12:30 Bingo—theme day Wear your Favorite Team Colors!</b></p> <p><b>2-3:30 W.I.P. Work in Process Bring something you're working on to do...we may have tools or supplies to enhance your work.</b></p>	<p style="text-align: center;">5</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>11:30-1:30 Lunch</p> <p><b>1:00 BUNCO</b></p>	<p style="text-align: center;">6</p> <p>9:30 BUNCO</p> <p>11:00 Nevin will be here to help w/ computers, etc.</p> <p>11:30-1:30 Lunch</p> <p><b><u>Birthday Celebration with Cake and Song</u></b></p> <p>1:00 Wii Bowling</p> <p><b>2:00-3:30 Helping Hands Workshop</b></p>
<p style="text-align: center;">9</p> <p>9:30 Stretch and Balance</p> <p>11:30-1:30 Lunch</p> <p>1:30 Craft—<i>Let's Make Valentine Décor!</i> w/ Debbie</p>	<p style="text-align: center;">10</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">11</p> <p>11:30-1:30 Lunch</p> <p><b>12:30 Bingo—Wear Red!</b></p> <p>Each of these bingo days, when you wear something for the theme, you are entered for a special prize drawing!</p>	<p style="text-align: center;">12</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>10:00 Coffee and Donuts w/ Vets</p> <p>10:30-12:30 BP Clinic</p> <p>11:30-1:30 Lunch</p> <p>1:00 BUNCO</p> <p>3:00 Functional Movement w/ Luke*</p>	<p style="text-align: center;">13</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p><b>2:00-3:30 Helping Hands Workshop</b></p>
<p style="text-align: center;">16</p> <p>9:30 Stretch and Balance</p> <p>10:30 Craft—Glue Suncatchers w/ Debbie</p> <p>11:30-1:30 Lunch</p>	<p style="text-align: center;">17</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">18</p> <p>11:30-1:30 Lunch</p> <p><b>12:30 Bingo—Wear Comfy Clothes!</b></p> <p><b>Produce Bingo is happening today at this time!</b></p>	<p style="text-align: center;">19</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>10:00 Shamrock Door Decorations w/ Sandy</p> <p>11:30-1:30 Lunch</p> <p>1:00 BUNCO</p>	<p style="text-align: center;">20</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p>
<p style="text-align: center;">23</p> <p>9:30 Stretch and Balance</p> <p>11:30--1:30 Lunch</p> <p>1:30 Craft— Snow Owl Ornament to make one take one for Festival of Trees 2026 tree w/ Debbie</p>	<p style="text-align: center;">24</p> <p>10:30 The Melody Makers</p> <p>11:30-1:30 Lunch</p> <p>3:30 Chair Yoga</p>	<p style="text-align: center;">25</p> <p>11:30-1:30 Lunch</p> <p><b>12:30 Bingo—theme day Wear Pink!</b></p> <p><b>2-3:30 W.I.P. Work in Process Bring your project and share some time with others</b></p>	<p style="text-align: center;">26</p> <p>9:00 Holistic Nutrition &amp; Fitness</p> <p>10:00 TGP Book Group</p> <p>11:30-1:30 Lunch</p> <p>1:00 BUNCO</p>	<p style="text-align: center;">27</p> <p>9:30 BUNCO</p> <p>11:30-1:30 Lunch</p> <p>1:00 Wii Bowling</p> <p><b>2:00-3:30 Helping Hands Workshop</b></p>
<p><b>Produce Bingo will be on the 18th during our regular Bingo time during the day.</b></p> <p><b>Come join us for fun! And lunch!</b></p>				<p>*A new adventure for us at TGP is Functional Movement w/ Luke. He is a physical therapist offering ways for us to safely and effectively move for bettering our health</p>

## Staff Milestones



Jessica, our Home Delivered Meals Manager will be ice fishing on her birthday 2/02. She may or may not see her shadow, but hopes to catch a meal at least! Have fun and have a happy birthday!



February 3rd is Michelle's birthday—a day she shares with her late mother, making it especially meaningful. Her favorite part of the celebration? No contest: \*\*chocolate cake\*\* Michelle is our IT guru helping us with our growth and changes! Let's wish Michelle a very happy birthday filled with sweet memories, lots of laughs, and an extra slice of cake (or two).



Jan, our Accounting Manager is all about family. Nurturing them with meals, soups and kindness. She's got an easy smile, and a terrific outlook. We are thankful for her help and wish her a happy birthday on 2/6!

Life is a Highway for Kelly, whose grandkids are 250 miles away. Another year, another 50,000 miles on her car. She keeps the miles painless with a mix of music, and believes each trip is a Fantastic Voyage! Happy birthday on the 9th to you!



Nancy continues to be vital support in different roles at BSR. Her birthday is the 16th and we thank her and wish her the best, happiest birthday! She's here with her fur-buddy Piper. Happy birthday Nancy!



Reana's birthday is on the 21st. She's been with us since last summer and has grown in her role as a production & kitchen assistant. She loves the outdoors and time with her special guy Mason! Happy birthday Reana!



Stacey is celebrating 7 years with us on 2/15 and is our Director of Nursing. She is shown here with her sister Sarah when they were on vacay with her daughters in NYC. Thanks & happy anniversary!



Jenya celebrates 17 years with us as part of our Home Health Care team February 20th. She has much to be proud of with her daughters Lucy and Victoria. Here she is with grand-dog Brooks. Thank you so much Jenya! Happy anniversary!





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Benzie Senior Resources, Honor, MI

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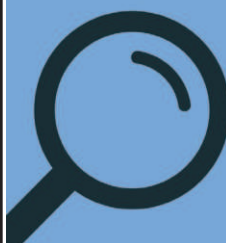
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Benzie Senior Resources, Honor, MI

15-0688

## 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 kkorolen-  
ko@benzieco.net.

*Join us for Coffee & Donuts w/ Vets*

**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!**

### 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.

### Benzie Senior Holistic Nutrition & Fitness

9:00a.m. –10

a.m. Thursdays, Private weigh in. Discus-  
sion relating to weight loss. Healthy  
recipe sharing, light activity. This will be  
weekly at TGP. New members welcome!

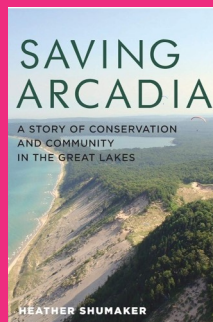


### Free Computer Help

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

**The Gathering Place Book Group  
will meet  
10:00 a.m. Thursday  
February 26th**

***Saving Arcadia**  
By Heather Shumaker*



### 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.

### 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 condi-  
tions 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 these television and radio stations: 9 & 10 News,  
7 & 4 News, WTCM 103.5 & WCCW 107.5. Look for  
updates on our Facebook page at  
[www.facebook.com/BenzieSeniorResources](http://www.facebook.com/BenzieSeniorResources)*



## Welcome!



Meranda joined us 12/1/25 as lead cook at TGP, working with David who is our Nutrition Director/Executive Chef. She is a native local, attended Benzie Central and the Career Tech Center for culinary and hospitality career fields.

Meranda is a mom of three kids, seven fur babies, and loves caring for them and cooking for them. She looks forward to giving a helpful hand with us at The Gathering Place, connecting with our community!

Thanks and welcome Meranda!



Tyra joined us at TGP in November. As a kitchen assistant she brings a lot of experience to the job. Tyra shares that she was born and raised in Las Vegas. She moved to Michigan in 2017 to pursue a chemistry degree and ended up in the culinary field. She's been working in culinary for nine years and has done all types of cooking. Sushi is her specialty. She is now a Michigan local and could not live without our Northern Michigan summers! She fell in love with this state on her first visit and has lived here ever since.

Thanks Tyra and welcome!



Brian started with us just before Thanksgiving. We are happy to have his career long experience as our Kitchen Team Leader at TGP. He has a calm about him and a generous smile. Brian shares that he's very happy to be working with us and serving the great people of Benzie County!

Brian, thanks, and welcome!



# Word Search

## National Heart Health Month

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

Play this puzzle online at : <https://thewordsearch.com/puzzle/1822128/>

RISK  
NUTS  
HUMANA  
WATER  
CARDIOLOGIST  
SMOKING  
FACTORS  
PLAQUE  
WALKING  
CLOTS  
FISH  
CHOLESTEROL  
FEBRUARY  
DIET  
GRAINS  
HEART  
ATTACK  
FOODS  
PRESSURE  
HEALTHY  
FRUITS  
CLOGS  
SEEDS  
STROKE

## My Heart



I'm not going to cry all the time  
nor shall I laugh all the time,  
I don't prefer one "strain" to another.  
I'd have the immediacy of a bad movie,  
not just a sleeper, but also the big,  
overproduced first-run kind. I want to be  
at least as alive as the vulgar. And if  
some aficionado of my mess says "That's  
not like Frank!", all to the good! I  
don't wear brown and grey suits all the time,  
do I? No. I wear workshirts to the opera,  
often. I want my feet to be bare,  
I want my face to be shaven, and my heart—  
you can't plan on the heart, but  
the better part of it, my poetry, is open.

—Frank O'Hara

I'm on my second pacemaker. This one should last another four years. I've had it for 9 years already. Technology is always evolving. My first one lasted eight years. In my wallet I carry the implanted device identification card as well as my stent implant card. These devices are due to a "widow-maker" heart attack I had at two months short of turning forty-one. My proximal left anterior descending artery was blocked...I had no idea. The weekend before I'd felt a little short of breath and canceled going to a wedding as I just didn't feel up to it.

While the classic symptoms, such as chest pains, can apply to both men and women, women are far less likely to have them—symptoms such as indigestion, shortness of breath, and back pain. All I know, is I was thankful I realized what was happening when it was happening. This May marks 16 years away from telling my newly assigned cardiologist that what I felt was like the blanching of tomatoes; the pericardium set to pop like the skin of the tomato peeling back when it's ready to burst. He'd never heard it described as such. He's the one who knew enough to give me adequate valium the night before my first pacemaker surgery because I overthink things more often than not. He's also the one I told I would never have another cigarette, ever again. In my previous job/life I'd been used to working a lot of hours. I was also used to sitting back with a smoke to finish a meal or to start the day, or to relax. Again, I still haven't had one and I never will.

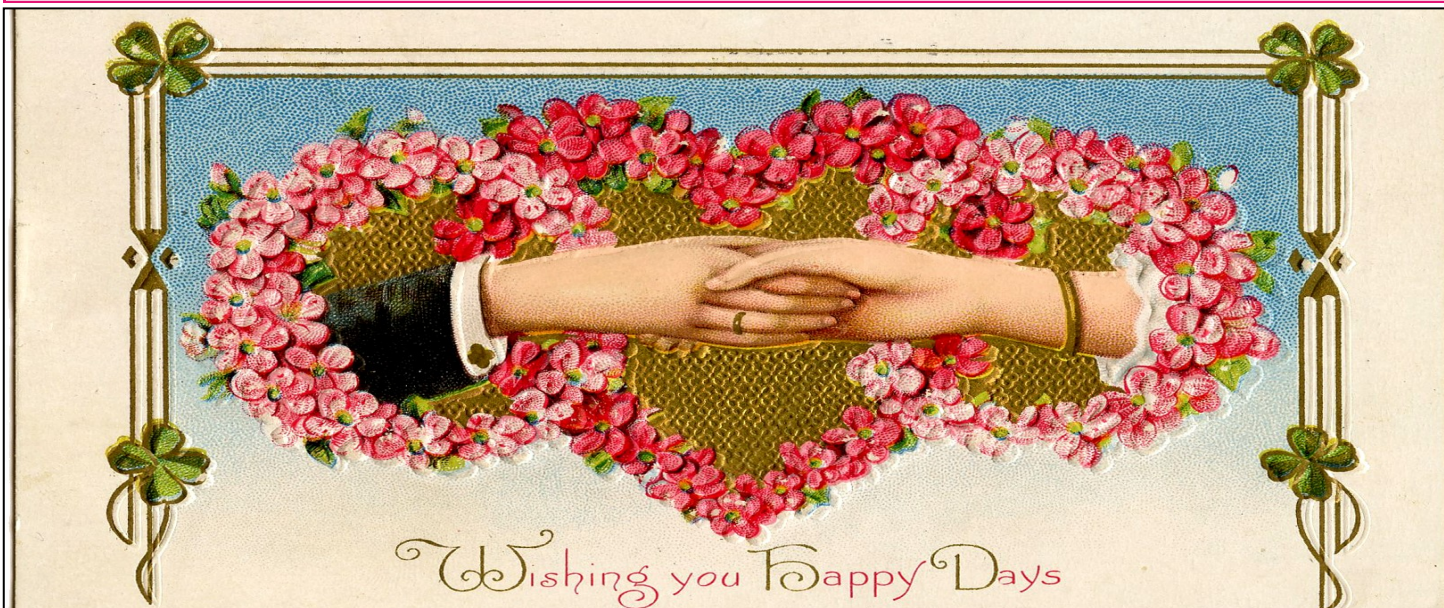
Too many years of fearing the dreaded phone calls from my mother and too many ambulance rides with my father taught me a lot about heart disease. I am also thankful I could take control of the situation that day in May by using relaxation exercises to change my breathing and to lower my blood pressure. Something I should have done more often prior to the cardiac event. Something we should all try to do more often. **It's American Heart Month...** so take care of yours. Find a way to relax, to be kind to yourself, for yourself and those you love, who love you.

—Angie Haase



## February Birthdays

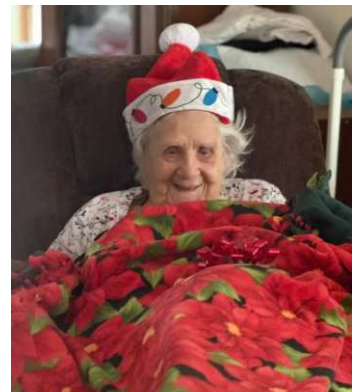
Shellie Giglio	1	Caroline		Annette Laffleur	22
James Mattis	1	Hentschel	11	<b>Virginia Marsden</b>	22
Evelyn Maxey	1	Marian Lannin	11	Cheryl Taylor	22
Judy Polhamus	1	Harriet		Sandra Winek	22
Judy Schram	1	Muzzarelli	11	Marsha	
John Daugherty	2	Archie		Browning	23
Butch Frederick	2	Souvatidis	11	Henrietta Priest	23
Nancy Kerby	2	Don R. Bock	12	Bonnie Putney	23
Rick Reid	2	Mary Scholl	12	Stanley Putney	23
Janet Burch	3	Jean Higman	13	Tanya Stolz	23
Butch Frederick	3	Ray Jacobs	13	Robb	
Joseph Nelson	3	Shirley Short	13	Bollenberg	24
Bonnie Rickett	3	Valerie Thomas	13	Helen Fortine	24
Barbara White	3	Ronald Wiggins	13	Randy Kocevar	24
Retta Blahnik	4	William Amstutz	14	Mary Blattner	25
Frank Lopez	4	Robert Boehm	14	Susan Garrison	25
Steven May	4	Delores Jones	14	Bob Gray	25
Germaine	4	Kevin Kraak	14	Cliff Grostick	25
Schmidt		Deb LaGuire	14	Irma Komoll	25
Bob Bodell	5	David Lyon	14	Cheryl McKeen	25
Gary Gunderson	5	Betty Mick	14	Kathy Navarro	25
Ruth Hovland	5	Laura Morey	14	Floyd Tanner	25
Bruce Wildie	5	John Galadik	15	Mary Thrall	25
Janice Erlewein	6	Ginny Wallis	15	Judy Cowles	26
Geoff Miner	6	Ann Reinke	15	Vern Lockard	26
Bobbi Smeltzer	6	Sherri Burgess	16	Mark Prokes	26
Les Carnes	7	Nancy		Annette Rosa	26
Mark Richmann	7	Chmielewski	16	Teresa Servidio	26
Jerome Seinitz	7	Jerry Miller	16	Ron Witzke	26
Victor		Michael Foust	17	Renee Aten	27
Dinsmoore	8	Art Jeannot	17	Cathy Burcroff	27
Bud		Randy Nielsen	17	Kris Dykstra	27
Frankenberger	8	Connie Priest	17	Donna Estes	27
Maria Sanchez	8	Sunja Turner	17	Sondra Shults	27
Lloyd Williams	8	Kathy Karafa	17	Mae Fitzner	28
Anita Armstrong	9	Bobbie Link	18	Joan Schendel	28
Lorie Priest	9	Simona Lopez	18	Kriste Walsh	28
Leslie Byrd	10	Gene Yagle	19		
Lori Dougherty	10	Ray Nichols	20		
Donna Durga	10	Dan Rineer	20		
Pam Howe-Perry	10	Sally Soper	20		
Ted Groesser	11	Roger Pataky	21		



Virginia Catherine Craker Marsden is celebrating her 100th birthday this year on February 22nd. She was born in Traverse City. At the age of two she moved with her family to North Manitou Island where she started school and lived there for eight years. They moved then to Omena, Michigan and she continued her schooling in Northport.

When she was fourteen the family moved to Muskegon where she finished up her education. After she completed school Ginger went to work at Continental Motors where she met her future husband Russell Marsden. They married on her birthday in 1945. They had four children—Tom, Jim, Lynn, and Cindy. She lost Russell, the love of her life, after 53 1/2 years of marriage.

She lives alone with the aid of Benzie Senior Resources, utilizing Meals on Wheels, Home Health Care, Homemaking, and Snow Removal services. She has a lot of help from her family, especially her daughter Lynn and her husband Al. She says she has lived a very happy life 95% of the time. She attributes her long life to family and friends, eating chocolate desserts after every meal, and eating potato chips in the middle of the night while in bed. Happy birthday Ginger!



If you'd like to send Virginia a card to celebrate this important birthday, please send it to us at: **Benzie Senior Resources 10542 Main St., Honor, MI 49640** or give it to Lynn when you see her at The Gathering Place!



## 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 (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 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 (231)525-0600 or toll free 888-893-1102, or email [info@BenzieSeniorResources.org](mailto: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



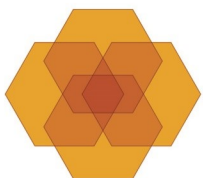
☐ Check here if you wish to remain ANONYMOUS \_\_\_\_\_

***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

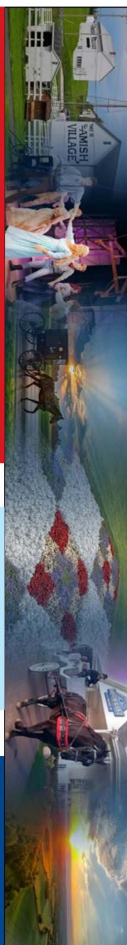
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## BENZIE SENIOR RESOURCES PRESENTS Shipshewana, Indiana Countryside Amish Adventure



### INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 2 nights lodging in Indiana
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- ♦ FULL DAY GUIDED TOUR OF INDIANA'S AMISH COUNTRY & TOUR OF AN AMISH HOMESTEAD
- ♦ Authentic AMISH HOMESTEAD DINNER
- ♦ Admission to the show "LOVES COMES SOFTLY" at the Blue Gate Theatre
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- ♦ Authentic Wagon Tour & Feeding at Cook's Bison Ranch
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- ♦ Explore Amish Country Goods at East Sales and E & S Foods

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

# \$489\*

**3 Days 2 Nights**  
\*\*PER PERSON, DOUBLE OCCUPANCY

(Tue - Thu)  
Aug 11 - 13  
2026

**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 as you head for your destination: Shipshewana, at the heart of Amish Country Indiana! Upon arrival, you will have time for shopping and lunch on your own at the SHIPSHEWANA TRADING PLACE. Consistently ranked one of the top flea markets in the Country, offering everything from handmade crafts, unique antiques, and delicious treats. Later, you'll head to Cook's Bison Ranch for an unforgettable experience. Take a SCENIC WAGON TOUR of their majestic ranch while seeing the bison up-close and even feeding them too if you wish! Your tour will conclude at Buffalo Treasures Gift Shop to bring home a memento. Next, you'll enjoy Dinner before experiencing the evening show, "LOVES COMES SOFTLY." Tonight, you'll check into your Shipshewana area hotel for a two-night stay.

**Day 2:** Begin the day by enjoying a Continental Breakfast before departing for a full day GUIDED TOUR OF INDIANA'S AMISH COUNTRY. During your tour, you will see local sites such as the famous barn quilts, the Brown-Swiss Dairy Farm Barn, and seasonal gardens, among other important sites in the Shipshewana area. Next, you'll enjoy a visit to downtown Shipshewana, where you'll have lunch on your own and free time for some shopping. Then, your Guided Tour continues with a TOUR OF AN AMISH HOMESTEAD. See the Amish lifestyle close-up as you tour an Amish Farmhouse. You'll also have an opportunity to experience an expedition to visit an Amish craftsman at work, such as a Furniture Maker, a Rug Weaver, or a Leather Smith. The craftsman will provide a narrated demonstration of their work, focusing on the importance of the craft, and the traditions as it relates to Amish culture. Afterwards, you'll enjoy an AUTHENTIC AMISH DINNER at an Amish Homestead before returning to your hotel.

**Day 3:** Enjoy a Continental Breakfast before then depart for a visit to MENNO-HOF INTERPRETIVE CENTER. This immersive journey through the Amish and Mennonite story features a guided audio-video presentation and six distinct rooms that provide deep insights into Amish history and beliefs. One of these rooms includes a tornado simulation! You'll gently feel the wind whip and theatre shake as you engage with the powerful experience of nature. You'll have free time to explore additional exhibits at your own pace. Your Countryside Amish Adventure finishes with an exploration of Amish Country Goods at East Sales and E & S Foods, located next to each other. This combined one-of-a-kind Amish tailored experience is where you can buy unique Amish foods and see how their culture makes handcrafted home décor. Then depart for home... a perfect time to chat with your friends about all the fun things you've done, the spectacular sights you've seen and where your next group trip will take you!

**ADD SOME PEACE OF MIND TO YOUR TRIP...** \$144 Due Upon Signaling. \*Price per person, based on double occupancy. Add \$124 for single occupancy. See separate advertisement... Final Payment Due: 6/4/2026

### FOR INFORMATION & RESERVATIONS CONTACT:

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

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